



Spring Term Dates: Tuesday 4th January - Friday 29th March 2019

Spring Holiday: Monday 1st April to Friday 12th April
School opens for Summer Term on Monday 15th April

**School will be closed for Easter on Good Friday 19th April
and Easter Monday 22nd April**

World Book Day

Our celebration of World Book Day is on Friday 8th March and we are asking pupils (and staff!) to dress up as a character from a favourite story or book. Children who do not want to dress up will need to come to school in their normal school uniform.



There will be lots of activities going on in the classes and parents are welcome to help us by coming in to read with the children. Please organise a time and class with the school office.

Reception class will be celebrating World Book Day on Thursday 7th March due to their visit to Walby Farm Park on Friday.

Morrisons supermarket are very kindly donating some books and these will be presented on Thursday.

Don't forget to use the World Book Day vouchers in a book shop to get a free £1 book.

Food Bank

During Lent we will be gathering items to be added to the Food Bank collection at St Mary's Church. At this time of year it is nice to remember those people who are less fortunate than ourselves, so if you could donate items for the Food Bank we would be very grateful.



Items on the list are: UHT or powdered milk, sugar, fruit juice, soup, pasta sauce, cereal, tea bags, coffee, rice, pasta, jam, biscuits and tinned goods such as sponge pudding, tomatoes, rice pudding, meat, fish or fruit.

There will be a collection box in the library for donations. Thank you for your help.

Governor Needed

We currently have vacancies for a Parent Governor. If you are willing to give up some time and make a commitment to our school, you may be interested in becoming a member of the Governing Body.

Anyone who would like more information about what the role of governor involves is asked to call in to the school office.

Your School Needs



School closes for end of term on Friday 29th March at 1.10 p.m.

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What's On?

Fair Trade Assembly – Whole School – Thursday 28th February
Year 1 visit to Tullie House 'Explorers' – Friday 1st March
Year 4 visit to Stocks Wood Forest School – Fri 1st, 8th, 15th 22nd and Thur 28th March.
CAFOD 'Lent' Assembly – Years 4, 5 & 6 Workshops – Tuesday 5th March
Reception class hearing tests – Wednesday 6th March
Nursery visit to Walby Farm Park – Thursday 7th March
Reception class World Book Day – Thursday 8th March
World Book Day – Nursery & Years 1 to 6 – Friday 8th March
Reception visit to Walby Farm Park – Friday 8th March
'Bring Books to Life' Dance Workshops – Whole School – Tuesday 12th March
Commonwealth Day – Whole School – Thursday 14th March
Play Leader Training – Year 5 – Friday 15th March
Years 1 & 2 visit to Rosehill Theatre for a 'Fun with Science' show – Friday 15th March
Year 5 Bikeability Cyclewise Week – Mon 18th to Fri 22nd March
Last Swimming Session – Year 5 – Friday 22nd March
Dinosaur & Fossil workshops – Whole School – Tuesday 26th March
School closes for Spring Holiday on Friday 29th March at 1.10 p.m.

Bikeability

A group of Year 5 pupils will be taking part in the Cycle-wise programme throughout the week beginning Monday 18th March.



Please remember to bring a cycle helmet, outdoor P.E. kit and a waterproof coat every day for the sessions. Bikes can be left in school overnight.

Swimming and P.E.

The last swimming session for the Year 5 class will be on Friday 23rd March.



There are always lots of sports activities going on during the term, so please make sure that children have their P.E. kits and pumps / trainers in school during the week. **Kits should only be taken home at weekends to be washed.**

INTERNET SAFETY

There is current media coverage regarding challenges being accessed inadvertently or being shared between children using social media. Latest advice is that this is a sneaky way to harvest personal data from internet accounts.

Please discuss general internet safety with your children to protect them from this kind of scam and read the internet safety guidance sheet which will accompany this newsletter.

Guidance and information for parents about internet safety and social media

There is current media coverage regarding challenges being accessed inadvertently or being shared between children using social media.

Below is information and guidance that you can share with parents and young people to enable them to keep safe.

Advice for parents in keeping their children safe online:

- Start setting some boundaries, even at an early age ... it's never too early to do things like setting limits for the amount of time they can spend on the computer.
- Supervise your child's use, ensure that you know what they are watching. They may stumble across something inappropriate.
- Talk to your children, letting them know no-one has the right to make them do anything they do not want to do
- Make sure devices like your mobile, tablet or laptop are out of reach. Set up passwords/PINs and make sure you keep these details to yourself.
- On computers and any other devices your child has access to, set the parental controls to the appropriate age, and enabling access to only appropriate content.
- Buy or download parental control software, switch it on and keep it updated.
- The big four Internet Service Providers (ISPs) give their customers free parental controls which can be activated at any time. Check them out and take advantage of them.
- Buy or download only apps, games, online TV and films which have age ratings, which you should check before allowing your child to play with or watch them.
- Share your technology rules with grandparents, babysitters and your child's friends' parents so that they know what to do when looking after your child.
- When using public WiFi – for example in cafés or hotels – remember that it might not include parental controls. Innocently letting your child play with your mobile or tablet while you're enjoying a latte may result in them accessing inappropriate content or revealing personal information.
- If you have a family computer or tablet, set the homepage to an appropriate website.

Among the most common signs to watch out for include children and young people who:

- Become very secretive, especially about what they are doing online
- Are spending a lot of time on the internet and social media
- Are switching screens on their device when approached
- Are withdrawn or angry after using the internet or sending text messages or becomes unusually secretive, especially when it comes to online activities
- Have lots of new phone numbers or email addresses on their devices
- Unexpectedly stops using their device(s)
- Appear nervous or jumpy when using their device(s)
- Appear uneasy about going to school or outside in general
- Appear to be angry, depressed, or frustrated after going online (including gaming)
- May be oversleeping or not sleeping enough and may have nightmares
- Become abnormally withdrawn from friends and family members
- show an increase or decrease in eating
- Make passing statements about suicide or the meaninglessness of life
- Lose interest in the things that mattered most to them
- Avoid discussions about what they are doing online

Conversation starters

Q - What is your favourite thing to do on the iPad/tablet/my phone?

Q - What is your favourite game/app and why do you like it?

Q - Where do you think is the best place that we use the iPad/tablet/games console and when can we use it?

Q - What can you do if something online upsets or worries you?

Q - Who can help you with your favourite games and apps?

Q - If a message appears on the screen, what should you do?

Q - Who can go online? Do we know everyone online?

Support and guidance

If you are concerned or have any questions on how to approach the subject with your children they can access support from:

NSPCC Helpline on 0808 800 5000 or visit [nspcc.org.uk](https://www.nspcc.org.uk)

Age appropriate apps and games for young children to use by filtering by age at

www.common sense media.org

thinkyouknow website [thinkuknow.co.uk/parents](https://www.thinkuknow.co.uk/parents)

[Childnet website www.childnet.com/parents-help](https://www.childnet.com/parents-help)

[Children who are worried about their activity on apps or online games can contact Childline 24 hours a day, online and over the phone on 0800 1111](https://www.childline.org.uk)

CEOP safety centre for reporting online abuse or concerns

<https://www.ceop.police.uk/safety-centre>

Visit the Parents' Guide to Technology on the UK Safer Internet Centre website to find out how to set up controls on a device www.saferinternet.org.uk/parent-tech.

Visit www.internetmatters.org/parental-controls to find out how you can set up controls on your home internet, phone network and online services such as Netflix