

# St Wilfrid's News

February 2022



## **Bishop Hogarth Catholic Education Trust.**

On 1<sup>st</sup> February we joined Bishop Hogarth Trust, we've been working closely with the trust for the past couple of years.

All Catholic schools in our Diocese will be joining one of 4 large academy trusts. Bishop Hogarth is made up of schools from South West Durham, Darlington, Hartlepool, Billingham and Stockton. As of this week there are 32 schools in the trust, all working together and supporting each other to develop our schools and to continue to offer the best possible opportunities for all of our pupils.

Here's a link to the Trust website if you'd like further details and as always feel free to contact Miss Sands if you have specific questions.

<https://bhcet.org.uk/>

## **Online Safety and Advice**



Often with our monthly newsletter we put in advice for parents around Online safety. This term we have had a few issues involving our pupils on social media or online gaming. As you know we teach the children across school about online safety every term. We have a comprehensive information page on our school website <https://www.st-wilfrids.durham.sch.uk/parents/online-safety/>

Internet Matters - social media parental control guides

<https://www.internetmatters.org/parental-controls/social-media/>

Think You Know

<https://www.thinkuknow.co.uk/>

Internet Matters

<https://www.internetmatters.org/resources/social-media-advice-hub/>

Kids Health

<https://kidshealth.org/en/parents/social-media-smarts.html>

I'll post the links on Dojo for easy access. We will support you as parents and carers if we can or try to point you in the right direction for advice.

Most of the issues happen outside of school - but please keep communicating with us and telling us your concerns. We will always help and support when we can and we can do additional work with the pupils if needed.

# St Wilfrid's News

February 2022

## Earrings

Earrings are not to be worn in school.

## Lost Property

We have a lost property box in the school hall.

All the uniform in the box has no label or name on it.. ALL SCHOOL UNIFORM MUST BE CLEARLY LABELED WITH YOUR CHILDS NAME if not we can't guarantee it'll be returned to you.

## Contact Details

It is essential we have up to date contact information for parents and carers. If phone numbers or emails change please contact school immediately.

## Dojo

Please check Dojo each day - we send most of our messages on here. If you are not yet connected please contact your child's class teacher.

## ScoPay

Everyone should have received an email inviting you to sign up to our new online payment system ScoPay. If you have not received it please contact the school office.

(We no longer use Parentpay in school.)

## Water Bottles

Everyone should have a water bottle in school each day.

Diary Dates	
7 <sup>th</sup> -11 <sup>th</sup> February	Online Safety Week Tuesday 8 <sup>th</sup> February Safer Internet Day
Friday 18 <sup>th</sup> February	Last day of this half term
Monday 28 <sup>th</sup> February	School re-opens after half term break
Wednesday 2 <sup>nd</sup> March	Ash Wednesday
Friday 4 <sup>th</sup> March	World Book Day
14 <sup>th</sup> -18 <sup>th</sup> March	Science Week
Friday 8 <sup>th</sup> April	Last day of Spring Term
Monday 25 <sup>th</sup> April	First day of Summer Term
Monday 2 <sup>nd</sup> May	School closed for May Bank Holiday
9 <sup>th</sup> -12 <sup>th</sup> May	Year 6 SATs
16 <sup>th</sup> -20 <sup>th</sup> May	Safety Week

# St Wilfrid's News

February 2022

New Lunchtime menus

Next week will be Week 3 in the cycle.



## Weekly Menu 1

w/c 22<sup>nd</sup> Feb, 15<sup>th</sup> March, 19<sup>th</sup> April, 10<sup>th</sup> May, 7<sup>th</sup> June, 28<sup>th</sup> June

Monday	Tuesday	Wednesday	Thursday	Friday
Sausage & Mash Carrots Peas	Bolognaise Pasta Sweetcorn Broccoli	Roast Pork Roast Potatoes Carrots Swede	Chicken Curry Wholemeal Rice Cauliflower Green Beans	Oven Baked Fish Chipped Potatoes Garden Peas Baked Beans
Tomato Pasta Bake Salad Selection	Salmon Fishcake Boiled Potatoes Sweetcorn Broccoli	Jacket Potato Cheese & Beans Mixed Salad	Cheese & Tomato Pizza Potato Wedges Salad Selection	Baked Bean Lasagne Garlic Bread Garden Peas
Iced Sponge & Custard	Chocolate Beetroot Muffin	Cornflake Tart & Custard	Ginger Cookie	Fruit & Jelly

Available Daily:  
Fresh Salads, Bread, Yoghurt, Fresh Fruit, Water & Milk  
Special dietary needs catered for on request  
For allergen information please speak to a member of the catering team



## Weekly Menu 2

w/c 1<sup>st</sup> March, 22<sup>nd</sup> March, 26<sup>th</sup> April, 17<sup>th</sup> May, 14<sup>th</sup> June, 5<sup>th</sup> July

Monday	Tuesday	Wednesday	Thursday	Friday
Mince & Dumplings Creamed Potato Mixed Vegetables Cauliflower	Chicken Pie New Potatoes Broccoli Sweetcorn	Roast Gammon Roast Potatoes Carrots Green Beans	Garlic Chicken Potato Wedges Seasonal Salad	Fish Fingers Chipped Potatoes Garden Peas Baked Beans
Veggie Mince Bolognaise & Pasta Mixed Vegetables Cauliflower	Macaroni Cheese Salad Selection	Quorn Casserole & Dumplings Roast Potatoes Carrots Green Beans	Homemade Pizza Potato Wedges Seasonal Salad	Summer Vegetable Pasta Garden Peas Baked Beans
Lemon Drizzle Cake & Custard	Ice Cream Roll	Rice Crispy Slice	Iced Carrot Cake	Chocolate & Banana Brownie

Available Daily:  
Fresh Salads, Bread, Yoghurt, Fresh Fruit, Water & Milk  
Special dietary needs catered for on request  
For allergen information please speak to a member of the catering team



## Weekly Menu 3

w/c 0<sup>8</sup> March, 12<sup>th</sup> April, 0<sup>2</sup> May, 24<sup>th</sup> May, 21<sup>st</sup> June, 12<sup>th</sup> July

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Fillet Roll Herb Diced Potatoes Sweetcorn Peas	Savoury Pork Pie Creamed Potato Carrots Cauliflower	Roast Chicken Roast Potatoes Carrots Green Beans	Meatballs & Pasta Seasonal Salad	Oven Baked Fish Chipped Potatoes Garden Peas Baked Beans
Veggie Curry Wholemeal Rice Seasonal Salad	Cheese & Tomato Pasta Carrot Cauliflower	Homemade Omelette Roast Potatoes Seasonal Salad	Jacket Potato Tuna Mayo Seasonal Salad	Veggie Hot Dog Chipped Potatoes Garden Peas Baked Beans
Chocolate Orange Sponge & Custard	Crunchy Oat Cookie	Fruit Flapjack	Chocolate Fudge Cake & Custard	Jelly & Fruit

Available Daily:  
Fresh Salads, Bread, Fresh Fruit, Yoghurt, Water & Milk  
Special dietary needs catered for on request  
For allergen information please speak to a member of the catering team



# Child Safety Online:

## Why children use social media

- Entertainment
- Belonging
- Confidence
- Popularity
- Self-esteem
- Expression



*A practical guide for parents and carers whose children are using social media*

Social networking is hugely popular. Many young people are sophisticated in the way they use social media apps and websites, tailoring their communication for different audiences, and accessing them from a range of devices including smartphones, tablets, and games consoles.

But social media, like all forms of public communication, comes with some risks. Not all of these risks turn into actual problems; and if children never face any risks, they never learn how to deal with them. By helping your child understand what the risks are, you can play a big part in preventing them from turning into problems.

## Understand the risks children may need to deal with

### What they could see or do:

- Seeing or sharing of violent, sexual and pornographic content
- Inaccurate or false information and extreme views
- Promotion of harmful behaviours including self-harm, anorexia and suicide
- Over-sharing of personal information
- Actively or unintentionally getting involved in bullying or hurtful behaviour

### Who they might meet:

- People who might bully, intimidate or frighten
- People posing behind fake profiles for:
  - Mischief-making
  - Sexual grooming and stalking
  - Blackmail and extortion
  - Identity theft and hacking

### How this could affect them

- Fear of missing out leading to excessive use or exaggeration
- Getting upset by things they have seen and being uncertain about what to do
- Engaging, or being pressured into engaging in more risky behaviour either by accident or by design
- Developing unrealistic, and perhaps depressing ideals of body image and gender
- Becoming subject to peer pressure or interactions that are intense or too difficult to handle
- Creating an online reputation that may create problems for them in the future





## Practical tips to help minimise the risks your child might face

It's good practice for apps and websites to have safety advice and well-designed safety features which can make a real difference to how safe your child will be when using them.

Work through safety and privacy features on the apps that your child is using, or might use. Make sure they understand the point of these and how to use them. Don't be put off by believing your child knows more than you: the tools are actually quite easy to manage.

- **Ask them to show you** which social media apps they use and what they like about them. Talk about how they use them and what makes them so engaging.
- **Explain how you can use privacy settings** to make sure only approved friends can see posts & images.
- **Check if any of their apps have 'geo-location' enabled**, sharing their location unintentionally.
- **Show them how to report offensive comments** or block people who upset them.
- **Check 'tagging' settings** so that when others are posting or sharing photos online, your child's identity is not revealed. Also, get people's consent before sharing photos.
- Encourage your child to **come and talk to you** if they see anything that upsets them.

## Keep talking and stay involved

In a mobile age, children can't be completely protected, even by the best privacy controls; another child may use different settings. So it's important to keep talking to your child about the implications of social media.

Getting a sense of what they think is a useful place to start; you may be surprised by how much thought they may have given to the issues. Encourage your child to think carefully about the way they, and others behave online, and how they might deal with difficult situations.

- People may **not always be who they say they are online**: how can this create problems?
- Why is it **unwise to meet** anyone in the real world that you've only ever met online?
- Even if you think your messages are private, remember that words and images can always be **captured and broadcast**.
- People **present themselves differently online** - do they really look like that? Are they always having that good a time?
- Be aware that screens, and especially being anonymous, can lead people to say things they **wouldn't say to someone's face**.
- What does **being a good friend and a likeable person** online look like?
- There can be **pressure to be part of a particular group** online or to be seen to be **following a certain set of ideas**. How can you take a step back and make your own decisions?

### For more information

You can find out more about how children use social media, the apps they use, the risks they face, how to use privacy settings, and advice and tips about how to talk to your children at:

[www.childnet.com/sns](http://www.childnet.com/sns)  
[www.internetmatters.org](http://www.internetmatters.org)  
[www.nspcc.org.uk/onlinesafety](http://www.nspcc.org.uk/onlinesafety)  
[www.parentzone.org.uk](http://www.parentzone.org.uk)  
[www.thinkyouknow.co.uk/parents](http://www.thinkyouknow.co.uk/parents)  
[www.askaboutgames.com](http://www.askaboutgames.com)

### To make a report

Concerned about online grooming or sexual behaviour online? Contact CEOP: [www.ceop.police.uk](http://www.ceop.police.uk)

If you stumble across criminal sexual or obscene content on the internet you should report it to the Internet Watch Foundation: [www.iwf.org.uk](http://www.iwf.org.uk)

