

WEST LYNN PRIMARY SCHOOL

18th November 2022

Miss Rudd's Art Club Amaze!

To celebrate Remembrance day, Art Club made some fantastic Sun catchers



They are such a happy bunch of Art Makers!

Miss Rudd plans to hold an Art Exhibition before Christmas so you can see what they have been working on!

Don't forget—Next week!

Parliament week - Led by the Junior Leadership Team!

Thursday - Year 1 Visitors—Zoolab!

Saturday is the Friends Xmas Fayre!



Don't forget...

Full diary on website.

AMAZING NEWS!



New Secretary



Congratulations Mrs Adams!

I couldn't think of anyone better to look after your children from the office than Mrs Adams, who is awesome!

I am sure you will join me in wishing Mrs Adams the very best of luck in her new role.



PREHISTORIC

Guest

VISIT

Class 2



What Parents & Carers Need to Know about HOW TO COMBAT ONLINE BULLYING



Defined as "ongoing hurtful behaviour towards someone online", cyber-bullying makes its victims feel upset, uncomfortable and unsafe. In the digital world, it has numerous forms – such as hurtful comments on a person's posts or profile; deliberately leaving them out of group chats; sharing embarrassing images or videos of someone; or spreading gossip about them. Cyber-bullying can severely impact a young person's mental health – so, in support of Anti-Bullying Week, we've provided a list of tips to help trusted adults know what to look for and how to respond to it.



1. GET CONNECTED

Playing online games together with your child or connecting with them on social media (providing they're old enough) is not only fun but also an excellent way of establishing some common ground to discuss things you've both seen or done online – as well as keeping an eye on who your child is communicating with in the digital world.

2. KEEP TALKING

Regular chats with young people about their online lives are good practice in general, but they can also be an excellent refresher to help prevent cyber-bullying situations. Topics you might want to revisit include why it's important to only connect online with people we know and trust, and why passwords should always remain secret (even from our best friends).

3. STAY VIGILANT

Observe your child while they're using technology and just after they've used it. Are they acting normally, or out of character? Possible signs of a problem may include seeming quiet or withdrawn, jumpy or anxious, angry or repeatedly checking their phone. When you feel it's the right time, you may want to check in with them to see if everything is OK.

4. MAKE YOURSELF AVAILABLE

If an online bullying incident does occur, it may take a while before your child is ready to open up about what happened. Just gently remind them that they can always come to you with any problems – and that they won't be in trouble. You might also suggest a trusted family member they could turn to, in case they feel too embarrassed to tell you directly.

5. BE PREPARED TO LISTEN

When conversations about online bullying do take place, they're likely to be difficult, emotional and upsetting for both you and your child. Actively listen to your child while they're bringing you up to speed, and try not to show any judgement or criticism – even if they haven't dealt with the situation in exactly the way you would have hoped.

FURTHER SUPPORT AND ADVICE

If you or your child need additional help with an online bullying issue, here are some specialist organisations that you could reach out to.

Childline: talk to a trained counsellor on 0800 1111 or online at www.childline.org.uk/get-support/

National Bullying Helpline: counsellors are available on 0845 225 5787 or by visiting www.nationalbullyinghelpline.co.uk/cyberbullying.html

The NSPCC: the children's charity has a guide to the signs of bullying at www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/ and can be reached on 0800 800 5000

6. EMPOWER YOUR CHILD

Depending on their age, your child might not want a parent 'fighting their battles for them'. In that case, talk through their options with them (blocking the perpetrator, deleting the app and so on). By allowing your child to choose the path they take, you're putting them in control but are also demonstrating that you're there to support them along the way.

7. REPORT BULLIES ONLINE

Cyber-bullying often takes place through a particular app, social media platform or online game. If this is happening to your child, encourage them to report the offender to the app or game in question – ideally with screenshots to support their complaint. Most games and apps have reporting tools specifically to stamp out abusive behaviour and protect users.

8. ENCOURAGE EMPATHY

Protecting themselves online is the priority, of course, but young people should also feel empowered to help if they witness other people falling victim to cyberbullying. Even if they don't feel confident enough to call someone out on their abusive behaviour online, they can still confidentially report that person to the app or game where the bullying occurred.

9. SEEK EXPERT ADVICE

Victims of online bullying frequently experience feelings of isolation and anxiety, a loss of self-esteem and potentially even thoughts of self-harm or suicide. If you think that an incident of cyber-bullying has affected your child's mental wellbeing, then seek psychological support for them. There are some useful contact details in the central panel below.

10. INVOLVE THE AUTHORITIES

If the nature of any online bullying makes you suspect that your child is genuinely in imminent physical danger – or if there are any signs whatsoever of explicit images being shared as part of the bullying – then you should gather any relevant screenshots as evidence and report the incidents to your local police force.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



**National
Online
Safety**

#WakeUpWednesday

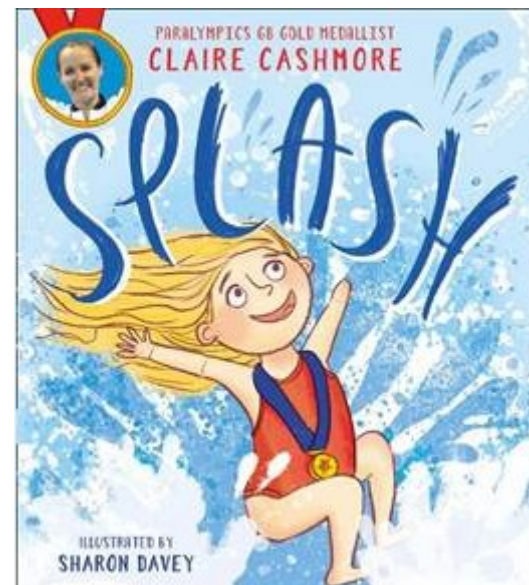
Anti-Bullying Week



This is the story of a little boy who is being bullied at school and how it makes him feel. How he lets the worries eat at him and build up. How he finally allows a new friend at school along with his family help him overcome his fears and realise that everyone has something that they fear.

This brilliant book deals magnificently with fear of bullying, underachieving and shows that a little thing can sometimes feel overwhelming!

Molly has lots happening in her life, she is a passionate swimmer and has an upcoming regional competition - something her best friend Chloe says is 'Geeky'. Also, her Mum, who left home when she was a baby, has just returned. Seeking acceptance from friends whilst facing hateful comments, trying to get to know her Mum and living with the fear that she may disappear again, Molly tries to follow her Dreams and juggle the pressures and anxieties of everyday life.



Age 10 - 12



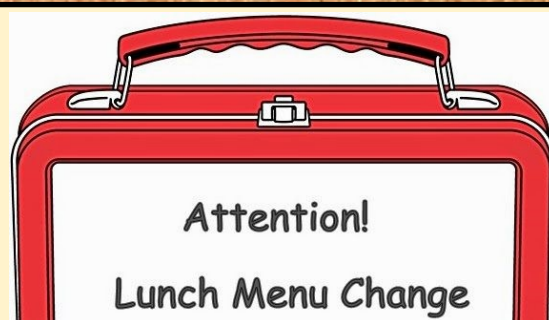
Elspeth came to live with her Aunt when her parents passed away and she hates the school she is now forced to work as an unpaid servant for!

She has to eat stew made from mouse droppings and puts up with spoilt, self obsessed rich-kids! That is, until she find some suspicious looking papers that make it look as if her Aunt is liar covering up a dastardly plot.....

**Thank you
everyone for your
contributions to the
Poppy collection. With
the fantastic Y6's we
raised an amazing
£305.51. Thank you so
much!**



**Please don't forget to
name all clothes.
Sharpies available in
the office!**



**The "Cowboy" Pie has been
changed on Monday of
Week 1. It is now just
Sausage Mash and Beans for
all children including those
choosing the vegetarian
option.**

**Many thanks,
Heather**

Don't forget your kit!

Monday	Year 3 & Year 4
Tuesday	Year 1 Y Year 2
Wednesday	EYFS
Thursday	Year 5
Friday	Year 6

CALENDAR

Date	Event	Who is it for
Week of 21/11/2022	Parliament Week Led by Junior Leadership Team	Everybody
24/11/2022	Zoolab at Clenchwarton Class 3 Assembly Special Writers Event at Whitefriars Primary School	Class 1 Class 3 Selected Children
26/11/2022	Friends Xmas Fayre	Everyone
28/11/2022	Tag Rugby Festival Friends Xmas Bingo	Class 5 & 6 Everyone
29/11/2022	Trip to Lynn Museum and Stories of Lynn	Class 3
1/12/2022	Reception Class Assembly	Reception
2/12/2022	Volleyball at Lynnsport - Details to follow	To be advised
7/12/2022	Trust Carol Service at St. Nicholas Church 6pm	To be advised
8/12/2022	Class 2 Assembly	Class 2
12/12/2022	KS1 Nativity 1.30pm until 2.30pm 4.15pm until 5.15pm	Reception, Class 1 and Class 2
13/12/2022	Pantomime paid for by the Friends of West Lynn Primary School	Everyone
15/12/2022	Friends Cinema Club Class 4 Assembly	Everyone Class 4
16/12/2022	Last day at school	Everyone
04/01/2023	Back to school	Everyone

Thank you everyone who sent in cards, well wishes, presents and good luck for my new job.

I can't really put into words how much I will miss all the Friends I have made here and the parents and children who mean so much to me. It was time for a new challenge, but that does not mean that I won't miss you all. Please take care of yourselves. Love always, Heather