

Congratulations to **DYMCHURCH** Class for winning our Chocolate Challenge this year with a total weight of 5975g!

A congratulations also to **DEAL** Class for coming a very close second with 5032g!

Thank you to all children and families who donated—we are sure all the chocolate will be very much appreciated at the Chocolate Tombola stand!



# NON-UNIFORM DAY!

FRIDAY 2ND DECEMBER

WE WOULD LIKE TO ASK FOR RAFFLE PRIZES TO SUPPORT THE CHRISTMAS FAIR AND IN RETURN, CHILDREN ARE INVITED TO WEAR THEIR OWN CLOTHES!

**WE WELCOME THE FOLLOWING DONATIONS:**

- \* ALCOHOLIC BEVERAGES FOR OUR BUCKET OF BOOZE
- \* 2L SOFT DRINKS BOTTLES/TUBES OF PRINGLES (OR SIMILAR) FOR OUR HOOPLA STALL
- \* DONATIONS FOR OUR RAFFLE (IF YOU WORK FOR A COMPANY THAT CAN DONATE A VOUCHER, THESE ARE ALWAYS POPULAR!)

**THANK YOU FOR YOUR KIND SUPPORT!!!**

## Online Bullying

Coming home alongside this week's newsletter is a Parent and Carer Guide for how to combat online bullying. This is full of some fantastic tips to support both parents and their children!

After more support with an online or bullying concern? Please speak to a member of the our Safeguarding team: Mrs Thompson, Miss Dear or Mrs Howarth.

### What Parents & Carers Need to Know about HOW TO COMBAT ONLINE BULLYING

Defined as "ongoing hurtful behaviour towards someone online", cyber-bullying makes its victims feel upset, uncomfortable and unsafe. In the digital world, it has numerous forms – such as hurtful comments on a person's posts or profile, deliberately leaving them out of group chats, sharing embarrassing images or videos of someone, or spreading gossip about them. Cyber-bullying can severely impact a young person's mental health – so, in support of Anti-Bullying Week, we've provided a list of tips to help trusted adults know what to look for and how to respond to it.

- 1. GET CONNECTED**  
Playing online games together with your child or connecting with them on social media (preventing them is not enough!) is not only fun but also an excellent way of establishing a good connection. Regularly discussing things you've seen or done online – as well as keeping an eye on who your child is communicating with in the digital world.
- 2. KEEP TALKING**  
Regular chats with young people about their online lives are a good practice in general, but they can also be an excellent strategy to help prevent cyber-bullying. Encourage them to report the incident to the platform or to you. If they don't feel confident enough to tell someone out on their own behaviour online, they can also confidentially report their concerns to the app or game where the bullying occurred.
- 3. STAY VIGILANT**  
Observe your child while they're using technology and just offer advice if needed. Remind them that they can always come to you if they have any problems – and that they won't be in trouble. Encourage them to check in with you regularly, and they should feel free to tell you if they're feeling uncomfortable or if they're being bullied.
- 4. MAKE YOURSELF AVAILABLE**  
If an online bullying incident does occur, it's important to know where your child is ready to open up about it. Encourage them to tell you if they have any problems – and that they won't be in trouble. Encourage them to check in with you regularly, and they should feel free to tell you if they're feeling uncomfortable or if they're being bullied.
- 5. BE PREPARED TO LISTEN**  
When conversations about online bullying do take place, they're likely to be difficult, emotional and confusing for both you and your child. Encourage them to tell you if they have any problems – and that they won't be in trouble. Encourage them to check in with you regularly, and they should feel free to tell you if they're feeling uncomfortable or if they're being bullied.
- 6. EMPOWER YOUR CHILD**  
Depending on their age, your child might not want a parent to be involved, or they might not want to tell a friend. Encourage them to report the incident to the platform or to you. If they don't feel confident enough to tell someone out on their own behaviour online, they can also confidentially report their concerns to the app or game where the bullying occurred.
- 7. REPORT BULLIES ONLINE**  
Cyber-bullying often takes place through a particular app, social media platform or online game. Encourage them to report the incident to the platform or to you. If they don't feel confident enough to tell someone out on their own behaviour online, they can also confidentially report their concerns to the app or game where the bullying occurred.
- 8. ENCOURAGE EMPATHY**  
Encourage your child to think about how they would feel if they were being bullied. Encourage them to report the incident to the platform or to you. If they don't feel confident enough to tell someone out on their own behaviour online, they can also confidentially report their concerns to the app or game where the bullying occurred.
- 9. SEEK EXPERT ADVICE**  
Victims of online bullying frequently experience feelings of isolation and despair, a loss of self-esteem and confidence, even thoughts of self-harm or suicide. Cyber-bullying has affected your child's mental health, then seek psychological support for them. There are some useful contact details in the central panel below.
- 10. INVOLVE THE AUTHORITIES**  
If the nature of any online bullying makes you suspect that your child is genuinely in imminent physical danger or if there are any signs of self-harm, then you should report the incident to the police. Encourage them to report the incident to the platform or to you. If they don't feel confident enough to tell someone out on their own behaviour online, they can also confidentially report their concerns to the app or game where the bullying occurred.

**FURTHER SUPPORT AND ADVICE**  
If you or your child need additional help with an online bullying issue, there are some specialist organisations that you could reach out to. Children talk to a trained counsellor on 0800 1111 or online at [www.childline.org.uk/get-support/](http://www.childline.org.uk/get-support/). National Bullying Helpline: 0845 225 5787 or by visiting [www.nationalbullyinghelpline.co.uk/cyberbullying.htm](http://www.nationalbullyinghelpline.co.uk/cyberbullying.htm). The NSPCC's child helpline has a guide to the signs of bullying at [www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/](http://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/) and can be reached on 0800 800 8000.

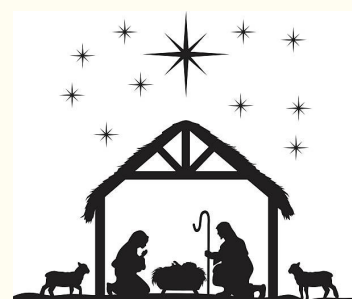
**Meet Our Expert**  
Dr Catherine Sedore is an online safety consultant, author and researcher who has developed and implemented anti-bullying and online safety policies for schools. She has written various documents and carried out research for the Australian government, comparing internet behaviour and bullying behaviour of young people in the UK, USA and Australia.

**NOS National Online Safety**  
#WakeUpWednesday  
[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) @nationalonlinesafety

## Christmas Plays:

Christmas Plays will take place for Years R, 1 and 2 on the dates identified below.

Look out for flyers coming home soon with further details about tickets for the performances.



Well done to all the Motivated Monkeys who were in school every day last week!

**Congratulations to Broadstairs Class for achieving 98.6% attendance this week!**  
**Well Done!**



## Dates for your diary:

Friday 2nd December: Non-uniform day for Christmas Fayre

Monday 5th December: Year 3 trip to Canterbury Cathedral

**Tuesday 6th December: 9:15am Years 1 & 2 Christmas production; 2:15pm Reception Christmas production**

Thursday 8th December: Christmas Jumper Day

**Thursday 8th December: 9:15am Years 1 & 2 Christmas production**

Friday 9th December: 9:15am Reception Christmas production

**Friday 9th December: Christmas Fayre**

Monday 12th December: Year 5 & 6 Christmas Carol Concert

**Wednesday 14th December: Christmas Dinner Day**

Friday 16th December: Last day of Term 2

**Tuesday 3rd January: Start of Term 3**

Monday 16th January: Primary School applications close at midnight

