

# Freeman's Endowed Church of England Junior Academy Newsletter

'Let us not love with words or speech but with actions and in truth.'

1 John 3:18

## Our Peaceful Prayer Space



It has been wonderful to see so many of our children visiting our newly opened Prayer Space this week. The area is designed to give children a space where they can go to sit quietly, think and find space and peace during a busy day. There are activity stations set up for children to use to reflect on areas of their own

lives and to think about the world around them. A big thankyou to Miss Blunt, Ms Ferens and the Year 6 Leaders who have helped to set up and organise the area.



## Jubilee Celebrations Friday 6th May



On Friday 6th May, we will be celebrating the Queen's Platinum Jubilee - the children will celebrate by wearing red white and blue to school, having a 'Street Party' picnic lunch in the playground, and learning songs and dances to share.

We would like to invite parents to join us to watch the children singing and dancing from 2.15pm followed by Cream Teas! (We will be asking parents to sign up for the event so that we have an idea of numbers.)

The children will also be painting portraits of the Queen which will be framed and available for parents to purchase as a memento of the Jubilee!



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**Our Values Champions this week are:**

Year 3: Lois

Year 4: Talaya

Year 5: Finley F

Year 6: Christina

Well done to all of our Values Champions!



**Stars of the Week:**

Year 3:	<b>Dahl Class:</b> Artur	<b>Donaldson Class:</b> Brooke
Year 4:	<b>Kerr Class:</b> Maddison	<b>Zephaniah Class:</b> Oliver M
Year 5:	<b>Rowling Class:</b> Dieko	<b>Horowitz Class:</b> Bella
Year 6:	<b>Pullman Class:</b> Laila	<b>Morpurgo Class:</b> Oscar

Well done to all of our Stars of the Week for showing outstanding behaviour and excellent effort in their work.

**Presentation Awards**

Year 3:	<b>Dahl Class:</b> Lexi	<b>Donaldson Class:</b> Cody
Year 4:	<b>Kerr Class:</b> Charlie	<b>Zephaniah Class:</b> Teddy
Year 5:	<b>Rowling Class:</b> Jake	<b>Horowitz Class:</b> Tifani
Year 6:	<b>Pulman Class:</b> Holly	<b>Morpurgo Class:</b> Millie

**Dojo Champions of the Week**



Our Class of the Week with the highest number of Dojo points is Dahl Class!  
Our House of the Week with the highest number of Dojo points is the Mercedes house!

**100% Attendance Award:** Tanya - Horowitz Class

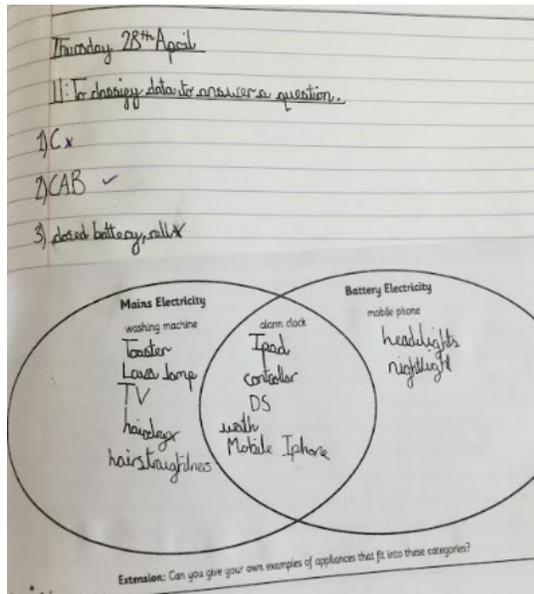
**Out of School Awards**

Lexi (Year 3) Gymtrix Level 6 Award

Archie (Year 4) Martial Arts Brown - Black Belt Award

## Great Work - Year 4!

In science Year 4 have started their new topic, Electricity! We have been looking at the different types of electricity and which of these different appliances use. This is Katie's work showing us what she found out.



In RE we have been thinking about the kind of world that God wanted when he created it. We have looked at what the world is like now and how we can make changes to create a world God would want us to live in. We drew pictures showing half a world that is not what God wanted and half a world with what God wanted for all. Here are some examples of the children's work.



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## Own Books

We are really pleased to announce that Freeman's have joined forces with an innovative book recycling project which helps children to have their own books at home. We have set up a bookcase in school whereby children can choose a book and take it home to keep. These books will have a sticker on the inside cover so that they are not muddled with other books from school. For more information visit: <https://ownbooks.co.uk/>. **If you have any books that you would like to donate to the scheme, please can you send them into school.**

## Vacancy

We have a vacancy for a full-time teaching assistant currently advertised on the school website. If you know anyone who may be interested in the position please direct them to the website to look at the job description and complete an application form.

<https://www.freemansendowed.org/index.php/about-us/employment-opportunities>

## Wellbeing

Over the next few weeks we will be sharing top tips from the Family Justice Young People's Board for parents who are separated.

The FJYPB members are children and young people with experience of family law proceedings. They have devised these top tips for parents to help them think about matters from their child's perspective, '**Listen to your child**'

- Remember I have the right to see both of my parents as long as it is safe for me.
- I can have a relationship with the partner of my other parent without this changing my love for you.
- Try to have good communication with my other parent because it will help me. Speak to them nicely.
- Keep my other parent updated about my needs and what is happening for me. I might need their help to.
- Don't say bad things about my other parent, especially if I can hear. Remember I can often overhear your conversations or see your social media comments.
- Remember it is ok for me to love and have a relationship with my other parent.

The **British Red Cross Community Education** team are working in partnership with Aviva on a Covid-19 recovery campaign. The Coordinator for Northamptonshire is offering wellbeing resources and **free** workshops for both **adults** and **young people**.

To book follow this link

<https://outlook.office365.com/owa/calendar/CommunityEducationNorthampton@brcsbrms.onmicrosoft.com/bookings/>



Our next Freeman's Mental Health Day will be on Friday 24th June. It will be based on the theme of our school value 'love'. Pupils can wear mufti and for a donation of £1.00. All money raised will go towards wellbeing resources or wellbeing experiences for the pupils. This term's Mental Health Day will include; working with Milton Keynes company **somethinglessboring** to create a piece of artwork, Lucie Robertson from Sound Lotus for mindfulness and launching our new affirmation and activity cards into the classroom.

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# What Parents & Carers Need to Know about

# GROUP CHATS

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## WHAT ARE THE RISKS?

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.

### 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 as they try to keep up with the chat.

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## Advice for Parents & Carers

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



**NOS**  
National Online Safety®  
#WakeUpWednesday

Source: <https://www.nationalonlinesafety.com/parents-carers/online-safety/social-media/group-chats-apps>



[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)



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