



21<sup>st</sup> January 2022

Dear Parents and Carers,

**COVID Update** Everyone has been safe and well again this week and I'm pleased things seem to be moving forward. Masks are no longer required in KS3 classes and from January 27<sup>th</sup> they won't be needed in communal areas of the school. Isolation periods have been reduced again. We will check with each one of you if anyone needs to isolate.

**Parent / Carer workshops** Join Rian and Tennille after half term, the following dates are below:

### Key Stage Three with Rian

- **Tuesday February 22<sup>nd</sup> @ 2pm** - Online safety
- **Tuesday March 1<sup>st</sup> @ 2pm** - Zones of Regulation - helping children manage their own emotions

### Key Stage Two with Tennille

- **Tuesday February 22<sup>nd</sup> @ 9.45 am** - Online safety
- **Tuesday March 8<sup>th</sup> @ 9.45 am** - Zones of Regulation - helping children manage their own emotions

### Key Stage One with Tennille

- **Tuesday March 15<sup>th</sup> @ 9.45 am** - Online safety
- **Tuesday March 22<sup>nd</sup> @ 9.45am** - Zones of Regulation - helping children manage their own emotions

### Advice for parents and carers

The UK Government has launched a new advice and support site to help keep children safe from sexual abuse. The site includes advice for parents and carers on spotting the signs of sexual abuse and speaking to children about relationships and safety. It also signposts to sources of further support for children, adults and professionals including the NSPCC helpline and Childline. The website can be accessed via <https://stopabusetogether.campaign.gov.uk/>

Parent Zone are offering lots of support for keeping children safe online. Use the QR code on the back of this letter to find out more.

Enjoy the weekend and stay warm,

Yours sincerely

A handwritten signature in black ink that reads "Steph Lea".

Steph Lea  
Headteacher



# FREE PARENT SUPPORT FOR ONLINE SAFETY AND DIGITAL RESILIENCE

Parent Zone are continuing with fantastic webinars this term to support parents with keeping their teenagers safe online. Sessions are open to all Southwark parents and carers.

## **Social Media: What Parents need to know**

*Thursday 20th January, 5pm-5:30pm*

How you can support your teen and help them to be aware of the risks and benefits of using social media.

## **Online Gaming: What you need to know**

*Thursday 27th January, 5pm-5:30pm*

Explore the world of online gaming: the benefits, the risks, and when to log off.

## **Digital Wellbeing and Screen Time**

*Thursday 3rd February, 5pm-5:30pm*

Managing screen time and helping your teen's wellbeing.

## **Online risks, extremism and misinformation**

*Thursday 10th February, 5pm-5:30pm*

"Digital resilience" parenting approach to keeping your teen safer online.

To sign up, visit:

<https://www.pzlocal.org.uk/events>

or scan the QR code

