

# St. Thomas' C.E. Primary School

## Newsletter

24.05.24

### A note on worship...

#### Respect



We spent a lot of time this week, focusing on the Christian calendar. We started the week finding out about Pentecost and the arrival of the Holy Spirit following the ascension of Jesus. Reverend Janet came in to see us on Tuesday and she told us all about Whit Sunday and the walk of witness that Christians undertake. Whilst later on in the week we found out about the Holy Trinity. Christians believe that there are three elements to God. God, the father, God, the son and God, the Holy Spirit.



## Stars of the Week



**Well done to you all!**

**Buddy, Theo S, Esme BW, Gosia, Maddie, Oliver, Rowan,  
Willow, Amelia, Benjamin, Y6 Bikeability Riders and  
Swimmers**

## Events for the Week

### Beginning

3.6.24

#### Monday

Guitar and Ukulele lessons

After school Multigames for years 4, 5 and 6

#### Tuesday

Keyboard, strings and woodwind lessons

After school rounders for years 4, 5 and 6

#### Wednesday

Brass Lessons

Hollingworth staff to visit Year 6 children

After school multi-skills for years 1 and 2

After school cricket for years 5 & 6

#### Thursday

Guitar and Ukulele Music Festival event

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

D Day Assembly

#### Friday

Sapphire class whole class brass lessons

Our School's Got Talent Final at the Cricket Club

## From the office...

- There are many **unpaid music fees**, despite reminders. Please pay as soon as possible.
- **Consents** for the **Guitar and Ukulele Music Festival** event are on **Wisepay** and need to be completed.
- **Consents** for the **Year 6 Safety Event** are on **Wisepay**.
- **Please order school dinners by Sunday 2<sup>nd</sup> June.**

## Our School's Got Talent



The finals will be held at Milnrow Cricket Club on Friday 7<sup>th</sup> June. Tickets are available on Wisepay.

Tickets are £25 for a family ticket (2 adults and 2 children) Adult tickets are £8.00 and Children's tickets are £5.00.

The tickets include food. Please let members of the Parent's Association of any food allergies.

**This is a really good night out and well worth the ticket price.**

## Keeping Children Safe Online

There have been further issues with children using WhatsApp inappropriately this week. WhatsApp has a minimum age rating of 13. If you are going to allow your children to use WhatsApp, please monitor your child's use closely. It is being used to bully, intimidate and to share images without permission.

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one issue of many 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.

# ONLINE CONTENT

## 10 tips to keep your children safe online

The internet has transformed the ability to access content. Many apps that children use are dependent on user-generated content which can encourage freedom of expression, imagination and creativity. However, due to the sheer volume uploaded every day, it can be difficult for platforms to regulate and moderate everything, which means that disturbing or distressing images, videos or audio clips can slip through the net. That's why we've created this guide to provide parents and carers with some useful tips on keeping children safe online.



### 1 MONITOR VIEWING HABITS

Whilst most apps have moderation tools, inappropriate content can still slip through the net.



### 2 CHECK ONLINE CONTENT

Understand what's being shared or what seems to be 'trending' at the moment.



### 3 CHECK AGE-RATINGS

Make sure they are old enough to use the app and meet the recommended age-limit.



### 4 CHANGE PRIVACY SETTINGS

Make accounts private and set content filters and parental controls where possible.



### 5 SPEND TIME ON THE APP

Get used to how apps work, what content is available and what your child likes to watch.



### 6 LET CHILDREN KNOW YOU'RE THERE

Ensure they know that there is support and advice available to them if they need it.



### 7 ENCOURAGE CRITICAL THINKING

Talk about what people might post online and why some posts could cause distress.



### 8 LEARN HOW TO REPORT & BLOCK

Always make sure that children know how to use the reporting tools on social media apps.



### 9 KEEP AN OPEN DIALOGUE

If a child sees distressing material online; listen to their concerns, empathise and offer reassurance.



### 10 SEEK FURTHER SUPPORT

If a child has been affected by something they've seen online, seek support from your school's safeguarding lead.

 **National Online Safety**  
#WakeUpWednesday

## Wellbeing

# 9 MENTAL HEALTH ACTIVITIES TO DO WITH YOUR CHILDREN



@BELIEVEPHQ

## WORRY TIME



- Set aside a time each day for your child worry. Discuss with your child how long the worry time will be for. In this time your child can write down their worries, discuss them with you or problem solve to overcome them

## THOUGHT CHALLENGING

- Help your child to write down any unhelpful thoughts they that experience. Try to challenge them with your child and come up with more realistic and helpful ones

## BEING PRESENT



- Help your child to be present and live in the moment. Go for a walk and see how many different things you can both take in with all your senses

## ACTIVITY PLANNING



- Create an activity diary with your child and help them to schedule in some pleasurable and achievement related activities

## TALKING ABOUT FEELINGS

- Why not create a time each week where your child can speak to you about their thoughts and feelings

## 3 GOOD THINGS



- Before bed spend some time with your child to identify and write down three good things they achieved from the day

## WELLBEING



- Support your child to look after their wellbeing. Cook healthy meals with them, exercise or play sport with them and make sure they are getting enough sleep

## IMAGERY

- Work with your child to imagine themselves in an imaginary future where everything has turned out in a positive way

## THOUGHT TESTING

- Try setting out some simple activities to help your child test out the validity of a thought.





