



# St Ursula's Catholic Primary School

## HEADTEACHER'S NEWSLETTER

3.02.23

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Dear Parents and Carers,

Next week we will be celebrating our Internet safety week and on Tuesday, 7th February, we will be taking part in the Safer Internet Day 2023. Thousands of people across the UK will be using this day to champion youth voice and engage in conversations about how we can all work together to make the internet a great and safe place.

We are committed to ensuring we keep our pupils safe and have always ensured our pupils are well educated on this matter - we provide support throughout the year, not just during our Internet Safety Week. Each academic year, there are computing lessons that are dedicated to online safety and our Online Buddies play a key role in helping to keep all the children in our school safe in the online world. They do this by meeting with Mrs Marshall to learn more about online safety and they share key messages and events with their peers.

Each summer term, we invite PC Wayne to talk to children about the consequences of online bullying and not being safe online. In addition, the weekly newsletters has included online safety information for parents and pupils. All of our pupils have signed an Acceptable Use Agreement that outlines the school's expectation of pupil behaviour whilst being online.

Safer Internet Day 2023 will take place on the 7th of February 2023, with celebrations and learning based around the theme 'Want to talk about it? Making space for conversations about life online'.

We are asking our parents to use this Safer Internet Day as an opportunity to talk about online safety with their children, whatever their age. Below are some tips from UK Safer Internet Centre



### Making space for regular conversations about life online

Talk openly and frequently about what you are doing online and encourage your child to do the same. Talk about the positive experiences you can have online, share what you have done when you have come across content you did not want to, and how you dealt with the situation.

### Making space for enjoying and exploring the online world together!

Play games, watch videos, and express an interest in your child's online life. Celebrate all the opportunities that technology has to offer, and show them what a great space the internet can be when used responsibly.

### Making space for working as a family to agree expectations for going online

Talk to your family about the role technology plays in your lives. Establish rules and expectations that encourage meaningful use of technology, in the same way you set boundaries in other areas of your children's lives. It's important to review these regularly and adapt them for each member of your family.

### Making space for learning about the apps, games and websites your child is using

There are lots of tools and guides to support you with keeping your child safe on whatever apps, games and websites they are using. Research age ratings, privacy settings, and safety features (like the block and report button) so that you are best placed to help your child should anything go wrong.

### Making space for supporting and reassuring your child if things go wrong

Remind your child they can talk to you about anything. If something goes wrong, listen and respond with reassurance and kindness and stay calm. Work with your child to find solutions to the problem, perhaps by using the block and report tools or seeking advice from your child's school.

Mr Ashburn

## Attendance

### TOP FIVE - AUTUMN TERM

1	St Matthew's	99.58%
2	St Jude's	99.17%
3	St Martin's	99.14%
4	St Philomena's	97.92%
5	St Catherine's	97.41%
5	St Margaret's	97.41%

## SPRING TERM DATES

- 6th Feby –9th Feb – Key Stage 1 & 2 Parents' Evenings
- 7th Feb – Year 1 trip to Discovery Centre
- 10th Feb – School Inset – School Closed
- 13th Feb – 17th February – Half Term
- 22nd Feb—Ash Wednesday Mass
- 22nd Feb—New uniform shop
- 2nd March – Year 1 trip to Harold Hill Library
- 3rd March – Year 5 & 6 C.S.I Road Safety Workshop
- 17th March Science Dress-up Day
- 28th March—Easter Production
- 29th March—Yr1 & Yr2 Road Safety Workshop
- 30th March – End of Term reports sent out (KS1 & KS2)
- 30th March – Curriculum Celebration Afternoon (KS1 & KS2)

## SCHOOL WEBSITE—ONLINE SAFETY

We have a page dedicated to online safety on our School Website. You will find key online safety information, documents and links that are useful for our pupils, parents, staff and governors. Please use the link below:

<https://stursulascatholicprimary.co.uk/safeguarding/e-safety>

## A MESSAGE FROM OUR JTAS

### Change your journey, change our school!

On Monday we will be launching our 'Change your journey, change our school!' poster campaign. We will be asking our fellow pupils to create a poster explaining one or more ways that active travel can help our school. The posters created will be used in our school newsletters and put up around the school. We hope that our poster campaign will encourage more people to use active travel at St Ursula's!

In other exciting news, we have been looking at school signage to help reduce illegal parking and dangerous driving. We have found the perfect signs that we feel can make a big difference to road safety around our school. We have spoken with Mr Ashburn and agreed on what we wanted our signs to look like - above is a sneak peek of the artwork being used. We hope you like them!



## BIKEABILITY WEEK!

Congratulations to our Year 6 pupils who completed their Level 1 and Level 2 cycle training programme. A fun week was had by all, with children gaining practical skills and understanding how to cycle on today's roads. Judging by one of the photos below, it was very tiring too!



## DRESS TO EXPRESS DAY!

This week is 'Wellbeing Week' at St. Ursula's. Our children took part in wellbeing activities throughout the week and today was our 'Dress to Express Day'. Children came to school wearing their favourite colours and unique outfits to express how they were feeling. This was a great opportunity for self-expression and celebrating a diverse range of emotions.



## SPRING PARENTS' EVENINGS

The Parents' Evening booking system will close at 7pm on Sunday 5th February. Bookings will not be able to be made after this deadline.

WITH God  
AT THE  
heart  
OF OUR  
St Ursula's  
family  
WE WELCOME  
ALL AS WE  
learn  
AND GROW  
TOGETHER

## COFFEE MORNING -NEW DATE

We will be hosting a coffee morning on Thursday, 9th February from 9.15 to 10:15am. Parents can bring their toddlers and babies. There is lots of time to ask questions, share experiences and find out first-hand what is happening in school. Mums, Dads and extended family are ALL welcome.

## BREAKFAST CLUB

The Breakfast Club is open. To book a place for your child/ren please use our Schoolcomms booking system. If you require any help or guidance with this booking system, please contact the school office on 01708 345200.

# Tips for Encouraging Open Discussions about DIGITAL LIVES

The online world is an entirely familiar and commonplace part of life for today's children and young people, far more so than for previous generations. There are many positives to children being able to access online materials, so it's important not to demonise the internet, games and apps, and limit the benefit of their positive aspects. At the same time, we do have a responsibility to educate children about the hazards they may encounter online (just as we would about real-world dangers) so it's essential that we don't shy away from talking to them about the complex – and often sensitive – subject of what they do and what they see when they're online.

Here are some suggestions for kicking off conversations with your child about their digital life ...

## MAKE YOUR INTEREST CLEAR

Showing enthusiasm when you broach the subject signals to your child that you're keen to learn about the positives of their online world. Most children enjoy educating adults and will happily chat about what they use the internet for, or what games and apps they're into and how these work. Asking to see their favourite games and apps in action could help you spot any aspects that may need your attention – such as chat functions which might require a settings adjustment to limit contact with strangers. Keep listening even if your child pauses for a long time: they could be considering how to phrase something specific, or they may be gauging your reaction.

## BE OPEN AND HONEST, APPROPRIATE TO THEIR AGE

At various stages, children and young people become curious about puberty and how their body changes; about relationships; about how babies are made; and about sexual health. If your child knows that they can discuss these sensitive subjects with you, they tend to be less likely to go looking online for answers – which can often provide them with misleading information and, in some cases, lead to them consuming harmful content. Don't worry if you don't immediately know the answers to their questions – just find out for yourself and go back to them once you have the facts.

## REMINDE YOUR CHILD THEY CAN ALWAYS TALK TO YOU

In my role I work with many children and young people who admit being reluctant to tell a trusted adult about harmful content they've viewed online, in case it leads to having their devices confiscated. Emphasise to your child that you're always there to listen and help; reassure them that if they do view harmful content, then they are not to blame – but talking about it openly will help. Children shouldn't be expected to be resilient against abuse or feel that it's their job to prevent it.

## KEEP TALKING!

The most valuable advice we can give is to keep talking with your child about their digital lives. You could try using everyday situations to ask questions about their online experiences.

## DISCUSS THAT NOT EVERYTHING WE SEE ONLINE IS REAL

Here, you could give examples from your own digital life of the online world versus reality – for example, those Instagram posts which show the perfect house: spotlessly clean, never messy and immaculately decorated. Explain to your child that there are many other aspects of the online world which are also deliberately presented in an unrealistic way for effect – such as someone's relationship, their body, having perfect skin and so on.

## TRY TO REMAIN CALM

As much as possible, try to stay calm even if your child tells you about an online experience that makes you feel angry or fearful. Our immediate emotions frequently influence the way we talk, so it's possible that your initial reaction as a parent or carer could deter a child from speaking openly about what they've seen. Give yourself time to consider the right approach, and perhaps speak with other family members or school staff while you are considering your next steps.

## CREATE A 'FAMILY AGREEMENT'

Involving your whole household in coming up with a family agreement about device use can be immensely beneficial. You could discuss when (and for how long) it's OK to use phones, tablets, consoles and so on at home; what parental controls are for and why they're important; and why it's good to talk to each other about things we've seen or experienced online (both good and bad). Explaining your reasoning will help children to understand that, as trusted adults, we want to make sure they are well informed and kept safe. Allowing children to have their say when coming up with your family agreement also makes them far more likely to stick to it in the long term.

## Meet Our Expert

Rebecca Jennings of RAISE (Raising Awareness in Sex Education) has almost 20 years' experience delivering relationships and sex education and training to schools, colleges and other education providers. A published author on the subject, she also advises the Department of Education on the staff-training element of the RSE curriculum.



National Online Safety®

#WakeUpWednesday