

St Bede's Newsletter

Welcome to St Bede's...



This week...

Wed 9th Sep

LKS2 Meet the Teacher
2.45pm

Thu 10th Sep

UKS2 Meet the Teacher
2.45pm

Fri 11th Sep

Final Y5 Residential
Meeting 3.15pm

Coming soon..

Fri 25th Sep

Macmillan Coffee
Morning 9.15am

Tue 29th Sep

Y6 Class Assembly
9.15am

Fri 2nd Oct

Phonics Parent
Meeting Reception/
KS1 2.45pm

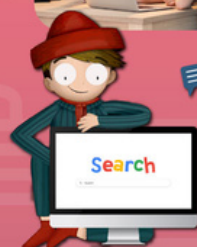
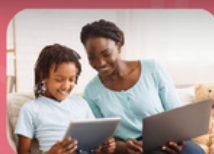
**HEALTHY PACKED
LUNCHES ONLY PLEASE**



**no sweets, no chocolate,
no fizzy drinks**

Our Safeguarding Focus This Week...

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



Conversation starters for parents and carers: ONLINE CONTENT



Trying to start a conversation about online safety with children can be a daunting task. There are many reasons why children may not want to talk to adults about it. One might be that they don't think you'll understand or that you won't know how to help if they came to you with an online problem. It can also be hard to start a conversation about something that you might have limited knowledge about. However, with screen time increasing during the lockdown, it's important now more than ever, to be talking to children about what they are accessing online.

1 ASK THEIR MOTIVATION

Sometimes it's easy to assume we know why children choose certain games or apps. It can seem obvious, like the child interested in football will be enthusiastic about the new FIFA game. But sometimes it can be more subtle than that. It could be that it's an outlet for their creativity or it might be that they like the look of the main character. Learning their motivation and knowing why they like it can help advising them on how to use it safely and help you discuss the pros and cons.



6 MAKE TIME TO LISTEN

When your child can't wait to tell you about their new game, always try and listen to what they say. We always have a lot on our minds, so it's easy for us to drift off onto other things which may be more important. However try to stay involved and ask them more details about aspects of the game/app. Children will appreciate your interest and the more questions you ask, the more you can find out. If you act uninterested, then they are less likely to tell you about it again in the future.



2 CULTIVATE A BLAME FREE CULTURE

Children can often blame themselves if they come across something that scares them or makes them feel uncomfortable. There will be times when your child has gone against something that you have forbidden, however, most children do not intend to put themselves at risk. Therefore, it's important that your child is able to come to you with a problem and won't be blamed for it. Try to understand what happened and why and warn them of the dangers once more. Engaging in a 'told you so' dialogue or suggesting they are in trouble for not listening may deter them from reporting any future concerns.



7 ASK THEM TO BE THE TEACHER

Showing an interest in what children are accessing online is a great opportunity for you to learn something new as well. Children on the whole love sharing their experiences so by asking them to teach you how to use an app or play a game is not only a great way to bond, but you will also feel more empowered to talk about it. It is easy to shy away from conversations when the child perhaps knows more about the subject content than you do. This can help to turn this around.



3 SHARE PERSONAL EXPERIENCE

Starting a conversation by sharing something that you've seen or that has made you feel uncomfortable can be a great opener. Talking about your own feelings can help children realise that it isn't just them – adults can be affected too. You can then go into how you coped with it therefore indirectly giving children advice on how they can also cope in uncomfortable situations. You can also explain that the reason that you've chosen to talk to them about it is because talking helps. Children will hopefully be able to see the parallels in the experiences and mimic your behaviour in future.



8 USE SCHOOL MESSAGING

It might be that your child's school has sent out a message about the Childline number or to remind children to use the CEOP button to report content. Ask the children what they learned about these at school. When would they use the Childline number? When would they need to use the CEOP button? What does it look like? Asking the children why the school thought that the information was so important that they sent out a message about it reinforces what they learnt whilst at school.



4 TALK ABOUT THE NEWS

Asking children what their response is to news stories around online safety can be revealing. For example, there has been a recent survey conducted by the BBFC who are currently campaigning for the application of age ratings and content warnings on video sharing platforms. What do they think about this? Can they think of a time when this would have helped themselves or someone they know? Are they against the idea? If so, why? Could they be accessing something they shouldn't be?



9 ASK ABOUT THE RISKS

Many children may know what online risks are and will happily explain the potential dangers. Listen and try not to be overly shocked if they tell you something that disturbs you. This can then lead nicely into you asking the question about what steps they are taking to look after themselves or what help they could seek if something goes wrong. Sometimes it's just nice to know that your children know the dangers and have taken steps to help reduce the risk for themselves – this is the ultimate goal.



5 ASK FOR ADVICE

It could be that you really do have a friend at work who is debating whether or not to let their child do something online, or it could be that you're bending the truth slightly, but hopefully the outcome would be the same. Don't be afraid to ask others for advice. Not only why they should let the child use it, but also what would they tell the child to be aware of. What are the risks? This will help you understand the risks yourself and what to look out for in future.



10 ASK ABOUT RESPONSIBILITIES

Try asking open ended questions about roles and responsibilities online. Who is in control of the internet? Who is looking after you whilst you are online? Who decides what is appropriate for children to see? This can reveal a lot about a child's perception about who is responsible for their online safety. If they believe that it is up to everyone else to keep them safe, then you know you need to have a conversation about how they can reduce their own risk.



Meet our expert

Heather Cardwell is a practising Online Safety Lead and senior school leader who is passionate about safeguarding children online and educating them around online risks. She has over 10+ years as a Computing Lead and has successfully developed and implemented a whole school approach to online safety in schools, delivering online safety training to both school staff and parents and helping to roll-out a bespoke online safety policy across her local network of education settings.



11 ASK ABOUT SCHOOL ADVICE

Sometimes it's hard to know what to warn children about. If there is a new app or game that your child has come across recently, ask them what they think their teacher would say about it. What advice would school give them? What have they been told about trusting people online or about fake news? Finding this out would be a good way to hear what advice they were given at school and help you reiterate the same message. Quick reminders about what to do if something makes them feel uncomfortable or who their trusted adults are can make all the difference.



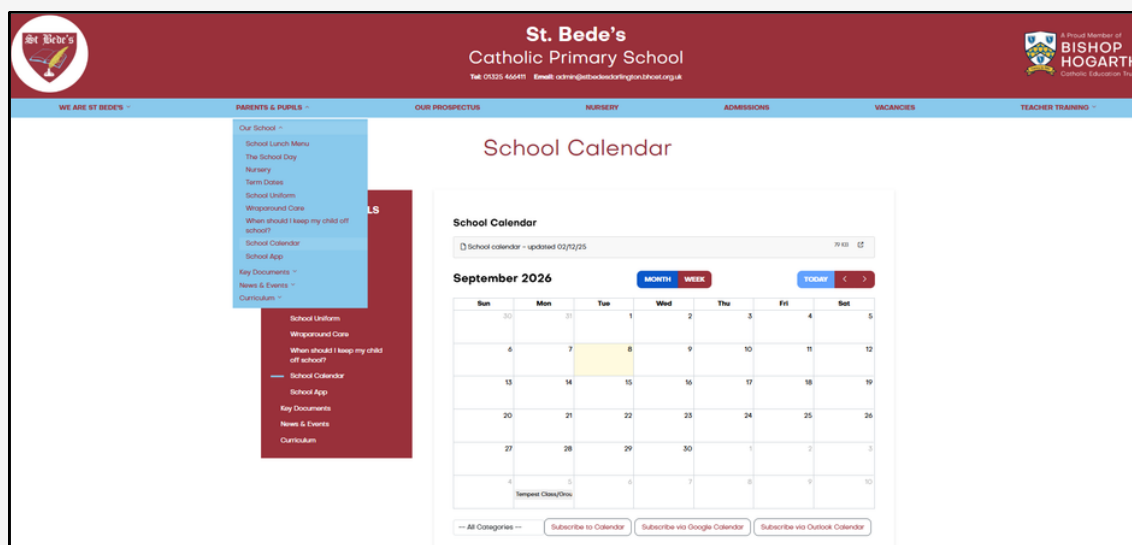
www.nationalonlinesafety.com Twitter - @natonlinesafety Facebook - /NationalOnlineSafety Instagram - @nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 24.06.2020

Keep up to date with upcoming events via our school calendar

<https://stbedesdarlington.bhcet.org.uk/calendar>

Please take some time to visit our school website and view our **calendar**. We already have lots of important dates on there for the rest of the year such as Christmas performances and even our next Summer Sports Day. We know it helps parents with booking time off work to have as much notice as possible



<https://stbedesdarlington.bhcet.org.uk/calendar>

Note: Dates are subject to change. Any changes will be notified via Arbor so it's important to check in-app messages and emails regularly

The image is a poster for Carmel College Darlington's Year 6 Open Evening. At the top left is the school's logo, a yellow cross above a blue and yellow shield. To the right of the logo is the text 'Carmel College Darlington'. Below this is 'Year 6 Open Evening' in large, bold letters. To the right of the text is a circular photo of two students, a girl and a boy, both wearing glasses and school uniforms. Below the main text, there are three icons with corresponding text: a calendar icon for 'Monday 14 September 2026 From 5:30pm', a house icon for 'Principal's Address 5:30pm and 6:15pm', and a group of people icon for 'Meet our students'. Below these are three more icons with corresponding text: a location pin icon for 'Tour the school', an open book icon for 'Learn what makes Carmel special', and an Ofsted logo for 'All inspected areas graded Outstanding'. At the bottom right, there is a quote: 'The school goes beyond the expected to help every pupil succeed and live life to the full. Pupils flourish here.' followed by 'Ofsted, October 2024'.

SCHOOL UNIFORM

EXPECTATIONS



Long hair tied back
No jewellery, earrings
or watches
White Polo Shirt
Burgundy cardigan/
sweatshirt
Grey trousers/ skirt
Black school shoes



School PE Kit

Black unbranded
shorts or leggings
Plain white tshirt

At St Bede's, we believe that wearing the correct uniform helps every child feel a sense of belonging, pride, and readiness for learning. A consistent approach to uniform also supports a calm, focused school environment where children can thrive.

From this term onwards, we will be taking a firmer approach to ensuring our uniform policy is followed. If a child arrives in incorrect uniform, Miss Cuff will contact home, and parents may be asked to bring the correct items into school. We appreciate your support in helping us maintain high standards for all our pupils.



● Identity ● Safety ● Equality ● Belonging