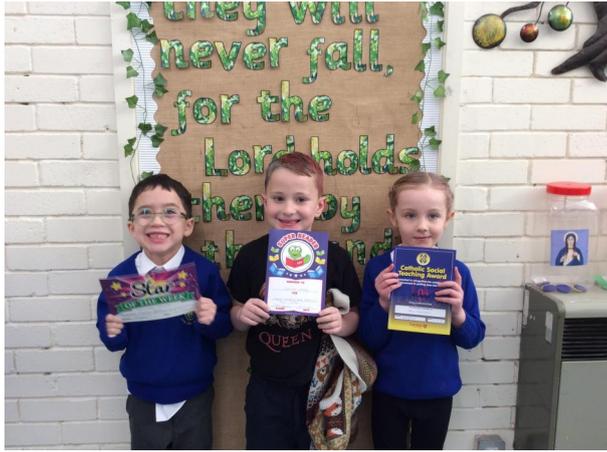




# St Mary's News

Our Stars of the week...







## What's been going on this week...

Today we had Wacky hair/hat day for a tombola donation for our Christmas fair, here are just some of the cool wacky styles some of the children had today.

Thank you to all the children who took part and a big thank you to all the parents for the effort spent on these styles and the tombola donations!











## Information for Parents

Parents,

If there are any changes in terms of allergies, medication, contact numbers, photo consent or anything we need to know about please ensure that you are keeping us regularly up to date. If you also would like to come in and check with us that what we have on our system is correct please call into the office, it is so important that we have all the correct and relevant information to keep your children safe.

Kind Regards

The office team



### **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](mailto:messageus@st-marys-burnley.lancs.sch.uk)

web-site: [www.st-marys-burnley.lancs.sch.uk](http://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

Dear Parents and carers,

As we journey through Advent, we are reminded of the importance of hope, generosity, and community. To help share that spirit, we're inviting everyone to **wear purple on Fridays during Advent** and bring along a **donation for our local food banks**. Purple is the traditional colour of Advent, symbolizing hope and preparation. By wearing it together, we'll show unity while helping those in need in our community.

Our **Wear Purple Fridays** will take place on:

**Friday, 5th December**

**Friday, 12th December**

**Friday, 19th December**

Please bring any non-perishable food items, toiletries, or other essentials on these days. All donations will go directly to our local food bank to support families this Christmas season.

Thank you for your kindness and generosity as we come together to make a difference.

Warm regards

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

At The National College, our responsibility guides employee and employer, care and education 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 digital change. Family advised by National On-line Safety. These guides have address wider topics and themes. For further guides, links and tips, please visit [www.nccollege.gov.uk](http://www.nccollege.gov.uk)

# 10 Top Tips for Parents and Educators

## GUIDING YOUNG VOICES TO MAKE A DIFFERENCE

Bullying impacts the lives of many young people. In the UK, one in five pupils aged 10 to 16 report being bullied. The effects can be long lasting, affecting mental health, school attendance and self-esteem, and can impact long-term development into adult life. Adults play a key role in building young people's confidence to speak out, support one another, and stand up to unkind behaviour. This guide offers ways to help youngsters make a positive difference.

### 1 CELEBRATE DIFFERENCES

Help young people value diversity by celebrating their strengths and talents. Encourage them to be proud of their differences, such as their culture, religion, and abilities. Encourage them to be kind and respectful to others who are different to them.

### 2 MODEL RESPECT

Children watch and learn from those adults before them, the respectful language and actions they use. Encourage them to be respectful to others by modelling positive behaviour and by praising them when they do. Encourage them to be kind and respectful to others who are different to them.

### 3 SPOT THE SIGNS

Adults and young people should learn how to recognise signs of bullying. Encourage them to be alert for signs of bullying, such as a child who is being teased or excluded, or a child who is being picked on or excluded. Encourage them to be kind and respectful to others who are different to them.

### 4 VALIDATE FEELINGS

When a child shares something that worries them, it's important to listen and validate their feelings. Encourage them to be kind and respectful to others who are different to them. Encourage them to be kind and respectful to others who are different to them.

### 5 TEACH ALLYSHIP

Teach children how to stand up for others in safe, respectful ways. Encourage them to be kind and respectful to others who are different to them. Encourage them to be kind and respectful to others who are different to them.

### 6 PROMOTE REPORTING

Encourage young people to know how to report bullying and know that they can report it. Encourage them to be kind and respectful to others who are different to them. Encourage them to be kind and respectful to others who are different to them.

### 7 ENCOURAGE KINDNESS

Encourage acts of kindness and respect in the classroom and beyond. Encourage them to be kind and respectful to others who are different to them. Encourage them to be kind and respectful to others who are different to them.

### 8 USE YOUR VOICE

Encourage young people to speak up for the things they care about. Encourage them to be kind and respectful to others who are different to them. Encourage them to be kind and respectful to others who are different to them.

### 9 BUILD COMMUNITY AND BELONGING

Encourage children to feel supported and valued. Encourage them to be kind and respectful to others who are different to them. Encourage them to be kind and respectful to others who are different to them.

### 10 SUSTAIN THE CONVERSATION

Building conversations should be a regular part of life. Encourage them to be kind and respectful to others who are different to them. Encourage them to be kind and respectful to others who are different to them.

**Meet Our Expert**  
Robert Atkey is an experienced pastoral and safeguarding practitioner, working in schools, behaviour, pastoral, and safeguarding management. A recipient of the Prince of Wales Award for Anti-Bullying, he has helped many schools and organisations to become safer and more caring places.



**Wake Up Wednesday**  
The National College

At The National College, our responsibility guides employee and employer, care and education 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 digital change. Family advised by National On-line Safety. These guides have address wider topics and themes. For further guides, links and tips, please visit [www.nccollege.gov.uk](http://www.nccollege.gov.uk)

# What Parents & Educators Need to Know about AI-GENERATED VIDEOS

AI-generated videos are increasingly difficult to spot and easy to share. From fake news clips to deepfake attacks, children and young people have never felt a more digital world. These videos can imitate real people, spread false narratives or even generate harmful content from scratch. Understanding these dangers is crucial for schools and homes who want to protect children in a fast-evolving digital world.

### WHAT ARE THE RISKS?

#### DEEPFAKE ABUSE CONTENT

Advances in artificial intelligence is now being used to create realistic audio and video content. These deepfake videos can be used to spread false information, spread false narratives or even generate harmful content from scratch. Understanding these dangers is crucial for schools and homes who want to protect children in a fast-evolving digital world.

#### EMOTIONAL MANIPULATION

AI-generated videos can be used to generate realistic audio and video content. These deepfake videos can be used to spread false information, spread false narratives or even generate harmful content from scratch. Understanding these dangers is crucial for schools and homes who want to protect children in a fast-evolving digital world.

#### DISINFORMATION

AI-generated videos can be used to generate realistic audio and video content. These deepfake videos can be used to spread false information, spread false narratives or even generate harmful content from scratch. Understanding these dangers is crucial for schools and homes who want to protect children in a fast-evolving digital world.

#### BLURRED REALITY

Regular exposure to fake content can blur the line between real and fake. This can lead to confusion and mistrust. Encourage children to be critical of what they see online and to check the source of the content. Encourage them to be kind and respectful to others who are different to them.

#### IMPERSONATION AND SCAMS

Just as the proliferation of voice clips, it's now possible to create realistic audio and video content. These deepfake videos can be used to spread false information, spread false narratives or even generate harmful content from scratch. Understanding these dangers is crucial for schools and homes who want to protect children in a fast-evolving digital world.

#### USED FOR BULLYING

Deepfake technology is already being used to create realistic audio and video content. These deepfake videos can be used to spread false information, spread false narratives or even generate harmful content from scratch. Understanding these dangers is crucial for schools and homes who want to protect children in a fast-evolving digital world.

## Advice for Parents & Educators

### TEACH HOW IT WORKS

Explain to children that videos can be faked - and show them how. Encourage them to be kind and respectful to others who are different to them. Encourage them to be kind and respectful to others who are different to them.

### TALK ABOUT TRUST

Always keep lines of communication open. If a child sees something suspicious or concerning, they should come to you. Encourage them to be kind and respectful to others who are different to them. Encourage them to be kind and respectful to others who are different to them.

### ENCOURAGE CRITICAL QUESTIONS

Help children question authority online, who make them think, who is making it? Encourage them to be kind and respectful to others who are different to them. Encourage them to be kind and respectful to others who are different to them.

### STRENGTHEN PRIVACY SETTINGS

Advise children not to share video content, whether generated online or in person. Encourage them to be kind and respectful to others who are different to them. Encourage them to be kind and respectful to others who are different to them.

**Meet Our Expert**  
Wendy O'Neill is a headteacher and digital education consultant with over a decade of experience in schools. An expert in digital strategy across multiple schools and an adviser to The National College, she specialises in digital safety, digital and pastoral care.



**Wake Up Wednesday**  
The National College

## Upskilling Parents With Therapy Tools 'My Anxious Child'

Tuesday 18<sup>th</sup>  
November 2025

9am in school



- To understand symptoms of fears and worries - where worry comes from and why?
- Signs of fears and worries within your child
- When does it become a problem?
- What can maintain fears and worries?
- What strategies can help support your child?



**NHS**

Lancashire &  
South Cumbria  
NHS Foundation Trust

**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](https://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 <sup>th</sup> November 25	1pm – 3pm
Wednesday 12 <sup>th</sup> November 25	3pm – 5pm
Wednesday 19 <sup>th</sup> November 25	5pm – 7pm
Wednesday 26 <sup>th</sup> November 25	1pm – 3pm

Microsoft Word



## 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

 <p><b>Facebook (13+)</b></p> <p>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.</p> <p><b>Unfriend:</b> go to their profile, click on the three dots, click on Following and tap Unfollow.</p> <p><b>Blocking:</b> go to their profile, click on the three dots and select Block.</p> <p><b>Facebook Privacy Check up:</b> this tool helps you review your settings: <a href="https://www.facebook.com/help/1297502253597210">https://www.facebook.com/help/1297502253597210</a></p> <p>You can also set up Family Centre (supervision) on Messenger: <a href="https://m-gb.facebook.com/help/messenger.app:182987384506653">https://m-gb.facebook.com/help/messenger.app:182987384506653</a></p>	 <p><b>Instagram (13+)</b></p> <p>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).</p> <p><b>Remove a follower:</b> Go to their profile and tap 'Following' and select Unfollow.</p> <p><b>Blocking/Reporting:</b> To do this, tap their username, tap on the 3 dots in the top right and select Block or Report.</p> <p><b>Turn off commenting on a post:</b> Tap the 3 dots above your post and select Turn Off Commenting.</p> <p>Find out more here: <a href="https://help.instagram.com/196883487317301">https://help.instagram.com/196883487317301</a></p> <p>You can also set up Family Centre (supervision) to give you access to tools such as see who your child follows and screen time: <a href="https://help.instagram.com/4548867563184597">https://help.instagram.com/4548867563184597</a></p> <p><a href="https://help.instagram.com/4548867563184597">helpref=faq_content</a></p>	 <p><b>WhatsApp (13+)</b></p> <p>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.</p> <p><b>Blocking/Reporting:</b> 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.</p> <p>Find out more here: <a href="https://faq.whatsapp.com/1313491802751163?locale=en_US">https://faq.whatsapp.com/1313491802751163?locale=en_US</a></p>
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### 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/bc/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/x-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/7012343074560-How-to-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/10757387?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:

- Friday 28th November - Non -Uniform day in return for a bottle tombola donation.

#### December:

- Wednesday 3rd December – Year 5 and Year 6 will be singing to local community groups.
- Friday 5th December - Wear Purple Friday

- Tuesday 9th December 9.30am and 2pm – KS2 Christmas carol concerts.
- Tuesday 9th December – Year 3 and 4 Salford diocese carol service.
- Wednesday 10th December 3.30pm – Christmas Fayre in the school dinner hall.
- Friday 12th December - Wear Purple Friday
- Tuesday 16th December 10 am and 2pm – KS1 nativity performances.
- Tuesday 16th December – Year 6 taking part in the Romero Christmas Community Concert, 6pm Life Church.
- Friday 19th December - Wear Purple Friday