



Please don't forget to sign up for National Online Safety  
<https://nationalonlinesafety.com/enrol/lutley-primary-school>



Class	Name	Class	Name	Class	Name
RHC	Eliza B	REP	Elliot B	RKD	Grace C
1SB	Grace T	1HH	Freddie S	1LI	Elena S
2HR	Zac C	2AB	Ethan T	2RA	George Y
3EG	Isabella C	3KR	Amelie L	3LO	Jennifer C
4HG	Cora H	4LH	Grace P	4GO	Alfie B
5SM	Matilda B	5LW	Jessica C	5RF	Lera L
6BR	Abdul G	6ES	Harry S	6EG	Darcy F

ABC Summer Term  
We are celebrating our Summer Term ABCs this week! **Well done to all of these fabulous children!** It could be you this half term!

### Important Dates coming up

#### September 2023

Tuesday 19<sup>th</sup> September EYFS meeting with parents – workshop – how best to support at home 9.15am – 10.15am details to follow.

Wednesday 20<sup>th</sup> September EYFS meeting with parents – How best to support at home 5pm (details to follow)

#### October 2023

Tuesday 3<sup>rd</sup> October - Harvest Assembly – Pastor Sam to lead children's assembly and parents to send in items for donations for local food bank.

Tuesday 17<sup>th</sup> October - Sandwell Valley Nature Reserve Trip – Year 2RT

Wednesday 18<sup>th</sup> October - Sandwell Valley Nature Reserve Trip – Year 2RA

Thursday 19<sup>th</sup> October - Sandwell Valley Nature Reserve Trip – Year 2AB

Monday 23<sup>rd</sup> October – EYFS RHC Parent drop-in 2.45pm

Wednesday 25<sup>th</sup> October – EYFS RKD Parent drop-in 2.45pm and ABC Afternoon

Thursday 26<sup>th</sup> October - EYFS REP Parent drop-in 2.45pm

Half term Monday 30<sup>th</sup> October – Friday 3<sup>rd</sup> November

### Forest School for Year 2

#### Clothing

Children can come in non-uniform on their Forest School days – long trousers please and preferably long sleeves. As the weather becomes colder, please ensure children have a jumper or fleece, a waterproof coat and a hat and gloves. **Please also send wellingtons and extra socks in a carrier bag.** We will have a few spares but not many. We do have waterproof dungarees which we can loan out if absolutely necessary but if your child has their own waterproofs they can bring them and put them on before we leave the classroom. We serve Galaxy hot chocolate and may toast marshmallows (vegan option available) so please remind us if your child cannot have these items.

Session	2RT	2RA	2AB
1	Mon 18/9	Thurs 21/9	Mon 25/9
2	Thurs 28/9	Mon 2/10	Thurs 5/10
3	Mon 9/10	Thurs 12/10	Mon 16/10
4	Thurs 19/10	Mon 23/10	Thurs 26/10
HALF TERM			
5	Dates to be confirmed		
6			

## Attendance

10th—21st July 2023

Class	%	Class	%	Class	%
REP	97.43	RHC	99.43	RKD	91.87
1HH	99.35	1LI	99.17	1SB	99.58
2AB	95.60	2HR	94.87	2RA	98.51
3EG	98.67	3KR	97.50	3LO	98.23
4GO	97.18	4HG	99.79	4LH	99.78
5LW	98.99	5RF	95.21	5SM	98.00
6BR	93.31	6EG	98.54	6ES	94.18

### Worker of the Week 15<sup>th</sup> September 2023

Well done to all of these children who have been noticed for their hard work throughout the week!

Class	Name	Class	Name	Class	Name
<b>EYFS = All children for settling in so brilliantly! 😊</b>					
1HH	Freddie S	1LI	Jacob PA	1SB	Grace T
2AB	Amelia H	2HR	Zac	2RA	George Y
3EG	Abigail F	3KR	Althea S	3LO	Felix B
4GO	Hettie D	4HG	Jude J	4LH	Freya H
5LW	Bethany D	5RF	Isabelle P	5SM	Grace C
6BR	Oliver B	6EG	Matilda B	6ES	Logan W



Each week we will share a handy parent guide on a range of online safety topics. These are also available free to you if you sign up to National Online Safety. Check out our feed on X as we use this regularly too! Keep your children safe by staying up to date!

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

# Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you – or your child – took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here ...

## WHAT IS DIGITAL RESILIENCE?



Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times; it's how we respond and adapt to those situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

## MAKE POSITIVE LIFESTYLE CHOICES



- Make time for the people and things that make you happy.
- Monitor your screen time and stick to your limits.
- On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.
- Spread some positivity: post good reviews, leave encouraging comments and share good news.

## KEEP YOUR HEALTH IN MIND

- Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some revitalising fresh air.
- Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

## REACH OUT FOR SUPPORT

- If you have a problem online, don't be afraid to reach out to specialist people or organisations that could help.
- Follow people on socials who have the same values and morals as you.
- You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

## PUT SAFETY FIRST

- If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- Another option is to block the person or the account that's causing you a problem – or you could go one step further by totally deleting the app you were using.

## GET THINGS CLEAR IN YOUR HEAD

- Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- Think about how it makes you feel when someone sends you a positive or funny message online.
- What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.

## Meet Our Expert

Cayley Jorgensen is a registered counsellor with the Health Professions Council of South Africa, working in private practice to offer counselling to children, teenagers and young adults. She is the founder of Engage Support, a mobile app focusing on mental health awareness with the goal of providing resources and solutions to schools worldwide.

