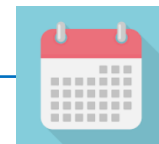




After School Clubs

After school clubs will resume the week beginning **Monday 7th March**. Please see a separate Parent Mail for this.

Spring 1: Friday 18th February 2022



Children's Mental Health Week

Children enjoyed different opportunities to reflect and grow their mental health last week, and there were some fantastic "Dress to Express" examples!

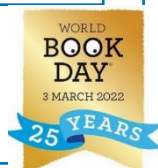
So far, children and families have raised £27.00 for Children's Mental Health Week, promoted by Place2Be. If you haven't already, and would like to, please donate via the link below:

<https://www.justgiving.com/fundraising/st-alban-s2>

Leading on from this, Fredrick in Year 2 had some wonderful news to share with us. His mum and dad are taking part in a fundraiser this April to raise funds and awareness for the mental health charity "SHOUT". This is a charity that Fredrick's mum works for: it is a support line, for all age groups, particularly children. They will be taking part in a Big Roadtrip Challenge, driving from their home, to Lands End, up to John O'Groats, then home again, in as little time as possible, in fancy dress.

To support and donate to this fantastic charity, please see the page below:

<https://mhi.enthuse.com/pf/laura-ste-roadtripchallenge>



World Book Day

This year, we are celebrating the 25th anniversary of World Book Day – with the message for all children, 'You are a reader'!

We will be celebrating World Book Day on **Thursday 3rd March**.

Children are welcome to come to school dressed as a character from one of their favourite books – we encourage the children to also bring along the book.

There are some fantastic books included in the £1 book voucher selection this year:

<https://www.worldbookday.com/books/>

Important Dates

- Friday 18th February 2022 – Last day of Spring 1 term
- Half Term Break – Monday 21st February 2022 to Friday 25th February 2022.
- Inset Day – Monday 28th February 2022
- Children return to school on Tuesday 1st March 2022.
- Thursday 3rd March 2022 – World Book Day
- Friday 11th March 2022 – Wolverhampton Play Service leading Forest School workshop for Year 3 (Children should wear own clothes and bring waterproofs including wellies to school)
- Tuesday 15th March 2022 – Year 4 Bikeability Course – Group A
- Wednesday 16th March 2022 – Year 4 Bikeability Course – Group B
- Monday 28th March 2022 – Parents Evening
- Thursday 31st March 2022 – Parents Evening
- Friday 8th April 2022 – Last day of Spring term
- Easter Break – Monday 11th April to Friday 22nd April 2022
- Inset Day – Monday 25th April 2022
- Children return to school on Tuesday 26th April 2022.
- Friday 10th June – School Photographs

PE during spring 2

PE days will be as follows during the spring term. Please ensure children have their PE kits in school each day.

Nursery and Reception – Friday

Year 1 – Wednesday and Friday

Year 2 – Wednesday and Friday

Year 3 – Monday and Thursday

Year 4 – Monday and Thursday

Year 5 – Tuesday and Thursday (Swimming)

Year 6 – Tuesday and Wednesday

Water bottles and snacks in school

Please ensure that all children have a water bottle in school that they can use throughout the day. They are welcome to bring along a snack for break time – please ensure this is a healthy, individual snack e.g. a piece of fruit, a cereal bar, raisins or similar. **Please no nuts as we have children who do have allergies.**

World Thinking Day

Ava, in Year 2, who attends girl guides, informed us about a special day called "World Thinking Day" which is celebrated annually on 22 February by all Girl Guides and Girl Scouts. It is also celebrated by Scout and Guide organizations around the world. It is a day when they think about their "sisters" (and "brothers") in all the countries of the world, the meaning of Guiding, and its global impact. The theme for 2022 is "Our World, Our Equal Future" and children could take part in some of the linked activities during the half term. It would be lovely to see pictures of examples of them sent in via Twitter or our school email

info@stalbandsceacademy.com

<https://www.girlguiding.org.uk/globalassets/docs-and-resources/events-and-opportunities/events/world-thinking-day-activity-pack-2022.pdf>



Online Safety

In this ever changing world, it is more important than ever that children recognise dangers online and understand how to keep safe. It is also important that parents and carers know how to monitor and maintain children's safety online and when playing different games.

In Year 3, children have been learning about PEGI ratings and the reasons behind these to categorise games.

Please take a look at the link below that explains the categories behind these ratings:

<https://pegi.info/what-do-the-labels-mean>

Please also see below for advice guides for parents and carers.



Demonstrating pride

Across school, it is always such a wonderful and proud time when children have finally earned their pen and receive a special pen license. There are children across school who are very close to earning their pen license, and we would like to celebrate that by adding in another step to promote their presentation and hard work. After half term, we will be introducing a step up from pencil where children will be presented with their very own mechanical pencil. We cannot wait to see the pride on their faces!

School Promotional

Menus

The week beginning 28th February, the kitchen will be promoting "Eat Them to Defeat Them" where each week, until 28th March, they will have a focus vegetable to encourage children to try a wider variety, alongside the regular menu.

On the 1st March, the menu will include a special treat of:

Pancakes

(served with a selection of toppings)

Lemon & Sugar, Chocolate Sauce & Syrup

On the 3rd March, to add to the celebrations during World Book Day, there will also be a special menu, which is attached below.

Collection

School finishes at 3:20pm and gates close at 3:30pm unless your child is in after school club. After school clubs finish at 4:00pm. Please ensure children are collected promptly.

Workshops

Parents are invited in for specific workshops based around statutory assessments for particular year groups. Please attend via the school's main entrance.

- Tuesday 1st March – 3:45pm – SATs workshop for Year 6 parents
- Wednesday 2nd March – 3:45pm – SATs workshop for Year 2 parents
- Tuesday 8th March – 3:45pm – Phonics workshop for Year 1 parents
- Wednesday 9th March – 3:45pm – Multiplication check workshop for Year 4 parents

A sad goodbye...

Unfortunately, this term we say goodbye to Mr Patel, one of our wonderful support staff. He is leaving to concentrate on his doctorate. We as a school would like to say a big thank you for all of his support in the time that he has been with us. I am sure the children will miss him.

WORLD
**BOOK
DAY**



CELEBRATION MENU

Cloudy with a Chance of Mighty Meatballs
(Pork & carrot meatballs or Quorn balls in a tomato sauce)

The Cheshire Cat's Cheesy Pastry Puffs

Scrumdiddlyumptious Spaghetti

Dobby's Digits *(potato wedges)*

Jack's Magical Beans *(baked beans)*

Mr MacGregor's Garden Peas

Bertie Bot's Jelly Pots

Miss Trunchbull's Chocolate Cake

Also available...

Fruit & Yoghurts

*The more that you read the
more things you will know.*

*The more that you learn the
more places you'll go!*



Food Allergies & Intolerances
Before ordering, please speak to our staff about your
requirements

Fresh DINING

10 Top Tips for Respect Online: INSPIRING CHILDREN TO BUILD A BETTER DIGITAL WORLD

Our ability to communicate with anyone in the world, at any time, via the internet has grown at breakneck speed. For teachers and parents, it can feel impossible to keep up. Worrying about our young people is understandable, and not unjustified: in 2020, for example, one in five 10- to 15-year-olds experienced bullying online. Our tips highlight ways that adults can support young people's positive online behaviours: by adopting and following 'netiquette', we can show them how to avoid getting into difficulty as they learn to negotiate the continually evolving digital landscape.

WHAT IS NETIQUETTE?

Just like etiquette is a set of rules which guides and governs our interactions with others in everyday life, netiquette – etiquette on the net – is the framework which helps inform how we communicate with people online. The rules of engagement often aren't the same as a face-to-face meeting, so it's important that we can accurately 'read' situations in the digital world and know how to act appropriately.

1 ACCEPT DIFFERENT RULES

A lot of our interaction with others is helped by non-verbal signals like body language and facial expressions. Online, of course, many of these clues are missing. Talk to your child about why this makes misunderstandings more likely to occur in the digital world and why keeping in mind that online communication is a very different process can help to prevent difficulties from arising.

2 PRESS 'PAUSE'

It's so easy to do things quickly online that most people (adults included) habitually send or respond to messages without considering the consequences. Pushing 'the pause button' buys a young person some time while they ponder the golden rule: "Would I still say this if the other person was right front of me?" You could practise this with your child on some made-up tricky situations.

3 THE INTERNET IS ADDICTIVE

Apps and sites use sophisticated algorithms and clever marketing to keep us engaged, while notifications on our devices are designed to draw us back in. It's no wonder that people continually return to the digital world, sometimes spending long periods of time there. You and your child could trial turning off notifications on certain apps and instead agree a time to check for updates manually.

4 BEWARE THE DARK SIDE

Getting a hurtful or unhelpful comment on social media or in a group chat can make the recipient feel publicly shamed. That's painful for anyone – but especially for a young person whose status in a group is integral to their sense of identity. Encourage your child to think about the best and safest way to send a message: for example, doing it as a private message rather than a public post.

5 HARMFUL INTERACTIONS

Unfortunately, it's very easy to send a hurtful message or to spread gossip and rumours online. We all know this happens regularly. Not having to deal with actually seeing the other person's distress usually doesn't help people to make a positive decision in the moment. It's important that trusted adults help children to visualise the potential consequences and have empathy for others.

6 APPRECIATE DIFFERENCES

We're all built differently; some people are simply more emotionally sensitive than others. Young people can be particularly affected by negative online communication, such as group shaming. Even a single message (which might seem trivial at face value) can cause deep anguish. Trusted adults should be prepared to be patient and listen to any difficulties their child might have had online.

7 ACCENTUATED ANXIETY

Young people's online lives create a lot of anxiety. Messages go into a 'black hole' until someone responds, there are more reasons to compare ourselves negatively, and social media can make us feel like we're missing out. Encourage activities such as sports and hobbies to balance this out, and remember that merely blocking out thoughts (by gaming, for instance) isn't the same as relaxation.

8 PRO-SOCIAL BEHAVIOUR

A huge positive for the internet is how it helps people to feel connected and makes being kind and helpful easy to spread. When young people get involved in pro-social behaviours online, it creates a positive feedback loop which makes them feel good. Show your child examples of when you've done or said something positive online, and praise and encourage them when they do the same.

9 BE A GOOD ROLE MODEL

One of the best things we can do as trusted adults is to role model positive online behaviour. Just letting your child see that you know when it's time to put your phone away and do something more productive can set a strong example. Some families set aside particular times of the week (such as mealtimes or a family walk) where digital devices aren't allowed and conversation takes precedence.

10 SHOW COMPASSION

Mistakes can feel much bigger online, because they're so public. If a young person does or says something regrettable on the internet, it's important to support them to forgive themselves, learn any lessons and move forward positively. Even as adults, we can often stumble when learning how things work in the fast-moving digital world, so it's important to have compassion for ourselves, too.

Meet Our Expert

Dr Carole Francis-Smith is an experienced counselling psychologist who, through her research, specialises in promoting safe and ethical online communications. She consults with businesses and organisations to support positive and effective communication online, often by considering some of the more hidden aspects of the mediums.



Source: <https://www.ncsc.gov.uk/ncsc-publications-and-community/mcsmc-study-bullying-on-the-internet-in-great-britain/ncsc-smc-mcsmc-2019>
https://www.researchgate.net/publication/345443_The_online_distinction_effect

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What Parents & Carers Need to Know about

YOUTUBE

YouTube is a video-sharing social media platform that allows billions of people around the world to watch, share and upload their own videos with a vast range of content – including sport, entertainment, education and lots more. It's a superb space for people to consume content that they're interested in. As a result, this astronomically popular platform has had a huge social impact: influencing online culture on a global scale and creating new celebrities.

INAPPROPRIATE CONTENT

YouTube is free and can be accessed via numerous devices, even without creating a YouTube account. Some content is flagged as 'age-restricted' (requiring the user to be logged into an account with a verified age of 18), but children can still view some mildly inappropriate material. This can include profanity and violence, which some young users may find upsetting.

CONNECT WITH STRANGERS

YouTube is a social media platform which allows people to interact with other (usually unknown) users. Account holders can leave comments on any video they have access to, as well as messaging other users directly. Connecting with strangers online, of course, can potentially lead to children being exposed to adult language, to cyberbullying and even to encountering online predators.

SUGGESTED CONTENT

YouTube recommends videos related to what the user has previously watched on their account, aiming to provide content that will interest them. This is intended to be helpful but can also lead to binge-watching and the risk of screen addiction, especially if 'auto-play' is activated. Users without an account are shown popular videos from the last 24 hours, which might not always be suitable for children.

HIGH VISIBILITY

Content creators can also be put at risk – especially young ones who try to make their online presence as visible as possible. Creating and uploading content exposes children to potential harassment and toxicity from the comments section, along with the possibility of direct messaging from strangers. Videos posted publicly can be watched by anyone in the world.

TRENDS AND CHALLENGES

YouTube is teeming with trends, challenges and memes that are fun to watch and join in with. Children often find these immensely entertaining and might want to try them out. Most challenges tend to be safe, but many others may harm children through either watching or copying. The painful 'salt and ice challenge', which can cause injuries very quickly, is just one of many such examples.

SNEAKY SCAMMERS

Popular YouTube channels regularly have scammers posing as a well-known influencer in the comments section, attempting to lure users into clicking on their phishing links. Scammers impersonate YouTubers by adopting their names and profile images, and sometimes offer cash gifts or 'get rich quick' schemes. Children may not realise that these users are not who they claim to be.

Advice for Parents & Carers

APPLY RESTRICTED MODE

Restricted Mode is an optional setting that prevents YouTube from showing inappropriate content (such as drug and alcohol abuse, graphic violence and sexual situations) to underage viewers. To prevent your child from changing across age-inappropriate content on the platform, we would recommend enabling Restricted Mode on each device that your child uses to access YouTube.

18

CENSORED

TRY GOOGLE FAMILY

Creating a Google Family account allows you to monitor what your child is watching, uploading and sharing with other users. It will also display their recently watched videos, searches and recommended videos. In general, a Google Family account gives you an oversight of how your child is using sites like YouTube and helps you ensure they are only accessing appropriate content.

CHECK PRIVACY SETTINGS

YouTube gives users the option of uploading videos as 'private' or 'unlisted' – so they could be shared exclusively with family and friends, for example. Comments on videos can also be disabled and channels that your child is subscribed to can be hidden. If your child is only uploading videos that are protected as 'private', they are far less likely to receive direct messages from strangers.

CHECK OTHER PLATFORMS

Influential content creators usually have other social media accounts which they encourage their fans to follow. Having an open discussion about this with your child makes it easier to find out how else they might be following a particular creator online. It also opens up avenues for you to check out that creator's other channels to see what type of content your child is being exposed to.

MONITOR ENGAGEMENT

YouTube is the online viewing platform of choice for billions of people, many of them children. Younger children will watch different content to older ones, of course, and react to content differently. You may want to keep an eye on how your child interacts with content on YouTube – and, if applicable, with content creators – to understand the types of videos they are interested in.

LIMIT SPENDING

Although YouTube is free, it does offer some in-app purchases: users can rent and buy TV shows and movies to watch, for example. If you're not comfortable with your child purchasing content online, limit their access to your bank cards and online payment methods. Many parents have discovered to their cost that a child happily devouring a paid-for series quickly leads to an unexpected bill!

Meet Our Expert

Clare Godwin (a.k.a. Lunawolf) has worked as an editor and journalist in the gaming industry since 2015, providing websites with event coverage, reviews and gaming guides. She is the owner of Lunawolf Gaming and is currently working on various gaming-related projects including game development and writing non-fiction books.



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