



“For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future.” Jeremiah 29:11

To strive for respect, enjoyment and excellence for all!

11.01.24

Dear Parents and Carers,

Collective Worship

In our Collective Worship for the next week we are focusing on 1 Samuel 16 and the importance of what's inside rather than judging by appearances. *“The Lord does not look at the things people look at. People look at the outward appearance, but the Lord looks at the heart.”* 1 Samuel 16:7

Social Media – Snap Chat

This week staff have dealt with incidents once again when children have been unkind on social media platforms, particularly Snapchat. Please could parents and carers help us by reminding children of the importance of behaving well online. I would also encourage families to take screen grabs of any evidence and bring this into school to help staff resolve these issues.

10 Top Tips for Respect Online:
INSPIRING CHILDREN TO BUILD A BETTER DIGITAL WORLD

Our ability to communicate with anyone in the world, at any time, via the internet has grown at breakneck speed. For teachers and parents, it can feel impossible to keep up. Worrying about our young people is understandable, and not unjustified: in 2020, for example, one in five 10- to 15-year-olds experienced bullying online. Our tips highlight ways that adults can support young people's positive online behaviours: by adopting and following 'netiquette', we can show them how to avoid getting into difficulty as they learn to negotiate the continually evolving digital landscape.

WHAT IS NETIQUETTE?
Just like etiquette is a set of rules which guides and governs our interactions with others in everyday life, netiquette – etiquette on the net – is the framework which helps inform how we communicate with people online. The rules of engagement often aren't the same as a face-to-face meeting, so it's important that we can accurately 'read' situations in the digital world and know how to act appropriately.

- 1 ACCEPT DIFFERENT RULES**
A lot of our interaction with others is helped by non-verbal signals like body language and facial expressions. Online, of course, many of these cues are missing. Talk to your child about why this makes misunderstandings more likely to occur in the digital world and why keeping in mind that online communication is a very different process can help to prevent difficulties from arising.
- 2 PRESS 'PAUSE'**
It's so easy to do things quickly online that most people (adults included) habitually send or respond to messages without considering the consequences. Pushing the pause button buys a young person some time while they ponder the golden rule: "Would I still say that if the other person was right in front of me?" You could practise this with your child on some made-up tricky situations.
- 3 THE INTERNET IS ADDICTIVE**
Apps and sites use sophisticated algorithms and clever marketing to keep us engaged while notifications to our devices are designed to draw us back in. It's no wonder that people continually return to the digital world, sometimes spending long periods of time there. You and your child could trial turning off notifications on certain apps and instead agree a time to check for updates manually.
- 4 BEWARE THE DARK SIDE**
Getting a hurtful or unhelpful comment on social media or in a group chat can make the recipient feel publicly shamed. That's painful for anyone – but especially for a young person whose status in a group is integral to their sense of identity. Encourage your child to think about the best and safest way to send a message: for example, doing it as a private message rather than a public post.
- 5 HARMFUL INTERACTIONS**
Unfortunately, it's very easy to send a hurtful message or to spread gossip and rumours online. We all know this happens regularly. Not having to deal with actually seeing the other person's distress usually doesn't help people to make a positive decision in the moment. It's important that trusted adults help children to visualize the potential consequences and have empathy for others.
- 6 APPRECIATE DIFFERENCES**
We're all built differently; some people are simply more emotionally sensitive than others. Young people can be particularly affected by negative online communication, such as group shaming. Even a single message (which might seem trivial or of low value) can cause deep anguish. Trusted adults should be prepared to be patient and listen to any difficulties their child might have had online.
- 7 ACCENTUATED ANXIETY**
Young people's online lives create a lot of anxiety. Messages go into a "black hole" until someone responds; there are more reasons to compare ourselves negatively, and social media can make us feel like we're missing out. Encourage activities such as sports and hobbies to balance this out, and remember that merely blocking out thoughts (by gaming, for instance) isn't the same as relaxation.
- 8 PRO-SOCIAL BEHAVIOUR**
A huge positive for the internet is how it helps people to feel connected and makes being kind and helpful easy to spread. When young people get involved in pro-social behaviours online, it creates a positive feedback loop which makes them feel good. Show your child examples of when you've done or said something positive online, and praise and encourage them when they do the same.
- 9 BE A GOOD ROLE MODEL**
One of the best things we can do as trusted adults is to role model positive online behaviour: just letting your child see that you know when it's time to put your phone away and do something more productive can set a strong example. Some families set aside particular times of the week (such as mealtimes or a family walk) where digital devices aren't allowed and conversation takes precedence.
- 10 SHOW COMPASSION**
Mistakes can feel much bigger online, because they're so public. If a young person does or says something regrettable on the internet, it's important to support them to forgive themselves, learn any lessons and move forward positively. Even as adults, we can often stumble when learning how things work in the fast-moving digital world, so it's important to have compassion for ourselves, too.

Meet Our Expert
Dr Carol Francis-Smith is an experienced counselling psychologist who, through her research, specialises in promoting safe and ethical online communication; she consults with businesses and organisations to support positive and effective communication online, often by considering some of the more hidden aspects of the medium.

National Online Safety
#WakeUpWednesday

www.nationalonlinesafety.com @natonlinesafety /NationalOnlineSafety @nationalonlinesafety

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National College



We're delighted to let you know that **St Andrew's Primary School** has become a member of The National College – a multi-award-winning online training provider for staff and parents.

What does this mean for you?

As part of our membership, The National College provides dedicated training and resources for parents and carers – particularly, around online safety and keeping children safe online.

Online safety advice on any topic

Of course, staff will continue to teach children about the risks online. But with the internet so readily accessible, the most effective approach to online safety needs everyone involved, including parents and carers.

That's why you've now got access to *hundreds of courses, explainer videos and online safety guides* to support your awareness of the online world. Topics range from understanding apps like TikTok and Instagram to recognising the signs of online harm and what you can do to help.

Sign up is easy

Signing up to the platform is simple. Just follow <https://nationalcollege.com/enrol/st-andrew-s-ce-primary-school-3> and complete your details. Once you're set up, you'll be able to choose 'Parent/Carer' as your user type and get instant access to all training and resources.

Download the app for free

Another fantastic benefit of The National College is its National Online Safety app, which you can download for free. It gives you access to all their parent and carer resources on the go, whenever you want.

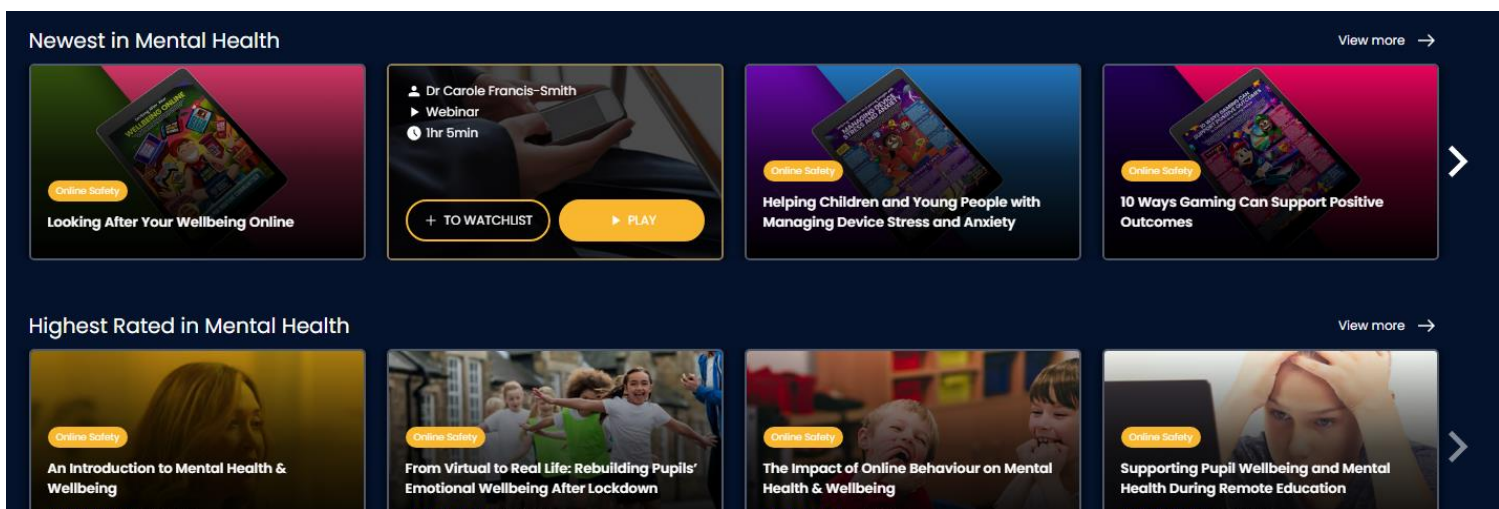
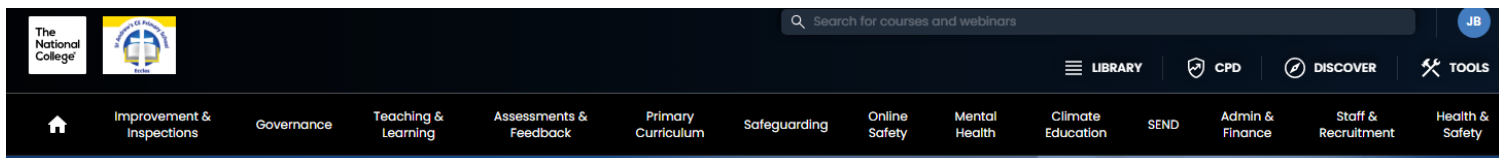
You can download the National Online Safety app using the links below:

- [App store](#)
- [Google Play](#)

They're always here to help

The National College has a brilliant support team if you have any questions. Their [help centre](#) provides a comprehensive bank of answers to most FAQs, but if you still can't find the answer you're looking for, you can always get in [contact](#) with them.

I hope you'll sign-up and make the most of their resources. Here are some examples:



Well done Y6!

Our Y6 had their height and weight measured this week by one of the nurses. The nurse came in to see me to let me know how lovely our Y6 were; she said that they were very polite and welcoming. Well done Y6!

It is the Y6 Sharing Assembly on Friday 12th and Year 5 on the 19th January.

Parent Governor Nomination Pack

On Monday the pack was sent home with children and made available on Parent App. Being a parent governor is a crucial role here at school. Should I receive more than one nomination, I will contact all of our families with details of the ballot.

Home Time

Please help teachers at home time by waiting until your child's class teacher has lined the whole class up on the playground before collecting them. Please also make sure that you or your child lets the teacher know that you are taking them. If you would like to speak to the teacher please wait until most children have been collected. This would really help as it is often very busy at home time.

Year 4 Swimming

We have been asked by Eccles Leisure Centre to let you know that any children who wear goggles for swimming must have a note from their doctor or optician explaining why they need them. This is line with Salford's policy on water safety.



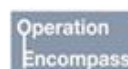
Valentine's Day Market

We are excited to announce that a **Valentine's Day Market** will be held in school at **3.30pm** on **Tuesday 13th February**. You may remember that we held one of these several years ago and it was a huge success! More details will follow nearer the time.

Reminders

Clubs start 15th January

'Pupils, including those with special educational needs and/or disabilities (SEND), thrive at St Andrew's School. They are happy at school. Typically, pupils behave well and they develop positive attitudes to learning. Pupils strive each day to meet leaders' high expectations of their learning and behaviour.' OFSTED May 2023



Please remind children to remove nail varnish, necklaces and other jewellery not specified in the Uniform Policy.

Footwear should be plain back shoes or trainers – no white soles or coloured logos please.

God bless,
Mrs Bladen-Kay
Head Teacher

Spring Term 2024 Key Dates	
January	
4 th	Start of new term
8 th	Y6 heights and weights
12 th	Y6 Sharing Assembly
19 th	Y5 Sharing Assembly
26 th	Y4 Sharing Assembly
February	
2 nd	Y3 Sharing Assembly
9 th	Y2 Sharing Assembly
12 th - 16 th	DT/Enterprise Week
16 th	Enterprise Celebration School closes for half term
26 th	School opens after half term
March	
5 th	World Book Day
6 th	World Maths Day Standards and Welfare Committee
8 th	Y1 Sharing Assembly
11 th - 15 th	Assessment Week/ Art Week
13 th	Buildings and Finance Committee
15 th	Reception Sharing Assembly
22 nd	Reception, Year 1 and Year 2 Music Celebration
25 th , 26 th	Parents Evenings
27 th	Year 3, 4, 5 and 6 Music Celebration School closes for the Easter holiday

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