



The term started with our Parents' Evenings this week. Thank you to all of the parents and carers that were able to join us. It was wonderful to share the progress that the children are making. The partnership between school and home really is so very important and it was lovely for us to receive so many smiles and positive comments across both evenings. Thank you.

We currently have 79% of our parents/carers set up and logged in to the Arbor 'Parent Portal'. Mrs Bartlett in the school office will shortly be checking we have the correct email details on record for you if you have not been able to login. Alternatively please do contact the school office if you have any problems. We are looking forward to using Arbor fully after the Easter holidays for payments, booking clubs and wraparound care, paying for trips and sending out letters - including our newsletter!

Once again I would like to draw your attention to the poster at the back of the newsletter regarding parking and driving in and around school at the start and end of the day. We were pleased that PC Fox from Suffolk Constabulary was able to attend after school on Thursday this week to see how things are going.

Have a lovely weekend.

Graham Almond - Headteacher

ONLINE MESSAGING AND SOCIAL MEDIA

Throughout the school curriculum we are doing everything we can to provide the children with information about online safety and we give them the chance to discuss their use of Social Media. We regconised Safer Internet Day and our PSHE curriculum has online safety threaded throughout. Most Social Media apps (WhatsApp, Instagram, Snapchat) have an age limit of 13 or above. This is not because they are difficult to use but because it is difficult for younger children to deal with the consequences of negative messaging.

If a problem does arise, the **Police and Children Exploitation and Online Protection (CEOPs) say** that primary school children should not be using these platforms and state that is a question of parental responsibility and ultimately safeguarding.

Please make sure you know what your child is doing online and who they are messaging. Our staff are increasingly having to deal with the 'fall out' from online disagreements or negative messaging which detracts from their important work of educating our children. Children become upset when issues arise and this then impacts on their ability to focus on their learning in school.

Thank you for your support in this matter.





COMIC RELIEF



On Friday 15th March we will be showing our support by allowing the children to come to school in non-uniform. They are more than welcome to wear something red if they wish!

We are setting up a special Comic Relief 'justgiving' page so that you can make a donation online for this very worthy cause. We will send out the link to the 'justgiving' page via Class Dojo nearer the time.

ZONES OF REGULATION PARENT WORKSHOP

We use Zones of Regulation as a key part of our Behaviour and Relationships policy. This involves empowering children to consider how they are feeling emotionally which leads to an increased ability to manage a range of emotions. Mrs Mace is running a parent workshop where you can find out more about the approach on:

Thursday 14th March 2:15pm-3:15pm for any interested parents and carers. Please come to the School Office.



KEEP SAFE WEEK

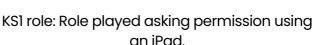
The focus of this week was to centre some of our teaching and learning around young people knowing how to keep themselves safe.

Explorers read a story about a naughty little fish who stole a hat without permission - his actions left him unsafe. Linked to this story, we made our own hats and fish stick puppets.

Some Explorers also thought about different scenarios and whether they are safe or unsafe.

Lower KS2 looked at keeping safe by sorting interactions we would have with different people. We sorted interactions such as hugging, smiling and sitting on laps with whether we would do it with only family, friends and family or with people in the community too.









Upper KS2 explored what personal boundaries are and what they look like for different people. Different scenario's were investigated where we might have our personal boundaries pushed and how we can respond appropriately to these to keep ourselves safe.

MAKATON SIGNING FOR FAMILIES



A fun way to learn to sign with your child!

Signing while speaking has been shown to encourage the development of communication and language skills Signing can help reduce frustrations and help you understand your child's needs and wants more easily.

Wednesdays

10am - 11am

6th March 2024 13th March 2024 20th March 2024 27th March 2024

OUR MAKATON SIGNS OF THE WEEK















BURTON END PRIMARY ACADEMY: CALENDAR 2023-2024

MARCH					
Thursday 7th March	All day	World Book Day	All year groups		
Thursday 14th March	2.15pm	Zones of Regulation Parents' Workshop	All parents		
Friday 15th March	All day	Comic Relief: Non uniform day Suggested donation of £1	All year groups		
Wednesday 20th March	All day	Little City in School	Explorers, Nursery and Reception		
Thursday 28th March	3.25pm	Last day of Spring Term	All year groups		

APRIL				
Monday 16th April	8.35am	Back to school: Start of the Summer Term	All year groups	

WORLD BOOK DAY

World Book Day is on Thursday 7th March this is a day where we want to get children excited about reading. Introducing them to new books and authors and making them want to pick up a book! Some children already have a love of reading it is a chance to share their passion with their class!

BOOK DAY

Children are invited to come to school dressed as their favourite book character or in non uniform. We understand it can be very costly to purchase costumes so please do not feel that you have to. We are going to be dressing up...

During the day children will take part in activities in their classes and also be reading with a reading buddy from another class and choosing a story that they would like to listen to from a selection across the school.











Please keep clear:

- Zig zags
- School entrances
- Dropped kerbs
- Resident's driveways
- Opposite or within 10



This helps our children to see cars and drivers to see our children.

You can help by:

- Keeping your speed low, this will allow everyone else to see, think and act safely
- Always encourage your child to enter and exit your car on the pavement side
- Check for pedestrians or cyclists before opening the car door
- Stopping at the zebra crossing or for a school crossing patrol when asked
- Waiting patiently at the zebra crossing
- Parking away from school gates to reduce congestion
- Taking care when reversing.



Please don't:

- Stop in the middle of the road to drop your children off: this puts our children at risk
- Overtake cars who are allowing traffic to flow or pedestrians to cross
- Turn around in entrances of gateways
- Park on yellow lines, the yellow zig-zag lines or opposite entrances
- Keep your engine running as it pollutes the air around our school

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What Parents & Carers Need to Know about

GROUP CHATS

Occurring through messaging apps, on social media and in online games, group chats are among the most popular ways that young people engage with their peers online. Involving, by definition, three or more individuals, these groups allow users to send messages, images and videos to everyone in one place. While they are useful for helping friends, people with shared interests or members of a club to communicate and coordinate activities, they can also leave young people feeling excluded and bullied – as well as providing opportunities for inappropriate content to be shared and viewed.

WHAT ARE THE RISKS?

BULLYING

Unkind comments or images which are purposely aimed at an individual can be shared freely in a group chat—allowing and often encouraging others to join in the bullying behaviour. If this content is shared in a group of their peers (especially a larger group), it serves to amplify the hurt, embarrassment, anxiety and isolation that the victim feels.

EXCLUSION AND ISOLATION

This common issue with group chats can happen in several ways: starting a new group, for instance, but deliberately excluding a certain child. Likewise, the chat may take place on an app which one child doesn't have access to, meaning they can't be involved. A child can also feel isolated when a group chat is used to discuss or share images from an event that everyone else but them attended.

INAPPROPRIATE CONTENT

Some discussions in group chats may include inappropriate words, swearing and unsuitable images or videos. These could be viewed by your child if they are part of that group, whether they actively engage in it or not. Some chat apps have a disappearing message function, so your child may be unable to report something they've seen because it can only be viewed once or for a short time.

SHARING GROUP CONTENT It's important to remember that - whi content of the chat is private between

It's important to remember that — while the content of the chat is private between those in the group — individual users can easily share a message, photo or video with others outside of the group or screenshot what's been posted. The risk of something your child intended as private becoming public (and potentially going viral) is higher if there are people they don't know well in the group.

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UNKNOWN MEMBERS

Within larger group chats, it's more likely your child will be communicating with people they don't really know. These strangers may be friends of the host, but not necessarily friendly toward your child. It's wise for young people not to share personal details and stay aware that they have no control over the messages and images they share after they've put them online.

NOTIFICATIONS AND FOMO

A drawback of large group chats is the sheer number of notifications. Every time someone in the group messages, your child's device will be 'pinged' with an alert: potentially, this could mean hundreds of notifications a day. Not only is this highly distracting, but young people's fear of missing out on the latest conversation results in increased screen time as they try to keep up with the chat.



Advice for Parents & Carers

CONSIDER OTHERS' FEELINGS

Group chats are often an arena for young people to gain social status. This could cause them to do or say things on impulse, which could upset others in the group. Encourage your child to consider how other people might feel if they engaged in this behaviour. If your child does upset a member of their group chat, support them to reach out, show

PRACTISE SAFE SHARING

In any online communication, it's vital for young people to be aware of what they're sharing and who might potentially see it. Discuss the importance of not revealing identifiable details like their address, their school or photos that they wouldn't like to be seen widely. Remind them that once something is shared in a group, they lose control of where it may end up and how it might be used.

GIVE SUPPORT, NOT JUDGEMENT

Remind your child that they can confide in you if they feel bullied or excluded in a group chat, instead of responding to the person who's upset them. Validate their hurt feelings and help to put them back in control by discussing how they'd like to handle the situation.

On a related note, you could also empower your child to speak up if they're in a chat where others are being picked on.

AVOID INVITING STRANGERS

Sadly, many individuals online hide their true identity to gain a child's trust – for example, to gather information on them, to exchange inappropriate content or to coax them into doing things they aren't comfortable with. Ensure your child understands why they shouldn't add people they don't know to a group chat – and, especially, to never accept a group

BLOCK, REPORT AND LEAVE

If your child is in a chat where inappropriate content is being shared, advise them to block the users sending the material, report them to the host app or platform and exit the group. If any of this content could be putting a minor at risk, contact the police. Emphasise to your child that it's OK for them to simply leave any group chat that they don't feel comfortable being a part of.

SILENCE NOTIFICATIONS

Having a phone or tablet bombarded with notifications from a group chat can be a massive irritation and distraction – especially if it's happening late in the evening. Explain to your child that they can still be part of the group chat, but that it would be healthier for them to turn off or mute the notifications and catch up with the conversation at a time which better suits them.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the LIK LISE and Australia.







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