



Village Lane
Whitley
Warrington
WA4 4QH

01606 822991

www.whitleyprimary.co.uk
admin@whitleyprimary.co.uk



Points to Remember No. 7 20.10.23



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DATES

October

Fri 27th—Inset Day - School closed to Pupils

Tue 31st— **Deadline for Secondary School Applications**

Half-term holidays Mon 30th—Friday 3rd Nov

November

Mon 6th—School opens for Autumn 2

Tues 7th—Bag2School (Dropped off along the school fence 9am)

Wed 8th - Year 4, 5 & 6 Frodsham Forest Visit (Details to follow)

Fri 24th—FOWS Break The Dress Day (suggested 50p per breach)

December

Thurs 14th—2pm & 6pm, Whole School Christmas Production

Mon 18th—3.15-5pm FOWS Christmas Movie Night

Thurs 21st—Christmas Dinner, break up for Christmas!

Friday 22nd—Inset Day - School closed to Pupils

Christmas Holiday Monday 25th—Friday 5th January

Mon 8th—School opens for the Spring Term

Fri 15th—Reception 2024 application deadline



REMINDER, CHANGES

WITH THE WAY YOU PAY FOR SCHOOL MEALS

During the next week school will cease using ParentPay for ordering and paying for your child's school meal. All other payment items will remain on ParentPay for now. We will start using the School Hub Portal (provided by Oran, our catering provider).

In summary, lunches need to be ordered from home via School Hub and all payments need to be paid in advance via School Hub Wallet. A meal will not be able to be ordered until money is put in the Wallet. There will be a screen ticket machine in the dining area where the pupils will collect their ticket showing their chosen meal and hand it to Catherine. Parent User Guides and details will be on the website and in the office. Over the next fortnight, parents will be sent their log in details for the School Hub app (find it via a google search). Please enquire with Emily in the office if you have any issues once you have received your user details.

More details can be found here

<https://www.schoolhub.co.uk/login>

Y4, Y5 and Y6 Forest Visit



This year, we have placed a strong emphasis on nurturing the children's understanding of citizenship and fostering their sense of responsibility towards others.

It's vital that they grasp the intricate web of global issues and their interconnectedness. Recent lessons exposed them to the alarming consequences of rising sea levels on children living in island communities, underscoring the urgency for action.

In response to this persistent global challenge, we've collaborated with the Woodland Trust to organize a tree-planting initiative for Year 4, Year 5 and Year 6 students. This endeavour not only offers an exciting opportunity for our young learners to immerse themselves in the forest but also enables them to make a tangible contribution to mitigating climate change.

We extend our heartfelt gratitude to the Woodland Trust for their invaluable support in making this initiative possible.

Bonus Ball Lottery

Results this week:

14/10/23 - 48 - Rollover

28/10/23 - 38 - Rollover



Senior Leadership Event

Over the weekend, the senior leadership teams of the 10 Rowan Learning Trust Schools (RLT) convened to sharpen their schools' visions and values, emphasising their integration into all aspects of school life. Saturday was dedicated to a thorough examination of the quality of our education, fostering motivation among attendees and a collective commitment to supporting Rowan Trust pupils to reach their full potential. We are grateful to be part of such a capacity-building Trust.

What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so entrails young people, but we can still help children to be aware of their mental wellness: recognising when something isn't OK... and knowing what to do about content that upsets them.

1. UNDERSTAND THE ALGORITHM

Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.

2. AVOID THE MAIN FEEDS

Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.

3. DISCUSS WHAT THEY'VE SEEN

Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds: if alarm bells ring, it could be time for a more in-depth talk or to seek support.

4. LEARN HOW TO HIDE CONTENT

If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.

5. SET DAILY LIMITS

Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces: involving your child in creating this agreement makes them more likely to stick to it.

6. MONITOR THEIR ACTIVITY

Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.

7. TURN OFF PUSH NOTIFICATIONS

Even for adults, it's tempting to check an email or message as soon as the alert sound pings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practise mindful use of tech. Most of us have other things that we need to focus on as a priority – and those notifications will still be there later, when we have more time.

8. USE DEVICES TOGETHER

Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area at home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.

9. ENCOURAGE OTHER ACTIVITIES

Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.

10. TALK ABOUT PEER PRESSURE

Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like offline life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

Meet Our Expert

Shazia Sarwar-Azim is executive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the SEND, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shazia is a Fellow of the Chartered College of Teaching and the author of *The Rainbow Within*, a book which supports children with SEMH needs.



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#WakeUpWednesday

sources: <https://www.bbc.com/news/technology-5224895>
<https://proudsocial.com/highlights/social-media-against-me/>



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