



## Message from Mrs Carlyle

Dear parents and carers,

It is hard to believe that we are already three weeks into this half term! Our pupils have already achieved so much – with nearly all of our assessments completed!

It has been wonderful to see so many of our parents join us for our transition meetings – much of the information shared can be found on our school [website](#) and in our [information booklet](#) for 2023-2024.

At the end of this week we are excited to hold our first ever 'Big Picnic' where you are invited to come and have lunch with your child or children, share a book and raise money for a good cause. Our school council is also working hard to decide on our fundraising opportunities next year, and looking at creating a balance between charity events and whole school events.

I look forward to seeing you on Friday, fingers crossed for sunshine!

**Mrs Carlyle**

This week's assembly theme is...

# World Music Day

World Music Day, or Fête de la Musique, is celebrated every year on the 21st June. The first World Music Day was observed in the year 1982 in France when people were urged to play music outdoors to participate in festivities. Since then, World Music Day has spread to other parts of the world and is now a global celebration of music.

World Music Day will be celebrated on 21st June 2023. This day is designated to pay tribute to music, something which plays a significant role in everybody's life. Music is the essence of life, and Music Day is about realizing the power of music and sharing it with others.



### Key upcoming dates:

Monday 19 <sup>th</sup> June	Tuesday 20 <sup>th</sup> June	Wednesday 21 <sup>st</sup> June	Thursday 22 <sup>nd</sup> June	Friday 23 <sup>rd</sup> June
Fire & Rescue service visit Year 1	Year 2 to Year 3 Transition Meeting (3.30pm or 5pm)		Year 3 to Year 4 Transition Meeting (3.30pm or 5pm)	The Big Picnic – 12.15pm
Monday 26 <sup>th</sup> June	Tuesday 27 <sup>th</sup> June	Wednesday 28 <sup>th</sup> June	Thursday 29 <sup>th</sup> June	Friday 30 <sup>th</sup> June
	Mobile Library Visit Year 4 to Year 5 Transition Meeting (3.30pm or 5pm)	Infant School Sports Day	Year 5 to Year 6 Transition Meeting (3.30pm or 5pm)	<b>INSET DAY - SCHOOL CLOSED</b>

### Transition Days: Monday 3<sup>rd</sup> and Tuesday 4<sup>th</sup> July



# ONLINE SAFETY

It is incredibly important that as parents and carers, you have the tools to keep your child safe online. This can include the use of group messaging apps, for example WhatsApp, as well as when using social media and even playing on an Xbox. Attached to every newsletter we provide up to date information about key issues that can affect young children when using the internet so please check the newsletter regularly.



More advice can be found on our [website](#).

On Thursday 6<sup>th</sup> July 2023 we will be hosting a training session for our parents and carers - *Online Safety for Parents & Carers of Children aged 7-11* from National Online Safety. This course covers the basics that parents need to know, especially with the summer holidays fast approaching. There will be opportunities to talk with the safeguarding team at the school and meet with other parents.

Further information around timings will be confirmed soon.



Please ensure your child has a water bottle, sun cream applied before school and a hat if necessary.

Please also feel free to bring a blanket to sit on and please bring your loose change to donate or buy a book from our book sale!

Gates will be open from **12.15pm** – please collect your child from the usual place. If you have more than one child at the school, you can choose where to sit, but please make sure that your child has been signed off by their class teacher. This includes children who would normally walk home by themselves.

Please note – only children who are collected by an adult will be allowed to leave early. All other children will be kept at school after the picnic until the normal end of school times.

Our fundraising link is [here!](#)

## Communication Summary



Check here to see if you have missed any communication relevant to your child.

Find copies of letters [here](#), contact the school office on 02392 663645 or email [contact.cp@kingsacademies.uk](mailto:contact.cp@kingsacademies.uk)

- Lunch Menu Change
- Sports days - clarification of dates
- Fitbits
- Water bottles
- Clothing spares - Infants
- Uniform donations
- Big Reading Picnic Fundraiser information





## Self Care Summer Resources

The summer holidays offer an opportunity to recharge, but some young people may find themselves struggling without the structure and support network of school.

Anna Freud have created #SelfCareSummer a pack for primary age pupils you can find [here](#). These packs feature a range of creative activities based on self-care strategies that other young people have found useful in helping them stay mentally healthy. If you would like a pack printed, please contact the school office.

## Mental Health Support Team Summer Workshops

MHST are offering summer workshops for young people and parents/carers. These are an opportunity to learn CBT-based skills to support young people's mental health and wellbeing. Workshops are being run twice a week at either Somerstown Family Hub (Omega St, PO5 4LP) or Northern Parade Family Hub (Doyle Avenue, PO2 9NE).

Topics include:

- Supporting wellbeing
- Supporting low mood through activity
- Challenging negative thoughts
- Responding to your child's worries
- Managing worries

[Click here for more information.](#)

Please note that there is a maximum capacity of 20. Spaces will be filled on a first come, first served basis.

## LET'S GET SOCIAL

Don't forget to follow us on Facebook, Instagram and Twitter to see our positive news stories! If you have something you'd like to share, please send it to the school office!



Last week, some of our students attended a Youth Eco Conference at the Camber. They took part in exciting workshops throughout the day and listened to talks from eco ambassadors who are committed to creating a sustainable future!



Molly & George have been joining dad on his evening dog walk and Molly had the idea to take some pickers and see how many bags of rubbish they could fill around the Mountbatten centre and shoreline. They filled 4 bags so was certainly a worthwhile task.





# Our Value Champions this week...

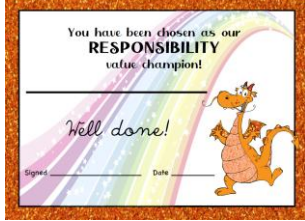


Kendre

Seahorse Class

James  
Tobi

Venus Class  
Apollo Class



Aubree  
Ava

Jellyfish Class  
Seahorse Class

Molly  
Alexandra

Ra Class  
Neptune Class



Eyimofe  
Maxwell C  
Eliza

Turtle Class  
Jellyfish Class  
Emu Class

Leo  
Kaylan  
Elliott

Anubis Class  
Neptune Class  
Apollo Class

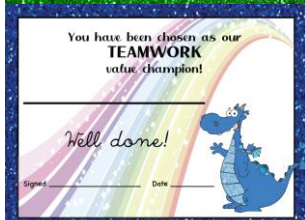


Daisy

Emu Class

George  
Zahra  
Jacob

Ra Class  
Minerva Class  
Minerva Class



Isabella  
Morgan

Turtle Class  
Wombat Class



Umaiza

Dingo Class

George  
Sienna

Anubis Class  
Venus Class



# What Parents & Carers Need to Know about GROUP CHATS

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## WHAT ARE THE RISKS?

Occurring through messaging apps, on social media and in online games, group chats are among the most popular ways that young people engage with their peers online. Involving, by definition, three or more individuals, these groups allow users to send messages, images and videos to everyone in one place. While they are useful for helping friends, people with shared interests or members of a club to communicate and coordinate activities, they can also leave young people feeling excluded and bullied – as well as providing opportunities for inappropriate content to be shared and viewed.

### BULLYING

Unkind comments or images which are purposely aimed at an individual can be shared freely in a group chat – allowing and often encouraging others to join in the bullying behaviour. If this content is shared in a group of their peers (especially a larger group), it serves to amplify the hurt, embarrassment, anxiety and isolation that the victim feels.

### EXCLUSION AND ISOLATION

This common issue with group chats can happen in several ways: starting a new group, for instance, but deliberately excluding a certain child. Likewise, the chat may take place on an app which one child doesn't have access to, meaning they can't be involved. A child can also feel isolated when a group chat is used to discuss or share images from an event that everyone else but them attended.

### INAPPROPRIATE CONTENT

Some discussions in group chats may include inappropriate words, swearing and unsuitable images or videos. These could be viewed by your child if they are part of that group, whether they actively engage in it or not. Some chat apps have a disappearing message function, so your child may be unable to report something they've seen because it can only be viewed once or for a short time.

### SHARING GROUP CONTENT

It's important to remember that – while the content of the chat is private between those in the group – individual users can easily share a message, photo or video with others outside of the group or screenshot what's been posted. The risk of something your child intended as private becoming public (and potentially going viral) is higher if there are people they don't know well in the group.

### UNKNOWN MEMBERS

Within larger group chats, it's more likely your child will be communicating with people they don't really know. These strangers may be friends of the host, but not necessarily friendly toward your child. It's wise for young people not to share personal details and stay aware that they have no control over the messages and images they share after they've put them online.

### NOTIFICATIONS AND FOMO

A drawback of large group chats is the sheer number of notifications. Every time someone in the group messages, your child's device will be 'pinged' with an alert; potentially, this could mean hundreds of notifications a day. Not only is this highly distracting, but young people's fear of missing out on the latest conversation results in increased screen time as they try to keep up with the chat.

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## Advice for Parents & Carers

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### CONSIDER OTHERS' FEELINGS

Group chats are often an arena for young people to gain social status. This could cause them to do or say things on impulse, which could upset others in the group. Encourage your child to consider how other people might feel if they engaged in this behaviour. If your child does upset a member of their group chat, support them to reach out, show empathy and apologise for their mistake.

### GIVE SUPPORT, NOT JUDGEMENT

Remind your child that they can confide in you if they feel bullied or excluded in a group chat, instead of responding to the person who's upset them. Validate their hurt feelings and help to put them back in control by discussing how they'd like to handle the situation. On a related note, you could also empower your child to speak up if they're in a chat where others are being picked on.

### BLOCK, REPORT AND LEAVE

If your child is in a chat where inappropriate content is being shared, advise them to block the users sending the material, report them to the host app or platform and exit the group. If any of this content could be putting a minor at risk, contact the police. Emphasise to your child that it's OK for them to simply leave any group chat that they don't feel comfortable being a part of.

### PRACTISE SAFE SHARING

In any online communication, it's vital for young people to be aware of what they're sharing and who might potentially see it. Discuss the importance of not revealing identifiable details like their address, their school or photos that they wouldn't like to be seen widely. Remind them that once something is shared in a group, they lose control of where it may end up and how it might be used.

### AVOID INVITING STRANGERS

Sadly, many individuals online hide their true identity to gain a child's trust – for example, to gather information on them, to exchange inappropriate content or to coax them into doing things they aren't comfortable with. Ensure your child understands why they shouldn't add people they don't know to a group chat – and, especially, to never accept a group chat invitation from a stranger.

### SILENCE NOTIFICATIONS

Having a phone or tablet bombarded with notifications from a group chat can be a massive irritation and distraction – especially if it's happening late in the evening. Explain to your child that they can still be part of the group chat, but that it would be healthier for them to turn off or mute the notifications and catch up with the conversation at a time which better suits them.

## 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.



**NOS** National Online Safety®  
#WakeUpWednesday



[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety

# School Calendar 2022 / 2023



## Planned INSET Days:

- ~~Thursday 1<sup>st</sup> September 2022~~
- ~~Friday 2<sup>nd</sup> September 2022~~
- ~~Friday 2<sup>nd</sup> December 2022~~
- ~~Friday 10<sup>th</sup> February 2023~~
- ~~Friday 31<sup>st</sup> March 2023~~
- Friday 30<sup>th</sup> June 2023

Autumn Term 2022																		
	September				October				November				December					
Monday	5	12	19	26	3	10	17	24	31*	7	14	21	28	5	12	19	26	
Tuesday	6	13	20	27	4	11	18	25	1	8	15	22	29	6	13	20	27	
Wednesday	7	14	21	28	5	12	19	26	2	9	16	23	30	7	14	21	28	
Thursday	1*	8	15	22	29	6	13	20	27	3	10	17	24	1	8	15	22	29
Friday	2	9	16	23	30	7	14	21#	28	4	11	18	25	2	9	16#	23	30
Saturday	3	10	17	24	1	8	15	22	29	5	12	19	26	3	10	17	24	31
Sunday	4	11	18	25	2	9	16	23	30	6	13	20	27	4	11	18	25	

Spring term 2023																		
	January				February				March				April					
Monday	2	9	16	23	30	6	13	20*	27	6	13	20	27	3	10	17*	24	
Tuesday	3*	10	17	24	31	7	14	21	28	7	14	21	28	4	11	18	25	
Wednesday	4	11	18	25	1	8	15	22	1	8	15	22	29	5	12	19	26	
Thursday	5	12	19	26	2	9	16	23	2	9	16	23	30	6	13	20	27	
Friday	6	13	20	27	3	10#	17	24	3	10	17	24	31#	7	14	21	28	
Saturday	7	14	21	28	4	11	18	25	4	11	18	25	1	8	15	22	29	
Sunday	1	8	15	22	29	5	12	19	26	5	12	19	26	2	9	16	23	30

Summer Term 2023																		
	May				June				July				August					
Monday	1	8	15	22	29	5*	12	19	26	3	10	17	24	31	7	14	21	28
Tuesday	2	9	16	23	30	6	13	20	27	4	11	18	25	1	8	15	22	29
Wednesday	3	10	17	24	31	7	14	21	28	5	12	19	26	2	9	16	23	30
Thursday	4	11	18	25	1	8	15	22	29	6	13	20	27	3	10	17	24	31
Friday	5	12	19	26#	2	9	16	23	30	7	14	21#	28	4	11	18	25	
Saturday	6	13	20	27	3	10	17	24	1	8	15	22	29	5	12	19	26	
Sunday	7	14	21	28	4	11	18	25	2	9	16	23	30	6	13	20	27	

Bank and public holidays 2022/2023			
Christmas Day Holiday	25 December 2022	Easter Monday	10 April 2023
Boxing Day Holiday	26 December 2022	May Day Holiday	01 May 2023
New Year's Day Holiday	02 January 2023	Spring Bank Holiday	29 May 2023
Good Friday	07 April 2023	Summer Bank Holiday	28 August 2023
School Holidays		Bank holidays and national holidays	
* First day after break	# Last day before break		

