



A letter from Miss Moss

Friday 5th February 2021

Dear Parents/Carers,

This week, for the first time, I have felt that lovely feeling when you realise that the days are actually drawing out again. Yes, snow is in the forecast for this weekend, but the clumps of snowdrops I have seen scattered here and there can give us all some much needed hope that Spring is around the corner and half-term as well! Keep going Harleston!

WOW moments - my three highlights of the week!

- Thank you to all our TA's working from home to support the class teachers and children with Google Classroom. We couldn't do it without you!
- Thank you also to Mrs Moore for coordinating the Children's Mental Health Week. We hope that this has been helpful in exploring ways to stay positive and to support the children with feeling good, not just about themselves, but also about others around them.
- Listening to all the jokes from year 6 and spending time together laughing and smiling during our live touch-base session. Who knew you were all such comedians!

Remote Learning

We continue to keep reviewing and reflecting on how we can best support you- our school community.

Further reassuring advice and support can be accessed on the following blog: [Homeschooling problems sorted | Worries about homeschooling: teachers' advice to reassure you](#)

There will be a parental questionnaire coming out next week if you would be so kind as to take some time to fill it in.

Children's Mental Health Week 2021

Whilst events such as this are a great way to remind your children of the importance of their own mental health, we are very aware that this is something which we should all be discussing and supporting them with every day. And these conversations start with us, the adults.

From September 2020, RSHE became a compulsory subject within the primary national curriculum. It is split into 2 areas: physical health/mental wellbeing and relationships. Within mental wellbeing your children will learn about the importance of mental health, how to talk about their feelings and where to seek help. If you are interested in finding out more about the current primary RSHE curriculum there is a link below.

[Understanding Relationships and Health Education - a guide for primary school parents](#)



A letter from Miss Moss

According to research published by Place2Be this week, one third of parents are embarrassed to seek mental health support for their children. If you are looking for more advice about your child's mental health please don't hesitate to talk to us. We want to help. In addition, the website below provides useful advice and groups where you can access further support.

[How parents and carers can support children's mental health](#)

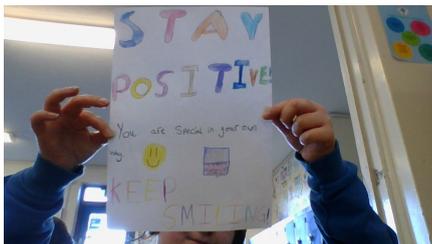
Some snapshots of the mindful things which have been going on across the school community this week.

Happiness Jars

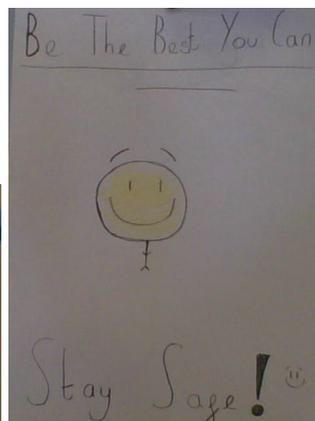


Cameron-Year 6

Positive affirmations



Caitlin-Year 6



Faye-Year 6



Fraizer-Year 6

Inside Out Day





A letter from Miss Moss

And one more way to help your children's mental health...reading with them and to them. Miss Scofield sent out a newsletter this week with lots of places you can find books to enjoy during lockdown. There are proven and unexpected health benefits to reading, even for as little as 10 minutes each day, including:

- Improved parent-child communication from the one on one time reading allows
- Books are a useful way to structure discussions about emotions and feelings
- Escaping into imaginary worlds is a way for children to switch off and cope with worries
- Funny books, jokes, actions, silly voices create a positive feeling and are fun
- Stories can introduce a whole range of stories and experiences to help children develop empathy, connect with and care for people around them
- Understanding and experiencing words helps children to be able to express themselves more easily

Online Safety

Whilst everyone is having a huge increase in device usage, Mr Carter thought it would be helpful to share some links to his favourite Online Safety websites.

NSPCC's website is full of useful information but in particular there is a guide full of tips on how to keep your child safe when using different internet connected devices such as how to turn on parental control settings.

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

The National Online Safety website is full of free e-guides about different aspects of the online world. Whenever Mr Carter hears about new games or websites when teaching Computing to students, he always heads to this website to learn all about the new craze! You can see at the end of this letter an example of one of their guides all about supporting children with new devices.

<https://nationalonlinesafety.com/guides>

I want to finish this newsletter with a huge thank you to everyone for all you are doing during this lockdown. We fully appreciate that home schooling is incredibly tricky but we hope that the remote curriculum being offered to every child on Google Classroom is helpful. Everything you are doing to support your children with their learning (and this will look different in every home) will be having a positive impact on your child's education and prepare them for when they can return to school. Please know that we are just a phone call away if you need support, to chat or just want to say thanks.

Yours sincerely,

Caroline Moss
(Assistant Headteacher-Curriculum)

A letter from Miss Moss

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 topic of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

Online Safety Tips FOR CHILDREN WITH NEW DEVICES

The current generation are the first children to grow up in a world where digital devices are the norm. Recent studies have found that 88% of British 12-year-olds have a smartphone. Four out of ten 6-year-olds own a tablet. And almost two-thirds (64%) of children aged 8-11 use a games console. It's now rare to find a child who doesn't regularly use internet-enabled technology. Each new device means exciting new corners of the digital world to explore – and, unfortunately, new risks to be aware of.

We've put together our top tips to help you guide your children in enjoying new digital devices safely and responsibly.

1. ALWAYS SET A PASSWORD

If your child's new device has a password protection feature, use it! It'll help to keep their private information safe and will deny others access to their device without permission. Your children's passwords should be something memorable to them – but something which other people can't guess (it's also a good idea for parents to write it down in case it gets forgotten!).

2. SET UP PARENTAL CONTROLS

This really is an essential when your child gets a new device, so they're protected from the outset. Most phones, tablets and consoles allow you to customise their settings to determine which games your child can play, how they can communicate (and who with), what content they can access and so on. It will give you peace of mind that they can't unintentionally do something they shouldn't.

3. PAY ATTENTION TO AGE RATINGS

One of the first things children want to do with a new device is play games and explore apps. Before they download anything or install a new console game, check its age rating. Many popular games and apps have content that's not suitable for younger ages. The safest long-term solution is to adjust the device's settings so they can only download and use games and apps appropriate for their age.

4. KEEP NUMBERS AND DEVICES PRIVATE

Make sure your child understands that they should never share their phone number with someone they don't know or accept a friend request from them. They should also appreciate that it's a good idea to mainly keep their device out of sight, never lend it to a stranger, and never put it down somewhere that other people could steal it or take it to use without asking.

5. HAVE 'THE MONEY CONVERSATION'

Before your children start using their new device in earnest, talk to them about in-app purchases and other ways that money might be spent through their device. Once they understand, you might want to agree on a spending limit and reassure them that they can come to you if they're uncertain, or if they have made a purchase by accident.

6. DISCOURAGE DEVICE DEPENDENCY

Of course, children who've just got a new device will naturally want to spend as much time on it as possible. But whether they're zapping bad guys, watching videos or connecting with friends, it's easy for them to get attached very quickly. Gently remind them that having family time, going outdoors and getting some exercise are fun, too. And the device will still be there when they get back.

7. EXPLAIN SECURE WIFI NETWORKS

Your home WiFi is protected by a password that only your family knows, whereas public networks (like those in coffee shops, for example) can be accessed by anyone. It's important that your child grasps this difference because, if they're using a portable device on an unsecured network, then a hacker could access their personal information without them even knowing.

8. LIMIT SCREEN TIME

Using a device for too long, especially just before bed, can interfere with a child's sleep quality and reduce their concentration and overall enthusiasm. It might be helpful to agree on certain times of day when they don't use their device. Most devices' settings let you set a screen-time limit, helping your child to stay fresh and focused so they can perform well at school.

9. ONLY PAIR WITH KNOWN BLUETOOTH DEVICES

Your child may want to connect to another device via Bluetooth, so they can listen to music wirelessly or share pictures and videos with nearby friends. But if they use Bluetooth to link with a device that they don't know, they're at risk of a stranger being able to see their personal information or having someone transmit a virus onto their device.

10. TURN LOCATION SETTINGS OFF

It's safest to disable the device's location services (if it's a portable device) so your child doesn't inadvertently make other people aware of where they are. You can usually do this via the device's privacy control settings. Turning location settings off not only means your child's whereabouts can't be tracked by others, it also significantly extends battery life.

11. STAY AWARE OF THE SURROUNDINGS

It's common to see adults not looking where they're going while engrossed in their phone. Children are even more easily distracted. In some cases, young people have been hit by cars or cyclists because they were staring at their device and lost track of where they were. Remind your child that screens and walking don't mix. If they need to use their device, they should stop in a safe place first.

12. BE THERE IF THEY NEED TO TALK

Even when you've made a device as secure as you can, there's still a possibility of your child seeing something that bothers them, or someone they don't know attempting to contact them. If this happens, listen to their concerns, empathise and reassure them. Once they've explained what happened, you can decide if you should take further action like blocking or reporting another user.

National Online Safety
#WakeUpWednesday