

27 November 2023

Edition: 10

LETTER FROM THE DEPUTY HEADTEACHER

Dear Parents and Carers,

I hope this newsletter finds you well and that you have all had a lovely weekend. A huge thank you to our school community for supporting our Children in Need fundraising efforts. Mrs Coaker and the Pupil Parliament organised 'wearing your PJs to school' in return for a donation as well as a visit from Pudsey and the Fire Service, and a bake sale at the end of the day. We are very proud of everyone's efforts and as a result we were able to raise a staggering £634.38. We have been informed that the local fire service also raised £8,027.10 for this great cause.

Night of 1000 Candles

On Saturday evening, children from our school choir led by Mrs Christie and supported by Mrs Rees, performed Christmas carols to the public as part of the Woodstock Town turning on of the Christmas lights. The children all did a wonderful job of representing the school and sang beautifully.

This Friday evening, the school choir will be performing carols, with other primary schools, at the Oxfordshire Music Service School. The children have been practising and for those of you who went along to the Night of 1000 candles on Saturday would have been treated to a sneak preview.



Parent Workshop Presentations

If you were unable to attend any of the Parent Workshops held over the term for Reading and Maths, please do take the opportunity to look through the presentations for each. There is a lot of useful information about our approaches to the curriculum.

☆ **Phonics & Reading Workshop:** [click here](#)

☆ **Maths Workshops:** [click here](#)

Christmas Dates & Performance Tickets:

Please see below a reminder of the dates of our various nativities and carol services in the church.

Phase	Date
EYFS Nativity	Wednesday 13th December 2023 at 9.45am and 2.00pm
Key Stage 1 Nativity:	Thursday 14th December 2023 at 9.45am and 2.00pm
Years 3&4 Carol Service	Wednesday 13th December @ 6.00pm
Years 5&6 Carol Service	Thursday 14th December @ 6.00pm

Children will be coming home with tickets for their performances soon. As you will appreciate, tickets will be limited to 2 tickets per family for each show, as we must follow health and safety capacity on the number of people our school hall will hold. This will also apply to the church carol services, as seating capacity in the church is also limited.

Years 3 & 4 Visit to the Church

On Wednesday last week, children in Years 3 & 4 visited the Catholic Church in Woodstock as part of this term's RE learning, where they are trying to answer the question 'Are all churches the same?' The children were introduced to Parish Priest: Reverend Dr Prem J Fernando who talked about the church in detail.

North Oxfordshire Food Bank

As in previous years, we would like to support our local foodbank by organising another collection ahead of the Christmas break. As well as usual cupboard staples, it would be wonderful if we could also include donations of Christmas treats. We would like to ask that donations are brought into school on Friday 15th December 2023. You may wish to take part in a 'Reverse Advent Calendar' where each day of December, you collect items to place in an advent box and then bring them along on the 15th. Any donations however big or small are always much appreciated by the foodbank, especially at this time of year.

Many thanks for your continued support – it is always a pleasure to see so many of you at the school gates at the start and end of the school day.

Yours sincerely,



Anna Poole
Deputy Headteacher



Safeguarding Children Updates:

What to do if you have concerns about a child

If you have any concerns about a child relating to Safeguarding, please get in touch with one of our Safeguarding Leads immediately by contacting the school directly on 01993 812209 or by email safeguarding@woodstock.oxon.sch.uk

If you are unable to speak to a member of our Designated Safeguarding Team at school and have a safeguarding concern, please contact the Multi-Agency Safeguarding Hub (MASH) directly who will be able to advise you.

If you have a concern about a child, please call MASH on 0345 050 7666.

NSPCC Updates for Parents and Families

The NSPCC have updated some of their guidance on supporting children with mental health issues. Please follow the links to some very useful pages on their website.

Child Mental Health: click [here](#)

The Safeguarding Network: click [here](#)



School Photo Order Reminder

Orders placed before the end of 30th November will qualify for free delivery to school. Orders placed after that date will incur a £5 delivery charge.

Key Dates when applying for Primary School

Key dates for applications	
Key dates	Event
1 November 2023	Applications open via Oxfordshire County Council's website.
15 January 2024	Closing date for applications.
29 January 2024	Last date for confirmation of change of address.
16 April 2024	Offer letters sent by second-class post where needed and emails sent to those who applied online.
September 2024	Start of the school year.

Collective Worship Weekly Theme

Week Beginning: 27/11/23		Collective Worship	
Key Idea: The Ripple Effect			
Biblical Link:	Psalm 115:16 "The highest heavens belong to the Lord, but the earth he has given to mankind." (NIV)		
Christian Value:	Courage	<div>Invitation prayer</div> <div>Dear God, Thank you for giving us this wonderful world, Help us recognise and understand how our actions affect it, Give us the courage to choose actions that care for and protect all Creation, Amen</div>	
Understanding Christianity Theme:			
Worship Song:	Think of a world without any flowers		

Our World



Who is responsible for Antarctica?

Let's look at this week's story

Scientists have found more flowering plants, moss, and algae in Antarctica in the last 10 years than usually grow in 50 years, and the extent of floating sea ice there has hit record lows. Polar explorer and environmentalist, Robert Swan, has been so concerned about the radical changes to Antarctica that he founded the 2041 Foundation, with the aim of ensuring the preservation of Antarctica through the promotion of recycling, renewable energy, and sustainability to combat the effects of climate change. The charity, 2041 School, encourages young people to learn more about the initiative.

Learn more about this week's story [here](#).
Watch this week's useful video [here](#).
This week's Virtual Picture News [here](#).



UN Rights of a Child

As part of our education, we should be taught to live peacefully and protect the environment.





British Values

Individual Liberty

I am responsible for my actions. It is important to remember they can have an impact on people, places and things. We can choose actions that can help preserve and protect Antarctica.



December 9th/10th 2023

Woodstock Methodist Church

Invite you and your family to:



Christmas Fun for Children

Saturday 9th December 10.30am-12.30pm

Crafts, games and the Christmas story for pre-schoolers (with an adult) & school aged children.



All Age Christingle Service

Sunday 10th December 10.30am

Come and explore the meaning of Christingle and make your own to take home.



Christmas Tree Festival* Afternoon Tea

Sunday 10th December 2-5pm

Celebrate the start of our Christmas Tree Festival* with a mince pie, cake and tea.



Hang a bauble on our Prayer Tree

From Sunday 10th December

Write your prayers, hopes and wishes for 2024 on



All Welcome

For more information contact

stewards@woodstockmethodists.org.uk



* If you can't make the festival tea, the trees will be displayed until the 5th January so please pop in and see them

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 for further guides, hints and tips for adults.

What Parents & Carers Need to Know about

TIKTOK

AGE RESTRICTION
13+

TikTok is a video-sharing social media app which lets people create, view and download looping 15-second clips. Typically, these are videos of users lip-syncing and dancing to popular songs or soundbites (often for comic purposes), enhanced with filters, effects and text. Designed with young people in mind, TikTok skyrocketed in popularity in 2019 and has featured near the top of download charts ever since. It now has around a billion users worldwide.

AGE-INAPPROPRIATE CONTENT

Most videos appearing on a child's feed are light-hearted and amusing. However, some clips have been reported for featuring drug and alcohol abuse, themes of suicide and self-harm, or young teens acting in a sexually suggestive way. The sheer volume of uploads is impossible to moderate entirely – and since TikTok's introduction in mid-2021, users can view third-party content outside the app.

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CENSORED

EXPLICIT SONGS

TikTok primarily revolves around videos of users lip-syncing and dancing to music. Inevitably, some featured songs will contain explicit or suggestive lyrics. Given the app's young user-base, there is a risk that children may view older users' videos and then be inclined to imitate any explicit language or suggestive actions.

W&A*

TIKTOK FAME

The app has created its own celebrities: Charli D'Amelio and Lil Nas X, for example, were catapulted to fame by exposure on TikTok – leading to many more teens attempting to go viral and become 'TikTok famous'. While most aspiring stars hoping to be 'the next big thing' will find it difficult, setbacks may in turn prompt them to go to even more drastic lengths to get noticed.



HAZARDOUS VISIBILITY

Connecting with others is simple on TikTok – including commenting on and reacting to users' videos, following their profile and downloading their content. The majority of these interactions are harmless, but – because of its abundance of teen users – TikTok has experienced problems with predators contacting young people.

ADDICTIVE NATURE

Like all social media, TikTok is designed to be addictive. It can be hugely entertaining – but that also makes it hard to put down. As well as the punchy nature of the short video format, the app's ability to keep users intrigued about what's coming next mean it's easy for a 5-minute visit to turn into a 45-minute stay.

IN-APP SPENDING

There's an in-app option to purchase 'TikTok coins', which are then converted into digital rewards for sending to content creators that a user likes. Prices range from 99p to an eye-watering £99 bundle. TikTok is also connected with Shopify, which allows users to buy products through the app.

Advice for Parents & Carers

TALK ABOUT ONLINE CONTENT

Assuming your child is above TikTok's age limit, talk to them about what they've viewed on the app. Ask their opinion on what's appropriate and what isn't. Explain why they shouldn't give out personal details or upload videos which reveal information like their school or home address. In the long run, teaching them to think critically about what they see on TikTok could help them to become social-media savvy.

MAINTAIN PRIVACY SETTINGS

The default setting for all under 18s' accounts to 'private'. Keeping it that way is the safest solution: it means only users who your child approves can watch their videos. The 'Stitch' (which lets users splice clips from other people's videos into their own) and 'Duet' (where you build on another user's content by recording your own video alongside their original) features are now only available to over 18s. This might clash with your child's ambitions of social media stardom, but it will fortify their account against predators.

LEARN ABOUT REPORTING AND BLOCKING

With the correct privacy settings applied, TikTok is a relatively safe space. However, in case something does slip through, make sure your child knows how to recognise and report inappropriate content and get them to come to you about anything upsetting that they've seen. TikTok allows users to report anyone breaching its guidelines, while you can also block individual users through their profile.

ENABLE FAMILY PAIRING

'Family Pairing' lets parents and carers link their own TikTok account to their child's. Through your mobile, you can control your child's safety settings remotely – including limiting screen time, managing their ability to exchange messages (and with whom) and blocking a lot of age-inappropriate content. TikTok's Safety Centre also provides resources for parents and carers to support online safety among families. These resources can be found on their website.

USE RESTRICTED MODE

In the app's 'Digital Wellbeing' section, you can filter out inappropriate content (specific content creators or hashtags, for instance) using 'Restricted Mode'. This can then be locked with a PIN. You should note, though, that the algorithm moderating content isn't totally dependable – so it's wise to stay aware of what your child is watching.

Moderate Screen Time

As entertaining as TikTok is, you can help your child to manage their time on it in the 'Digital Wellbeing' section. Under 'Screen Time Management', you can limit the daily permitted time on the app (in increments ranging from 40 minutes to two hours). This preference can also be locked behind a PIN. That way, your child can get their regular dose of TikTok without wasting the whole day.

Meet Our Expert

Parveen Kaur is a social media expert and digital media consultant who is passionate about improving digital literacy for parents and children. She has extensive experience in the social media arena and is the founder of Kids N Clicks: a web resource that helps parents and children thrive in a digital world.



National Online Safety

#WakeUpWednesday

SOURCES: TikTok, opm



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12 Top Tips TO SUPPORT MENTAL WELLBEING THROUGH NATURE Online and Offline

'Nature' is a superb choice as the theme of this year's Mental Health Awareness Week, as there's clear evidence that getting access to nature is excellent for our mental health. With Covid-19 restrictions beginning to ease, it's the perfect time of year to rediscover the natural world and give ourselves a calming, uplifting treat. You don't have to drag the family on a four-hour hike, either – just 10 minutes each day in the garden, in the local park or your nearest green space could really help. Here are 12 suggestions for ways you can benefit from nature ... both online and off.

ONLINE

OFFLINE

1 Give something back to nature

A swift internet search should bring up details of any local conservation projects you could volunteer for, or litter-picking events that you could enrol the family in. It doesn't have to be a long-term commitment: most schemes are grateful for every bit of help!

Ditch the phone

Now the weather's improving, go for a walk in a green space nearby. If you're already familiar with your chosen route, you could always leave your phone at home to be completely free of the usual distractions and notifications.

2 Tranquil streams

Search your preferred music player for some soothing natural sounds. A few minutes' gentle audio of rain fall, ocean waves or birdsong are all great ways of unwinding at the end of the day to get you ready for an excellent night's sleep.

2 Put down some roots

Planting flowers, shrubs, herbs or vegetables can be extremely rewarding. Not only does it help us to connect with nature – it also provides an ongoing project to draw pleasure from. If your home doesn't have a garden, no problem: a window box will do the job just as well!

3 Give geocaching a go

If you've not heard of it, geocaching is a modern twist on the traditional treasure hunt. Participants look for items hidden in outdoor locations, using a GPS-enabled device like a mobile phone or tablet. We'd recommend that an adult accompanies young adventures!

3 A different kind of tweet

Most gardens in the UK attract a wonderful variety of birds, and just watching them for a few minutes can be immensely therapeutic. There are some excellent apps and sites to help you name any species you don't already know or even play a game: identifying bird song, like bird song bingo!

4 Share what you see

While you're out exploring nature, take a photo or video of anything you find that inspires you. Not only will it be a nice memory for you to look back on, but you could also share it safely on social media and maybe motivate others to engage with the natural world!

4 Feed your feathered friends

Hang a bird feeder where you can easily see it from a window. Then enjoy the feelgood factor of satisfied avian visitors perching where you can see them. For something more advanced, you could try building a nesting box to fix onto a fence or under a window sill.

5 Watch the stars

Looking at the night sky can be incredibly calming. There are some comprehensive stargazing websites and apps to help you locate and recognise different stars. It can take 20 minutes or so before you can see stars fully in the dark, even on clear nights, so allow your eyes time to adjust.

5 Park your worries

If you're lucky enough to live within easy travelling distance of a park, you'd benefit from using it. Whether it's to play ball games, get on your bike, walk the dog or just get some fresh air into your lungs, the potential bonuses for mental health are enormous.

6 Wildlife on the web

A Google search will bring up lots of sites that stream webcam footage of nature. From seals to barn owls, rabbits to badgers, you can get an intimate, heart-warming view of all kinds of animal communities from inside the comfort of your own home.

6 Art and soul

Younger children will enjoy drawing or painting animals or nature scenes, or writing a poem or song lyrics about nature. For extra art or crafting fun, you could collect natural materials – leaves, feathers, tree bark or seeds, for example – to use in your creations.

Meet Our Expert

Anna Bateman is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department for Education, advising them on their mental health green paper.



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#WakeUpWednesday

Sources: <https://rhisforest.org/coronavirus-lockdown-we-need-nature-now-more-ever> | <https://www.nationalgeographic.com/magazine/article/call-to-wild> | 'Mental Health and Nature', Mind, 2018



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