

Dates for your Diary

Wednesday 5th - Friday 7th June - Y6 Croft Farm
Monday 17th June - Y2 Trip to Weston Super Mare
Monday 17th - Friday 28th June - Y6 Swimming
Wednesday 10th July - Early Years School Trip to
Chew Valley Animal Park

Term dates 2023/24

Term 5 - 15th April 2024 - 24th May 2024

Term 6 - 3rd June 2024 - 19th July 2024



Inset Days

22nd and 23rd July 2024

School places

A reminder to all parent and carers that you should now have been offered your child's school places for Reception and Year 7 for September 2024. If you have not received anything you will need to contact Bristol City Council urgently.



Nursery

If you or know anyone who needs a Nursery space for 3 year olds; you can apply for nursery for September 2024, January 2025, April 2025 and September 2025, spaces fill up fast so its better to get your child's name down as soon as possible.



Clothes Donations

We are looking for spare knickers, pants, tights, skirts, leggings, and trousers for Reception children to change into if they have an accident as we don't have many spares.

If any parents have older children that have grown out of Reception sized clothes that would be great!

Headlice

Headlice has been found in Year 1 and Year 4 so please can everyone check their child's hair and treat if needed to help the children feel more comfortable moving forwards in school.

Sun Safe

Now that it is Summer and the sun is out, please can we make sure children bring a drinks bottle into school, apply sun cream before school and hats to be worn when out in the playground.



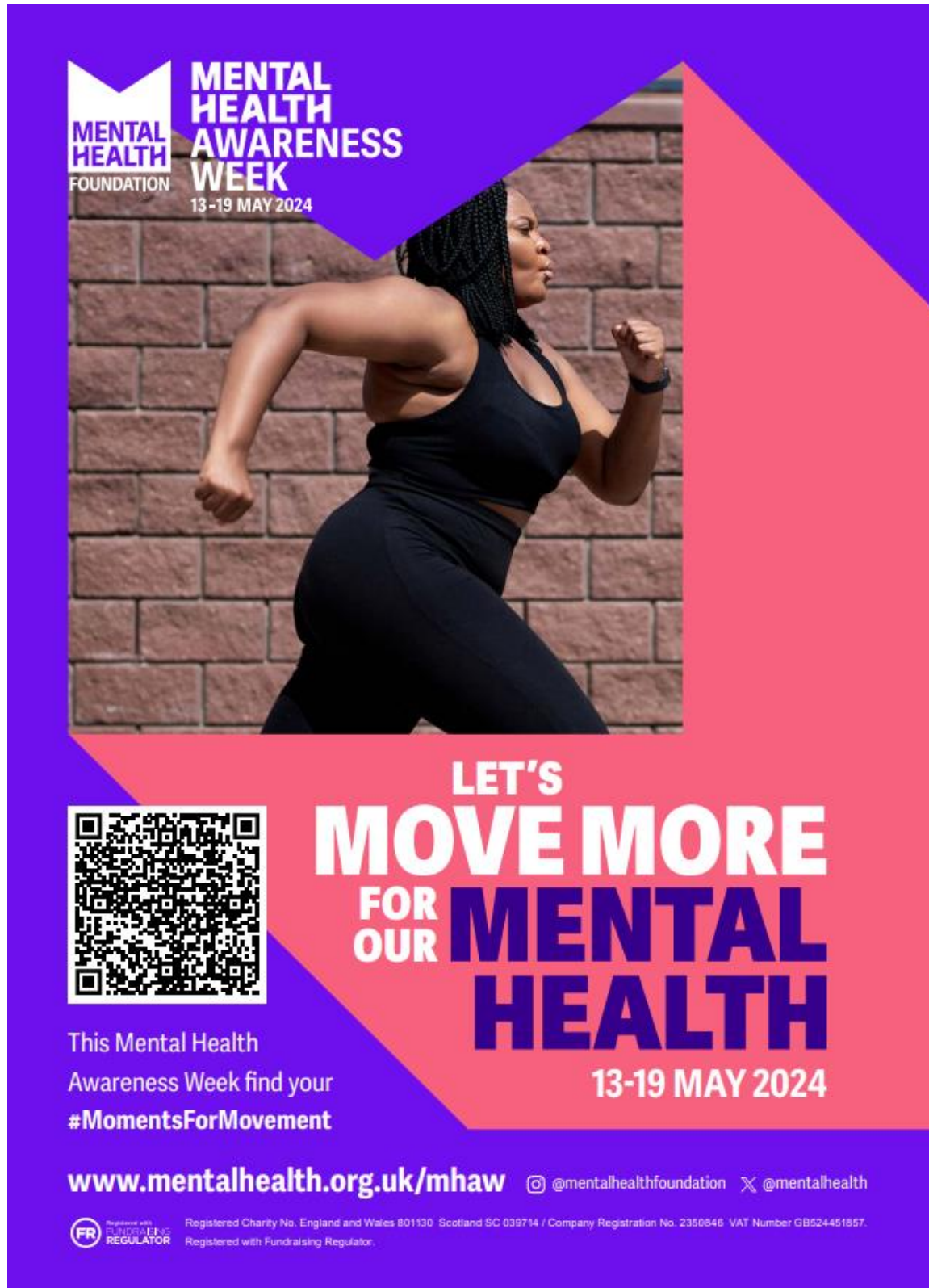
Reminders for Parents and Carers:

- There is a food bank at Stockwood Children's Centre on a Tuesday.
- The PTFA's pantry is in the lobby at the school's main entrance by the office. This has school uniform and food - there are posters on top of the cabinet with information regarding this.

Mental Health Awareness Week

Monday 13 - Sunday 19 May - Mental Health Awareness Week is a week dedicated to raising awareness about mental health's impact on millions worldwide. In 2024, it will take place from Monday 13 - Sunday 19 May. The theme for the week, as set by the Mental Health Foundation, is "Movement: moving for our mental health".



Don't forget share your #MomentsForMovement by tagging us on [Instagram](#), [Facebook](#), [Twitter](#), and [LinkedIn](#).




MENTAL HEALTH FOUNDATION
MENTAL HEALTH AWARENESS WEEK
13-19 MAY 2024

LET'S MOVE MORE FOR OUR MENTAL HEALTH
13-19 MAY 2024

This Mental Health Awareness Week find your **#MomentsForMovement**

www.mentalhealth.org.uk/mhaw  @mentalhealthfoundation  @mentalhealth

 Registered with Fundraising Regulator
Registered Charity No. England and Wales 801130 Scotland SC 039714 / Company Registration No. 2350846 VAT Number GB524451857

Living and Learning Together

Slapped Cheek

Please see the attached letter from the UKHSA Health Protection Team regarding Slapped Cheek Syndrome which was emailed out to Parents and Carers a couple of weeks ago:

To reduce the risk of spreading the virus please remember to:

- wash your hands often with water and soap
- use tissues to trap germs when you cough or sneeze
- bin used tissues as quickly as possible



UK Health Security Agency
South West

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Temple Quay, Bristol, BS1 6EH

Follaton House, Plymouth Road,
Totnes, Devon TQ9 5NE

T +44 (0)300 303 8162

swhpt@phe.gov.uk

[www.gov.uk/government/
organisations/uk-health-
security-agency](http://www.gov.uk/government/organisations/uk-health-security-agency)

22nd April 2024

Dear Parent / Guardian,

We have been informed that a number of children who attend the school have been diagnosed with suspected / confirmed slapped cheek.

Slapped Cheek

Slapped cheek syndrome (also called fifth disease or parvovirus B19) is a viral infection that's most common in children, although it can affect people of any age. It usually causes a bright red rash on the cheeks. Although the rash can look alarming, slapped cheek syndrome is normally a mild infection that clears up by itself in one to three weeks. Once you've had the infection, you're usually immune to it for life.

You don't usually need to see your GP if you think you or your child has slapped cheek syndrome, as the condition normally gets better on its own. However, you should contact your GP, call NHS 111 or contact your local out-of-hours service if you have been exposed to anyone with slapped cheek or you have symptoms of the infection and:

- You're pregnant – infection in pregnancy, particularly early pregnancy, carries a risk of causing miscarriage, stillbirth or other complications; however, this risk is small and most pregnant women will already be immune
- You have a blood disorder, such as sickle cell anaemia or thalassaemia, or a weakened immune system – the infection can cause severe anaemia that may need to be treated in hospital
- You have symptoms of severe anaemia, such as very pale skin, severe shortness of breath, extreme tiredness or fainting

Unless your child is feeling unwell, there's no need to stay away from school or work once the rash has developed, as the infection is no longer contagious by this point.

Yours faithfully,

UKHSA Health Protection Team SW

Please find details of a Manual Handling course starting in Stockwood at the Free Church on Friday 14th June 9.30-12.30.

Manual Handling of Loads



Date: Friday 14th June 9.30-12.30

Venue: The Free Church, Ladman Road, Stockwood

This course is suitable for support staff whose main role involves the handling of a variety of inanimate objects in the workplace. It covers tasks such as pushing, pulling, transporting and supporting a variety of loads.

Please contact Catherine to book a space on this course.

Contact: Catherine.landon@bristol.gov.uk

Phone: 07785 702454

Eligibility: Aged 19+, few or no qualifications



**COMMUNITY
LEARNING**

communitylearningwest.net
lctinfo@bristol.gov.uk
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**WEST OF
ENGLAND**
Combined Authority

Please see the below posters with information regarding the National Online Safety app to help keep children safe online. We have attached an example information sheet about snapchat (as this is a common app) but they have advice for everything

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 our new app, which we believe trusted adults will find useful. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

10 Ways You Can Get the Most out of OUR NEW APP

Lockdown has sent children's screen time soaring again. And making sure that young people stay safe online can be tough when there are new apps, games and sites every day. To help, we've launched an app of our own. Packed with hundreds of insightful guides, it'll keep you informed about the latest online crazes – and hazards. There's also a free online safety parents' course, compiled by experts and presented by online safety ambassador Myleene Klass. The National Online Safety app is available to download now from Google Play and the App Store. And here's our list of the top 10 ways you can get the most out of it.

- CONNECT THROUGH YOUR PHONE**
 Access online safety advice from any smartphone, granting you vital knowledge at the touch of a screen.
- GET ONLINE SAFETY ADVICE INSTANTLY**
 Our award-winning resources are available 24/7, giving you essential information whenever – and wherever – you need it.
- STAY UP TO DATE, ALL THE TIME**
 Notifications are sent straight to your device as soon as new content's available. So you'll always be up to date with the latest tips and guidance to ensure your children are safe online.
- FIND WHAT YOU NEED STRAIGHT AWAY**
 Concerns about CoD? Issues around Insta? Our user-friendly, Netflix-style interface and powerful search function let you find the content you need – as soon as you need it.
- PERSONALISE YOUR CONTENT**
 Highlight and store the resources that are most relevant to you, so you can find them easily as soon as you need them. Stop trawling and start learning.
- HAVE YOUR SAY**
 Our innovative weekly votes feature tackles your specific concerns by letting you help to decide which subjects we cover in the future.
- PUT EXPERTISE IN YOUR HANDS**
 Our resources are developed by respected authorities in education, technology and online safety. The digital world won't stop evolving – but our app gives you expert help.
- KICK OFF THE CONVERSATION**
 Our app's content will give you loads of ideas and pointers on how to help your children to start thinking about online safety – and understanding the potential risks out there.
- FIND OUT ABOUT ONLINE RISKS**
 We've got hundreds of free guides addressing a range of topics and online risks. Know your TikTok from your Triller and your FIFA from your Fortnite.
- GO TO THE TOP OF THE KLAS**
 Watch our insightful FREE parents' courses on online safety. They span kids' age groups from 4 to 16, and they're presented by online safety ambassador Myleene Klass.

NOS National Online Safety
 #WakeUpWednesday

www.nationalonlinesafety.com Twitter - @nationalonlinesafety Facebook - /NationalOnlineSafety Instagram - @nationalonlinesafety

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What Parents & Carers Need to Know about

SNAPCHAT

AGE RESTRICTION
13+



WHAT ARE THE RISKS?

Snapchat is an instant messaging app which allows users to send images, videos and texts to people in their friends list. One of Snapchat's unique features is that pictures and messages 'disappear' 24 hours after they've been viewed; however, this content isn't as temporary as many believe – with some users saving screenshots or using another device to take a photo of their screen. This year, Snapchat added 'My AI': a customisable chatbot with which people can chat and share secrets, as well as asking for advice and suggestions of places to visit.

CONNECTING WITH STRANGERS

Even if your child only connects with people they know, they may still get friend requests from strangers. The Quick Add option lets users befriend people the app recommends – but these 'friends' are merely a username, which could have anyone behind it. Accepting such requests reveals children's personal information through the Story, SnapMap and Spotlight features, potentially putting them at risk from predators.

EXCESSIVE USE

Snapchat works hard on user engagement, with features like streaks (messaging the same person every day to build up a high score). Spotlight Challenges tempt users into spending time producing content in search of cash prizes and online fame, while it's easy for children to pass hours watching Spotlight's endless scroll of videos.

INAPPROPRIATE CONTENT

Some videos and posts on Snapchat aren't suitable for children. The hashtags used to group content are determined by the poster, so even an innocent search term could still yield age-inappropriate results. The app's 'disappearing messages' feature also makes it easy for young people (teens in particular) to share explicit images on impulse – so sexting continues to be a risk associated with Snapchat.

ARTIFICIAL INTELLIGENCE

My AI is Snapchat's new chatbot, which replies to questions in a human-like manner. However, the software is still in its infancy and has significant drawbacks, such as biased, incorrect or misleading responses. There have already been numerous reports of young users turning to AI for medical help and diagnoses, which could be inaccurate and therefore potentially dangerous.

ONLINE PRESSURES

Although many of Snapchat's filters are designed to entertain or amuse, the 'beauty' effects on photos can set unrealistic body-image expectations – creating feelings of inadequacy if a young person compares themselves unfavourably with other users. Snapchat now also has 'priority' notifications (which still get displayed even if a device is in 'do not disturb' mode), increasing the pressure on users to log back in and interact.

VISIBLE LOCATION

Snap Map highlights a device's exact position on a virtual map which is visible to other users. There are options to restrict who can see this information: all friends, only you (Ghost Mode) or selected friends. Snapchat also has real-time location sharing, which is intended as a buddy system to ensure friends have reached home safely – but which could also be used to track a young person for more sinister reasons.

Advice for Parents & Carers

TURN OFF QUICK ADD

The Quick Add feature helps people find each other on the app. This function works based on mutual friends or whether someone's number is in your child's contacts list. Explain to your child that this could potentially make their profile visible to strangers. We recommend that your child turns off Quick Add, which can be done in the settings (accessed via the cog icon).

CHOOSE GOOD CONNECTIONS

In 2021, Snapchat rolled out a new safety feature: users can now receive notifications reminding them of the importance of maintaining connections with people they actually know well, as opposed to strangers. This 'Friend Check Up' encourages users to delete connections with users that they rarely communicate with, to maintain their online safety and privacy.

DISCUSS AI

Although My AI's responses can often give the impression that it's a real person, it's essential that young people remember this certainly isn't the case. Encourage your child to think critically about My AI's replies to their questions: are they accurate and reliable? Remind them that My AI shouldn't replace chatting with their real friends, and that it's always better to talk to an actual person in relation to medical matters.

CHAT ABOUT CONTENT

It may feel like an awkward conversation (and one that young people can be reluctant to have) but it's important to talk openly and non-judgementally about sexting. Remind your child that once something's online, the creator loses control over where it ends up – and who else sees it. Likewise, it's vital that children understand that some challenges which become popular on the platform may have potentially harmful consequences.

KEEP ACCOUNTS PRIVATE

Profiles are private by default, but children may make them public to gain more followers. Snap Stories are visible to everyone your child adds, unless they change the settings. On SnapMaps, their location is visible unless Ghost Mode is enabled (again via settings). It's safest not to add people your child doesn't know in real life – especially since the addition of My Places, which allows other Snapchat users to see where your child regularly visits and checks in.

BE READY TO BLOCK AND REPORT

If a stranger does connect with your child on Snapchat and begins to make them feel uncomfortable through bullying, pressure to send explicit images or by sending sexual images to them, your child can select the three dots on that person's profile and report or block them. There are options to state why they're reporting that user (annoying or malicious messages, spam, or masquerading as someone else, for example).

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.



National Online Safety

#WakeUpWednesday



@nationalonlinesafety



/NationalOnlineSafety



@nationalonlinesafety



@national_online_safety

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For the attention of Year 6 Parents and Carers

♥ rugby ♥ rugby ♥ rugby ♥ rugby ♥ rugby ♥ rugby ♥ rugby ♥ rugby ♥ rugby ♥ rugby ♥ rugby ♥ rugby ♥



New Players Welcome
Love Rugby Festival
Sunday 9th June



Bristol Barbarians RFC
from 10am
U12, U14, & U16

♥ rugby

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Living and Learning Together



Strengthening Parental Relationships

Are the stresses of everyday life affecting your relationship?

Being parents can be stressful and challenging at the best of times. Learn how to manage stress and communicate in ways that are helpful for a healthy co-parenting relationship.

Chat to Relationship Practitioners Gina and Katie and take away FREE relationship support resources

Come along and participate as much or as little as you like!

Join us online on:

Wednesday 22nd May at 7pm – 8.15pm
or Wednesday 5th June at 12.30pm - 1.15pm

To register your interest, please email relationshipsmatter@bristol.gov.uk or call Gina on: 07721 635376 or Helen on: 07721 311726.

