

# St. Bede's Newsletter

Welcome to St Bede's...



Attendance up to 05/11/24

Y1	Y1/2	Y2	Y3	Y3/4	Y4	Y5	Y5/6	Y6
93.93	95.36	97.05	93.68	97.6	92.32	97.06	94.65	96.82

## Coming soon...

**Monday 11th November**

Year 6 Remembrance Day Liturgy

**Tuesday 12th November**

Times Tables Rock Stars launch - Year 4 can dress as Rock Stars for the day

**Wednesday 13th November**

Y6 & Reception Height and weight screening 9.30am

**Thursday 14th November**

- Wear something blue for Diabetes
- Sportshall Athletics

**Friday 15th November**

Wear spots for Children in Need

## THIS WEEK'S EVENTS

**Tuesday 5th November**

EYFS Stay & Pray 2.45pm

**Wednesday 6th November**

KS1 Stay & Pray 2.45pm

**Thursday 7th November**

- KS1 walk to church
- LKS2 Stay & Pray 2.45pm
- Nasal Flu Spray

**Friday 8th November**

UKS2 Stay & Pray 2.45pm



## Spare clothing donations!

If any parents would like to donate spare clothing for KS1 children to be used for changes in school we would be very grateful. In particular tights, leggings, trousers and socks.



# Our Safeguarding Focus this week...

## What Parents & Carers Need to Know about **HOW TO COMBAT ONLINE BULLYING**

OSCAR

Defined as "ongoing hurtful behaviour towards someone online", cyber-bullying makes its victims feel upset, uncomfortable and unsafe. In the digital world, it has numerous forms – such as hurtful comments on a person's posts or profile; deliberately leaving them out of group chats; sharing embarrassing images or videos of someone; or spreading gossip about them. Cyber-bullying can severely impact a young person's mental health ... so, in support of Anti-Bullying Week, we've provided a list of tips to help trusted adults know what to look for and how to respond to it.

### 1. GET CONNECTED

Playing online games together with your child or connecting with them on social media (providing they're old enough) is not only fun but also an excellent way of establishing some common ground to discuss things you've both seen or done online – as well as keeping an eye on who your child is communicating with in the digital world.

### 2. KEEP TALKING

Regular chats with young people about their online lives are good practice in general, but they can also be an excellent refresher to help prevent cyber-bullying situations. Topics you might want to revisit include why it's important to only connect online with people we know and trust, and why passwords should always remain secret (even from our best friends).

### 3. STAY VIGILANT

Observe your child while they're using technology and just after they've used it. Are they acting normally, or out of character? Possible signs of a problem may include seeming quiet or withdrawn, jumpy or anxious, angry or repeatedly checking their phone. When you feel it's the right time, you may want to check in with them to see if everything is OK.

### 4. MAKE YOURSELF AVAILABLE

If an online bullying incident does occur, it may take a while before your child is ready to open up about what happened. Just gently remind them that they can always come to you with any problems – and that they won't be in trouble. You might also suggest a trusted family member they could turn to, in case they feel too embarrassed to tell you directly.

### 5. BE PREPARED TO LISTEN

When conversations about online bullying do take place, they're likely to be difficult, emotional and upsetting for both you and your child. Actively listen to your child while they're bringing you up to speed, and try not to show any judgement or criticism – even if they haven't dealt with the situation in exactly the way you would have hoped.

### FURTHER SUPPORT AND ADVICE

If you or your child need additional help with an online bullying issue, here are some specialist organisations that you could reach out to.

**Childline:** talk to a trained counsellor on 0800 1111 or online at [www.childline.org.uk/get-support/](http://www.childline.org.uk/get-support/)

**National Bullying Helpline:** counsellors are available on 0845 225 5787 or by visiting [www.nationalbullyinghelpline.co.uk/cyberbullying.html](http://www.nationalbullyinghelpline.co.uk/cyberbullying.html)

**The NSPCC:** the children's charity has a guide to the signs of bullying at [www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/](http://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/) and can be reached on 0800 800 5000

### 6. EMPOWER YOUR CHILD

Depending on their age, your child might not want a parent 'fighting their battles for them'. In that case, talk through their options with them (blocking the perpetrator, deleting the app and so on). By allowing your child to choose the path they take, you're putting them in control but are also demonstrating that you're there to support them along the way.

### 7. REPORT BULLIES ONLINE

Cyber-bullying often takes place through a particular app, social media platform or online game. If this is happening to your child, encourage them to report the offender to the app or game in question – ideally with screenshots to support their complaint. Most games and apps have reporting tools specifically to stamp out abusive behaviour and protect users.

### 8. ENCOURAGE EMPATHY

Protecting themselves online is the priority, of course, but young people should also feel empowered to help if they witness other people falling victim to cyberbullying. Even if they don't feel confident enough to call someone out on their abusive behaviour online, they can still confidentially report that person to the app or game where the bullying occurred.

### 9. SEEK EXPERT ADVICE

Victims of online bullying frequently experience feelings of isolation and anxiety, a loss of self-esteem and potentially even thoughts of self-harm or suicide. If you think that an incident of cyber-bullying has affected your child's mental wellbeing, then seek psychological support for them. There are some useful contact details in the central panel below.

### 10. INVOLVE THE AUTHORITIES

If the nature of any online bullying makes you suspect that your child is genuinely in imminent physical danger – or if there are any signs whatsoever of explicit images being shared as part of the bullying – then you should gather any relevant screenshots as evidence and report the incidents to your local police force.

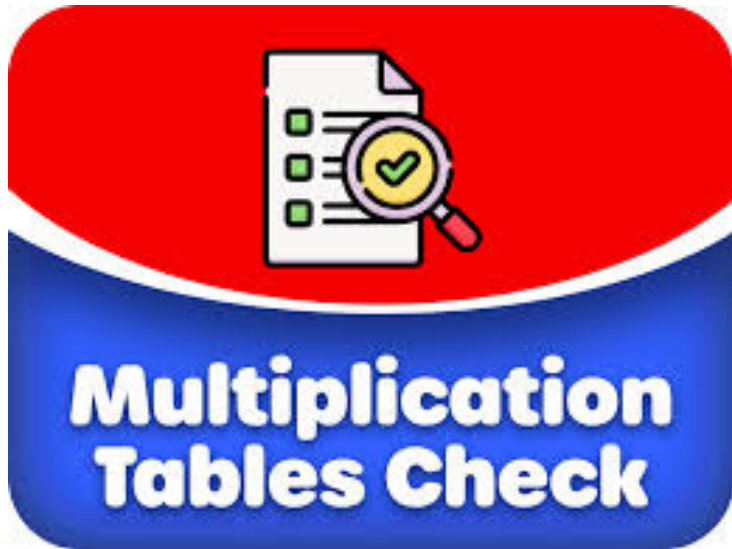


**KS1 Children** have been out exploring their local area for their **Geography Field Work**, finding examples of human and physical features. They walked from school, to the river and along to the Five Arches bridge. The children were very knowledgeable about their local area and were enthusiastic to see what other features they could discover.

KS1 staff would like to say a HUGE thank you to our parent helpers who joined our walk!  
(Especially for helping Miss Anderson with her lack of sense of direction)



## Year 4 Multiplication Tables Check (MTC)



We had a surprisingly low turnout for our Multiplication Check meeting so we have decided to have another meeting in the Spring term.

Please find a link to some additional information about what the MTC is and what it is for.

[Information for parents - Gov.uk](https://www.gov.uk/multiplication-check)

## Wear blue for World Diabetes Day



Don't forget you can view our whole school calendar on our website  
<https://stbedesdarlington.bhcet.org.uk/news-events/newsletters>