

Meadowhead Community Junior School Newsletter



Spring Term: Newsletter 4

Illness

We are still seeing quite high numbers of children suffering from sickness and diarrhoea and this is leading to a high percentage of children being absent from school. We have increased our cleaning measures to minimise the risk of transmission of the illness between children and the children have been reminded of the correct way to wash their hands. I have attached a letter to the end of this newsletter which gives web links on where to go for additional support for gastroenteritis and norovirus.

Social Media

I have had reports from some of the teachers this week of arguments breaking out in class or on the playground linked to incidents which have taken place outside of school on apps such as Snapchat and Whatsapp – some as low down as Year 4. Please can I ask all parents and carers to monitor their child's social media use carefully and remind them that the legal age for children to use any form of social media is 13. If you have any questions regarding online safety, please approach **Ms Blackledge in school, who is the Online Designated Safeguarding Lead**. Many thanks for your support in this matter.

Break the Rules Day

On Friday, 9th February, we will be holding a Break the Rules Day in school in line with the infants. The children will have the choice of which rules they break and will be fined 50p for each one. The choices are as follows:

- Wear what you like
- Paint your nails
- Wear a temporary tattoo
- Wear your cap in class
- Bring in an unhealthy snack
- Have a crazy hairstyle

Please could I ask that children do not bring Prime or any energy drinks into school. I'm looking forward to seeing lots of rules being broken on that day!

Open Morning

It was our termly open morning in school on Friday and we were very pleased to welcome some of our parents and carers to see their children taking part in their learning. We will be having another open morning in the Summer Term; our next parents' event will take place on Thursday, 7th March and will be our World Book Day Stay and Read – watch this space for news about this event!

Half Term

Just a reminder to all our parents and carers that school closes on Friday 9th February for half term and reopens on Tuesday 20th February due to there being an INSET Day on Monday, 19th February. Many thanks.

Ms R Blackledge
(Acting Headteacher)

Class Attendance for this week

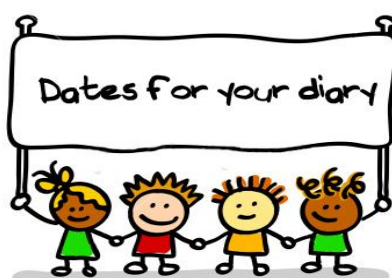
Congratulations this week to class 6L!

Green: 97%+

Amber: 95 – 97%

Red: Below 95%

3M	3FP	4B	4CW	5A	5C	6L	6LV
87.3%	90%	81%	85.8%	89.6%	88.3%	95.3%	90.4%



Monday, 5th February – Young Voices Concert in Manchester

Friday, 9th February – last day of half term

Monday, 19th February – INSET Day, school closed

Tuesday, 20th February – school re-opens

Friday, 1st March – 6L class assembly

Dear Parents

Re: Viral gastroenteritis

We have identified that a number of children within school are off ill at the present time with symptoms of vomiting and/or diarrhoea. The numbers are larger than would normally be expected. The symptoms are suggestive of viral gastroenteritis (often caused by norovirus) and it is known that high levels of viral illness are currently circulating in the community.

If your child is affected with these symptoms we would like to reiterate to parents, carers and staff members that children should remain off school until they have been **symptom free for 48 hours**. This advice will be strictly adhered to for the general health and wellbeing of the whole school community.

We would like to thank you for your co-operation in this matter. Information about viral gastroenteritis is available at <https://www.nhs.uk/conditions/diarrhoea-vomiting-gastroenteritis/>

Ms R Blackledge (Acting Headteacher)

UK Health Security Agency

NHS

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

QR Code
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/minfec>.

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Wake Up Wednesdays

Welcome to your weekly bitesize information sheet on online safety – this week's theme is Smartphone Safety!

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many devices which we believe trusted adults should be aware of. Please visit nationalcollege.com for further guides, hints and tips for adults.

SMARTPHONE SAFETY TIPS

for young people

You may have been lucky enough to have unwrapped a smartphone at Christmas, or you might be eagerly anticipating getting a new one at some point during this year. Whether it'll be your first ever phone or an upgrade on your old model, it's always useful to have a refresher about how to set it up and adjust the settings to keep yourself – and your valuable personal info – safe and secure. We've collected some expert tips to help you enjoy your smartphone in the healthiest way possible.

NEVER SHARE YOUR PASSCODE

Alongside face or fingerprint recognition, your passcode is crucial to unlocking your phone and accessing your apps and personal information. You shouldn't give it out, even to close friends – after all, you wouldn't hand them a key to your house and let them go in for a nosy around! If a friend wants to use your phone, ask them why and make sure you can see what they're doing with it.

RESPECT PARENTAL CONTROLS

If you're allowed to have a smartphone, it's because your parents or carers feel that you're mature and responsible enough to use it safely. They might set controls and boundaries on your device – not to spoil your fun but to help you avoid hazards like too much screen time or costly in-app purchases. Following these rules means you can enjoy using your phone while respecting their wishes.

TALK TO A TRUSTED ADULT

Whether it's to listen to music, play games, create content or chat with friends, using a smartphone should be fun. If you're ever feeling anxious, worried or scared about going on your phone, then something isn't right. It's important not to ignore these feelings; instead, talk to a trusted adult about what's happening and how it's making you feel.

STAY ALERT

Two words: look up. It might sound obvious, but it's so easy to get immersed in what we're looking at or listening to on our phones that we can become unaware of our surroundings – or who might be around us. People often walk with their head down, focusing on their phone, and forget to check for obstacles in their path, cars or other pedestrians coming towards them, which is clearly dangerous.

DEVELOP HEALTHY HABITS

Phones offer a vast amount of content and the chance to chat with friends whenever we feel like it, which can make it difficult to take time away from the screen. If that's something you struggle with, you could try setting time limits on certain apps. Putting our phones down for a while gives us more time to interact with others or do something physical that helps keep us fit and healthy.

IGNORE UNKNOWN NUMBERS

There are some scammers who might call or text asking you to share personal data or to click on a link and provide your details. Some may claim to be from a genuine company, but trustworthy businesses don't spontaneously call or message to ask for your information. It's safest to ignore calls or texts from unknown numbers, and never give your personal details out over the phone.

ONLY USE AGE-APPROPRIATE APPS

Before downloading a new app or game, check what age rating it has. Don't feel pressured into getting a particular game or app just because your friends are using it. If it's intended for older people, there's a definite risk that it could include content (which is violent or frightening, for instance) or language which isn't suitable and may leave you feeling upset or disturbed.

REMOVE TEMPTATION

A good night's sleep is so important for concentration, mood and overall health. Unwinding properly before going to bed – which means not staring at a screen late at night – can often improve sleep quality. Put your phone on charge overnight, but not in your room. This means you'll have a lot less temptation to check any notifications, reply to messages or get caught up scrolling on social media.

THINK ABOUT OTHERS

Watching videos, listening to music or calling someone can all help to pass the time while we're on the bus, waiting in a queue or walking down the street. It's important to remain mindful of other people, though: they might not want to hear your tunes or your conversation. Likewise, if you're calling from a public place then don't forget that anyone could overhear something personal about you.

SWITCH OFF GEOLOCATION

In your phone's settings, you'll be able to disable geolocation for individual apps and photos: this means that people online (including strangers) can't see information about where you are when you share or post a pic. On the subject of images, it's also important to ask permission before taking or sharing a photo of someone – and don't share embarrassing images of your friends with others.