

St. Mary's News

"SHINE AS A LIGHT IN THE WORLD" Matthew 5:16

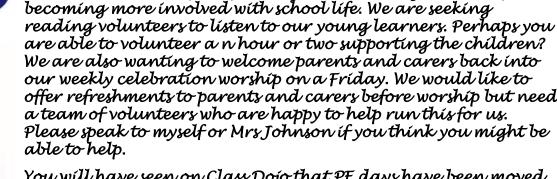
Newsletter No: 14

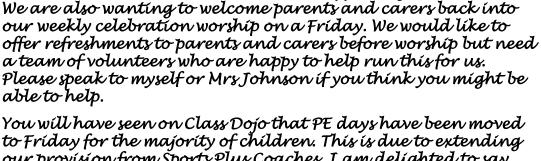


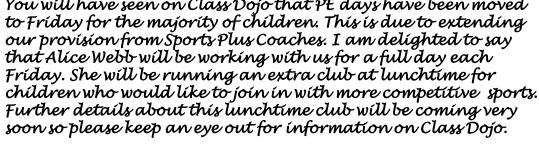
Dear Parents and Guardians.

I hope everyone has enjoyed both the Christmas break and binging in the new year. It has been wonderful hearing about family gatherings, days out and memories made from the children.

As we enter the new year you might be thinking about ways of







Have a wonderful weekend. Many thanks Mrs. NR Brennan





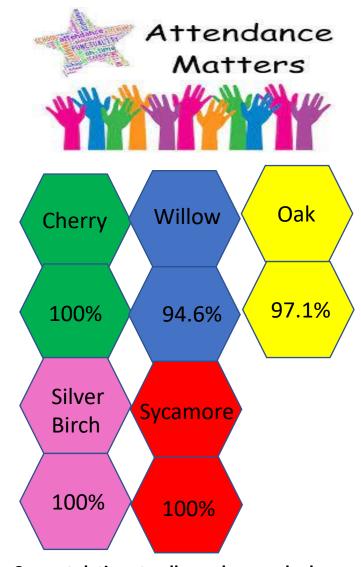








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4 th January	Children welcome back.
6 th February	Mental Health Week
7 th February	Book look parents welcome 2:45pm
8 th February	Dogs trust animal safety talk
9 th February	Explorers school visit - water safety talk
14 th February	Safer internet day
14 th February	Silver Birch leading worship – Parents welcome, 2.30pm
20 th February	Half term week - School closed.
27 th February	Children welcome back.
2 nd March	Year 3 & 4 Bikeability Level 1
3 rd March	World book day. Come dressed as your favourite book character
14 th March	Mothering Sunday lunch EYFS to year 1
15 th March	Mothering Sunday lunch Year 2,3 and 4
16 th March	Rock steady concert 2:30pm - parents welcome.
17 th March	St. Patricks day wear something green £1 donation
20 th - 24 th February	Half term school closed



Congratulations to all our classes who have reached our government's expectation of 96% or above..



Pupil
Evie
Edward
William
Grace
Stephanie

A massive well done to all children for all their hard work this week. We are proud to call you a part of our St Mary's Family

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 'robbit hales' 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 enthrals young people, but we can still help children to be aware of their mental yellness, recognising when something isn't OK. — and knowing what to do about content that upsets then

1. UNDERSTAND THE ALGORITHM

Algorithms rank content by user inferest someone who regularly interects with sports name, say, will see the lotest results at the top of their feet. Ukewise, if a user threese content that can cause harm, that's what will be recommended to them inture. Someone what had a bod day and tooks for posts which reflect their mood will find similar content being suggested to them more and mare.

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 screll through the accounts they screll through the accounts they follow, use restricted modes, or highlight poets 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 phon shows them when they apen the app.

3. DISCUSS WHAT THEY'VE SEEN

Chatting about what your child's seen online keeps you aware of the content they be 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 alorm bells ring, it could be time for a more in related tolk 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 werds, which is an excellent way to start taking control of what your start taking control of what your

5. SET DAILY LIMITS

Phones and most apps can tell you have much they're being used. Spunding too long an line can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family ruke. — for everyone to follow — around device use, such as acreen time limits and lech—line spaces: involving your child in creating this agreement makes them more likely to stick to it.

Meet Our Expert

Shedia Sarwar-Azim is esecutive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to facus on the StMC, mental health and well-being agenda. A passionate advecate for winerable leamers, Shade is a Fellow of the Chartered College of Teaching and the author of the Rainbow Within, a book which supports children with STMM needs.

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6 MONITOR THEIR ACTIVITY

Keeping a discreet eye on how your child is using social media can help ensure they're not ontering 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. Se transparent about your own social media use and try not to sound judgemental about your child's.

7. TURN OFF PUSH NOTIFICATIONS

ven for adults, it's tempting to check on email or message as soon as the flert sound pings. Fush notifications incourage people to open their apps on spend time on their device, so unning them off will help your child to ractise mindful use of lock. Most of as have other things that we need to occus on as a priority — and those obtifications will still be there later, then we have more time.

8. USE DEVICES TOGETHER

Ghing children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hopely 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) stoer them away from any potentially harmful paths.

9. ENCOURAGE OTHER ACTIVITIES

highlight the importance of exercise, qualify time with loved ones, a bolanced diet and resthal 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 crean can be imported beneficial.

10. TALK ABOUT PEER PRESSURE

Most platforms delaut children si accounts to private, so anly people they we accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but just tike offline life — the algital 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 to



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