



Bitterne Bulletin

Headteacher: Mrs Jen Johnson

Deputy Head: Miss Liz Allen

Email: office@bitterneprimary.net Telephone: 023 8049 9494

A message from the Senior Leadership Team

Christian Values

We have had another two super weeks in school. In Collective Worship, we have been continuing our focus on the value of Courage. On Monday we shared the Selfish Crocodile story and explored how each character showed courage in their actions and behaviours. The children were able to share situations where they had shown courage in school, be it in their learning or in their friendships.

School Council

Miss Allen and the School Council met with Amber Tichener on Monday as part of their project to look at sustainability and how we can make improvements in our school environment and in the local community. They were analysing results of surveys that have been completed in the local area.

Baby News! I am delighted to share the wonderful news and send our congratulations to Mrs Bennett and her husband who have welcomed their baby girl into the world. Many congratulations also go to Mrs Sullivan and her husband on the birth of their baby boy! Both mums and babies are home safe and sound. We wish them all well.

Bitterne Bonanza

We are looking forward to our half termly Bitterne Bonanza next week to celebrate the super behaviour and attitudes from the children in school. Look out for a letter coming home sharing the activities planned for the children early next week.

SIAMS Inspection

We look forward to welcoming our SIAMS inspector, Amanda Brockway into school on Tuesday. SIAMS stands for Statutory Inspection of Anglican and Methodist Schools. The inspector will undertake a number of activities throughout the day to explore how we live our school vision and values.

Happy Half Term

With one more week to go in school before the half term break, I would like to thank you for your support this half term and wish you a happy half term when we get there!

Newsletter Issue 2
Friday 2nd February 2024

Dates for your diary

- **CHILDREN'S MENTAL HEALTH WEEK:** 5th to 9th February 2024
- **HALF TERM:** 12th-16th Feb 2024
- **INSET DAY:** Friday 15th March 2024



Collective Worship

This half term's theme:

Courage

LOVE

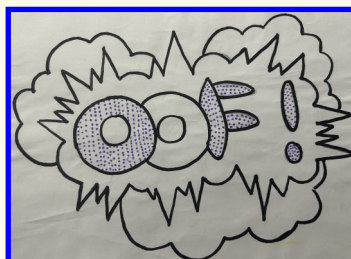
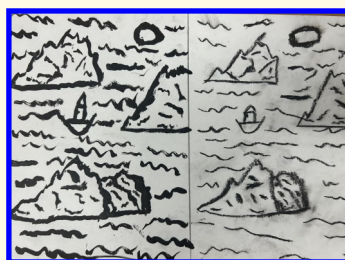
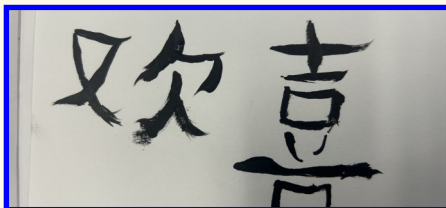
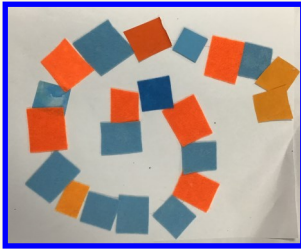
TRUST

FORGIVENESS

Focus on: Learning Across the Curriculum

The children have been focused in their new learning throughout the spring term and are producing work of a high standard.

This week we are sharing examples of art work that has been completed this term. There has been blocking printing, collage, pattern, complementary and contrasting colours, calligraphy and pop art to name but a few. I am sure you will be able to spot the beautiful work inspired by Van Gogh!



Spotlight on Safeguarding: Group Chats

This Newsletter's focus is on **What Parent's need to know about Group chats?** Please see our information leaflet attached which provides lots of useful guidance and tips.

Parents must be **vigilant** about their children's group chat use, regardless of age or internet safety knowledge. One great way to give children a safe way to communicate is by using age-appropriate applications created with family communication in mind. These family-friendly apps provide an excellent opportunity for parents to teach their children internet safety in a more controlled learning environment.



Mental Health Week: 5th February to 9th February 2024

Children's Mental Health week was established by Place2Be and shines a spotlight on the importance of children and young people's mental health. This year's theme, **My Voice Matters** is about empowering children and young people by providing them with the tools they need to express themselves.

When we feel empowered, this can have a positive impact on our wellbeing. Children and young people who feel that their voices are heard and can make a difference have a greater sense of community and self-esteem. We want children of all ages, backgrounds and abilities to be empowered to work together to create a positive change for their mental health and wellbeing.

During Children's Mental Health Week we want all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe - "My Voice Matters".



FREE SCHOOL MEALS

If you are in receipt of one of the following you could be entitled to Free School Meals: **Universal Credit, Asylum Support, Pension Credit, Child Tax Credit and Working Tax Credit run-on.** If you think this may apply to you please contact us at office@bitterneceprimary.net for further advice.

Attendance

Our overall attendance to date: 95.02%

We can continue to improve our attendance if we work together to ensure the children are in school everyday and not missing out on learning. Our school target attendance is 96% so we're doing well.

Top tips for improving your child's attendance:

1. Send them in everyday—unless they have sickness and diarrhoea or a high temperature.
2. Please don't book holidays during term time. The children will miss important elements of learning.
3. Speak to us if you are having difficulties.

Please remember to report all absences into school by 9.00am

Attendance

Well done to all of the children in **Emerald Class** for 98.6% attendance —we are so proud of every one of you.



CLASS	%
Emerald	98.60%
Tahiti	98.30%
Bronze	97.90%
Indigo	97.70%
Eden	97.60%
Navy	97.30%
Olden	96.70%
Carmine	95.30%
Talisman	95%
Ruby	95.00%
Sapphire	94%
Harlequin	94.30%
Laurel	93.70%
Orient	87.40%

PE Reminders

Just a reminder PE days for year groups are:

MONDAY	Years R, 3 and 4
TUESDAY	Years 1 and 5
WEDNESDAY	Years 2, 3 and 6
THURSDAY	Years 2, 4, and 6
FRIDAY	Years 1 and 5

Children should wear their PE kits to school on the day that they have PE.

Bitterne CofE Food Bank

Thank you for all your support and your donations to our school food bank, your generosity really does make a difference. We will continue welcoming your donations, as we always need to replenish and restock. We not only welcome long-life ambient foods such as cereals, long-life milk, pasta, rice, tinned vegetable and pulses, we are always grateful to receive toiletries and sanitary products. Thank you in anticipation of all your help!



Please remember to update your contacts!

Please remember to update your contact details, we require at least 4 contacts (**where possible**) on file. You can update us using this google form: by **Wednesday 31st January**:

<https://forms.gle/3cuqbjSzKJHW3cmdA>

Coffee Morning at Holy Saviour Church

Holy Saviour Church holds a coffee morning the first Friday of every month right after morning drop off 8.45am/9am where parents and carers are welcome to come and pray for the school over a cup of coffee and then have a catch up. Please feel free to go along, as everyone is welcome!



Bitterne Litter Pick Sunday 4th February

The Bitterne Litter Team will be holding their monthly litter pick on Sunday 4th February. Everyone is welcome to attend. The team meet in Bitterne precinct at 10am on the first Sunday of every month. All equipment will be provided but please bring your own gloves.



House Cup Winners

Congratulations to **Brownlow** for w/e 26th January and to **Maytree** for w/e 2nd February



Chinese New Year 2024

A colourful celebration will take over the streets of Southampton as hundreds herald the dawn of the Chinese New Year this February. The main event will take place on Saturday February 10, the first day of the Year of the Wood Dragon, the fifth animal in the Chinese zodiac cycle. There will be five dragons in place in Guildhall Square from 10.30am where families can enjoy dragon and lion dances at the 24th annual celebration. A parade will make its way down to Westquay at midday where shoppers can enjoy free live performances, including Chinese drumming and dance, martial arts and tai chi displays and a Chinese costume show, as well as lantern making and calligraphy workshops.



GROUP CHATS

Occurring through messaging apps, on social media and in online games, group chats are among the most popular ways that young people engage with their peers online. Involving, by definition, three or more individuals, these groups allow users to send messages, images and videos to everyone in one place. While they are useful for helping friends, people with shared interests or members of a club to communicate and coordinate activities, they can also leave young people feeling excluded and bullied – as well as providing opportunities for inappropriate content to be shared and viewed.

WHAT ARE THE RISKS?

BULLYING

Unkind comments or images which are purposely aimed at an individual can be shared freely in a group chat – allowing and often encouraging others to join in the bullying behaviour. If this content is shared in a group of their peers (especially a larger group), it serves to amplify the hurt, embarrassment, anxiety and isolation that the victim feels.

EXCLUSION AND ISOLATION

This common issue with group chats can happen in several ways: starting a new group, for instance, but deliberately excluding a certain child. Likewise, the chat may take place on an app which one child doesn't have access to, meaning they can't be involved. A child can also feel isolated when a group chat is used to discuss or share images from an event that everyone else but them attended.

INAPPROPRIATE CONTENT

Some discussions in group chats may include inappropriate words, swearing and unsuitable images or videos. These could be viewed by your child if they are part of that group, whether they actively engage in it or not. Some chat apps have a disappearing message function, so your child may be unable to report something they've seen because it can only be viewed once or for a short time.

SHARING GROUP CONTENT

It's important to remember that – while the content of the chat is private between those in the group – individual users can easily share a message, photo or video with others outside of the group or screenshot what's been posted. The risk of something your child intended as private becoming public (and potentially going viral) is higher if there are people they don't know well in the group.

UNKNOWN MEMBERS

Within larger group chats, it's more likely your child will be communicating with people they don't really know. These strangers may be friends of the host, but not necessarily friendly toward your child. It's wise for young people not to share personal details and stay aware that they have no control over the messages and images they share after they've put them online.

NOTIFICATIONS AND FOMO

A drawback of large group chats is the sheer number of notifications. Every time someone in the group messages, your child's device will be "pinged" with an alert; potentially this could mean hundreds of notifications a day. Not only is this highly distracting, but young people's fear of missing out on the latest conversation results in increased screen time they try to keep up with the chat.

Advice for Parents & Carers

CONSIDER OTHERS' FEELINGS

Group chats are often an arena for young people to gain social status. This could cause them to do or say things on impulse, which could upset others in the group. Encourage your child to consider how other people might feel if they engaged in this behaviour. If your child does upset a member of their group chat, support them to reach out, show empathy and apologise for their mistake.

PRACTISE SAFE SHARING

In any online communication, it's vital for young people to be aware of what they're sharing and who might potentially see it. Discuss the importance of not revealing identifiable details like their address, their school or photos that they wouldn't like to be seen widely. Remind them that once something is shared in a group, they lose control of where it may end up and how it might be used.

GIVE SUPPORT, NOT JUDGEMENT

Remind your child that they can confide in you if they feel bullied or excluded in a group chat. Instead of responding to the person who's upset them, validate their hurt feelings and help to put them back in control by discussing how they'd like to handle the situation. On a related note, you could also empower your child to speak up if they're in a chat where others are being picked on.

AVOID INVITING STRANGERS

Sadly, many individuals online hide their true identity to gain a child's trust – for example, to gather information on them, to exchange inappropriate content or to coax them into doing things they aren't comfortable with. Ensure your child understands why they shouldn't add people they don't know to a group chat – and, especially, to never accept a group chat invitation from a stranger.

BLOCK, REPORT AND LEAVE

If your child is in a chat where inappropriate content is being shared, advise them to block the users sending the material, report them to the host app or platform and exit the group. If any of this content could be putting a minor at risk, contact the police. Emphasise to your child that it's OK for them to simply leave any group chat that they don't feel comfortable being a part of.

SILENCE NOTIFICATIONS

Having a phone or tablet bombarded with notifications from a group chat can be a massive irritation and distraction – especially if it's happening late in the evening. Explain to your child that they can still be part of the group chat, but that it would be healthier for them to turn off or mute the notifications and catch up with the conversation at a time which better suits them.

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 online behaviour of young people in the UK, USA and Australia.



NOS
★

National
Online
Safety

#WakeUpWednesday