

9TH FEBRUARY 2024

We had a wonderful morning with Debbie and Natasha, our visitors from Action for Children, who came to talk to parents at this month's coffee morning about supporting children with anxiety, giving everyone some great strategies and advice before we were joined by their children and Lou Walker, who ran a meditation session, including a sound bath, which helps to release pent up emotions and energy—we all had a great time!

As part of our work around Safer Internet Day and our lessons in PSHE, we are sharing the National Online Safety Instagram fact sheet for parents on page 3. Please remember that school subscribes to the National College so that parents can sign up to the resource for free. See details of how to do this on the next page if you missed it on the newsletter last term.

## Class Attendances—Week beginning 5th February 2024

Our attendance for this week is 94.4%. Thank you for your support with promoting good attendance in school, it is much appreciated. **It can sometimes be tricky deciding whether or not to keep your child off school**, so the NHS have produced [this helpful webpage](#) as guidance for parents and carers.

Class 1	93.3%
Class 2	96.7%
Class 3	86.8%
Class 4	95.3%
Class 5	95.3%
Class 6	95.7%

Class 7	96%
Class 8	96%
Class 9	97.3%
Class 10	93.8%
Class 11	93%
Class 12	94.3%



Please remember that I am still *unable* to authorise any term-time leave of absence requests this year and, in the majority of cases, these will incur fines. These requests should be made in advance and not retrospectively please.

Kind regards,  
Mrs J Hill

## SH Sports Clubs—Spring Term 2

There are still places on both SH Sports Clubs which are running next half term. Laser Tag will run on Monday nights for children in Years 5 and 6 and Dodgeball will run on Tuesday nights for children in Years 3 and 4. Both clubs will run from 3:30-4:30pm and children will need to be collected from the main entrance please. Click [here](#) to book and pay for Laser Tag or click [here](#) to book and pay for Dodgeball.

## School Dinners

Next week we will be on Week 3 from our Autumn/Winter Dinner Menu. Meals cost £2.40 per day and should be paid for in advance please.

[View Menu](#)

## 2023-24 DATES

Monday 12th February	TBC	Year 6 Fire Safety Talks—Derbyshire Fire Service
Friday 16th February	3:30pm	End of Spring 1 Term—BREAK UP FOR HALF TERM
HALF TERM		
Monday 26th February	8:55am	Spring 2 Term begins—BACK TO SCHOOL
Tuesday 27th February	8:30am-4:30pm	Year 6 Lea Green Trip—See letters
Monday 4th March— Friday 8th March	All Week	Book Week
Monday 4th March & Wednesday 6th March	3:30—6:30pm	Parents' Evening Meetings
Wednesday 6th March	9.00-11.00am	Coffee Morning
Thursday 7th March	All Day	World Book Day
Friday 15th March	All Day	Comic Relief—Red Nose Day
Thursday 28th March	3:30pm	End of Spring 2 Term—BREAK UP FOR EASTER
EASTER HOLIDAYS		
Monday 15th April	8:55am	Summer 1 Term begins—BACK TO SCHOOL
Monday 6th May	All Day	May Day Bank Holiday—School Closed
Monday 13th—Thursday 16th May	Mornings	Year 6 SATs Week
Friday 24th May	3:30pm	End of Summer 1 Term—BREAK UP FOR HALF TERM
HALF TERM		
Monday 3rd June	All Day	INSET 5
Tuesday 4th June	8:55am	Summer 2 Term begins—BACK TO SCHOOL
Tuesday 23rd July	3:30pm	End of Summer 2 Term—BREAK UP FOR SUMMER

### Breakfast

This week we have provided breakfast to **46** children. Children can come to the hall when doors open to collect a breakfast bar if they wish. *Please remind your children that this provision is for those that have not had access to a breakfast at home.* Thank you.

**breakfast**  
fuel for learning

### National Online Safety App for Parents

Digital wellbeing is about how the internet and technology can make us feel. This includes recognising the impact being online can have on:

- Our emotions
- Mental health and wellbeing
- Physical health and wellbeing

Technology and the internet should be there to enhance and simplify our lives rather than be a cause of distraction, worry or upset. However, not all online experiences are positive for young people, and this can have a negative impact on how they feel about themselves, their friendships and relationships and even how they see the wider world.

Please search for 'National Online Safety' in the App Store/Google Play Store and select Gayton Junior School when you register.





# What Parents & Carers Need to Know about INSTAGRAM

AGE RATING

13+

## WHAT ARE THE RISKS?

Instagram is one of the most popular social media platforms in the world, with over 1 billion users worldwide. The platform allows users to upload images and videos to their feed, create interactive 'stories', share live videos, exchange private messages or search, explore and follow other accounts they like – whilst at the same time continuously updating and adding new features to meet the needs of its users.

## ADDICTION

Many social media platforms are designed in a way to keep us engaged on them for as long as possible. There's a desire to scroll often/more in case we've missed something important or a fear of missing out. Instagram is no different and young people can easily lose track of time by aimlessly scrolling and watching videos posted by friends, acquaintances, influencers or even strangers.

## PRODUCT TAGGING

Product tags allow users (particularly influencers who are sponsored to advertise products) to tag a product or business in their post. This tag takes viewers, regardless of age, directly to the product detail page on the shop where the item can be purchased and where children may be encouraged by influencers to purchase products they don't necessarily need.

## EXCLUSION AND OSTRACISM

Young people are highly sensitive to ostracism. Feeling excluded can come in many forms such as: not receiving many 'likes', not being tagged, being unfriended, having a photo untagged, or not receiving a comment or reply to a message. Being excluded online hurts just as much as being excluded offline – with children potentially suffering lower moods, lower self-esteem, feeling as if they don't belong or undervalued.

## PUBLIC ACCOUNTS

Product tagging on Instagram only works on public accounts. If your child wants to share their clothing style, make-up etc and tag items in a post then they may be tempted to change their settings to public, which can leave their profile visible to strangers.

Buy Milk

## Advice for Parents & Carers

## HAVE OPEN DIALOGUE

Talk to your child about live videos and the risks involved and how they can do it safely with family and friends. Talk to them about ensuring they have safety settings on so only followers can view them live, and maybe help them prepare what they would say when they do go live.

## FAMILIARISE YOURSELF

Instagram is one social media app which has its safety features available to parents in a user-friendly manner. The document provides examples of conversation starters, managing privacy, managing comments, blocking and restricting and can be found on the Instagram website > community > parents.

## MANAGE LIKE COUNTS

Due to the impact on mental wellbeing, Instagram has allowed users to change the focus of their experiences online away from how many likes a post has by hiding the like counts. Users can hide like counts on all the posts in their feed as well as hiding the like counts on their own posts. This means others can't see how many likes you get. This can be done by going into settings > notifications > posts > likes > off

## REMOVE PAYMENT METHODS

If you're happy for your child to have a card associated with their Instagram account, we suggest adding a PIN which needs to be entered before making a payment. This can be added in the payment settings tab and will also help prevent unauthorised purchases.

## FOLLOW INFLUENCERS

Following influencers will allow you to monitor what they're sharing as well as being able to discuss anything which you deem inappropriate. Talk to your child about who they follow and help them develop critical thinking skills about what the influencer is trying to do. For example, are they trying to sell a product by promoting it?

## USE MODERATORS

Instagram has launched 'live moderators' on Instagram live where creators can assign a moderator and give them the power to report comments, remove viewers and turn off comments for a viewer. It's recommended to keep devices in common spaces so that you are aware if they do go live or watch live streaming.

## BE VIGILANT AND REASSURE

Talk to your child about the use of filters. While they can be fun to use they don't represent the real them. If you find your child continuously using a filter, ask them why and reassure them that they are beautiful without it to build up their feelings of self-worth. Discuss the fact that many images online are filtered and not everyone looks 'picture perfect' in real life, which can also lend itself to discuss what is real and not real online.

## BALANCE YOUR TIME

Instagram now has an in-built activity dashboard that allows users to monitor and control how much time they spend on the app. Users can add a 'daily reminder' to set a limit on how much time they want to spend on Instagram, prompting them to consider if it's been too long with a 'take a break' message. There's also the option to mute notifications for a period of time. These features can help you have a conversation with your child about how much time they are spending on the app and to set healthy time limits.

## Meet Our Expert

Dr Claire Sutherland is an online safety consultant at 8CyberAware. She has developed and implemented anti-bullying and cyber safety workshops and policies for schools in Australia and the UK. Claire has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviours of young people in the UK, USA and Australia.



National Online Safety®

#WakeUpWednesday

Sources: <https://about.instagram.com/blog/announcements/introducing-family-center-and-supervision-tools> | <https://about.instagram.com/en-US/blog/2020/09/01/instagram-introduces-a-new-activity-dashboard> | <https://about.instagram.com/blog/announcements/introducing-reels-and-shop-tabs>



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