

ST. JAMES' (C OF E) JUNIOR SCHOOL

Every Child, Every Chance, Every Day.



WEEKLY NEWSLETTER

FRIDAY 27TH SEPTEMBER 2024

MEET THE TEACHER MEETINGS...

A huge thank you to all the parents/carers that attended our Meet the Teacher meetings this week. I hope that you found them useful. A special mention to parents/carers from Year 3... you have broken the record for attendance to these meetings, there were so many of you that we had to fill two classrooms!

ZOO LAB...

Zoo Lab came in to school on Wednesday afternoon to work with the Year 6 children as part of their learning on Evolution. The children got to see animals from countries that Charles Darwin visited on HMS Beagle. They also bought a tarantula with them too, so it stayed locked away in the office until it had gone! The children had a great time, they were very respectful and learnt some new facts.

YEAR 3 TRIP...

Year 3 will be going on a local walk on Wednesday as part of their work on Derby. They will be visiting the Quad, the cathedral and the library as part of their trip.

HANDS ON SCIENCE...

On Tuesday 8th October, Year 4 will be taking part in a Hands on Science Workshop. The children will be taking part in some practical experiments to learn about the digestive system.

PARENTS' EVENING...

We will be holding our first Parents' evening of the academic year on Wednesday 23rd October. Letters will be sent home in the near future. All appointments must be booked in advance. Please complete the letter and return it to school to secure your appointment time.

INSET DAY...

A reminder that school closes to children on Thursday 24th October. School is closed to children on Friday 25th October and Monday 4th November. Children will return to school on Tuesday 5th November.



This week's theme for the Golden Book is 'Someone who has shown respect in class.'

This week's winners are:

3H	Kardo
3W	Victoria
3/4K	Farhaan
4A	Jana
4B	Suelka
5F	Leonard
5R	Debra
5/6B	Damirs
6F	Hooriya
6Q	Sarah

A huge well done to all this week's winners.



Have an amazing weekend!

Ms. Webb

DONATIONS NEEDED!



LET'S
BREW

THIS!

Cakes

→ Samosas

YUM!

DELISH!

MIXIT
UP

A+

CLASS
BAKER

DELISH!

OH,
GO ON
THEN

A+

MADE
WITH
LOVE

Every penny we raise means Macmillan can help more people with cancer live life as fully as they can.

Where: St James' Junior school

Date: Monday Time: 2.30pm

30th September

Cakes, cuppas and cash at the ready!



WORLD'S BIGGEST
COFFEE
MORNING

MACMILLAN
CANCER SUPPORT
RIGHT THERE WITH YOU

10 Top Tips for Respect Online: INSPIRING CHILDREN TO BUILD A BETTER DIGITAL WORLD

Our ability to communicate with anyone in the world, at any time, via the internet has grown at breakneck speed. For teachers and parents, it can feel impossible to keep up. Worrying about our young people is understandable, and not unjustified: in 2020, for example, one in five 10- to 15-year-olds experienced bullying online. Our tips highlight ways that adults can support young people's positive online behaviours: by adopting and following 'netiquette', we can show them how to avoid getting into difficulty as they learn to negotiate the continually evolving digital landscape.

WHAT IS NETIQUETTE?

Just like etiquette is a set of rules which guides and governs our interactions with others in everyday life, netiquette – etiquette on the net – is the framework which helps inform how we communicate with people online. The rules of engagement often aren't the same as a face-to-face meeting, so it's important that we can accurately 'read' situations in the digital world and know how to act appropriately.

1 ACCEPT DIFFERENT RULES

A lot of our interaction with others is helped by non-verbal signals like body language and facial expressions. Online, of course, many of these clues are missing. Talk to your child about why this makes misunderstandings more likely to occur in the digital world and why keeping in mind that online communication is a very different process can help to prevent difficulties from arising.

2 PRESS 'PAUSE'

It's so easy to do things quickly online that most people (adults included) habitually send or respond to messages without considering the consequences. Pushing 'the pause button' buys a young person some time while they ponder the golden rule: "Would I still say this if the other person was right front of me?" You could practise this with your child on some made-up tricky situations.

3 THE INTERNET IS ADDICTIVE

Apps and sites use sophisticated algorithms and clever marketing to keep us engaged, while notifications to our devices are designed to draw us back in. It's no wonder that people continually return to the digital world, sometimes spending long periods of time there. You and your child could trial turning off notifications on certain apps and instead agree a time to check for updates manually.

4 BEWARE THE DARK SIDE

Getting a hurtful or unhelpful comment on social media or in a group chat can make the recipient feel publicly shamed. That's painful for anyone – but especially for a young person whose status in a group is integral to their sense of identity. Encourage your child to think about the best and safest way to send a message: for example, doing it as a private message rather than a public post.

5 HARMFUL INTERACTIONS

Unfortunately, it's very easy to send a hurtful message or to spread gossip and rumours online. We all know this happens regularly. Not having to deal with actually seeing the other person's distress usually doesn't help people to make a positive decision in the moment. It's important that trusted adults help children to visualise the potential consequences and have empathy for others.

6 APPRECIATE DIFFERENCES

We're all built differently; some people are simply more emotionally sensitive than others. Young people can be particularly affected by negative online communication, such as group shaming. Even a single message (which might seem trivial at face value) can cause deep anguish. Trusted adults should be prepared to be patient and listen to any difficulties their child might have had online.

7 ACCENTUATED ANXIETY

Young people's online lives create a lot of anxiety. Messages go into a 'black hole' until someone responds, there are more reasons to compare ourselves negatively, and social media can make us feel like we're missing out. Encourage activities such as sports and hobbies to balance this out, and remember that merely blocking out thoughts (by gaming, for instance) isn't the same as relaxation.

8 PRO-SOCIAL BEHAVIOUR

A huge positive for the internet is how it helps people to feel connected and makes being kind and helpful easy to spread. When young people get involved in pro-social behaviours online, it creates a positive feedback loop which makes them feel good. Show your child examples of when you've done or said something positive online, and praise and encourage them when they do the same.

9 BE A GOOD ROLE MODEL

One of the best things we can do as trusted adults is to role model positive online behaviour. Just letting your child see that you know when it's time to put your phone away and do something more productive can set a strong example. Some families set aside particular times of the week (such as mealtimes or a family walk) where digital devices aren't allowed and conversation takes precedence.

10 SHOW COMPASSION

Mistakes can feel much bigger online, because they're so public. If a young person does or says something regrettable on the internet, it's important to support them to forgive themselves, learn any lessons and move forward positively. Even as adults, we can often stumble when learning how things work in the fast-moving digital world, so it's important to have compassion for ourselves, too.

Meet Our Expert

Dr Carole Francis-Smith is an experienced counselling psychologist who, through her research, specialises in promoting safe and ethical online communications. She consults with businesses and organisations to support positive and effective communication online, often by considering some of the more hidden aspects of the mediums.



National Online Safety®

#WakeUpWednesday