



Parent Newsletter Monday 8th February 2021

Dear Parent/Carer,

Healthy Minds Day - Wednesday 3rd February 2021

Thank you to everyone who took part in our healthy minds day last week. It was great to see the children having some screen free time and doing activities at home that enable them to relax and have fun. I know the live social session, playing games with their class, was a particular favourite for the children. Class teachers will look for ways to build this in more regularly for their classes. Another highlight was Mr Spencer's 'Meon Movers' and his hilarious Joe Wicks impression. If you missed it you can watch it on our Facebook page: <https://www.facebook.com/1900852553535605/videos/792310264715990>

Teams Live Lessons – The cameras are on!

It is great to see how brave the pupils are in using their cameras in our live lessons. The teachers have loved seeing their classes faces and I am sure the children have enjoyed seeing each other again.

Internet Safety Day – Tuesday 9th February

On **Tuesday 9th February** we will be joining schools across the UK in celebrating **Safer Internet Day 2021**. Safer Internet Day is a global campaign to promote the safe and responsible use of technology, which calls on young people, parents, carers, teachers, social workers, law enforcement, companies, policymakers, and more to join together in helping to create a better internet.

Using the internet safely and positively is a key message that we promote in school/our group/our club, and celebrating Safer Internet Day is a great opportunity for us to re-emphasise the online safety messages we deliver throughout the year.

Tomorrow, your child will have the opportunity to participate in an hour-long computing lesson with Mrs Chandler. This year's theme is 'An internet we trust: exploring reliability in the online world'. During the lesson your child will take part in activities and tasks to explore this theme.

Lower school (year 3 and 4) will be at 9:15 -10:15am

Upper school (year 5 and 6) will be at 1:30 - 2:30pm

We would be delighted if you could join us in celebrating the day by continuing the conversation at home. To help you with this, you may be interested in downloading the free Safer Internet Day Education Pack for Parents and Carers which is available at: saferinternet.org.uk/sid-parents.

There are also [top tips](#), a [quiz](#) and [films](#) which you can use at home with your child. Some other resources which you may find helpful in supporting your child online are:

1. Advice for parents and carers from [Childnet](#)
2. Tips, advice and guides for parents and carers from the [UK Safer Internet Centre](#)
3. Guides on popular apps and games from [NetAware](#)
4. Reviews and information about games, apps, TV shows and websites from [Common Sense Media](#)
5. Help on using parental controls and privacy settings from [Internet Matters](#)
6. Information and reporting of online grooming or abuse from [CEOP](#)

Online safety is an important issue which as a school we're committed to teaching our pupils about.

If you have any concerns or questions about keeping your child safe online, please do get in touch with your child's class teacher/myself or Shellie Knight, our Deputy Designated Safeguarding Lead.

The Mental Health Support Team

This is a new service in Portsmouth that are working closely with Primary schools to support them and their families with children's mental health. Your local MHST can offer a wide range of support and play a critical role in supporting the whole school community, young people, their families and carers around the return to education following COVID.

Mental Health Support Teams are:

- Open for business both term-time and school holidays
- Able to work safely and effectively both face-to-face (in variety of settings) & remotely

As a school, we have regular meetings with this team and are able to make referral for pupils with mild to moderate anxiety. The team will then be able to work with parents to offer guidance and support. Coming up, the MHST are holding a 'Helping your child with fear and worry group' for parents. The aims are to teach parents cognitive behavioural strategies to use with their child to overcome difficulties with anxiety.

With this newsletter I have attached further information. If you feel this service would be of benefit to your child and yourself. Please get in touch with the school and ask to speak to Miss Knight our pastoral lead.

I am sure you are all looking forward to a well-deserved break from the pressures of supporting your child's remote education. I would like to thank you again for the support you have given to make this half term so successful.

Please remember that **Monday 22nd February is an INSET day and school will be closed to both in school provision and remote learning.** This in school provision and remote learning provision will commence on **Tuesday 23rd February.** We have been told by the government that schools may begin re-opening for all pupils from 8th March. We hope the Prime Minister may give further clarification on this on 22nd February. As always, as soon as we hear and receive guidance, we will update you.

Warm Regards

A handwritten signature in cursive script, reading "Sara Paine", is displayed within a light grey rectangular box.

Mrs Sara Paine

Head teacher