



Mrs Nairne's Headlines

Hot Hot Hot

Monday and Tuesday next week are going to be extremely hot! Currently predicted to be 37 degrees.

Yesterday I sent an email to all parents and carers with the steps we are taking to keep children cool and safe. Please remember to send your child into school with a water bottle and a hat/cap to wear.

The children are also allowed to wear PE kits as this may be cooler and more comfortable for them. We will continue to follow Local Authority advice.

Last Week

Thank you to those who attended the Open Classroom session last night, it was good to see you. Most books will be passed up to the new class teacher this year.

Please remember to complete the transition form if you would like to make your child's new class teacher aware of information regarding your children. The children will have an opportunity to visit their new classes next week.

We are looking forward to enjoying the last week of term with our children. We have lots to look forward to.

Thank you

I would like to thank parents, carers and grandparents who have volunteered in school this year. You have given our children extra learning experiences and contributed to the fantastic progress they have made this year. We really appreciate your support.

We are **always** looking for volunteers and can work with you to provide opportunities that you feel comfortable with. This could be from reading with children to helping change books or organise resources.

Please contact the school office if you would like to meet me to discuss further.

PLEASE REMEMBER

15 JULY

SCHOOL
IS
CLOSED

22 JULY

SCHOOL
FINISHES
AN HOUR
EARLIER THAN
NORMAL

5 SEPTEMBER

CHILDREN
BACK TO
SCHOOL



Harris and Flo were invited to an awards ceremony in London on Friday night where Harris was nominated for most committed player and Flo won an award for most committed sportsperson.

Well done Harris and Florence, we are so proud of you both.



UK Health Security Agency

Beat the Heat

Keep in touch



Look after yourself, older people and the young



Listen to the weather forecast and the news



Plan ahead to avoid the heat

Keep well



Drink plenty of fluids and avoid excess alcohol



Dress appropriately for the weather



Slow down when it is hot

Find somewhere cool



Know how to keep your home cool



Go indoors or outdoors, whichever feels cooler



Cars get hot, avoid closed spaces

Watch out



Be on the lookout for signs of heat related illness



Cool your skin with water, slow down and drink water



Stay safe when swimming



Get help. Call NHS 111 or in an emergency 999

For more information go to www.nhs.uk/heatwave

PHE publications gateway number: GOV-12083

Year 3 enjoyed their picnic in the park!

Keep your child safe on Snapchat

Snapchat is an app for sending photos and videos (known as 'Snaps'), and text messages. The 'Stories' feature lets users share photos or videos with all their contacts at once.

Snaps disappear after being opened, usually within seconds. Stories disappear after 24 hours. Images and messages aren't automatically saved on phones.

The **minimum age** to use Snapchat is **13**, but it's easy to sign up if you're younger.

What's the problem?

There's a risk of seeing sexual content, and of bullying

Your child's location could be shared automatically with their contacts, which could put them in danger if they have strangers as 'friends' on the app. A new 'Meet Up' feature allows people to get directions to another user's location, if they're sharing their location

There's a risk of children being 'groomed' by strangers into sharing pictures and information about themselves. Gangs also use apps to groom and recruit children

4 steps to help your child use Snapchat safely

1. Tell your child to only use it with real friends

Anyone could pretend to be a child or teenager online, so encourage your child not to talk to people they don't know in real life. Encourage them not to share information such as what school they go to or where they live with people they don't know offline.

2. Use privacy settings

By default, only 'friends' your child has added on Snapchat can contact them directly and see their story or location, so encourage your child to keep those default settings.

To check and change the settings:

Tap the person icon in the top-left of Snapchat, then the cog in the top-right

Scroll down to the 'Privacy Control' section and tap the relevant options (e.g. 'Contact Me' and 'View My Story')

Under 'See My Location', enable 'Ghost Map' to turn location sharing off

Under 'See Me In Quick Add' you can stop your child's profile from being suggested to strangers as a potential 'friend'

3. Talk to your child about image sharing and being careful about what they share

Even though images disappear in Snapchat, they can be screenshotted and then shared – outside of the original sender's control.

So, remind your child to think carefully about the images they share, and with whom. Before they share anything, tell them to ask: "Would I be happy for other people to see this?"

In particular, make sure your child knows the risks of **taking, sharing or viewing naked or sexually explicit pictures of themselves or another child, either voluntarily or if asked to by someone else.**

This is known as 'sharing nudes and semi-nudes' or 'sexting' and is illegal, even when the person doing it is a child. It can also be distressing for a child to have their image shared more widely, or to see an inappropriate image that someone else has shared.

4. Make sure your child knows how to use reporting and blocking functions

To **report** a Snap or Story, press and hold on it, tap 'Report Snap', then explain the problem

To **remove** or **block** a friend, swipe to the right to go to the 'Chat' screen, then tap and hold on the person's name. Tap 'Manage Friendship', then choose 'Remove Friend' or 'Block'

What can I do about online bullying?

Encourage your child to talk to you if someone says something upsetting or hurtful to them

Look for signs they may be being bullied, like being afraid or reluctant to go to school, feeling nervous, losing confidence or becoming distressed and withdrawn, or losing sleep

Tell our school about any bullying your child experiences

There are also a few ways you can save images and messages as evidence:

Use another device to, quickly, take a photo of the image or message (this is the only way you can save the image without other people knowing)

Tap on the message, quickly, to save it (other people will know, from the grey background)

Take a screenshot, quickly (the person who shared it will get a notification)

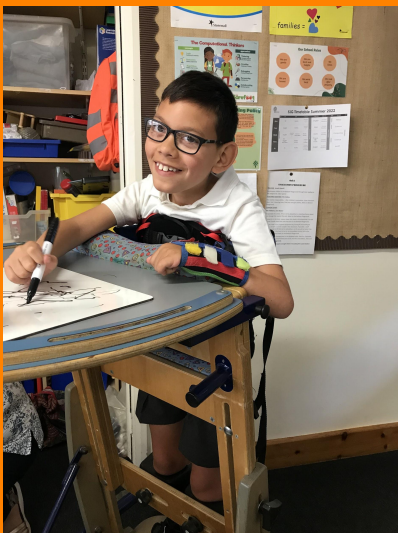
Change your 'delete' settings to save messages for 24 hours – swipe to the right to go to the 'Chats' screen, tap and hold a friend's name, then 'Chat Settings' > 'Delete Chats...' > '24 Hours after Viewing'



The Latin Programme joined us on Wednesday morning to give an assembly to KS2 on how to have a basic conversation in Latin. They can now say 'Hello', 'How are you?', 'And you?' and 'Goodbye'!

The Latin Programme is a small educational charity working with primary state schools across London to embed high-quality, inventive Latin lessons into the curriculum. If they enjoyed the assembly, children can sign up to a free Zoom summer school:

<https://www.thelatinprogramme.co.uk/>.



Michael Holland, dad of Serena in Year 5, joined his colleague to share their knowledge of Latin through a workshop on plant names and a Latin masterclass to create your own mythical creature.





Saying goodbye

Endings are important and can bring up a whole mixed bag of feelings for everyone: sadness, anger, confusion, worry, relief and/or excitement, to make a few. Often, we can feel several different feelings at once. As we approach the end of this year, you may have noticed a change in

your child's behaviour: are they more sensitive and reactive than usual? Are they more clingy, having trouble falling asleep or finding separations harder? More meltdowns or outbursts? Or perhaps they have withdrawn a little.

How can parents help?

First, understand that endings may be hard for you too and the end of the school year may bring up all sorts of thoughts and feelings for you. Use this insight to support your child: help them identify those feelings they are feeling and separate them into parts: „ It sounds like a part of you is excited for the summer and another part of you is sad to say goodbye to your friends...’’ Endings are also a great opportunity to reflect back on the year and think together about their favorite times, what would they change/ do differently? As much as possible, it is helpful to prepare for the ending so that they have a chance to say goodbye to those (people and places) who matter the most to them: could they create a card for their teachers/ friends? Take photo of their favorite places? Create a box or book about this year?

With best wishes,

Greta
Integrative Child Psychotherapist
and parent consultant in school







