

Dear Parents,

It's starting to get festive in school. The sounds of children rehearsing for their Christmas plays can be heard around the school. Our Christmas tree is up, and our Christmas post-box is now open for collections and deliveries. If your child is bringing in cards for others, please help them to make sure the class name is on the envelope as well as names—add it to the postbox, and our Year 6 children will be sorting out deliveries.

The discos at the end of last week were a great occasion. Thank-you to FOPJS for organising these. FOPJS were out in force on Sunday evening too—did you spot them helping Santa on his sleigh around town? It was a cold and damp evening, but it didn't dampen the spirits of the children who were delighted to see Santa along their street.

Tomorrow, it is Parents Do Day in school. We look forward to seeing many of you in class during the day, helping with Christmas art activities.

Best Wishes,

Mrs Keefe



### Parents Do Day

Timings for the sessions are as follows:

Year 3: 9.30am

Year 4: 11am

Year 5: 1.15pm

Year 6: 2.10pm

Please do come and join your child to create some festive art!  
Each session last for an hour.

### Aspirational Me

Aspirational Me is already generating much enthusiasm from the children. We have revisited the pledges for the children this year, and tied them into our curriculum a little more.

We already have our first bronze badges to award, which is fabulous!

Well done to: Sebastian, Max, Penny, Paisley and Alfie!

### Diary Dates

Parents Do Day	5th December
Y3/4 Mixed Futsal Tournament	5th December
New Parents Open Morning	7th December
Y5 Space VR Event	8th December
FOPJS Christmas Present Room	8th / 11th December
Christmas Performances	14th / 15th December
Christmas Jumper Day	18th December
Christmas Lunch	18th / 19th December
Christingle	20th December

### Christmas Performances

Don't forget to sign up for your tickets for the performances.

Details of how to do this were sent home on a letter last week.

### Year 4 Bikeability

Very sadly, the bikeability session on Friday had to be cancelled, due to the icy conditions on the playground. We are currently trying to reschedule this with the trainers, and will let all those affected know of any date in due course.

### Mobile Phones and Online Safety

As children progress through the school, we understand that parents may wish to allow their child to have a mobile phone. Having a mobile phone is a privilege, and as parents, you will need to make sure that you monitor your child's usage of this very carefully.

- Make sure you regularly check your child's phone usage—to ensure you are keeping them safe.
- Do not allow your children to have access to their phone after bedtime.
- Make sure you are having open conversations with your child about their online behaviour too.

**Mobile phones are not allowed in school.** Children in Year 6 may bring one to school if they are walking to and from school independently, but this must be handed to their class teacher each morning.

If you aren't sure, please ask.

# Education Inclusion Family Advisor Newsletter

## December 2023



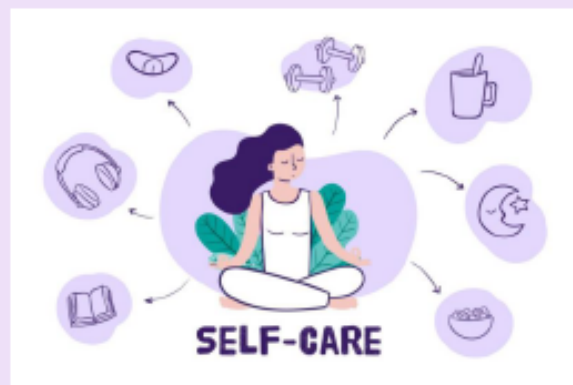
### A Message From Me

This will be our last newsletter before 2024! With Christmas approaching fast, I hope you enjoy some quality time with family and friends. The Christmas break isn't the most restful for some but for me it's the most fun! Please get in touch if you would like some support:

<https://forms.office.com/e/h963vSwVc7>

### Parenting Top Tip

Christmas can be a challenging time for families. Before dealing with the parenting difficulties that come along, don't forget to check in with how you are feeling yourself. If you are not feeling great, you will not be able to deliver your best in the way you respond to your children. Plan in time for self-care. This will not only benefit you but your whole family too.



### Activity Idea

Here is a brilliant idea for a Christmas decoration that would look great on any Christmas tree!



#### Equipment needed –

- A pack of assorted stripy/coloured straws
- Decorations
- Glue

- 1 - Using scissors, cut a length of straw to create the bottom layer of the tree.
- 2 - Choose another colour and cut different lengths going up the tree, shortening them each time.
- 3 Use 2 straws to create the trunk or a lolly stick. Stick the different lengths of straws onto the trunk using glue starting from the bottom.
- 4 -At the top, stick a star to finish the effect!
- 5 -Use some string to create a loop to hang on the tree.

### Some signposting

**Samaritans** – Throughout the festive period, there can be feelings of isolation, loneliness, or sadness. If you would like support with these feelings, please contact the Samaritans on this information. Click this link - [Contact Us | Samaritans](#)

**Foodbank** – Christmas can be a tough time financially for families. If you feel like you require a Foodbank voucher, contact the EIFA team (use contact information below) as well as Citizen's Advice, doctors, social workers, health visitors and other agencies to gain access to support.

Does your child have, or potentially have, an additional need or disability? Pinpoint ([www.pinpoint-cambs.org.uk](http://www.pinpoint-cambs.org.uk)) have lots of information, advice and tips. For Cambridgeshire's Local Offer go to [www.cambridgeshire.gov.uk/residents/children-and-families/local-offer](http://www.cambridgeshire.gov.uk/residents/children-and-families/local-offer)



Cambridgeshire  
County Council



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Contact me directly at



# What Parents & Carers Need to Know about

# SNAPCHAT

AGE RESTRICTION  
**13+**

## WHAT ARE THE RISKS?

### CONNECTING WITH STRANGERS

Even if your child only connects with people they know, they may still get friend requests from strangers. The Quick Add option lets users befriend people the app recommends – but these 'friends' are merely a username, which could have anyone behind it. Accepting such requests reveals children's personal information through the Story, SnapMap and Spotlight features, potentially putting them at risk from predators.

### EXCESSIVE USE

Snapchat works hard on user engagement, with features like streaks (messaging the same person every day to build up a high score). Spotlight Challenges tempt users into spending time producing content in search of cash prizes and online fame, while it's easy for children to pass hours watching Spotlight's endless scroll of videos.

### INAPPROPRIATE CONTENT

Some videos and posts on Snapchat aren't suitable for children. The hashtags used to group content are determined by the poster, so even an innocent search term could still yield age-inappropriate results. The app's 'disappearing messages' feature also makes it easy for young people (teens in particular) to share explicit images on impulse – so sexting continues to be a risk associated with Snapchat.

CAUTION

### ARTIFICIAL INTELLIGENCE

My AI is Snapchat's new chatbot, which replies to questions in a human-like manner. However, the software is still in its infancy and has significant drawbacks, such as biased, incorrect or misleading responses. There have already been numerous reports of young users turning to AI for medical help and diagnoses, which could be inaccurate and therefore potentially dangerous.

### ONLINE PRESSURES

Although many of Snapchat's filters are designed to entertain or amuse, the 'beauty' effects on photos can set unrealistic body-image expectations – creating feelings of inadequacy if a young person compares themselves unfavourably with other users. Snapchat now also has 'priority' notifications (which still get displayed even if a device is in 'do not disturb' mode), increasing the pressure on users to log back in and interact.

### VISIBLE LOCATION

Snap Map highlights a device's exact position on a virtual map which is visible to other users. There are options to restrict who can see this information: all friends, only you (Ghost Mode) or selected friends. Snap Map also has real-time location sharing, which is intended as a buddy system to ensure friends have reached home safely – but which could also be used to track a young person for more sinister reasons.

## Advice for Parents & Carers

### TURN OFF QUICK ADD

The Quick Add feature helps people find each other on the app. This function works based on mutual friends or whether someone's number is in your child's contacts list. Explain to your child that this could potentially make their profile visible to strangers. We recommend that your child turns off Quick Add, which can be done in the settings (accessed via the cog icon).



### CHOOSE GOOD CONNECTIONS

In 2021, Snapchat rolled out a new safety feature: users can now receive notifications reminding them of the importance of maintaining connections with people they actually know well, as opposed to strangers. This 'Friend Check Up' encourages users to delete connections with users that they rarely communicate with, to maintain their online safety and privacy.



### DISCUSS AI

Although My AI's responses can often give the impression that it's a real person, it's essential that young people remember this certainly isn't the case. Encourage your child to think critically about My AI's replies to their questions: are they accurate and reliable? Remind them that My AI shouldn't replace chatting with their real friends, and that it's always better to talk to an actual person in relation to medical matters.



### CHAT ABOUT CONTENT

It may feel like an awkward conversation (and one that young people can be reluctant to have) but it's important to talk openly and non-judgementally about sexting. Remind your child that once something's online, the creator loses control over where it ends up – and who else sees it. Likewise, it's vital that children understand that some challenges which become popular on the platform may have potentially harmful consequences.



### KEEP ACCOUNTS PRIVATE

Profiles are private by default, but children may make them public to gain more followers. Snap Stories are visible to everyone your child adds, unless they change the settings. On SnapMaps, their location is visible unless Ghost Mode is enabled (again via settings). It's safest not to add people your child doesn't know in real life – especially since the addition of My Places, which allows other Snapchat users to see where your child regularly visits and checks in.



### BE READY TO BLOCK AND REPORT

If a stranger does connect with your child on Snapchat and begins to make them feel uncomfortable through bullying, pressure to send explicit images or by sending sexual images to them, your child can select the three dots on that person's profile and report or block them. There are options to state why they're reporting that user (annoying or malicious messages, spam, or masquerading as someone else, for example).



## Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



**NOS**  
**National Online Safety®**  
#WakeUpWednesday

Sources: <https://help.snapchat.com/en-us/article/1009596356432-What-is-My-AI-on-Snapchat-and-how-does-it-work> | <https://valuesnap.com/en-gb/news/early-learning-from-medical-and-new-safety-enhancements> | <https://bitmccom.com/2022/04/snapchat-wake-up-location-sharing-challenge/> | <https://help.snapchat.com/en-us/article/10096046844>

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## Christmas Cracker Football Days 4cornercoaching



**Thurs 21st Dec - Sandy Sports Centre - SG19 1BL – Astro**

**Friday 22<sup>nd</sup> Dec – Eynesbury Rovers FC – PE19 2SF – Astro/Grass**

**Time/cost - 10am – 3pm = £18**



**Contact : Natasha – 07957980492 – [natasha@4cornercoaching.co.uk](mailto:natasha@4cornercoaching.co.uk)**

**Mark – 07419764033 – [mark@4cornercoaching.co.uk](mailto:mark@4cornercoaching.co.uk)**

**[www.4cornercoaching.co.uk](http://www.4cornercoaching.co.uk)**



## December 2023 Goal Keeping Camp By 4 Corner Coaching



**Handling**

**Footwork**

**Thursday 21<sup>st</sup> December Only** Venue: Sandy Sports Centre (Astro) SG19 1BL

**Friday 22<sup>nd</sup> December Only** Venue: Eynesbury Rovers FC (Grass) PE10 2SF

**Time – 10.00am till 3.00pm**

**Goal Keeping Camp for 7-14 year olds. Places very limited....**

**Costs £18 per person.**

**UEFA B coaches – Youth Award Level 3 - Enhanced DBS**

**Safeguarding – BFAS (Basic First Aid for Sport)**

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