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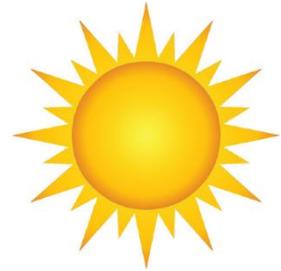
Dear Parent/Carer,

It is lovely to finally have the sun shining and be able to enjoy seeing friends and family outside again. I hope that you all have had a good weekend.

As restrictions ease, we are pleased to finally start preparations for our residentials to Stubbington for year 5 and 6, welcome visitors to school to enhance our curriculum, as well as opportunities for children to take advantage of our local area.

Mental Health Awareness Week: Monday 10th to Sunday 16th May 2021

Everyone has mental health and during this week we, along with all our Trust schools, will encourage conversations in class to understand and acknowledge that mental health means something to everyone, we will assure our pupils know that it's okay not to be okay, and empower them to speak out about mental health issues.



WHAT ARE WE UP TO?

1. Out and about - to mark this year's national theme of nature, we will be taking a class walk, enjoying outdoor lessons, as well as a trip to the park.
2. Sharing's caring - advice and guidance will be available on how and where our pupils can ask for mental health help.
3. Plant power - our pupils are invited to grow their own sunflower - the emblem of hope – in class from a seed.
4. Go green - Green Ribbon Day 14th May – The green ribbon is the international symbol for mental health awareness. Wearing a green ribbon shows the community, loved ones or simply those you walk past that you care about their mental health. Pupils will be provided by the school with a green ribbon to wear.
5. At break times school staff will be playing alongside the children and encouraging them to join in with activities that are fun!
5. Tuck in - enjoy a creative 'Green' menu for school lunch!

Our Trust-wide mental health themes are depression, self-harm, and anxiety. All issues discussed will be age and understanding appropriate, with this in mind, here at Meon Junior



School, we will focus on anxiety. While we know and understand that mental health covers a huge array of conditions, these are important for our age of pupils/students.

Growing up today seems to be harder than ever, especially as we come out of our third lockdown, children and young people face a host of stressors that are so new and different to anything we had growing up. In a 24-hour online world, young people need more support than ever.

Our week-long focus on Mental Health in line with this awareness week, further supports our ongoing commitment to this important part of growing up. Well-rounded mental health sets the tone for a happier, and more balanced life beyond school.

WhatsApp

Recently, we have received reports that some of our older children (Year 5 and 6) have been using WhatsApp and in particular creating groups with their peers. This is a concern as children can be added to a group without consent and potentially be exposed to whatever is posted on that group be that appropriate or inappropriate. It is also possible to share your live location for up to eight hours with one group or contact.

The minimum age restriction for this app is 16 years old, this changed from 13 years old in May 2018. This age restriction is in place due to the vulnerability of younger children using it. We would not expect to see our pupils in Meon Junior school using it. Please can I ask that you monitor the apps on your child's phone for this app.

Please see attached information about WhatsApp via the link to our school website:

<https://www.meonjuniorschool.org.uk/wp-content/uploads/2020/03/WhatsApp-Parents-Guide.pdf>

My Ed App

Our school will no longer be using text messages as a preferred method of contact.

The most direct way to receive messages from the school will be through the MyEd app.



We're fully committed to using MyEd; it reduces the number of emails you receive and the amount of printing, while still keeping you in touch with what's going on at school, and additional bonus – it saves the school money.

For further information please visit: <http://www.myedschoolapp.com/>

The MyEd App is available for both Apple iOS and Android devices and can be found on either the Apple App Store or on Google Play by searching for MyEd.

A demonstration of the setting up of the MyEd parent app is shown here:

<https://www.youtube.com/watch?v=Ppk9uNSKJE8>

Once you have installed and opened MyEd, search for your child's name and follow the simple instructions to identify yourself.

We still have lots of parents who have not yet downloaded the free My Ed App and we want to strongly encourage you to do this please. If you do have any concerns or queries, please don't hesitate to contact the school.

Reminders

- Hair styles -Children should come to school with a sensible hairstyle. Un-natural hair colour dyes and highlights, as well as extreme hairstyles are not acceptable in school (e.g. Mohawks, shaved styles with patterns cut into the hair)
- Jewellery - The only jewellery allowed in school is a watch and a small pair of studs or sleepers. Also, nail varnish is not to be worn. Please note that smart watches are not permitted in school due to safeguarding reasons as they can be used to record videos, images and send and receive messages.
- **All children must have a PE kit available to use in school.** Pupils in year 5 and 6 are no longer coming in dressed in PE kits on PPA or PE days and will resume changing in the classroom.

Warm regards

A handwritten signature in cursive script that reads "Sara Paine". The signature is written in black ink on a light grey rectangular background.

Mrs Sara Paine

Head teacher