

St Mary's C of E (Aided) Primary School



NEUSLETTER

"A Christ-centred school with a child-centred curriculum"

Humility, service, forgiveness

Telephone: 01798 872007 24th January 2020

Links to newsletters – class newsletters are on our website: https://stmaryspulborough.eschools.co.uk/website/classes/57308

Emails – Communication is very important to us as a school and we have a proactive approach to dealing with issues that enviably arise. Please could I ask you to respect the staffs work life balance. Emails will only be answered during working hours and we ask that you to send emails within working hours where possible. If this is not possible, then please send emails to the office@st-marys-pulborough.w-sussex.sch.uk we will then be forward it to the relevant member of staff within working hours. Our staff really care about the children and it can be worrying for staff if they cannot do anything about a situation at the weekend.

E safety and WhatsApp groups – WhatsApp groups are fantastic for liaising regarding class activities, resources and events. Can I please remind you that it should not be a place to vent any issues? If you have a problem, please come and see the class teacher as the first port of call and then Miss Gorecka or myself if you are still not happy with the outcome. Sometimes the story that goes to other parents is not accurate and can cause unhappiness or anxiety for other parents.

Also in addition to this, Year 6 are telling staff that there are WhatsApp groups that they are running. Please can I remind parents that children have to be 16 to have a WhatsApp account and that if there are cyberbullying or other issues that come into school, we will be asking why they have an account. If you child is using the App this means that every child who is currently using the app has had to tell an untruth in order to access the service. Whatsapp state that this violates their terms and conditions and those adults who register the app on behalf of an underage child are violating their terms and conditions: https://faq.whatsapp.com/en/26000151/?category=5245250

Mental Health Weald Locality event – There is another Weald Locality Health and Wellbeing event on Friday 3rd March. It is the second year of this event running and it has some brilliant speakers and stalls that parents can wander around and professionals who you can talk to. We, as a school, are asked all the time about mental health issues such as anxiety, low mood, depression, sleep issues, resilience, support for families outside of school, food banks, money management etc. If you feel that this might apply to you, please put the date in your diary – more information will come out shortly.

The Sun Books for schools - If you have been collecting the tokens from The Sun Newspaper, please can you bring into the school office or post in the PTA post box in an envelope, **before the 31**st **Jan**. Thank you to everyone who have been collecting them

PJ Party for UK and Austria – It was great to see so many children from UK and Austria come back to school in their pyjamas to spend some time with their friends and so something together. Thank you to the PTA for their help and to Mrs Callender and Mrs Huntley Hart for making this happen.



Careers Day - We would like to say a very big thank you to all the people that volunteered to come in and speak to the children this week about the different careers we have in our locality including:

Steve Leach – Wireless Communications, Michelle Leach - Air Traffic Control, Dan White – Operations Manager at South Lodge, Dave Lewis – Chartered Surveyor, Jade Orosz – Child Nursery, Lee Boddy – Area Manager of Travis Perkins, Heather Bradbury – Harwoods, Pippa Smith – Nurse, Karen Whitehead – Cake maker, Abi Smith – Journalist and Alex Holland – Farm Manager.

The children had a fantastic morning and enjoyed a number of activities, the cherry on the cake was definitely the Tractor that were allowed to explore. Mrs Benson has organised this and we are grateful for her for the time she gave to get this organised.







Athlete visit — What a fantastic day of inspiring children with PE. To meet a real athlete is a real pleasure and opportunity to show children that anything is possible and to follow their dreams. Thank you to Mr Coomber for organising this and for the children who participated with such enthusiasm and commitment.







Pulborough Library - will be holding a special Dinosaurs Roar story time for children on Thursday 20th February from 10.30am-11.30am with roarsome stories, crafts and a treasure hunt around the library. I thought this free half term event would be of interest to the families of St Mary's Primary and would be grateful if you would consider including details about it in your next school newsletter or displaying the poster on a school noticeboard. See poster attached.

Just Enough – Phil Knight and Just Enough have been back in school inspiring the children to be creative. Just Enough is running after school clubs to capture the children's imagination with drama, music and other creative. We recognise, as a school, that many children are very talented with music, drama, speaking and listening skills and need an avenue outside of the curriculum to develop this further. Could this be the opportunity for your child?

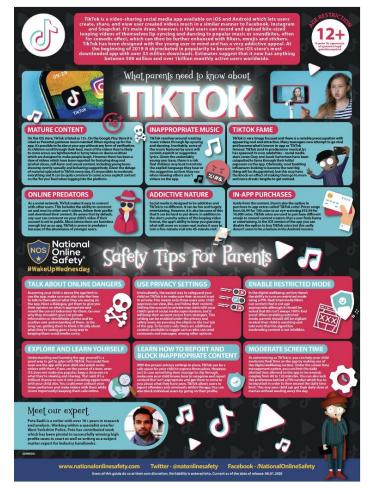
Job vacancy at St Mary's – We are looking for a teaching assistant to join our team. If you are interested then all the details are on our website.

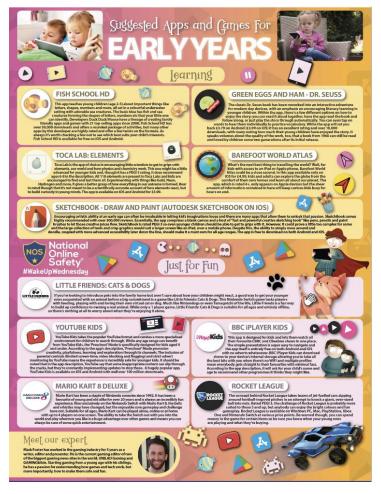
Baby news — Congratulations to Miss Bell and her family on the arrival of Henry on Wednesday 22nd January.



Special Educational Needs – We have many children within our school who have a Special Educational Need and we set up Individual Learning Plans to help them to reach their full potential. Do have a look at the link below of ways that we help and support,







Instagram Parent / Carer Advice





What is Instagram?

Instagram is a social media platform which focuses on the creation and sharing of images, providing users with a range of filters and special effects popular among younger users.

Despite requiring users to be 13 or older, a study in January 2017 indicated that 43% of 8-11 year olds in Britain are using Instagram.

Safety Tips

As with all Internet activity, talk to your child about how they use Instagram, the importance of not 'oversharing, and any issues they have faced.

It is safest to change the default privacy settings in your child's account from public to private. If your child is older and you agree for them to have a public account, you should discuss strategies for coping with negative feedback and for blocking users. You should also monitor messages they receive.

Given Instagram's reported impact on young people's mental health, keep an eye out for early warning signs of such issues with your child. Seek professional support or consult online services

shout for support in a crisis such as Shout at the earliest point of concern.

Regularly spring-clean your child's Instagram account with them by removing any posts and images you agree are inappropriate and blocking any concerning contacts. If you have any concerns that somebody might be trying to groom your

CLICK CEOP child you should immediately contact CEOP.

Reasons for concern

Privacy settings
A key concern regarding children's use of Instagram is the fact that the default privacy setting for accounts is 'public'. As such, unless a child actively alters their privacy settings, all of the pictures they post to Instagram will be available to anybody. This could result in their images being seen by inappropriate individuals and might lead to

receiving unwanted communication.

Follower lists
In a world where celebrity success is measured by numbers of social media followers, it is understandable that children might want to grow their own list of followers. A child's non-private account can quickly grow with followers, some of whom might not have entirely innocent motives.

Terms and conditions
Instagram's 5,000-word terms and conditions states that users agree that Instagram can use and sell their sell images for others to use (without paying or further consent). Instagram also retains the right to store, use and share the personal information and direct messages of their users.

Grooming
In 2019 the NSPCC reported that Instagram was involved in more online grooming cases than any other online platform. Where the police recorded the method of communication, Instagram was used in 32% of cases, in contrast to Facebook at 23% and Snapchat at 14%.

Mental health issues
A report by the Royal Society for Public Health found that Instagram rated as the worst social media platform when it comes to its impact on young people's mental health. Being image-centred the RSPH claimed that Instagram (along with Snapchat) appears to be driving feelings of inadequacy and anxiety in young people.



www.onlinesafetyalliance.org

Online safety education for school staff, pupils and parents

Snapchat Parent / Carer Advice





What is Snapchat?

Snapchat is one of the image-based social media platforms which is incredibly popular with children. One of the key features of Snapchat is that, by default, messages sent Snapchat through disappear seconds after they are viewed by the recipient. The minimum age to use Snapchat is 13 but it is a popular and platform widely used among children younger than this.

Safety Tips



As with all Internet activity, talk to your child about how they use Snapchat, the importance of not 'oversharing, and any issues they have faced.



The default privacy setting of 'My Friends' prevents children from sharing 'snaps' with users unknown to them. However, children may change this setting and make their posts public. Ensure your child is aware of the importance of maintaining strong privacy settings and check the settings your child has selected.



In the settings options, ensure your child has Snapmap set to 'ghost mode'. This will ensure that nobody can see their current location.



Ask your child if they know how to report or block a user who sends them anything that upsets them. This can be done by going to the friends list, selecting the person creating the issue and then selecting the gear icon.



Remind your child that although Snapchat automatically deletes images once seen, somebody can copy the image and share it with others.

Reasons for concern

Abuse and bullying

As messages disappear shortly after being read, Snapchat has become a popular tool for abuse such as online bullying as abusers feel they will not be held to account for messages posted once they are deleted. This is supported by the fact that if somebody takes a screenshot of a message posted on Snapchat then the person who posted it is informed that this has happened, making it more uncomfortable for people to take evidence of abuse they have suffered or witnessed.

The Snap Map

The Snap Map allows users to see the live location of their friends on a map. Cartoon-style avatars are used to represent people in a move that was clearly designed to be popular with younger users. This feature can result in children sharing their location (including effectively their home address) with individuals.



Addiction-inducing features

Children are naturally more prone to addictive behaviour than adults. As such, the inclusion of features such as 'Snap Streaks', where two users share pictures with each other on consecutive days. Snapchat rewards



longer streaks with special emojis. This can result in children increasing their daily usage of the app.

Risk of secondary apps

Snapchat allows users to link to secondary apps that can be used inside Snapchat. A recent concerning example is YOLO which allows users to offer people the opportunity to anonymously ask them questions. Such apps have led to online bullying and hate crime.





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WhatsApp





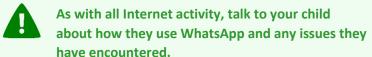




What is WhatsApp?

WhatsApp is a free messaging app. It allows you to send text and multimedia messages (video, images and voice recordings) to people in the contact list on your phone. It also allows users to set up group chats where the administrators can invite up to 256 people to share messages and images publicly within the group. Although the age limit for WhatsApp was recently raised to 16 it is popular with primary age children and above. So what are the risks?

Safety Tips





Go to the settings (by pressing the three dots in the top right of the screen) and ensure your child's profile is set to 'contacts only'.

To leave a group: Open the group in WhatsApp.

Press the three dots in the top right of the screen and select 'Group Info'. Scroll down to 'Exit group'.

If an admin adds your child back into a group they have left, your child can ask them not to do this. If they keep adding them then you can prevent it by blocking the admin. To do this, WhatsApp provide the following guidance:

- 1. Go to the group in WhatsApp, then tap or click the subject of the group.
- 2. Tap or click the phone number of the admin you wish to block.
- 3. If prompted, tap or click Message {phone number} or Send Message.
- 4. A blank chat with the admin will open up. Tap or click the phone number at the top.
- 5. Tap or click Block > Block.

Reasons for concern

Group administrators can invite people your child does not know into group chats. Some of these people may not have innocent intentions or may be older and post age-inappropriate messages.

Some WhatsApp groups can contain images and messages which can cause distress to children. These might include violent images or videos, abusive messages and sexual content.

Chain messages are often shared through WhatsApp. These pressure children to post them on to their contacts, e.g. by claiming that failure to do so can

result in the child or a family member dying. Many children find such messages distressing but also feel they must share them with others due to fear of the threat.

and killed him. A girl named Loran got this message. She laughed and deleted it. I later came to her house and killed her and buried her in a desert. A boy named

WhatsApp does not allow users to decide whether to join a group. Your child will be automatically added to any groups that their contacts add them to. If your child leaves the group the administrator can add them straight back in.

Your child may be in WhatsApp groups in which huge numbers of posts are made. The alerts this generates can be an unnecessary distraction and can disrupt sleep.

WhatsApp's default privacy settings are that anybody can see your child's profile photo and when they were last online.

WhatsApp 'dare games' have become popular with children. These involve the child making a quiz about themselves to share with others and this can lead to oversharing of personal information which can be publicly available.

Children can add and then remove other children from groups as a form of exclusion and bullying.

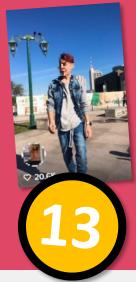


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Online safety education for school staff, pupils and parents

TikTok

Parent / Carer Advice





What is TikTok?

TikTok is a social media app where users share short video clips of 15 seconds duration. It started out as an app named 'Musically' and was used to share videos of dancing and lip-syncing to music. Much of the content on TikTok still reflects these origins, but popular videos now also include pets, makeup, magic tricks, fashion, art, people reacting to situations, etc. According to OSA research, TikTok is now as widely used by 11-14 year olds as SnapChat and Instagram.

Safety Tips

As with all Internet activity, talk to your child about how they use TikTok and any issues they have encountered.

Discuss whether it would be best to change your child's account to private to avoid interactions with non-friends. If you agree to keep the account public you should discuss strategies for coping with negative feedback and for blocking users.

Help your child to spring clean their account from time to time by removing videos you agree to be inappropriate.

Ensure your child knows not to post videos in their school uniform. Also discuss how recording videos at school might break school rules and what the consequences could be.

The TikTok settings allow you to set a time limit for how long each day you want your child to be able to use the app. This can be password protected to ensure they stick to the limit.



Reasons for concern

TikTok has a minimum age rating of 13 and anybody under 18 should have parental permission to use the app. However, new users simply enter a date of birth to indicate their age and there are no verification steps. As such, children of any age can create an account by using a false date of birth.

New users will be shown a range of video clips the app feels may be of interest. Many of these will quickly expose users to offensive language which will be inappropriate for children.

The clothing worn and the type of dancing in some videos could be deemed sexualised and therefore something that might be inappropriate for younger users to be exposed to.

The default privacy settings in the app are concerning. Although only friends can send users direct messages, the videos posted by users can be seen by anybody and anybody can like / comment on the videos. New users are also available for anybody to perform a musical duet with. Such default settings can leave children vulnerable to unwanted communication from others.

Many children in the UK are posting videos to TikTok where they are wearing their school uniform, making it possible for strangers to identify their location.

The nature of videos children are posting to TikTok (singing, dancing, etc) can leave them vulnerable to receiving negative comments which can have an impact on mental health.

The company that owns TikTok is facing legal issues and stands accused of illegally collecting data on children (when it was Musically) and the app has been deemed a 'potential security risk by the FBI'.

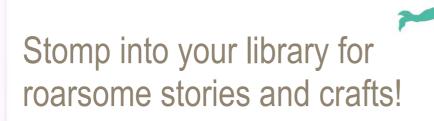


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Online safety education for school staff, pupils and parents







Evervone welcome

Tickets are free but please reserve your place to avoid disappointment



Parents and carers are asked to remain on the premises during this activity. Everyone is welcome at our regular activities and special events. Visit www.westsussex.gov.uk for our inclusion statement.

Thursday 20th February 10.30am-11.30am





Pulborough Library Brooks Way, Pulborough, RH20 2BQ 01798 872891















Ages 8 - 13

School holiday clubs at the Adur Centre, Shoreham

17th February – 21st February 8:30 - 17:00 (or 18:00 extended)

Prices range from £35 - £42 per day

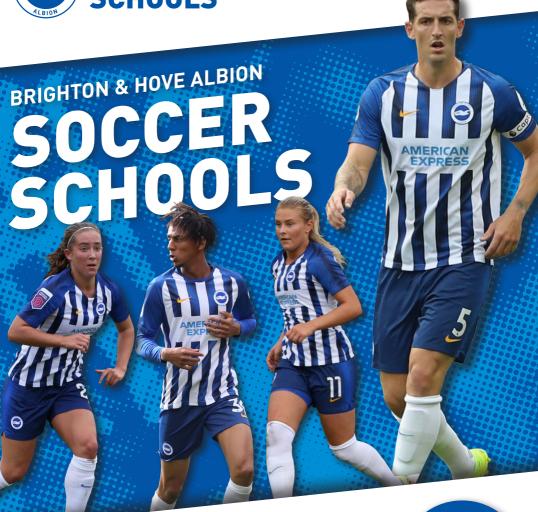
Find out more and book your adventure

0333 340 7100

info@adurcentre.org.uk and book here: adur.cinolla.com/adur

www.adurcentre.org.uk





Holiday and weekly football courses for boys and girls of all abilities, age 4-13.

Brighton, Eastbourne, Worthing, Billingshurst, Hassocks, Lancing, Shoreham, Steyning and Uckfield.

albioninthecommunity.org.uk

BOOK ONLINE NOW



Location		Dates	Times	Venue	Cos
Brighton	GK	17-19 Feb	9am-3pm	Dorothy Stringer School, BN1 6PZ.	£55
Eastbourne	GK	17-19 Feb	9am-3pm	Heron Park Primary Academy, BN22 9EE.	£55
Hassocks		19-20 Feb	9.45am-3pm	Hassocks Sports Centre, BN6 8LP.	£40
Steyning		17-19 Feb	9.45am-3pm	Steyning Primary School, BN44 3RQ.	£40
Jckfield		17-19 Feb	9am-3pm	Uckfield College, TN22 3DJ.	£55
Worthing	GK	17-19 Feb	9am-3pm	Thomas A Becket Junior School, BN14 7PR.	£55
Courses for	4-5	year olds			
Brighton		17-19 Feb	9am-12pm	Dorothy Stringer School, BN1 6PZ.	£36
Eastbourne		17-19 Feb	9am-12pm	Heron Park Primary Academy, BN22 9EE.	£36
Hassocks		19-20 Feb	9.45am-12.30pm	Hassocks Sports Centre, BN6 8LP.	£36
Jckfield		17-19 Feb	9am-12pm	Uckfield College, TN22 3DJ.	£36
Worthing		17-19 Feb	9am-12pm	Thomas A Becket Junior School, BN14 7PR.	£36
Easter 202	0				
Location		Dates	Times	Venue	Cos
Billingshurs	t	9 Apr	9.45am-3pm	Plaistow & Kirdford Primary School, BN15 9FP.	£24
Brighton	GK	14-16 Apr	9am-3pm	Dorothy Stringer School, BN1 6PZ.	£55
Eastbourne	GK	8-9 Apr	9am-3pm	Heron Park Primary Academy, BN22 9EE.	£40
Hassocks		6-8 Apr	9.45am-3pm	Hassocks Sports Centre, BN6 8LP.	£55
Shoreham		16-17 Apr	9.45am-3pm	St Nicholas and St Mary Catholic School, BN43 6PE.	£40
Steyning		14-15 Apr	9.45am-3pm	Steyning Primary School, BN44 3RQ.	£40
Uckfield		14-16 Apr	9am-3pm	Uckfield College, TN22 3DJ.	£55
Worthing	GK	6-8 Apr	9am-3pm	Thomas A Becket Junior School, BN14 7PR.	£55
worthing	4-5	year olds			
		14-16 Apr	9am-12pm	Dorothy Stringer School, BN1 6PZ.	£36
Courses for		14-16 Apr		II D D : A DN00.0EE	£24
Courses for a	_	8-9 Apr	9am-12pm	Heron Park Primary Academy, BN22 9EE.	
Courses for a Brighton Eastbourne			9am-12pm 9.45am-12.30pm		£36
Courses for a Brighton Eastbourne Hassocks		8-9 Apr			
Courses for a Brighton Eastbourne Hassocks Uckfield		8-9 Apr 6-8 Apr	9.45am-12.30pm	Hassocks Sports Centre, BN6 8LP.	£36 £36
Courses for a Brighton Eastbourne Hassocks Uckfield Worthing Courses for		8-9 Apr 6-8 Apr 14-16 Apr 6-8 Apr	9.45am-12.30pm 9am-12pm 9am-12pm	Hassocks Sports Centre, BN6 8LP. Uckfield College, TN22 3DJ.	£36

Single full-day bookings are available priced at £24 for 5-13 year olds.

Single half-day bookings are available priced at £12 for 4-5 year olds.

Children aged 5 years can attend courses of either age category.

a = Goalkeepers included. Goalkeepers will receive individual specialised training during the mornings, followed by integrated team sessions in the afternoons. Goalkeeper courses can be booked separately online.

Places must be booked online in advance. Full terms and conditions can be found on our website: albioninthecommunity.org.uk