



# St. Leonard's CE (A) First School Newsletter

Friday 4<sup>th</sup> February 2022


'From a tiny spark to a bright flame'



*'In him was life; and life was the light of men. And the light shineth in darkness'. (John 1:4-5)*

Headteacher: Mrs Kelly Stanesby Designated safeguarding lead: Mrs Kelly Stanesby, Deputy safeguarding leads: Mrs Julie Amos and Miss Torr Chair of Governors Mr Matthew Welton

## Weekly Diary

Monday 7 <sup>th</sup> February 2022	Full uniform
Tuesday 8 <sup>th</sup> February 2022 Safer internet day	Full uniform
Wednesday 9 <sup>th</sup> February 2022 Welly Wednesday 	Welly Wednesday all day, all pupils - Clothing suitable for PE
Thursday 10 <sup>th</sup> February 2022	Full uniform
Friday 11 <sup>th</sup> February 2022 Fitness Friday	PE kit all day, all pupils

## Your lunch menu for the 7<sup>th</sup> February 2022 - 11<sup>th</sup> February January 2022

Monday	Tuesday	Wednesday	Thursday	Friday
Pizza, dough balls, peas and carrots	Hot chicken sandwich, potato wedges, sweetcorn and broccoli	Roast gammon, mashed potatoes, roast potatoes, carrots and cabbage	Cottage pie, sweetcorn and broccoli	Fish fingers, chips and peas or beans
Oatie biscuit	Sponge and custard	Ice cream	Chocolate cake	Crispy snow bar

### School closure

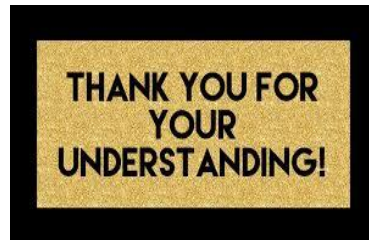
After avoiding a Covid crisis for seven months it was with extreme reluctance that the decision had to be taken to close the school at the beginning of the week. This decision was taken after consulting with Governors and the Local Outbreak Team as 38% of the school was affected by Covid, the threshold to implement additional measures being 10%. This was also in line with our Covid policy which can be viewed on our school website;

<https://www.stleonardsfirstschoolipstones.com/school-policies>

Thank you for your understanding in these challenging times.

On their return the children have been incredibly sensible and positive and you should be extremely proud of how they have handled the situation.

Please continue to lateral flow test your children regularly and we hope that over the next week or so we will be back to a full compliment of children and staff.



### Happy Birthday

Happy Birthday to Olivia who celebrates her birthday this weekend.

Have a fabulous time Olivia.

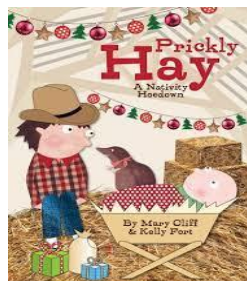


### Prickly Hay

Thank you to all who purchased a copy of Prickly Hay.

If you have not already done so please would you be so kind as to drop off your £10 to Mrs Amos in the office.

Thank you



## Safer internet Day - How to help children spot fake news

On Tuesday 8<sup>th</sup> February the children will be learning how to spot fake news.

The internet is a vital part of children and young people's lives and most parents are aware that making sure youngsters are safe online is crucial, particularly at the moment when the diminished social contact means they're spending a lot of time surfing the net.

But as well as ensuring children keep personal information to themselves and don't access unsuitable websites it's also vitally important they can spot "fake news" and misleading or untrustworthy information online and that's why the theme for this year's Safer Internet Day is "An internet we trust, exploring reliability in the online world."

The impact of misinformation and fake news can be huge and varied, ranging from fears about Covid 19 to airbrushed and unattainable photographs of celebrities.

### Top Tips

1. Always talk to them about the source of information. Parents should always speak to their child about where they are getting their information from and to judge for themselves what is real and what is fake.
2. Help them understand just because something is everywhere it doesn't mean it's true. Even if a story has been covered everywhere it can still be fake. Don't accept something as fact just because a lot of people are talking about it.
3. Give examples. Talk about something that's happened in recent history, such as those who believe the Earth is flat. Explain that everyone is entitled to their opinions but there is a difference in beliefs and knowledge.
4. One of the best ways to expose fake news is to ask questions to look at evidence to substantiate their views you do the same.
5. If they have shared fake news encourage them to put it right. Explain to them that it could be harmful to someone else.
6. Let them know that it should be reported and flagged to stop the spread.



Children's mental health week -7<sup>th</sup> February 2022 - 13<sup>th</sup> February 2022

The theme of this year's Children Mental Health Week is *Growing Together*

*Growing Together* is about growing emotionally and finding ways to help each other grow. Challenges and setbacks can help us to grow and adapt and trying new things can help us to move beyond our comfort zone into a new realm of possibility that happens over time and sometimes we might feel a bit stuck.

As parents and carers you can play an important role in your child's mental health.

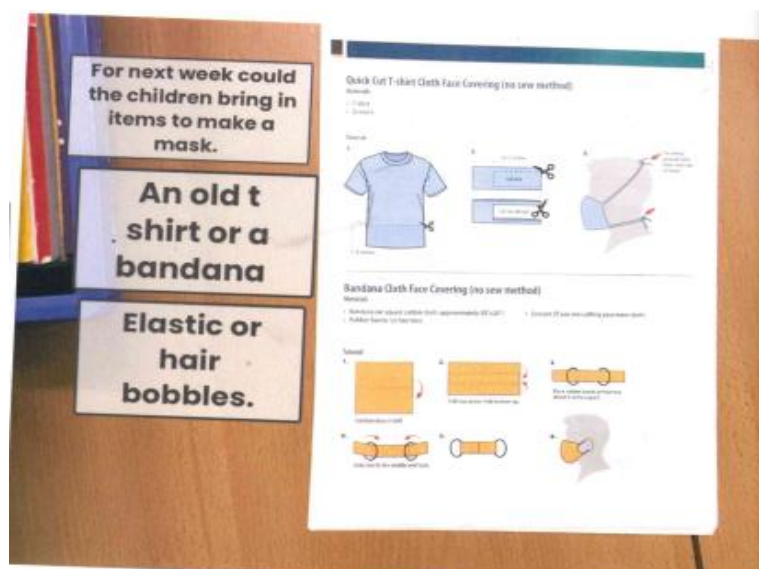
There are free resources via the link below including growth stories, top tips, support balloon, my changing shapes, parenting smart and shout about the week.

<https://www.childrensmentalhealthweek.org.uk/parents-and-carers/>



Flickers class

Mrs Goldstraw has asked that the children bring in the following items next week please to make masks in class.



Even before the lockdown situation, one in every 10-15 year olds was experiencing bullying online, abusive messages, having rumours spread about them or being excluded from group chats, for example.

Through smartphones and tablets, we're used to being able to communicate from anywhere at any time but digital devices became commonplace so quickly that it caused a problem. As a society we haven't properly adjusted to how different they've made life.

Our top tips can help you build positive relationships online and avoid some of the potential issues.

In this guide you will find a number of tips such as how to stop internet addiction, being aware of the dark

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 issues which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

# 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 clues 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 this 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 visualise 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 at face 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 Carole Francis-Smith is an experienced counselling psychologist who, through her research, specialises in promoting safe and ethical online communications. She consults with businesses and organisations to support positive and effective communication online, often by considering some of the more hidden aspects of the mediums.



Source: <https://www.gov.uk/government/news/online-safety-issues-remain-a-top-concern-for-parents>  
<https://theopeninternet.com/news/online-safety-issues-remain-a-top-concern-for-parents/>  
<https://www.bbc.com/news/health-5561443> The Online Behavioural



[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)



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NOS  
National  
Online  
Safety®  
#WakeUpWednesday



11 A.M.

• ST. LEONARD'S CHURCH •

**Sunday 6<sup>th</sup> February , 2022**

**Birds of the air**

This is a very informal service lasting a maximum of 30 minutes, followed by an activity, a refreshments. We look forward to welcoming you.

## Sparks and Flickers

On Welly Wednesday Sparks and Flickers class built a Superhero den on the school field.



## Flames

Flames have continued with their science experiments to study solids, liquids and gases by making a cloud in a bottle and blowing up a balloon using bicarbonate of soda and vinegar.



## Dates for the diary

There have been a few updates to diary dates from the LEP (Leek Education Partnership) who have advised of additional inset days and a change to the end of term date.

Tuesday 8<sup>th</sup> February - Safer internet day

Thursday 17<sup>th</sup> February - Dress up as a Super hero day

Friday 18<sup>th</sup> February - Break up for half term

**Monday 28<sup>th</sup> February - INSET day**

Tuesday 1<sup>st</sup> March - Children back in school after half term

Tuesday 1<sup>st</sup> March - Pancake Day

Thursday 3<sup>rd</sup> March - World Book Day

Sunday 27<sup>th</sup> March - Mother's Day

For future reference **Monday 6<sup>th</sup> June 2022** is also an INSET day and the last day of term is **Tuesday 19<sup>th</sup> July 2022**.

