



4/8/2020

WEEKLY NEWSLETTER

Easter Holiday

With school being closed for the past three weeks, it doesn't quite feel like the Easter Holiday at the moment. However, please take the time to enjoy the sunshine in your gardens or during your daily exercise time out of the house. There is no expectation from us for you to compete any school directed tasks during the holidays. Now, more than ever, we understand the need for a break and for time together as a family. Staff will all be making sure that we take some time too! Teachers will be checking class Dojo accounts, but not as regularly as usual during the two weeks of Easter.

The Free School Meal vouchers will be posted out to eligible families after the Easter break. The government announced at the weekend that vouchers will also be sent home for the 2-week school holiday. These vouchers will also be sent home after the Easter holiday.

Online Safety

In the current situation we are in, we are aware that our pupils may be having more access to the internet and that you as parents and carers are having to manage the use of technology and help them learn remotely. This can feel overwhelming and potentially could cause safeguarding concerns.

As young people spend more time online there is an increase that they will see something online which is not intended for them. Whether this is fake news, impersonation, mean comments or adult content videos or memes. There are many ways in which these can be reported and together as a family you can help prepare your children and build their critical thinking skills.

[reportharmfulcontent.com](https://www.report-harmful-content.com) is a website designed to help you report anything which you believe shouldn't

THE STAFF WANTED TO DO SOMETHING TO MAKE
YOU ALL SMILE DURING THESE UNUSUAL TIMES. IF
YOU HAVE A SPARE 4 MINUTES, WATCH OUR
VIDEO ON YOUTUBE!

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=MS0gJ6
ZBYZK](https://www.youtube.com/watch?v=MS0gJ6ZBYZK)

be online, with guidance about how to report different types of content.

- NSPCC helpline 0800 800 5000 [nspcc.org.uk](https://www.nspcc.org.uk)
- Childline 0800 1111
- 101
- [Thinkyouknow.co.uk](https://www.thinkuknow.co.uk)
- [Internetmatters.org](https://www.internetmatters.org)

FREE SCHOOL MEALS ELIGIBILITY

If your child is eligible for Free School Meals (not the same as universal infant free school meals) you will receive a £15 meal voucher to spend in a supermarket in the post every week during school closure. If you think you might be eligible for free school meals, please use the following link to apply: <https://www.gov.uk/apply-free-school-meals>

Top tips for keeping your children safe online

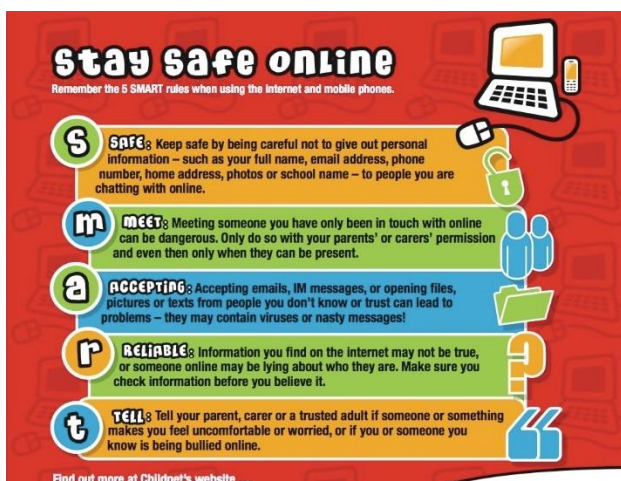
Have a conversation with your children. Children are getting their first internet-connected gadgets at pretty young ages. So, start talking to them early. Warn them about malware, dangerous websites, and sex offenders. Let your children know you're looking out for them, speak honestly with them, and *listen*.

Keep your computer in a common area of the house. It's more difficult for sex offenders and online bullies to harass your child when you can see what your child is up to. So, make sure your children aren't going to bed with their laptops and phones. Keep internet time in the common areas.

Make internet time family time. You watch movies together. Why not browse the web together? Making it a family event can be fun. You'll learn more about your children's interests, and can guide them to websites that are more appropriate to their age.

Know your children's passwords. If you've got a younger child, create an account for them in your own name to avoid exposing your child's name, and so you'll have the password. But please respect the age limitations on accounts. Whatever your choice, though, make sure you get their passwords and warn them that you'll be checking their accounts from time to time to make sure everything's kosher.

Set rules - and stick to them. As a parent, it's your job to limit your child's screen time, set boundaries for inappropriate content, and make sure your children stick to them. So, do it.



Looking after your health and wellbeing

To help yourself stay well while you're at home:

- Stay in touch with family and friends over the phone or on social media.
- Try to keep yourself busy. You could try activities like cooking, reading, online learning and watching films.
- Do light exercise at home, or outside once a day.

The 'Coping Calendar' below also has some great ideas about how to look after yourself.



What to do if you need medical help

If you need medical help for any reason, do not go to places like a GP surgery, pharmacy or hospital.

If you have symptoms of coronavirus (a high temperature or a new, continuous cough), use the 111 coronavirus service.

If you need help or advice not related to coronavirus:

- For health information and advice, use the NHS website or your GP surgery website.
- For urgent medical help, use the NHS 111 online service. Only call 111 if you're unable to get help online.
- For life-threatening emergencies, call 999 for an ambulance.

