



## Bosham Primary School

Walton Lane, Bosham, Chichester, West Sussex, PO18 8QF.

Tel: 01243 572375, Fax: 01243 576032

e-mail: [office@boshamprimary.co.uk](mailto:office@boshamprimary.co.uk)

Headteacher: Jacquelyn Wattam BEd (Hons), MA Ed, NPQH

Friday 11<sup>th</sup> February, 2022

Dear parents and carers,

Once again the week has flown by. We have been very busy celebrating two very important national events. Internet safety on 9<sup>th</sup> February and Children's Mental Health Week. Please ask your children what they have learned this week about these events.

### Parent Mail

We have been very pleased with your responses to our new ParentMail system. Almost all of you have booked your parents' evening consultations through the booking app and reported that it was so quick and easy and it sent you a reminder email. From next week, you will be able to use the same system to pay for all school events: swimming, residentials, wrap, trips and many other activities. We are aiming to be a cashless school by Easter. We do not have access to a local bank and walking through Chichester with a bag of cash and cheques is not ideal. Just like parents' evening, you will be sent an alert which will direct you to the letter, consent form and payment request.

### Parents' consultations

Tuesday 15<sup>th</sup> February: 15:30 – 18:00

Wednesday 16<sup>th</sup> February: 16:00 -19:00

Thank you to everyone who has booked an appointment. If you haven't yet there are still appointments available.



### Children's Mental Health Week

This week we have been putting a greater emphasis on children's wellbeing. We have encouraged all our pupils to think about their wellbeing and what makes them happy, comfortable and healthy. All children have participated in some fun activities to support this and today we have gathered on the playground to blow our troubles away.





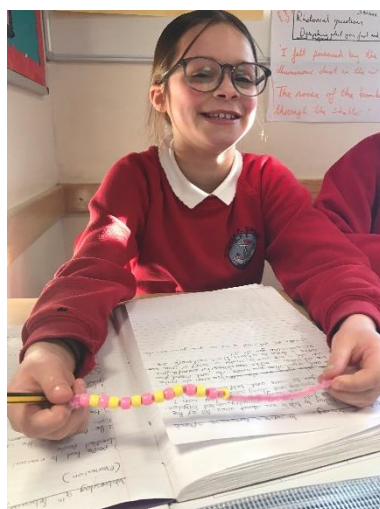
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For any child in need of support, whether that be a little help to get back on track or for those in crisis, the Your Mind Matters website [www.westsussex.gov.uk/YourMindMatters](http://www.westsussex.gov.uk/YourMindMatters) has helpful advice, resources and local organisations to help you support your child. We too will do our best to support you and your child.



Website: [www.boshamprimary.co.uk](http://www.boshamprimary.co.uk)



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### Safety

Following the theme of well-being Internet safety day focused on online relationships. With this newsletter I have attached two posters that we are displaying around the school. If you would like more information please see:

<https://nationalonlinesafety.com/>

During this week we have taken the opportunity to talk to some of our younger children about the PANTS rule.



This has been developed by the NSPCC Talk PANTS helps children understand that their body belongs to them, and they should tell someone they trust if anything makes them feel upset or worried.

P: Privates are private

A: Always remember your body belongs to you

N: No means no

T: Talk about secrets that upset you

S: Speak up; someone can help.

Further information can found at: <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/>

### Vacancies

We are wishing to extend and improve our after school wrap provision and as such we are looking for staff. If you are interested in applying for this role and have relevant qualifications or experience, please contact Mrs Walster for an application form. Details are now on the website.

### TT Rock Stars

Thank you to everyone who has been encouraging their children to use TT Rock Stars. Please continue to make time for your child to use this programme every day. Let's see if we can double the number of children who know all the times tables each month - if we do, every child should know the multiplication table facts by June!

### And finally...

Bosham Primary pupils participated in the Chichester Festival for Music, Dance and Speech at the Chichester Festival Theatre last weekend. They were competing against students from Oakwood, Westbourne House and St Joseph's Schools to mention a few.

The seven children Olive, Alice, Orla, Ben, Octavia, Jasper and Sylvia performed beautifully and were a credit to the school.

- Alice and Orla took joint third place for their performance of the set piece of verse: Sick by Shel Silverstein

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- Ben took second place for his performance of The Hippopotamus's Birthday by E V Reiu and also third place for his prose piece, an extract from The Girl of Ink and Stars by Kiran Millwood Hargrave.

The children also completed their London Academy of Music and Dramatic Art (LAMDA) 'Verse and Prose' exam on Friday for which were required to learn to memory two pieces, one verse and one prose. They will receive their results in approximately six weeks.



### Cross Country

Congratulations to our year 5 and 6 cross country participants.

This was a very closely fought competition which took place at Bishop Luffa earlier this week. Both the boys and girls were racing against over 100 children. We had perfect weather, and the children showed enormous amounts of determination and enthusiasm to complete the course without stopping. The team did very well and we are very proud of them all. Although we have not received all the final results yet we do know that following their superb performance, eight Year 6 children and two Year 5 children qualified to represent our area at the Sussex School Games 2022 Cross Country Finals, in Brighton, on the 3<sup>rd</sup> March. Bethany was placed 2<sup>nd</sup> overall in the year 5 and 6 girls' team. Well done everyone; we wish you all the best for this and are very excited to see how you get on. My thanks go to Mrs King and Mrs Jones who supported the children throughout this event.

I wish you all a relaxing, sunny weekend. Next week is a four day week for children as we have INSET on Friday 18<sup>th</sup> February.

Kind regards,



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### BE SMART ONLINE



# S

#### SAFE

Keep your personal information safe. When chatting or posting online don't give away things like your full name, password or home address. Remember personal information can be seen in images and videos you share too. Keep them safe to keep yourself safe.



# M

#### MEET

Meeting up with someone you only know online, even a friend of a friend, can be dangerous as this person is still a stranger. If someone you only know online ever asks you to meet up, for personal information or for photos/videos of you then tell an adult straight away and report them together on [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

THINK  
U  
KNOW

# A

#### ACCEPTING

Think carefully before you click on or open something online (e.g. links, adverts, friend requests, photos) as you never know where they may lead to or they may contain viruses. Do not accept something if you are unsure of who the person is or what they've sent you.



# R

#### RELIABLE

You cannot trust everything you see online as some things can be out of date, inaccurate or not entirely true. To find reliable information compare at least three different websites, check in books and talk to someone about what you have found.



# T

#### TELL

Tell a trusted adult if something or someone ever makes you feel upset, worried or confused. This could be if you or someone you know is being bullied online. There are lots of people who will be able to help you like your teachers, parents, carers or contact Childline – 0800 11 11 or [www.childline.org.uk](http://www.childline.org.uk)



### BE SMART WITH A HEART

Remember to always be smart with a heart by being kind and respectful to others online. Make the internet a better place by helping your friends if they are worried or upset by anything that happens online.



[WWW.CHILDNET.COM](http://WWW.CHILDNET.COM)







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# 10 Top Tips for Respect Online: INSPIRING CHILDREN TO BUILD A BETTER DIGITAL WORLD

Our ability to communicate with anyone in the world, at any time, via the Internet has grown at breakneck speed. For teachers and parents, it can feel impossible to keep up. Worrying about our young people is understandable, and not unjustified: in 2020, for example, one in five 10- to 15-year-olds experienced bullying online. Our tips highlight ways that adults can support young people's positive online behaviours: by adopting and following 'netiquette', we can show them how to avoid getting into difficulty as they learn to negotiate the continually evolving digital landscape.

## WHAT IS NETIQUETTE?

Just like etiquette is a set of rules which guides and governs our interactions with others in everyday life, netiquette – etiquette on the net – is the framework which helps inform how we communicate with people online. The rules of engagement often aren't the same as a face-to-face meeting, so it's important that we can accurately 'read' situations in the digital world and know how to act appropriately.

### 1 ACCEPT DIFFERENT RULES

A lot of our interaction with others is helped by non-verbal signals like body language and facial expressions. Online, of course, many of these clues are missing. Talk to your child about why this makes misunderstandings more likely to occur in the digital world and why keeping in mind that online communication is a very different process can help to prevent difficulties from arising.

### 2 PRESS 'PAUSE'

It's so easy to do things quickly online that most people (adults included) habitually send or respond to messages without considering the consequences. Pushing 'the pause button' buys a young person some time while they ponder the golden rule: "Would I still say this if the other person was right front of me?" You could practise this with your child on some made-up tricky situations.

### 3 THE INTERNET IS ADDICTIVE

Apps and sites use sophisticated algorithms and clever marketing to keep us engaged, while notifications to our devices are designed to draw us back in. It's no wonder that people continually return to the digital world, sometimes spending long periods of time there. You and your child could trial turning off notifications on certain apps and instead agree a time to check for updates manually.

### 4 BEWARE THE DARK SIDE

Getting a hurtful or unhelpful comment on social media or in a group chat can make the recipient feel publicly shamed. That's painful for anyone – but especially for a young person whose status in a group is integral to their sense of identity. Encourage your child to think about the best and safest way to send a message: for example, doing it as a private message rather than a public post.

### 5 HARMFUL INTERACTIONS

Unfortunately, it's very easy to send a hurtful message or to spread gossip and rumours online. We all know this happens regularly. Not having to deal with actually seeing the other person's distress usually doesn't help people to make a positive decision in the moment. It's important that trusted adults help children to visualise the potential consequences and have empathy for others.

### 6 APPRECIATE DIFFERENCES

We're all built differently; some people are simply more emotionally sensitive than others. Young people can be particularly affected by negative online communication, such as group shaming. Even a single message (which might seem trivial at face value) can cause deep anguish. Trusted adults should be prepared to be patient and listen to any difficulties their child might have had online.

### 7 ACCENTUATED ANXIETY

Young people's online lives create a lot of anxiety. Messages go into a 'black hole' until someone responds, there are more reasons to compare ourselves negatively, and social media can make us feel like we're missing out. Encourage activities such as sports and hobbies to balance this out, and remember that merely blocking out thoughts (by gaming, for instance) isn't the same as relaxation.

### 8 PRO-SOCIAL BEHAVIOUR

A huge positive for the internet is how it helps people to feel connected and makes being kind and helpful easy to spread. When young people get involved in pro-social behaviours online, it creates a positive feedback loop which makes them feel good. Show your child examples of when you've done or said something positive online, and praise and encourage them when they do the same.

### 9 BE A GOOD ROLE MODEL

One of the best things we can do as trusted adults is to role model positive online behaviour. Just letting your child see that you know when it's time to put your phone away and do something more productive can set a strong example. Some families set aside particular times of the week (such as mealtimes or a family walk) where digital devices aren't allowed and conversation takes precedence.

### 10 SHOW COMPASSION

Mistakes can feel much bigger online, because they're so public. If a young person does or says something regrettable on the internet, it's important to support them to forgive themselves, learn any lessons and move forward positively. Even as adults, we can often stumble when learning how things work in the fast-moving digital world, so it's important to have compassion for ourselves, too.

## Meet Our Expert

Dr Cara Francis-Smith is an experienced counselling psychologist who, through her research, specialises in promoting safe and ethical online communications. She consults with businesses and organisations to support positive and effective communication online, often by considering some of the more hidden aspects of the mediums.



National  
Online  
Safety

#WakeUpWednesday



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



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