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This week, our children have returned to start the Summer term with beautiful sunshine and the promise of good weather and outdoor fun ahead.

It has been good to see our pupils enjoying our outdoor spaces, soaking up the benefits of the sun.

Did you know that sunlight ...

- helps our skin to produce Vitamin D for bone, immune and brain health.
- encourages the body's internal clock to regulate healthy appetite and metabolism.
- improves our sleep quality by promoting sleep hormones.
- promotes healthy eye function.
- reduces stress and boosts mood and brain function.

It's not surprising we've all felt better this week! Here's to an amazing term ahead in school ... here comes the sun!

### SJS STARS OF THE WEEK

- Y3AH: Sebastian Fox
- Y3CP: Rose Fletcher- Radion
- Y3RD: Dante Attard
- Y4KT: Jacob Wood
- Y4RL: Milly Turner
- Y5CS: Fern Clancy
- Y5DW: Freya Owen
- Y5HK: Ava Pedler
- Y6ER: Jared Horner
- Y6MC: Joseph White
- Y6CH: James Robinson

Mrs Foster: Kai Howson  
Mr Tee: Niall Pritchett

Lower School Lunchtimes: Shannon Taylor-Cuss  
Upper School Lunchtimes: Jack Gill

### READING AROUND THE WORLD

#### Y3 - LONDON

Sophie Damms

#### Y3 - PARIS

Thomas Fox  
Jaxon Beresford

#### Y3 - MADRID

Bronwen Parfitt  
Dante Attard  
Lottie Siddall

#### Y3 - ROME

William Price  
Sophie Hawksworth  
Freddie Bickers  
Lottie Siddall  
Alice Wright

Oscar Edwards  
William Edwards  
Millie Morgan  
Celia Fletcher

#### Y4 - NAIROBI

Ruby Beechill

#### Y4 - PRETORIA

Sophia Fletcher-Radion  
Amelie Methley  
Darcy Tshibangu

#### Y5 - BEIJING

Madison Fletcher  
Timothy Hawksworth  
Jack Clarke

#### Y5 - TOKYO

Joe Kumbi  
Charlie Butcher

#### Y5 - CANBERRA

Ellie Gaymond  
Archie Jowitt  
Ava Pedler  
Flynn Mickelthwaite

### THE BIG ASK



The Big Ask, the largest ever consultation with children aged 4 to 17 in England, was launched by the new Children's Commissioner this week. It aims to find out children's concerns and aspirations about the future, so that we can put children at the heart of our country's recovery from the pandemic. The results will help the Children's Commissioner identify the barriers preventing children from reaching their potential, put forward solutions and set ambitious goals for the country to achieve. Children will be given the opportunity to complete this in school.

Parents, care leavers and those working with children are also invited to complete the adult survey to share their views about the future for children and young people today, and what they think is holding young people back.

[Click here](#) to access the adult survey.

## REMOTE LEARNING

During the most recent period of national school closures, we were fortunate for our class teachers to be able to solely focus on providing our pupils with a high quality education remotely. Now we are all back in the classrooms, unsurprisingly that focus turns to high quality face-to-face teaching and learning. Nevertheless, we are committed to ensuring our pupils continue to receive a high quality education when they are unable to attend school in person due to COVID-19.

In recent weeks, we have reflected on and revised our remote offer for situations when children are unable to attend school in person, for example, they are awaiting a COVID-19 test result, a household member is symptomatic meaning they also have to self-isolate or they have been identified as a contact of a confirmed case.

We consider there to be two main scenarios: Scenario A where an individual has to isolate but the teacher and all other children are in the classroom, and Scenario B, where the whole bubble including teaching staff are required to access school remotely. In both of the following scenarios, your child will be expected to engage in their learning remotely from 9am until 3:10pm/3:30pm, mirroring the structure of a day in school.

### Scenario A - If your child is well but awaiting a test result or required to isolate until a specified date:

- The initial day of your child being away from school, we will provide some wellbeing activities for your child to access on Seesaw. We will also make contact with parents to offer the loan of technology and connectivity to ensure your child can access their learning. If eligible, we will offer to deliver a food hamper.
- On subsequent days, your child will be required to access Seesaw by 9am to view their timetable for the day. Your child's timetable will follow a combination of:
  - Pre-recorded instruction.
  - Independent activities. Whilst some of these activities will require your child to complete them online, we hope to provide a balance of activities that may be completed away from the screen and then uploaded as a simple photograph.
  - In some instances, it may be most effective for your child to join their class' live lesson though Zoom at a specific time.
  - Small group or 1:1 interventions with a Teaching Assistant on Zoom at a specific time, i.e. this may be for phonics, Thrive or speech and language sessions.

Please be mindful that your child's class teacher will be teaching a full timetable within the classroom and will endeavour to respond to and feedback on your child's learning in a timely manner.

If your child is unwell and, therefore, unable to engage in their learning, please follow our usual procedure for reporting your child's absence by phoning the school office or reporting via ParentMail.

### Scenario B - If your child's whole bubble has to isolate:

- At 9am each day, the class will meet on Zoom. During this meeting:
  - The class teacher will take a register to ensure all children are ready for a day of learning. In line with our attendance procedures, a telephone call will be made if your child is not present in the virtual classroom.
  - The teacher will outline the timetable for the day. A day's lessons will include a balance of pre-recorded instruction with activities to complete independently and some live lessons either in small groups, 1:1 or full class on Zoom.
  - Any misconceptions which may have arisen from the previous day's learning will be addressed.
  - It is highly likely that this Zoom will also be used to discuss a daily riddle, introduce a pet or sibling or allow the occasional Show & Tell!
- Towards the end of the school day, the class will reconvene on Zoom to share their class read and/or a short assembly.
- All content will be accessed through the individual accounts on Seesaw.
- Teachers will be available throughout the day providing feedback on Seesaw in writing or through voice notes.

# BEARS OF SHEFFIELD

## Bears of Sheffield

Help us raise funds for the new Cancer and Leukaemia ward at Sheffield Children's Hospital.

Events at SIS during May



Make Beatrice Bee-autiful (see letter)



## The BIG Bear Raffle

Win a giant teddy bear.

Keep your eyes peeled for a letter.

Bees and Bears Dress Up  
Friday 7th May  
£1



Bubble Bun Sale  
Friday 7th May  
50p per bun



Stockbridge Junior School



Learning Together

The Children's Hospital Charity

Registered Charity 1092200

## NEXT WEEK'S MENU

WEEK 2 1/3-22/3-26/4-17/5-14/6-5/7	MONDAY <small>MEAT FREE</small>	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN DISH</b>	Pizza of the day	Beef burger in a roll 	Roast turkey and stuffing with Yorkshire puddings	Meatballs in a tomato sauce	Fish fingers
<b>VEGETARIAN MAIN DISH</b>	Pizza of the day	BBQ bean burger	Roast Quorn™ fillet, Yorkshire pudding and stuffing	Vegetarian meatballs in a tomato sauce	Fish fingers
<b>ACCOMPANIMENTS</b> <small>5 ASDAY</small>	Herby potatoes Seasonal vegetables Salad bar	Half jacket potatoes Seasonal vegetables Salad bar	Roast potato Seasonal vegetables Salad bar	Fusilli pasta Seasonal vegetables Salad bar	Chips Seasonal vegetables Salad bar
<b>DESSERTS</b>	Flapjack	Chocolate orange muffins	Rhubarb and custard cake	Fruity oat bar <small>5 ASDAY</small>	Fruit and ice cream <small>5 ASDAY</small>
<b>FRESH FRUIT &amp; YOGHURT</b>	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt
<b>JACKET POTATOES</b>	Jacket potatoes with cheese, beans or tuna	Jacket potatoes with cheese, beans or tuna	Jacket potatoes with cheese, beans or tuna	Jacket potatoes with cheese, beans or tuna	Jacket potatoes with cheese, beans or tuna

## SJS COVID-19 WEBPAGE

Our webpage ensures parents can access to the latest COVID information from school and Sheffield news and resources. Please visit <https://www.stocksbridge-jun.sheffield.sch.uk/covid-19-parent-information/>

					
Keep a safe distance from others	Wash your hands regularly, for 20 seconds	You must wear a face covering in enclosed spaces if you can	No one in your house should leave home if any other person has symptoms	If you have symptoms, stay at home and book a free test - visit NHS.uk or call 119	Reduce the number of people you have contact with

## WEEKLY TESTING

Everyone in England should now get twice-weekly rapid LFD tests for Coronavirus. Getting into the habit of twice-weekly rapid LFD testing as part of our everyday lives will help us all to play our part and do what we can to keep each other safe and, alongside the vaccine, ensure we can continue to ease our way out of lockdown.

[Click here](#) to find out how you can collect rapid LFD tests locally or get them delivered to your home.

## TEST AND TRACE SUPPORT PAYMENT

You might be able to get a £500 Test and Trace payment if you need to take time off work to look after children who are self-isolating. They must:

- be 15 or under, or 25 or under if they have an Education, Health and Care plan (EHC)
- live with you and normally be at school or in childcare
- have been told to self-isolate by NHS Test and Trace or their school or childcare provider

The other eligibility criteria and evidence requirements still apply.

If your child has had to self-isolate and you think you are eligible, apply for a Test and Trace Support Payment on the [Sheffield City Council](#) website.

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 app of many which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.



What Parents & Carers Need to Know about

# SNAPCHAT



Snapchat is a photo- and video-sharing app which also allows users to chat with friends via text or audio. Users can share images and videos with specific friends, or through a 'story' (documenting the previous 24 hours) visible to their entire friend list. Snapchat usage rose during the pandemic, with many young people utilising it to connect with their peers. The app continues to develop features to engage an even larger audience and emulate current trends, rivalling platforms such as TikTok and Instagram.



## Connecting with Strangers

Even if your child only connects on the app with people they know, they may still receive friend requests from strangers. Snapchat's links with apps such as Wink and Hoop have increased this possibility. Accepting a request means that children are then disclosing personal information through the Story, SnapMap and Spotlight features. This could allow strangers to gain their trust for sinister purposes.

## Inappropriate Content

Some videos and posts on Snapchat are not suitable for children. The hashtags used to organise content are determined by the poster, so an innocent search term could still yield age-inappropriate results. The app's Discover function lets users swipe through snippets of news stories and trending articles that often include adult content. There is currently no way to turn off this feature.

## Damage to Confidence

Snapchat's signature filters and lenses are a popular way for users to enhance their 'selfie game'. Although many are designed to entertain or amuse, the 'beauty' filters on photos can set unrealistic body-image expectations and create feelings of inadequacy. Continually comparing themselves unfavourably against other Snapchat users could threaten a child's confidence or sense of self-worth.

## Compulsion and Excessive Use

Many users spend vast amounts of time trying to become a Snap Star. Snapchat is offering a share of \$1 million, and the chance of online fame, to users who create and share the best videos. Children are therefore becoming obsessed with producing appealing content. The Spotlight feature's endless scroll of videos makes it easy for children to pass hours watching content, slowly getting addicted to the app.

## Sexting

Sexting continues to be a risk associated with Snapchat. The app's 'disappearing messages' feature makes it easy for young people (teens in particular) to share explicit images on impulse. While these pictures do disappear – and the sender is notified if it has been screenshot first – users have found alternative methods to save images, such as taking pictures with a separate device.



## Advice for Parents & Carers



### Turn off Quick Add

The Quick Add feature helps people find each other on the app. This function works based on mutual friends or whether someone's number is in your child's contacts list. Explain to your child that this feature could potentially make their profile visible to strangers. We recommend that your child turns off Quick Add, which can be done in the settings (accessed via the cog icon).



### Choose Good Connections

Snapchat has recently announced that it is rolling out a new safety feature: users will receive notifications reminding them of the importance of maintaining connections with people they actually know well, as opposed to strangers. This Friend Check up encourages users to delete connections with users they rarely communicate with to maintain their online safety and privacy.

### Talk about Sexting

It may feel like an awkward conversation (and one that young people can be reluctant to have) but it is important to talk openly and non-judgementally about sexting. Discuss the legal implications of sending, receiving or sharing explicit images, as well as the possible emotional impact. Emphasise that your child should never feel pressured into sexting – and that if they receive unwanted explicit images, they should tell a trusted adult straight away.



### Keep Profiles Private

Profiles are private by default, but children may want to make them public to gain more followers. You may wish to customise the settings so that your child's Stories can only be viewed by people they know well in real life. In SnapMaps, enabling 'Ghost Mode' (again via settings) prevents your child's location being seen; it also nullifies SnapMap 'status', which visibly displays a user's exact location for as long as they stay there.



### Be Ready to Block and Report

If a stranger does connect with your child on Snapchat and begins to make them feel uncomfortable through bullying, pressure to send explicit images or by sending explicit images to them, your child can select the three dots on that person's profile and choose report or block. There are options to state why they are reporting that user (annoying or malicious messages, spam, or masquerading as someone else, for example).



### Chat about Content

Talk to your child about what is and isn't wise to share on Snapchat (e.g. don't post explicit images or videos, or display identifiable details like their school uniform). Remind them that once something is online, the creator loses control over where it might end up, and who with. Additionally, Snapchat's 'Spotlight' feature has a #challenge like TikTok's: it's vital that your child understands the potentially harmful consequences of taking part in these challenges.



## Meet Our Expert

Dr Claire Suteland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



National Online Safety

#WakeUpWednesday

Sources: 2018-9 of Mind Social media and young people's mental health | UK | Hacked – Children's Commissioners Report | <https://support.snapchat.com/en-US/https://rebrity.net/snapchat-parent-review/> | [https://mashable.com/basics/snapchat-status-snap-map/#suspect-trust-commissioner-2017](http://www.independent.co.uk/https://mashable.com/basics/snapchat-status-snap-map/#suspect-trust-commissioner-2017), Young People and Sexting – All Island Behaviour Research Findings from the United Kingdom, New Zealand and Australia



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# STRESS AWARENESS MONTH

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's needed. This guide focuses on one issue of many which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guidance, hints and tips for adults.

# Stress Awareness Month 30-DAY CHALLENGE

It's fair to say that the past 12 months have been more demanding than most of us would have imagined. A recent study by the Stress Management Society found that 65% of people have felt more stressed since the pandemic began. Even before Covid-19, modern life had created an epidemic of anxiety, with high stress levels damaging the health of millions. To mark the start of Stress Awareness Month, we're joining in with the Stress Management Society's 30-day challenge. Below, we've given you 30 tips to get you started: each day, simply pick a stress-busting action to complete from our categories and give your physical, mental and emotional wellbeing a lift. Why 30 days? Because that's how long it takes for an action to become a habit. Our social media details are at the bottom of the page – let us know how you're getting on as the month progresses!

## PHYSICAL

- 1 LEAVE YOUR PHONE AT HOME**  
Now the weather's turning nicer, go for a long walk ... without your phone!
- 2 EAT WELL, FEEL WELL**  
Find a recipe online for a tasty, healthy meal. Eating well is a great way of reducing stress.
- 3 PUT THE 'NO' INTO 'NOTIFICATIONS'**  
Turn off ALL your phone's notifications for the day. No pings, no FOMO, no distractions.
- 4 APP-LY YOURSELF**  
Download one of the thousands of fitness apps that can help banish stress – from crunches to push-ups to simply counting your daily steps!
- 5 GO TOTALLY TECH FREE**  
Digital detox: organise a tech-free family day. No phones, no consoles, no tablets for 24 hours.
- 6 STREAM SOME STRESS AWAY**  
Find a new workout or yoga routine on YouTube and try it out. Exercise is stress kryptonite!
- 7 TIME FOR A CUPPA**  
Working from home? Take regular screen breaks. Even just five minutes can do the trick!
- 8 LAUGH YOUR CARES AWAY**  
They say laughter is the best medicine. And they're right! Make time to watch a classic TV or movie clip that always makes you giggle.
- 9 TAKE A BREATH... OR TWO**  
FitBits and Apple Watches have built-in breathing exercises to lessen stress. If you don't have wearable tech, YouTube has lots of breathing exercise videos.
- 10 PUSH THE ENVELOPE!**  
Write and post a card or a letter to a loved one. It'll make them feel good too!

## MENTAL

- 1 SOUNDS RELAXING**  
Stream some stress-busting audio. Ocean waves, jungle sounds or ambient music are a blissful way of winding down before bed.
- 2 WELL, FANCY THAT**  
Go online and learn something new. Just any random fact that you didn't know this morning!
- 3 ELIMINATE SOME EMAILS**  
Few things scream "mental clutter" louder than an overflowing inbox. Weed out those emails you've actioned that are now just taking up space.
- 4 BEAT THIS**  
Create a feelgood playlist on your phone ... all those tracks that never fail to give you a boost!
- 5 CLEANSE YOUR SOCIAL MEDIA**  
Tidy up your Twitter and streamline your Snapchat. Unfollow accounts, leave groups, hide updates – all the stuff you never look at.
- 6 LET THEM WAIT**  
It's OK not to reply to friends' messages immediately. Maintaining a chat when you're already busy can create more stress.
- 7 GET PRODUCTIVE**  
Download an app to boost your productivity and help combat stress. It could be a sleep monitor, a memory training app or a 'to-do' list manager.
- 8 PEACE IN A POD**  
There are some brilliant stress management podcasts out there. Fire up your podcast app and see which ones appeal to you.
- 9 SPRING CLEAN YOUR PHONE**  
De-clutter your phone: notifications, the camera roll, unused apps. Your phone will benefit and so will your brain!
- 10 HELP YOURSELF**  
Apps like SAM (Self-help for Anxiety Management) can help you to understand and manage your stress levels better.

## EMOTIONAL

- 1 FABULOUS FACETIME**  
Video call a friend or family member, just to catch up. Or, if you have time, do both!
- 2 SPREAD SOME GOOD VIBES**  
Choose your favourite post of the day from your social feeds and share it.
- 3 CUTE, CUDDLY AND CALMING**  
An old school classic: just google image search "adorable kittens" or "cute puppies", whatever. It literally never fails to make your day better!
- 4 READY PLAYER ONE**  
Gaming is good! The achievement and enjoyment you get from progressing can really lift your mood. Just don't play too long!
- 5 BRIGHTEN THEIR DAY**  
Share some love! Message someone just to tell them that you're thinking of them.
- 6 U OK HUN?**  
Go online and reach out to someone you think might be struggling with stress too. Just talking about it can help both of you.
- 7 LIKE THIS, LIKE THAT**  
Spread some positivity by reacting to your friends' social posts. Sprinkling those hearts and thumbs up will make you feel happier, too.
- 8 START ON THE FRONT FOOT**  
Set an automated reminder about something you were proud of today. Time it to go off within an hour of getting up tomorrow.
- 9 PIC AND CHOOSE**  
Scroll through your phone's camera roll. When you find a pic that makes you smile, share it with whoever else is in it!
- 10 SHARE SOME LOVE**  
Someone you know achieved something special? Go online and publicly congratulate them!



For further info about Stress Awareness Month and more resources to help reduce stress, visit [www.stress.org.uk/stressawarenessmonth/](http://www.stress.org.uk/stressawarenessmonth/)

