

ST MARY'S CATHOLIC PRIMARY SCHOOL



NEWSLETTER

September 2022

"Everyone directly involved in the school is a part of the school community: teachers, directors, administrative and auxiliary staff. Parents are central figures, since they are the natural and irreplaceable agents in the education of their children. And the community also includes the students, since they must be active agents in their own education." (From 'The Religious Dimension of Education in a Catholic School', 1998, n32)



Our school received an overall effectiveness of outstanding for Religious Education and outstanding for the Catholic Life of the school (OFSTED Section 48) in September 2019. As you know our school's standards over time were also assessed by Ofsted in June 2018 and found to be good.

Thank you parents for your valuable support for the school always which definitely assisted us in receiving these very pleasing judgements.



Welcome to a new term and year at St. Mary's. It was so lovely to see the children come back safe, refreshed and happy this week. I hope that everyone had an enjoyable summer break. A very special welcome to all new families who are starting with us this term.

Where can I find out more about St. Mary's School?

If you visit www.ofsted.gov.uk and click on 'Inspection Reports' you can access the full inspection report for our school. Also if you visit the website for the Diocese of Westminster at www.rcdow.org.uk and click on 'Find a School' you can read the full Section 48 inspection report for our school (I know many of you are aware that our school is also inspected by inspectors from the Diocese of Westminster).

Classes for this new school year

Nursery: Mrs Whytock

Reception (Hope): Mrs Rowley

Reception (Grace): Mrs Linnane

Year 1 (Wisdom): Mrs Keevil
(Reception Hope 2021/22 children)

Year 1 (Rosary): Miss Beckles
(Reception Grace 2021/22 children)

Year 2 (Fatima): Miss O'Reilly
(Year 1 Wisdom 2021/22 children)

Year 2 (Faith): Miss Sheehan
(Year 1, Rosary 2021/22 children)

Year 3 (St. Cecilia): Miss Tanak
(Year 2, Fatima 2021/22 children)

Year 3 (St. Bernadette): Mrs Falzone
(Year 2, Faith 2021/22 children)

Year 4 (St. Paul): Ms Joseph
(Year 3, St. Cecilia 2021/22 children)

Year 4 (St. Peter): Miss Soto
(Year 3, St. Bernadette 2021/22 children)

Year 5 (St. Anthony): Mr Dixon
(Year 4, St. Paul 2021/22 children)

Year 5 (St. Joseph): Miss Mullahy
(Year 4, St. Peter 2021/22 children)

Year 6 (St. Catherine): Mrs Martin
(Year 5, St. Joseph 2021/22 children)

Year 6 (St. Christopher): Mrs Brennan
(Year 5, St. Anthony 2021/22 children)



If you have any questions about the work, the organisation of the classroom, need any support or just want to say hello please contact the

teacher via the year group e-mail address or via the school address or call us at school. I know the teachers would love to hear from you.

Staff will also be in the playground at the end of the school day if you need to check anything.

Year Group Addresses:

nursery@stmarys.enfield.sch.uk

reception@stmarys.enfield.sch.uk

year1@stmarys.enfield.sch.uk

year2@stmarys.enfield.sch.uk

year3@stmarys.enfield.sch.uk

year4@stmarys.enfield.sch.uk

year5@stmarys.enfield.sch.uk

year6@stmarys.enfield.sch.uk

New Staff

A warm welcome to the new staff who have joined us (a few this year).

We hope they will enjoy their time with us. I know the children have already made them feel very welcome.



School Organisation

It is wonderful to have all of our children back in school. We pray that there will not be a need for any further lockdowns and we can enjoy another full year in school.

Reception (once their induction is completed), Years 1 and 2: 8.45am-3pm (lessons begin at 9am)

Years 3-6: 8.45am-3.15pm (lessons begin at 9am).

It is really helpful to your child to be in the classroom before 9am so they are settled and ready to begin their day. Teachers use the time to read with children, follow up on work from previous lessons etc.

Children enter the school site via the gate next to the bicycle shed.

For safety reasons children are asked to walk, rather than to cycle or scoot, once they are inside the school gates.

Parents will collect from the playground at the end of the school day. Please do your best to move right into the playground as once you turn the corner at the end of the building the area is narrow and if you stand or sit there you will block the way for others.

Space is limited in our playground as you know so try your best to continue to be patient with one another and with the school staff.

We are continuing many of the practices which were in place last school year for the health and safety of our school community:

Children are encouraged to wash their hands at the beginning of the day before they start school and then regularly during the day. Sanitising liquid continues to be available in rooms and corridors as it was last school year.

Children are encouraged as before to bring a bottle of water to school and will be encouraged to drink from it rather than from the drinking fountain. The children are allowed to fill up their water bottles during the day.

All touch points, surfaces etc are wiped down regularly during the day to minimise the spread of germs.

Your child will not be in a year group bubble but will continue to be encouraged to make use of the new covered canopy along the outside of the school when moving around to reduce the time spent in crowded corridor spaces. This worked really well for us last school year.

Parents, although we continue to be extremely careful in school, washing our hands before and after we touch any letters, packs etc. which go home and keeping handling to an absolute minimum please ensure that you / your child washes your/their hands after touching anything which you receive from school as you would do with any post or delivery to your home. We will try to scan and email as much as possible too to avoid too many bits going home.

If you are visiting the school office at the end of the day please access the office from the front of the building via the main entrance.

Wednesday Word

Have you started to read 'The Wednesday Word' yet?

The Wednesday Word is a gift to you and your family because of your connection with our Catholic school.

Every Wednesday, a 'word' (inspired by the Sunday Gospel) will be suggested for you and your family to talk about in your home.

This weekly Family Time is structured around the Sunday Gospel because evidence shows that Gospel values really do help family relationships to thrive.

Regularly spending quality time

with children is without doubt one of the most important aspects of parenting. *The Wednesday Word* seeks to support you in this important task: to help you and your children maintain a special closeness throughout the school years.

The Wednesday Word 'Family Time' leaflet is designed to ensure that all family members feel included. It presents an effective way for even the busiest of parents to enrich relationships with their children through spending a very special 5 or 10 minutes together each week.

We suggest Wednesdays for *Family Time* because it is the day that the Catholic Church dedicates to St Joseph - the Patron Saint of Families. But rather than miss out, any other night would do just as well.

The Wednesday Word is currently available online:

<http://www.wednesdayword.org/index.html>



Re-establishing the Friday Penance

As you are aware a key resolution of the Catholic Bishops of England and Wales, released after their May 2011 plenary meeting, was "to re-establish the practice of Friday penance in the lives of the faithful as a clear and distinctive mark of their own Catholic identity".

This act of common witness formally came into effect on Friday 16th September 2011 (the anniversary of the visit of Pope Benedict XVI to the UK).

As you know we formally began our practice of not serving meat to the children / staff on a Friday right from the start of September in 2011.

Thank you parents for not including meat as part of your child's packed lunch on a Friday.

Although our children are young we know that you agree that it is good to establish the practices of our faith right from the start. This good habit formed when young will hopefully be part of your child's way of life as he / she grows up. He / she will see abstaining from meat on a Friday as a distinctive mark of his / her Catholic identity.

Parents thank you for your wonderful support with the re-

establishment of the Friday penance.

100% Attendance for 2021-2022 School Year

47 (90 in 2020-2021 so 47 is a sign of the times we lived in last school year) pupils had 100% attendance! Well done to those children and their parents! This is an excellent achievement!



103 children had 100% attendance in the summer term! Well done!

The Angelus

In the autumn term we try to learn / say The Angelus each day at 12 noon in all of our junior classes from Year 3 - Year 6. This is a wonderful prayer which reminds us that God the Son became man in order to save us.

You might like to say this prayer with your child at home. It can be said in the morning, at noon or in the evening.

The Angelus

The Angel of the Lord declared to Mary: And she conceived of the Holy Spirit.

Hail Mary...

Behold the handmaid of the Lord:

Be it done to me according to your word.

Hail Mary...

And the Word was made Flesh: And dwelt among us.

Hail Mary...

Pray for us, O Holy Mother of God.

That we may be made worthy of the promises of Christ.

Let us Pray.

Pour forth, we beseech you, O Lord, your grace into our hearts, that we, to whom the Incarnation of Christ, your Son, was made known by the message of an angel, may be brought by his passion and cross to the glory of his resurrection, through the same Christ our Lord. Amen.

May the divine assistance remain always with us and may the souls of the faithful departed, through the mercy of God, rest in peace. Amen.



Online Safety

You might find the following link helpful:

<https://www.kidsonlineworld.com>

This site has been created by ECP, the company which has provided our staff safeguarding training for many years and has provided numerous sessions of online safety for our children and parents. This company also provides training on behalf of the local authority and to many different business and community groups.

There is some really useful help to understand apps, games and parental controls on this site.

Handwashing Advice



We know that it is essential that everyone continues to wash their hands more often, using soap and water for at least 20 seconds. Hand washing with soap employs mechanical action that loosens bacteria and viruses from the skin, rinsing them into the drain. Drying hands afterwards makes the skin less hospitable to the virus. Hand sanitiser can be effective if soap is not

available or the situation makes using soap less feasible (i.e. when outside) but using hand sanitiser provides none of the virus-destroying friction that rubbing your hands together and rinsing with water provides.

The latest guidance and video on hand washing can be found at: <https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/>

What is mental health?

We all have mental health. Mental health is about our feelings, our thinking, our emotions and our moods.

Looking after our mental health is important. We all have small feelings every day: These sometimes feel strong and overwhelming, whether happy or sad, but they go away before too long.

Sometimes we experience big feelings: These feel strong and overwhelming for a long time. They stop us doing what we want to in our lives.

<https://www.annafreud.org/schools-and-colleges/resources/advice-for-parents-and-carers-talking-mental-health-with-young-people-at-primary-school/>

Christian Meditation

We appreciate what a challenging time this continues to be for many children and their families.

As you know the World Community for Christian Meditation (WCCM) has worked to develop videos which provide short meditation sessions which children and young people can participate in, whether in school or at home. These sessions are inspired by meditation in the tradition of John Main OSB.

Full details are available here: <https://www.cathchild.org.uk/meditation-with-children-young-people/>

Or

https://www.youtube.com/channel/UC6Cb5LrAIU7_MPTRDMUBcvQ?view_as=subscriber

Since Saturday 4th July 2020 there has been live streaming of our parish services, The link is:

<https://www.churchservices.tv/enfield>

Support for Prayer

- Sunday Liturgy for Families -

<https://www.tentenresources.co.uk/sunday-liturgy-for-families>

Father John has asked me to remind you that the church is now open each morning from 8.15am to enable families / parents to call in to pray.

Uniform

Please read the attached list. Uniform can be purchased online by logging onto ParentPay and clicking on the school shop link. Items purchased will be available for collection from the school office.

Please ensure that your child's clothing is labelled. Labelled clothing when found can be returned to its owner while unlabelled items generally remain in lost property.

Please encourage your child to wear the correct uniform including the PE uniform, socks and hair colours **and to leave jewellery at home.**

If it is very warm your child is more than welcome to wear their summer dress if they prefer to do so.

If you do decide to let your daughter wear trousers please buy tailored trousers. Your daughter will not be allowed to wear any other kind in school.

Uniform is part of our identity at St. Mary's. Thank you to all of the children (and their parents) who have come back

to school wearing neat correct uniform.

Hair

Please ensure long hair is tied back in school colours only (blue / black / white). **No highlights, designs, lines or dyes** to be put in hair please. Mohican hairstyles are **not** permitted.

Nails

False nails or nail polish are **not** permitted in school.

Own Clothes' Day - July 2022

£208.81 was donated. Thank you children and parents.



Development of School Building and Site - School Fund



We have had a continuous programme of updating and improving our school site over the last 20 years.

Five years ago during the summer break we had new lighting fitted in the Reception and Year 1 classes as well as in the main corridor and offices. We also replaced a number of older ceilings.

Four years ago we replaced the roof covering to the school kitchen.

During the summer holidays three years ago we renewed the toilets for the Reception children.

Two years ago during the summer half-term we had the ground floor carpet replaced and renewed some of the older interactive boards.

Last year we had our new canopy installed during the summer break and prior to that had the new climbing frame installed in the playground.

Remember your donations to the School Fund assist the school in improving the facilities provided for all of the children. This is part of your commitment to the wider community and Catholic Education.

Thank you to all who made contributions last school year.

Your support for the School Fund will make a real difference to what we are able to do for the children.

School Fund costs £2.00 per week / £25.00 per term / £76.00 per year for one child. For two children School Fund costs £2.50 per week / £32.00 per term / £95.00 per year.

If you have three children in the school School Fund costs £3.00 per week / £38.00 per term / £114.00 per year.

If each family in our school paid its School Fund for one year we would have at least £20,000 in donations! This money would make a real difference to our school and to our provision for the children.



Play Equipment

Parents please support the school by **not** allowing your children (including toddlers) to play on the playground equipment at the end of the school day. This request is made purely for health and safety reasons.

Children are also asked not to cycle or use their scooters / bicycles / tricycles while on the playground after school. As the area is very crowded it is easier and safer for all if children walk with their bikes

or scooters until they leave the school premises.

Parents / childminders please keep your children with you once you have collected them from the classroom / teacher. Thank you as always to the great number of parents who are very supportive of all school requests. We have only noticed a minority of pupils doing the wrong thing. With the support of their parents or child minders this will easily be sorted out.

Open Afternoon (Years 1-6)

There will be an opportunity to meet your child's class teacher during the week beginning on Monday 12th September. Each teacher will give a talk on the routines and practices in the classroom, arrangements for homework etc. You are very welcome to attend.

Wednesday 14th September,
3.30pm: Year 3 and Year 1

Thursday 15th September,
3.30pm: Year 5 and Year 2,
3.30pm

Friday 16th September,
3.30pm: Year 4 and Year 6,
3.30pm

School Dinners

School meals cost £2.50 per day / £12.50 per week (from September 2016).



Please pay in advance (at least a week in advance) online using the Parent Pay system or ask the Office staff for a Pay Point card.

Remember that if your child has school meals (and is not entitled to free meals) and you don't pay for them the school has to find the money to pay your debt. Always pay for your child's meals.

Your child may be entitled to free meals. To qualify for free school meals parents or guardians must be in receipt of:

- Income support
- Income based job seekers allowance
- Asylum seekers subsistence payment (support under part VI of the Immigration and Asylum Act 1999)
- Child tax credit (but not working tax credit) only and have an annual income of less than £16,190

Please contact the school office if you feel your child qualifies for free meals.

Secondary Transfer

Secondary Transfer Meeting for Parents of Year 6 (Year 5 parents also are very welcome too) will be held in the School Hall on Wednesday 14th September at 6pm. Headteachers from St. Ignatius College and St. Anne's High School will attend.

Holidays and Absences

I would urge you to try not to book holidays during term time as time away from school can unsettle children and affect their progress. I regret that we are unable to authorise time off during the term which is requested for holidays.

Any requests for time off (special circumstances will only be considered) must be put in writing in advance to the Headteacher.

It is not school policy to provide homework for absence during term time.

We are required to ask for a written note to explain any absence from school.

Some Dates for this term

Thursday 1st September: Staff Training and Staff Mass (No school).

Friday 2nd September: Staff Training (No school).

Wednesday 7th September: PGL Meeting for Year 6 parents (via Teams) at 5pm

Thursday 8th September: The Nativity of the Blessed Virgin Mary - School Mass (Years 2-6).

Tuesday 13th September: Year 6 to parish Mass at 9.30am.

Wednesday 14th September: Open Afternoon - Years 1 and 3, 3.30pm. Secondary Transfer Meeting at 6pm in School Hall.

Thursday 15th September: Open Afternoon - Years 2 and 5, 3.30pm.

Friday 16th September: Open Afternoon - Years 4 and 6, 3.30pm

Tuesday 27th September: Year 3 to parish Mass at 9.30am.

Monday 3rd October: Month of the Rosary begins - children are encouraged to bring their rosary beads to school for prayer.

Tuesday 4th October: Year 4 to parish Mass at 9.30am

Friday 7th October: Our Lady of the Rosary and Harvest Fast Day - School Mass in church for Years 2-6. Rosary beads are blessed.

Monday 17th October: Year 6 trip to PGL (return on Friday 21st October).

Wednesday 19th October: Year 2 to parish Mass at 9.30am.

Thursday 20th October: Year 5 to parish Mass at 9.30am.

Friday 21st October: Own Clothes' Day.

Monday 24th October - Friday 28th October: HALF-TERM (No School)

Tuesday 1st November: Feast of All Saints - School Mass in church for Years 2-6 at 9.30am.

Wednesday 2nd November: Feast of All Souls - Years 5 and 6 to Mass at 9.30am.

Monday 7th November and

Tuesday 8th November: Judaism workshops.

Thursday 10th November: Year 3 to parish Mass at 9.30am.

Tuesday 15th November: Bring your Mum to School AM.

Wednesday 16th November: Photographer in school - individual photographs.

Monday 21st November: Year 1 Christmas Performance AM (parents with babies and toddlers).

Tuesday 22nd November: Year 4 to parish Mass at 9.30am.

Reception Christmas Performance AM (parents with babies and toddlers).

Thursday 24th November: Reception Christmas Performance AM (adults).

Friday 25th November: Own Clothes' Day - items for Christmas Bazaar.

Year 1 Christmas Performance AM (adults).

Monday 28th November: School Mass in church for Years 2-6 at 9.30am for Blessing of Advent Wreath.

Thursday 1st December: Years 5 and 6 to Mass at 9.30am.

Year 2 Carol Service for parents / relatives, 9.30am (for Nightingale Hospice).

Friday 2nd December: Nursery Christmas Performance.

Thursday 8th December: The Immaculate Conception of the Blessed Virgin Mary - School Mass in church for Years 2-6.

Monday 12th December: Christmas Lunch.

Tuesday 13th December: Christmas Class Parties PM.

Junior Carol Service in church, 5pm (for the Nightingale Hospice)

Friday 16th December: Last day of autumn term - School Mass (Mrs. Derwin's 18th anniversary Mass) in church for Years 2-6.

Early Closing (12.45 Infants and 1pm Juniors). Own Clothes' Day.

Tuesday 3rd January 2023: Return to school for Spring Term.

On occasions it is necessary to change dates. I apologise in advance for any inconvenience this may cause.

These are some of the prayers we say with the children each day in school. You might like to say these in the morning with your child, at meal times or before he / she goes to bed.

Morning Offering

O My God, you love me,
You are with me night and day.
I want to love you always in all I do and say.
I'll try to please you Father.
Bless me through the day.
Amen



Night Prayer

God our Father, I come to say,
Thank you for your love today.
Thank you for my family,
And all the things you give to me.
Guard me in the dark of night.
And in the morning send your light. Amen.



Grace Before Meals

Bless us O Lord

As we sit together.
Bless the food we eat today.
Bless the hands that made the food.
Bless us O Lord. Amen.

Grace After Meals

Thank you God
For the food we have eaten.
Thank you God
For all our friends.
Thank you God
For everything.



Thank you and Best Wishes!

I would like to thank you for your tremendous support to date (we are truly blessed with the support we receive from our families) and wish you well for the term ahead and this new year in school. I look forward to seeing you as the term progresses.

Stay safe and well please.

Miss M. Creed
Headteacher.



Dates for 2022-2023 School Year

Academic Year 2022 - 2023
Autumn Term

Thursday 1st September - Friday 16th December 2022
Half - Term Monday 24th October - Friday 28th October 2022

Spring Term

Tuesday 3rd January - Friday 31st March 2023
Half - Term Monday 13th - Friday 17th February 2023

Summer Term

Monday 17th April - Friday 21st July 2023
Half - Term Monday 29th May - Friday 2nd June 2023

May Bank Holiday: Monday 1st May 2023

INSET Days

Thursday 1st September 2022
Friday 2nd September 2022
Monday 20th February 2023
Tuesday 2nd May 2023
Monday 12th June 2023

Dear God,
We thank you for giving us your peace.
Help us to spread peace at home and at school by loving and caring for one another.
Help us to spread peace by listening to one another, even when we don't agree.
Help us to spread peace by sharing our time with those who are lonely and who need a friend.
Help us to spread peace by thinking and praying for children who have no food or who are frightened and live in fear.
Let us pray every day for peace for our families, for our friends and for ourselves. Amen.

Hands For Prayer



SCHOOL UNIFORM

SCHOOL SWEATSHIRTS

SIZE	PRICE EACH
AGE 3-4 (24)	10.50
AGE 5-6 (26)	10.50
AGE 7-8 (28)	10.50
AGE 9-10 (30)	10.50
AGE 11-12 (32)	10.50
AGE 13 (34)	10.50
S (36)	14.00
M (38-40)	14.00
L (42-44)	14.00

SCHOOL JOGGERS

SIZE	PRICE EACH
AGE 3-4 (24)	9.00
AGE 5-6 (26)	9.00
AGE 7-8 (28)	9.00
AGE 9-10 (30)	9.00
AGE 11-12 (32)	9.00
AGE 13 (34)	9.00

REVERSIBLE SCHOOL COAT

SIZE	PRICE EACH
AGE 3-4 (24)	21.00
AGE 5-6 (26)	21.00
AGE 7-8 (28)	21.00
AGE 9-10 (30)	21.00
AGE 11-12 (32)	21.00
AGE 13 (34)	21.00

PE KIT

SIZE	PRICE EACH
AGE 3-4 (24)	9.50
AGE 5-6 (26)	9.50
AGE 7-8 (28)	9.50
AGE 9-10 (30)	9.50
AGE 11-12 (32)	9.50
AGE 13 (34)	9.50

	PRICE EACH
SCHOOL CAP	3.00
WINTER HAT	4.00
BOOK BAG	4.35
BACK PACK	5.00

ALL PAYMENTS MUST BE MADE THROUGH PARENTPAY IN ADVANCE

Uniform received

Child's Name _____

Signature _____

Date _____

School Uniform

All children are expected to wear the school uniform; this encourages a sense of identity and belonging.

Winter	Grey Skirt or Pinafore / Dark grey tailored trousers / shorts
	St Mary's Sweatshirt
	White / Grey socks
	Grey / Navy tights
	White Polo Shirt
	Black Shoes (No Trainers)
Summer	Dark blue and white check dress / Dark grey tailored trousers / shorts
	Royal blue Cardigan / St. Mary's Sweatshirt
	White / Grey socks
	Black/White/Navy sandals or shoes
	No Open toe Sandals
	White Polo shirt
PE Kit	Dark Blue Shorts
	Royal Blue Joggers
	White crew neck T-Shirt
	Black Plimsolls
	White socks

Please make sure your child wears sensible shoes – no fashion shoes please, low heels and NO trainers. In summer time children may wear black, white or navy blue sandals, but 'jellies' or open toes sandals are not part of the school uniform.

Children who wear wellingtons or boots to school should bring a change of footwear.

Jewellery (chains, bracelets, rings) should NOT be worn to school. Children with pierced ears may wear small studs only but not on PE days. Hooped or hanging earrings are not allowed.

Short hair must be in a plain neat style. Lines, logos or designs are not permitted. Hairstyles should be suitable for school i.e. long hair should be tied back, away from the face.

Hair accessories (hair bands and elastic ties) should be in school colours (blue, black and white).

Each child should have their own PE kit and a bag in which to keep it. Children change for PE for reasons of hygiene. It would be helpful if you could equip older children with a change of socks.

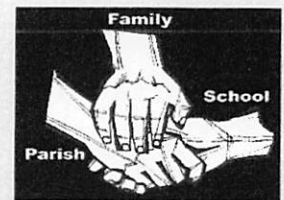
Reversible School Coat, St. Mary's School Cap and Winter Hat are available from the school office – these are optional.

All clothing, bags and personal possessions must be clearly marked with your child's name.

St. Mary's Catholic Primary School

EYFS Topic 1: Beginnings

Autumn First Half-Term 2022



Religious Education

Topic Theme: Beginnings

This unit will explore how we 'begin': in our families, in our Church and at school.

Learning opportunities include:

- Coming to know that God loves each one always and at all times
- Coming to know Jesus is God the Father's Son.
- Experiencing and becoming familiar with the sign of the cross.
- Knowing that they are special within their family and the community.
- Experiencing that a Church is a special place where God's people gather to pray.
- Coming to know that Sunday is a special day for the Church family who come together to celebrate.
- Experiencing and recognising that prayer is talking and listening to God.
- Considering ways in which a Christian family and parish share and celebrate life and show care for one another.

Monitoring opportunities:

Children's development will be monitored through observation and the collection of work samples for their portfolio.

Affective and Spiritual Dispositions

It is hoped that pupils will develop:

- Value being special within their families and communities.
- Appreciate that families come together to celebrate.
- Respect for each other and for adults.
- Good relationships with peers and with adults in the school community.
- Appreciation of their friendship with Jesus brought about through baptism.

Activities to try at home

You are the first educator of your child in faith. Your child's learning in religious education will be much higher if you and the school are engaged in talking about the same ideas and beliefs. Help your child by trying one or more of these activities while this unit is being taught:

- Look over photo albums and recall stories of your family.
- Look at your child's Baptismal Certificate or photos of their Baptism. Explain who their Godparents are.
- Celebrate the friends you have who are from different cultures. Speak positively about difference.

An idea for prayer at home

Pray with your children

Take some time to walk around the Church and to prayerfully look at the religious items it contains. Allow your child to light a candle and together pray for a special intention.



St. Mary's Catholic Primary

Religious Education Newsletter for

Autumn 2022

(first half-term) – Years 1-6



Religious Education

Key Idea: In the Beginning

This framework of learning is intended as the first for the academic year 2022-2023. This resource framework focuses on the stories of creation as recorded in Genesis, and the Psalms as a form of prayer.

Attitudes and Spiritual Dispositions

Spiritual Outcomes: *It is hoped that pupils will develop:*

- A sense of wonder for creation.
- A willingness to learn from Scripture.
- An appreciation of the truths contained in Scripture.
- A sense of the value of prayer.

Activities to try at home

You are the first educator of your child in faith. Your child's learning in religious education will be much greater if you and the school are engaged in talking about the same ideas and beliefs.

- Listen to your children as they talk about their work in school. Talk about places in creation that are important to you. Creation is the first source of revelation – the first way we learn about God. What do your favourite places say about what God is like?

An idea for prayer at home

Prayer Activity

Pray this Psalm:

Make a joyful noise to the Lord, all the earth.

Worship the Lord with gladness; come into his presence with singing.

Know that the Lord is God. It is he that made us and we are his; we are his people and the sheep of his pasture.

Enter his gates with thanksgiving and his courts with praise. Give thanks to him, bless his name.

For the Lord is good; his steadfast love endures forever and his faithfulness to all generations.





Online Safety Newsletter

September 2022

Instagram

Instagram is used to post photos and videos. Users can also DM (direct message), send disappearing messages, add to their stories (these disappear after 24 hours) and broadcast live. **You should be over 13 years of age to set up an account.** To create an account, you must enter a date of birth (but this is not verified).



Account Privacy

When you set up your account, it is automatically **set as public**. This means that anybody can see what you share. We would recommend changing this to private so only those your child approves to follow them can see their content. *To change a profile to private go to profile, tap Settings, tap Privacy, then under Account Privacy, tap to toggle Private Account on.*

IMPORTANT: Even if your child has set their Instagram profile to private, your child's bio (at the top of their profile) can still be seen by **everyone**. Check they have not included any personal information in their photo and bio info (e.g. they should not be wearing their school uniform in their photo).

Other additional privacy settings include:

- Story control – you can choose to allow message replies from 'your followers', 'followers you follow back' or turn off.
- Sharing – you can choose whether followers can share your photos and videos from your story in a message.
- Hidden words – turn this option on to hide comments that may be offensive in a separate section.
- Activity status – if switched on, other accounts you follow and anyone you message can see when you were last active or if you are currently on.

Make sure your child understands that there is a risk that content they upload can never be removed (other users can screenshot it for example) so they must only share content that they are comfortable with others seeing.

New Supervision features

You can now supervise your child's Instagram accounts. This gives you the ability to see who they follow and who follows them, see how much time they are spending on Instagram, set daily time limits and schedule breaks. Your child can also easily share when they have made any reports to Instagram with you. Learn more here: <https://familycenter.instagram.com/our-products/family-center/>

Safety Features

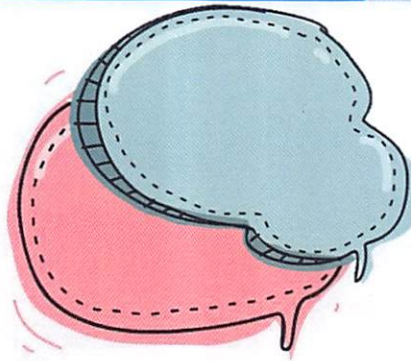
Ensure your child knows how to report posts and people as well as how to unfollow and block people, delete and turn off comments. View here: https://help.instagram.com/269765046710559/?helpref=hc_fnav

More information

Visit the family centre to learn more about the features available: <https://familycenter.instagram.com/>

Talking to younger children

According to the latest research from Ofcom, nearly half of all 3-4 year olds have their own tablet (Children and parents: media use and attitudes report 2022) so it is never too early to start chatting to our children about how to stay safe online. But how can we do this? Here are some of our suggestions:



Use books to spark conversations

Childnet have created a collection of five 'Digiduck' stories to help you educate your child (aimed at aged 3-7) about online safety. The stories are available here: <https://www.childnet.com/resources/digiduck-stories/>. In addition, Childnet have created a learning-to-read book for children aged 4 and above titled 'On the internet.' The book also includes puzzles to encourage conversations. The book can be downloaded here: <https://www.childnet.com/resources/a-learning-to-read-book/>

Watch Jessie & Friends together

ThinkuKnow have created three different animations for three age groups between 4 – 7 years. ThinkuKnow also provide some useful guidance and advice on what else you can do to keep your child safer online, such as setting up appropriate parental controls. You can find out more here: <https://www.thinkuknow.co.uk/parents/jessie-and-friends/>

Is your child under 5?

This article is specifically aimed at those with children under the age of 5 and discusses the benefits of being online as well as how to create a safer online environment. You can read the article here: <https://www.thinkuknow.co.uk/parents/articles/keeping-your-under-five-safe-online/>

Online games

Is your child playing or watching others play games online? Your child could be using Twitch, Steam, Roblox, YouTube etc to access games or watch others play. We need to make sure that what they are viewing is appropriate for them. It is important to talk to your child to see what they are interested in so you can have a look first to see if they are appropriate. For example, there are games that may appear to be appropriate but are actually horror/ survival games and characters can turn more sinister as the game progresses. It is important to remember that children may be playing the game, watching videos of it on sites such as YouTube or playing replicated versions on Roblox for example.

More information

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-games/>

Learning Times Tables?



10 Minutes a Day Times Tables by DK is an Apple app (works best on an iPad) and provides a fun way to learn times tables! Made for ages 6 – 8, your child will practice their times tables whilst racing against another car.

<https://apps.apple.com/gb/app/10-minutes-a-day-times-tables/id775904110>

Omegle

You must be 18+ to use or 13+ with parental permission. Omegle is a social networking/chat website that **connects two strangers** together for either a text or a video chat. Chats are anonymous unless a user provides this information. Omegle states that "Omegle video chat is moderated. However, moderation is not perfect. You may still encounter people who misbehave."

What should I be aware of?

- No registration is required to access Omegle (therefore no age verification) and there are no reporting facilities.
- Users are given an option to save the chat's log and share the link. It is also possible for other users to take screenshots of text and video chats.

We recommend that Omegle is not used by children due to the potential imagery shared and language used which can be explicit.

You can find out more information from Internet Matters, including ways of keeping your child safe:

<https://www.internetmatters.org/hub/news-blogs/what-is-omegle-what-parents-need-to-know/>

LEARN THE UNDERWEAR RULE



AND YOU'VE GOT IT COVERED!



P RIVATES ARE PRIVATE

A LWAYS REMEMBER YOUR BODY BELONGS TO YOU

N O MEANS NO

T ALK ABOUT SECRETS THAT UPSET YOU

S PEAK UP, SOMEONE CAN HELP



LEARN THE UNDERWEAR RULE

TALK PANTS AND YOU'VE GOT IT COVERED!

PRIVATES ARE PRIVATE

Parts of your body covered by underwear are private. No one should ask to see, or touch them. Sometimes doctors, nurses or family members might have to. But they should always explain why, and ask if it's OK first. No one should ask you to touch or look at parts of their body that are covered by underwear.



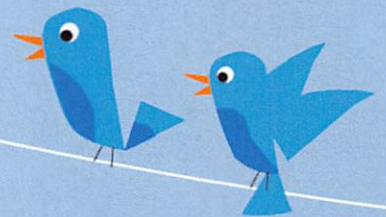
ALWAYS REMEMBER YOUR BODY BELONGS TO YOU

It's your body, no one else's. No one should make you do things that make you feel embarrassed or uncomfortable. If anyone tries, tell an adult you trust.



NO MEANS NO

You have the right to say 'no' – even to a family member or someone you love. Remember, you're in control of your body and your feelings are important.



TALK ABOUT SECRETS THAT UPSET YOU

Secrets shouldn't make you feel upset or worried. If they do, tell an adult you trust. You will never get into trouble for sharing a secret that upsets you.

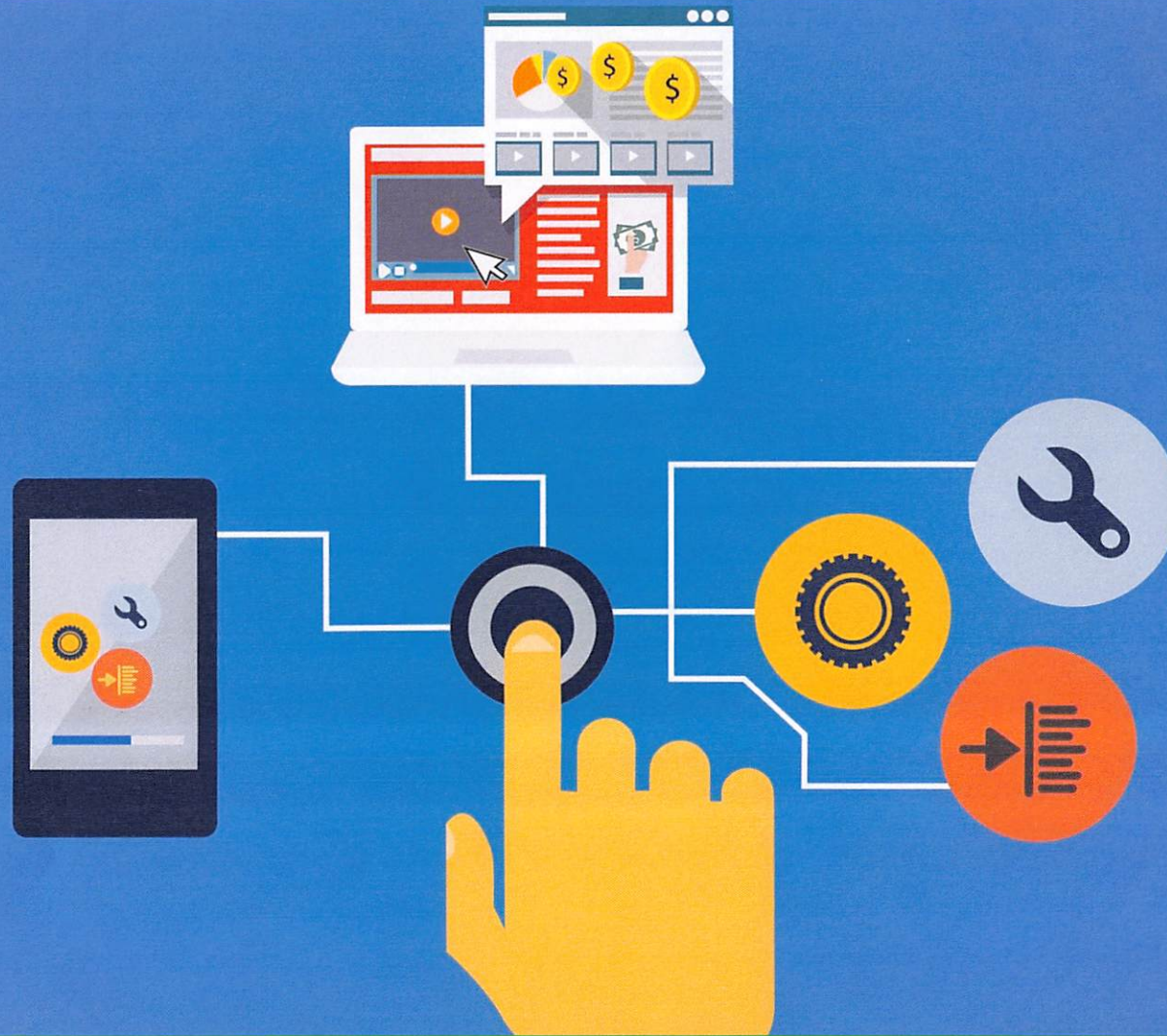


SPEAK UP, SOMEONE CAN HELP

Talk about stuff that makes you worried or upset. An adult you trust will listen, and be able to help. It doesn't have to be a family member. It can be a teacher or a friend's parent – or even ChildLine.



NSPCC 
Cruelty to children must stop. FULL STOP.



A guide to Parental Controls

Produced by Knowsley CLCs

www.knowsleyclcs.org.uk



Knowsley
City Learning Centres

Introduction and contents

Introduction

This guide will help you set up parental controls to provide your child with a safer online environment. Parental controls can help to protect your child from seeing something that they shouldn't - although it is important to emphasise that no system is effective all of the time so it is important to engage with your child and talk to them about their online life regularly.

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Home Internet	Page 4	Mobile Devices	Page 15
Consoles	Page 6	Smart Devices	Page 16
Social Media	Page 8	Further Advice	Page 17
TV/Streaming	Page 11		

Operating systems

The Operating Service that you use on your laptop/computer will include parental controls for free. You will need to create an account to set up the parental controls.



Microsoft

Microsoft

Download the free Microsoft Family Safety app to access features for Windows, Xbox and Android. You'll have the ability to:

- Set screen time limits.
- Set age appropriate content filters and block inappropriate content.
- Set up 'location sharing' so you can see where your family are.
- View activity reports.

Find out more here: <https://www.microsoft.com/en-gb/microsoft-365/family-safety>



Mac OS

To use parental controls, add a user account for your child and then turn on parental controls. Here are just a few of the features available to you :

- Disable the built-in camera.
- Restrict contact with other people through Mail.
- Specify which apps are allowed.
- Ability to limit access to websites.
- Disable or limit access to the iTunes Store.
- Set time limits for weekdays, weekends and bedtime.
- Prevent apps and services from accessing your child's data.

Find out more here: <https://support.apple.com/en-gb/guide/mac-help/mtusr004/10.14/mac/10.14>

Home Internet

Most broadband providers include parental controls for free as part of their broadband package so any device that connects to your WiFi will be protected by any controls you have set up. Remember, children may have devices that use 3G, 4G and 5G so they won't always be connected to your home internet so ensure you set up parental controls on their devices too.

Sky



Sky Broadband Shield is included within your Sky Broadband package and helps to protect against phishing and malware-infected sites. It also includes Safe Search which is designed to block explicit content when you search online. Your Sky Broadband Shield will automatically be set as suitable for teenagers during the day and adults in the evening. You can change this to suit your family:

1. **Choose a rating:** You can choose between PG, 13, 18 or customise your protection.
2. **Time settings:** This feature allows you to set age rating restrictions depending on the time of day. It is set by default to apply the 18 setting from 9pm to 5.30am.
3. **Block content:** You can block specific websites.

Find out more here: <https://www.sky.com/help/articles/sky-broadband-shield-start>

Virgin Media



Web Safe is included within your Virgin Media broadband package to help protect any device that is connected to your WiFi. You are able to customise your settings, for example block access to known fraudulent websites or those that aren't suitable for children.

Web Safe consists of Virus Safe and Child Safe. Virus Safe prevents you from accessing websites that may be fraudulent or contain harmful malware/viruses and Child Safe lets you block inappropriate sites.

Find out more here: <https://www.virginmedia.com/shop/broadband/parental-control.html>

BT



BT include parental controls within their broadband package. Once activated, all devices connected to your BT Home Hub will have content filtered to your set filter level. There are three predefined filter levels (strict, moderate and light) available or you can customise your protection. BT also offer the following functionality:

- Set 'Always allow' specific sites.
- Set 'Always block' sites that you feel are inappropriate such as YouTube.
- Set up homework time.
- Set a time for filters to be on/off.

Find out more here: <https://www.bt.com/help/security/how-to-keep-your-family-safe-online-with-bt-parental-controls-an>

Other providers

TalkTalk: <https://new.talktalk.co.uk/broadband/security>

Plusnet: <https://www.plus.net/help/broadband/how-to-use-plusnet-safeguard/>

Now Broadband: <https://help.nowtv.com/article/set-up-and-manage-broadband-buddy>

Consoles

All consoles offer additional parental controls to limit time spent on the device or limit who your child can communicate with online. Also, be aware of the PEGI ratings on a game which shows you the age suitability of the game e.g. a PEGI rating of 12 shows the game is only suitable for players over the age of 12 due to its content.



Xbox Series X | S and Xbox One

You can download the Xbox Family Settings app to help you manage the following:

- Set screen time.
- Filter content based on your child's age.
- Approve your child's purchases.
- Review requests to add a new friend.

Find out more here: <https://www.xbox.com/en-GB/community/for-everyone/responsible-gaming>

You can also choose who can communicate with your child through the settings on their console.



Nintendo Switch

The Nintendo Switch Parental Controls smart device app is a free app that can be linked with Nintendo Switch to monitor what your child is playing. The app creates a report so you can see which video games your child plays and how long for. It also allows you to set which games your child can play based on the PEGI age rating and restrict your child from sending/receiving messages from other users.

Find out more here: <https://www.nintendo.co.uk/Nintendo-Switch/Nintendo-Switch-Parental-Controls/Nintendo-Switch-Parental-Controls-1183145.html>



PS4 / PS5

You will need your own account for the PlayStation Network and an account for each child. Both PS4 and PS5 offer a variety of Parental Control/ Family Management options such as:

- Set age rating levels for games and apps.
- Restrict Blu-ray discs and DVD movies.
- Restrict use of PlayStation VR (PlayStation® VR is not for use by children under 12 years).
- Restrict web browsing.
- Restrict communication.
- Set the monthly maximum amount of money a child can spend in the store.

PS4 - Find out more here: <https://www.playstation.com/en-gb/support/account/ps4-parental-controls-and-spending-limits/>

PS5 - Find out more here: <https://www.playstation.com/en-gb/support/account/ps5-parental-controls-spending-limits/>

Meta Quest

Oculus / Meta Quest VR

Meta Quest state that "Oculus content is rated by the International Age Rating Coalition (IARC) and is designed for ages 13 and older. Oculus Store content has content ratings, so you'll know what type of experience you or your teen selects. While we know that children aged under 13 may want to use Oculus devices, we do not permit them to create accounts or use Oculus devices." [https://www.oculus.com/safety-center/?locale=en_GB]

To set up parental controls, you will need to set up Parental supervision first. Parental tools include blocking specific apps that may be inappropriate, view your child's list of Oculus friends and receive purchase notifications.

Find out more here: <https://www.oculus.com/blog/latest-quest-software-update-makes-your-home-space-more-social-and-adds-important-parental-supervision-tools/>

Social Media



Facebook (13+)

Included in Facebook's settings are the ability to set who can see your posts, who can contact you and the ability to review all posts before appearing on your timeline (Timeline Review).

Unfriend: go to their profile, click on Friends and select Unfriend.

Blocking: go to their profile, click on the three dots and select Block.

Facebook Privacy Check up: this tool helps you review your settings.

Find out more here: <https://www.facebook.com/help/1297502253597210>



Instagram (13+)

When you set up your account, it is automatically set as public (except if you are under 18 and it is set to private as default). To change your profile to private (so only people you approve can follow you) go to your profile, tap Settings (from menu), tap Privacy and tap to toggle Private Account on.

Remove a follower: Go to your profile and tap followers and select remove to the right of the person.

Blocking: If you want to stop somebody from liking or commenting on your posts, you can block them. To do this, tap their username, tap on the 3 circles in the top right and select block.

Turn off commenting on a post:

Tap the 3 circles above your post and select Turn Off Commenting.

Find out more here: <https://help.instagram.com/196883487377501>



WhatsApp (16+)

By default, WhatsApp sets your privacy settings to allow any WhatsApp user to see your read receipts, last seen, about and profile photo. To change any of these settings, go to settings, account and privacy.

Reporting: When you receive a message from an unknown number for the first time, you will be given the option to report the number. You can also block and report a user by clicking on their name and selecting Block or Report. You can report any issues direct to WhatsApp within the app by going to settings, help and contact us.

Find out more here: <https://faq.whatsapp.com/general/security-and-privacy/staying-safe-on-whatsapp/>



TikTok (13+)

You can choose to have a public or private account. If you set your account to private, then only those you accept as friends can see your videos. To do this go to your profile, tap the settings icon (three dots), tap Privacy and Safety and turn on Private account (by default accounts for people under 16 are set to private).

Report inappropriate content: you can report an account, video, comment and message. Follow the instructions here: <https://support.tiktok.com/en/safety-hc/report-a-problem>

Family Pairing

You can use Family Pairing to link your own TikTok account to your child's account. This will give you access to additional controls such as:

- **Screen Time Management:** Control how long your child can spend on TikTok.
- **Direct Messages:** Limit who can send messages to them or turn off direct messaging completely. *Direct messaging is automatically disabled for registered accounts between the ages of 13 and 15.*
- **Restricted Mode:** Restrict the appearance of inappropriate content.
- **Discover Search bar** - Option to disable.

Find out more here: <https://www.tiktok.com/safety/en/guardians-guide/>



Twitter (13+)

When you set up your Twitter account, you can choose whether you would like to keep your tweets public or protected (private). To keep them private, go to Settings and Privacy, select Privacy and Safety, select Audience and tagging and ensure protect your tweets is selected.

Unfollow somebody: Click the the three dots next to their tweet and select unfollow.

Blocking: Click the three dots next to their tweet and select block.

Location: To keep your location private (so followers can't see the location you are tweeting from), go to Settings and Privacy, select privacy and safety, select location information and ensure precise location is disabled.

Find out more here: <https://help.twitter.com/en/safety-and-security/twitter-privacy-settings>



Snapchat (13+)

When you set up your account, it is automatically set so only friends you've added can contact you or view your story.

Unfriend: Go to the chat screen, tap and hold on a friend's name, tap 'manage friendship' and then tap 'Remove Friend'.

Block a friend: Go to the chat screen, tap and hold on a friend's name, tap 'manage friendship' and then tap 'Block'.

Location settings: This feature allows your friends to see where you are (including when you are at home) when you have the app open. **It is so important that you check your child's settings for this feature.** Your location won't be shared on the map until you open it for the first time, at which point you can choose (please note that snaps you submit to Snap Map can still show up on the Map, no matter what location setting you choose):

- **Ghost Mode (Only Me):** your location won't be visible to anyone else.
- **My Friends:** your location will be shared with all of your friends.
- **Select Friends, Except ...:** your location will be shared with your friends, except the friends on this list.
- **Only These Friends ...:** choose specific friends to share your location with.

Who Can Contact Me: in your privacy settings you can choose who can contact you directly with Snaps, Chats, calls, etc. Remember, if you're in a group, then anyone can communicate with you in that Group Chat regardless of your settings.

Find out more here: <https://support.snapchat.com/en-GB/article/privacy-settings2>

TV/Streaming

However your child chooses to watch TV, make sure you have set up appropriate parental controls.



Sky TV

You can set up a Parental Guidance PIN to restrict the programmes and channels that can be viewed. Family Setting removes adult channels and requires a PIN to be entered for purchases. You can also apply restrictions based on age certification or restrict access to specific channels.

Find out more here: <https://www.sky.com/help/articles/set-up-parental-controls-on-your-tv>

Younger children could use the Sky Kids app (available for Sky customers with certain packages). It allows you to create personalised profiles, manage screen time, set age filters and put the app to sleep.



Virgin TV

You can set up a PIN code to restrict the programmes and channels that can be viewed as well as hide adult channels and set pin required for purchases.

Find out more here: <https://www.virginmedia.com/help/tv/set-up-virgin-tv-pin>



Apple TV

Apple TV offers a host of features to restrict usage, such as a PIN to restrict purchases or app usage, filter out explicit content when listening to music, block content based on film or age ratings and select yes or no to Multiplayer Games.

Find out more here: <https://support.apple.com/en-gb/HT200198#4th>



YouTube

YouTube offer a restricted mode which helps to restrict mature content being shown. Whilst YouTube state that this will never be 100% perfect, it does offer an extra layer of protection.

Find out more here: <https://support.google.com/youtube/answer/174084>

YouTube Kids (with the option to select the shows you prefer your child to watch) and Supervised experience are also available.

Find out more here: <https://support.google.com/youtubekids/?hl=en-GB#topic=6130504>



Netflix

You can add a PIN to your account so a 4-digit PIN must be entered to either play any TV show or movie above a selected maturity level (on all profiles) or to play a specific TV series or movie (on all profiles). Alternatively, you can create up to 5 personalised profiles in your Netflix account for each member of the household. You can then choose a maturity level for each profile to control the TV shows and movies they can view.

For younger children, you could create a kids profile which only includes content appropriate for children.

Find out more here: <https://help.netflix.com/en/node/264>



Amazon Prime

You can add a PIN to your account so a PIN must be entered to purchase or view restricted content. You can restrict viewing of videos from certain ratings categories by selecting which ratings categories you'd like to restrict.

Find out more here: <https://www.amazon.co.uk/gp/help/customer/display.html?nodeId=GYBCCNGWAJFEUVG3>

Amazon Fire TV devices have their own parental control settings, find out more here: <https://www.amazon.co.uk/gp/help/customer/display.html?nodeId=202104970>



Disney+

Disney+ offers parental control features such as you can create different profiles and set a content rating for that profile.

Alternatively, you can set up a Kid's profile which only includes content suitable for all viewers.

Find out more here: [https://
help.disneyplus.com/csp?](https://help.disneyplus.com/csp?)



Now TV

You can set up a parental PIN to restrict access to content. You can restrict shows by age rating so a parental PIN would then be required to watch all shows and movies at that age rating and above.

Find out more here: [https://
help.nowtv.com/article/what-is-a-parental-
pin](https://help.nowtv.com/article/what-is-a-parental-pin)



BBC iPlayer

You can set up a Parental Guidance lock (PIN) to control what your children have access to when using the BBC iPlayer. Once it is turned on, to watch anything with a BBC Guidance label, the user will have to enter the PIN. You will have to turn this Parental Guidance Lock on separately on every device you have.

Find out more here: [https://www.bbc.co.uk/
iplayer/help/questions/parental-controls](https://www.bbc.co.uk/iplayer/help/questions/parental-controls)

You can also set up a child's profile (under 13s) so only age appropriate programmes can be viewed.

Find out more here: [https://www.bbc.co.uk/
iplayer/help/questions/about-the-childrens-
experience/iplayer-child-experience](https://www.bbc.co.uk/iplayer/help/questions/about-the-childrens-experience/iplayer-child-experience)

Search Engines

An innocent search can result in inappropriate content being seen so we would recommend switching on parental controls. There are a few different search engines out there so find out which search engine your child uses and remember to set them up on all devices your child uses to access the internet, for example their tablet and phone.

Google



You can use Google SafeSearch to block explicit and inappropriate results such as pornography. As with all filtering systems, SafeSearch isn't 100% accurate. You will need to log into your Google account to lock any changes you make.

- Go to search settings at <https://www.google.com/preferences>.
- Under 'SafeSearch filters,' select the box to "Turn on SafeSearch."
- At the bottom of the page, select save.

Find out more here: <https://support.google.com/websearch/answer/510>

Yahoo



Yahoo offer a SafeSearch lock to protect children from certain types of content. To set this up:

- Sign in with your Yahoo ID.
- Go to Search preferences and select 'Strict-no adult content'.
- Select lock.
- Click Save and then sign out to prevent any further changes being made.

Find out more here: <https://in.help.yahoo.com/kb/SLN2247.html>

Mobile devices

You can set up free parental controls and restrictions on most mobile devices which can limit what your child can access.

iOS



You can block or limit specific apps and features on your child's device. To do this:

- Go to Settings and then Screen Time. Tap Continue, then choose "This is My [Device]" or "This is My Child's [Device]." If you want to prevent another family member from changing your settings, tap Use Screen Time Passcode to create a passcode. If you're setting up Screen Time on your child's device, follow the prompts until you get to Parent Passcode and enter a passcode.
- Tap Content & Privacy Restrictions. If asked, enter your passcode, then turn on Content & Privacy.

You can also stop your child from installing or deleting apps and stop them from making in-app purchases. Find out more here: <https://support.apple.com/en-gb/HT201304>. Apple have also created this support page for parents: <https://support.apple.com/families-and-kids>

Android



When you turn on parental controls, you can restrict what content can be downloaded or purchased from Google Play based on maturity level and request that authentication is required before any purchases are confirmed, this includes in-app purchases.

Find out more here: <https://support.google.com/googleplay/answer/1075738?hl=en-GB>

You can also set up Family Link which lets you set digital ground rules as well as see where they are, set screen time limits and lock their device. You will need to download Family Link onto your own device first and then link your child's account to it.

Find out more here: <https://families.google.com/familylink/>

Smart Devices

Do you have a voice activated home assistant? Set up appropriate restrictions to limit what your child can do on them.



amazon alexa

Amazon Echo/Dot (Alexa)

Whilst there are no specific parental controls, you can apply settings to restrict:

- purchases with a pin only.
- explicit content.

These features can be set up through the Alexa app.



Google Home

Google Home

By setting up a supervised account, children won't be able to do the following on Google Home:

- Play YouTube videos or songs from YouTube music (under 13).
- Make purchases.
- Use non-Google apps (unless they have the 'Apps for families on Google Assistant' badge).

Find out more here: <https://support.google.com/families/answer/7521263?hl=en>

Further Advice

There are many organisations set up to provide you or your child with advice should you need it. Here are just some of the organisations that can help you.

Helplines



NSPCC

Tel: 0808 800 5000



Tel: 116 123



Tel: 0808 800 2222

Where to report



Reporting centre designed to assist everyone in reporting harmful content online.

Find out more here: <https://reportharmfulcontent.com/>



You can report sexual images of under 18s online directly to the Internet Watch Foundation.

Find out more here: <https://www.iwf.org.uk/>



If you are worried about online sexual abuse or the way someone has been communicating with your child online.

Find out more here: <https://www.ceop.police.uk/safety-centre>

Useful Websites

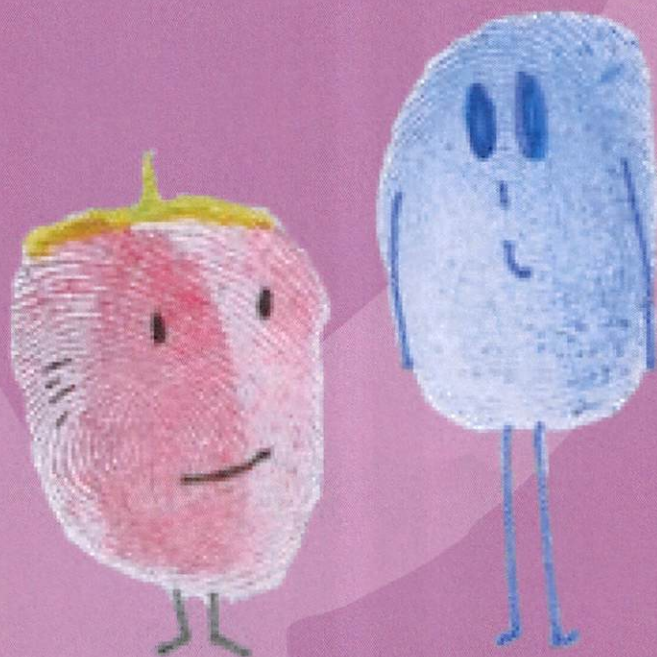
- **BBC Own it:** <https://www.bbc.com/ownit>
- **CEOP:** <https://www.ceop.police.uk/safety-centre>
- **ChildLine:** <https://www.childline.org.uk/>
- **Childnet:** <https://www.childnet.com/>
- **Internet Matters:** <https://www.internetmatters.org>
- **Internet Watch Foundation:** <https://www.iwf.org.uk/>
- **NSPCC Online Safety:** <https://www.nspcc.org.uk/keeping-children-safe/online-safety/>
- **Thinkuknow:** <https://www.thinkuknow.co.uk/>
- **UK Safer Internet Centre:** <https://www.saferinternet.org.uk/>
- **Vodafone Digital Parenting:** <https://www.vodafone.co.uk/mobile/digital-parenting>



Anna Freud
National Centre for
Children and Families



You're never too young to talk mental health



**Tips for talking for
parents and carers**

An introduction from our Patron,
HRH The Duchess of Cambridge

// As parents, we all want our children to have the best possible start in life. Encouraging children to understand and be open about their feelings can give them the skills to cope with the ups and downs that life will throw at them as they grow up.

It's important that our children understand that emotions are normal, and that they have the confidence to ask for help if they are struggling.

This is why I am proud to support the *You're never too young to talk mental health* campaign by the Anna Freud National Centre for Children and Families, which is being rolled out across primary schools this autumn.

The campaign's resources are excellent tools to support parents. They demonstrate how we can help children express their feelings, respond appropriately, and prevent small problems from snowballing into bigger ones.



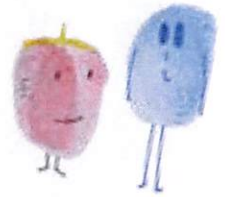
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What is mental health?

- ★ **We all have mental health.** Mental health is about our feelings, our thinking, our emotions and our moods. Looking after our mental health is important.
- ★ **We all have small feelings every day:** These sometimes feel strong and overwhelming, whether happy or sad, but they go away before too long.
- ★ **Sometimes we experience big feelings:** These feel strong and overwhelming for a long time. They stop us doing what we want to in our lives.



1 Make conversations about mental health a normal part of life: Anywhere is a good place to talk; in the car, walking the dog or cooking together. Model everyday talk about feelings such as by talking about a TV character's feelings.



2 Give your full attention: We all know it's horrible to be half listened to. Keep eye contact, focus on the child and ignore distractions.

3 Check your body language: Try to keep it open and relaxed and make sure you come down to the child's level.

4 Take it seriously: Don't downplay what the child is saying or tell them they're "just being silly". Resist the urge to reassure them that everything is fine.

5 Ask open questions: Such as "How did your day go today?" This will help to extend the conversation.



6 Calmly stay with the feelings that arise: It can be our automatic reaction to steer away from difficult emotions.

7 Offer empathy rather than solutions: Show that you accept what they are telling you but don't try to solve the problem.

8 Remember we are all different: Respect and value the child's feelings, even though they may be different to yours.

9 Look for clues about feelings: Listen to the child's words, tone of voice and body language.

10 Some ways to start a conversation about feelings might be:

"How are you feeling at the moment?"
"You don't seem your usual self. Do you want to talk about it?"
"Do you fancy a chat?"
"I'm happy to listen if you need a chat."



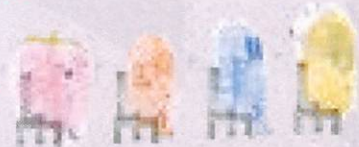
Talking Mental Health Animation

TALKING
MENTAL
HEALTH

Talking Mental Health is an animation designed to help begin conversations about mental health in the classroom and beyond.

The animation and accompanying resources have been created by a team of animators, children, teachers and clinicians, and is being taught to year 5 and 6 children around the UK.

The animation and resources are freely downloadable from www.annafreud.org



Finding support

ChildLine: For 18s and under
0800 1111

NSPCC:
0808 800 5000

YoungMinds Parent Helpline:
0808 802 5544

Youth Wellbeing Directory:
youthwellbeing.org

About the Anna Freud National Centre for Children and Families

The Anna Freud National Centre for Children and Families has developed and delivered pioneering mental health care for over 60 years.

Our aim is to transform current mental health provision in the UK by improving the quality, accessibility and effectiveness of treatment.

We believe that every child and their family should be at the heart of the care they receive, working in partnership with professionals.



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