

Churchfields' Weekly Newsletter

Two are better than one, because they have a good return for their labour. If either of them falls down, one can help the other up
Ecclesiastes 4:9-10

Friday 10 January 2025

Dear Parent/Carer

Happy New Year and welcome back! I hope you all had a joyful and restful Christmas break, filled with special moments with family and friends. As we begin this new term, the energy and enthusiasm of our pupils have already brought a buzz back to school, and we're excited for the learning and growth ahead. This term promises to be full of exciting opportunities, engaging lessons, and events that will help our children thrive both academically and personally.

It was lovely to be able to catch up with some of you this week in the coffee mornings, and there are further coffee mornings / afternoons planned, which will also include Mr Fitcher.

A heartfelt thank you to all of you who contributed extra to ensure our WOW Day on Monday can go ahead. Your generosity has made it possible for all our children to enjoy a truly memorable and enriching experience that will bring their learning to life in an exciting way. Your support is a wonderful reflection of the caring and collaborative spirit that makes our school community so special. We are deeply grateful for your kindness and commitment to enhancing the educational opportunities for every child. Monday is also the first day of The Early Birds Breakfast Club at Atworth which we are really excited about! We hope that many of you will be able to use this – please book your sessions via ParentPay.



Best wishes,

Heather

Heather Saunders

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Just a reminder with the ever changing weather, can we please make sure that children have on the correct clothing or something in their bag they can change into if needed.

Mathletics

The new year is a very special one mathematically as it is a square number, but it's clear that I am not the only one with maths in mind as we had into 2025. It's great to see some people starting the new year with their first certificate or new colour of certificate (including our first batch of emeralds!), and particular congratulations to those who have gained a full set of 3 certificates over the Christmas holidays - that's dedication!

Bronze : Isla, Harry W, Clara, Martha, Meredith, Meredith

Silver : Ted E, Oscar BH

Gold : Rufus, Christina, Josiah, George R, Jasper, Anouk, William J, Joseph, Emily J, Hattie D, Henry J, Jasper, Anouk

Platinum : Hattie D, William CJ, Hattie D, Rosemary, Jason, William CJ, Leighton, Benjamin, Rosemary, Jason, Leighton, Oliver CJ, Benjamin, Felix, Rosemary, Jason, Leighton, Oliver CJ, Jazmyne, Felix

Emerald : Alexis, Maddox, Jazmyne, Felix, Alexis, Maddox, Jazmyne, Alexis, Maddox

KESTRELS AND NIGHTINGALES

Please wear your PE kit on Wednesdays and Fridays



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Term dates for 2023/2024

Term 2: Monday 4 November – Fri 20 December 2024	Term 3: Monday 06 January 2025 – Friday 14 February 2025
Term 4: Monday 24 February – Friday 04 April 2025 <ul style="list-style-type: none"> INSET DAY Friday 21 March 2025 	Term 5: Tuesday 22 April – Friday 23 May 2025
Term 4: Monday 02 June – Tuesday 22 July 2025 <ul style="list-style-type: none"> INSET DAY Wednesday 23 July 2025 INSET DAY Wednesday 24 July 2025 	

TERM 3	
Monday 6 th Jan	Term 3 begins
Wednesday 8 th Jan	Bikeability at Atworth
Thursday 9 th Jan	Coffee morning at Monkton Farleigh 8.30 – 10.00
Friday 10 th Jan	Coffee morning at Atworth 8.30 – 10.00
Monday 13 th Jan	Wow day KS1 at Monkton Farleigh KS2 at Atworth
Friday 31 st Jan	Year R and Year 6 Health screening
Tuesday 11 Feb	Dance club Bath Forum
Monday 17 Feb	Half term starts
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Monday 24 Feb	Term 4 begins
Tuesday 25 Feb	Wow day KS1 at Atworth KS2 at Monkton Farleigh
Tuesday 4 th March	Author visit Catherine Barr
Monday 21 st March	Inset day
Friday 4 th April	Term ends Easter holidays
Tuesday 22 nd April	Term 5 begins



What Parents & Educators Need to Know about JUSTALK KIDS

WHAT ARE THE RISKS?
Justalk Kids is a child's version of the JustTalk app – a highly popular social networking platform – designed for users up to 13 years of age, allowing them to share skills, message and participate in group chats. While adults can link their own JustTalk account to their child's and make use of parental controls, it's important to understand the risks associated with the app.

SUBSCRIPTION FOR PREMIUM ACCESS
While Justalk Kids is free, there is the option to subscribe to a paid premium account for additional benefits including: an 8GB file size increase, premium profile picture, an 8GB file size increase, premium profile picture, an 8GB file size increase, premium profile picture, an 8GB file size increase.

POTENTIAL DATA LEAKS
Justalk and Justalk Kids claim to be secure and password-protected to ensure that even the internet's most sophisticated hackers won't be able to access and steal information. However, in 2022, the highest level of protection was not the "password" leading to concerns around the "security" of the app and the transparency of its development team.

RESISTANCE TO CONTROLS
Justalk Kids endeavours to allow children the freedom of having a chat-based app where they can communicate and connect. Unlike other chat-based apps, Justalk Kids does not require a phone number to be linked to the account. However, some children may be challenging to parents by refusing to use Justalk Kids, preferring to use the chat-based app without any restrictions to access.

CYBERBULLYING
Online chats can provide a sense of anonymity, leading to a sense of invulnerability. Children may be more likely to engage in cyberbullying behaviour when they feel they are anonymous. This can lead to a sense of invulnerability and a lack of empathy for the victim. Cyberbullying can have a significant impact on a child's mental health and well-being.

KNOWING THE PARENT PASSCODE
An increasingly common issue is children who are able to bypass parental controls. This is often done by using a parent's passcode. However, parents should be aware that children can often find ways to bypass parental controls. For example, they can use a friend's phone to access the app or use a friend's account to access the app. Parents should be aware of these risks and take steps to protect their children's information.

TOO MUCH SCREEN TIME
A report by the UK Department of Education in 2022 found that 50% of children aged 11-16 use social media. This is a significant increase from 2017, when only 30% of children used social media. This increase in screen time can have a negative impact on a child's mental health and well-being. Parents should be aware of these risks and take steps to limit their child's screen time.

Advice for Parents & Educators

JUSTIFY THE CONTROLS
If parents allow their child to use Justalk Kids, they should explain that they're putting parental controls in place to make the app safer. Make sure the child knows that they have full access to the app and should use a parent's permission to access the app. This type of open discussion will help to ensure that a child is aware of the app's potential risks and knows how to respond to them.

DOS AND DON'TS OF SHARING
Some children might not understand the potential dangers of oversharing online. Set clear guidelines around what is and isn't safe to share on the internet, and discuss the concept of a digital footprint. Children need to understand that the things they say and share online can never be completely erased. Even if they delete it themselves, it can be saved and distributed by others.

TALK ABOUT ONLINE FRIENDSHIPS
Young children may be excited to use this app, however, highlight that they need to be able to identify, recognise and respond to any potential risks. Discuss the importance of not sharing their contacts to people they haven't met in person and avoid opening to unknown contacts.

ENCOURAGE OPEN COMMUNICATION
Ask the Justalk team to provide their terms and conditions to help identify risks. Parents should consider whether the app is suitable for their child's age and maturity. Encourage your child to talk to you if they have any concerns or questions. Remind them that they can block a contact at any time to help them stay safe.

Meet Our Expert
Dr Claire Bullock is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and other safety policies for schools. She has written various academic papers and reports and research for the Home Office and government regarding online use and wellbeing behaviour of young people in the UK, USA and Australia.

WakeUp Wednesday | **The National College**

Full reference list on guide page at: <https://thenationalcollege.com/guides/justalk-kids>

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At The National College, our **WakeUpWednesday** guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [thenationalcollege.com](https://www.thenationalcollege.com).

10 Top Tips for Parents and Educators

SAFETY ON SOCIAL MEDIA

Currently, children are growing up in an immediate and throwaway culture when it comes to content that's consumed online. So much material is now deliberately created to be shorter in nature – and may often contain hidden elements such as advertising, or extreme political and cultural views. With complex algorithms built to keep people on their phones and engaging with social media content, it's becoming increasingly difficult to reduce time spent on these platforms.

- 1 REDUCE DOOMSCROLLING**
It's concerning how common it is for young people to spend hours 'doomscrolling' – trawling through social media and content – reading every post they see, many of which might make them feel sad or anxious. Social media can be useful for keeping in touch with friends and family, or even for staying up to date on current events. However, it's important to use it with a clear purpose, instead of endlessly scrolling through content, which could lead to young people accidentally discovering harmful material.
- 2 TALK ABOUT THE CONTENT**
It's important to keep abreast of the kind of content that a young person is being exposed to. Encouraging when they're watching online can help you understand why they're using popular media in the first place. Furthermore, ensure that children are aware of hidden content, such as advertising of a product – and that they know how to spot that the creator is being paid to talk about it.
- 3 FIND POSITIVE ASPECTS**
Despite all the concerns, there's plenty of wholesome content on social media. It's worth spending time with children to help them find something valuable and enjoyable. Perhaps you'll even discover a joint interest, and you can enjoy the content alongside the child. As part of this, you should also point out any certain things shouldn't be given attention, explaining why it isn't suitable and why it's been created in the first place.
- 4 REDUCE SCREENTIME**
Young people can sometimes be unaware of the real amount of time they spend looking at social media. Smart phones don't just have the capacity to monitor screen time; they also record how much time is spent on each app. Consider setting targets to reduce this and support children to meet these goals, gradually reducing the amount of time spent on different apps.
- 5 FILL THE VOID**
Monitoring and reducing screen time can create a lot of free time to fill, and young people can even face withdrawal symptoms when made to step away from their phones. To mitigate this, consider what offline activities you could introduce the child to, and what they need to enjoy. This can ensure that young users aren't permanently cut down on their screen time, rather than temporarily doing so while they know it's being monitored.
- 6 REDUCE NOTIFICATIONS**
One way in which social media platforms keep people coming back is through notifications. The algorithms behind these apps track people's daily habits, including the times of the day where they're most likely to engage with the platform. This data is then used to deliver specifically timed notifications to draw them back in. To avoid young users being exposed to this tactic, simply turn off notifications for the app in their phone's settings.
- 7 LIVE IN THE REAL WORLD**
Overexposure to social media can distort someone's perception of the real world – both how normal is social conventions. This filtered environment can make it hard for young people to distinguish reality from online content, which is now becoming even more difficult with the rise of AI. To mitigate this concern, take time to teach young people how to discern truth from fiction, both on and off social media.
- 8 DIGITAL DETOX**
Encouraging young people to take a 'digital detox' – from even just a couple of the apps that they use, can result in an overall reduction of screen time and less exposure to potentially harmful content. Alternatively, rather than removing the app entirely, encourage children to take a 'digital detox' from content creators and influencers, and instead, keep in touch with friends and family – which is generally a far healthier use of these platforms.
- 9 MODEL GOOD BEHAVIOUR**
Consider the habits that you're demonstrating to your children. How much time do you spend on your phone? How much do you 'doomscroll'? Compacting your own usage with the child could put things into perspective for them – or if it turns out that you're also overusing social media, it can turn screen time reduction into a joint mission, which you and the child can work on together.
- 10 BE CLEAR ON THE 'WHY'**
Research shows that young people can become addicted to social media. There are many schools that are moving towards being 'phone free' due to the negative impacts of using social media and phones continuously. It's important to explore to young people why managing screen time is important. Set out the benefits and ensure they have all the relevant information, so it's not just seen as a punishment.

Meet Our Expert
John Inley is a senior leader in a Birmingham secondary school and has vast experience in leading schools over the past 18 years – including the development of computing curriculums across primary and secondary schools, writing e-safety policies and supporting schools with computing and e-safety advice.

WakeUp Wednesday **The National College**

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Financially Motivated Sexual Extortion (Sextortion)

Are you Under 18, or seeking advice on behalf of someone who is? Please refer to our CEOP Website for relevant advice.

[Sextortion - National Crime Agency](https://www.nca.gov.uk)

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