

# NEWSLETTER

## 13<sup>th</sup> November 2020

### Autumn Term 2: Week 2

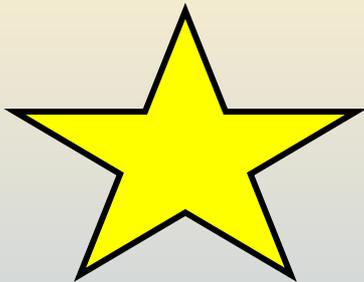
### Attendance

Overall school attendance this week is 95.6%

Huge well done to Browne Class who are the attendance award winners this week with 98.89%

Own clothes day for Browne Class next Friday.

### Stars of the Week



Cara and Charlotte  
Daniel and Zara  
Kiera and Sasha  
Belle and Kaycee  
Paige and Kyle  
Riley and Sydnee  
Abeeha and Junior



### Safeguarding

If you are concerned about the safety or wellbeing of a child please contact the NSPCC on their helpline: **0808 800 5000** or email [help@nspcc.org.uk](mailto:help@nspcc.org.uk)

If you believe that a child is in immediate danger call 999. Our school safeguarding leaders can be contacted by calling the school office or emailing [lsprigmore@templegroveacademy.com](mailto:lsprigmore@templegroveacademy.com)

## This Week at Temple Grove

Year 2 learnt all about Remembrance day this week. They then wrote some lovely acrostic poems! Here is one:

**P**oppies grow beautifully  
**O**n Flanders field  
**P**lease don't forget  
**P**owerful soldiers fought  
**Y**ears gone by but we still remember!

A huge thank you to parents and carers who supported this year's collection for the Poppy Appeal by buying Poppies through the school – we are pleased to be sending our donations onto the Royal British Legion who will let us know how much we have raised in due course. The school observed the 2 minutes silence on Wednesday in respect of those who have died in service to our country.

### Forest School

This week Years 3 and 4 enjoyed their Forest School sessions; just a reminder that next week Years 5 and 6 will have their Forest School sessions (Year 5 on Monday and Year 6 on Tuesday). The children must come into school 'Forest School ready' which means that they should wear warm clothes, wellington boots and a waterproof coat. Children might also like to bring a spare pair of trousers into school in a named carrier bag should they get too wet or muddy.

## **Parents Guide To Support - Social Media and the Internet**

Here are ten tips for talking to your child about their use of social media and the internet provided by the charity Young Minds.

### **1. Have conversations from a young age**

The internet offers huge opportunities. From a young age, children have the chance to learn, research, play games, have fun and connect with family who may not live nearby. But it's important to help them to use the online world in a way that's safe and positive for their mental health.

That's why it's good to have regular conversations about the internet and social media from a young age – it should be as ordinary as talking about the weather, the dog, or something you've watched on TV.

You don't need to pry or quiz your child about every website they've seen, but checking in with them for a minute or two can make a huge difference

### **2. Lead by example**

Talk to your child about your own experience of the online world. Show them sites and apps that you like, and explain why you like them. Show them how to use the internet in a positive way – to research things, to do homework, to talk to family, and to find out about the world. This helps them to have a critical eye.

You can also talk about your own less positive experiences online. If you feel pressured by the 'perfect' photos people share on social media, then being open with your child about this can be a good thing. It might help them understand that the 'perfect' pictures people share on social media don't always show reality. Encourage them to talk to you if they're struggling with this.

Remember, children look to their parents as role models. For example, if you check your phone constantly at mealtimes, or play violent games in front of your children, then it's likely your child might do the same.

### **3. Ask your child about the apps and websites they use**

It can be easy to feel that you don't understand the latest technology, apps or social media that your child is using. But don't use this as an excuse not to get involved.

Ask your child to teach you and show you there about their favourite apps, games or websites. This will help you understand how they work so that you can talk about the positives and whether you have any concerns. A quick Google search can also tell you a lot.

If you think anything your child is accessing is not appropriate for their age, be ready to explain why you think this. Wherever possible, make it a joint decision with your child, so they understand the reasons not to use something and will stick to it.

### **4. Set boundaries - but be realistic**

The boundaries you set for internet use will depend your child's age. It's like teaching your child to cross the road: you'll make sure they hold your hand when they're very young, but as they grow older you want them to assess the risks and stay safe more independently.

Whatever their age, it's a good idea to sit down together with your child to agree some rules about how much time they spend online. For example, you might want to agree that they shouldn't go online just before bed or use any devices at night, because this can affect their sleep. You can often set timers on devices to limit internet use – but try to help your child manage this for themselves as well.

You can also set up parental controls to stop your child from accessing harmful content online, but your child may well learn how to get round these. That's why it's important to make sure your child is able to make good decisions for themselves.

#### **5. Reassure them that they can always talk to you**

Research suggests that most children are actually more cautious than adults online, and that most are good at navigating the internet safely. Often when they do come across upsetting content, it's not because they've gone looking for it, but because they've found it by accident, or because someone's sent it to them.

It is a good idea to reassure your child that they can always talk to you.

- Ask them if they've seen anything online that they are not comfortable with. (They might have seen things like nasty comments, sexual content, violent images.)
- Tell them that you won't overreact if they tell you about something they've seen, that you'd much rather that they talked to you, instead of keeping it to themselves.
- If they are upset or worried about something they've seen, talk about how they feel, and how they can avoid seeing them again in future.
- If necessary, help them to report or block content they find disturbing.
- Whatever happens, stay calm if you find they've come across something you don't approve of.

#### **6. Talk about personal information**

Help your child to understand what's meant by personal information, so they can develop an awareness of why it's significant and why they should be cautious about sharing pictures of themselves or information online.

Some things for your child to know:

- What you put online stays online. Even things you delete can be saved or screenshotted – including those Snapchats meant for just one friend.
- Online strangers are still strangers. Forums and group chats can be a great way to connect over things you wouldn't say face to face, but don't feel pressured to share more than you feel comfortable with.
- It's easy to over-share on social media, especially if you forget who can see your profile.
- Privacy is possible. You can change your settings to make your account private so that only people you know and trust can see your updates.

- Don't hesitate to block anyone who makes you feel uncomfortable and talk to someone you trust about it if this happens.

#### **7. Talk about social media**

Although most social media platforms are officially 13+, most children sign up to at least one when they're much younger. It's better that you encourage them to be open with you, rather than thinking they need to keep it a secret from you. And be aware that if they accept your follow/friend request on a social media account, it's very possible they have another one that they're not sharing with you.

- Remind your child that every social media platform has privacy settings, and show them how to use them.
- Talk to your child about the sort of information they want to keep private.
- Make sure your child understands how to report or block things that aren't appropriate.
- Help your child to understand that they shouldn't feel the need to be available all the time on social media. It's okay to take a break, and you don't need to take part in every conversation.

#### **8. Talk about gaming**

It is worth checking the ratings on the games your child is playing. If your child wants to buy a game that looks like it's extremely violent or too old for them, then trust your judgement if you don't feel it's appropriate.

#### **9. Talk about cyberbullying**

Bullying isn't okay, whether it happens at school, at home or on the internet. If your child is receiving nasty messages, or people are posting unwanted things about them, or they feel harassed, they should do something about it.

- Encourage them to talk to you. Even if it seems like a small thing, it can really help to talk things through with you about what to do.
- Make sure they understand how to block and report the people involved, and to use the privacy settings to limit what people can see on their profiles.
- Help them understand that they are responsible for what they post. They should remember to think about what effect their posts might have on others, and that they probably shouldn't say anything online that they wouldn't say in person. That means not writing nasty things about people you know – but it also means not posting abuse to celebrities, who are real people too.

#### **10. Act on warning signs**

You know your child well, and may well recognise it if something is wrong. It's important to act on the warning signs if you start to feel concerned:

- Talk to your child openly
- Listen to what they have to say
- Don't rush to judgement
- Make sure they know that you'll always be there for them

## Diary Dates

26<sup>th</sup> November – Kent Test (11+) results emailed out to parents by KCC

9<sup>th</sup> December – Christmas Dinner

11<sup>th</sup> December – Christmas jumper day – Donate £1 to save the Children

17<sup>th</sup> December – Class Parties

18<sup>th</sup> December – End of Term 2 Finish at 1pm

5<sup>th</sup> January 2021 – Term 3 begins

## Special Educational Needs

Unfortunately the specialist teacher service are unable to offer the ASC drop-ins for parents of children with Autism this term due to lockdown. However please see below information about other support currently available to parents in the Tunbridge Wells area.

**Fegans** are offering Earlybird Plus (National Autistic Society Course) suitable for Primary aged children via Zoom - next course is planned for January.

The details of the course are as follows: 8 weekly sessions of 2 hours with a short coffee break

Topics covered:

Understanding Autism

Understanding and Supporting Sensory Difficulties

Communication

Supporting and developing interaction

Socialisation and self-awareness

Understanding and Interpreting Behaviour

Supporting Behaviour

Moving forward

**For more information please contact: Nicola Baldwin - Parenting Lead, t: +44 01892 538288 m: 07827 849334, w: [www.fegans.org.uk](http://www.fegans.org.uk), e: [nicola.baldwin@fegans.org.uk](mailto:nicola.baldwin@fegans.org.uk)**

The **Kent Autistic Trust** run virtual support groups via Zoom during the last week of every month. The upcoming dates are as follows:

**Tuesday 27<sup>th</sup> October**

9.30am – 11am

For parents/carers with a child at pre-school or primary school

**Wednesday 28<sup>th</sup> October**

9.30am – 11am

For parents/carers with a child at secondary school

**Thursday 29<sup>th</sup> October**

**Evening Group**

8pm – 9.30pm

For parents/carers with a child of any age

The Kent Autistic Trust also have some videos and poems, here is a link to a video 'Amazing things happen', the poem (attached) is about recognising that often when having a baby, a parent has a vision of what it will be like (this doesn't usually include SEN challenges) but then having a child with a diagnosis such as Autism can completely throw them off course and they can spend time missing what they thought they would have. The poem is a nice read and captures this

well. <https://www.bing.com/videos/search?q=amazing+things+happen+youtube&view=detail&mid=A4AF5892C76A747DB6F6A4AF5892C76A747DB6F6&FORM=VIRE>

**For more information please email Wendy Boorman - [Wendy@kentautistic.com](mailto:Wendy@kentautistic.com)**

There are also a couple of support groups that may be useful:

<https://space2beme.org.uk/>

SEN Parent Support Group in the Tunbridge Wells area: <https://www.facebook.com/SEns-Community-326527338005225/>

