

January 2024

Springfield Junior School Pastoral Newsletter

Welcome to our first newsletter of 2024.

Below is what your child will be learning this half-term. If you would like more information about this term's PSHE syllabus please see your child's teacher.

In PSHE your children will be learning about 'Dreams and Goals'.

Year 3

- Dreams and Goals
- My dreams and ambitions
- A new challenge
- Our new challenge
- Overcoming obstacles
- Celebrating my learning.

Vocabulary: co-operation, motivated, enthusiastic, excited, efficient, responsible, frustration, evaluate, respect, solutions, review, admire, ambition, solve it together technique.

Year 4

- Hopes and Dreams
- Broken Dreams
- Overcoming disappointment
- Creating new dreams
- Achieving Goals
- We did it!

Vocabulary: determination, resilience, positive attitude, disappointment, positive experiences, self belief, commitment, hopes, fears, plans, cope, help.

Year 5

- When I grow up (my dream lifestyle)
- Investigate jobs and careers
- My Dream Job, why I want it and the steps to get there
- Dreams and goals of young people in other cultures
- How can we support each other?
- Rallying Support

Vocabulary: lifestyle, career, profession, salary, contribution, society, culture, sponsorship, aspiration, communication, support, rallying, difference, job.

Year 6

- Personal learning goals
- Steps to success
- My dream for the world
- Helping to make a difference
- Recognising our achievements

Vocabulary: personal, realistic, unrealistic, criteria, learning steps, global issues, suffering, concern, hardship, empathy, compliment, recognition, praise

Last term, we all got together to show that it's okay to be different and to stand up against bullying and discrimination. Look at our fabulous socks!



Safer Internet Day 6th February 2024

At Springfield we will be taking part in Safer Internet Day 2024, with a special assembly and learning based around the theme 'Inspiring change? Making a difference, managing influence and navigating change online'.



A core part of the NSPCC's 10-year strategy is to ensure children are safe online. To help achieve they've teamed up with the LEGO Group to help promote their fun, free **Build & Talk activities**. The six 'adventures' help parents and caregivers talk with their children about key online safety topics through the joy of LEGO play.

www.lego.com/en-gb/sustainability/children/buildandtalk



Cyberbullying

Cyberbullying is repeated behavior aimed at upsetting someone and can also happen alongside in-person bullying. This interactive story will help your child spot and respond to bad behavior online, and help you talk about being kind online. Before you start the activity with your child, why not refresh your knowledge on the topic?



False information online

Thinking critically about the information and people we come across online is a key digital life skill. This activity will help your child to use good judgement and fact checking skills so they know who and what to trust online and what to challenge or ignore.



Worried about Smartphones?

One in three 8-year-olds in Britain own a smartphone and that proportion rises to more than 90% by the time children reach 12

This concerted increase – driven by factors both personal (blossoming independence) and practical (the transition to secondary school) – makes it all the more valuable for young people to know how to use such devices safely.

Indeed, more than half of parents (52%) surveyed by Ofcom admitted to worrying about their child being bullied via their mobile phone – and with hazards like scams, screen addiction and inappropriate content to consider, that's far from the only risk around.

If you are worried about your child's safety whilst on their smartphone, turn over for some great tips:



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 devices which we believe trusted adults should be aware of. Please visit nationalcollege.com for further guides, hints and tips for adults.

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.

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.

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.

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.

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.

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.

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.

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.



The National College



National Online Safety
#WakeUpWednesday

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Thrive News



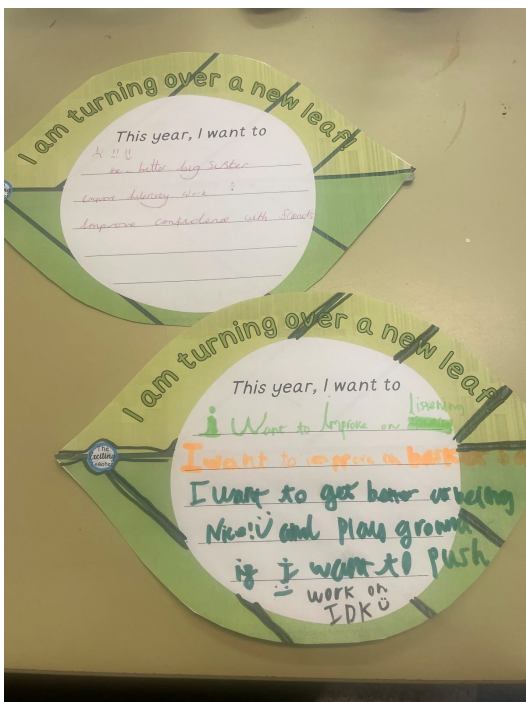
It has been a lovely few weeks reconnecting with the children after the Christmas holidays.

Our focus has been on **'Hopes and Wishes'**; in particular what we want to achieve this year.

Every thrive session, we take time to explore how we are feeling and why we may be feeling a certain way.

We have been using scales of emotions and discussing how we can tell that a person is angry or getting angry. What happens to their faces and body language? We have been exploring the question "Is it ok to be angry?" and safe ways to express our anger. We have done this using art, playdough, drama and emotion cards. Each session is tailored to the need of the child or children (if they are in a group).

If you have any questions about thrive at Springfield then please feel free to contact Kate Whitmore.



Family Support



At Springfield, we have a number of Young Carers who are incredible and help look after family members. Suffolk Family Carers welcome registrations for young people aged 5 years and upwards, who are doing more than would usually be expected of a person their age due to the long term condition of a family member.

While some young carers offer practical help, others may provide more emotional support. Caring for a parent with a physical condition, for example, may involve physical help such as getting dressed or doing the cooking, but caring for a parent with a mental health problem, or who misuses drugs or alcohol, involves more emotional guidance and support. Sibling carers may feel the need to keep an eye on the brother or sister they care for or worry about them when they are in school.

JESSE LINGARD
Professional footballer and England international
Young carer for his mum who has a mental illness



JACK GREALISH
Professional footballer and England international
Young carer for his sister who has cerebral palsy



How Suffolk Family Carers can help:

Their experienced and knowledgeable Team can offer:

- One to one catch ups to provide wellbeing support
- Opportunities to meet other carers and have a break from their caring role
 - Workshops and programmes to build confidence and life skills
 - Advice and support in school
- Short term social prescribing intervention for young carers aged 14+
 - Advocacy when their voice needs to be heard
 - Signposting to other relevant agencies

For more information contact: www.suffolkfamilycarers.org





Family Support

**New in Suffolk – A 2-hour Workshop for
Parents of young school children,
toddlers and babies**



Would you like to better understand your child's development and behaviour?

Date: Thursday 29th February 2024

Time: 1-2:30pm

Venue: Castle Hill Community Centre, Highfield Road, IP1 6DJ

**COME AND HAVE A CHAT WITH US OVER TEA/COFFEE AND CAKE AND
EXPLORE THOUGHTS AND IDEAS AROUND YOUR CHILD'S BEHAVIOUR**

This workshop explores:

The Brain development of a young child

Ways to better understand and support your child's emotions and behaviour

**PLEASE EMAIL highfield.cc@suffolk.gov.uk OR CALL OUR CHILDREN
CENTRE STAFF ON (01473 742534) EXT 2 TO BOOK A PLACE ON THIS
WORKSHOP.**

We look forward to seeing you!

