

St John Bosco Catholic Primary School Newsletter



Bishop Chadwick
Catholic Education Trust

Caring for each other as we live, learn and grow in God's love...

Friday 2nd December 2022

Attendance - Class of the week!

Congratulations to Year 6 who have won the best attendance award this week. They'll be getting extra play-time as a reward. 2 weeks in a row - well done Year 6!!!



Diary dates:

- Sacred Heart and St John Bosco Mass: 9:30am every Sunday (Holy communion preparation mass this Sunday)
- Thursday 8th December - Christmas Jumper Day
- Tuesday 13th December - Early Years Nativity
- Wednesday 14th December - Year 4, 5, 6 Nativity
- Thursday 15th December - Year 1, 2, 3 Nativity
- Pantomime - Friday 16th December
- Friday 23rd December - Break up for Christmas Holidays

Safeguarding



Just a quick reminder. St John Bosco are an Operation Encompass School and have a safeguarding responsibility. We have a duty to pass on any concerns to the relevant agencies e.g. children's services at Together for Children.

Our Designated Safeguarding Leads are **Mrs Peart, Mrs Gray and Mr Roddy**. If you have any concerns, please do not hesitate to get in touch. A member of our senior leadership team is always on the gate if you want to have a chat

Tree planting - National Tree Week



National Tree Week is the UK's largest annual tree celebration. Each year, the country's conservation sector, volunteer groups and tree-lovers come together to plant thousands of trees to mark the start of the tree planting season.

National Tree Week 2022 is taking place from 26 November - 4 December 2022.

Today, we have welcomed volunteers from Equans and Gentoo to give us a hand planting around 500 saplings which will hopefully grow into a mix of trees and shrubs including Birch, oak, Crab apple, Wild cherry, Wild pear, Field maple and Hornbeam. This is part of our plans to develop a Forest School area and to grow a greener future for our children. Trees are heroes of nature. They sustain wildlife, create oxygen, purify our air and are absolutely beautiful.



Members of our Wellbeing Champions and Health & Safety teams with the volunteers.

Hope Project

Keep your eyes peeled around the streets of Town End Farm for Christmas baubles that offer messages of hope. We'd love to spread the message far and wide, so **please tag us on social media** if you find one!

Twitter: @SJBSunderland

Facebook: <https://www.facebook.com/SJBSunderland>



Congratulations!



Stars of the week!

Mental Health & Wellbeing

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down a rabbit hole that isn't beneficial to our wellbeing. As platforms grapple with managing 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which enthralls young people, but we can still help children to be mindful of their mental wellness: recognising when something isn't OK ... and knowing what to do about content that upsets them. In the guide, you'll find tips such as how to hide content, setting daily limits and discussing what children have seen online.

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so enthralls young people, but we can still help children to be aware of their mental wellness: recognising when something isn't OK ... and knowing what to do about content that upsets them.

1. UNDERSTAND THE ALGORITHM

Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.

2. AVOID THE MAIN FEEDS

Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.

3. DISCUSS WHAT THEY'VE SEEN

Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds: if alarm bells ring, it could be time for a more in-depth talk or to seek support.

4. LEARN HOW TO HIDE CONTENT

If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.

5. SET DAILY LIMITS

Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces: involving your child in creating this agreement makes them more likely to stick to it.

6. MONITOR THEIR ACTIVITY

Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.

7. TURN OFF PUSH NOTIFICATIONS

Even for adults, it's tempting to check an email or message as soon as the alert sound pings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practise mindful use of tech. Most of us have other things that we need to focus on as a priority – and those notifications will still be there later, when we have more time.

8. USE DEVICES TOGETHER

Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area at home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.

9. ENCOURAGE OTHER ACTIVITIES

Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.

10. TALK ABOUT PEER PRESSURE

Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like offline life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

Meet Our Expert

Shazia Sarwar-Azim is executive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the SEND, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shazia is a Fellow of the Chartered College of Teaching and the author of *The Rainbow Within*, a book which supports children with SEMH needs.



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#WakeUpWednesday

Sources: <https://www.bbc.com/news/technology-56004605>
<https://proudsocial.com/help/social-media-algorithms/>



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