



WEXHAM COURT
PRIMARY SCHOOL

Parent/Carer Newsletter



Key Dates for Parents/Carers

Thursday 4th March – **World Book Day**

Important Information

Dear Parents, Guardians & Carers,

I hope you have all been keeping safe and had a pleasant half-term holiday.

Just a short message to say well done to all the children that have been sending in their work. We've seen some truly creative and imaginative work so please keep sending it through...we LOVE seeing it, especially all of the research work that the children have been doing over the past few weeks.

Furthermore, I am sure you are all aware that there will be an announcement from the Prime Minister; Boris Johnson, tonight regarding the re-opening of schools and outlining the roadmap for how and when lockdown restrictions will relax in England. It has been confirmed that from **Monday 8th March** - all schools will open with outdoor after-school sports and activities allowed. We will wait to hear what has officially been said/decided by the Government and update you all.

Hopefully, with the vaccination roll-out going really well, there will be a light at the end of the tunnel very soon!

We hope you have a great week ahead! Stay safe.

Miss Mehat



Awards & Honours



STARS OF THE WEEK

Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
England Amna	Australia Aleena	Canada	Ecuador Kyan	Mozambique Hanfa	Hungary Siraaj	Nepal Taranjeet
Wales Ziyaana	Tonga Hadiyah	Jamaica Nailah	Peru Alayna	Tanzania Asad	France Jenson	China Thrisha
Scotland Kaviya	Fiji Arham	Mexico Emery	Chile Fathima	Morocco Maya	Italy	Thailand Caycee

MATHLETICS

1st PLACE	Tonga	
	Australia	2nd PLACE
3rd PLACE	Mexico	
	Aaizah Malik	Top Scorer



Key Messages & Reminders

Fitness Club

A reminder that Mr Ensby will be holding his Fitness Club on zoom today...You will find all the details on how to join on the poster. The Fitness club will run every Monday at 3.30pm after half-term also.

Exercise is a scientifically proven mood booster, decreasing symptoms of both depression, anxiety and stress. Exercise also helps to improve memory & brain function as well as improving your quality of sleep. Physical activity kicks up endorphin levels, the body's famous "feel good" chemical produced by the brain and spinal cord that produces feelings of happiness. Even just moderate exercise throughout the week can improve depression and anxiety so why not get involved and have some fun!!!

A colorful poster for Family Fitness Club. The background is a gradient of yellow, green, blue, and red. At the top, the text 'Family Fitness Club' is written in a large, bold, black font. Below this, a black box contains the text 'Every Monday @ 3.30-4pm'. Another black box contains the text 'Mr Ensby is inviting you to a scheduled zoom meeting:' followed by the Zoom URL 'https://zoom.us/j/5153968465?pwd=UEd0SFhINENaeWhPbm52SXF0HVmQT09', the Meeting ID '515 396 8465', and the Passcode 'fitness'. At the bottom, there are silhouettes of people running and cycling.



Safer Internet Day

Following on from Safer Internet Day on Tuesday 9th February, below is a very helpful guide on Cyberbullying and online harassment. Have a read for tips on how to stay safe online...

Cyberbullying and online harassment



Cyberbullying and online harassment can be extremely distressing. They can be classed as criminal offences but there is lots of help available to support you.

Tips to stay safe online

Think before you post - when posting or commenting on the internet, consider what you say and what effect this may have. Never post comments that are abusive or may cause offence to others.

Keep personal information personal - do not say anything or publish pictures that might later cause you or someone else embarrassment. Be aware of what friends post about you, or reply to your posts, particularly about your personal details and activities.

Make the most of privacy settings - keep your profiles closed, allowing access only to your chosen friends and family.

Report cyberbullying to internet service providers - lots of content on social media that is offensive or upsetting is not necessarily a criminal offence. However, cyberbullying often violates the terms and conditions established by social media sites and internet service providers. Report cyberbullying to the social media site so they can take action against users abusing the terms of service.



Social media help sections can show you how to block users and change settings to control who can contact you. You can get advice and support on using the following social media sites including the ability to report content to them.

- Facebook - facebook.com
- Twitter - twitter.com
- Instagram - instagram.com
- LinkedIn - linkedin.com
- Google+ google.com
- YouTube - youtube.com
- Pinterest - pinterest.com
- Tumblr - tumblr.com
- Snapchat - snapchat.com

If you believe that you are the victim of an offence, always keep a record of the content, by taking a screenshot, for example. If you are worried that your child or a loved one might be the victim of cyberbullying here are some signs to look out for:

- Low self-esteem.
- Withdrawal from family and spending a lot of time alone.
- Reluctance to let parents or other family members anywhere near their mobiles, laptops etc.
- Finding excuses to stay away from school or work including school refusal.

For further signs and advice visit bullying.co.uk



Advice for parents and guardians

The internet can be a valuable resource for children, allowing them to connect with friends and learn new things. But there are also risks when going online, and children can be particularly vulnerable. Talking to your child is one of the best ways to keep them safe online.

By understanding the risks and keeping yourself up-to-date on the latest technology, websites and social networks you can help your child enjoy the internet safely and securely.

For further help and advice, please click on the links to our partners websites, where you will find additional help and support. We are proud to be working alongside a range of charities on this important subject.

-  **NSPCC**
Let's keep kids safe online
nspcc.org.uk
-  **BullyingUK**
Not a bully, Don't be!
bullying.co.uk
-  **mumsnet**
by parents for parents
mumsnet.com
-  **kooth**
BETA
kooth.com
-  **Internet Matters**
internetmatters.org
-  **Kidscape**
preventing bullying
kidscape.org

Help protect your children online

- Keep computers and games consoles in family rooms where you can monitor activity. Also make sure the games your child plays online are age appropriate.
- Install parental control software or activate parental controls through your internet to prevent access to inappropriate content.
- 'Friend' or 'follow' your child on social networking sites, so you can see how they are using them.
- Check they are old enough to join any websites or social networks with age restrictions.
- Advise your child not to post personal information or any images they wouldn't want everyone to see.
- Avoid using webcams unless talking to close friends or family. Consider covering your webcam when it's not in use.
- Monitor your children's internet usage, and be watchful for any secretive behaviour.
- Encourage your child to be open about what they do online and who they talk to.



Further advice is available for parents and carers of children at gov.uk

Advice for schools

Advice by the Department for Education:

Preventing and tackling bullying

Advice for headteachers, staff and governing bodies can be viewed at gov.uk

Cyberbullying Advice for headteachers and school staff gov.uk

What can the police do?

If we consider a message or post to be potentially criminal, we will take appropriate action. This could involve arresting the person responsible or interviewing them under caution. Cases involving sustained abuse or where someone's life is threatened will be treated seriously.

We will look at all of the circumstances when considering the best response to a report of cyber bullying. We will assess how vulnerable the victim is and what resources are required to trace the offender via social networking sites, which often operate abroad and to different legislation. In certain cases it may be difficult to take action if the offender isn't in the UK.

We will work with the victim to bring about the most suitable and proportionate conclusion. This could include alternative options that include the officer in the case using their discretion and working with the offender to record an apology to the victim.



**CYBERBULLYING
AND ONLINE
HARASSMENT**

Thames Valley Violence Reduction Unit
THAMES VALLEY POLICE

WHAT IS... CYBERBULLYING AND ONLINE HARASSMENT

Cyberbullying is any form of bullying which takes place online. This can be done over smartphones, tablets, online gaming, chat forums, social and other media. Cyberbullying itself is not against the law but if the content is threatening then it could be illegal.

Online harassment is the act of sending offensive, rude, and insulting messages and being abusive. If someone purposefully keeps sending you offensive messages that make you feel scared, it could be illegal.

Concerned about online bullying or harassment? What people call 'bullying' is sometimes an argument between two people. But if someone is repeatedly cruel to you, that's bullying and you must not blame yourself. No one deserves to be treated cruelly.

#BeCyberSmart

- S** Screenshot any offensive or harassing messages
- M** Make sure your privacy settings are set so only people you know and trust can see what you post
- A** Avoid further communication with or retaliation to those sending the messages
- R** Report the incident(s) to internet service providers' websites and/or social media sites
- T** Talk to a parent, carer, teacher or friend if you are concerned or contact victim support



#BeCyberSmart

SCREENSHOT ANY OFFENSIVE OR HARASSING MESSAGES

If you receive offensive or harassing messages make sure you screenshot them or save them so you have a record of what was said.

This will show what is going on and will allow the police to take action. You can look up online how to take a screenshot if you're not already sure. Make sure you know how to do it on all your devices, including laptops, phones, tablets, PCs and games consoles.

If you get emails or text messages, don't delete them but make sure they are saved and can be retrieved.



MAKE PRIVACY SETTINGS STRONG

Your privacy settings are there to help. If you have good privacy settings it prevents people seeing information you don't want them to see.

Good privacy settings could include, for example, only allowing family members and chosen friends to see your content.

Make sure you look at all your social media accounts when reviewing privacy settings.

This will help to stop any unwanted messages coming through or people using information on social media against you.



SOCIAL MEDIA HELP WITH PRIVACY SETTINGS

#BeCyberSmart

 **Facebook**
facebook.com

 **Twitter**
support.twitter.com

 **Instagram**
help.instagram.com

 **LinkedIn**
linkedin.com

 **Google+**
support.google.com

 **Pinterest**
help.pinterest.com

 **Tumblr**
tumblr.com

 **Snapchat**
support.snapchat.com

 **YouTube**
youtube.com

If you are using a public computer (eg. at a library, internet cafe, computer shop, or even a shared computer at home or school) make sure you sign out of the device and any accounts each time you finish your session. That will help you protect your privacy.

SIGN OUT





DONT SHARE YOUR PASSWORD WITH ANYONE

Even your closest friends, who may not be close forever. Password-protect your phone so no one can use it to impersonate you.

Avoid further communication - If you are getting messages that are offensive, don't reply or retaliate to the comments. Sometimes a reaction is what aggressors are looking for because they think it gives them power over you - you don't want to empower a bully. If you do this it might only make things worse or get you in trouble.

Report - It is important that you report any messages you do get. If you are receiving messages via social media you can report the messages directly to the site itself. Most social media platforms give you options for reporting or flagging content that breaches their user guidelines.



#BeCyberSmart

The website ThinkuKnow has guidelines on how to block, report and change privacy settings on social media.

thinkuknow.co.uk

If you are receiving messages by text, instant messaging service or games console you can often block a phone number or block a contact/person. This will prevent them being able to message you.

You can also find out your internet service provider and report the content to them.



HELPING A FRIEND

Things you can try to help a friend who is being bullied or harassed online:

- 1 Listen to them** - it can be really helpful for them to have someone to talk things through with.
- 2 Support your friend** - offering to go with them to report the bullying and help them think about what they want to say.
- 3 Write supportive comments** - this may help them feel like they aren't so alone when other people are posting negative messages.
- 4 Do things together** - this may help to take their mind off things for a short while. You could watch a DVD, play sports or go to the cinema.



#BeCyberSmart

TELLING SOMEONE

Bullying and harassment can be hard to talk about but you should not deal with it alone. If you think you are being bullied try and talk to a trusted adult such as a parent, family member, carer or teacher or a friend. They will be able to help and support you.

For confidential help and advice:

NSPCC nspcc.org.uk
Let's keep kids safe online

Bullying UK bullying.co.uk

Kooth kooth.com

Internet Matters internetmatters.org

Kidscape kidscape.org

Childline 0800 1111 childline.org.uk



WHAT TO DO IF YOU'RE BULLYING SOMEONE

If you use digital technology to upset, anger or embarrass someone on purpose, this means you're involved in online bullying. It might be as simple as 'liking' a mean post on Facebook or spreading a rumour on Twitter. The person being bullied could feel like you're part of the bullying.

Bullying can really hurt someone. It can make the person feel upset and hopeless. Sometimes it can make people self-harm or lead to them feeling suicidal. It's important to think about how we might feel if someone said the same thing about us.

THINK ABOUT WHAT YOU'RE DOING



SOME THINGS YOU CAN TRY

The first step is realising that you've been involved in bullying. We all make mistakes.

- 1 **Tell someone you trust**, like a parent, carer or teacher. They may be able to offer you some advice about what to do.
- 2 Go back and **delete any upsetting or nasty posts**, tweets or comments you've written.
- 3 Be the one to **make a stand**, talk to others involved and encourage them to stop the bullying. It only takes one person to start making a big change.
- 4 **Apologise** to the person who was bullied and offer them support. This can mean a lot to the other person.
- 5 Sometimes we do things without really thinking them through but the important thing is to learn from it and **change the way you act in the future**.

#BeCyberSmart

WHAT CAN THE POLICE DO?

The police can look at messages and content to decide if they are potentially criminal.

Appropriate action will be taken which could mean getting an apology from the person concerned, or for more serious matters, arresting the person responsible or interviewing them under caution.

Cases involving sustained abuse or where someone's life is threatened will be treated seriously.

If you are ever threatened with physical harm you should let the police know.

If it's not an immediate emergency, phone 101.
If it's an immediate emergency, phone 999.





Surviving Lockdown

Below are some free courses for parents and guardians to help you support your children during lockdown...



Surviving Lockdown #3

Need some support? Access free courses. Get through lockdown #3

We have a range of courses for parents and carers to help you to support your children through Lockdown #3



C3746134 - Introduction to autism
22/02/2021 - 29/03/2021
Mon 11:30am-1:00pm
FREE
<https://bit.ly/3pcaXiO>



C3746329 - Support Your Child with KS1 and KS2 English
26/03/2021 - 14/05/2021
Fri 09:30am-11:00am
FREE
<http://bit.ly/37gHcgg>



C3746036 - Supporting your child's reading & writing
23/02/2021 - 16/03/2021
Tue 09:30am-11:30am
FREE
<https://bit.ly/35iPuwR>



C3746327 - Support your child with Maths KS2
21/05/2021 - 28/05/2021
Fri 09:30am-11:30am
FREE
<http://bit.ly/2WcT4Dd>



C3746094 - Managing stress and anxiety in children
24/02/2021 - 31/03/2021
Wed 09:30am-11:00am
FREE
<https://bit.ly/36BH2lc>





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Get into Work

Want access to free online courses...why not check out the below courses. These courses range from how to start your own business, developing social media skills to building your confidence.



WEA
Adult Learning Within Reach

Get into Work



www.slough.gov.uk
Slough
Borough Council

Practical online workshops to build your confidence and skills
Get started with our **FREE** online programme



C3746434 - Build your confidence
Monday 08/03/2021 - 15/03/2021
10:00am-12:00pm
FREE
<http://bit.ly/3aNO279>



C3746438 - How to develop social media skills for work
Wednesday 17/03/2021 - 24/03/2021
1:00pm-3:00pm
FREE
<http://bit.ly/39VCPSF>



C3746437 - How to start your own business
Wednesday 10/03/2021 -24/03/2021
10:00am-12:00pm
FREE
<http://bit.ly/36SsZ28>



C3746435 - Ways into wellbeing
Monday 08/03/2021
1:00pm-3:00pm
FREE
<http://bit.ly/3jvmZ4r>

To enrol click on the link or call 0300 303 3464

*From all the staff here at Wexham Court Primary School,
we wish you a great week ahead!*