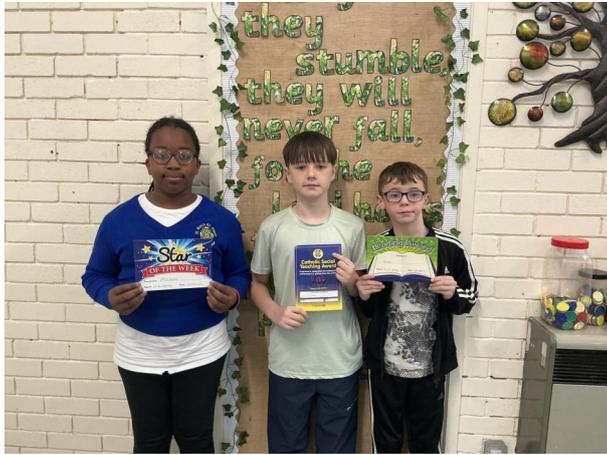


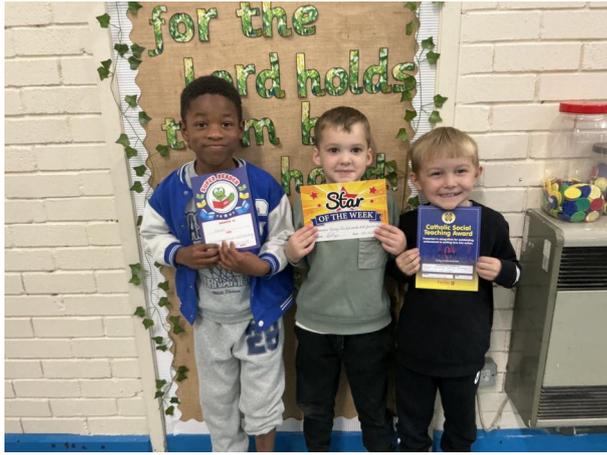


St Mary's News

Our Stars of the week...







Information for Parents



St. Mary's R.C. Primary School A Voluntary Academy

Holcombe Drive, Burnley, Lancashire BB10 4BH

Tel: (01282) 427546

e-mail: messageus@st-marys-burnley.lancs.sch.uk

web-site: www.st-marys-burnley.lancs.sch.uk



Dear Parents and Carers,

🌳 Welcome to Forest School! 🌳

We are very excited to announce the launch of **Forest School sessions** at St Marys RC Primary School starting next half term!

Forest School is a unique outdoor learning experience that gives children the opportunity to explore, discover, and learn in a natural environment. It supports personal development, resilience, creativity, and teamwork – all while having fun outdoors!

🌳 What is Forest School?

Forest School is a child-led, nature-based programme that takes place in a woodland or outdoor setting. It allows children to:

- Develop confidence, independence, and problem-solving skills
- Learn about the natural world through hands-on experiences
- Take part in activities such as den building, fire lighting, tool use, bug hunting, and nature crafts
- Grow social skills and emotional wellbeing through teamwork and play
- Sessions are led by trained Forest School leaders who ensure activities are safe, inclusive, and age-appropriate.

What will my child need?

As we'll be outdoors in all weathers (unless unsafe), your child will need:

- **To come into school on Forest school day wearing old clothes (that you wouldn't mind getting muddy)**
- **A waterproof coat and waterproof trousers (or all-in-one suit)**
- **Wellington boots**
- **Warm layers underneath (especially in cold weather)**
- **A hat and gloves (weather appropriate)**
- **Spare socks and clothes (just in case they get wet or muddy)**

Please make sure all items are clearly labelled in a plastic bag! Children may leave their wellies and coat in our Forest School shed for the half term if they wish. If not they MUST bring in their clothes weekly. Failure to do so will mean they will not be able to access this part of the curriculum.

Encouraging Independence in Key Stage Two

From **Monday 3rd November**, if your child is in **Key Stage Two**, we kindly ask that you **drop them off at the front gate**, where either **myself or Mrs White** will be there to greet them.

Children will then walk round to their classrooms **independently**, supported by our staff who will be stationed along the way to guide and supervise them. This small step is part of our ongoing efforts to help our older pupils grow in **confidence and independence**—skills that are vital as they move through their school journey. Key stage one parents/carers will still drop off at the individual class doors.

Thank you for your support!

Mrs L Bushell

Help Needed – Let's Grow Our School Library!

We're working on developing and improving our **school library**, and we'd love your help! Whether you can **help organise our books, volunteer your time**, or have ideas and resources to share, your support can make a big difference in creating a vibrant, welcoming space that inspires a love of reading in all our children.

If you're interested in getting involved, please speak to a member of staff or contact the school office as we would like to get this up and running next half term !Let's build something great—together!

Mrs L. Bushell

We also need your help with donations for our Mud Kitchen and forest school!

Donations of pots, pans and utensils for our mud kitchen would be very much appreciated, along with any old wellies and waterproofs that you no longer have a use for that our children can wear whilst joining in with our new forest school.

Many thanks

As it is nearly remembrance day, from Monday we shall be selling poppies, slap bands etc from our school office.

Each year school raises an amazing amount of money that goes to the Royal British Legion charity who do amazing work for veterans across the UK.

If you are able to support it would be much appreciated.



St. Mary's R.C. Primary School
A Voluntary Academy

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e-mail: messageus@st-marys-burnley.lancs.sch.uk
web-site: www.st-marys-burnley.lancs.sch.uk

Head teacher: Mr Ian Jones



Dear Parents/Carers

Due to a child in our school with a severe nut allergy we are now a nut free school.

Please ensure that any snack or packed lunch your child brings to school does not contain any nuts.

Thank you for your continued support.

Kind Regards

School Office

At National Online Safety, we believe in empowering parents, carers and young people with the information to take an informed and proactive approach to their children's online safety. We'd like to see you share this guide across your social media networks to help the message of #NationalOnlineSafety reach as many young people as possible.

What Parents & Carers Need to Know about CROSS-PLATFORM SHARING OF INAPPROPRIATE CONTENT

Creechy characters like Slender Man or Huggy Wuggy. Dangerous online challenges. Songs or videos that aren't suitable for youngsters. When things like these begin trending online, it can be difficult to prevent children accidentally stumbling across them – especially if they use a range of platforms, like online games, social media, streaming sites or messaging apps. A trend can originate in one online space and rapidly spread to other platforms or via chat apps. The frightening Huggy Wuggy character, for instance, first emerged as part of a game on Steam; now, there are parody songs on TikTok, videos on YouTube and more than 45,000 results for #huggywuggy on Instagram.

WHAT ARE THE RISKS?

UNSUITABLE VIDEOS AND IMAGES
 Videos can spread online so fast that their original purpose has resulted in them being seen by a much wider audience than the creator intended. The audience for these items has grown so large that they have often been re-purposed into memes, making it difficult to track down the original source. The character Huggy Wuggy has been featured in numerous social media videos (such as YouTube kids), scoring really young viewers.

INAPPROPRIATE LANGUAGE
 On a similar theme, there is always the possibility that user-generated video content could include language which would not be suitable for children. But if your child is watching these videos, they may be exposed to content which is not suitable for them. Some videos have featured words which describe violence or characters graphically describing violence.

COPIES OF LIVE STREAMS
 Social media and messaging apps can automatically upload or stream content to other platforms. For example, content that is shared on Instagram can often be viewed on multiple platforms, so people must be aware of where they are posting content to avoid it being spread to other platforms. It's best practice to remove unwanted content, but the ease with which content is copied makes it difficult to prevent the spread completely.

ACCIDENTAL EXPOSURE
 Even if your child doesn't have access to social media or streaming platforms, they might still be exposed to inappropriate content through family and friends. There is always going to be a lot of chatter, and there's always something which isn't child-friendly, either by accident or by design. It's important to be aware of what your child is seeing and hearing while they're online.

Advice for Parents & Carers

USE SAFETY FEATURES
 In-app safety settings like Google SafeSearch and the parental restrictions on streaming services have helped to filter out inappropriate content. Remember that filters aren't always enough to block all inappropriate content. Be careful about what your child has been edited into.

LESS IS BEST
 Manage the number of online platforms your child has access to, based on their age and maturity. And remember that doesn't mean your child must have it on. Follow the age guidelines for games and apps, and check regularly that privacy settings are in place.

KEEP IT COMMUNAL
 Encourage your child to stay in a communal family space when using any online services. This will mean you can see what they're doing without compromise. If possible, this will make it easier for you to supervise eye (and ear) on what they are seeing and hearing while they're online.

AVOID FAN-MADE CONTENT
 If your child watches cartoons and shows on YouTube, spend time with them to ensure they are not watching fan-made content. If you're a contributor with some matching items, source videos from official channels, as opposed to fan-made content. You can remove or completely comment about material that another user has created or uploaded.

REACT CALMLY
 If you hear or see anything unsuitable on your child's device, avoid asking them to look on the screen or make a question. Explain that they haven't done anything wrong, but that you're not sure what you've seen or heard and you would much rather they switched or closed something, than instead.

SUPPORT AND REASSURE
 Remind your child regularly that anyone can post anything online, and that not everything is real. If you notice anything that worries you, ask them to show you. Watch it with them (or send something to a friend). Then praise them for coming to you and talk about what you can do together. Reassurance of love from their parents is the something which helps them feel calm and happy.

Meet Our Expert
 Dr. Claire Foster, lead of our Online Safety Consultant at National Online Safety, has been a member of the National Online Safety Expert Panel and consulted to research for the Home Office government, comparing the internet use and safety of young people in the UK to other countries.

NOS National Online Safety #WakeUpWednesday

www.nationalonlinesafety.com @nationalonlinesafety #NationalOnlineSafety @nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 21.05.2022

NHS Lancashire & South Cumbria NHS Foundation Trust

East Lancashire Young People's Mental Health

Concerned about your Mental Health? Are you under 18 or concerned about someone under 18?

Advice sessions are available on-line via 'Attend Anywhere' Delivered by CYPMH East tinyurl.com/ELCAS-LSCFT



Enter the word "CYPMH East" as the first name and "drop in" as the second name followed by your date of birth. You will then enter our virtual waiting area where we will collect you.

Wednesday 5 th November 25	1pm – 3pm
Wednesday 12 th November 25	3pm – 5pm
Wednesday 19 th November 25	5pm – 7pm
Wednesday 26 th November 25	1pm – 3pm

Online Safety

Please find below some information on how to help keep children safe on social media and some guidance on how to set parental restrictions on devices and accounts.

Social Media



Facebook (13+)

Included in Facebook's settings are the ability to set who can see your posts, who can contact you and the ability to review all posts before appearing on your timeline.

Unfriends: go to their profile, click on the three dots, click on Following and tap Unfollow.

Blocking: go to their profile, click on the three dots and select Block.

Facebook Privacy Check up: this tool helps you review your settings: <https://www.facebook.com/help/1297502253597210>

You can also set up Family Centre (supervision) on Messenger: <https://en-gb.facebook.com/help/messenger-app/182387384506653>



Instagram (13+)

When you set up your account, it is automatically set as public (except if you are under 18 and it is set to private as default, although you can change it to public).

Remove a follower: Go to their profile and tap 'Following' and select Unfollow.

Blocking/Reporting: To do this, tap their username, tap on the 3 dots in the top right and select Block or Report.

Turn off commenting on a post: Tap the 3 dots above your post and select Turn Off Commenting.

Find out more here: <https://help.instagram.com/196834873177301>

You can also set up Family Centre (supervision) to give you access to tools such as see who your child follows and screen time: <https://help.instagram.com/4548867563134597>
help.instagram.com/4548867563134597
[helpref:faq_content](https://help.instagram.com/4548867563134597)



WhatsApp (13+)

By default, WhatsApp sets your privacy settings to allow any WhatsApp user to see your read receipts, last seen, about and profile photo. To change any of these settings, go to Settings and then select Privacy.

Blocking/Reporting: You can block and report a user by clicking on their name and selecting Block or Report.

You can report any issues direct to WhatsApp within the app by going to Settings, Help, Help Center and Contact Us.

Find out more here: https://faq.whatsapp.com/1313491802751163?hlocale=en_US



TikTok (13+)

You can choose to have a public or private account. If you set your account to private, then only those you accept as friends can see your videos. To do this, go to your profile, tap the 3 line icon, tap Settings and Privacy, go to Privacy and turn on Private account (by default accounts for people under 16 are set to private).

Report inappropriate content: you can report an account, video, comment and message. Follow the instructions here: <https://support.tiktok.com/en/safety-hc/report-a-problem>

Family Pairing

You can use Family Pairing to link your own TikTok account to your child's account. This will give you access to additional controls such as:

- **Screen Time Management:** Control how long your child can spend on TikTok.
- **Direct Messages:** Limit who can send messages to them or turn off direct messaging completely. *Direct messaging is automatically disabled for registered accounts between the ages of 13 and 15.*
- **Restricted Mode:** Restrict the appearance of inappropriate content.
- **Search** - Option to disable.

Find out more here: <https://www.tiktok.com/safety/en/guardians-guide/>



X (13+)

When you set up your X account, you can choose whether you would like to keep your tweets public or protected (private). To check, go to Settings and Privacy, select Privacy and Safety and then Audience and tagging and ensure Protect your posts is selected.

Unfollow somebody: Go to their profile, click on 'following' to then select 'unfollow'.

Blocking/Report: Go to their profile, click the three dots and select block or report.

Location: To keep your location private (so followers can't see the location you are tweeting from), under Settings and Privacy, select Privacy and Safety, select Location Information and ensure Precise location is disabled.

Find out more here: <https://help.x.com/en/safety-and-security/privacy-settings>



Snapchat (13+)

When you set up your account, it is automatically set so only friends you've added can contact you or view your story.

Unfriend: Go to the chat screen, tap and hold on a friend's name, tap 'Manage Friendship' and then tap 'Remove Friend'.

Block a friend: Go to the chat screen, tap and hold on a friend's name, tap 'Manage Friendship' and then tap 'Block'.

Location settings: This feature allows your friends to see where you are (including when you are at home) when you have the app open. **It is so important that you check your child's settings for this feature.** Your location won't be shared on the map until you open it for the first time, at which point you can choose (please note that snaps you submit to Snap Map can still show up on the Map, no matter what location setting you choose):

- **Ghost Mode (Only Me):** your location won't be visible to anyone else.
- **My Friends:** your location will be shared with all of your friends.
- **Select Friends, Except ...:** your location will be shared with your friends, except the friends on this list.
- **Only These Friends ...:** choose specific friends to share your location with.

Who Can Contact Me: in your privacy settings you can choose who can contact you directly with Snaps, Chats, calls, etc. Remember, if you're in a group, then anyone can communicate with you in that Group Chat regardless of your settings. Find out more here: <https://help.snapchat.com/hc/en-gb/articles/7012343074580:How-do-i-change-my-privacy-settings-on-Snapchat>

Family Centre: this can be set up to provide parental control settings such as limit your child's ability to view certain content in the Stories and Spotlight tabs. Find out more here: <https://help.snapchat.com/hc/en-gb/articles/7121384944788:What-is-Family-Centre>

Mobile devices

You can set up free parental controls and restrictions on most mobile devices, which can limit what your child can access.

iOS



Using Content & Privacy Restrictions in Screen Time, you can block or limit specific apps and features on your child's device. Find out more here: <https://support.apple.com/en-gb/105121>.

Apple have also created this support page for families: <https://www.apple.com/uk/families/>

Android



When you turn on parental controls, you can restrict what content can be downloaded or purchased from Google Play based on maturity level.

Find out more here: <https://support.google.com/googleplay/answer/10257387?hl=en-GB>

You can also set up Family Link, which lets you set digital ground rules as well as see where they are, receive notifications when they arrive or leave a certain location and set screen time limits. You will need to download Family Link onto your own device first and then link your child's account to it.

Find out more here: <https://families.google/familylink/>

Dates for your diary

Upcoming events:

November:

- Wednesday 5th Nov - Y6 Handball (During school)
- Monday 10th Nov - KS1 Multi-Skills @ Burnley College (select children - during school)
- Wednesday 12th Nov - Y6 Handball (During school)
- Thursday 13th Nov - Y5/6 Girls Football @ Burnley College (Select Children)
- Tuesday 18th Nov - Y6 trip to Stockport Air Raid Shelter
- Wednesday 19th Nov - Y6 Handball (During school)
- Thursday 20th Nov - Whole school Photos
- Thursday 20th & Friday 21st Nov - Reception Tots On Tyres (During School)
- Wednesday 26th Nov - Y6 Handball (During school)