



# Chapel Chat

The weekly news from Chapel St Leonards Primary School

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Dear Parents/Carers,

Thank you to everyone who donated cakes for the Book Fair Tea Party today. The Book Fair will be open for the final time on Monday after school. Have a good weekend and I hope you enjoy the sunshine—safely!.

**Graham Almond**

## Water bottles and Sun Hats

As the weather gets warmer here are a few reminders:



- Please send your child with a water bottle every day.
- Sun cream/protection should be applied before school - staff are unable to apply sun cream.
- Children can bring in a hat to wear at play times to help protect them from the sun.
- Please make sure PE kit is in school everyday.

## Diary Dates

### Monday 20th June

Class Photos

### Monday 27th June

Year 5 Curriculum Day John Spendluffe\*

### Tuesday 28th June

Whole School Photo

### Wednesday 29th June

Year 5 Curriculum Day Skegness Academy

### Wednesday 6th July —Friday 8th July

Y5/6 London Trip

### Wednesday 13th July

Sports Day (more details to follow)

### Friday 22nd July

End of Term 6



## Chapel Champions: 10th June



### Achievement Award

### Values Award: Safety

**Reception** Finley: consistently trying really hard in phonics.

Starlet: good awareness skills and being able to manoeuvre safely in between children and equipment in PE.

**Year 1** Chloe O: using compass directions to locate landmarks in Australia.

Ruby: ensuring her friends are safe when using equipment outside.

**Year 2** Malachi: his positive attitude to his school work this week.

Lacie: making sure she is staying hydrated in the warm weather.

**Year 3** Alex: fabulous plant knowledge and questioning in Science.

Finley: producing a wonderful poster about how to help people and keep them safe.

**Year 4** Rylee: a fantastic class explanation of how to work out a divisor using place value.

Oscar: making safe choices in our athletics lessons.

**Year 5** Connie: demonstrating great understanding of government in Ancient Greece.

Daisy: always making safe choices for both herself and others.

**Year 6** Elliott: fantastic problem solving in DT: making push and toggle switches.

Kristoffer W: an improved approach to safety on the playground when playing volleyball.



# What Parents & Carers Need to Know about GROUP CHATS

## WHAT ARE THE RISKS?

### BULLYING

Unkind comments or images which are purposely aimed at an individual can be shared freely in a group chat – allowing and often encouraging others to join in the bullying behaviour. If this content is shared in a group of their peers (especially a larger group), it serves to amplify the hurt, embarrassment, anxiety and isolation that the victim feels.

### EXCLUSION AND ISOLATION

This common issue with group chats can happen in several ways: starting a new group, for instance, but deliberately excluding a certain child. Likewise, the chat may take place on an app which one child doesn't have access to, meaning they can't be involved. A child can also feel isolated when a group chat is used to discuss or share images from an event that everyone else but them attended.

### INAPPROPRIATE CONTENT

Some discussions in group chats may include inappropriate words, swearing and unsuitable images or videos. These could be viewed by your child if they are part of that group, whether they actively engage in it or not. Some chat apps have a disappearing message function, so your child may be unable to report something they've seen because it can only be viewed once or for a short time.

### SHARING GROUP CONTENT

It's important to remember that – while the content of the chat is private between those in the group – individual users can easily share a message, photo or video with others outside of the group or screenshot what's been posted. The risk of something your child intended as private becoming public (and potentially going viral) is higher if there are people they don't know well in the group.

### UNKNOWN MEMBERS

Within larger group chats, it's more likely your child will be communicating with people they don't really know. These strangers may be friends of the host, but not necessarily friendly toward your child. It's wise for young people not to share personal details and stay aware that they have no control over the messages and images they share after they've put them online.

### NOTIFICATIONS AND FOMO

A drawback of large group chats is the sheer number of notifications. Every time someone in the group messages, your child's device will be 'pinged' with an alert: potentially, this could mean hundreds of notifications a day. Not only is this highly distracting, but young people's fear of missing out on the latest conversation results in increased screen time as they try to keep up with the chat.

## Advice for Parents & Carers

### CONSIDER OTHERS' FEELINGS

Group chats are often an arena for young people to gain social status. This could cause them to do or say things on impulse, which could upset others in the group. Encourage your child to consider how other people might feel if they engaged in this behaviour. If your child does upset a member of their group chat, support them to reach out, show empathy and apologise for their mistake.

### PRACTISE SAFE SHARING

In any online communication, it's vital for young people to be aware of what they're sharing and who might potentially see it. Discuss the importance of not revealing identifiable details like their address, their school or photos that they wouldn't like to be seen widely. Remind them that once something is shared in a group, they lose control of where it may end up and how it might be used.

### GIVE SUPPORT, NOT JUDGEMENT

Remind your child that they can confide in you if they feel bullied or excluded in a group chat, instead of responding to the person who's upset them. Validate their hurt feelings and help to put them back in control by discussing how they'd like to handle the situation. On a related note, you could also empower your child to speak up if they're in a chat where others are being picked on.

### AVOID INVITING STRANGERS

Sadly, many individuals online hide their true identity to gain a child's trust – for example, to gather information on them, to exchange inappropriate content or to coax them into doing things they aren't comfortable with. Ensure your child understands why they shouldn't add people they don't know to a group chat – and, especially, to never accept a group chat invitation from a stranger.

### BLOCK, REPORT AND LEAVE

If your child is in a chat where inappropriate content is being shared, advise them to block the users sending the material, report them to the host app or platform and exit the group. If any of this content could be putting a minor at risk, contact the police. Emphasise to your child that it's OK for them to simply leave any group chat that they don't feel comfortable being a part of.

### SILENCE NOTIFICATIONS

Having a phone or tablet bombarded with notifications from a group chat can be a massive irritation and distraction – especially if it's happening late in the evening. Explain to your child that they can still be part of the group chat, but that it would be healthier for them to turn off or mute the notifications and catch up with the conversation at a time which better suits them.

## Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



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