



# NEWSLETTER

**Happy Friday!**

## **Ofsted Report**

Every week, various people visit our school and it is always lovely to hear the positive things they say. I am extremely proud of Southville Primary and when Ofsted visited at the end of March they spent several days (including two in school) looking at and evaluating almost every aspect of what we do and how we do it.

All feedback is equally valuable to us and the attached report is something we are all extremely proud of. Not necessarily because Ofsted have said we're 'Good' but because in the report it describes (albeit in very factual Ofsted speak!) the nurturing and ambitious school we know and love.

Ofsted identified only one area for development and this is something we have already been working on. This is indicative of the many strengths they recognised during their visit.

However, at Southville we remain very ambitious and know exactly what we need to do in order to ensure this is the best possible school for every one of our children. We also recognise we are on a journey and are continuously looking to improve, but this report is a welcome validation of where we are at the moment, and a green light for the next exciting stage.

Thank you again for your support during this process and for the important part you play in making this school the special place it is. The final report is attached to this message.

## **May Fayre**

Not long to go now until the May Fayre which is taking place tomorrow (20th May) at Myrtle. The Fayre is 1pm to 4pm and it will include all manner of stalls and activities to enjoy. A big thank you in advance to Helen and everyone on the PTA who have worked tirelessly to plan and prepare the event and who will be working so hard on Saturday to ensure it is a success. It is shaping up to be a really lovely community event.

One attraction that I think will be less popular, if I'm honest, is the 'soak the headteacher with sponges' stall. There may however be a couple of children who kindly wish to help cool me down, in which case I will be 'in the chair' as the fayre opens at 1pm.

Mr Commander will be taking up his place in the chair at 2pm and the queue has already started to form.

Hope to see you there!

## **Whole School Assembly Theme**

Last week in my newsletter I mentioned that this week is National Mental Health Week, and the theme is Anxiety. With that in mind, it was my intention to use the assembly on Monday to reflect with the children on how worries can feel and we can try to respond.

It then so happened that last weekend I was involved in a mountain biking 'incident' and although I wasn't seriously hurt, it did generate a lot of emotions in me which I was able to reflect on with the children in assembly.

We talked about how the 'worry monster' sometimes arrives because our brain is trying to keep us safe, but that this can sometimes make it difficult to do things that we really want or need to do. I shared the emotions I went through as I prepared to re-ride the same trail I had crashed on and the steps that I had found to be helpful, which were:

- Embrace the emotion
- Talk to someone about the root cause of the worry
- Talk to someone about the best next step to take
- Lean into the unknown

I should also apologise for any upset caused by a picture of my grazed nose which, once projected onto the screen in the hall, was absolutely colossal and quite terrifying, even for me!

### This Week's Eco Club - Meeting 7

Today in Eco Club we made posters about general recycling for the PTA Fair. One of the Eco Club members did a presentation about house plants, including a banana plant, and the positive impacts it has. We are thinking about whether we can put some plants in classrooms and across the school in the future.



## Keeping Safe Online

We would like to raise awareness within our parent and carer community about being safe online.

In recent weeks we have had a number of challenges arising within school linked to keeping safe online and using mobile technology especially when making appropriate choices linked to mobile apps - WhatsApp and others.

It is vital that we support our children to make good choices when using technology.

- **Do you know what apps are on your child's phone / tablet and are these shared with yourself?**
- **Do you regularly monitor the search history on the computer your child uses at home?**
- **Do you have parental controls on devices and is this password protected?**

The monitoring of your child's device is extremely important and should be done so in a supportive and open way. A recent incident on WhatsApp highlighted to the school that across a group of children, only a few mobile devices were being routinely checked by adults at home. More concerning was the fact that the children didn't feel compelled to share the incident with their parents in an open way. We want our whole community to be able to talk and share. It is through supportive structures that we can ensure the children feel safe, happy and supported online.

The NSPCC website provides information for parents on making the conversations positive and age appropriate.

[Teaching Your Child about Internet & Online Safety | NSPCC](#)

The [Welcome to the Keeping Bristol Safe Partnership website. \(bristolsafeguarding.org\)](#) also provides information for parents about keeping children safe online.

It is vital you have these conversations with your children and we are also looking into external providers to come in and run workshops with parents and carers on how to help children to keep safe online.

There is further information at the foot of this newsletter.

## Water Bottles and Sweets

Although at the time of writing the rain has returned, it has generally been much warmer this week so please ensure your child has a water bottle in school every day.

Also, we have noticed an increasing number of children bringing in sweets and fizzy drinks into school. In many cases this is the older children, some of whom buy these items on their way to school so I would be grateful if you could re-iterate this message at home. Thank you in advance for your help with this.

Have a lovely weekend, Andy Bowman

# Child Safety Online:

## Why children use social media

- Entertainment
- Belonging
- Confidence
- Popularity
- Self-esteem
- Expression



*A practical guide for parents and carers whose children are using social media*

Social networking is hugely popular. Many young people are sophisticated in the way they use social media apps and websites, tailoring their communication for different audiences, and accessing them from a range of devices including smartphones, tablets, and games consoles.

But social media, like all forms of public communication, comes with some risks. Not all of these risks turn into actual problems; and if children never face any risks, they never learn how to deal with them. By helping your child understand what the risks are, you can play a big part in preventing them from turning into problems.

## Understand the risks children may need to deal with

### What they could see or do:

- Seeing or sharing of violent, sexual and pornographic content
- Inaccurate or false information and extreme views
- Promotion of harmful behaviours including self-harm, anorexia and suicide
- Over-sharing of personal information
- Actively or unintentionally getting involved in bullying or hurtful behaviour

### Who they might meet:

- People who might bully, intimidate or frighten
- People posing behind fake profiles for:
  - Mischief-making
  - Sexual grooming and stalking
  - Blackmail and extortion
  - Identity theft and hacking

### How this could affect them

- Fear of missing out leading to excessive use or exaggeration
- Getting upset by things they have seen and being uncertain about what to do
- Engaging, or being pressured into engaging in more risky behaviour either by accident or by design
- Developing unrealistic, and perhaps depressing ideals of body image and gender
- Becoming subject to peer pressure or interactions that are intense or too difficult to handle
- Creating an online reputation that may create problems for them in the future





## Practical tips to help minimise the risks your child might face

It's good practice for apps and websites to have safety advice and well-designed safety features which can make a real difference to how safe your child will be when using them.

Work through safety and privacy features on the apps that your child is using, or might use. Make sure they understand the point of these and how to use them. Don't be put off by believing your child knows more than you: the tools are actually quite easy to manage.

- **Ask them to show you** which social media apps they use and what they like about them. Talk about how they use them and what makes them so engaging.
- **Explain how you can use privacy settings** to make sure only approved friends can see posts & images.
- **Check if any of their apps have 'geo-location' enabled**, sharing their location unintentionally.
- **Show them how to report offensive comments** or block people who upset them.
- **Check 'tagging' settings** so that when others are posting or sharing photos online, your child's identity is not revealed. Also, get people's consent before sharing photos.
- Encourage your child to **come and talk to you** if they see anything that upsets them.

## Keep talking and stay involved

In a mobile age, children can't be completely protected, even by the best privacy controls; another child may use different settings. So it's important to keep talking to your child about the implications of social media.

Getting a sense of what they think is a useful place to start; you may be surprised by how much thought they may have given to the issues. Encourage your child to think carefully about the way they, and others behave online, and how they might deal with difficult situations.

- People may **not always be who they say they are online**: how can this create problems?
- Why is it **unwise to meet** anyone in the real world that you've only ever met online?
- Even if you think your messages are private, remember that words and images can always be **captured and broadcast**.
- People **present themselves differently online** - do they really look like that? Are they always having that good a time?
- Be aware that screens, and especially being anonymous, can lead people to say things they **wouldn't say to someone's face**.
- What does **being a good friend and a likeable person** online look like?
- There can be **pressure to be part of a particular group** online or to be seen to be **following a certain set of ideas**. How can you take a step back and make your own decisions?

### For more information

You can find out more about how children use social media, the apps they use, the risks they face, how to use privacy settings, and advice and tips about how to talk to your children at:

[www.childnet.com/sns](http://www.childnet.com/sns)

[www.internetmatters.org](http://www.internetmatters.org)

[www.nspcc.org.uk/onlinesafety](http://www.nspcc.org.uk/onlinesafety)

[www.parentzone.org.uk](http://www.parentzone.org.uk)

[www.thinkyouknow.co.uk/parents](http://www.thinkyouknow.co.uk/parents)

[www.askaboutgames.com](http://www.askaboutgames.com)

### To make a report

Concerned about online grooming or sexual behaviour online? Contact CEOP: [www.ceop.police.uk](http://www.ceop.police.uk)

If you stumble across criminal sexual or obscene content on the internet you should report it to the Internet Watch Foundation: [www.iwf.org.uk](http://www.iwf.org.uk)

