

Roxbourne Primary School

NEWSLETTER



Friday 10th March 2023

Another exciting week just passed and the children are looking forward to their upcoming educational visit for this half term.

Wednesday 8th March 2023 - KS2 Cookery Club

Ladybird Sandwiches

Children got creative and imaginative in the kitchen this week! They were involved in making ladybird sandwiches. They cut a circle from two slices of bread and spread it with cream cheese. They spread one circle with strawberry jam and cut it in half to form the ladybird's wings. They then made a cream cheese sandwich from two extra slices of bread, then used a pastry cutter to cut a small circle from the sandwich to form the head. They used blueberries for eyes and spots.



Thursday 9th March 2023 - KS1 Cookery Club

Pasta, everyone's favourite!

This week we decided to make a healthy meal that includes different vegetables. Children talked about their likes and dislikes when chopping vegetables. They also got to taste vegetables that they weren't sure about and surprisingly they liked it. This activity extended their learning by also discussing different textures and colours. They mixed their chosen vegetable with tomato sauce and pasta and finally sprinkled some cheese. A gentle reminder to please send in a container for next/every Thursday.



Wednesday 15th March 2023 - Pre-Loved Uniform Sale

We are pleased to announce that we will be holding a pre-loved uniform sale on Wednesday 15th March 2023. This will be held on Key stage 2 playground under the canopy at pick up time.

Friday 17th March 2023 - Red Nose Day



Red Nose Day - Comic Relief

Friday 17th March 2023

To support the event, come to school wearing your own clothes, with a splash of red!

A voluntary donation of £1 should be paid on the day and handed to class teacher. All donations will go to Comic Relief.



Monday 3rd to Friday 14th April 2023 - Magna Easter Camp

We are delighted that Magna Camps will be running an Easter Programme from Monday 3rd April to Friday 14th April 2023 at Roxbourne Primary School. Please book your child's place through the [Magna website](#). See below for details.

A vibrant poster for Magna Camps Easter 2023 Harrow. The top section features the title 'MAGNA CAMPS EASTER 2023' in large, bold letters, with 'HARROW' in a stylized font to the right. Below the title, it states '3RD APRIL TO 14TH APRIL 2023' and 'OFSTED REGISTERED SPECIALIST MULTI-ACTIVITY HOLIDAY CLUBS FOR 5-11YRS.' A central image shows a group of diverse, smiling children lying on grass. A banner across the middle reads 'JOIN US FOR THE GREAT BIG EASTER ADVENTURE!' with colorful Easter eggs. Below this, a list of activities is provided under the heading 'BIG EASTER ADVENTURE'. A small inset photo shows children participating in an activity. A box on the right mentions 'HAF EASTER 2023' and 'FREE FUNDED SPACES AVAILABLE FOR BENEFIT RELATED CHILDREN'. The bottom section includes contact information and a call to action to book today.

MAGNA CAMPS
EASTER 2023
HARROW
3RD APRIL TO 14TH APRIL 2023
OFSTED REGISTERED SPECIALIST MULTI-ACTIVITY HOLIDAY CLUBS FOR 5-11YRS.

SAVE 15%
WHEN BOOKING A FULL WEEK*

JOIN US FOR THE GREAT BIG EASTER ADVENTURE!

BIG EASTER ADVENTURE

HATTER'S TEA PARTY	HEGG-SCAPE GAMES	EGG HUNTS
NERF-AGEDDON	INFLATABLES	RAID THE NESR
EGG-STREME SCIENCE	BIG BUNNY DISCO	DODGE THE EGG
EGG-CITING SPORTS	CAPTURE THE RABBIT	EASTER PARADE
		AND MUCH MUCH MORE...

HAF EASTER 2023
FREE FUNDED SPACES AVAILABLE
FOR BENEFIT RELATED CHILDREN
09:00 -15:00

Fully OFSTED registered, Tax-Free Childcare and Childcare Vouchers accepted
Standard Day 09:00 - 16:30

BOOK YOUR MAGNA CAMPS TODAY!

 www.magnagroups.com  0333 012 4984

Wednesday 26th April 2023 - Circus In Roxbourne

PRESENTED BY FRIENDS OF ROXBOURNE COMMUNITY

ROXBOURNE PRIMARY SCHOOL

CIRCUS PAZAZ

WEDNESDAY 26TH APRIL 2023
2 Shows – 4pm & 6pm



SEATED TICKETS - £9 PER PERSON
from age 3 upwards


2 AND UNDER - FREE
(please ensure to purchase a free ticket via ticketsource)

BOOK VIA TICKETSOURCE
www.ticketsource.co.uk/forc

Tickets are limited so please book early to avoid disappointment!

SCAN QR CODE TO BOOK

 **@CIRCUSPAZAZ**

CIRCUS PAZAZ

FAQS

My child is 2, how much do I pay for their ticket?

All infants 2 and under are free, however you MUST purchase a ticket via ticketsource and please note they must be seated on an adult's lap throughout the show.

We cannot guarantee entrance without a ticket.

Ticketsource mentions adult and child tickets - why is this if they both are £9?

The ticket price is the same for all, however we require the information to ensure children are being accompanied with an adult. This information will also assist us for future events.

What time shall I arrive?

Doors open 30minutes prior to the show starting, please ensure you are seated 10mins beforehand.

Is my buggy allowed in the Circus tent?

Unfortunately, we cannot accommodate your buggy inside the tent - Don't worry we will have a dedicated space for them outside. Please do take all your personal belongings with you.

Will you be selling food and drink?

Yes! We shall share further details on items for sale closer to the event - Watch this space.



Year Group Updates

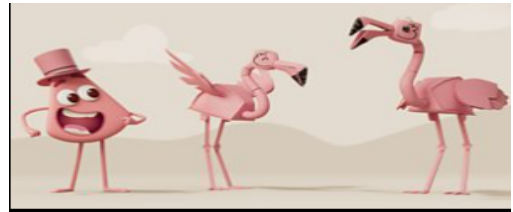
Nursery Update

Nursery pupils were fascinated to see live caterpillars that arrived this week. We will continue to observe the life cycle and look forward to seeing these turn into butterflies. This ties in well with our story 'The very hungry caterpillar'. Children have been busy learning about the life cycle of a butterfly. In Literacy we have been retelling using props and visuals. The children have painted their own butterfly and we have talked about patterns and symmetry. In Maths our focus has been on length - long and short; we have been cutting long and short spaghetti in our messy tray.

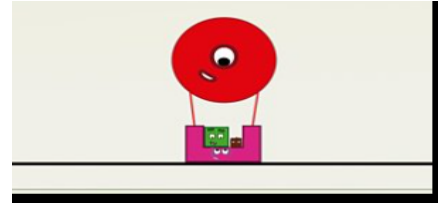


Reception Update

In Literacy this week we have begun to read and learn our story called Jasper's beanstalk. In Topic, we have been learning trees and identifying where different fruit and veg grow. We have continued to observe our seeds grow. In Art, we have been exploring shades of pink but adding white to red and next week we will explore shades of green by adding black or white to green paint. **Click on the images** to watch videos about shades of green and pink.



In Maths, we have been learning how to double and half numbers and explore the relationship between the two concepts. **Click on the images** below to help your child embed this weeks learning.



Show and Tell:

Over the next two weeks it will be the turn of children in **Torbay house**. Our show and tell sessions for children will be on Tuesday, Wednesday and Friday. So please send in your child's updated home link book or an item they would like to talk about on these days.

Phonics revision

Please click on the images below to watch videos to support your child with their phonics learning.



Y1 Update

This week in Maths has been busy for Y1! We were looking at measuring lengths of objects using non-standard units. We can use classroom items like cubes and paper clips to help us. Then, we experienced standard units of length such as; **metre, half a metre and a quarter of a metre**. Finally, we were able to use **cuisenaire** rods to help us find out more than half, less than half and **more than double**. In Writing this week, we have focused on creating box plans. However, we have altered the story ever so slightly to create a new dynamic. In addition, we used a variety of **timed adverbials** to help form our box plan. We are now ready to begin our write up!

This week in Science, we continued our focus on what animals eat. We are to sort animals into a Venn diagram of **carnivore, herbivore and omnivore**. A few animals surprised us! We now know that a **hippopotamus** is a herbivore (not a carnivore). In History this week, we have been very busy looking at trains! We asked the question, 'How were the first trains different from trains today?' We know that the first trains were called **locomotives** and were powered by steam. This is very different from the trains that we use today. In PSHE, we have been focusing on **being healthy**. This week, we looked at making a good decision (we even sang a song to remind us what a good decision is!) We understand that doing our homework and eating lots of fruit is a **good decision**.

Y2 Update

This week in Maths we have continued our unit of fractions. The children have been focusing on finding a fraction of an amount. The children have been working really hard during our unit of fractions! Keep up the good work. Next week in Maths we will be starting our new unit of adding and subtracting 2 digit numbers. Ahead of this please go over adding 2 digit numbers using the column method with your child.

In Writing this week the children have been writing a letter to our Prime Minister Rishi Sunak. They have been expressing their thoughts on animals being kept in a Zoo. The children made great points and used coordinating conjunctions to back up and expand their ideas. This has left our children super excited for their school trip to London Zoo at the end of term.

In Geography this week we have been writing our end of unit essay. The children have shared all their knowledge they have learnt during our topic of 'Planet Earth'. In Science this week we have continued our unit of 'Habitats'. The children have been learning about different producers in a food chain and why they belong at the start.

Please continue to support your child by listening to them read every day for at least 15 minutes and filling in their reading record with comments afterwards.

Y3 Update

This week in Reading, we have been looking at a newspaper article called Calais Jungle. The children have looked at the vocabulary used in it and wrote some of their own sentences using the key words. They then applied retrieval and inference skills to answering questions about the newspaper article.

In Writing, the children have been working on writing a formal letter which is based on the story of Little Red Riding Hood. They wrote and published a formal apology letter from the Big Bad Wolf's perspective which was addressed to Little Red Riding Hood. Throughout, we have been discussing the differences between formal and informal language and the children have been using their checklists to make sure they were including the correct key features in their letters.

In Maths, we have been working on deriving facts from known multiplication facts. The different strategies we have used include commutativity, inverse relationship, doubling, halving and place value. We realised how important it is to figure out which strategy is the most efficient for us to use so that we can use it when solving calculations.

In Geography we researched a Western European country using the chromebooks and compared it with the UK. We discovered that many of the Western European countries have things in common with us and that there were also some really interesting differences. For instance, we learnt that Belgium and the UK are similar because both have a monarchy.

In Science we continued working on our topic of Light and Shadows. After looking at how materials are different because of how much light they let pass through, we then looked at three different types of mirrors: plane, concave and convex. We learned about which places we can find these mirrors and how they produce a reflection. As a class, we used plane mirrors to look at reversed messages and figure out what the message says from the reflection. We then wrote our own reversed messages for our partners to try and work out!

Please continue to support your child by listening to them read every day for at least 15 minutes and filling in their reading record with comments afterwards. When they complete a book, **they should also complete a quiz about the book on Accelerated Reader**. Please also support your child in engaging and interacting with Times Tables Rock Stars (TTRS) as this will help them to improve their multiplication fluency. Ensure that your child is practising their spellings every week in preparation for the spelling tests on Friday mornings. Please find the information on homework on Google Classroom and support your child in completing those.

Y4 Update

This week in Reading, we have been studying an extract from Spirit of the Jungle by Bear Grylls. The children practised their skills in using new vocabulary, inference and retrieval. In Writing, we have finished independent writing of the writing cycle. Pupils wrote an informal letter to a child in Roxbourne as a child in the Amazon rainforest, using subordinating conjunctions, prepositions and adverbs. They particularly focused on using informal language and writing to inform.

In Maths, we have completed our unit on decimals. This week, the children learned to multiply and divide decimals by 10 and 100. They further applied these skills to numbers with one decimal place.

In Science, we learned about two famous scientists in the classification field: Libby Hyman and Carl Linnaeus. In Geography, we looked at the different reasons for deforestation and interpreted a pie chart representing the three main reasons: agriculture, housing and logging.

Please continue to ensure children are reading for **at least 15 minutes each day**. Accelerated reader quizzes should be taken immediately after a book is completed, ideally every 2 weeks. It is also important that children are consistently accessing Times Tables Rockstars to ensure they recall their multiplication tables. Finally, please ensure that children are completing their Mathematics homework.

Y5 Update

This week in Reading Year 5 have been reading an extract from Elizabeth Laird's Oranges In No Mans Land which follows the tale of a young Lebanese girl caught in the midst of a civil war. This week in Writing we have continued with our newspaper genre and we have begun writing newspaper reports about the Anak Krakatau volcanic eruption. In Mathematics we have continued looking at translations and begun looking at translations across a mirror line. In Science we have been investigating what happens when you place a coin in a solution of weak acid and salt. In Geography we have been researching various earthquakes across Asia and their impact.

Y6 Update

This week in Reading, we have read an extract from the book, 'Goodnight Mr Tom', written by Michelle Magorian. This novel is about a boy who has been evacuated from London during World War 2 to the countryside where he lives with a kind, loving man as opposed to living with his evil, wicked mother. We have focused on retrieval, inference and word meaning questions this week. In Maths, we began the week by learning how to work out the mean average of a group of numbers. We looked at how to successfully answer reasoning style questions involving mean. Towards the end of the week we have been learning about ratio and proportion.

In Writing, we have written an independent informal letter from the perspective of 'Willie', the main character from 'Goodnight Mr Tom'. In our writing we have focused on getting the tone correct through using vocabulary and spoken language which was commonly used in WW2. The children finished the week by publishing their work neatly.

In Science, we learned what DNA is and how our whole bodies are made up of cells which contain chromosomes that are inherited from our parents. In History, we have continued our topic on WW2. This week we learned about the German's tactics and plan after invading Poland in 1939. We also looked at what effect the war had on Britain and how the air raids, blitz and the Battle of Britain all affected our country.

Please ensure that the children are continuing to engage with our weekly homework, all of which can be found on **Google Classroom**. A big thank you again to all the parents and children who attended our SATs information meeting last week. The video and slides for the session have been emailed to all Year 6 parents. If you have any questions regarding the meeting, please ask your child's class teacher.

Value of the Week: Creative

Class	This week's certificates go to...
R Oxford	Serena - for being creative in the craft area. Vlad - for being creative in the construction area..
R Southampton	Nayanisha - for finding creative ways to show her friends how to double and half numbers. Jovan - for using his creativity in the finger gym
1 Bath	Kadir- for using his creativity to problem solve in Maths this week. Well done! Neev - for demonstrating good creativity in Maths by exploring length using cuisenaire rods. Well done!
1 Bristol	Gia - For being creative when finding out which cuisenaire was 'more than double' the length. Great job! Liana - For showing her creativity in Writing when changing the beginning part of the story. Well done!
2 Cambridge	Misha - for her creative work when drawing a landscape. Josh - for showing a creative imagination during conversations with his teacher.
2 Colchester	Whole of 2 Colchester - for creatively drawing landscapes.
2 Norwich	Fares - for being very creative during our Art lesson and producing a fantastic piece of work! Well done. Inaaya R - for being creative in Maths and finding new ways to represent a fraction. Keep up the hard work!
3 Birmingham	Adib - for showing creativity in Geography by creating a fantastic fact file after researching a country in Western Europe. Anayah - for showing great creativity during Maths, when using different strategies to derive facts from known multiplication facts.
3 Warwick	Gabriela - for showing great creativity in researching a country in Western Europe for Geography. Adam G. - for showing creativity in maths when deriving facts from known multiplication facts.
4 Sheffield	Sai - for your creative use of vocabulary and language in your informal letter. Zara C - for your creative writing of an informal letter as a child in the Amazon rainforest.
4 York	Umar - for thinking up creative example sentences when practising new vocabulary. Bravo! Toby - for his creative use of new vocabulary. Well done!
5 Liverpool	Hazmi - for his creative approach to problem solving in Mathematics this week. Ibrahim - for his creativity this week when drafting his newspaper report in Writing lessons.
5 Manchester	Shreya - for always thinking creatively and adding her own ideas into tasks Maya G - for thinking creatively in Writing this week and working hard to write her newspaper report
6 Cardiff	Inoshan - for showing fantastic creativity during this week's independent writing of an informal letter, in particular the choice of language. Well done! Shanjeevan - for creating a fantastic shield to represent his house team. Well done!

6 Edinburgh	<p>Abrar - for showing good creativity in her Art this week when learning how to add tone and contrast to her work. Well Done!</p> <p>David C - for demonstrating good creativity in his Writing this week through the use of spoken language from World War 2. Well Done!</p>
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Pen Licences

Year 3	No pen licences this week for 3 Warwick and 3 Birmingham as Year 3 are continuing to work very hard on improving their handwriting!
Year 4	No pen licences this week for Y4, we are continuing to work very hard on improving our handwriting.
Year 5	Year 5 are also working hard to continue practising their joins as well as upper and lower case letters - no pen licences this week though we've had a few 'trial' pens given out so watch this space!
Year 6	Cardiff - Shujanakan K Edinburgh - Kanthavi S , Thaarun T

PE Star of the Week

Well done from Mr Whittick and Mr Knight!

Reception	Leo - for showing good speed and balance
Year 1	Nova - good hand eye coordination with a tennis ball
Year 2	Ananya - she alway tries her best in Pe and is alway well behaved
Year 3	Victor -He love basketball and he show it in our Pe lesson
Year 4	Sashriga - For making such an effort in swimming!
Year 5	Malak - For making an effort to be focused whatever the task is!
Year 6	Reyansh - For giving 100% effort all round!

RE Star of the Week

Year 1	Elakkiya -For a great explanation about how God has created the world in 7 days.
Year 2	Lily - for creating a wonderful storyboard about the story of Moses and the Passover.
Year 3	Amelia - for identifying some of the key features of a passover meal and labelling all the items correctly.
Year 4	Sanvika - for creating a fact file about yom Kippur
Year 5	Arusan -For explaining about how Jewish people celebrate children growing up.
Year 6	Navin - for creating an informative poster about The Big Bang Theory.

Music Star of the Week

Reception	Mia for showing creativity and brilliant imagination when going on our adventure in our music lesson!
Year 1	Rithanya for confidently demonstrating great pitch skills in her singing!
Year 2	Nayla for her brilliant Solfar hand signs and awareness of pitch.
Year 3	Ava for showing creativity, enthusiasm and dedication in our music lesson.
Year 4	Ruvee for showing great awareness and execution of pitch in our music.
Year 5	Rianna for showing creativity in her body percussion lesson.
Year 6	Thaarun for giving brilliant contributions in our djembe lessons.
Year 3 Virtuoso Violinist	Diana for showing improvement in her violin practise.
Year 4 Virtuoso Violinist	Biraunusaa for showing independence and commitment in her violin playing

General Notices

Call for Parents to come and speak to Early Years!

We are looking for parents with interesting occupations to come in and talk to our Nursery and Reception children as part of our 'People who help us' termly enrichment opportunity. This has been really successful in the past and the children have always really looked forward to someone coming in. We are interested in all careers - previous visitors have included post officers, doctors, artists and a herbalist. Parents will be asked to speak about what they do followed by an opportunity for the children to ask questions. Please fill out [this google form](#) if interested.



Looking for a place to host your events?

Our school is available for private hire! If you are looking for a hall to host a birthday party, a wedding celebration, a karaoke party, looking to organise a business event and need a conference room or need a classroom for tuition, contact us via phone 020 8422 9207 or email office@roxbourneprimaryschool.co.uk to discuss your requirements and organise an onsite visit.

You can read our letting terms and conditions on our [website](#).



Eco

Warriors' Eco-Tips

Remember to turn off the tap when you are brushing your teeth.

Fun Fact: Did you know, the EPA (Environmental Protection Agency) stated that leaving the water running while brushing your teeth wastes an average of four gallons each time. In a four-person household, where each person brushes twice each day, that's 32 gallons of water wasted.



Parking

Local residents have **again** expressed concerns about illegal and unsafe parking in roads around the school which has led them to be late for appointments or work or late to drive their children to school.

Please do not block driveways or side roads, double park, stop on the yellow markings or in front of the emergency barrier. Ongoing parking infringements are reported to the Harrow Council Parking authority who are then likely to enforce stricter parking rules and enforcement around the school which will not benefit anyone.

We call on our Roxbourne community to act immediately by not parking illegally and unsafely around the school. Thank you for your support.



School Meals

Curious to find out what pupils think about the new Spring-Summer menu (available in our [website](#)), we arranged for our Year 6 Roxbourne journalists to interview more than 30 children from Reception to Year 6 asking about their favourite meal and dessert, and if they were an ingredient what ingredient they would be.

Children said they really love the desserts, especially the ice cream, cookies and flapjacks. Their favourite meals were fish and chips and jacket potatoes. Lots of Year 1 children said they would be sugar if they could be any ingredient, while some in Reception said mango!

For KS2, pizza was the favourite, with the mac and cheese. They particularly enjoy having the fresh fruit and cake. A few suggestions were to bring back quorn nuggets and some wanted to see an improvement in the quality of the fish and chips, which we'll happily pass onto our chef!

Please remember to regularly check your child's Meal account on the Arbor App or portal to ensure there is enough credit to pay for their school meals. If you have any questions or need assistance, our School Office team will be happy to help.

Paying for trips and educational visits



On Arbor, our parents have the flexibility to pay the way that suits them, in addition to paying by payment card, Arbor now includes Apple Pay and Google Pay:

- A new, simple way for parents to pay via the Arbor App
- No more re-entering card details every time

If you wish to pay via Google Pay, click [here](#) or via Apple Pay, click [here](#).

Young Harrow Foundation

Young Harrow Foundation have developed a new hub for cost of living support on their website: www.youngharrowfoundation.org/cost-of-living-support

This hub aims to signpost people to local services from the voluntary sector and local authority - and is particularly aimed at families or carers that have children and young people in their household.

The online hub, developed by Young Harrow Foundation, lists services that can help with things like, mental health and wellbeing, warm hubs in the borough, help with accessing food, housing support and low cost furniture providers.

Important Dates

Date	Time	Event
Monday 13th March 2023	10:00 - 14:30	HT4 Reception Educational Visit to Newton Farm Ecology Park
Tuesday 14th March 2023	11:00 & 14:45	AM & PM Nursery Mothers' Day Celebrations
Friday 17th March 2023	All Day	Coming Relief - Non-Uniform Day
Monday 20th March 2023	9:30-11:30	Reception Vision Screening
Monday 20th March 2023	13:00-15:00	Reception & Year 6 Height and Weight Measurements
Tuesday 21st March 2023	9:30-11:30	Reception Vision Screening
Tuesday 21st March 2023	All Day	HT4 Year 1 Bekonscot Model Village and Railway
Wednesday 22nd March 2023	All Day	HT4 Year 3 Eataly & Pizza Express Bishopsgate
Thursday 23rd March 2023	All Day	HT4 Nursery & Reception Ark Farm on Site Educational Visit
Thursday 23rd March 2023	All Day	HT4 Year 5 Educational Visit to the Natural History Museum
Thursday 23rd March 2023	All Day	HT4 Year 6 Educational Visit the Royal Air Force Museum
Monday 27th March 2023	08:50-9:30	Year 2 KS1 SATs Information Meeting for Parents
Tuesday 28th March 2023	All Day	HT4 Year 2 Educational Visit to London Zoo
Friday 31st March 2023	All Day	Nursery Dress Up Day
Friday 31st March 2023	14:00	Last day of HT4 - school finishes at 14:00
Tuesday 18th April 2023	08:40	First day of HT5

Tips for Encouraging Open Discussions about DIGITAL LIVES

The online world is an entirely familiar and commonplace part of life for today's children and young people, far more so than for previous generations. There are many positives to children being able to access online materials, so it's important not to demonise the internet, games and apps, and limit the benefit of their positive aspects. At the same time, we do have a responsibility to educate children about the hazards they may encounter online (just as we would about real-world dangers) so it's essential that we don't shy away from talking to them about the complex – and often sensitive – subject of what they do and what they see when they're online.

Here are some suggestions for kicking off conversations with your child about their digital life ...

MAKE YOUR INTEREST CLEAR

Showing enthusiasm when you broach the subject signals to your child that you're keen to learn about the positives of their online world. Most children enjoy educating adults and will happily chat about what they use the internet for, or what games and apps they're into and how these work. Asking to see their favourite games and apps in action could help you spot any aspects that may need your attention – such as chat functions which might require a settings adjustment to limit contact with strangers. Keep listening even if your child pauses for a long time; they could be considering how to phrase something specific, or they may be gauging your reaction.

BE OPEN AND HONEST, APPROPRIATE TO THEIR AGE

At various stages, children and young people become curious about puberty and how their body changes; about relationships; about how babies are made; and about sexual health. If your child knows that they can discuss these sensitive subjects with you, they tend to be less likely to go looking online for answers – which can often provide them with misleading information and, in some cases, lead to them consuming harmful content. Don't worry if you don't immediately know the answers to their questions – just find out for yourself and go back to them once you have the facts.

REMINDE YOUR CHILD THEY CAN ALWAYS TALK TO YOU

In my role I work with many children and young people who admit being reluctant to tell a trusted adult about harmful content they've viewed online, in case it leads to having their devices confiscated. Emphasise to your child that you're always there to listen and help; reassure them that if they do view harmful content, then they are not to blame – but talking about it openly will help. Children shouldn't be expected to be resilient against abuse or feel that it's their job to prevent it.

KEEP TALKING!

The most valuable advice we can give is to keep talking with your child about their digital lives. You could try using everyday situations to ask questions about their online experiences.

DISCUSS THAT NOT EVERYTHING WE SEE ONLINE IS REAL

Here, you could give examples from your own digital life of the online world versus reality – for example, those Instagram posts which show the perfect house: spotlessly clean, never messy and immaculately decorated. Explain to your child that there are many other aspects of the online world which are also deliberately presented in an unrealistic way for effect – such as someone's relationship, their body, having perfect skin and so on.

TRY TO REMAIN CALM

As much as possible, try to stay calm even if your child tells you about an online experience that makes you feel angry or fearful. Our immediate emotions frequently influence the way we talk, so it's possible that your initial reaction as a parent or carer could deter a child from speaking openly about what they've seen. Give yourself time to consider the right approach, and perhaps speak with other family members or school staff while you are considering your next steps.

CREATE A 'FAMILY AGREEMENT'

Involving your whole household in coming up with a family agreement about device use can be immensely beneficial. You could discuss when (and for how long) it's OK to use phones, tablets, consoles and so on at home; what parental controls are for and why they're important; and why it's good to talk to each other about things we've seen or experienced online (both good and bad). Explaining your reasoning will help children to understand that, as trusted adults, we want to make sure they are well informed and kept safe. Allowing children to have their say when coming up with your family agreement also makes them far more likely to stick to it in the long term.

Meet Our Expert

Rebecca Jennings of RASE (Raising Awareness in Sex Education) has almost 20 years' experience delivering relationships and sex education and training to schools, colleges and other education providers. A published author on the subject, she also advises the Department of Education on the staff-training element of the RASE curriculum.



National Online Safety®

#WakeUpWednesday