



WEST KIDLINGTON NEWS

Dear Families

I hope that all Families were able to read the update about how the school intends to increase the age that it looks after children. Our intention from September 2026 is to include 2 year olds in our Nursery. Please spread the word in the community about this!

Next week is Internet Safety in school. The national theme for the week is the safe use of AI.

I recognise parents feel that there is a lot of guidance regarding internet safety and sometimes when we get bombarded, we might ignore key messages. I was really concerned this week by the content within some of the Whats App groups that the children are in. This is an app for 13+.

You won't be a bad parent if your child doesn't know all of the latest TikTok trends. Keeping your child safe online doesn't have to be so complicated that it's effectively impossible. Being 'strict' about what your child does online is a real option and being 'strict' isn't actually being strict, it's just being sensible.

Please take time to look at the bright link poster on the second page.

Continuing with the topic of safety, we are working on how we would keep everyone safe if we were to face a serious emergency. Classes in the school have begun practising how to evacuate the premises and head to our emergency meeting point at Ron Groves Park. During the Spring term, we will do this as a whole school.

This week we rehearsed a fire alarm at an awkward time and the children responded sensibly.

Important Dates

School Garden Open Mornings: Monday 9th February and Monday 9th March - would you consider coming along and helping for a few hours? Please?

Tuesday 10th February - Internet Safety Day

Friday 13th February - Break up

Monday 23rd February - School re-opens

Parking near school

The Police are regularly receiving complaints about parking during the school pick up times. Driveways and pavements are being blocked (the school driveway was blocked this week) as well as cars being parked on double yellows. This is impacting the residents living in these properties as well as making it more dangerous for pedestrians, including the children. They have had reports of people struggling to attend doctors' appointments due to their vehicle being blocked in. In addition to this, residents have received verbal abuse as a response to any complaints. The Police are intending to patrol at school times more frequently. Please be kind.



Please can we remind parents that our playground is a mobile phone free zone. We have seen an increase of parents on their phones this week at drop off and pick up times.

ONLINE SAFETY

IN JUST 4 SIMPLE STEPS

Keeping your child safe online – and knowing what to say no to and what to say yes to – can feel like an impossible task.

So keep it simple with these 4 rules.

Protect your child from exploitation by strangers, predators, with peers, content that harms their mental health, addictive products, violence and sexual content, poor sleep, reduced concentration and disrupted development.

1

NO SMART PHONE UNTIL YOUR CHILD IS 12

Once you give your child a smart phone it is very hard to go back. Once they've got a smart phone it becomes almost impossible to control or monitor how they use it. So keep it simple, no smartphones. If your child really needs a phone you can get them an old fashioned feature phone for about £20.

2

NO SOCIAL MEDIA UNTIL YOUR CHILD IS 16

Social media can be fun, but it can also be addictive and harmful. The social media platforms are not making sure that they are safe for children to use. So the world of social media is full of content that is dangerous or damaging for your child, from cyberbullying to pornography. So just keep your child off social media.

3

NO YOUTUBE AND NO TIKTOK

The video sites are designed for adults. These platforms are designed to be addictive. They distract your child's ability to concentrate. It is very hard to monitor and regulate them and there is a lot of inappropriate content on there. Whilst they are kids, there is plenty for them to watch on things like Disney and Netflix.

4

NO GROUPS, NO STRANGERS, NO SNAPCHAT

Just because your child is in your house, it does not mean that they are safe from being exploited by adults or other big children. So if they use things like WhatsApp, it's family and close friends only. So one that you don't know, no being in big online groups and no deleting messages. And this includes gaming online.

AND REMEMBER...

Don't rely on your child being sensible and honest online to keep them safe.

Yes, we need to teach them to be these things, but it is not fair or realistic to ask young children to operate safely in an online world that is really not set up for them.

Your child will not thank you for these rules. They will tell you that other children don't have these rules. But these other children are not your responsibility. It is your job to look after your own children.

The majority of parents worry about their children online – some of them decide that saying 'No' is an option. You can be one of those parents.

If using tech devices is making your child sad, anxious or angry then take these devices away from them. If they are not following your rules then take these devices away from them. This might not be easy when they are young, but it will be almost impossible as they get older. Ultimately you are the adult and you have to decide what is best for your child.

RESILIENCE - FAMILY HOMEWORK

WORRYING LESS

01.

Why do we worry?

Everyone worries sometimes — grown-ups, teachers, and children too! Worrying is normal. This Family homework will help you notice worries and learn ways to feel calmer and more confident being you.



What is a worry?

Talk to an adult or think quietly on your own.



- Can you draw or write one thing children sometimes worry about?
- For example: making mistakes, what friends think, or trying something new.
- Under your picture or writing, write this sentence:
“It’s okay to worry because everyone worries sometimes.”

02.

Worry or Not?

Read each sentence and decide if it's a big worry or a small worry.



- Forgetting your lunch box for one day
- Giving the wrong answer in class
- Trying a new game at playtime
- Wearing something different

Talk about how small worries usually go away on their own.

03.

What other people think

Sometimes we worry about what other people think of us.

Draw yourself in the middle of a page. Around you, write or draw:

3 things you like about yourself

1 thing you are good at

Now read this sentence out loud or quietly:

“I don’t have to be perfect. Being myself is enough.”



04.

HALF EIGHT IS TOO LATE



**HOW MUCH TIME YOUR
CHILD SPENDS ON A
SCREEN IS IMPORTANT**



West Kidlington
Primary & Nursery School
Be kind, give your best!

