

# Lanchester E.P. (Cont.) Primary School & Nursery

A Caring Community Where All Can Flourish





'Through God's love, we are the rich soil where roots grow and seeds flourish.' Luke 8:4-15



Friday 1st March 2024

Dear Parents and Carers,

It is hard to believe that it is the first day of March – the year is certainly marching along quite nicely! What a wonderful week we have had – both in school and out of school. Year 2 had a fabulous visit to the Centre of Life, Captain Chemistry worked his amazing scientific experiments again throughout the school and of course we have had a group of children experiencing all sorts of new experiences in Dubai this week too. I would also like to add that they have been a wonderful group of children to be with – great ambassadors for the school and so grateful for the most amazing experiences they have enjoyed. Whilst we are all looking forward to coming home, I think we will find the cold weather difficult to handle after enjoying temperatures in the high 20s all week!

### Staff News

Mrs Julia Evans has decided to retire at the end of this half term. Having worked at the school for over 33 years, she has made the difficult decision to leave us after a period of ill health. She will be returning to work on a part-time basis this month and is looking forward to spending her final few weeks with the children and adults who have formed such an important part of her life for so long. Mrs Evans has supported hundreds of children during her time with us and will leave with many fond memories of time spent with them. I am sure you will all join with me in wishing her a long, happy and healthy retirement.

Mr Bailey has also made the decision to move on at the end of this half term – a decision which I know did not come easily to him. He has worked at our school for almost 11 years (the longest he has worked anywhere) and has been instrumental in developing our school's digital journey during this time. He has helped us forge so many links with different companies, schools and individuals and I know that even though he won't be directly employed by us anymore, our strong and positive relationship will continue in the years to come. We wish him all the very best in his new exciting ventures he has planned and look forward to welcoming him back from time to time. Please do not worry though – digital leaders will still take place as will the visit to the Bett Show every year!

#### World Book Day

Next Thursday it is World Book Day in school. However, this year we are starting the celebrations early with a week-long reading challenge. Starting today, the children will be asked to send in pictures of themselves reading at home and in different and interesting places. The class that sends in the most pictures by World Book Day next Thursday will win a voucher to spend on resources for their classroom. So get reading in creative places and spaces - we cannot wait to see what you send in!



This year on World Book Day the whole school will be exploring one book together and all completing some work around it. The book we have chosen is 'Here we are' by Oliver Jeffers.

We feel this is a fantastic text that has plenty for children from Nursery to Year 6 to enjoy and think about. The book explains what planet Earth is like to a visitor who has never been. Throughout the day the children will be exploring the book in their classrooms. As always, children can choose to come dressed up for World Book Day. This year they can come dressed as their favourite book character or in their pyjamas to encourage reading at bed time. Alternatively, they can just come in non-uniform. They are also encouraged to bring in a favourite book from home (please name these so they don't get mislaid).

We will be holding a competition to decorate a wooden spoon like a book character. Children will be provided with a spoon and all the things they need to decorate them into book characters. The children will be decorating them in school. Prizes will be given out during achievement assembly next Friday.

#### **Book Tokens**

Each child will be given a World Book Day book token on Monday to take home with them. These can be used at participating book sellers for £1 books.

#### Book Fair

We have another scholastic book fair in school from next Wednesday. On Thursday and Friday, the book fair will be open from 3.15-4pm in the school hall with parents and carers being able to come into the hall to make purchases. Each of the children will also be entitled to a £1 discount on purchases at the book fair. Please see the flyer attached to this letter for information about the book fair. Payments can be made online on the day using the QR code that will be displayed at the book fair – this is our preferred payment method – otherwise we will require exact change or payment via cheque to Lanchester EP Primary School Fund.

# Reception – Year 6 Parents' Evening Appointments

Booking for parents' evenings will open at 4.00pm this afternoon (Friday 1<sup>st</sup> March). This year, parents' evenings are taking place in the final week of term on Monday 25<sup>th</sup> and Tuesday 26<sup>th</sup> March from 3.30pm until 6pm. Please book your appointments via Arbor. Booking online closes on Friday 22<sup>nd</sup> March at 10.00am; however, should you have missed the chance to book an appointment online, you can always speak to the School Office and we will book you in should there be spaces available.

#### Year 6 Secondary School Places

Parents and carers of Year 6 will have found out today whether their children have been given the school of their choice for next year and my understanding is that we do have quite a few disappointed families. Mrs Hamil, the head teacher from St Bede's has been in touch to remind all parents and carers that the appeals process is there for a reason and encourages any families wanting a place at St Bede's to get in touch to start that process. We are also here to support you so feel free to get in touch if you want to talk anything through with us. We will continue to support the children in school too during this unsettling time for them.

#### **Attendance**

To be successful adults, we all have to develop our ability to cope with everyday life whilst being a little unwell. Children should be encouraged to manage light ailments, with the joint support of the adults around them – at school and at home. This is key in supporting the children to become resilient as they move from primary to secondary education, and then into the world of further study or work.

The NHS have provided guidance to support families in managing a range of ailments. Within this information, it is advised that the everyday cough and cold should not prevent children from coming into school, just as it would not prevent adults attending work. the link below will provide some general guidance, but parents/carers can always contact school and speak with a member of staff if they are unsure. https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/

Reception	91.2%
Year 1	94.7%
Year 2	97.9%
Year 3	98%
Year 4	98.5%
Year 5	96.4%
Year 6	97.2%

# **Safeguarding**

Keeping children safe from harm is our number one priority. We will always act upon any concerns individuals have, or any disclosures from children. However, if you have any concerns outside of school, or if you have a concern about a child or young person's welfare, it is essential that you call First Contact on: 03000 267979.

## **Online Safety**

Please see the attached online safety information from the National College.

### LJG Sports Coaching Holiday & Football Camps

LJG Sports Coaching will be hosting both a Holiday Camp and a Football Camp in school over both weeks of the Easter holidays. The dates are: Tuesday 2<sup>nd</sup> – Thursday 4<sup>th</sup> April and Tuesday 9<sup>th</sup> – Thursday 11<sup>th</sup> April. To book online, please use the following forms:

Football Camp Form

#### Holiday Camp Form

If you have any questions, please contact Mr Graham via <u>LIGsportscoaching@gmail.com</u>.

# **Diary Dates for Next Week**

### Maths in Action Lessons

Parents and carers are invited to see a Maths in Action Lesson in each year group next week, which will focus on the Basic Skills Blast aspect of our Maths lessons. These will follow the same format as the Reading and Spelling lessons we have held over the last few months with one teacher from each year group taking a lesson with around 12 children from both classes. The days and times are listed below. Monday 4<sup>th</sup> March – Year 3 at 9am

Wednesday 6<sup>th</sup> March – Year 4 at 9am

Friday 8<sup>th</sup> March – Year 5 & Year 6 at 9am (Please note the change in day for Year 6 – this is due to World Book Day on Thursday and the special events we are holding during the day).

#### Monday 4th March 2024 – RSC Director in School

We are so lucky to be welcoming one of the directors from the RSC (Royal Shakespeare Company) in school to work with our Shakespeare Drama Group on Monday afternoon. This is in preparation for their performance of Hamlet in Bishop Auckland Town Hall later this month. What an experience this is going to be for them!

#### Tuesday 5<sup>th</sup> March 2024 – Author, Dan Smith in School

We are very fortunate to be welcoming Dan Smith, the award winning author of 'The Wall Between Us', 'The Creatures of Killburn Mine' and 'The Invasion of the Crooked Oak', to school on Tuesday. He will be starting the day with a presentation to all KS2 children and this will be followed by writing workshops with each of the Year 5 and Year 6 classes during the day. I am sure the children will get a lot from working with Dan!

# <u>Tuesday 5<sup>th</sup> March 2024 – Year 1 Trip to Newcastle</u>

Year 1 are very excited to be heading off to Newcastle to discover the sights of the city as part of their 'Bright Lights, Big City' topic. We are very grateful to those parents and grandparents who will also be joining us – these trips would not be possible without your support – thank you!

# Thursday 7th & Friday 8th March 2024 – Book Fair Open After School

Our Scholastic Book Fair is being delivered next week and will be open for sales after school in the Junior Hall from 3.15pm until 4pm on Thursday and Friday. Please come to the Junior Hall door to gain access to the fair. Please pay in exact change, by cheque to Lanchester EP Primary School Fund or online via the QR code that will be displayed throughout the Book Fair. All children will also be entitled to £1 off their total purchase at the Book Fair. Thank you.

#### Wednesday 6<sup>th</sup> March 2024 – Therapy Dog Training

The second session of therapy dog training will be taking place in school on Wednesday morning. The first session was highly successful and it is hoped this one will also be a positive one!

#### Friday 8<sup>th</sup> March 2024 – Forest Schools Day for Durham University

We are hosting an outdoor training day for Durham University on Friday in our woodland. The current PGCE students will spend the day in our woods, learning about the value of outdoor education and what activities can be undertaken in a woodland setting. This will be another very busy day for us all in school – let's just hope the weather is kind to everyone!

#### SEND News

Daisy Chain is the Regional Hub for North East and Yorkshire for Autism Central. This is a new programme designed and developed to deliver high-quality and accessible autism information, education and coaching for families, parents, carers and personal assistants. Autism Central has been commissioned by the NHS England's Workforce, Training and Education Team.

Daisy Chain is able to offer family members, carers and personal assistants of autistic children and adults a variety of group and individual sessions. These focus on meeting the needs of autistic people and on signposting to access to local and national services. Sessions are offered in person and online. These sessions are facilitated by Peer Educators who are experts by experience and have a good understanding of autism. <u>Click here</u> for information and about what Daisy Chain is able to offer families in our local area.

#### Mr McLoughlin

#### Early Years News

It has been wonderful to welcome your child back into EYFS after a much-needed break over half term. The Reception children have started thinking about their new theme for the half term - Lovely Lanchester. They have a new role play area based on the local greengrocers and will soon be taking orders in their classroom coffee shop. Over the next few weeks, the children will be out and about in Lanchester visiting the shops and the library, so please give them a wave if you see them! If you have any photographs of Lanchester long ago, we would love to see them as it is a great way to support our thinking about how places change through time.

In Nursery, we have been thinking about Superheroes and people who help us, both of which are motivating and exciting themes for the children. We have welcomed some new starters to Nursery and are pleased to report that everyone is settling in well so far. This half term in Nursery, we are encouraging the children to spend time out in the fresh air and so we will be having sessions each Tuesday afternoon and Thursday morning when everybody is outside. During this time, some children will go to the forest whilst the others are in the garden. Please ensure that your child comes suitably dressed as the weather at this time of the year can be changeable.

We are pleased to be hosting stay and play sessions across EYFS this half term. In Reception, these will be next week on Friday 8<sup>th</sup> March 9.00 – 10.00am or 2.00 – 3.00pm. Please book your place here: <u>https://forms.office.com/e/aRh0Ymp7FD</u>

Nursery parents and carers are invited to a Stay and Play session in the forest on Tuesday 26<sup>th</sup> March at 1:30pm or Thursday 28<sup>th</sup> March at 9:30am. Please see here to book your place: https://forms.office.com/e/mv4BB2QMnj

Can we please remind parents that Evidence Me and Class Dojo are not to be used for communicating messages to school? Whilst we welcome your updates on Evidence Me, we do not check these every day so if you need to pass on a message this should either be in person on the gate or via email.

#### Miss Butler

#### Key Stage One News

The children have come back to school brilliantly after half term and started straightaway with their new topics. Year 1's topic is 'Bright Lights, Big City' and they have enjoyed learning about the Geography of the United Kingdom and the four countries which make it up. In English we have loved learning the story of the Queen's Hat and exploring the different landmarks in London. In Science we have also enjoyed planting seeds and learning about what plants need to grow. We look forward to our trip to Newcastle next Tuesday to explore its sights and landmarks.



Year 2 have had a very special week. They made cupcakes on Tuesday as part of their topic 'Scrumdiddlyumptious' and are now exploring how to write instructions by writing their own recipes. Year 2 also had a great time at the Centre for Life to conclude their Space topic. The children were excited to explore the space zone and they loved listening to the story of little bear in the planetarium. Of course lunch was a priority and much needed after a spell in the fantastic play area and the experience in the living in space workshop.

#### <u>Key Stage Two News</u> Our Turing Scheme Visit to India

We flew to India on Wednesday 7th February. We went from Newcastle to Heathrow with British Airways, Heathrow to Mumbai with British Airways and Mumbai to Rajkot with Air India. The flight to Mumbai was nine hours and we didn't really like the food. It was a very long and tiring day and we had wait in Mumbai for six hours. That was a long wait! The hotel was different! It was very noisy at night and the food was nice and we tried local food.

We went to Panschil School. It was very different to Lanchester. It was on five floors - the desks were small and the children sat on the floor with their books on their laps. We watched the children dance and there was an award ceremony in Indian! We also went to Sunshine School where some of the children spoke English. We were given flower necklaces, made from marigolds.

We visited two museums – a science museum and the Ghandi museum. He was bullied as a child, thrown off a train, went to prison but became a leader and hero. We also visited a palace. It was huge and we were also filmed to go on TV. We went to Rajkot Zoo, where we saw baboons, white tigers, lions and a wild ass!



On the last day, we went to watch the India versus England test match. The atmosphere was crazy and loud. Unfortunately, England lost.

After a long week, we left Mumbai on the 2am flight and finally got back to Newcastle at about lunchtime. Our parents were happy to see us and even made a banner to welcome us home. All in all, it was an amazing trip!

By Phoebe, Ellie, Lyla, Ellie, Grace, Jackson, Joe, James and Emily.

#### **Our New Topics**

The children in Key Stage 2 have settled in well following the half term holiday. Each year group have started their new topic and new text in class. Our class texts are carefully selected to challenge the children, whilst making a clear link to the topic being taught.

The texts that link to our topics are as follows:



# Year 3 The Leopard in the Golden Cage (Julia Edwards)

Joe Hopkins isn't expecting to go anywhere in particular. But while he's visiting the ruins of a Roman palace, he suddenly slips through time and finds himself back in Roman Britain. What starts out as an interesting afternoon becomes an adventure, and then a fascination. In the end, it will change his whole life.

# Year 4 Harry Potter and the Philosopher's Stone (J.K. Rowling)

Harry Potter has never even heard of Hogwarts when the letters start dropping on the doormat at number four, Privet Drive. Then, on Harry's eleventh birthday, a great beetle-eyed giant of a man called Rubeus Hagrid bursts in with some astonishing news: Harry Potter is a wizard, and he has a place at Hogwarts School of Witchcraft and Wizardry. An incredible adventure is about to begin!

### Year 5 The Secret Garden (Francis Hodgson Burnett)

When Mary Lennox is found alone in a deserted house after her parents' death, she is sent to live with an uncle whom she has never known. In Yorkshire, England, at his secluded Misselthwaite Manor, Martha Sowerby, a warm-hearted chambermaid, introduces Mary to the late Mrs. Craven and her private walled garden, which has been locked for years. As Mary becomes curious to explore this secret garden, will she be able to find the key?

#### Year 6 There's a Rang Tan in My Bedroom (James Sellick)

When a little girl discovers a mischievous orang-utan on the loose in her bedroom, she can't understand why it keeps shouting OOO! at her shampoo and her chocolate. But when Rang-tan explains that there are humans running wild in her rainforest, burning down trees so they can grow palm oil to put in products, the little girl knows what she has to do: help save the orang-utans!

If you would like more information about our topics, texts or want to know how you can support your child's learning, please refer to the 'Parent Information' leaflets or speak to your child's class teacher.

#### Positive Thinking

# The grass is not always greener on the other side. The grass is green where you water it.

As always, if there is anything at all you would like to discuss, please do not hesitate to contact me.

Best Wishes,

Jane Davís

Mrs Jane Davis (Head Teacher)



# **DIARY DATES for Spring 2**



Monday 4 <sup>th</sup> March 2024	9am	Year 3 Maths in Action Lesson for Parents
Tuesday 5 <sup>th</sup> March 2024	Morning	Author Dan Smith in School
Tuesday 5 <sup>th</sup> March 2024	All Day	Year 1 in Newcastle for Bright Lights, Big City Topic
Wednesday 6 <sup>th</sup> March 2024	9am	Year 4 Maths in Action Lesson for Parents
Thursday 7 <sup>th</sup> March 2024	All Day	World Book Day
Thursday 7 <sup>th</sup> March 2024	3.15 – 4.00pm	Book Fair in Junior Hall
Friday 8 <sup>th</sup> March 2024	9am	Year 5 & 6 Maths in Action Lesson for Parents
Friday 8 <sup>th</sup> March 2024	All Day	Durham University PGCE Students Forest School Day Here
Friday 8 <sup>th</sup> March 2024	9.00am or	Reception Stay & Play Session
	2.00pm	
Friday 8 <sup>th</sup> March 2024	3.15 – 4.00pm	Book Fair in Junior Hall
Monday 11 <sup>th</sup> March 2024	9am	Reception Maths in Action Lesson for Parents
Tuesday 12 <sup>th</sup> March 2024	9am	Year 1 Maths in Action Lesson for Parents
Tuesday 12 <sup>th</sup> March 2024	6pm	Year 6 Parent Information Session on SATs
Wednesday 13 <sup>th</sup> March 2024	9am	Year 2 Maths in Action Lesson for Parents
Friday 15 <sup>th</sup> March 2024	1pm	Performance of Hamlet in Bishop Auckland Town Hall
Saturday 16 <sup>th</sup> March 2024	4am	Year 4 – 6 Ski Trip Leaves School
Tuesday 19 <sup>th</sup> March 2024	All Day	Reception at Northumberland Zoo
Saturday 23 <sup>rd</sup> March 2024	Afternoon	Year 4 – 6 Ski Trip Returns
Monday 25 <sup>th</sup> March 2024	3.30pm-6pm	Parents' Evening
Tuesday 26 <sup>th</sup> March 2024	1.30pm	Nursery Stay & Play Session
Tuesday 26 <sup>th</sup> March 2024	3.30pm-6pm	Parents' Evening
Wednesday 27 <sup>th</sup> March 2024	Afternoon	Easter Service in All Saints Church
Thursday 28 <sup>th</sup> March 2024	Morning	Easter Egg Decorating Competition
Thursday 28 <sup>th</sup> March 2024	9.30am	Nursery Stay & Play Session
Thursday 28 <sup>th</sup> March 2024	2.30pm	Coffee Afternoon
Thursday 28 <sup>th</sup> March 2024	5.15pm	School Closes for Easter Holiday
LIG Sports Coaching Holiday	& Football Camp in	School Tuesday 2 <sup>nd</sup> – Thursday 4 <sup>th</sup> April and Tuesday 9 <sup>th</sup> –
	Thursdo	ay 11 <sup>th</sup> April 2024
KS2 Statutory	Assessment Tests	- Week Beginning Monday 13 <sup>th</sup> May 2024
Year 4 Multip	lication Check - V	Week Beginning Tuesday 3 <sup>rd</sup> June 2024
Year 1 & Vear 2 Dhe	nics Screening Ch	neck - Week Beginning Monday 10 <sup>th</sup> June 2024
		icen weer beginning monday to June 2024

# School Holidays 2023 – 2024

Holiday	Last Day at School	Re-open for Teaching
Spring Half Term	Friday 16 <sup>th</sup> February 2024	Monday 26 <sup>th</sup> February 2024
Easter Holiday	Thursday 28 <sup>th</sup> March 2024	Monday 15 <sup>th</sup> April 2024
May Day	Friday 3 <sup>rd</sup> May 2024	Tuesday 7 <sup>th</sup> May 2024
Summer Half Term	Thursday 23 <sup>rd</sup> May 2024	Tuesday 4 <sup>th</sup> June 2024
Summer Holiday	Friday 19 <sup>th</sup> July 2024	Wednesday 4 <sup>th</sup> September 2024

# School Holidays 2024 – 2025

Holiday	Last Day at School	Re-open for Teaching
		Wednesday 4 <sup>th</sup> September 2024
Autumn Half Term	Friday 25 <sup>th</sup> October 2024	Monday 4 <sup>th</sup> November 2024
Long Weekend	Friday 22 <sup>nd</sup> November 2024	Tuesday 26 <sup>th</sup> November 2024
Christmas Holiday	Friday 20 <sup>th</sup> December 2024	Monday 6 <sup>th</sup> January 2025
Spring Half Term	Friday 21 <sup>st</sup> February 2025	Monday 3 <sup>rd</sup> March 2025
Easter Holiday	Friday 11 <sup>th</sup> April 2025	Monday 25 <sup>th</sup> April 2025
May Day	Friday 2 <sup>nd</sup> May 2025	Tuesday 6 <sup>th</sup> May 2025
Summer Half Term	Thursday 22 <sup>nd</sup> May 2025	Monday 2 <sup>nd</sup> June 2025
Summer Holiday	Friday 18 <sup>th</sup> July 2025	Tuesday 2 <sup>nd</sup> September 2025

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 nationalcollege.com.

# Top Tips for Supporting Children Who Are

In a DfE survey, 36% of parents said that their child had been bullied in the past year, while 29% of secondary school headteachers reported bullying among students. Public Health England states that young people who maintain positive communication with their family were less likely to experience bullying - so it's important that parents, carers and educators know how to talk to children about bullying

#### 1. WATCH FOR BEHAVIOURAL CHANGES

Children who are experiencing bullying may become quiet, withdrawn, or anxious; however, they may also act on the pain and anger that they're feeling. A shift in attitude towards their existing friends (or not mentioning them any more at all) or alluding to new friendships which seem notably different could also be warning signs. It's important to be alert to such changes and talk to your child about them if they occur.

#### 2. THINK THINGS THROUGH

Before acting, ask yourself if this is the right time and place to address concerns about bullying. Might your worries trigger strong feelings – perhaps from your own experiences – that could discourage your child from opening up to you? You could try discussing what you're noticed with another trusted adult who knows your child well.

#### 3. BE OPEN AND UNDERSTANDING

Try to outline to your child the changes that you've noticed in their body language, appearance, behaviour, or tone of voice – and do so without sounding judgemental. Help them to describe what they're feeling – be it anger, sadness, fear or something else – as accurately as possible. If they say they're "angry", do they mean "enraged" or "frustrated"? This will help them to understand how they're feeling and why.

#### 4. LET THEM SPEAK FREELY

Use open questions and a welcoming tone to encourage your child to talk. Listen closely and summarise what they've said at appropriate points (ideally without interrupting) to demonstrate that you're understanding clearly. Bullying may have undermined your child's sense of control, and they may fear that you'll judge them, overreact or impose consequences – so this conversation can reassure them being honest with you was the right decision.

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#### 5. CALL A TIME OUT

A conversation about bullying could leave both you and your child feeling distressed, it's important to recognise this and pause at suitable moments to calm down. Takk deep breaths, enjoy a hot drink or even have a cathartic cry. This can reinforce trust, while also helping you both feel that you have control over the situation and the emotions that you're

#### Meet Our Expert

Bob Basley is the Director of Anti-Bullying Quality Mark-UK, which challenges and supports schools to develop sustainable whole-schor approaches to prevent bullying, including working with parents and carers. More than 80 schools in England and Wales currently hold the quality mark.

Source: https://disets.publishing.service.gov.uk/government/ubloads/system/upibods/attachment\_dota/fie/188040, Intes://www.oecd.pra/aducation/bala/hai/c018habies.html https://disets.aubilishing.service.gov.uk/government/ubia



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# 7. PREP YOUR CHILD FOR THE RESPONSE

Make sure you know your child's school's definition of, response to and relevant contacts for bullying. This information should be in their anti-bullying policy, which aught to be available on the school's website. Class teachers or form tutors are usually the first point of contact, though there may be dedicated support teams or key workers to help your child, depending on the specific situation.

6. STAY

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Schools' responses to bullying vary depending on whether they're resolving disagreements and arguments, or addressing unintended verbal or physical harm and so on. It's important to work out with your child whether any harm was intentional, how much control they had over the situation and how often such incidents have occurred. Reporting concerns accurately will get the best outcome for your child more quickly.

#### 8. SUMMARISE YOUR CHILD'S EXPERIENCE

When you contact the school, make sure you've precisely described what your child experienced: what happened; when; where; and who was involved. This will help the school to investigate further, identifying any witnesses, as well as those who were directly involved. It can also help the school to know how your child is feeling and how they'd like the matter to be resolved.

#### 9. LIAISE WITH THE SCHOOL

Any school has a duty to ensure that the members of its community feel safe and included. It's important for children to learn their role in this. The school must determine how best to restore these feelings of safety and respect. It's oftan best for schools to keep parents and carers informed of any action taken - and for families to avoid taking matters into their own bands. hands.

#### 10. CHECK IN FREQUENTLY

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Once the issue has been resolved and the bullying behaviour has stopped, your child may still feel anxious and might find it difficult to rebuild relationships or develop new ones. Parents, carers and the school should all keep an eye on haw the child is feeling and acting over the following months. Any relevant information should be shared, so that further support can be planned if necessary.

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