

St Mary's Priory Catholic Infant and Junior Schools' Weekly Newsletter

9th June, 2023



'Love one another; Always do our best; Take care of ourselves and the world around us'



House Team Winners

Congratulations to the children in St Josephine's house, who were this term's house winners. These children worked together to earn the most house points for their exemplary efforts in their learning as well as showing excellent behaviour in and out of class. The team celebrated with some juice and cupcakes in the sunshine.



Golden Lunch

These two children earned enough 'golds' to join Mrs Ronan for a special lunch. Golds are earned for showing fantastic behaviour-always. Well done!



Attendance winners!

Infant School:

Junior School:

Swan and Robin
100%

6B
100%

Punctuality winners!

Dove
0 lates

6D and 5J
0 lates

Safety is key!

This week, Year 5 and 6s were joined by PC Graham and PC Sam for an online safety and cyber bullying assembly.

They also had a visit from Samantha Hatchett from Haringey Social Services to speak with our Year 5 and 6s about how to stay safe outside of school.

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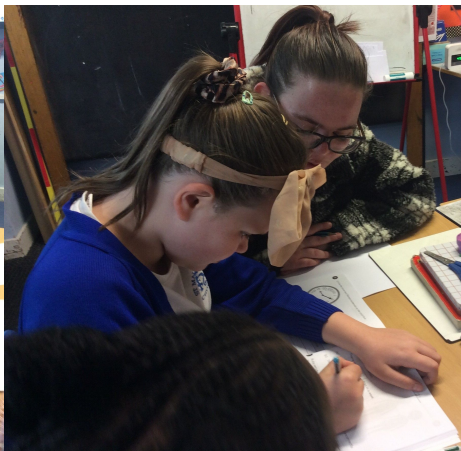


'Love one another; Always do our best; Take care of ourselves and the world around us'



When:	What:	Who:	Where:	Time:
Summer 2	Parents invited to visit a lesson	All classes	Classrooms	See email from teachers for more details
8th and 12th June	St Thomas More Catholic School Open Morning	Year 5 pupils	St Thomas More Catholic School	9.30-10.30am
21st June	Celebration for those children who had their Holy Communion this year- parents warmly invited	Holy Communion children and their parents	Junior Hall	9am
6th July	Summer Fair	All pupils and parents	Infant Hall	3-4.30pm
11th July	Year 6 Leavers mass	Year 6 pupils and parents	Junior Hall	5pm
17th and 18th July	Year 6 performance of High School Musical- More information to follow	Year 6 parents	Junior Hall	5pm
19th July	Year 6 Celebration	Year 6 pupils	Junior Hall	5pm

4B's Parent Sessions





Stars of the Week



Owl Class	Liam	Rashan
Robin Class	Josselyn	Andreas
Swan Class	Jayden	Emiliano
Woodpecker Class	Sophia	Audrey
Dove Class	Mia	Daniel
3N	Antos	Zania
3M	Heidi	Sophia
4B	Caleb	Sinead
4M	Nana	Emmanuel
5C	Dylan	Oliver
5J	Elizabeth	Valentina
6B	Mauro	Nadia
6D	Nikola	Dominika

Congratulations to our Stars of the week!
These pupils have worked exceptionally
hard to stand out amongst their peers. Well
done everyone!



Link to our Twitter:

<https://twitter.com/StMarysRCPriory>



What’s been happening at St Mary’s this week?

Make sure you check out our school's Twitter account to keep up to date with what our pupils are getting up to!

We had a few more souvenir magnets added to the 4M collection. As part of our ‘Tourism’ work last half term, the children enjoyed sharing their magnets and telling the class about places they had visited 🌴🏖️🌳🏡🚢
🌐🇬🇧 #KS2Geography



Year 6 trip to Kidzania!
The children are having fun trying out different careers.



Year 6 having a lesson from Haringey Social Services on the dangers of missing, exploitation and gangs.



GET TALKING HARINGEY

Haringey
LONDON

PLAY, LISTEN, TALK

Come join us for a fun afternoon and find out how we can all use everyday play to get our children talking. Our family-focused events will include a whole range of engaging and interactive activities, including music, storytelling and much, much more besides!

**FREE ENTRY
OPEN TO ALL**



OUR EVENTS

16 JUNE, 12PM-4PM

Join Ranger Stu's
Exotic Animals at Bruce
Castle Park Lordship
Lane
London N17 8NU

29 JUNE, 12PM-4PM

Join storyteller Wendy
Shearer and author of
*We're Going on a Bear
Hunt* Michael Rosen at
Campsbourne Play Centre
Newland Road
Hornsey N8 7AJ

4 JULY, 12PM-4PM

Join Groundswell Arts'
Communication Pod at
Russell Park
Westbury Avenue
London N22 6SE

What Parents & Carers Need to Know about INFLUENCERS

In today's digital age, social media influencers play an increasingly significant role in shaping the opinions, interests and behaviours of our children. While many of these individuals can have a positive effect, influencer culture can also present certain risks – such as encouraging consumerism, affecting self-esteem and blurring trustworthiness. To help ensure a safe online environment for young people, it's vital to maintain open communication, set sensible boundaries, promote a healthy self-image and teach digital media literacy. Our guide delves deeper into all of these.

WHAT ARE THE RISKS?

HEIGHTENED CONSUMERISM

A major way that influencers make money is through brand partnerships and sponsored content. As a result, children who follow them may be exposed to a steady stream of advertising; this can lead to materialistic attitudes, unrealistic expectations and an increased desire to have the latest products. Many influencers have built huge brand empires around their large, impressionable following.

THE SOFT SELL

Some influencers aren't always transparent about the motivations behind their posts, blurring the lines between genuine recommendations and paid-for promotions – and young people sometimes find it difficult to distinguish authentic content from advertising. Many major social platforms have taken steps to make sponsored content and ads easier to identify, but it remains an area of concern.

PRIVACY CONCERNS

Inspired by their favourite influencers, children may start sharing more of their own lives online – which could reveal personal information or details about their daily routine. This openness can put them at risk of cyberbullying or even predatory behaviour. This is exacerbated by live streaming, which gives young people no time to consider the potential consequences of saying too much.

UNDERMINING SELF-ESTEEM

Many influencers share images and videos of themselves and their activities, which are often painstakingly curated and edited to present an idealised version of their life. Children who follow these influencers may develop distorted expectations about body image and the concept of beauty, which can potentially lead to negative self-esteem and even mental health issues.

Advice for Parents & Carers

KEEP TALKING

Chat to your child about the content they consume on social media and the influencers that they like. Encourage them to think critically about what they see and hear online, and listen to any concerns they might have. Maintaining this line of open, honest communication can help your child to make informed decisions about which individuals they follow and what content they engage with.

SET SOME BOUNDARIES

Agree age-appropriate boundaries for your child's social media use, including time limits and privacy settings (the two major operating systems on mobile devices, Android and iOS, have these controls baked in). Try to keep an eye on your child's online activity and discuss it regularly with them – including reminding them of the potential risks that can arise from following influencers.

SUPPORT A HEALTHY SELF-IMAGE

Reinforce your child's awareness that real life isn't usually as picture perfect as it may appear on social media – and how some content (particularly that of influencers) is often curated, staged or edited to look more glamorous. If possible, highlight examples of other influencers who share authentic, relatable material which acknowledges their imperfections and struggles as well.

PROMOTE MEDIA LITERACY

Talk to your child about the concepts of sponsored content, advertising and potential influencer bias. Teach them to critically evaluate the information they're presented with online and to consider the possible reasons behind content creation. This can help young people develop the skills to make healthier decisions about the influencers they choose to follow and the content they consume.

Meet Our Expert

A former director of digital learning and currently a deputy headmaster and DSL, Brendan O'Keefe's experience and expertise gives him a clear insight into how modern digital systems impact the experience of children, staff and parents – and which strategies help to ensure that this online world remains a useful educational tool rather than a minefield of risks.



National
Online
Safety

#WakeUpWednesday

SEND

Special Educational Needs and Disabilities



DO YOU KNOW ABOUT OUR LOCAL OFFER?

The Local Offer is information for parents and carers of children and young people (aged 0-25) with special educational needs and/or disabilities. It explains the support we offer in Haringey for those children and young people.

- **Community groups** – Parent Carer Forum, Markfield community centre, SENDIASS and more
- **Travel assistance** – School transport service, Travel buddying, Independent Travel Training, Personal Travel Budget and paid mileage
- **Health services** – Speech and Language Therapy, Nursing Services, Physiotherapy Service, Mental Health services and more
- **Preparing young people for adulthood** – Advice on getting a job, where to live, getting the right benefits, managing your health, transition and more



**CHECK OUT
OUR WEBSITE
AND SIGN UP TO
OUR MONTHLY
NEWSLETTER**

[www.haringey.gov.uk/
local-offer](http://www.haringey.gov.uk/local-offer)



Haringey

FREE webinars and workshops for parents and carers



Scan QR codes to book

31.05.23
ONLINE

CONVERSATIONS ABOUT PARENTING

Discussions and advice about parenting today - Mel Prosper



07.06.23
ONLINE

GROWING TOGETHER

Positive parenting and wellbeing - Dee Buchanan



14.06.23
IN PERSON

** DWP INFORMATION SESSION

Benefit changes and impacts - Gilleen White and Michelle Richards



21.06.23
ONLINE

MANAGING YOUR FINANCES

Tips to cope with the cost of living - Justin Watson



28.06.23
IN PERSON

** COOKING ON A BUDGET

Come and make healthy, cost-effective meals - Dru Shaw



05.07.23
IN PERSON

GODWIN LAWSON

A story workshop about gang and knife crime - Yvonne Lawson MBE



12.07.23
ONLINE

RAISING YOUR CHILD'S ASPIRATIONS

Ways to help your child find their inner greatness - Dom Edwards



* All events run from 10:30am - 12:00pm except cooking on a budget which is 10:00am - 12:00pm

* In person events will be held at Haringey Learning Partnership, Commerce Road, N22 8DZ

** DWP - Department of Work and Pensions

** Cooking on a budget requires a £5 deposit, refunded after attendance.

Call Mel Prosper on 07385 380 426 for more information.

www.haringeylearningpartnership.co.uk



St Mary's Online Safety Tips

Here at St Mary's we consider online safety a priority, we acknowledge that the world our children are preparing for is becoming increasingly online. Therefore, we have compiled the following tips in order to support you in guiding your child through digital experiences.

☐ Set Up Parental Controls

Home internet providers can offer parental controls for your family. There are 2 ways of achieving this:

- Use a filter from your internet provider to control the content that you and your family see. Some providers allow different settings for each user.
- Set up any device connected to your home broadband. How you do this depends on your provider and you'll need to access your home router. You can ask your internet provider for help setting this up.



Check the settings on any games or device that your child is on.

Settings icons usually look like a gear like this:

On some devices you can control the following:

- Turn off chat functions to stop your child from talking to people they don't know
- Restrict games based on age
- Turn off in-game purchases, or set a limit.

An example is shown on the popular game Roblox:

My Settings

2 Step Verification
Improve your account security. A code will be required when you login to...

Email codes when logging in from a new device.
A verified email is required.

What are Account Controls?
You can setup account restrictions on this account to restrict access to a curated content.

Account PIN
Account PIN is currently disabled
When this setting is enabled, the PIN must be provided before changing settings.

Account Restrictions
Account Restrictions are enabled
This account can only access our curated content on the platform. Additionally, contact settings (under the Privacy page) will be set to Off.

My Settings

Privacy Settings

Contact Settings

Custom

Who can message me?
Friends

Who can chat with me in app?
Friends

Who can chat with me?
No one

If you go to settings, then select security you can set a pin, this will control when your child will be able to access the game. You can also enable the account restrictions; this means your child will access content that is more filtered. If you go to privacy settings, disable the chat.

☐ Have devices in a supervised area

Remember that parental control tools are not always 100% effective and sometimes, unsuitable content can get past them, so don't rely on them alone to protect your child.

The best way to ensure your child is safe is to monitor their behaviours online. It is not reasonable to expect young children to regulate their own behaviours online, just as we would not expect it to be reasonable for a child to arrange what they have for dinner each night, we as adults must guide the children in their choices.

Avoid headphones or headsets, unfortunately there is plenty of content that appears to be aimed at children but have inappropriate themes. Remember, just because something is a 'cartoon' doesn't mean it's for children.

☐ Open a Discussion

- Talk to your child and ask them to show or even teach you how they use the internet, learn which websites or tools they like to use and why. Learning together can often open opportunities to discuss safe behaviour with your child.
- Always ensure your child knows how to block or report people online who send nasty or inappropriate messages or content. Encourage your child not to retaliate or reply.
- Make sure your child knows to tell an adult they trust if they see something online that makes them feel scared, worried or uncomfortable. This will only begin with
- Children love talking about games! If you ask them what their mission is, what the game is about or even play a short game with them, you can learn a wealth of knowledge about what your child enjoys online. This will allow you to look it up in your own time to scan whether it is appropriate or safe for your child.
- Discuss the SMART rules listed below for guidance, the children would have been taught these guidelines to follow when online. Support them in understanding them and realising their application.

☐ Learn the SMART rules

S

Safe: Keep safe by being careful not to give out personal information when you're chatting or posting online. Personal information includes your email address, phone number and password.

M

Meet: Meeting someone you have only been in touch with online can be dangerous. Only do so with your parents' or carers' permission and even then only when they can be present. Remember online friends are still strangers even if you have been talking to them for a long time.

A

Accepting: Accepting emails, messages, or opening files, images or texts from people you don't know or trust can lead to problems — they may contain viruses or nasty messages!

R

Reliable: Someone online might lie about who they are and information on the internet may not be true. Always check information you see or hear from the internet or social media.

T

Tell: Tell a parent, carer or a trusted adult if someone, or something, makes you feel uncomfortable or worried, or if you or someone you know is being bullied online.

What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so enthralls young people, but we can still help children to be aware of their mental wellness: recognising when something isn't OK... and knowing what to do about content that upsets them.

1. UNDERSTAND THE ALGORITHM

Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.

2. AVOID THE MAIN FEEDS

Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.

3. DISCUSS WHAT THEY'VE SEEN

Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds: if alarm bells ring, it could be time for a more in-depth talk or to seek support.

4. LEARN HOW TO HIDE CONTENT

If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.

5. SET DAILY LIMITS

Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces: involving your child in creating this agreement makes them more likely to stick to it.

6. MONITOR THEIR ACTIVITY

Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.

7. TURN OFF PUSH NOTIFICATIONS

Even for adults, it's tempting to check an email or message as soon as the alert sound pings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practise mindful use of tech. Most of us have other things that we need to focus on as a priority – and those notifications will still be there later, when we have more time.

8. USE DEVICES TOGETHER

Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area at home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.

9. ENCOURAGE OTHER ACTIVITIES

Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.

10. TALK ABOUT PEER PRESSURE

Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like offline life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

Meet Our Expert

Shazia Sarwar-Azim is executive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the SEND, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shazia is a Fellow of the Chartered College of Teaching and the author of *The Rainbow Within*, a book which supports children with SEMH needs.



Source: <https://www.bbc.com/news/technology-5224995>
<https://iprussocial.com/insights/social-media-algorithms/>

NOS National Online Safety®
#WakeUpWednesday

School uniform



PE uniform



Details of our school uniform can be found on our website under 'parents', or by clicking the link below.

<https://www.stmaryspriory.co.uk/school-uniform/>

