



FRIDAY 9TH DECEMBER 2022

This week has been full of joy, we had a wonderful assembly from Reverend Nicki on Monday, a visit from Father Christmas on Tuesday, and today we have all enjoyed the Pantomime, oh yes we have! All our pupils are our stars of the week this week for their positivity and consideration of others and enjoyment of school life.

We have celebrated excellent progress in Phonics this week, our early readers are making incredible progress and they are wowing staff! We are very proud of them all, and eager to ensure we foster a love of reading in all pupils.

Our young people are growing up in a world of ever-changing technology and whilst this is incredibly positive, we must acknowledge the associated risks. As a school we will ensure we teach pupils the importance on online safety and as parents and carers you play a key role in helping your children to stay safe online. We feel it is particularly important to share this information at this time of year as children may get devices and games at Christmas or use siblings. The number of apps and social media channels your child/ren could be exposed to grows all the time, as does an app's functionality and it is important to know as much as possible. The links below provide a vast amount of useful information.

[Parents and Carers - UK Safer Internet Centre](#)

[Social media guides - UK Safer Internet Centre](#)

I would also like to share this information from the Local Authority - Cumbria County Council has committed 'Household Support Grant' funds to support families experiencing Food and Utility hardship. Families can access the information on the support available through the council's 'Ways to Welfare' website.

The council would be grateful if all schools ensure their parents and families are aware of how to access information support.

<https://www.cumbria.gov.uk/costofliving/default.asp>

We would like to thank the 'Friends of Arlecdon' who have supported events this term and have financially contributed to reduce the costs to the school and to parents and families. We are very grateful of this - thank you.

We are looking forward to seeing you on Wednesday at the Rosehill Theatre, and we would like to invite you to our Christingle at St Michaels Church on Monday 19th December, from 1.15pm.

Have a lovely weekend

Sophie McCabe

ATTENDANCE

REC –100%

YR1 –100%

YR2 –100%

YR3 –100%

YR4 –95%

YR5 –100%

YR6 –95.56%

W/S –98.56%

CALENDAR

14/12/22

Whole school Christmas performance at Rosehill theatre, show starts at 4pm

15/12/22

Reception Hearing checks

16/12/22

Christmas Jumper + Dinner day + Craft Day

19/12/22

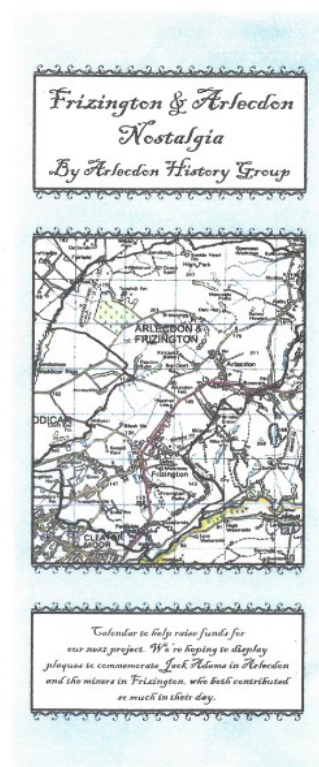
Christingle service at St Michael's church 1.15pm

20/12/22

School finishes for half term 1pm

04/01/22

School starts back after half term



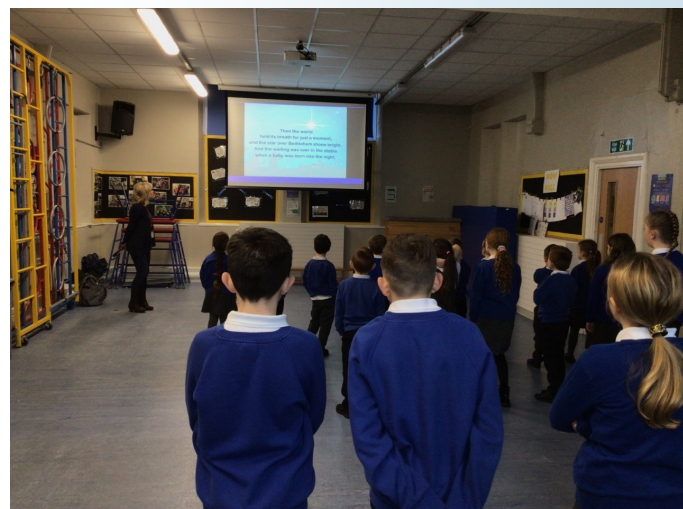
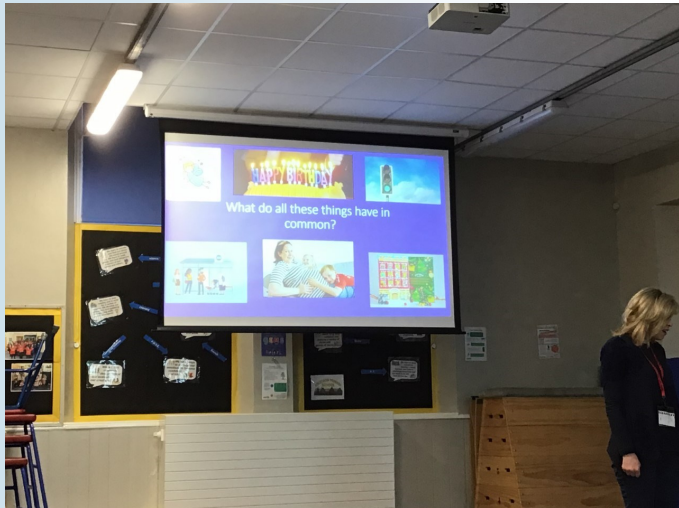
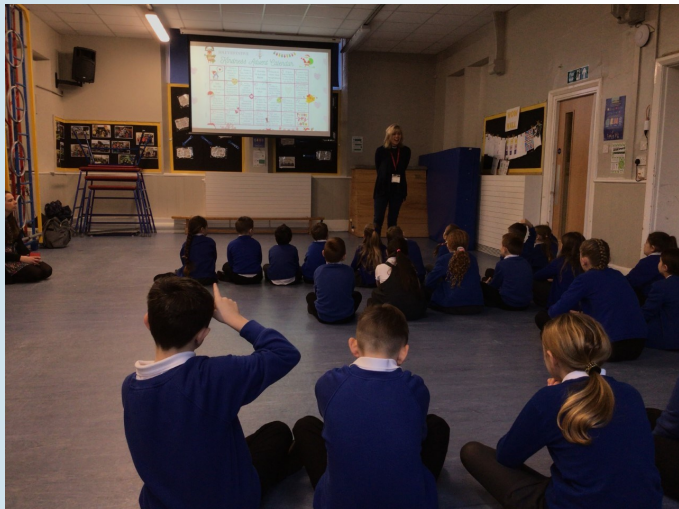
**History Group's
Calendar still
available for**

£5 at

**Frizington P.O.,
Lingla Centre
Café & The
Cutting Room,
also Arlecdon
P.O. & The Hound
Inn**

**Money raised
will go towards
erecting a plaque
in Frizington to
commemorate
the early miners
& one in Arlecdon
to commemorate
Lord Jack Adams.**

Rev Nicki's Assembly



Santa's Visit



10 Top Tips for Respect Online: A DIGITAL WORLD FOR EVERYONE

Even before lockdowns inflamed the situation, one in every five 10- to 15-year-olds was experiencing bullying online: abusive messages, having rumours spread about them or being excluded from group chats, for example. Through smartphones and tablets, we're used to being able to communicate from anywhere, at any time – but digital devices became commonplace so quickly that it caused a problem: as a society, we haven't properly adjusted to how different they've made life. Our tips can help you to build positive relationships online and avoid some of the potential issues.

WHAT IS NETIQUETTE?

Etiquette is a set of rules to help us interact with others: like a code of respect. People follow this code every day (mostly without even thinking about it) and it can help us decide how to act in certain situations. 'Netiquette' (etiquette on the net – we see what they did there!) is the same, except it's designed to help us interact with others **online**, which is sometimes a whole different ball game.

1 SEE THE OTHER SIDE

Usually when we're online, we can't see the other person's body language or tone of voice to give us clues about what we can say to them, or how to say it. Try to think what the situation might be like for them, how they're feeling and whether we'd say the same thing if they were actually there with us.

2 HIT THE PAUSE BUTTON

Without a person physically there in front of us, it's easy to send something quickly – before we've really thought about whether it's helpful or kind. Just because we can do things quickly doesn't mean we should: it's better to pause for a second and think it through, instead of simply reacting.

3 MIND YOUR LANGUAGE

People have invented loads of different ways to communicate online (emojis, abbreviations like LOL, TBH and so on). Some of these can be triggering to other people (such as USING CAPS SO IT LOOKS LIKE YOU'RE SHOUTING!), so it's important to stay aware of the style of language you're using.

4 BE SURE BEFORE YOU POST

On social networks like Instagram or Facebook, vast numbers of people might see what you've posted. So if that's something negative about a person, it can feel hugely painful for them. If you're ever tempted to post something like that, ask yourself "do I really need to go public with this?"

5 PROTECT YOURSELF

Always think very carefully before sharing any personal information with someone else or in a group. Once something's been put online, the sender loses any control over where it goes and who might see it. If you've got any uncertainty at all, it's a good idea to talk to a trusted adult about this first.

6 KINDNESS IS CATCHING

Negative communication can spread rapidly online, but so can being kind and helpful (this happened quite a lot during lockdowns, for instance). A friendly, positive message can make a big difference to someone as well as helping us feel good about ourselves – so share the love!

7 WAITING CAN BE HARD

When we've sent a message or posted something online, waiting for a reply or for someone to respond can make us anxious. It could be helpful to think whether you really have to message or post right now – or if you could wait until a better time when it will cause you less anxiety.

8 THE NET LOVES ATTENTION

Most apps, games and sites use sophisticated technology that's designed to keep us coming back for more. It's important to keep this in mind when you feel the need to reach for your phone, tablet or console – once we understand this fact, it becomes easier to control how we use our digital devices.

9 REPLY WISELY

Sometimes it's tempting to fire back an instant response to a post or message we don't like. How we respond is important, however – whether we reply privately to the person or on a platform where lots of people will see it, for example, makes a big difference to how whoever is receiving the message will deal with it.

10 FORGIVE AND FORGET

Even though we try to avoid them, mistakes can – and do – happen online. They can sometimes feel like a bigger deal than they actually are. It's important to remember that we're all only human, and sometimes we mess up. Learn to forgive others and – just as importantly – to forgive yourself.

Meet Our Expert

Dr Carole Francis-Smith is an experienced counselling psychologist who, through her research, specialises in promoting safe and ethical online communications. She consults with businesses and organisations to support positive and effective communication online, often by considering some of the more hidden aspects of the mediums.



Source: <https://www.gov.uk/government/news/online-safety-report-2020>, <https://www.nationalonlinesafety.com>, <https://www.bbc.com/news/health-55444444>, <https://www.theguardian.com/technology/2020/02/26/online-safety-report-2020>



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NOS
National Online Safety
#WakeUpWednesday



2 year old review for your child – A Parent's Guide

What is a 2 year old review?

- A two year old review is a valuable opportunity to discuss your child. You know your child best.
- It is an opportunity for you to share your child's strengths.
- It is a chance for you to ask any questions.

What will happen?

Your Health Visitor will invite you and your child to take part. Your Health Visitor will ask you to complete a questionnaire before the session.

At the session there will be a range of play activities for you and your child to take part in together.

If your child is attending childcare, the childcare provider will also invite you take part in a review. Other professionals who may be involved in your child's development and learning can be invited if you feel it is appropriate.

Parental permission is required; however, a grandparent or main carer can attend.

Please take up this opportunity to talk in a relaxed environment about your child.