



Dear Parents and Carers,

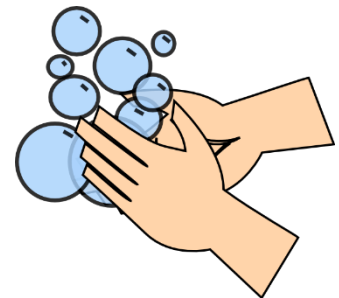
Anti-bullying week

This week was anti-bullying week, and so all children have been thinking about ways we can all prevent bullying and tackle it if it happens, both in-person and online. We have all thought about things that make us unique and special, and how we should respect these differences in all other people.



School Nursing Team Visit

On 28th November and 9th December the school nursing team will be visiting children in Reception and Year 1. They will talk about how important it is to wash our hands and when and how we should do it, as well as why it is important.



ESOL with infants!

Starting today (18th Nov), and on every Friday until 13th January, we are hosting English Classes for parents and children aged 4 and under. This will take place in the Orchard building, from 11-12:30 so both our morning and afternoon nursery children will be able to go. The classes will be run by staff from Shipley College.



There will be free books for your children!

If you would like to attend, please text or Whatsapp your name and YES to 07842 320738 or email: erose@shingley.ac.uk

Have a great weekend!

Mr Elcock (Deputy Head)



Superstars



Well done to all our Superstars below...

Morning: Jazmina	Nursery Afternoon: Waniya
Spinners: Ruqayyah & Adyan	Reception Twisters: Hannah & Micheal
Delius: Anum & Oladipo	Year 1 Hockney: Ehab & Raima
Forster: Maryam & Ibrahim	Year 2 Lister: Aleena & Adan
Bronte: Aariz & Melanie	Year 3 Haworth: Essa & Hana
McMillan: Twyla & Micheal	Year 4 Priestley: Fazilat & Haniya
Salt: Aminah & Ayaan	Year 5 Jowett: Prince & Richie
Appleton: Simon & Zijah	Year 6 Cartwright: Mia & Anowa



How many Attendance Heroes?

Each week we will publish how many Attendance Heroes each class has. That is how many children are **Here, Every day, Ready, On time**. The class with the most gets extra playtime!

Morning: 11	Nursery Afternoon: 12
Spinners: 15	Reception Twisters: 7
Delius: 13	Year 1 Hockney: 20
Forster: 20	Year 2 Lister: 19
Bronte: 21	Year 3 Haworth: 23
McMillan: 25	Year 4 Priestley: 20
Salt: 17	Year 5 Jowett: 19
Appleton: 22	Year 6 Cartwright: 17

What Parents & Carers Need to Know about HOW TO COMBAT ONLINE BULLYING



Defined as "ongoing hurtful behaviour towards someone online", cyber-bullying makes its victims feel upset, uncomfortable and unsafe. In the digital world, it has numerous forms – such as hurtful comments on a person's posts or profile; deliberately leaving them out of group chats; sharing embarrassing images or videos of someone; or spreading gossip about them. Cyber-bullying can severely impact a young person's mental health – so, in support of Anti-Bullying Week, we've provided a list of tips to help trusted adults know what to look for and how to respond to it.

1. GET CONNECTED

Playing online games together with your child or connecting with them on social media (providing they're old enough) is not only fun but also an excellent way of establishing some common ground to discuss things you've both seen or done online – as well as keeping an eye on who your child is communicating with in the digital world.

2. KEEP TALKING

Regular chats with young people about their online lives are good practice in general, but they can also be an excellent refresher to help prevent cyber-bullying situations. Topics you might want to revisit include why it's important to only connect online with people we know and trust, and why passwords should always remain secret (even from our best friends).

3. STAY VIGILANT

Observe your child while they're using technology and just after they've used it. Are they acting normally, or out of character? Possible signs of a problem may include seeming quiet or withdrawn, jumpy or anxious, angry or repeatedly checking their phone. When you feel it's the right time, you may want to check in with them to see if everything is OK.

4. MAKE YOURSELF AVAILABLE

If an online bullying incident does occur, it may take a while before your child is ready to open up about what happened. Just gently remind them that they can always come to you with any problems – and that they won't be in trouble. You might also suggest a trusted family member they could turn to, in case they feel too embarrassed to tell you directly.

5. BE PREPARED TO LISTEN

When conversations about online bullying do take place, they're likely to be difficult, emotional and upsetting for both you and your child. Actively listen to your child while they're bringing you up to speed, and try not to show any judgement or criticism even if they haven't dealt with the situation in exactly the way you would have hoped.

FURTHER SUPPORT AND ADVICE

If you or your child need additional help with an online bullying issue, here are some specialist organisations that you could reach out to.

Childline: talk to a trained counsellor on 0800 1111 or online at www.childline.org.uk/get-support/

National Bullying Helpline: counsellors are available on 0845 225 5787 or by visiting www.nationalbullyinghelpline.co.uk/cyberbullying.html

The NSPCC: the children's charity has a guide to the signs of bullying at www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/ and can be reached on 0800 800 5000

6. EMPOWER YOUR CHILD

Depending on their age, your child might not want a parent "fighting their battles for them". In that case, talk through their options with them (blocking the perpetrator, deleting the app and so on). By allowing your child to choose the path they take, you're putting them in control but are also demonstrating that you're there to support them along the way.

7. REPORT BULLIES ONLINE

Cyber-bullying often takes place through a particular app, social media platform or online game. If this is happening to your child, encourage them to report the offender to the app or game in question – ideally with screenshots to support their complaint. Most games and apps have reporting tools specifically to stamp out abusive behaviour and protect users.

8. ENCOURAGE EMPATHY

Protecting themselves online is the priority, of course, but young people should also feel empowered to help if they witness other people falling victim to cyberbullying. Even if they don't feel confident enough to call someone out on their abusive behaviour online, they can still confidentially report their peers to the app or game where the bullying occurred.

9. SEEK EXPERT ADVICE

Victims of online bullying frequently experience feelings of isolation and anxiety, a loss of self-esteem and potentially even thoughts of self-harm or suicide. If you think that an incident of cyber-bullying has affected your child's mental wellbeing, then seek psychological support for them. There are some useful contact details in the central panel below.

10. INVOLVE THE AUTHORITIES

If the nature of any online bullying makes you suspect that your child is genuinely in imminent physical danger – or if there are any signs whatsoever of explicit images being shared as part of the bullying – then you should gather any relevant screenshots as evidence and report the incidents to your local police force.

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.



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