



# FRIDAY NEWS

19TH JANUARY  
2024

The official newsletter of St James CE Primary School



## FUN IN THE SNOW

Despite the icy start to the year, the children did manage to get outside and play in the snow this week. Check out our Facebook to see photos of the children having fun in the snow.

We also want to thank our parents and carers for your patience and support at the end of the day. Thank you for your understanding our decision to keep the playground closed due to health and safety reasons. Hopefully, the playground will thaw out over the weekend and we can resume normal routines.



## STARS OF THE WEEK

- Class 1 - Zahir A
- Class 2 - Nora C
- Class 3 - Scarlett S
- Class 4 - Teddy C
- Class 5 - Freddie B
- Class 6 - Skyler G
- Class 7 - Leila W
- Class 8 - Hasnain AC
- Class 9 - Tyler M
- Class 10 - Lexi F
- Class 11 - Brajan S



## GOLD SCROLL

- Olouma N, Ember B,  
Ashton B, Chester M,  
Oliver C, Burhan K,  
Isla W, Anthony H,  
Madison R, Bobbi-Raye B,  
Thomas P, Lexi F,  
Tiife R, Raya T,  
Emmie T, Daniel O,  
Levi C, Nora C,  
Gideon M, Bella W,  
Matteo PA, Henry W,  
Rena L, Abigail G

## CHRISTIAN VALUE

Our Christian value this half term is  
**Love.**

## BIBLE QUOTE OF THE WEEK

*We love because he first loved us.*  
**John 4:19**



## KS2 SATS MEETING

Our year 6 will be holding a KS2 SATs meeting on Monday 22nd January. This time will be used to discuss the expectations of the tests in May, share resources to support pupils, and time for parents to ask any question they may have.

Don't worry if you cannot make it, we will organise another date for parents/carers that cannot make Monday.

## PE DAYS

Reception - Thursdays	CL7 - Mondays & Tuesdays
CL3 - Monday	CL8 - Wednesdays & Thursdays
CL4 - Tuesdays & Thursdays	CL9 - Tuesdays & Fridays
CL5 - Wednesdays & Thursdays	CL10 - Wednesdays & Fridays
CL6 - Tuesdays & Fridays	CL11 - Tuesdays

## REMINDERS

Monday 5th February - Children's Mental Health Week begins.

Tuesday 6th February - Safer Internet Day

Tuesday 6th February - Class 9 Assembly @ 2:45 pm.

## ATTENDANCE

**OUR TARGET IS 96%**

<b>Whole School</b>	<b>91.6%</b>
Class 1	83.1%
Class 2	91.5%
Class 3	95.2%
Class 4	91.9%
Class 5	92.7%
Class 6	90.3%
Class 7	93.8%
Class 8	89.3%
Class 9	97.3%
Class 10	93.1%
Class 11	85.5%

Green: 100% - 95%

Yellow: 94.9% - 90%

Red: Below 90%



@stjamesfarnworth



# Spring Calendar of Events

## Spring 1

Week	W/C	Events
1	08/01/24	9 <sup>th</sup> - School Re-opens
2	15/01/24	15 <sup>th</sup> - Parent leaflets out 17 <sup>th</sup> - CL8 Assembly @2:45pm
3	22/01/24	22 <sup>nd</sup> - Year 6 SATs Meeting
4	29/01/24	
5	05/02/24	Children's Mental Health Week 6 <sup>th</sup> - Safer Internet Day & assembly by CL9 @2:45pm
6	12/02/24	16 <sup>th</sup> - School closes for half-term

## Spring 2

Week	W/C	Events
1	26/02/24	26 <sup>th</sup> - School Re-opens 27 <sup>th</sup> & 28 <sup>th</sup> - Parent Consultation (in school) 28 <sup>th</sup> - Book Fair in school
2	04/03/24	6 <sup>th</sup> - Mothers' Day Assembly by CL3 8 <sup>th</sup> - World Book Day (Pyjama-themed dress up day)
3	11/03/24	15 <sup>th</sup> - Red Nose Day
4	18/03/24	
5	25/03/24	Experience Easter 27 <sup>th</sup> - Easter Assembly by CL7 @2:45pm 28 <sup>th</sup> - School Closes for Easter

Please note that dates are subject to change and school will inform parents if these changes occur.



# SMARTPHONE SAFETY TIPS

## for young people

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You may have been lucky enough to have unwrapped a smartphone at Christmas, or you might be eagerly anticipating getting a new one at some point during this year. Whether it'll be your first ever phone or an upgrade on your old model, it's always useful to have a refresher about how to set it up and adjust the settings to keep yourself – and your valuable personal info – safe and secure. We've collected some expert tips to help you enjoy your smartphone in the healthiest way possible.

### NEVER SHARE YOUR PASSCODE

Alongside face or fingerprint recognition, your passcode is crucial to unlocking your phone and accessing your apps and personal information. You shouldn't give it out, even to close friends – after all, you wouldn't hand them a key to your house and let them go in for a nosy around! If a friend wants to use your phone, ask them why and make sure you can see what they're doing with it.



### ONLY USE AGE-APPROPRIATE APPS

Before downloading a new app or game, check what age rating it has. Don't feel pressured into getting a particular game or app just because your friends are using it. If it's intended for older people, there's a definite risk that it could include content (which is violent or frightening, for instance) or language which isn't suitable and may leave you feeling upset or disturbed.



### RESPECT PARENTAL CONTROLS

If you're allowed to have a smartphone, it's because your parents or carers feel that you're mature and responsible enough to use it safely. They might set controls and boundaries on your device – not to spoil your fun but to help you avoid hazards like too much screen time or costly in-app purchases. Following these rules means you can enjoy using your phone while respecting their wishes.



### REMOVE TEMPTATION

A good night's sleep is so important for concentration, mood and overall health. Unwinding properly before going to bed – which means not staring at a screen late at night – can often improve sleep quality. Put your phone on charge overnight, but not in your room. This means you'll have a lot less temptation to check any notifications, reply to messages or get caught up scrolling on social media.



### TALK TO A TRUSTED ADULT

Whether it's to listen to music, play games, create content or chat with friends, using a smartphone should be fun. If you're ever feeling anxious, worried or scared about going on your phone, then something isn't right. It's important not to ignore these feelings; instead, talk to a trusted adult about what's happening and how it's making you feel.



### THINK ABOUT OTHERS

Watching videos, listening to music or calling someone can all help to pass the time while we're on the bus, waiting in a queue or walking down the street. It's important to remain mindful of other people, though: they might not want to hear your tunes or your conversation. Likewise, if you're calling from a public place then don't forget that anyone could overhear something personal about you.



### STAY ALERT

Two words: look up. It might sound obvious, but it's so easy to get immersed in what we're looking at or listening to on our phones that we can become unaware of our surroundings – or who might be around us. People often walk with their head down, focusing on their phone, and forget to check for obstacles in their path, cars or other pedestrians coming towards them, which is clearly dangerous.



### DEVELOP HEALTHY HABITS

Phones offer a vast amount of content and the chance to chat with friends whenever we feel like it, which can make it difficult to take time away from the screen. If that's something you struggle with, you could try setting time limits on certain apps. Putting our phones down for a while gives us more time to interact with others or do something physical that helps keep us fit and healthy.



### IGNORE UNKNOWN NUMBERS

There are some scammers who might call or text asking you to share personal data or to click on a link and provide your details. Some may claim to be from a genuine company, but trustworthy businesses don't spontaneously call or message to ask for your information. It's safest to ignore calls or texts from unknown numbers, and never give your personal details out over the phone.



### SWITCH OFF GEOLOCATION

In your phone's settings, you'll be able to disable geolocation for individual apps and photos: this means that people online (including strangers) can't see information about where you are when you share or post a pic. On the subject of images, it's also important to ask permission before taking or sharing a photo of someone – and don't share embarrassing images of your friends with others.



### Meet Our Expert

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





# What Parents & Carers Need to Know about GROUP CHATS

Occurring through messaging apps, on social media and in online games, group chats are among the most popular ways that young people engage with their peers online. Involving, by definition, three or more individuals, these groups allow users to send messages, images and videos to everyone in one place. While they are useful for helping friends, people with shared interests or members of a club to communicate and coordinate activities, they can also leave young people feeling excluded and bullied – as well as providing opportunities for inappropriate content to be shared and viewed.

## WHAT ARE THE RISKS?

### BULLYING

Unkind comments or images which are purposely aimed at an individual can be shared freely in a group chat – allowing and often encouraging others to join in the bullying behaviour. If this content is shared in a group of their peers (especially a larger group), it serves to amplify the hurt, embarrassment, anxiety and isolation that the victim feels.

### EXCLUSION AND ISOLATION

This common issue with group chats can happen in several ways: starting a new group, for instance, but deliberately excluding a certain child. Likewise, the chat may take place on an app which one child doesn't have access to, meaning they can't be involved. A child can also feel isolated when a group chat is used to discuss or share images from an event that everyone else but them attended.

### INAPPROPRIATE CONTENT

Some discussions in group chats may include inappropriate words, swearing and unsuitable images or videos. These could be viewed by your child if they are part of that group, whether they actively engage in it or not. Some chat apps have a disappearing message function, so your child may be unable to report something they've seen because it can only be viewed once or for a short time.

### SHARING GROUP CONTENT

It's important to remember that – while the content of the chat is private between those in the group – individual users can easily share a message, photo or video with others outside of the group or screenshot what's been posted. The risk of something your child intended as private becoming public (and potentially going viral) is higher if there are people they don't know well in the group.

### UNKNOWN MEMBERS

Within larger group chats, it's more likely your child will be communicating with people they don't really know. These strangers may be friends of the host, but not necessarily friendly toward your child. It's wise for young people not to share personal details and stay aware that they have no control over the messages and images they share after they've put them online.

### NOTIFICATIONS AND FOMO

A drawback of large group chats is the sheer number of notifications. Every time someone in the group messages, your child's device will be 'pinged' with an alert; potentially, this could mean hundreds of notifications a day. Not only is this highly distracting, but young people's fear of missing out on the latest conversation results in increased screen time as they try to keep up with the chat.

## Advice for Parents & Carers

### CONSIDER OTHERS' FEELINGS

Group chats are often an arena for young people to gain social status. This could cause them to do or say things on impulse, which could upset others in the group. Encourage your child to consider how other people might feel if they engaged in this behaviour. If your child does upset a member of their group chat, support them to reach out, show empathy and apologise for their mistake.

### GIVE SUPPORT, NOT JUDGEMENT

Remind your child that they can confide in you if they feel bullied or excluded in a group chat, instead of responding to the person who's upset them. Validate their hurt feelings and help to put them back in control by discussing how they'd like to handle the situation. On a related note, you could also empower your child to speak up if they're in a chat where others are being picked on.

### BLOCK, REPORT AND LEAVE

If your child is in a chat where inappropriate content is being shared, advise them to block the users sending the material, report them to the host app or platform and exit the group. If any of this content could be putting a minor at risk, contact the police. Emphasise to your child that it's OK for them to simply leave any group chat that they don't feel comfortable being a part of.

### PRACTISE SAFE SHARING

In any online communication, it's vital for young people to be aware of what they're sharing and who might potentially see it. Discuss the importance of not revealing identifiable details like their address, their school or photos that they wouldn't like to be seen widely. Remind them that once something is shared in a group, they lose control of where it may end up and how it might be used.

### AVOID INVITING STRANGERS

Sadly, many individuals online hide their true identity to gain a child's trust – for example, to gather information on them, to exchange inappropriate content or to coax them into doing things they aren't comfortable with. Ensure your child understands why they shouldn't add people they don't know to a group chat – and, especially, to never accept a group chat invitation from a stranger.

### SILENCE NOTIFICATIONS

Having a phone or tablet bombarded with notifications from a group chat can be a massive irritation and distraction – especially if it's happening late in the evening. Explain to your child that they can still be part of the group chat, but that it would be healthier for them to turn off or mute the notifications and catch up with the conversation at a time which better suits them.

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Source: <https://www.nationalonlinesafety.com/parents-carers-need-to-know-about-group-chats>