

# St. Thomas' C.E. Primary School

## Newsletter

12.07.24

### A note on worship...



This week our focus had turned to the future as we come to end of the school year. We asked the question 'What is a good life?' This question proved to be quite thought provoking. We thought about what is important and talked about many of the Christian values that are important to our school including: joy, kindness, friendship, generosity and compassion. We moved onto making a positive impact with what we do in our daily lives.



## Stars of the Week



**Teddy L., Neave, Elsie Th., Amelia K., Archie, Madison N.,  
Ernie, Jack R., Rex, Erin C., Theo S., Codie, Landon, Renaiya,  
Megan and Elise.**

**Well done to you all!**

## Events for the Week

### Beginning

15.07.24

#### Monday

Opal class Stone Age to Iron Age day

Sapphire class park and picnic

Aqua Splash event (year 4 and 5)

Guitar and Ukulele lessons

After school Multigames for years 4, 5 and 6

After school choir

#### Tuesday

Year 6 children to Crompton House (CAT tests)

Ruby Class trip to the Science Museum

Keyboard, strings and woodwind lessons

After school rounders for years 4, 5 and 6

#### Wednesday

Sapphire class party and buffet

Brass Lessons

After school multi-skills for years 1 and 2

After school cricket for years 5 & 6

#### Thursday

House Point winners reward morning

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

Music extravaganza 6.00pm

#### Friday

Leaver's Service 1.45pm in church.

School closes for the summer holiday at 3.15pm.

School reopens on Wednesday 4<sup>th</sup> September.

## From the office...

- Outstanding music and lunch money needs to be paid before the end of the week, before the summer holiday. Thank you.

## Music Extravaganza

Children need to be in school at 5.30pm ready for a 6.00pm start.

Children need to be dressed in black and white or all black.

Refreshments will be available at the start of the extravaganza.

We are happy to welcome 3 ex-pupils who are excelling in music to show us what can be achieved through hard work and dedication.

# Keeping Children Safe Online



National  
Online  
Safety®

#WakeUpWednesday

## 12 Social Media

## Online Safety Tips

### FOR CHILDREN WITH NEW DEVICES

With Christmas only a few weeks away, many of you will be using social media to share your excitement with friends and family. Being active on social media is a great way to show others how much fun you're having, but it's important that you know how to use these apps safely and securely so that bad things don't happen. By following our safety tips below, you can make sure that your personal information stays private, your postings are positive and that your social media use overall is responsible, healthy and most of all enjoyable.

#### 1 DON'T ACCEPT FRIEND REQUESTS FROM STRANGERS

Make sure that you set your profile to private so that people you don't know can't find you online. Always tell a trusted adult if a stranger or somebody you don't know sends you a message or a friend request.



#### 2 NEVER SHARE YOUR PERSONAL INFORMATION WITH PEOPLE YOU DON'T KNOW

Keep your personal information personal. Sometime people online aren't always who they say they are and might ask you to share things that you don't feel comfortable sharing.

#### 3 DON'T SHARE EMBARRASSING PHOTOS OR VIDEOS OF OTHERS ONLINE

This could really upset them and could get you into a lot of trouble. Always think twice before posting anything on social media and treat people online as you would in real-life.



#### 4 NEVER SEND NAKED PICTURES OF YOURSELF TO OTHERS

This is illegal if you are under 18 and you could get into trouble with the Police. If you are being pressured by someone, always say no and tell a trusted adult. Even if you think it is innocent fun, the photo could be shared with other people and you won't be able to control who else sees it.



#### 5 CREATE A POSITIVE ONLINE REPUTATION

Always be kind and polite when posting comments on social media and only upload pictures and videos of things you are proud of. This forms part of your digital footprint. Everything you do online can be tracked and monitored and could affect what people think of you in real-life if it is negative.



#### 6 LIMIT YOUR SCREEN TIME

Social media can be addictive, and it is easy to keep checking newsfeeds or your notifications every 5 minutes which can affect your behaviour and stop you from doing other things. Remember to only use your phone at certain times of the day, turn notifications off at bedtime and go out and have as fun as much as possible. This will keep you fit and healthy and make you appreciate there's more to life than just what's on social media.



#### 7 BLOCK ONLINE BULLIES

Sometimes people might say nasty things to you online or post offensive comments on your pictures or videos. If this happens, always tell a trusted adult who will help you block them from your profile and support you in taking further action.



#### 8 REPORT INAPPROPRIATE CONTENT

If you see something on social media that you don't like, offends you or upsets you, you should always report it to a trusted adult. You should also report it to the social media app who will be able to remove the content if it is against their user policy and can block the person who posted it.



#### 9 ONLY USE APPS WHICH YOU ARE OLD ENOUGH TO USE

Before downloading any new social media app, always check the age-rating. If you need help, ask your parent or carer to make sure that the app is safe for you to use and never download anything which you are too young for as it may contain content that isn't safe for you to see.



#### 10 ALWAYS SECURE ALL YOUR SOCIAL MEDIA PROFILES WITH A PASSWORD

This will help to keep your private information safe and won't allow others to access your profiles without your permission. Make sure your passwords are memorable and personal to you but something which other people can't guess, and always share them with your parents just in case you forget them.



#### 11 ASK PARENTS TO SET-UP 'PARENTAL CONTROLS' FOR SOCIAL MEDIA

When you download a social media app, you should always ask a trusted adult to help you set it up for the first time. This will help you control who sees what you post, who can contact you and make sure you are able to enjoy using the app safely and securely.

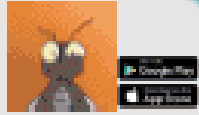


#### 12 ALWAYS TALK TO YOUR TRUSTED ADULT IF SOCIAL MEDIA IS MAKING YOU UNHAPPY

Sometimes, social media can make us feel bad about ourselves or sad that we aren't the same as someone else or doing the same things as someone else. Remember, if you ever feel this way, it's really important to talk to your trusted adult(s) like your parents, carers, other adult family members or a teacher, all of whom will be able to support you and discuss your feelings with you to help make you feel better.



# Wellbeing Apps



Mindfulness is a type of meditation that is all about being aware of the present moment

Mindful Gnats is an app designed to teach young people simple mindfulness and relaxation skills.



Create music to capture your mood and express how you feel with the Cove app. Instead of words, create music to reflect emotions like joy, sadness, calm and anger. You can store your music in a personal journal, or send them to someone and let the music do the talking.



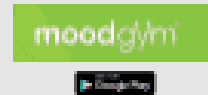
SuperBetter is a free web and app based programme created by game designers. Playing SuperBetter helps build personal resilience: the ability to stay strong, motivated, and optimistic even in the face of difficult challenges.



Learn to relax, manage your worries and improve your wellbeing with Chill Panda. The app measures your heart rate and suggests tasks to suit your state of mind.



The IPrescribe Exercise app creates a 12-week exercise plan based on health information entered by the user. It then sets the duration and intensity of the exercise based on this information.



MoodGYM is a free, fun, interactive program to help young people with low mood. Based on cognitive behaviour and Interpersonal therapy, it consists of five modules, which help you to explore: why you feel the way you do and changing the way you think.



### Summer Fair

Thank you to everyone who supported our little school by attending the summer fair last weekend. Despite the rain, we all had a great time and managed to raise over £1000!

These events cannot run without the dedication of those who organise and run them. A very special thank you from us all to the following parents who have worked hard over the past 12 months to raise money and put on excellent social events.

**Mrs Fitton, Mrs Bollard-Wilkes, Ms Stott, Ms Monteiro, Mrs Boyle, Mrs Greaves, Mr Foster and Mrs Foster**

**And anyone else who has helped in any way.**

### Building work

The long awaited building works starts on Monday 21<sup>st</sup> July and is due to last 16 weeks, finishing on Friday 6<sup>th</sup> November.

When we come back to school in September, children in Opal, Emerald and Sapphire classes will need to use the side door (kitchen) to access the school building.

All visitors will also need to use the kitchen door.

Children in Amethyst and Ruby classes will access the school building in the normal way.

Whilst this work is going on, there will be temporary toilets for the key stage two children sited on the playground.

