

# Meadowhead Community Junior School Newsletter



## Spring Term: Newsletter 3

### Illness

This week, there has been an incredibly high number of absences from school. I appreciate that there are bugs doing the rounds at the moment and that some of these absences are unavoidable, however, please could I remind everyone that children can continue to attend school with some minor illnesses – I have attached the NHS guidance to this newsletter which advises when children should stay at home and when they can attend school. Many thanks for your continued support in this matter.

### School Uniform

Please could I remind all parents/carers that trainers are not a part of our uniform. Since Christmas a lot of children have been coming to school in very expensive brand-new trainers – these are not part of school uniform, are likely to get damaged at school and do not support children's growing feet in the same way a pair of sturdy shoes would. Please could I therefore ask all parents to send their child into school in a pair of sturdy black shoes. If you are having any financial difficulties which prevent you from purchasing school shoes, please contact Miss Duckworth at school who will be only too happy to help.

### Open Morning

Next Friday, 2<sup>nd</sup> February, we will be holding our termly open morning at school. This is an excellent opportunity for you to come into school and see your child/ren in their classroom. You will be able to get a real feel for what the children are learning and how they are learning. There will be free refreshments on offer so please do come and join us – the open morning will be from 9am – 10:15am. Many thanks and we hope to see you there!

### Safeguarding

We have had a focus on safeguarding in school this week and the children have been reminded of what to do if they feel unsafe, how to report any bullying – either in person or online, how to keep themselves safe online and who their trusted adults are, both in school and at home. The children responded really well to this work and even told some visitors to school all about what they knew. Our visitors commented to us that the children they spoke to were a real credit to our school and knew all about how to keep themselves safe – they also praised our strong safeguarding ethos.

If you have any questions around safeguarding, please feel free to contact one of our **Designated Safeguarding Leads (DSLs)** in school, who are: **Ms Blackledge, Miss Duckworth, Mr Morris and Miss Davies**. If you have any questions about attendance, please contact **our Attendance Lead, Ms Blackledge, or our Attendance Officer, Mrs Ramsbottom**.

### Wake Up Wednesdays

We will now be sharing a weekly online safety newsletter, called Wake Up Wednesdays, with all parents and children. The newsletters are designed to support both parents/carers and their children with staying safe online and are produced by The National College. If you have any online safeguarding concerns, please contact **our Online Safety Lead, Ms Blackledge**.

Ms R Blackledge  
(Acting Headteacher)

## Class Attendance for this week

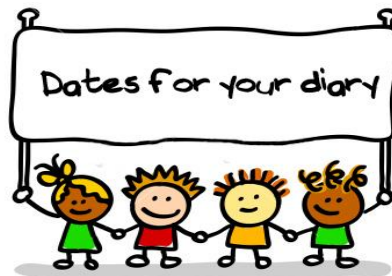
Congratulations this week to class 5A!

Green: 97%+

Amber: 95 – 97%

Red: Below 95%

3M	3FP	4B	4CW	5A	5C	6L	6LV
79.1%	94.2%	82.3%	90%	96.3%	84.1%	92%	93.3%



Friday, 2<sup>nd</sup> February – Open Morning in School

Monday, 5<sup>th</sup> February – Young Voices Concert in Manchester

Friday, 9<sup>th</sup> February – last day of half term

Monday, 19<sup>th</sup> February – INSET Day, school closed

Tuesday, 20<sup>th</sup> February – school re-opens

Friday, 1<sup>st</sup> March – 6L class assembly

# What Children & Young People Need to Know about **FREE** VS **HATE** **SPEECH** **SPEECH**

Everyone in the UK has the right of "freedom of expression". That's the right to voice your opinions and share information and ideas with others. It's not the right to say whatever you want without regard for others' feelings and values. We all have a responsibility to use this right properly: being respectful and inclusive to those around us, rather than making offensive and threatening remarks. That's called 'hate speech' and knowing the difference is incredibly important.

Free speech is a person's legal right to share information, opinions and ideas without fear of retaliation, censorship or legal consequences. This freedom of expression is recognised in international human rights legislation, and here's what it does for us in our day-to-day lives...

The Human Rights Act 1988 states that everyone has the right to express themselves freely – even if their views are unpopular and might offend others.

Freedom of expression encourages listening to others and allowing opposing views to be heard. It's important to respect someone's opinion, even if we disagree with it. Free speech lets us engage in meaningful discussions with people who feel differently.

Any concept could potentially offend someone. Galileo's theories were incredibly offensive to many at the time, while not everyone agrees with Darwin, even today. A frequent exchange of ideas is vitally important for a healthy society.

Free speech allows us to engage people we disagree with in a debate. The ability to challenge others' views is healthy – while having ours challenged helps us learn how to deal with criticism and think deeply about what we say and believe.

Freedom of expression includes the right not to do something, like not standing up for – or singing – the national anthem. Even though some people would find that offensive, it isn't illegal. By law, nobody can force you to say anything you don't want to.

Free speech is a powerful tool for change, justice and reform. Many modern UK rights – such as women being allowed to vote, decent working conditions or same-sex marriage – couldn't have been achieved without it.

Hate speech refers to any communication – like talking, texting or posting online – that negatively targets a group or an individual because they are perceived to be different in some way. Demonising and dehumanising statements, threats, identity-based insults, offensive name-calling and slurs would all count as hate speech. Here are some common forms it takes...

Targeting people or groups because of a protected characteristic – like race, gender identity, sexuality, nationality, religion or a disability – and verbally abusing them with slurs and name-calling. The Equality Act 2010 has more information on this.

Content that dehumanises people based on the same characteristics: referring to them as if they were animals, objects or other non-human entities, for example. Separating the target from other human beings is usually an attempt to justify the speaker's bigotry.

Calling for violence or hatred against certain people or groups and justifying and glorifying those actions. Suggesting that a certain group should be removed from society could be seen as a call to arms, for example – potentially putting people from that group in danger.

Claiming that specific types of people are physically, mentally or morally inferior (or even that they are criminals) to encourage others to view them in the same way. This kind of thinking is always incorrect – but can be incredibly harmful to the group in question.

Spreading damaging misinformation about a person or group that the speaker views as "different" – essentially, trying to turn others against them by lying. Someone might claim that a recent tragedy is the fault of this entire group, when this is simply not possible.

Promoting the segregation of certain groups, or discrimination against them, because of who they are. This has been illegal in the UK for a long time – but some people still try to promote the exclusion of others, which can cause a huge amount of distress.

## Meet Our Expert

The Global Equality Collective is an award-winning charity, focused on diversity, equality and inclusion, and the organisation behind the GEC app, the world's first app for diversity, equality and inclusion.

GLOBAL  
EQUALITY  
COLLECTIVE

The  
National  
College

NOS  
National  
Online  
Safety  
#WakeUpWednesday

Source: <https://www.equalitycollective.org.uk/>, <https://www.nationalcollege.org.uk/>, <https://www.nos.org.uk/>

@natonlinesafety

/NationalOnlineSafety

@nationalonlinesafety

@national\_online\_safety

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UK Health  
Security  
Agency



# Should I keep my child off school?

## Yes

### Until...

Chickenpox	at least 5 days from the onset of the rash and until all blisters have crusted over
Diarrhoea and Vomiting	48 hours after their last episode
Cold and flu-like illness (including COVID-19)	they no longer have a high temperature and feel well enough to attend. Follow the national guidance if they've tested positive for COVID-19.
Impetigo	their sores have crusted and healed, or 48 hours after they started antibiotics
Measles	4 days after the rash first appeared
Mumps	5 days after the swelling started
Scabies	they've had their first treatment
Scarlet Fever	24 hours after they started taking antibiotics
Whooping Cough	48 hours after they started taking antibiotics

## No

but make sure you let their school or nursery know about...

Hand, foot and mouth	Glandular fever
Head lice	Tonsillitis
Threadworms	Slapped cheek



SCAN ME

### Advice and guidance

To find out more, search for health protection in schools or scan the QR code or visit <https://qrco.de/minfoc>.