

# SMUPS News

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Friday 2nd February 2024

## Hello from the Head

It has been another very productive week in school with lots of excellent learning going on. Yesterday, a group of children from year 6 attended an Athletics Festival up at SMCC. They performed really well and showed great skills and teamwork. Well done to all who took part.

In school, it is great to see the children enjoying using the new equipment during lunchtimes. The children are using a range of equipment to make their playtimes more enjoyable and imaginative.

It is great to see the children playing so well in groups.

Next week is Children's Mental Health Week. This is really important and something that we work hard in school to promote. We will be doing some work in school next week as part of this and there is some information attached to today's newsletter.

In school we have a massive focus on reading. It is so important that children practice their reading at home every day. Please ensure that your child is reading at home every day as this makes the biggest difference to their education and is such a positive for them.

Data collection sheets are currently being sent out for you to amend if necessary and return. It is important for us to keep our records up to date.

We have parent consultations coming up after half term on Monday 11th and Thursday 14th March. Details for signing up will follow next week.

## Collective Worship

This week we have completed our look at British Values of Democracy, Tolerance, Rule of Law, Mutual Respect and Individual Liberty.

## Things to Remember

- Please do not park on the school site at normal pick up and drop off times. The safety of the children and pedestrians is paramount. Please park carefully and considerately on the roads near to the school and use the pedestrian path. We only have parking for named blue badge holders.
- Swimming is on Tuesdays for Year 2 and Year 5 (ASH and WILLOW class). Please make sure that your child has their swimming kit for Tuesdays.
- Please make sure that your child has suitable clothing for the weather conditions.



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## CERTIFICATE WINNERS

Each week, we celebrate brilliant learning in our celebration assembly.

We give out certificates for Resilience, Resourcefulness,  
Relationships, Risk and Reflectiveness as these are our

Building Learning Powers.

ACORNS: Hypatia & Emmie

OAK: James & Ruby

ASH: Ellie May & Zander

PINE: Oily & Olivia

BEECH: George & Isabelle

HOLLY: Daisy & Cora

WILLOW: Blake & Heidi

ELM: Jaycie & Emily

Well done to Evie T, Darcy and Paul for earning their 100,000 words certificate on Accelerated Reader

Well done to William, Elsie, Tiegán and Oscar for being this week's Numbots winners.

Well done to Steve, Caitlin, Alex W, Mila M, Henley, William H, Greg, Ralph, Heidi, Eliza F, Cobo, William and Olivia for being this weeks TTRS winners.

## Dates for your diaries

Friday 9th February: Last Day of Half Term

Friday 9th February: Coffee Morning 9am

Monday 12th – Friday 16th February: HALF TERM

Monday 19th February: Beech and Oak visiting Eastleigh 1:30-2:15pm

Monday 11th March: Holly and Pine visiting Eastleigh 1:30-2:15pm

PARENT CONSULTATIONS: 3:15-5:30PM

Thursday 14th March: PARENT CONSULTATIONS: 3:15-5:30PM

Thursday 28th March: Last Day of Term and Year 6 and Reception Weigh and Measure

Friday 29th March – Friday 12th April: EASTER HOLIDAYS



# Tips for Encouraging Open Discussions about DIGITAL LIVES

The online world is an entirely familiar and commonplace part of life for today's children and young people, far more so than for previous generations. There are many positives to children being able to access online materials, so it's important not to demonise the internet, games and apps, and limit the benefit of their positive aspects. At the same time, we do have a responsibility to educate children about the hazards they may encounter online (just as we would about real-world dangers) so it's essential that we don't shy away from talking to them about the complex – and often sensitive – subject of what they do and what they see when they're online.

Here are some suggestions for kicking off conversations with your child about their digital life...

## MAKE YOUR INTEREST CLEAR

Showing enthusiasm when you broach the subject signals to your child that you're keen to learn about the positives of their online world. Most children enjoy educating adults and will happily chat about what they use the internet for, or what games and apps they're into and how these work. Asking to see their favourite games and apps in action could help you spot any aspects that may need your attention – such as chat functions which might require a settings adjustment to limit contact with strangers. Keep listening even if your child pauses for a long time: they could be considering how to phrase something specific, or they may be gauging your reaction.

## BE OPEN AND HONEST, APPROPRIATE TO THEIR AGE

At various stages, children and young people become curious about puberty and how their body changes; about relationships; about how babies are made; and about sexual health. If your child knows that they can discuss these sensitive subjects with you, they tend to be less likely to go looking online for answers – which can often provide them with misleading information and, in some cases, lead to them consuming harmful content. Don't worry if you don't immediately know the answers to their questions – just find out for yourself and go back to them once you have the facts.

## REMAND YOUR CHILD THEY CAN ALWAYS TALK TO YOU

In my role I work with many children and young people who admit being reluctant to tell a trusted adult about harmful content they've viewed online, in case it leads to having their devices confiscated. Emphasise to your child that you're always there to listen and help; reassure them that if they do view harmful content, then they are not to blame – but talking about it openly will help. Children shouldn't be expected to be resilient against abuse or feel that it's their job to prevent it.

## KEEP TALKING!

The most valuable advice we can give is to keep talking with your child about their digital lives. You could try using everyday situations to ask questions about their online experiences.

## DISCUSS THAT NOT EVERYTHING WE SEE ONLINE IS REAL

Here, you could give examples from your own digital life of the online world versus reality – for example, those Instagram posts which show the perfect house: spotlessly clean, never messy and immaculately decorated. Explain to your child that there are many other aspects of the online world which are also deliberately presented in an unrealistic way for effect – such as someone's relationship, their body having perfect skin and so on.

## TRY TO REMAIN CALM

As much as possible, try to stay calm even if your child tells you about an online experience that makes you feel angry or fearful. Our immediate emotions frequently influence the way we talk, so it's possible that your initial reaction as a parent or carer could deter a child from speaking openly about what they've seen. Give yourself time to consider the right approach, and perhaps speak with other family members or school staff while you are considering your next steps.

## CREATE A 'FAMILY AGREEMENT'

Involving your whole household in coming up with a family agreement about device use can be immensely beneficial. You could discuss when (and for how long) it's OK to use phones, tablets, consoles and so on at home; what parental controls are for and why they're important; and why it's good to talk to each other about things we've seen or experienced online (both good and bad). Explaining your reasoning will help children to understand that, as trusted adults, we want to make sure they are well informed and kept safe. Allowing children to have their say when coming up with your family agreement also makes them far more likely to stick to it in the long term.

## Meet Our Expert

Rebecca Jennings of RAISE (Raising Awareness in Sex Education) has over 20 years' experience delivering relationships and sex education and training to schools, colleges and other education providers. A published author on the subject, she also advises the Department of Education on the staff-training element of the RSE curriculum.



For more information, visit [www.raise.org.uk](http://www.raise.org.uk) or contact us on 020 8850 5555

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