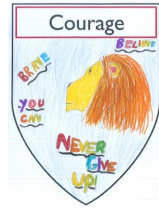
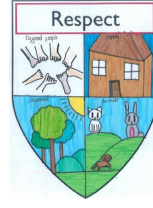


Oldswinford Cof E Primary School

'Believe, achieve and shine brighter together'



Autumn Newsletter: 16th December 2022



Dear Parents/Carers,



It's been such a wonderful run up to our Christmas holiday. Our Carol Service in church was magical - it was so wonderful to see St Mary's so full! Thank you to everyone who took part.

I hope you all have a very happy Christmas holiday and I look forward to seeing you all in 2023!

Value of the half term...

Love

This week our worship group lead our worship and shared the Christmas Story. They are always so brave to stand up in front of everyone. Thank you for your hard work with making the powerpoint, writing the script, acting and sorting out all of the costumes - it was brilliant.



Uniform

A little reminder, if you need new uniform, we do hold a small supply of jumpers/cardigans/polos and PE tops.

Please look in ParentMail/Shop for further information. Payment can be made through your ParentMail and uniform can be sent to the children in class.

Thank you.

Fundraising

What an amazing half term we've had with so much fundraising going on. Thank you for your overwhelming generosity

Anti bullying cake sale - £ 401.04

Money raised on gate 14/11/22

Anti bullying, alliance, Reach Out - £ 108.12

OCEPS, school fund donations - £ 139.25

Juvenile Diabetes Research Foundation - £ 86.34

Children in Need - £ 306.69

Year 6 raised £75 with the cake sale with money going to the RSPCA and Cancer research

Thank you for supporting all these very worthy causes.

(Totals from the Christmas Fayre will be shared once we have a final amount)



Sports Newsletter



Next year– We will be trying out some new sport trackers, which each class will have two of. They will track the most active class. Two children every week will be selected by their teachers to wear the sport trackers this will determine which class wins and we will keep track of the activity levels of each class. Let's see which class will be the most active!!!

Sporting Stars

At Oldswinford we like to celebrate all things sport, whether that be in school or outside of school! If you want your child to be included on our Oldswinford Sporting Stars website page please go on to our website and look on our PE page.

We have received some fantastic images of children taking part and competing in a variety of different sports. We love seeing your pictures and hearing about your successes! We are proud of you all!

<https://www.oldswinford.dudley.sch.uk/oldswinford-sporting-stars/>

World Cup door images to celebrate the world cup!



At the multi-skills event the Year 2 children came 1st! They will now go through to the Black Country Finals! Well done!



MERRY CHRISTMAS

Have a magical Christmas from
the Sports Council xx



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 such '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

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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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