



# Marchwood Junior School

Our Learning Family that Inspires you to Dream

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8<sup>th</sup> February 2019

## Online Safety

Online safety is a growing local and national concern and we are really keen to help parents with this important issue. The internet can be really useful but it can also be very dangerous too if children have unfiltered access. You may feel really confident about supporting your child to stay safe online but we will continue to promote different strategies to help parents.

We are always really happy to resolve online issues between children that have started out of school at school. This is because we know what a significant impact they can have on a child's self esteem and we know we are well placed to talk to parents or children if there have been issues between children. We can also advise parents about more concerning online issues.

CEOP website [www.thinkuknow.co.uk/parents/](http://www.thinkuknow.co.uk/parents/)

The CEOP (child exploitation and online protection) website is brilliant website and has a game you can play alongside your child which is appropriate for 8 – 10 year olds. It asks questions about what to do online in different situations, which provides an opportunity for really good discussions. Please have a look!

### Limiting your child's time on devices

I use an app called 'Screen Time' with my children (there is a free and a paid for version). This app is great as at the very least it provides a daily time limit for your child's device (as well as lots of other features). This removes the daily argument of '*oh mum, just ten more minutes!*' as once the time is up, it is up. You can extend if you choose to so you can have a check of their device.

### Checking devices regularly

No apps however, remove the need for constant and vigilant checking of your child's devices. We are well aware that many of our children have access to apps that usually have an age 13+ rating : Instagram and Whatsapp and Tiktok (Whatsapp has a minimum age of use of 16). Using these three apps gives children access to many of their friends but if their settings are not locked down, they can also be contacted by people they don't know.

### Consent for sharing photos or information

Tuesday this week was National Safer Internet Day. We regularly revisit how to keep safe online with our children but this week we have looked carefully at sensible choices online related to 'consent' and the sharing of information or photos. We will add the PowerPoint to our website so you can see what was discussed and perhaps continue the conversation at home. In assembly or circle time this week, your child has seen and discussed the PowerPoint presentation, which can be found by downloading this link: <https://www.saferinternet.org.uk/safer-internet-day/safer-internet-day-2019/education-packs/education-pack-7-11s>

### Questions to help you discuss online safety with your child

To keep parents informed, we will continue to share regular online safety updates through the weekly newsletter. This week, we have attached at the end of the newsletter a poster which suggests seven good questions to help you start a conversation about online safety – we hope you find them useful.

## Children's Mental Health week

This week has been Children's Mental Health week and the theme has been 'Healthy - Inside and Out'. Across our school the children have been encouraged to look after their bodies and minds – by talking, exercising, eating and sleeping well and by learning strategies to help them deal with the various emotions and stresses that life throws at us all. We've set the children a challenge to decide on one thing they could do to look after their mind or body – it could be doing 5 star jumps every day, reducing the amount of fizzy drinks they consume, doing something relaxing before bedtime to aid their sleep, acknowledging things they are grateful for....perhaps you could get on board too by supporting your child or by setting your own target! After all, mental health is important for all of us. Please see the attached link for further guidance:

<https://www.childrensmentalhealthweek.org.uk/parents-and-carers/>

## Sporting week at MJS

This week has been a busy week of sporting competition...



### New Forest Sportshall Athletics

On Saturday 32 children went to Testwood College to take part in the Sportshall Athletics Championships. The children all did incredibly well with lots of personal best tumbling. Remarkably, Shenique broke the school standing long jump record with a sensational leap of 2.18m. After three hours of tense competition, Marchwood finished with a stunning three teams in the top seven, with the A team finishing runners up and the B team third.

## New Forest Gymnastics

On Monday, eight children from Year 6 took part in the New Forest Gymnastics competition. They performed extremely well, performing two floor routines and a vault. Both teams showed courage and skill in front of an audience and were a credit to the school. The A team finished with the gold medal and the B team were fourth, finishing only 0.1 behind third place. Well done to all involved.



## New Forest Cross Country



Thursday saw 30 of our children visit Gang Warily for the New Forest Cross Country Championships. Competing with 17 other schools from across the region, the children ran in huge competitive races of approximately 100 children in each race. The afternoon was littered with outstanding individual performances but what was great to see was the sea of yellow moving through the field. The afternoon finished with Y6 boys in 2<sup>nd</sup>, Y6 girls in 2<sup>nd</sup>, Y5 boys in 3<sup>rd</sup> and Y5 girls in 6<sup>th</sup>.



### Family Inspiration:

**Southampton Ladies v Oxford City (Southern Region Women's Premier)**

Sunday 10<sup>th</sup> February, 2:00 kick off

@ AFC Totton's Testwood Stadium, Salisbury Road, Totton, SO40 2RW.

Tickets are £2 for adults and free for concessions. Southampton Season Ticket holders receive free entry on production of their Season Ticket cards.

## **Half Term Holiday Club**

This half term's holiday club will be running Monday to Thursday (9:00-3:00).

## **Vacancy for a Cleaner**

Marchwood Junior School are looking for a cleaner to join their friendly hard working team with effect from Monday 4th March 2019. The required hours to be worked each week will be 10 hours which will be allocated at 2 hours per day. The current cleaning team work from 3.30 – 5.30 p.m. each day, but this is negotiable and there is a possibility for early mornings if this is more suitable. You will be entitled to 24 days leave per year and will be expected to work some of the half term and Summer holidays. During the holidays your hours can be accrued and worked over a shorter period of time, this will be arranged with the site manager at the time. The rate of pay is £8.50 per hour. If you wish to discuss this matter further please contact Timothy Adams on 023 80863105 or contact the school office in person, by phone or email [jjones@marchwoodjun.co.uk](mailto:jjones@marchwoodjun.co.uk) for an application form

Best wishes

Mrs Anderson & Mr Hoskins  
Headteacher and Deputy Head

## **Diary Dates**

Monday 11<sup>th</sup> February – Friday 15<sup>th</sup> February 2019 – Year 4 Minstead week

Monday 11<sup>th</sup> February 2019 WW11 Day & Ace Time at 2.15 p.m.

Thursday 14<sup>th</sup> February – Year 6 Ace Time & SATS Information at 2.00 p.m.

Monday 18<sup>th</sup> February – Half Term week

Thursday 28<sup>th</sup> February – Year 4 Ace Time at 2.15 p.m.

Thursday 7<sup>th</sup> March – PTA school disco

### **Monday 18<sup>th</sup> March – Mock Sats week for Year 6**

Thursday 1<sup>st</sup> March – Book fair in School for the week

Monday 11<sup>th</sup> March – Reports home to parents

Thursday 21<sup>st</sup> March – Travelling Book Fair in school

Monday 25<sup>th</sup> March – Year 3,4 & 5 Assessment week

Tuesday 26<sup>th</sup> March – Year 3 Ace Time at 2.15 p.m.

Tuesday 26<sup>th</sup> March – PTA Mothers Day sale

Friday 29<sup>th</sup> March – PTA Film Club

## **Inset days**

Monday 22<sup>nd</sup> July 2019

Tuesday 23<sup>rd</sup> July 2019



National  
Online  
Safety

# 7 questions to help you start a conversation with your child about online safety

#WakeUpWednesday



1



Which apps/games are you using at the moment?

THIS WILL GIVE YOU A GOOD OVERVIEW OF THE TYPES OF THINGS YOUR CHILDREN ARE DOING ON THEIR DEVICES, ALONG WITH THEIR INTERESTS. REMEMBER THAT THEY MIGHT NOT TELL YOU EVERYTHING THEY ARE USING, SO IT IS A GOOD IDEA TO ASK THEM TO SHOW YOU THEIR DEVICE. BECAUSE NEW APPS AND GAMES ARE RELEASED REGULARLY, IT IS IMPORTANT TO HAVE THIS CONVERSATION OFTEN TO ENSURE YOU ARE UP TO DATE WITH WHAT THEY ARE DOING.

Which websites do you enjoy using and why?

AS IN THE TIP ABOVE, ASKING THIS QUESTION WILL ALLOW YOU TO FIND OUT WHAT YOUR CHILD IS DOING ONLINE, AND ENCOURAGE POSITIVE CONVERSATIONS ABOUT THEIR ONLINE ACTIVITY. ASK THEM HOW THEY USE THE WEBSITES, AND TAKE AN INTEREST IN HOW THEY CAN USE THEM IN A POSITIVE WAY, ALSO ASKING THEM TO SHOW YOU IF POSSIBLE.



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PLAY AGAIN?  
YES NO

How does this game/app work?  
Can I play?



SHOW A GENUINE INTEREST IN WHAT THEY ARE DOING. WHILST YOU ARE PLAYING A GAME OR USING AN APP WITH THEM, IT MIGHT HIGHLIGHT SOMETHING THAT THEY DON'T NECESSARILY THINK IS A DANGER TO THEM. IF THEY ACT LIKE THEY DON'T WANT TO SHARE THEIR ACTIVITIES WITH YOU, QUESTION WHY.

Do you have any online friends?

CHILDREN CAN FORM POSITIVE RELATIONSHIPS WITH PEOPLE ONLINE, AND THIS HAS BECOME MORE COMMON THANKS TO ONLINE MULTI-PLAYER OPTIONS, BUT THEY MAY NOT FULLY UNDERSTAND THE DIFFERENCE BETWEEN A FRIEND AND A STRANGER. YOU COULD MAKE THE QUESTION MORE SPECIFIC TO YOUR CHILD, FOR EXAMPLE: "HAVE YOU MET ANYONE ONLINE THAT YOU LIKE TO PLAY GAMES WITH?" THEY MAY NOT WANT TO SHARE THIS INFORMATION WITH YOU, SO ENSURE YOU TEACH THEM ABOUT HEALTHY RELATIONSHIPS.



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Do you know where to go for help?

ALTHOUGH YOU MAY BE THE ADULT THEY TRUST THE MOST, SOME CHILDREN STRUGGLE TO TALK ABOUT WHAT HAPPENS ONLINE DUE TO CONFUSION OR EMBARRASSMENT. BECAUSE OF THIS THEY MAY STRUGGLE TO APPROACH THE NORMAL PEOPLE WHO WOULD HELP, SUCH AS YOURSELF OR A TEACHER. HAVE A CHAT TO YOUR CHILD ABOUT EXACTLY WHERE THEY CAN GO FOR HELP, AND HOW THEY CAN REPORT ANY ACTIVITY THAT THEY BELIEVE IS INAPPROPRIATE ONLINE.

Do you know what your personal information is?

YOUR CHILD MAY ALREADY KNOW WHAT THEIR PERSONAL INFORMATION IS BUT THEY MIGHT NOT THINK ABOUT HOW IT CAN BE SHARED. HAVE A CONVERSATION ABOUT WHAT PERSONAL INFORMATION IS AND HOW THIS CAN AFFECT THEM IF IT IS SHARED BEYOND THE INTENDED RECIPIENT. IT IS IMPORTANT THAT YOUR CHILD UNDERSTANDS THE DANGERS OF SHARING CONTACT DETAILS OR PHOTOS, AS INFORMATION SUCH AS THIS CAN SPREAD QUICKLY ONLINE.



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Do you know your limits?

CHILDREN MAY NOT UNDERSTAND THE NEGATIVE IMPACTS OF DEVICE OR GAME ADDICTION. TALK TO THEM OPENLY ABOUT HEALTHY HABITS AND ASK WHETHER OR NOT THEM SPENDING TIME ONLINE OR PLAYING A GAME IS AFFECTING THEIR SLEEP, PERFORMANCE AT SCHOOL OR IF THEY ARE GENERALLY LOSING INTEREST IN OTHER ACTIVITIES. YOU MAY LEAD ON TO ENCOURAGING ALTERNATIVE ACTIVITIES AND DISCUSSING THE INTRODUCTION OF TIME LIMITS WHEN AT HOME.

