

## Headlines

Year 6 have done a fantastic job today of leading the school in our Remembrance Day commemorations. A special thank you to Mrs Herriett and Miss Cathie for organising such a special assembly; after that our KS2 children visited the war memorial in Wallington to lay a wreath and observe our own silence at 11am. A special mention should also go to James for beautifully playing 'The Last Post' on his trumpet – very touching and solemn. We feel it is important that the children are brought up with these values and an awareness of the sacrifice of others and also of our collective history.

Earlier in the week, Year 6 also demonstrated their citizenship skills in other ways. On Tuesday, they visited the Sutton Life Centre to take part in sessions designed to give them a greater understanding of the 'wider world' and how to deal with risks – these included emergency situations such as fire, travelling on public transport and also online risks. Their strong knowledge in online safety was on display later in the week as they brought their own game creations on their iPads to Years 1 and 2; they had been designed to each younger children about e-safety. They are certainly showing impressive 'digital citizenship' skills that are all valuable for their Collingwood Way Award.

There have been a number of sports fixtures this week. Our netball team travelled to Danesfield Manor on Monday for a mini tournament and played gain against Oakwood on Wednesday. The football teams also played at Oakwood on Wednesday too. Although there were not victories, there were some very close and hard-fought battles on the pitch and Mr Sitch was very proud of the determination and resilience shown by all the teams.

Next Friday, Year 5 will be running a *Children in Need* charity event for the school. Please do send in your child with a donation and we look forward to a range of fun activities set up by the pupil team. Another exciting week ahead.....

Mr Leigh Hardie, Head

## Stars of the Week



Squirrels – Luca

Woodpeckers – Freddie

Owls – James

Ash – Siddhanth

Maple – Gabriel

Birch – Saanvi

Oak – Kayden

Music – Christina

Sport – Jayden & Anaiah    Swimming – Oscar

French – Ilya & Austin    LAMDA – Joey & Jessica



House winners

Haig





A leaf on our tree



Year 6 Remembrance assembly



11<sup>th</sup> November 2022



Eco Club make bird feeders



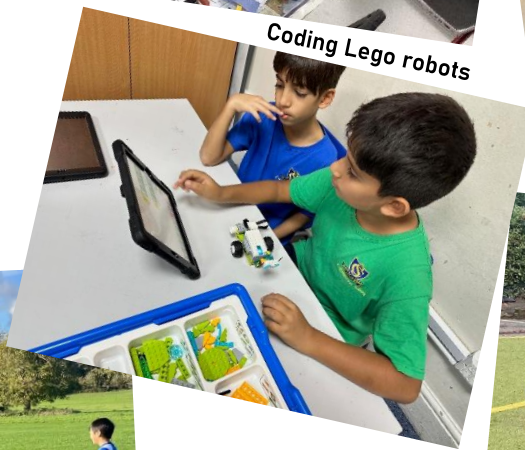
Iron Man art in Year 4



Year 2 digital art



Year 5 and 6 football at Oakwood



Coding Lego robots



Year 6 at Sutton Life Centre



Netballers at tournament





## Star badges this week...

5 stars to:

Ariella, Belmia, Oscar, Lia, Freddie, Siddhanth, Olufewa, Bebe, Taiba, Zakai

10 stars to:

Austin, Elsa, Sharangi, Reeve, James, Faith, Amelia, Emilian, William, Jeyshaan, Elise, Ethan

## Dates for diaries (updates in red)

Thursday 17<sup>th</sup> November – Parents' Evening online

Friday 18<sup>th</sup> November – Year 1 class assembly (8.50am)

Friday 18<sup>th</sup> November – Children in Need fundraiser day (minimum £1 donation)

Tuesday 22<sup>nd</sup> November – Music Soloists Concert (5.00pm)

Friday 25<sup>th</sup> November – Non-uniform day (hamper and bottle donations to PSA)

Friday 25<sup>th</sup> November – Year 5 class assembly (8.50am)

Tuesday 29<sup>th</sup> November - Pantomime in school for Nursery to Year 3

Thursday 1<sup>st</sup> December – Drama Club Christmas show (4pm)

Thursday 1<sup>st</sup> & Friday 2<sup>nd</sup> December – KS1 Christmas production (2.30pm)

Saturday 3<sup>rd</sup> December – PSA Christmas Fair

Tuesday 7<sup>th</sup> December – Christmas Jumper day and Lunch

Wednesday 8<sup>th</sup> December – U11 Oakwood football tournament

Thursday 8<sup>th</sup> December – Christmas Carol Service

Friday 9<sup>th</sup> December – Final day of school term (midday close)

Tuesday 3<sup>rd</sup> January – Staff INSET day





# 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/](http://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](http://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/](http://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 that person 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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#WakeUpWednesday