

A message from the Senior Leadership Team

Another busy week at Castlechurch! We have had really successful bikeability sessions this week, with lots of non riders becoming gliders and all children involved gaining real confidence. Thank you to all the staff for organising the sessions, see page 5 for the photographs! We have had a few concern with children's use of social media this week and so we have added two posters from our National Online Safety Site into the newsletter. (Page 3 and 4) This may support any concerns or conversations you may have at home. We will also increase our ESafety lessons in school. We have exciting assemblies planned for next week with the Dogs Trust, (page 5) , and Danny Butler, the GB Mountain Biker, coming in to see us, see page 6. We have received many complaints this week regarding dog poo outside our school, and we would like to urge all dog owners to ensure they pick up their dog mess from outside our grounds. Thank you for your support! Have a great weekend. Take care from Team Castlechurch :)

Next Week...

Monday	Willow PE Kit Oak PE Kit KS1 Drop in
Tuesday	LKS2 Forest School Cedar/Elm PE kits
Wednesday	KS2 Drop in
Thursday	Swimming kits LKS2 PE kit Maple/Hazel PE Kit
Friday	EYFS PE Kit

LKS2 Forest School Parent engagement session 4th February 25
Break for Half term—14th February 25
School opens—24th February 25

The website is working again and has been updated—please visit [Calendar - Castlechurch Primary School | Stafford](#)

This Week's winner

is:

Elm



Class Attendance

Hazel	93.73%
Maple	94.94%
Willow	95.34%
Beech	95.94%
Pine	95.33%
Rowan	94.58%
Cedar	95.38%
Elm	96.47%
Oak	94.69%



Our whole school attendance
This week, our school attendance was:

95.05 %

Let's look at this week's story!

The UK government's culture secretary, Lisa Nandy, has written to video-sharing platforms, such as YouTube and TikTok, asking them to actively share more educational content for children. Nandy stated that while YouTube has improved children's content on its platform, it is not doing enough to make sure the content is easily seen by children. Do you think there should be more rules to prevent them seeing some content?



Celebrations

CONGRATULATIONS
The Amazing Author Award is presented to

for _____
Date: _____
From: _____ Be Safe Be Respectful Be Ready

CONGRATULATIONS
Our Maths Magician Award is presented to

for _____
Date: _____
From: _____ Be Safe Be Respectful Be Ready

Maple-Victoria

Hazel –Emma

Willow– Minnie-May

Pine - Luka

Rowan – Yoanna

Beech – Maisie-Lea

Elm-Amelia

Oak-Siya

Cedar – Ruby

Maple – Alfie B

Hazel - Kaiser

Willow-Amelia

Pine - Rebecca

Rowan-Freddie

Beech – Zion

Elm – Jasper

Oak-Ash

Cedar– Junior

Maple-Hattie

Hazel – Lucas

Willow-Boris

Pine-Porscher

Rowan –Sidney

Beech – Ola

Elm-Maci

Oak-Alfie

Cedar-Ozzy

CONGRATULATIONS
Our Castlechurch Champion Award is presented to

for _____
Date: _____
From: _____ Be Safe Be Respectful Be Ready

CONGRATULATIONS
The Remarkable Reader Award is presented to

for _____
Date: _____
From: _____ Be Safe Be Respectful Be Ready

House Points

	Week	Total
Fox	255	2859
Squirrel	206	3503
Hedge-hog	340	2732
Badger	253	2914

Lunchtime stars

KS1 – Neli

LKS2– Tyrell

UKS2— Ava C

Maple –Kiyiya

Hazel –Ava

Willow-Noah

Pine –Isaac

Rowan- Phoebe

Beech – Leela

Elm-Erikas

Oak-Harley

Cedar – Scarlet

School & Community Information

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators

SAFETY ON SOCIAL MEDIA

Currently, children are growing up in an immediate and throwaway culture when it comes to content that's consumed online. So much material is now deliberately created to be shorter in nature – and may often contain hidden elements such as advertising, or extreme political and cultural views. With complex algorithms built to keep people on their phones and engaging with social media content, it's becoming increasingly difficult to reduce time spent on these platforms.

1 REDUCE DOOMSCROLLING

It's concerning how common for young people to spend hours 'doomscrolling': trawling through social media and aimlessly viewing every post they see, many of which might make them feel sad or anxious. Social media can be useful for keeping in touch with friends and family, as well as staying up to date on current events. However, it's important to use it with a clear purpose, instead of endlessly scrolling through content, which could lead to young people accidentally discovering harmful material.

2 TALK ABOUT THE CONTENT

It's important to keep apprised of the kind of content that a young person is being exposed to. Discussing what they're watching online can help you understand why they're using social media in the first place. Furthermore, ensure that children are aware of hidden content, such as advertising of a product – and that they know how to spot that the creator is being paid to talk about it.

3 FIND POSITIVE ASPECTS

Despite all the concerns, there's plenty of wholesome content on social media. It's worth spending time with children to help them find something suitable and enjoyable. Perhaps you'll even discover a joint interest, and you can enjoy the content alongside the child. As part of this, you should also point out why certain things shouldn't be given attention, explaining why it isn't suitable and why it's been created in the first place.

4 REDUCE SCREENTIME

Young people can sometimes be unaware of the exact amount of time they spend looking at social media. Smart phones don't just have the capacity to monitor screentime, they also record how much time is spent on each app. Consider setting targets to reduce this and support children to meet these goals, gradually reducing the amount of time spent on different apps.

5 FILL THE VOID

Monitoring and reducing screentime can create a lot of free time to fill, and young people can even face withdrawal symptoms when made to step away from their phones. To mitigate this, consider what offline activities you could introduce the child to, and what they would enjoy. This can ensure that young users will permanently cut down on their screentime, rather than temporarily doing so while they know it's being monitored.

6 REDUCE NOTIFICATIONS

One way in which social media platforms keep people coming back is through notifications. The algorithms behind these apps track people's daily habits, including the times of the day where they're most likely to engage with the platform. This data is then used to deliver specifically timed notifications to draw them back in. To avoid young users being exposed to this tactic, simply turn off notifications for the app in their phone's settings.

7 LIVE IN THE REAL WORLD

Overexposure to social media can distort someone's perception of the real world – from body norms to social conventions. This filtered environment can make it hard for young people to distinguish reality from online content, which is now becoming even more difficult with the rise of AI. To mitigate this concern, take time to teach young people how to discern truth from fiction, both on and off social media.

8 DIGITAL DETOX

Encouraging young people to take a 'digital detox', from even just a couple of the apps that they use, can result in an overall reduction of screentime and less exposure to potentially harmful content. Alternatively, rather than avoiding the app entirely, encourage children to take a 'digital detox' from content creators and influencers, and instead, keep in touch with friends and family – which is generally a far healthier use of these platforms.

9 MODEL GOOD BEHAVIOUR

Consider the habits that you're demonstrating to your children. How much time do you spend on your phone? How much do you 'doomscroll'? Comparing your own usage with the child's could put things into perspective for them – or if it turns out that you're also overusing social media, it can turn screentime reduction into a joint mission, which you and the child can work on together.

10 BE CLEAR ON THE "WHY"

Research shows that young people can become addicted to social media. There are many schools that are moving towards being 'phone free' due to the negative impacts of using social media and phones continuously. It's important to explain to young people why managing screentime is important. Set out the benefits and ensure they have all the relevant information, so it's not just seen as a punishment.

Meet Our Expert

John Inasley is a senior leader in a Birmingham secondary school and has vast experience in leading schools over the past 15 years – including the development of computing curriculums across primary and secondary schools, writing e-safety policies and supporting schools with computing and e-safety advice.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at <https://nationalcollege.com/guides/top-tips-for-safety-on-social-media>

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School & Community Information

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. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about SHARING PHOTOS ONLINE

School is often a time chock-full of milestones for your child, and you may well be eager to share their accomplishments with the world. In today's digital age, sharing images of such precious moments on social media is commonplace, and – while that's a lovely thing to do – it does come with some risks attached. Our guide can help parents and carers to consider the potential dangers and make informed choices about safely sharing photos of their children online.

WHAT ARE THE RISKS?

INVASIONS OF PRIVACY

Even with the right settings in place, absolutely nothing online is 100% private. Anyone who can view your photos could take screenshots and potentially share them elsewhere. Privacy settings are still important, though, so it's always wise to ensure your social media accounts have them set up; just bear in mind that you can't completely control what happens to anything once it's gone online.

REVEALING PERSONAL DETAILS

Small details in photos can often reveal personal information. Backgrounds can give clues to where you live, for example, while school logos on uniforms, sports kits, or bags could help someone identify which school your child attends. With interactive maps and reverse image searches commonplace online, information like this could easily be misused by an individual with malicious intentions.

MISUSE OF IMAGES

Once something's been shared online, it's almost impossible to get it deleted. Photos can show up in search engine results and be downloaded, manipulated, and shared without consent. There's the potential for someone's images to be used for advertising purposes (which in many cases, isn't illegal) or even more inappropriate reasons, such as cyber-bullying or serious forms of exploitation.

ONLINE GROOMING

Pictures that convey details about your child's interests, activities, or daily routines could arm an online predator with the kind of information they can deploy to gain a child's trust. They might use this knowledge to pretend to be the same age as the child or to have a shared hobby. Essentially, the more a predator knows about a young person, the easier it is for them to invent some 'common ground'.

PRESSURE TO PLEASE

When their parents or carers share notable moments and accomplishments in a child's life on social media, some children may begin to feel an expectation to always meet certain standards, to achieve things, or to behave in ways that are "worth sharing". Knowing that other people (even friends and family) can see these posts on social media might also add to the pressure they're feeling internally.

IMPACT ON DIGITAL FOOTPRINT

Every photo of a child posted online contributes to their digital footprint. Young people's lives have never been so closely and publicly documented as they are now, and this permanent online presence could affect a child's future opportunities or the choices they make as they grow up – in addition to influencing how they see themselves and, consequently, their emotional wellbeing.

Advice for Parents & Carers

REVIEW SETTINGS REGULARLY

Make sure your social media's secure in terms of who can view your content or see your location (only family and trusted friends, for example). Privacy settings aren't totally foolproof, but they do make it tougher for strangers to access your pics. Reviewing your settings regularly is also a good starting point for conversations with your child about managing their own social accounts when they're older.

CONSIDER OTHER CHILDREN

When taking a group photo, make sure you get parents' or carers' permission to share it on social media. There may be an important safeguarding reason for them not wanting their child's photo posted publicly online, or it might simply not tally with their personal beliefs or cultural background. A quick conversation in advance, just to make sure, is usually hugely appreciated.

CHECK YOUR PHOTOS

Photos of your child shouldn't provide any clues to where they live or go to school: even a house number, street name, or car number plate could be a giveaway. Cover up or blur out school logos, too. If you really want to share a particular pic, you could post a watermarked or low-res version, which can help to discourage misuse as those images are less appealing to download or reproduce.

THINK AHEAD

Try to consider the longer-term implications of what you post. Would you be happy with that photo being online in 10 years' time? Would your child still be OK with the image when they're older? Once your child is mature enough, you could ask for their consent before posting; it respects their privacy, fosters trust and understanding, and helps them to start thinking about their own online life.

Meet Our Expert

Gabriella Russo is a safeguarding consultant with more than 30 years' experience working with children, families, and adults in education, local authority, and mental health settings, both in the UK and internationally. She has developed online safety training for local authorities and foster care agencies across Britain and is the online safety expert for FosterWiki.



School & Community Information

Next Tuesday (28th January) and Wednesday (29th) we have the Dogs Trust Charity in school talking to the children about dog safety and the work they do to safeguard dogs that are vulnerable. This visit enrichment is free and so as a thank you we would like to have a collection of dog based treats for them to take back to the kennels. If you would like to donate any dog treats please send them in so school can send them away with a hamper of goodies. Thank you Miss Owens and Mrs Cranwell



School & Community Information

This week Mrs Roberts has revealed some very exciting news to the children.

Danny Butler - a team GB Mountain Biker - will be visiting Castlechurch! He will be completing a fitness session with all of the children before doing a Q&A session, answering all of our fantastic questions that we will have prepared. Your child will have come home with a sponsorship form for the event. The money raised will go towards new PE equipment to be used by the children and they will also be given prizes based on the sponsorship they manage to raise from the Great Athlete company. You can sponsor your child by completing the form and collecting the money or online by scanning the QR code and searching for our school name. Thank you in advance.



GreatAthletes™
Inspiring every child

**JOIN US IN WELCOMING
GB MOUNTAIN
BIKER
DANNY BUTLER**

TO OUR SCHOOL THIS TERM!



**JUST SCAN THIS QR CODE AND SEARCH
FOR OUR SCHOOL TO GET STARTED**

- 🏃 GET THE CHILDREN MOVING IN A FUN FITNESS CIRCUIT
- 🏆 WITNESS THE STRENGTH, TALENT & RESILIENCE OF A TOP ATHLETE
- 🎁 RAISE MONEY FOR NEW SPORTS EQUIPMENT

School & Community Information

DROP IN



Staffordshire Women's Aid

FOR WOMEN WHO ARE EXPERIENCING ANY FORM OF VIOLENCE AGAINST WOMEN AND GIRLS, INCLUDING DOMESTIC VIOLENCE, SEXUAL VIOLENCE, FORCED MARRIAGE OR SO CALLED HONOUR BASED VIOLENCE.

Thursdays from 09.30 until 12.30

23rd January
6th February
20th February
6th March
20th March
3rd April

SWA Women's
Centre
2nd Floor, Civic
Centre
Riverside
ST16 3AQ

Providing confidential, non-judgemental emotional support and specialist information, advice and guidance in a safe environment.

No appointment necessary.



Women's
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Services

STRONGER TOGETHER

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FOR MORE INFORMATION, CONTACT OUR HELPLINE
CALL 24/7 0300 330 5959

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