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St Mary's Catholic Primary School Newsletter

19th May 2023

Safeguarding Update: Online Safety Help from the NSPCC

Tackling difficult conversations

Some conversations are going to be more difficult than others, but it's so important to have these open and honest conversations, so you can help your child with any worries or issues they might be facing online.

For example, if you're worried they have been viewing [online pornography](#), if they have been [sharing nudes](#), if they have seen upsetting, inappropriate or [explicit content](#), or perhaps [being bullied](#). These more difficult conversations will heighten feelings of fear, anxiety, worry, shame and embarrassment.



- As with any conversation, it is important that we try to stay calm, balanced and non-judgemental.
- If it's something that has made you angry, fearful or concerned, don't tackle it straight away if possible. Those feelings will affect the way we talk. Take a little time and, if possible, talk to someone else about it. Your child's school can be a great source of information, particularly the class teacher and the Designated Safeguarding Lead and you can always contact us for advice.
- Don't be too forceful otherwise there is the risk that they will close down.
- Consider a subtle approach instead of a head-on approach. For example, you could ask if the subject is discussed at school and what they learn about it, or it could be something that has been on the TV or you heard about it on the radio.
- Keep listening, try not to interrupt even if there is a period of silence. They may be thinking how they word something.
- Provide context. Allow them to understand why some things are wrong, age inappropriate or even illegal. In order to critically think and assess, they need information.
- Remind them of your family values; some parents may think that something is okay for their children, but explain why you don't think it is appropriate for your children.
- Children often talk of being punished. For example, if they open up to you and say that they have seen explicit content by accident, they are fearful of their devices being removed from them. This is seen as a punishment and consequence for something that was out of their control. This is a judgement call that needs to be carefully handled.

How could my child feel talking about online safety?

For children, online life is life. It can help to think about how your child could feel sharing what they're doing online before you talk to them. There could be a range of different emotions, such as:

- Discomfort or embarrassment about something they have said online.
- Shame or fear if they're worried about something they have seen or done.
- Annoyance or confusion if they don't understand something.
- Happiness because they have received validation for what they've posted – such as likes or follows.

Next steps to take:

Having a conversation with your child can give you a good insight into their online activities so that you can consider:

- Are further options, such as [parental controls](#), are required?

- Are the [games](#) and apps they're using appropriate to their age? Have a conversation and agree some rules with your child about what games and apps they're allowed to use. While there are risks with most online platforms, we'd recommend only letting your child use apps that have privacy settings and a 'report and block' feature.
- Do they know about the safety and privacy features of the apps they're using? Such as:
 - Privacy settings. Are their accounts public or private?
 - Do they know how to block and report? Are those features available?
 - Can you turn features off, such as chat and in-app purchases?
 - Do they know what personal and private information is, and what is and is not appropriate to share online?
 - What are their profiles on their games and apps? What does the profile say about them? What does the image or avatar say about them?

Being a good digital role model



Children get lots of messages about online safety in school and at home, but this can be confusing for them if the adults around them appear to not be following the advice they're giving. Your children look to you for guidance, so it's not just about what advice you give to them, but also what you do yourself. Avoid the example, 'do as I say, not as I do'.

SEND Newsletter for Parents can be found here:

https://www.telfordsend.org.uk/info/1/home/109/send_news

Parents Opening Doors Open Day

What PODS do:

- Hold family groups across Telford and Wrekin
- Provide emotional and practical support via the Face2Face scheme
- Run workshops and events relevant to the needs of PODS families.
- Work in partnership with Telford and Wrekin Council, Health, Social Care, Education, Voluntary and Community Services.
- Provide family representation at many local and national meetings, workshops and conferences and input to consultations, reviews and strategic planning. Click [here](#) to see a list.
- Hold social and fundraising events for PODS families.
- Provide relevant information via information events, family groups, e-bulletins, website and other social media, such as Facebook and Twitter.
- Work with Contact a Family, the national organisation that supports families of children with a disability across the UK, whatever their condition or disability
- PODS is a member of the National Network of Parent Carer Forums (NNPCF) and meets regularly with the West Midlands regions to share information and keep up to date with policies and affecting our children.
- PODS members have spoken at conferences on personal experiences of life with a child with a disability and regarding parent participation.



PODS - Preparing for Adulthood Navigator Service

PODS (Parents Opening Doors) Parent Carer Forum offer a Preparing for Adulthood Navigator Service for SEND Families for SEND families with young people aged 14-25.

What is Preparing for Adulthood (PFA)?

It is helping a young person get ready for adult life, to become independent and to know where to get help if they need it.

What does a PFA Navigator support with?

- Navigating local service provision and activities.
- Employment, Learning and Higher Education.
- Good Health.
- Friendships, Relationships and Community Inclusion.
- Independent Living/Housing Options.
- Life Skills.

The Journey:

Planning early gives the young person time to make good choices Working with families and young people from age 14 Young person encouraged to share thoughts and plans for their future with their family and other adults supporting them

How to make a referral:

Referrals can be made by families or by Professionals, please contact Matt@podstelford.org 07305 014358 to find out more.

[Download: PODS Preparing for Adult Navigator Poster](#)

Best Start for Life Launch – a Message from Telford and Wrekin

Do you have a little one aged 0-2 years or a baby on the way, or know someone who has?

Telford & Wrekin Council would like to invite you to the launch of the **Best Start for Life** one-stop booklet.

Join the council's Public Health team and Early Years support groups and providers at the **Telford Town Park Visitor Centre on Monday 22 May 2023**. Drop in anytime between 10am and 1.30pm to discover all the help and assistance available in Telford and Wrekin during your baby's first two years of life.

You will also have the chance to participate in a number of giveaways, such as baby sensory classes, sensory baskets and free bags, as well as enjoy light refreshments.

You will receive a free copy of the **Best Start for Life** booklet, filled with valuable information and advice about your baby's first two years.

For more information, please download the flyer:

[Download: Best Start in Life flyer](#)

Kids for a £1 activities back for May half term

With the brighter, warmer weather hopefully on the way families wanting to make the most of the outdoors can hire a bike and helmet for just £1 from Telford Bike Hub in Telford Town Park. Adventure golf and disc golf are all back open for the season too.

Councillor Shaun Davies (Lab) Leader of Telford & Wrekin Council said: “We are in a cost of living crisis where our residents are struggling with the basics like paying for gas, electricity and their weekly food shopping without having to fund expensive school holiday activities. That’s why we will continue to offer our one-pound holiday sessions both this half term and with a bumper edition on the way for the six weeks holiday. Back in February over 1,000 residents took part so we know they are making a huge difference too.”

Councillor Carolyn Healy (Lab) Cabinet member for climate action, green spaces, heritage and leisure commented: “We are delighted to offer families yet another action-packed timetable of activities for this upcoming half term. Our ‘Kids For a Quid’ holiday programme has become a staple in many families diaries with indoor and outdoor activities happening 7 days a week. Family days out can be expensive but our one-pound sessions allow residents to stay local, stick to a budget and keep the young ones busy and active when they are off school.”

Many of these activities are also part of the council’s 10 by 10 programme which offers all children ten activities they should try before they are ten years old.

Residents will need a Telford Loyalty Card to book sessions. Activities can be booked 7 days in advance (with the exception of swimming) to help ensure you get your guaranteed slots.

The [latest brochure can now be found online](#).

Increase in cases of measles

This is an update from the Health Protection Hub

There has been an increase in cases of measles nationally, so school and nursery staff are encouraged to be aware of symptoms and what to do if you get a

case, or cases, within your setting. It can lead to serious complications and is highly infectious. It will spread rapidly within educational settings among those without immunity from vaccination or previous infection.

What to look for

- Information, including photos, can be found on the [NHS website](#).
- Symptoms include a runny nose; cough; conjunctivitis (sore, itchy, watery, red and sticky eyes); high fever and small white spots (Koplik spots) inside the cheeks. Around day 3 of the illness, a rash of flat red or brown blotches appear, beginning on the face, behind the ears and spreading over the body.
- If a child presents with these symptoms exclude them from school/nursery and advise the parents/carers to follow the advice on the [NHS website](#).
- Note that symptoms may present differently dependent on the skin tone.

What you need to do

- Exclude the infected individual from setting until 4 days after the onset of the rash (where the date of the rash onset is day 0).

- Encourage all children and young people over the age of one year old to have the combined MMR vaccination as per the national immunisation schedule.
- You should let us know by emailing HealthProtectionHub@telford.gov.uk or calling 01952 381800.
- Any staff who are unvaccinated or partially vaccinated with the MMR vaccination should be encouraged to seek advice from their general practitioner or practice nurse.
- Advise individuals with a weak immune system, pregnant staff and children under 12 months who come into contact with measles to seek prompt medical advice. When contacting the GP or midwife they should inform them that there has been exposure to a case of measles.

Vaccination

Anyone who is unsure if their child is up to date with all their routine vaccinations should check their child's Red Book (personal child health record) in the first instance. If they are still not sure, or if they need to bring their child up to date with their vaccines, they should contact their GP practice to check and book an appointment.

School Travel Assistance – please apply until 30 June 2023!

Telford & Wrekin Council looks to parents and carers to make arrangements for their (child)ren and young people to travel safely to their allocated school and/or post 16 provider, where possible.

If you are unable to transport your child or young person and if you meet the eligibility criteria listed on the [council's website](#), the council can provide travel assistance.

If you are applying for your travel assistance from September 2023, all applications must be received by the council by 30 June 2023. Applications received after this date cannot guarantee that travel training or travel assistance will be in place for the start of the new term.

When will travel arrangements be in place?

The council will aim to put travel arrangements in place as soon as possible, however, they can only start this process after 30 June 2023, once all applications are received. Please submit your application as soon as possible.

Do I need to re-apply?

You will only need to re-apply in the following circumstances:

If you have moved house since you initially applied or your child is moving school, as your eligibility could have changed.

Parents/carers for children over the age of 16 must re-apply for assisted travel every academic year. [View information on how to re-apply online for home to school travel assistance.](#)

How to apply:

You can submit your application on the [council's new website and transport platform](#) which has been developed based on feedback received from parents and carers over the last year.

In order to submit an application, you will be required to create a new account online. If you already have an email address registered with the council, please use this email when creating an account, this will help the council to link your existing travel assistance arrangements with your new account.

Once you have created an account and submitted your application, you will receive regular notifications on your application progress, you can log on at any point to see the progress. If you need support in creating a new account, please call 01952 384545 (Monday to Friday, 7.15am-5pm).

New Early Years entitlements

The offer has been expanded to 30 hours of free childcare per week for eligible working parents with children aged nine months to three years.

This means working parents will be able to claim free childcare all the way through, from nine months up to their child starting school.

The offer will apply to 38 weeks per year. Some providers may apply charges in addition to the free childcare provision.

Visit childcarechoices.gov.uk for further information

Timetable of events for the new Early Years entitlements:

September 2023	<ul style="list-style-type: none">• Increase in 23/24 funding rates..• Change in staff-to-child ratios for 2-year-olds, moving from 1:4 to 1:5.• Launch of start-up grants for new childminders.
April 2024	<ul style="list-style-type: none">• 15hrs childcare for working parents of 2-year-olds.
September 2024	<ul style="list-style-type: none">• New or expanded wraparound provision commences nationally.• 15hrs childcare for working parents of 9 months to primary school age.
September 2025	<ul style="list-style-type: none">• 30hrs childcare for working parents of 9 months to primary school age.

More information is available on the GOV.UK website:

[How we are growing out 30 hours free childcare offer](#)

[Everything you need to know about childcare support](#)