



Newsletter

No. 5. 4th March 2022

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In Our Lady's Catholic Primary School we learn about God and try to follow his footsteps by showing care and respect for one another.

Dear Parents and Carers

A warm welcome back to school to you all. I hope you had a restful break.

We return to school at a time of worry and anxiety for many due to the events unfolding in Ukraine. This can be especially anxious for our children, particularly when they may see or hear things they don't really understand.

As a parent myself, I appreciate how difficult it can be to address our child's worries or concerns. Whilst there is no right way to do this I thought I'd share some suggestions on approaches that may help.

1. Make time and listen. Give children the space to talk when they want to. Encourage them to tell you what they know, how they feel and to ask you questions.
2. Be informed, keep calm and answer questions honestly. Begin with simple information, as too much detail may overwhelm them and cause anxiety. For example, younger children may be satisfied just to know that some countries fight.
3. Validate their feelings. Speak to your child about how they feel. Do not dismiss their concerns. When children have the chance to have an open and honest conversation about things upsetting them, they can feel relieved.
4. Reassure them. Remind them that this is not their problem to solve. Adults all over the world are working hard to fix this. They shouldn't feel guilty playing, seeing their friends and doing the things that make them feel happy.
5. Give them a practical way to help. For example they could take part in local fundraisers, write letters to local decision makers or draw a poster calling for peace.

There are many suitable news outlets for children. The newsround website is one the children know well and can be found at: www.bbc.co.uk/newsround

First News is a dedicated online newspaper for children. At the moment it has a special edition on the situation in Ukraine and this can be ordered for free at: www.firstnews.co.uk

As always we are here to support in any way we can. If you do have any concerns then please in the first instance contact your child's class teacher.

Loving God,
We pray for the people of Ukraine,
for all those suffering or afraid,
that you will be close to them and protect them.

We pray for world leaders,
for compassion, strength and wisdom to guide their choices.

We pray for the world
that in this moment of crisis,
we may reach out in solidarity
to our brothers and sisters in need.

May we walk in your ways
so that peace and justice
become a reality for the people of Ukraine
and for all the world.

Amen.

Thank you for your continued support of the school.

God Bless.

Mr Meech
Executive Headteacher

As a school we have signed
up to access the National on-
line Safety software.



They provide regular updates and access to short
videos that will help you stay informed on the
latest online safety news, quickly gain practical
tips and advice, and access free online resources.
Please can you register via the link below to allow
you to start accessing these useful and important
resources:

<https://nationalonlinesafety.com/enrol/our-lady-s-school>

Lost Property

We have a number of PE Hoodies and School
Jumpers that have been put into an ever growing
pile in the school hall. We have checked them all
for names but unfortunately they have not been
put in them.

If your child has lost a jumper recently then please
come and see if one of them is your child's.

It is really helpful if all items of school uniform
have name in them as it is much easier to pass
them back to their owners.

Parking

Please could we ask that parents and carers park considerately when dropping off and picking up children from school. If you could please ensure that you are not blocking resident's driveways or blocking in other cars. Thank you for your continued support.

World Book Day 3rd March 2022

Thank you to everyone for supporting World Book day this year. The children (and staff) all looked fabulous. Here are a few photos taken from the day. Particular congratulations go to the winning costume who for KS1 was Alice Clarke and for KS2 was Charlie Boreham.





What Parents & Carers Need to Know about WHATSAPP



WhatsApp is the world's most popular messaging service, with around two billion users exchanging texts, photos, videos and documents, as well as making voice and video calls. Its end-to-end encryption means messages can only be viewed by the sender and any recipients: not even WhatsApp can read them. Updates to its privacy policy in 2021 (involving sharing data with parent company Facebook) caused millions to leave the app, but the new policy was widely misinterpreted – it only related to WhatsApp's business features, not to personal messages.

WHAT ARE THE RISKS?

SCAMS

Fraudsters occasionally send WhatsApp messages pretending to offer prizes encouraging the user to click on a link to win. Other common scams involve warning someone that their WhatsApp subscription has run out (aiming to dupe them into disclosing payment details) or impersonating a friend or relative and asking for money to be transferred to help with an emergency.

DISAPPEARING MESSAGES

Users can set WhatsApp messages to disappear in 24 hours, 7 days or 90 days by default. Photos and videos can also be instructed to disappear after the recipient has viewed them. These files can't be saved or forwarded – so if your child was sent an inappropriate message, it would be difficult to prove any wrongdoing. However, the receiver can take a screenshot and save that as evidence.

ENABLING FAKE NEWS

WhatsApp has unfortunately been linked to accelerating the spread of dangerous rumours. In India in 2018, some outbreaks of mob violence appear to have been sparked by false allegations being shared on the app. WhatsApp itself took steps to prevent its users circulating hazardous theories and speculation in the early weeks of the Covid-19 pandemic.

POTENTIAL CYBERBULLYING

Group chat and video calls are great for connecting with multiple people in WhatsApp, but there is always the potential for someone's feelings to be hurt by an unkind comment or joke. The 'only admins' feature gives the admin(s) of a group control over who can send messages. They can, for example, block people from posting in a chat, which could make a child feel excluded and upset.

CONTACT FROM STRANGERS

To start a WhatsApp chat, you only need the mobile number of the person you want to message (the other person also needs to have the app). WhatsApp can access the address book on someone's device and recognise which of their contacts also use the app. So if your child has ever given their phone number to someone they don't know, that person could use it to contact them via WhatsApp.

LOCATION SHARING

The 'live location' feature lets users share their current whereabouts, allowing friends to see their movements. WhatsApp describes it as a "simple and secure way to let people know where you are." It is a useful method for a young person to let loved ones know they're safe – but if they used it in a chat with people they don't know, they would be exposing their location to them, too.

Advice for Parents & Carers

CLICK HERE

CREATE A SAFE PROFILE

Even though someone would need a child's phone number to add them as a contact, it's also worth altering a young person's profile settings to restrict who can see their photo and status. The options are 'everyone', 'my contacts' and 'nobody' – choosing one of the latter two ensures that your child's profile is better protected.

EXPLAIN ABOUT BLOCKING

If your child receives spam or offensive messages, calls or files from a contact, they should block them using 'settings' in the chat. Communication from a blocked contact won't show up on their device and stays undelivered. Blocking someone does not remove them from your child's contact list – so they also need to be deleted from the address book.

REPORT POTENTIAL SCAMS

Young people shouldn't engage with any message that looks suspicious or too good to be true. When your child receives a message from an unknown number for the first time, they'll be given the option to report it as spam. If the sender claims to be a friend or relative, call that person on their usual number to verify it really is them, or if it's someone trying to trick your child.

LEAVE A GROUP

If your child is in a group chat that is making them feel uncomfortable, or has been added to a group that they don't want to be part of, they can use WhatsApp's group settings to leave. If someone exits a group, the admin can add them back in once; if they leave a second time, it is permanent.

THINK ABOUT LOCATION

If your child needs to use the 'live location' function to show you or one of their friends where they are, advise them to share their location only for as long as they need to. WhatsApp gives a range of 'live location' options, and your child should manually stop sharing their position as soon as it is no longer needed.

DELETE ACCIDENTAL MESSAGES

If your child posts a message they want to delete, WhatsApp allows the user seven minutes to erase a message. Tap and hold on the message, choose 'delete' and then 'delete for everyone.' However, it's important to remember that recipients may have seen (and taken a screenshot of) a message before it was deleted.

CHECK THE FACTS

You can now fact-check WhatsApp messages that have been forwarded at least five times, by double-tapping the magnifying glass icon to the right of the message. From there, your child can launch a Google search and decide for themselves whether the message was true or not.

Meet Our Expert

Parveen Kaur is a social media expert and digital media consultant who is passionate about improving digital literacy for parents and children. She has extensive experience in the social media arena and is the founder of Kids N Clicks: a web resource that helps parents and children thrive in a digital world.



National Online Safety

#WakeUpWednesday



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