

Meadowhead Community Junior School Newsletter



Spring Term: Newsletter 7

6L's Class Assembly

On Friday morning, 6L lead a class assembly on online safety. They gave lots of information and good advice on how to keep yourself safe online and did a wonderful job. As you will be aware from previous newsletters, we have had a recent spike in incidences of anti-social online behaviour so hopefully, the children listened carefully this morning. If you have any concerns around online safety, please free to contact Ms Blackledge in school who is our Online Safeguarding Lead.

Attendance

As you will be aware from my past newsletters, we are currently working towards a target of 95% attendance for each child, each class and the whole school. At the moment, we have a very high number of pupils who fall into the category of 'persistent absence' – this is when a child's attendance at school is 90% or less. Please could I ask all parents and carers to ensure their child is at school on time every day to ensure they have the best possible education and start in life. If you have any concerns about your child's attendance or would like support in improving it, please contact a member of the Attendance Team which is made up of Mrs Ramsbottom (Attendance Officer), Miss Duckworth (Pupil Wellbeing Coordinator) and Ms Blackledge (Attendance Lead).

Biggest Ever Girls Football Session

Next Friday, 8th March, the Girls' Football Schools Partnership is organising the 'Biggest Ever Girls' Football Session. We will be taking part in this event and will be putting the girls into mixed year 3/4 and 5/6 teams and holding a mini football competition. Please could I ask that all the girls in school bring trainers with them on Friday 8th March so that they can take part. Many thanks for your support.

World Book Day and Stay and Read Event

Thursday, 7th March is World Book Day and we will be asking the children to come into school dressed as their favourite book character. We would ask, however, that parents, carers and wider family members try their best to use clothes and accessories that they already have rather than buying an expensive pre-made costume.

We will also be holding our termly Stay and Read session at 3.30pm on World Book Day and would like to invite children, parents and carers to join in the fun! This term's session will have a 'Journeys' theme and Ms Blackledge will be giving a story time for the children. There will be free picnic food and the children will be showing some of their work to parents. We will be sending a message out about the event via Weduc on Monday – if you would like to attend the Stay and Read, please reply to the message when you receive it. Many thanks.

Ms R Blackledge (Acting Headteacher)

Class Attendance for this week

Congratulations this week to class 6L!

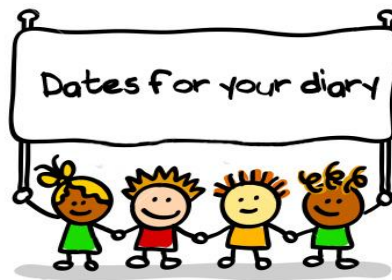
Green: 97%+

Amber: 95 – 97%

Red: Below 95%

3M	3FP	4B	4CW	5A	5C	6L	6LV
87.7%	90.2%	82.5%	88.3%	92.6%	88.3%	96.7%	87.4%

Our whole school, class and individual attendance target is 95%



Thursday, 7th March – World Book Day

Thursday, 7th March – Stay and Read event in school

Monday, 18th March – Year 5 trip to France

Thursday, 28th March – break up for the Easter holidays

STAY AND READ! 'JOURNEYS'

Free picnic food!

Journey-themed
story time with
Ms Blackledge

Come and read
with your
children

3:30pm
Thursday,
7th March in
school

Opportunity to
see your
children's work



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

What Parents & Carers Need to Know about HOW TO COMBAT ONLINE BULLYING

Defined as "ongoing hurtful behaviour towards someone online", cyber-bullying makes its victims feel upset, uncomfortable and unsafe. In the digital world, it has numerous forms – such as hurtful comments on a person's posts or profile; deliberately leaving them out of group chats; sharing embarrassing images or videos of someone; or spreading gossip about them. Cyber-bullying can severely impact a young person's mental health ... so, in support of Anti-Bullying Week, we've provided a list of tips to help trusted adults know what to look for and how to respond to it.

1. GET CONNECTED

Playing online games together with your child or connecting with them on social media (providing they're old enough) is not only fun but also an excellent way of establishing some common ground to discuss things you've both seen or done online – as well as keeping an eye on who your child is communicating with in the digital world.

2. KEEP TALKING

Regular chats with young people about their online lives are good practice in general, but they can also be an excellent refresher to help prevent cyber-bullying situations. Topics you might want to revisit include why it's important to only connect online with people we know and trust, and why passwords should always remain secret (even from our best friends).

3. STAY VIGILANT

Observe your child while they're using technology and just after they've used it. Are they acting normally, or out of character? Possible signs of a problem may include seeming quiet or withdrawn, jumpy or anxious, angry or repeatedly checking their phone. When you feel it's the right time, you may want to check in with them to see if everything is OK.

4. MAKE YOURSELF AVAILABLE

If an online bullying incident does occur, it may take a while before your child is ready to open up about what happened. Just gently remind them that they can always come to you with any problems – and that they won't be in trouble. You might also suggest a trusted family member they could turn to, in case they feel too embarrassed to tell you directly.

5. BE PREPARED TO LISTEN

When conversations about online bullying do take place, they're likely to be difficult, emotional and upsetting for both you and your child. Actively listen to your child while they're bringing you up to speed, and try not to show any judgement or criticism – even if they haven't dealt with the situation in exactly the way you would have hoped.

FURTHER SUPPORT AND ADVICE

If you or your child need additional help with an online bullying issue, here are some specialist organisations that you could reach out to.

Childline: talk to a trained counsellor on 0800 1111 or online at www.childline.org.uk/get-support/

National Bullying Helpline: counsellors are available on 0845 225 5787 or by visiting www.nationalbullyinghelpline.co.uk/cyberbullying.html

The NSPCC: the children's charity has a guide to the signs of bullying at www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/, and can be reached on 0800 800 5000

6. EMPOWER YOUR CHILD

Depending on their age, your child might not want a parent 'fighting their battles for them'. In that case, talk through their options with them (blocking the perpetrator, deleting the app and so on). By allowing your child to choose the path they take, you're putting them in control but are also demonstrating that you're there to support them along the way.

7. REPORT BULLIES ONLINE

Cyber-bullying often takes place through a particular app, social media platform or online game. If this is happening to your child, encourage them to report the offender to the app or game in question – ideally with screenshots to support their complaint. Most games and apps have reporting tools specifically to stamp out abusive behaviour and protect users.

8. ENCOURAGE EMPATHY

Protecting themselves online is the priority, of course, but young people should also feel empowered to help if they witness other people falling victim to cyberbullying. Even if they don't feel confident enough to call someone out on their abusive behaviour online, they can still confidentially report that person to the app or game where the bullying occurred.

9. SEEK EXPERT ADVICE

Victims of online bullying frequently experience feelings of isolation and anxiety, a loss of self-esteem and potentially even thoughts of self-harm or suicide. If you think that an incident of cyber-bullying has affected your child's mental wellbeing, then seek psychological support for them. There are some useful contact details in the central panel below.

10. INVOLVE THE AUTHORITIES

If the nature of any online bullying makes you suspect that your child is genuinely in imminent physical danger – or if there are any signs whatsoever of explicit images being shared as part of the bullying – then you should gather any relevant screenshots as evidence and report the incidents to your local police force.

#LET
GiRLS
PLAY

BARCLAYS
GIRLS' FOOTBALL
SCHOOL
PARTNERSHIPS
BY ENGLAND FOOTBALL



FRIDAY 8TH MARCH 2024



School Council Toy and Book Sale



Tuesday 12th March

**All money raised will be spent
on new games for wet
playtimes.**

**Please bring in
donations to school
for us to sell and
hand to your school
councillor.**

