



Newsbite

Friday 10th November 2023

Dear Parent's and Carers,

After another busy week at St Joseph's, we welcome back our year Six children from their week away at Conover Hall. From the pictures that they have shared on 'X' they look like they have had a great time. I'm sure that we will all enjoy listening to their stories over the next few weeks; sharing memories they will keep forever.

May I also take this opportunity to remind you that the school will be closed on Friday, 17th November for teacher training. Have a lovely weekend - and don't forget your odd socks on Monday!

God Bless

Mrs Dedman

Prayer for the Weekend



Lord of life and love

Lord of life and love,
as we give thanks for times past,
grant us courage to embrace the present
and grace to share the future.
In memory of loved ones dear,
kindle their flame to shine in the dark
and light the path ahead.
Show the way that leads to life
as we cherish days gone by
and inspire us with the touch of love
that faith and hope live on.

Annabel Shilson-Thomas

Anti Bullying Week

We'll be wearing odd socks with the Anti-Bullying Alliance and their patrons, Andy and the Odd Socks, on **Monday 13th November** for Odd Socks Day. Will you?

Odd Socks Day

#AntiBullyingWeek
#OddSocksDay



PE KIT

Unfortunately, we have many children not wearing appropriate Kit.

Please could I remind you that all children should be wearing the correct PE Kit – This includes a White T Shirt, black shorts and plimsoles for indoor PE and A Black/ Navy track suit, White T-shirt and trainers for Outdoor PE. As stated in our uniform Policy: [Uniform-for-the-website-2.pdf \(st-josephs.leicester.sch.uk\)](http://www.st-josephs.leicester.sch.uk)

Thank you for your cooperation with this matter.

Safeguarding

What Parents & Carers Need to Know about WHATSAPP

WhatsApp is the world's most popular messaging app, with around two billion users exchanging texts, photos, videos and documents. It works on mobile phones and tablets. It is available on most operating systems. Messages can only be viewed by the sender and the recipient, not even WhatsApp.com. Most updates to the privacy policy in 2021 involving sharing personal data to improve functionality through machine learning. The new policy was widely misinterpreted. It only related to WhatsApp Business features, not to personal messages.

WHAT ARE THE RISKS?

- SCAMS:** Fraudsters increasingly send WhatsApp messages to the public to offer prizes or sweepstakes. They often claim to be from the National Lottery or other well-known organisations. They may ask you to provide personal information or to click on a link. Do not provide any personal information or click on any links. If you receive a message from someone you do not know, do not click on any links or provide any personal information.
- DISAPPEARING MESSAGES:** WhatsApp has a feature called 'disappearing messages'. This means that messages sent to you will disappear after a set period of time. This feature is designed to help protect your privacy, but it can also be used to hide harmful content. Do not click on any links or provide any personal information.
- ENABLING FAKE NEWS:** WhatsApp has introduced a feature called 'fake news'. This means that messages sent to you will be marked as 'fake news' if they contain information that is likely to be false. This feature is designed to help protect your privacy, but it can also be used to spread false information. Do not click on any links or provide any personal information.
- NEWS:** WhatsApp has introduced a feature called 'news'. This means that messages sent to you will be marked as 'news' if they contain information that is likely to be true. This feature is designed to help protect your privacy, but it can also be used to spread false information. Do not click on any links or provide any personal information.

Advice for Parents & Carers

- CREATE A SAFE PROFILE:** Do not share your phone number or other personal information in your profile.
- EXPLAIN ABOUT BLOCKING:** Explain to your child that they can block anyone who sends them unwanted messages.
- REPORT POTENTIAL SCAMS:** Report any suspicious messages to the National Online Safety team.
- LEAVE A GROUP:** If your child is in a group chat, explain to them that they can leave the group if they do not want to be there.
- THINK ABOUT LOCATION:** Explain to your child that they should not share their location with anyone they do not know.
- DELETE ACCIDENTAL MESSAGES:** Explain to your child that they should delete any messages they do not want to be seen.
- CHECK THE FACTS:** Explain to your child that they should check the facts of any news stories they see on WhatsApp.

Meet Our Expert: **National Online Safety** #WakeUpWednesday

What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content is going through a child's computer, which they're posting online, and whether they're having 'digital meltdowns'. It can be easy to get ahead 'rabbit holes', but it's important to stay on top of what your child is doing online. It's important to have a conversation with your child about what they're doing online, and to be open to the possibility that they might be having a 'digital meltdown'.

- 1. UNDERSTAND THE ALGORITHM:** Algorithms are used by social media companies to show you content that they think you will like. This means that you may see a lot of content that is similar to what you've already seen. This can be helpful, but it can also be harmful. For example, if you see a lot of content that is negative or harmful, you may feel worse about yourself or the world.
- 2. AVOID THE MAIN FEEDS:** The main feed is the most popular part of a social media platform. It's where you'll see the most content, and it's also where you'll see the most negative or harmful content. Try to avoid the main feed as much as possible.
- 3. DISCUSS WHAT THEY'VE SEEN:** Talk to your child about what they've seen on social media. Ask them if they've seen anything that makes them feel bad or if they've seen anything that they think is wrong. This can help you to understand what your child is seeing and to help them to deal with it.
- 4. LEARN HOW TO HIDE CONTENT:** Most social media platforms have a way to hide content that you don't want to see. This can be a helpful tool for parents and carers. Show your child how to use this feature.
- 5. SET DAILY LIMITS:** Set a limit on how long your child can spend on social media each day. This can help to reduce the amount of time they spend on social media and to help them to focus on other activities.
- 6. MONITOR THEIR ACTIVITY:** Monitor your child's social media activity. This can help you to see what they're doing online and to help them to stay safe.
- 7. TURN OFF PUSH NOTIFICATIONS:** Turn off push notifications for social media apps. This can help to reduce the amount of time your child spends on social media and to help them to focus on other activities.
- 8. USE DEVICES TOGETHER:** Use social media devices together. This can help you to see what your child is doing online and to help them to stay safe.
- 9. ENCOURAGE OTHER ACTIVITIES:** Encourage your child to do other activities besides social media. This can help to reduce the amount of time they spend on social media and to help them to focus on other activities.
- 10. TALK ABOUT PEER PRESSURE:** Talk to your child about peer pressure. Explain to them that it's important to be true to themselves and not to do anything that they don't want to do.

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There are many benefits for the use of mobile devices. When used correctly, in moderation, and coupled with and not to the detriment of other activities, the use of technology can be beneficial to your child's development. But with a caveat that uncontrolled usage or overuse can cause problems.

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

Diary Dates

Tuesday 14th November	Immunisation Service
Wednesday 15th November	Menphys Rehearsal at St Joseph's Mkt Harborough
Friday 17th November	INSET DAY - SCHOOL CLOSED FOR CHILDREN
Wednesday 22nd November	KS2 Trip Cineworld, Loughborough
Friday 24th November	Year 4 class assembly
Thursday 30th November	Newarke Houses Visit (Year 2 and Year 3)
Friday 1st December	Menphys Carol Concert
Saturday 2nd December	Christmas Craft Fayre
Monday 4th December	Advent Mass
Friday 8th December	Year 1 Adults invited for lunch
Tuesday 19th December	Christmas Dinner Day
Thursday 21st December	Christmas Disco
Friday 22nd December	Term ENDS

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