



Churchfield News

Summer 2 Week 2 – 16th June 2023

Upcoming Diary Dates

- Tue 20th June – Y1/2 Sports Day (9:30am – 12:00pm approx, Dorothy Hyman)
- Tue 20th June – Parent vs Pupil Rounders (3:30pm – 4:45pm approx)
- Wed 21st June – Primary Enterprise Challenge Final Days
- Wed 21st June – Y5/6 Sports Day (9:30am – 12:30pm approx, Dorothy Hyman)
- Thur 22nd June – Y3/4 Sports Day (9:30am – 12:00pm approx., Dorothy Hyman)
- Thur 22nd June – FS2 Sports Day (1:30pm – 3:00pm, at School)
- Thur 22nd June – Parent vs Pupils Rounders (3:30pm – 4:45pm approx)
- Tue 27th June – Family Quiz Night (6:00pm – 7:00pm)
- Wed 28th June – Y2 Trip to Conisborough Castle
- Fri 30th June – INSET Day (School Closed)

Inset Day

A reminder that we have an INSET Day on **Friday 30th June.**

Sporting Celebration

A huge, huge, huge well done to every single child in school! Their sporting efforts over the year have seen Churchfield crowned the first ever Grassroots Cudworth Cluster Champions! Churchfield topped the league table with over 100 points in our league with Birkwood, Cherry Dale, Milefield, Brierley & Ladywood! We have a big trophy on display in school that every child can hold and have a picture with!

Sports Week – Next Week

A reminder that next week is our Sports Week, with Sports Days, Glow in the Dark Dodgeball and more! Mrs Perry has/is sending a letter out with information about PE kits and dates etc. Sports Days will be at the Dorothy Hyman on the following dates and times. **Times are on the dates at the top of the page.**

- Tuesday 20th June – Y1/2
- Wednesday 21st June – Y5.6
- Thursday 22nd June – Y3/4
- Thursday 22nd June – FS2

Family Quiz Night

Our final Family Quiz Night of the year is on Thursday 27th June, come along 6pm-7pm for a great evening for FREE!

Parents vs Pupil Rounders

We still have a few places remaining in Parents vs Pupil Rounders next week, if you'd like to take part, complete the form at this link: <https://forms.office.com/e/4Bw1JAG3BK>. Who will take home the bragging rights, grown-ups or children?!

2023-24 Term Dates

We sent a letter out earlier this week with our term dates and Inset days for next academic year. The term dates for next year are on the next page.



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Safeguarding – Managing Stress & Anxiety Online

This week's safeguarding update is all about managing stress and anxiety in children online. Click or tap on the guide below to download a version.

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

Helping children and young people with MANAGING DEVICE STRESS AND ANXIETY

The Internet and advances in the capability of digital devices have afforded us arguably the fastest period of technological and social evolution in living memory: creating opportunities for us to interact with people anywhere in the world, 24 hours a day. It's also, however, blurred safety boundaries and added new stresses for young people, who are often less aware of the hidden hazards. With almost half of 10–15-year-olds experiencing bullying online and algorithms pushing content in front of our children every day, it's important to know how to address some of these challenges.

WHAT ARE THE RISKS?

LIVING ONLINE
The internet is awash with sophisticated algorithms that learn from our online behaviour and try to predict our wants and needs. That's very helpful in some respects, but it can make the online world difficult for children and young people to negotiate. Content can be brought to them at any time – it may not always be appropriate, and children may not have the ability or the support to deal with it.

DIGITAL DEPENDENCY
As devices allow access to immediate external help in challenging situations, it's a concern that children may not be developing the inner confidence to work things out for themselves. Likewise, group membership is hugely important to young people – both in digital and 'real' life – and being excluded from online conversations can cause damaging feelings of loneliness and isolation.

PUSHY NOTIFICATIONS
Content is also directed at us through notifications from our apps: letting us know we have a new message or social post to read, for example. While that's useful in some circumstances, it conditions us to keep going back online (and is designed to do so) and can be a near-constant demand on our child's attention. As such alerts become more common, are we experiencing an 'attack of the pings'?

DISGUISED DISTRESS
Children often haven't yet developed the emotional resources to deal with many of the setbacks of everyday life, so identifying when it's specifically something online that's worried them can be tricky. A certain level of stress is a normal response to a problem; it spurs us into action to keep ourselves safe. If the stress is excessive, though, it can feel overwhelming and potentially lead to anxiety or depression.

BLURRED BOUNDARIES
There are now so many ways we can communicate online in real time (like instant messaging apps) or with a delay (such as on social media) that it's possible to be constantly in conversation. Young people often prefer quickfire exchanges of text – but using fewer words can cause distressing miscommunications through the lack of non-verbal cues like facial expressions or tone of voice.

ANTI-SOCIAL SOCIALS
Social media can bring people together in hugely positive ways. Sadly, it does also have a darker side, including flame war arguments which can escalate quickly and have hurtful consequences. With so many people looking on, group shaming situations are also common – while there are continual opportunities for young people to compare themselves negatively with other social media users.

Advice for Parents & Carers

LEARN THE BASICS
It's impossible to keep up with every online change or every new app. The best option is to make yourself aware of the fundamentals of how the internet operates, so you can help your child to grasp how – and why – content reaches them. Devices and the digital world can be confusing, so learning to understand them better will give you the confidence to talk to your child about them.

PUSH DISTRACTIONS AWAY
Notifications on our phones and tablets can be helpful, but they sometimes make one wonder who's really in charge: the person or the device? Checking our phone as soon as it goes off is an easy habit to fall into – especially for young people. Try switching off non-essential alerts on your devices and encourage your child to do the same: you should both feel less triggered and more in control.

KEEP CHECKING IN
Healthy emotional regulation balances three systems: threat, drive and grounding. Down the various rabbit holes of the internet, however, that balance can easily slip away – so it's important to help your child manage their emotions when they're online. Check in with them regularly when they're on their device, and remember that 'distraction' and 'relaxation' aren't always the same thing.

TALK IT OUT
If a child mentions a comment that's been directed at them in a text chat or on social media, it may sound minor but can actually have a much bigger effect than we realise. In our evolved brains, any perceived threat can get internalised while our body reacts as if we were in physical danger – raising stress levels. It's always worth encouraging your child to get any concerns out in the open.

LOOK FOR THE SIGNS
This is tricky – and may depend on the child's age – but any sudden change in behaviour is worth looking out for. If your child seems to be checking their phone or tablet more, doesn't want to be parted from them, or appears unusually secretive, anxious or withdrawn, it could be a sign that something is amiss in relation to their device – and, possibly, that they're in need of extra support.

BE KIND: UNWIND
Be kind to yourselves as parents and carers. Remember that we're all in the same boat, trying to safely guide our children through this complex, fast-moving digital environment. Getting into the habit of having natural, relaxed conversations with your child about their online life (and yours) can level the playing field and make it far easier for them to open up to you about any concerns.

Meet Our Expert
Dr Caroline Francis-Smith is an experienced counselling psychologist who specialises in promoting safe and ethical online communications. She consults with and offers bespoke training to businesses and organisations, supporting positive and effective online communications – often by considering some of the more hidden aspects of the various mediums.

National Online Safety
#WakeUpWednesday

Source: <https://www.childrencommissioner.gov.uk/report/the-big-ask-big-answers/>
<https://www.dig.gov.uk/people/populationandcommunity/meanandjustice/bulletin/childrenonlinebehaviouranddigitalandnewsworld/yearendingmarch2020>

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