



St Ursula's Catholic Primary School

HEADTEACHER'S NEWSLETTER

23.9.22

#3

Dear Parents and Carers,

The school has a long tradition of working with a wide range of local, national and global charities. Throughout the year, we run many fundraising events that help raise money for a variety of causes. This autumn term, we are continuing our tradition of collecting food for the Harold Hill Food Bank and a letter was sent out earlier this week to remind everyone that we are collecting the following:

Long Life Milk
Tinned Meat
Tinned Fish
Tinned Veg
Tinned Fruit
Pasta Sauce
Rice Pudding
Instant Mash Potato
Long Life Fruit Juice
Toilet Roll

In our Gospel Assembly on Monday 26th September, our children will be looking at Luke 16:9-31 that will be read at Mass, making links to helping others as taught by Jesus to his followers. In our Gospel Assembly on Monday 3rd October, Margaret from CAFOD will be coming to speak to our children, discussing their work as a Catholic charity. Through these assemblies we are supporting our pupils to have a firm understanding of local and global issues and will be linking our charity work to the Gospel Values.

On Tuesday 4th October both Year 2 and Year 4 will be hosting their very own Harvest Assemblies:

Year 2 Harvest Assembly at 9:20am
Year 4 Harvest Assembly at 10:00am

Thank you for your continued support with our charity work. Mr Ashburn.

PARENTS' EVENINGS—BOOKING SYSTEM OPEN

Our Parents' Evening booking system is now open. Teachers will not be arranging appointments out of these allocated times. If you need support in booking an appointment or you have any questions please do not hesitate to call our School Office, who will be happy to help.

COMPETITION WINNERS—YOUNG WRITERS!

Last Year, Mrs Stone (Key Stage 1 English Lead) entered our Year 2 pupils into the Little Riddlers Poetry Competition and we have just been informed that 20 of the poems written have been chosen to be published in "Little Riddlers 2022— Amazing Creations".

Thank you Mrs Stone for inspiring our pupils to be confident and passionate writers!

UNIFORM—COATS

All pupils should be attending school with a coat. These should be suitable for cold and wet weather, preferably with a hood.

We encourage bright colours or coats with reflective strips to ensure that our children are clearly visible now that the mornings and evenings are darker.

Warm, red waterproof coats are available to purchase online through our uniform stockists; however, purchasing this coat is not compulsory.

<https://schoolwearcentres.com/products/reversible-fleece-jackets>

Attendance TOP FIVE

1	St Philomena's	100%
2	St Catherine's	100%
3	St John's	100%
4	St Martin's	98.81%
5	St Thomas'	97.78%
5	St Edmund's	97.78%

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.

WITH God
AT THE
heart
OF OUR
St Ursula's
family

WE WELCOME
ALL AS WE
learn
AND GROW
TOGETHER

What you need to know about...

VIDEO STREAMING APPS & SITES

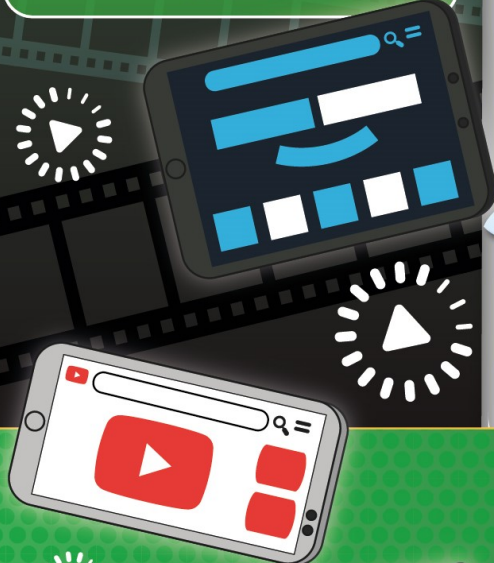
Part of our Social Media & Live Streaming Series



Brought to you by
NOS National Online Safety
www.nationalonlinesafety.com

What are they? 'Video Streaming Apps & Sites'

Video streaming apps and sites can allow people to share activities and hobbies with others in real time or watch their favourite films and TV shows online. There are different types of video streaming services. Twitch is used for watching others play video games in real time; you can watch YouTube live and watch Netflix, Amazon Prime or Apple TV with friends and family. Video streaming has gained popularity in the last few years because there is a sense of community when watching with others and people can comment on videos and ask questions in real-time.



Know the Risks

- Inappropriate videos**
When watching on video streaming apps, it is difficult to filter the content that is out there. For instance, when a child is watching a YouTube video, they will get recommendations for other similar videos. The risk is even higher with videos which are live, as children could be watching inappropriate content in real time.
- Chatting with strangers**
Video streaming apps or sites increase the risk of children communicating with strangers online. For example, most YouTube videos allow users to comment on the video. Whilst children could be watching something innocent, the comments section can be used by groomers to try and direct them towards private messaging.
- Binge-watching**
Children can easily fall into 'binge-watching' on video streaming apps which can impact on sleep, mood and their ability to concentrate on other things. The autoplay function can make it difficult to find time for a break and often the recommended content is similar to what children are already watching based on the algorithms used.
- Screen addiction**
In addition to binge-watching, most video streaming apps are available across all devices with an internet connection which can mean increased screen time. Popular apps, such as Netflix and Amazon Prime, have huge libraries of content which can mean hours of viewing time and potentially less time spent on learning, playing outside or interaction with friends and family.

Safety Tips

- Check age-ratings**
Ensure that children are at the right age to use the app. Most video streaming apps require users to be at least 13 years old. Be clear on what apps and sites children can use. Encourage them to never participate in online discussions that are offensive and never interact with strangers or people they don't trust.
- Change privacy settings**
Check the privacy setting of children's app. Ensure that for whichever app they are using, the settings are set to private and disable comments if applicable. Furthermore, set screen time restrictions via the app or the device to limit children's use.
- Implement parental controls**
Activate parental controls your child's devices and apps. This will prevent them from accessing content they shouldn't. For instance, on Netflix, create a kids profile. This way they will only be able to view videos appropriate for their age group. Likewise, use YouTube Kids over YouTube or apply restrictions and turn off features such as autoplay.
- Spend time on the app**
Before allowing children to access a video streaming app, spend some time browsing through its content. Familiarise yourself with how it works, what content is available and what your child wants to watch. Check-in regularly and ask what they enjoy watching and how it makes them feel.

Action & Support

- Report inappropriate content**
If a child comes across inappropriate content or something that makes them feel uncomfortable on an app such as YouTube, you can report the content and the person who has uploaded the content to the platform. If a stranger is looking to engage with your child, block them and report them.
- Have an open and honest conversation**
Adults can review the TV shows and films that have been watched many video streaming apps. If a child seems upset or shocked by something they've seen or if you are concerned about anything they've viewed, try to talk to them about it and have an open and honest conversation to help understand any concerns.
- Encourage other activities**
If you think a child is spending too much time on a video streaming app, try to foster their interest in other activities or hobbies away from their device. Encourage them to get outdoors, play with friends, play board games or just simply spend more time together with you.



Our Expert

Parven Kaur

Parven Kaur is social media expert and digital media consultant who is passionate about improving digital literacy for parents and children. She has extensive experience in the social media arena and is the founder of Kids N Clicks; a web resource that helps parents and children thrive in a digital world.