



# WEEKLY BULLETIN

29th April 2022

**SUMMER**  
Term



Reminder :- School will be closed on  
Monday 2nd May as it is a  
Bank Holiday

Enjoy the long weekend

## NEW PHONE SYSTEM



- 1 - Report Childs Absence
- 2 - Finance
- 3 - Pastoral Team
- 4 - Business Manager
- 5 - Kitchen
- 0 - Reception

There will be an answering service on these lines  
from 8am -5pm Monday to Friday. Lines will be  
closed from 5pm.



We have 3 National Online Safety information posters for you this week

### What Parents Need to Know about Group Chats

In the guide, you'll find tips on a number of potential risks such as bullying, inappropriate content and unknown members.

### What Parents Need to Know about Facebook Messenger

In the guide, you'll find tips on a number of potential risks such as addiction, strangers and secret conversations.

### Spotting Ads on Social Media

In the guide, you'll find tips such as paying attention to the account name, studying the hashtags for clues and being savvy with high numbers of likes and shares.



# What Parents & Carers Need to Know about GROUP CHATS

Occurring through messaging apps, on social media and in online games, group chats are among the most popular ways that young people engage with their peers online. Involving, by definition, three or more individuals, these groups allow users to send messages, images and videos to everyone in one place. While they are useful for helping friends, people with shared interests or members of a club to communicate and coordinate activities, they can also leave young people feeling excluded and bullied – as well as providing opportunities for inappropriate content to be shared and viewed.

## WHAT ARE THE RISKS?

### BULLYING

Unkind comments or images which are purposely aimed at an individual can be shared freely in a group chat – allowing and often encouraging others to join in the bullying behaviour. If this content is shared in a group of their peers (especially a larger group), it serves to amplify the hurt, embarrassment, anxiety and isolation that the victim feels.

### EXCLUSION AND ISOLATION

This common issue with group chats can happen in several ways: starting a new group, for instance, but deliberately excluding a certain child. Likewise, the chat may take place on an app which one child doesn't have access to, meaning they can't be involved. A child can also feel isolated when a group chat is used to discuss or share images from an event that everyone else but them attended.

### INAPPROPRIATE CONTENT

Some discussions in group chats may include inappropriate words, swearing and unsuitable images or videos. These could be viewed by your child if they are part of that group, whether they actively engage in it or not. Some chat apps have a disappearing message function, so your child may be unable to report something they've seen because it can only be viewed once or for a short time.

### SHARING GROUP CONTENT

It's important to remember that – while the content of the chat is private between those in the group – individual users can easily share a message, photo or video with others outside of the group or screenshot what's been posted. The risk of something your child intended as private becoming public (and potentially going viral) is higher if there are people they don't know well in the group.

### UNKNOWN MEMBERS

Within larger group chats, it's more likely your child will be communicating with people they don't really know. These strangers may be friends of the host, but not necessarily friendly toward your child. It's wise for young people not to share personal details and stay aware that they have no control over the messages and images they share after they've put them online.

### NOTIFICATIONS AND FOMO

A drawback of large group chats is the sheer number of notifications. Every time someone in the group messages, your child's device will be 'pinged' with an alert; potentially, this could mean hundreds of notifications a day. Not only is this highly distracting, but young people's fear of missing out on the latest conversation results in increased screen time as they try to keep up with the chat.

## Advice for Parents & Carers

### CONSIDER OTHERS' FEELINGS

Group chats are often an arena for young people to gain social status. This could cause them to do or say things on impulse, which could upset others in the group. Encourage your child to consider how other people might feel if they engaged in this behaviour. If your child does upset a member of their group chat, support them to reach out, show empathy and apologise for their mistake.

### PRACTISE SAFE SHARING

In any online communication, it's vital for young people to be aware of what they're sharing and who might potentially see it. Discuss the importance of not revealing identifiable details like their address, their school or photos that they wouldn't like to be seen widely. Remind them that once something is shared in a group, they lose control of where it may end up and how it might be used.

### GIVE SUPPORT, NOT JUDGEMENT

Remind your child that they can confide in you if they feel bullied or excluded in a group chat. Instead of responding to the person who's upset them. Validate their hurt feelings and help to put them back in control by discussing how they'd like to handle the situation. On a related note, you could also empower your child to speak up if they're in a chat where others are being picked on.

### AVOID INVITING STRANGERS

Sadly, many individuals online hide their true identity to gain a child's trust – for example, to gather information on them, to exchange inappropriate content or to coax them into doing things they aren't comfortable with. Ensure your child understands why they shouldn't add people they don't know to a group chat – and, especially, to never accept a group chat invitation from a stranger.

### BLOCK, REPORT AND LEAVE

If your child is in a chat where inappropriate content is being shared, advise them to block the users sending the material, report them to the host app or platform and exit the group. If any of this content could be putting a minor at risk, contact the police. Emphasise to your child that it's OK for them to simply leave any group chat that they don't feel comfortable being a part of.

### SILENCE NOTIFICATIONS

Having a phone or tablet bombarded with notifications from a group chat can be a massive irritation and distraction – especially if it's happening late in the evening. Explain to your child that they can still be part of the group chat, but that it would be healthier for them to turn off or mute the notifications and catch up with the conversation at a time which better suits them.

## 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.



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# What Parents & Carers Need to Know about FACEBOOK MESSENGER

Facebook Messenger is a communication app through which users can exchange messages and send photos, stickers, and video and audio files. Messenger allows both one-to-one and group chats, has a stories feature and – via its latest addition, Rooms – can host a video call with up to 50 people. As of 2021, the app had 35 million users in the UK alone (more than half the population!) among its 1.3 billion users worldwide. Whereas Messenger is integrated into Facebook on desktops and laptops, it has existed as a standalone app for mobile devices since 2011.

AGE RATING

13+

## WHAT ARE THE RISKS?

### ADDICTIVE NATURE

Messenger's numerous features can encourage children to spend more time on the app – and therefore on their phone, increasing their levels of screen time. It also invokes FOMO (the Fear of Missing out), especially among older children, who will almost certainly have a high proportion of their friends communicating via the app.

### LIVE STREAMING

The new Rooms feature lets Messenger users hold video calls with up to 50 people. A young person can join any room they see, but the other people in these rooms don't even necessarily need to be Facebook account holders. This live streaming development heightens risk factors around privacy, security and the possibility of exposure to inappropriate content.

### REQUESTS FROM STRANGERS

If the Facebook profile which accompanies their Messenger app is set to public, there's a possibility that young people will receive message requests from individuals they don't know. There have previously been reports of grooming attempts on Facebook, with predators using fake profiles to engage children in conversation.

### OVERSHARING PERSONAL INFO

If the app is given access to their device's photo library or location services, young people can unintentionally share sensitive information (private photos, videos, their number or current whereabouts) with people on Messenger who they don't know. Even among friends, shared photos or videos don't always stay private: the recipient(s) could save and re-share them with others.

### CYBERBULLYING

Like many communication apps, Messenger can be an avenue for cyberbullies or trolls to target children. This might take the form of harassment, abusive messages or being purposely excluded from (or targeted in) group chats. A 2021 Ofcom report revealed that more than half (55%) of 12-15-year-olds had suffered such negative experiences online in the preceding year.

### SECRET CONVERSATIONS

The Secret Conversations function lets Messenger users have encrypted exchanges that no-one else can read. Unlike regular chats on the app, these can only be viewed on the device being used at the time. Messages can also be set to delete once read (although screenshots can be taken), so a child could chat privately with someone without any record of that conversation having taken place.

## Advice for Parents & Carers

### USE ADDITIONAL SECURITY

Messenger's App Lock feature uses your child's fingerprint or face ID to ensure that nobody else can access their messages without permission. Messenger has also added a variety of optional tools to increase young people's safety on the app, including two-factor authentication, login alerts and filtered message requests.

### REVIEW THE CHAT LIST

Some parents regularly check their children's Messenger conversations (to see who they're talking to, rather than what they're talking about). While this is certainly safe, it can seem intrusive. If approached in a sensible, collaborative way, however, it can help parents and carers to keep an eye on exactly who their child is communicating with.

### REPORT INAPPROPRIATE BEHAVIOUR

If your child experiences anything negative on Messenger, you can help them report it. Facebook can then take action such as disabling the offender's account, limiting their ability to send messages or blocking them from contacting your child again. If your child doesn't want to display to others that they're online, they can switch off Active Status in the app's settings.

### DISCUSS LIVE STREAMING

Talk with your child about safe and secure video calling. When setting up calls on Messenger Rooms, only invite people who your child knows and trusts. Show them how to lock a room if they don't want other people joining – and how to remove anyone they don't want on the call. Remind them about behaving responsibly during a live stream, even if it's with people they know.

### ADJUST PRIVACY SETTINGS

Make your child's Messenger stories visible only to their friends. Avoid adding your child's phone number (so they can't be found by someone using their number to search for them), and not syncing contacts lets your child choose who to add (or not) individually. Via Settings, you can control who appears in your child's chat list, who goes into the message request folder and who can't contact your child at all.

### ENCOURAGE SAFE SHARING

Ensure your child knows to send pictures and videos only to family and trusted friends, and not to publicly share images which compromise their location (showing a landmark near home or clothing with identifiable logos, like a school or local club crest). Encourage them to pause before sharing anything – if there's a chance it could harm their reputation (or someone else's), don't send it.

## Meet Our Expert

Alex Wright is a former Facebook employee and social media expert with more than 15 years' experience in digital media. He has worked with some of the biggest organisations on the planet and has a vast understanding of how social media platforms work and how they engage their audience.



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# SPOTTING ADS ON SOCIAL MEDIA

Do you always know when you're seeing an ad on your social media feed? You might not! Some ads look just like any other post – they might be funny or cool, but really they're trying to sell you something without you realising. But here are some ideas for spotting ads like a pro!

Look closely at the profile picture

Pay attention to the account name



Check if it says "sponsored" f i t or "promoted"

A 'verified' tick can still mean it's an ad

17,932 likes

WHEN UR KICKS ARE LIFE #Ad #Influencer #Sponsored

VIEW ALL 683 COMMENTS

Be savvy with high numbers of likes and shares

Study the hashtags for clues about the post's purpose



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# SCHOOL LUNCHES

Please see the lunch menu for the next week, W/C 4th April 2022.

If your child would like a hot dinner please let your classroom staff know in advance. Dinners are charged at £2.45 per day, unless you are entitled to Free School Meals. Lunches are to be paid for in cash, this can be either passed to your Teacher, TA, or the school office.

WEEK 2 Choice 1 Choice 2 Choice 3 Dessert	Monday	Tuesday	Wednesday	Thursday	Friday
					
	Crispy Chicken Burger served in a Bun with Potato Wedges & Seasonal Vegetables or Baked Beans	Lasagne served with Garlic Bread & Seasonal Vegetables	Homemade Chicken Pie served with New Potatoes & Seasonal Vegetables	Chicken Korma served with Rice, Naan Bread & Seasonal Vegetables	Battered Fish (MSC) served with Chips & Peas or Baked Beans
					
	Jacket Potato with a Selection of Fillings Served with a Side Salad	Jacket Potato with a Selection of Fillings Served with a Side Salad	Jacket Potato with a Selection of Fillings Served with a Side Salad	Jacket Potato with a Selection of Fillings Served with a Side Salad	Jacket Potato with a Selection of Fillings Served with a Side Salad
					
	Deli Choice of Breads with a Selection of Fillings Served with a Side Salad	Deli Choice of Breads with a Selection of Fillings Served with a Side Salad	Deli Choice of Breads with a Selection of Fillings Served with a Side Salad	Deli Choice of Breads with a Selection of Fillings Served with a Side Salad	Deli Choice of Breads with a Selection of Fillings Served with a Side Salad
					
	Apple Muffin	Chocolate Brownie	Iced Sponge Cake	Fresh Fruit Salad	Golden Crunch Cookie
	Available every day – Unlimited Salad, Freshly Baked Bread, Organic Yoghurt, Fresh Fruit Platter, Milk & Chilled Water. For allergen information, please ask one of our Catering Team.				
					
					

## IMPORTANT

If your child has allergies please notify the school office.



## WEEKLY FRUIT DELIVERY

As part of our healthy eating programme and to encourage healthier snacking we are offering all pupils free fruit in class.



**Healthy School**



## BREAKFAST CLUB

As part of our healthy eating programme we will be offering all pupils a health breakfast option, before lessons start.