



## LAMBERHURST ST MARY'S CEP SCHOOL WEEKLY NEWSBRIEF

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### HEADTEACHER AWARDS

Weekly Headteacher Awards of Gold stickers and certificates were presented to the following children at today's Celebration Assembly:

**Ruby Class (Yr R) - Mila Cooper**  
**Emerald Class (Yr 1) - Henley Shrubbs**  
**Topaz Class (Yr 2) - Laurie Murtagh**  
**Amber Class (Yr 3) - Elizabeth Olden**  
**Sapphire Class (Yr 4) - Oliver Chestnutt**  
**Garnet Class (Yr 5) - Jake McMutrie**  
**Diamond Class (Yr 6) - Zara Hamann**

### HALF TERM BREAK

We break up for half term today and we would like to wish everyone a very happy holiday. Let's hope that the sun shines and gives us all a much, needed boost!

**Return to school for all pupils is Tuesday 22<sup>nd</sup> February.**

### GREAT NEWS FOR TOM



Everyone at school and especially Year 5 are missing Tom, who has not been able to come into school during this recent outbreak of infections. Tom was featured on BBC News recently, representing young people of his age who are immunosuppressed and appealing to be moved forward, urgently in the vaccination programme. The great news is that Tom had his Covid vaccination last Saturday!

He was the first under 12-year-old to have the vaccine in West Kent and the vaccination team were so excited, that he got a certificate which he's very proud of! He has to have three doses due to being immunosuppressed and should have a level of protection by the end of half term, which will hopefully enable him to return to school.

### NEW PLAYGROUND BENCH

We are very lucky to have been given this beautiful bench for the playground by Borough Councillor Linda Hall and her Son Edmund, a former Borough Councillor, who raised the money and kindly donated the bench.

The children have already put it to great use and Freya and Natalia enjoyed a sunny break time this week doing their knitting and crafts.



### YEAR 1 FOREST SCHOOL

As soon as we return to school after half term break, Year 1 will begin their next 3-week block of Forest School. Letters have been sent home in school bags on Wednesday.

**PLEASE MAKE SURE YOU CHECK IF YOUR CHILD IS IN THE TUESDAY GROUP AS IT IS THE FIRST DAY BACK AT SCHOOL!**

### BOUNCE FORWARD

Bounce Forward is a free course for Parents in Kent, funded by the Frank Brake Community Foundation. Raise Resilience is six, 1-hour, online sessions already well received by over 5,000 parents across the UK. The sessions will help parents to develop their own resilience skills and strategies. Parents will come away with practical ways, and resources to help their children build emotional resilience, develop a growth mindset, be able to reframe unhelpful choices, and communicate effectively. The programme is for parents of school aged children who want to learn about emotional resilience to enable them and their children to be the best version of themselves in the small everyday moments. The course is practical, engaging and brings parents together.

<https://bounceforward.com/raise-resilience-for-parents-in-kent/>

## INTERNET SAFETY WEEK-USEFUL INFORMATION FOR PARENTS

### **Ground advice**

Discuss and agree as a family how the internet will be used in your home. Let your children tell you what they think is and isn't acceptable for them to do online, such as not being nasty to people, keeping personal information private and speaking to an adult when they are worried. Then add your own rules such as how long they can spend online and when and where webcams can be used.

- You might find it helpful to write these 'ground rules' down as a visual reminder.
- Make sure your child understands that their actions and behaviours online can have offline consequences.
- Remember these are whole family rules, so consider your own use of the internet and think about how much information you are sharing on your social networks about your children and who can see it, such as school photos.
- Agree on what will happen if they don't follow your family rules.

### **Online safety**

- Make sure you apply parental controls to all internet enabled devices in your household, including tablets, phones and games consoles. They can restrict access to inappropriate content and can help you manage how much time your child spends online.
- Make sure your child understands the parental controls are in place to protect them, not restrict them; some children will actively work around parental controls if they feel constrained without knowing why.
- Set up filters on internet search engines to limit the likelihood of your children accidentally coming across inappropriate content when searching online.
- Be aware that internet history can be hidden and deleted, so talk to your children and supervise their online use appropriately.
- Remember filters and parental controls are not 100% effective so you cannot rely on them alone to protect your children. It is important your children understand they should tell you straight away if they see something inappropriate or upsetting online.

We are sending all parents 2 useful documents to help you with Online Safety

### **Listen**

- Take an active interest in your child's online life and talk openly with them about the things they do. Talk to your child about which websites and apps they like to use and why; engage in their online world with them.
- Be aware of any changes in behaviour, language and attitude in your child. These behaviour changes can indicate something is upsetting your child online. Children who are groomed, radicalised, abused or exploited online will often be pressured to withdraw from family and friends.

### **Dialogue**

- Talk to your children - be open and positive when talking about the internet.
- Make sure your child knows they can come to you for help if something happens online that makes them feel scared, worried or uncomfortable. Many children won't disclose online worries because they are scared adults will blame them or remove their access to the internet.
- Ask your child if they know where to go for help, where to find safety advice, information about privacy settings and how to report or block users on their games and websites.
- Explore their games and websites together to ensure your child knows how to block and report anyone who is nasty or inappropriate. Encourage your child not to retaliate or reply and to keep any evidence. If the game/app has a 'parent section', explore the parental controls and reporting systems yourself.
- Ensure your child understands pictures, videos or comments posted online can be very difficult to remove and rarely remain private.
- Discuss the pressures for young people to send inappropriate or nude(indecent) images to each other. How might this behaviour affect their relationship? Do they know what they would do? Young people need to be aware images can be copied, saved and shared without their knowledge and if they are under 18, they may also be breaking the law by making an indecent image of themselves

With this News Brief you will receive via  
ParentMail:

Ruby Class ~ Weekly vocabulary information

Every Family ~ Online Safety Information documents

With this News Brief you will receive in school  
bags:

Every Pupil ~ World Book Day Book Token