

St. Thomas' C.E. Primary School

Newsletter

19.01.24

A note on worship...

Courage



Be strong and courageous; do not be frightened or dismayed, for the Lord your God is with you wherever you go'

Joshua 1.9

This week we focused on doing the right thing, not the easy thing. We learned that sometimes it is easier to look the other way or to follow the crowd, rather than have the courage to do what we think is right. Reverend Janet told us about the journey that salmon make and how they need the courage to 'swim against the tide'. She taught us that Jesus often went 'against the tide' when he reached it out to the people who everyone else abandoned.

We also shared the story of Malala Yousafzai, who was hurt for being a girl who went to school. Malala is a courageous advocate, who is an education activist, promoting the education of girls.



Stars of the Week



**Jack R., Evie, Buddy, Paddy, Josephine, Alex, Emelia,
Reggie and Freddie B.**

Well done to you all!

Events for the Week

Beginning

22.01.24

Monday

Ukulele lessons

Brass Lessons

After school Multi Games for years 3, 4, 5 and 6

Parent's Association Meeting

Tuesday

Keyboard, strings and woodwind lessons

After school football for years 4, 5 and 6

Wednesday

Guitar lessons

After school multi-skills for years 1 and 2

Thursday

After school dodgeball for years 3, 4, 5 and 6

Friday

Guide Dogs for the Blind to visit Amethyst Class

From the office...

- Please ensure that **school dinners** are ordered by midnight on **Sunday** for the following week.
- **Thank you** to those who **remembered** to order school dinners this week. It is very much appreciated.
- Children taking part in **after school sports** need to bring a **PE kit to school** to change into if it is not their usual PE day.
- Please send back **emergency contact cards** to the school office
- **Holiday dates** have been sent to all parents via School Spider
- **Young Voices 2024** Tickets for this event were on sale via Ticketmaster today.

Parent's Association

There will be a short meeting on Monday 22nd January straight after school to discuss the development of the Parent's Association. Anyone interested in finding out more about how it works and what its role is, is more than welcome to join the meeting.

Keeping Children Safe

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 devices which we believe trusted adults should be aware of. Please visit nationalcollege.com for further guides, hints and tips for adults.

SMARTPHONE SAFETY TIPS for young people

7

You may have been lucky enough to have unwrapped a smartphone at Christmas, or you might be eagerly anticipating getting a new one at some point during this year. Whether it'll be your first ever phone or an upgrade on your old model, it's always useful to have a refresher about how to set it up and adjust the settings to keep yourself – and your valuable personal info – safe and secure. We've collected some expert tips to help you enjoy your smartphone in the healthiest way possible.

NEVER SHARE YOUR PASSCODE

Alongside face or fingerprint recognition, your passcode is crucial to unlocking your phone and accessing your apps and personal information. You shouldn't give it out, even to close friends – after all, you wouldn't hand them a key to your house and let them go in for a nosy around! If a friend wants to use your phone, ask them why and make sure you can see what they're doing with it.

RESPECT PARENTAL CONTROLS

If you're allowed to have a smartphone, it's because your parents or carers feel that you're mature and responsible enough to use it safely. They might set controls and boundaries on your device – not to spoil your fun but to help you avoid hazards like too much screen time or costly in-app purchases. Following these rules means you can enjoy using your phone while respecting their wishes.

TALK TO A TRUSTED ADULT

Whether it's to listen to music, play games, create content or chat with friends, using a smartphone should be fun. If you're ever feeling anxious, worried or scared about going on your phone, then something isn't right. It's important not to ignore these feelings; instead, talk to a trusted adult about what's happening and how it's making you feel.

STAY ALERT

Two words: look up. It might sound obvious, but it's so easy to get immersed in what we're looking at or listening to on our phones that we can become unaware of our surroundings – or who might be around us. People often walk with their head down, focusing on their phone, and forget to check for obstacles in their path, cars or other pedestrians coming towards them, which is clearly dangerous.

DEVELOP HEALTHY HABITS

Phones offer a vast amount of content and the chance to chat with friends whenever we feel like it, which can make it difficult to take time away from the screen. If that's something you struggle with, you could try setting time limits on certain apps. Putting our phones down for a while gives us more time to interact with others or do something physical that helps keep us fit and healthy.

IGNORE UNKNOWN NUMBERS

There are some scammers who might call or text asking you to share personal data or to click on a link and provide your details. Some may claim to be from a genuine company, but trustworthy businesses don't spontaneously call or message to ask for your information. It's safest to ignore calls or texts from unknown numbers, and never give your personal details out over the phone.

ONLY USE AGE-APPROPRIATE APPS

Before downloading a new app or game, check what age rating it has. Don't feel pressured into getting a particular game or app just because your friends are using it. If it's intended for older people, there's a definite risk that it could include content (which is violent or frightening, for instance) or language which isn't suitable and may leave you feeling upset or disturbed.

REMOVE TEMPTATION

A good night's sleep is so important for concentration, mood and overall health. Unwinding properly before going to bed – which means not staring at a screen late at night – can often improve sleep quality. Put your phone on charge overnight, but not in your room. This means you'll have a lot less temptation to check any notifications, reply to messages or get caught up scrolling on social media.

THINK ABOUT OTHERS

Watching videos, listening to music or calling someone can all help to pass the time while we're on the bus, waiting in a queue or walking down the street. It's important to remain mindful of other people, though: they might not want to hear your tunes or your conversation. Likewise, if you're calling from a public place then don't forget that anyone could overhear something personal about you.

SWITCH OFF GEOLOCATION

In your phone's settings, you'll be able to disable geolocation for individual apps and photos: this means that people online (including strangers) can't see information about where you are when you share or post a pic. On the subject of images, it's also important to ask permission before taking or sharing a photo of someone – and don't share embarrassing images of your friends with others.

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 UK, USA and Australia.



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6 WAYS TO IMPROVE RESILIENCE

ACTIVE CHOICES

View decisions as active choices and not as sacrifices.

THE RIGHT PEOPLE

Surround yourself by people who make you feel good and further your development.

BELIEVE

Believe in your ability to overcome hardships and guide your own destiny.

FAIL BETTER

Take some time to reflect on what you have learnt from your setback.

SOME STRESS

Don't totally avoid stressful situations, some stress can be very helpful.

FLEXIBILITY AND ADAPTATION

Be flexible and adaptable so that you can respond well in challenging situations.



