



**Welcome to term 3! We hope 2024 is treating you kindly.**

We hope you enjoy reading our newly designed school newsletter. Every fortnight, we will send out a newsletter to keep you informed about the fantastic learning, achievements, and news for our school. At the end of each term, Mr. Graham will send out a termly newsletter. We hope you have a lovely weekend and enjoy some winter rays of sunshine.

With best wishes,  
**Southwold Team**

### Dates for the diary

**February 2024**  
5<sup>th</sup> - 9<sup>th</sup> Children's Mental Health week  
6<sup>th</sup> Safer Internet Day  
8<sup>th</sup> Thrilling Thursday  
9<sup>th</sup> End of Term 3

### Positive Playtimes

Skipping

Repeat clapping game

Clapping pass game

Stacking Game



### Pantomime

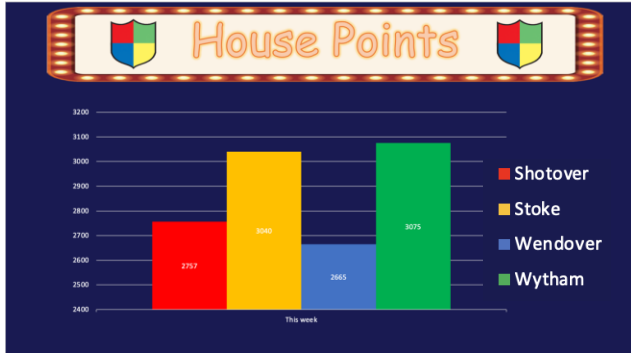
This week, the children enjoyed a wonderful treat... Jack and The Beanstalk Pantomime came to Southwold! There were lots of cheers and laughter filling our hall.



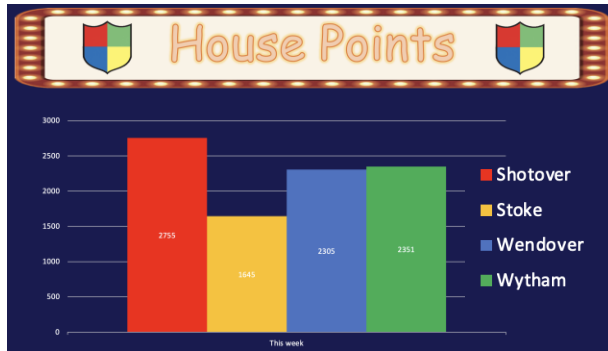


# Southwold Primary & Nursery School

## House Points



**Week 1 winner: Wytham**



**Week 2 winner: Shotover**

## Awards

**A**  
WE ARE **AMBITIOUS** AND WANT TO SUCCEED

**C**  
WE WORK TOGETHER AS A TEAM THROUGH **COLLABORATION**

**H**  
WE ACT WITH **HONESTY**

**I**  
WE ARE **INCLUSIVE**, APPRECIATE DIFFERENCES AND MAKE EVERYONE FEEL WELCOME IN SCHOOL

**E**  
WE CARE FOR OUR **ENVIRONMENT**

**V**  
WE SHOW **VALIANCE** AND COURAGE WHEN FACED WITH A CHALLENGE

**E**  
WE AIM FOR **EXCELLENCE** IN ALL THAT WE DO

## Attendance Award

Week 1: Pine Class 99%

Week 2: Pine Class 99.23%



	Week 1	Week 2
<b>Apple</b>	Rex K Areyah	Sophia
<b>Birch</b>	Mailan	Mengyao
<b>Cherry</b>	Millie-Rae	Weston
<b>Chestnut</b>	Lilly	Ted
<b>Holly</b>	Daisy S	Albie D
<b>Ivy</b>	Ella	Logan C
<b>Maple</b>	Afirah	Caitlyn
<b>Oak</b>	Ethan	Amalia
<b>Pine</b>	Lowen	Liam
<b>Sycamore</b>	Bae	Nathan
<b>Spruce</b>	Caleb	Daisy
<b>Rowan</b>	Lily	Toby
<b>Willows</b>	Levon	Owen






## PARENT WEBINAR

Parents are the most important part of young peoples lives and hold the key to helping them. Let us, help you, to help them.



### MENTAL HEALTH AWARENESS SESSIONS FOR PARENTS AND CARERS



**SUBJECTS INCLUDE**

- TEEN ANXIETY
- SELF HARM
- LOW MOOD
- HOW TO TALK TO YOUR DISTRESSED CHILD

[WWW.OXFORDHEALTH.NHS.UK/CAMHS/OXON/SIR/WEBINARS](http://WWW.OXFORDHEALTH.NHS.UK/CAMHS/OXON/SIR/WEBINARS)

## School News

### HOLIDAY SPORTS COURSE FOR 4-12 YEAR OLDS

Fun, inclusive sessions covering a range of sports and activities

Monday 12th February - Friday 16th February  
9am - 3pm

Bure Park Primary School,  
Bicester OX26 3BP

£15 per day or £70 for all 5 days



BOOK HERE



### ACE TOTS FOOTBALL FOR 4-7 YEAR OLDS

Fun and age-appropriate drills and games to develop basic football skills

Saturday mornings, 9am-10am  
Whitelands Farm Sports Ground,  
Bicester, OX26 1AJ  
10 week block - £50  
Commencing Saturday 20th January 2024



To book:  
Email [info@advancedcoachingeducation.co.uk](mailto:info@advancedcoachingeducation.co.uk),  
call Paul on 07740 081375, or use QR code



BOOK HERE



## OUR ONLINE SAFETY CURRICULUM

**Term 3: Our online safety theme this term is 'Online Reputation.'** The children will learn strategies to manage personal digital content effectively and capitalise on technology's capacity to create effective positive profiles. They will recognise what information should and shouldn't be put online. We will discuss how online information about someone can be used as well as recognising that information can last online for a long time. We will talk about what to do if something has been put online without consent.



## This term we are focusing on the 'M' for our online safety SMART rules.

Talk to your child about what they understand this to represent.  
What do they know?

**BE SMART ONLINE** 

**S SAFE** Keep your personal information safe. When chatting or posting online don't give away things like your full name, password or home address. Remember personal information can be seen in images and videos you share too. Keep them safe to keep yourself safe. 

**M MEET** Meeting up with someone you only know online, even a friend of a friend, can be dangerous as this person is still a stranger. If someone you only know online ever asks you to meet up, for personal information or for photos/videos of you then tell an adult straight away and report them together on [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk) 

**A ACCEPTING** Think carefully before you click on or open something online (e.g. links, adverts, friend requests, photos) as you never know where they may lead to or they may contain viruses. Do not accept something if you are unsure of who the person is or what they've sent you. 

**R RELIABLE** You cannot trust everything you see online as some things can be out of date, inaccurate or not entirely true. To find reliable information compare at least three different websites, check in books and talk to someone about what you have found. 

**T TELL** Tell a trusted adult if something or someone ever makes you feel upset, worried or confused. This could be if you or someone you know is being bullied online. There are lots of people who will be able to help you like your teachers, parents, carers or contact Childline – 0800 11 11 or [www.childline.org.uk](http://www.childline.org.uk) 

**BE SMART WITH A HEART** Remember to always be smart with a heart by being kind and respectful to others online. Make the internet a better place by helping your friends if they are worried or upset by anything that happens online. 

[WWW.CHILDNET.COM](http://WWW.CHILDNET.COM)

# Some tips about technology from NOS...

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit [nationalonlinesafety.com](http://nationalonlinesafety.com) for further guides, facts and tips for adults.

## Top Tips for... MANAGING SCREEN TIME

According to the latest stats, people aged between 6 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

**GET OUT AND ABOUT**

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do. The main thing is getting some fresh air and a break from your screen.

**TRY A TIMED TRIAL**

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

**GO DIGITAL DETOX**

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

**LEAD BY EXAMPLE**

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

**AGREE TECH-FREE ZONES**

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

**HOLD A SCREEN TIME AMNESTY**

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

**BE MINDFUL OF TIME**

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

**'PARK' PHONES OVERNIGHT**

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

**SWITCH ON DND**

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

**TAKE A FAMILY TECH BREAK**

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

**SOCIALISE WITHOUT SCREENS**

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

**WIND DOWN PROPERLY**

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

**Meet Our Expert**

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is protected.

**DEVICE BOX**

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## What Children & Young People Need to Know about FREE VS HATE SPEECH

Everyone in the UK has the right of "freedom of expression". That's the right to voice your opinions and share information and ideas with others. It's not the right to say whatever you want without regard for others' feelings and values. We all have a responsibility to use this right properly: being respectful and inclusive to those around us, rather than making offensive and threatening remarks. That's called 'hate speech' and knowing the difference is incredibly important.

Free speech is a person's legal right to share information, opinions and ideas without fear of retaliation, censorship or legal consequences. This freedom of expression is recognised in international human rights legislation, and here's what it does for us in our day-to-day lives...

Hate speech refers to any communication – like talking, texting or posting online – that negatively targets a group or an individual because they are perceived to be different in some way. Demoralising and dehumanising statements, threats, identity-based insults, offensive name-calling and slurs would all count as hate speech. Here are some common forms it takes...

The Human Rights Act 1988 states that everyone has the right to express themselves freely – even if their views are unpopular and might offend others.

Freedom of expression encourages listening to others and allowing opposing views to be heard. It's important to respect someone's opinion, even if we disagree with it. Free speech lets us engage in meaningful discussions with people who feel differently.

Any concept could potentially offend someone. Galileo's theories were incredibly offensive to many at the time, while not everyone agrees with Darwin, even today. A frequent exchange of ideas is vitally important for a healthy society.

Free speech allows us to engage people we disagree with in a debate. The ability to challenge others' views is healthy – while having ours challenged helps us learn how to deal with criticism and think deeply about what we say and believe.

Freedom of expression includes the right not to do something, like not standing up for – or singing – the national anthem. Even though some people would find that offensive, it isn't illegal. By law, nobody can force you to say anything you don't want to.

Free speech is a powerful tool for change, justice and reform. Many modern UK rights – such as women being allowed to vote, decent working conditions or same-sex marriage – couldn't have been achieved without it.

Targeting people or groups because of a protected characteristic – like race, gender identity, sexuality, nationality, religion or a disability – and verbally abusing them with slurs and name-calling. The Equality Act 2010 has more information on this.

Content that dehumanises people based on the same characteristics: referring to them as if they were animals, objects or other non-human entities, for example. Separating the target from other human beings is usually an attempt to justify the speaker's bigotry.

Calling for violence or hatred against certain people or groups and justifying and glorifying those actions, suggesting that a certain group should be removed from society: could be seen as a call to arms, for example – potentially putting people from that group in danger.

Claiming that specific types of people are physically, mentally or morally inferior (or even that they are criminals) to encourage others to view them in the same way. This kind of thinking is always incorrect – but can be incredibly harmful to the group in question.

Spreading damaging misinformation about a person or group that the speaker views as "different" – essentially, trying to turn others against them by lying. Someone might claim that a recent tragedy is the fault of this entire group, when this is simply not possible.

Promoting the segregation of certain groups, or discrimination against them, because of who they are. This has been illegal in the UK for a long time – but some people still try to promote the exclusion of others, which can cause a huge amount of distress.

**Meet Our Expert**

The Global Equality Collective is an online community for homes, schools and businesses. A collective of hundreds of volunteer members supports diversity, equality and inclusion, and the organisation has had the GDC app the world's first app for diversity, equality and inclusion.

**GLOBAL EQUALITY COLLECTIVE**

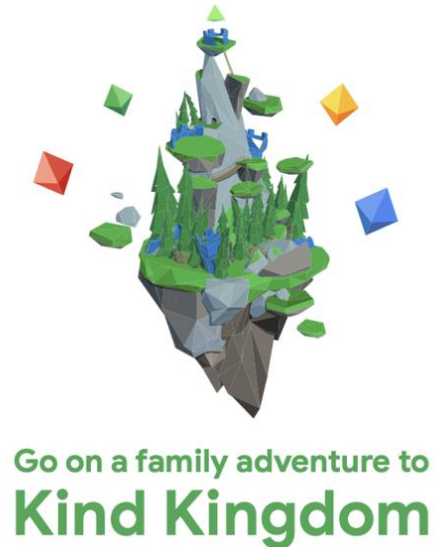
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Be Internet Legends.

#BILDDay



Go on a family adventure to **Kind Kingdom**

Interland is a fun family game from Google. It teaches children the skills to be kind and fearless online explorers – with four levels to discover.

- Block and report bullies in **Kind Kingdom**
- Search for the truth in **Reality River**
- Protect your valuable stuff in the **Tower of Treasure**
- Learn about careful sharing in **Mindful Mountain**

Play it today  
[g.co/Interland](http://g.co/Interland)  
Interland is free to play and works on most browsers and devices

