

Dear Parents and Carers,

We are looking forward to welcoming you to parents evening next week, where you can find out about all the wonderful things your child has been doing in school this term! If you have not done so yet, please sign up for a slot on the classroom doors.

During parents evening, myself and Mrs Chambers will be in the library running an arbour help session (this is the system in replacement of parent mail to receive communications from school). Please come along and we can help.



Arbor

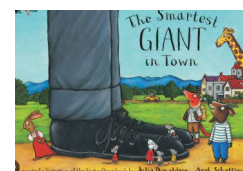


### Colder Months

This week the temperatures have dropped and the rain has poured! Now we are entering colder months, please could you ensure children are bringing coats every day into school so they can enjoy their outdoor time at lunchtimes and playtimes. For PE, could you please ensure children have full length trousers available in case they are outdoors.

### Compassion

Our week started with an assembly to explore our value of **compassion**. We explored how compassion is more than just feeling empathy towards someone; it is about the actions taken to support or help someone in need. We read the story of 'The Smartest Giant in Town' and we discussed how he had shown compassion to people less fortunate than him.



MACMILLAN  
CANCER SUPPORT

### Macmillan Cake Sale

**THANKYOU** so much for your donations.



### Curriculum:

**Year 2**—What a lovely day we had at the Northampton Museum yesterday The children were brilliant and enjoyed finding out more about the Great Fire of Northampton. We visited All Saints church and had a look inside. (photos to follow next week).

**Year 3**—have been doing some amazing writing this week; they have been creating character descriptions about their own version of the Iron Man. They have loved the book and are very excited to read the final chapter next week!







## Dates for your Diary

Date	Year Group	Event
From Monday 2.10.23—20th October	Whole School	Harvest— Donations for The Hope Centre—dried food and toilet-ries
Tuesday 17th November	Whole School	Dentist visit
Tuesday 17th November & Thursday 19th November	Whole School	Parents evening 3:30pm—6pm, please book an appointment (forms will be on class doors in the next week)
Friday 20th October	Whole school	Half Term Break <b>School re-opens: Tuesday 31st October</b>
Thursday 2nd November (4:30-5:30pm)	YR parents starting Sep 2024	Second Open evening for prospective parents of Reception children for September 2024 (Book your place on our website)
Thursday 9th November—Tuesday 14th November	Whole School	Book Fair held in the school library. Please come along.
Tuesday 5th December	Year 5	Space Centre Trip <b>Leaving school 8:30am</b>

**Thank you so much for your donations for the Hope Centre!**

**We have started a display at the front of school!**



### Messages from Mrs Llewelyn (our Family Support Worker and DSL)



- Any parents that have old school uniform, in good condition, please bring to office. We can pass these on to parents in need.
- Are you struggling to afford food? Blackthorn have a food bank every Friday 10:00am-11:00am at the Community Centre (leaflet in front office)
- Dentist visit on Tuesday next week



**Mrs. Turner—Deputy Headteacher**

**Mrs. Williams—Executive Headteacher**

**Friday 13th October 2023**

School Contact details: Tel – 01604 4011820



# SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

## A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From climate change to the war in Ukraine and the conflict in Israel, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

### FIND OUT WHAT YOUR CHILD KNOWS

There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they've seen.



### RIGHT TIME, RIGHT PLACE

Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.



### KEEP IT AGE APPROPRIATE

With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what's happening – but again, do stay aware of their emotional state.



### EMPHASISE HOPE

Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.



### MONITOR REACTIONS

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.



### CONSIDER YOUR OWN EMOTIONS

It's not only young people who find upsetting news difficult to process: adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.



### SET LIMITS

Managing screen-time and content can be difficult even in normal circumstances, but especially in unusual or stressful periods (at the start of the pandemic, for example). It's virtually impossible to keep children away from upsetting content completely, but it's important to try to limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screen-time limits.



### TAKE THINGS SLOWLY

Try not to overwhelm your child with information all at once: instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.



### ENCOURAGE QUESTIONS

Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.



### FIND A BALANCE

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.



### BUILD RESILIENCE

News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.



### IDENTIFY HELP

It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It is essential that children understand that they're not alone, and that help is available if and when they need it.



### Meet Our Expert

Cayley Jorgensen is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp helps give a voice to bystanders by encouraging them to speak up and get the help they not only want but need.



**National Online Safety**

#WakeUpWednesday

Sources: <https://www.bbc.com/news/health-5640906> | <https://www.childnet.com/blog/supporting-your-child-with-upsetting-content/> | <https://www.unicef.org/parenting/how-talk-your-children-about-conflict-and-war>



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