



[Monday 5<sup>th</sup> October 2020](#)

### **World Mental Health Day**



On Friday 9<sup>th</sup> October we will be celebrating World Mental Health Day in school. The theme of the day is 'Hello Yellow' where we will be focusing on positivity, mental wellbeing and having fun throughout the day. We will be incorporating our Fun Run into the activities of Mental Health Day with the children wearing their yellow school polo shirts for the day.

### **Fun Run**

This week on Friday 9<sup>th</sup> October we will be hosting our annual Fun Run in school for the children. This is a sponsored event and we really appreciate any donations that are made towards our school fund. We are currently looking into purchasing additional ICT equipment to enhance the children's learning. Sponsor money donations can be made via your Parent Pay app.

For this event [children should come to school wearing their yellow t-shirt, tracksuit bottoms and suitable footwear](#). If we are unable to carry out the Fun Run due to weather conditions we will re-arrange it to take place as soon as possible.

### **Applying for a school place**

Children born between 1 September 2016 and 31 August 2017 will be eligible to start the Reception Year in September 2021.

You can apply for school places using the Durham County Council [Parent Portal](#). This is the quickest way to apply and you'll receive immediate confirmation that your application has been submitted. DCC encourage you to apply online wherever possible as many of their staff are working from home due to the Coronavirus pandemic.

The deadline for applications is Friday 15<sup>th</sup> January 2021.

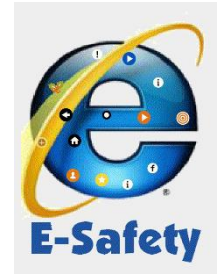
### **Reminder: 2020-2021 Influenza Vaccination Programme**

Parents of children from reception up to and including year 6. The flu vaccine is being offered to your child, to consent please visit: [www.hdft.nhs.uk/electronic-consent](http://www.hdft.nhs.uk/electronic-consent). **School Code: 114278** last date of submission is midnight **03/11/2020**. If you do not have internet access please contact us on 0300 003 2554

## E-safety

### Online Safety advice for parents and carers during Covid 19

Many families will be encouraging their children to make good use of technology while opportunities for normal socialising outside of school are limited. Technology can help us all stay in touch safely but parents and carers will want to make sure that their children are as safe as possible.



### Parental Controls

Almost all devices allow parental controls to be set. These can be adjusted depending on the ages of the children. They can:-

- Stop children putting new apps on a device until the parents approve them
- Reduce the chance of a child accidentally spending money on virtual goods
- Limit the time that children use a device without having a break

A good starting point is the internet matters website

<https://www.internetmatters.org/> , go to the SETTING CONTROLS section at the top!

### Talking

Probably the best thing you can do to help your son or daughter is to talk to them regularly about how they use technology, which apps and sites they use and who their online friends are. Some children struggle with online relationships perhaps either sending or receiving hurtful messages. Parents and carers will be able to help guide youngsters through this difficult area. If children receive unpleasant messages these can usually be reported and each app or site will have a different way of doing this.

### Apps and Sites

The list of apps and websites children are using grows by the minute so printed advice is likely to be out of date. In the UK the NSPCC have a site called Net-Aware

<https://www.net-aware.org.uk/> which explains many current apps , the risks and the benefits of their use. More apps are listed on the American site Common Sense Media <https://www.commonsensemedia.org/>

## More Help?

The NSPCC have teamed up with O2 <https://www.nspcc.org.uk/what-we-do/about-us/partners/nspcc-o2-online-safety-partnership/> to provide advice to parents and have a free helpline on 0808 800 5002. They will also give support in any O2 shop – you do not have to be an O2 customer.

Children can call Childline on 0800 1111 for advice on anything that is worrying them.

Finally since 2015 it has been a criminal offence for an adult to send a message with sexual content to a child (This is Section 67 of the Serious Crime Act 2015). If you are concerned that this might have happened please contact The Police without further using the device. This will help ensure that evidence can be preserved. The Police can be contacted by phone or from the Thinkuknow website. <https://www.thinkuknow.co.uk/>