



A happy school committed to excellence
SEAMER & IRTON CP SCHOOL ~ DENISON AVENUE~ SEAMER ~ SCARBOROUGH
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Dear Parent/Carer,

31 March 2023

DECORATE AN EGG COMPETITION Well done to everyone who submitted an egg for our competition this week. There are some brilliant entries and Mrs. Mallory had an impossible task to judge them.



VACANCY We have a vacancy for a parent governor. If this is something that you might be interested in, please contact me at the school to find out more.

SCHOOL DINNERS W/C 17 April 2023

Monday	Tuesday	Wednesday	Thursday	Friday
School Closed	Hot Dog, (v) Hot Bite Sub, Ketchup, Diced Potatoes Cucumber Sticks & Grated Carrot Ham Sandwich Jacket Potato & Cheese Summer Mousse & Shortbread	Cottage Pie (v) Cheesy Potato Bake Broccoli & Carrots Crusty Bread Chicken Mayo Sandwich Jacket Potato & Baked Beans Cheese & Crackers	Chicken Korma (v) Sweet & Sour & Rice Cauliflower & Green Beans Naan Bread Egg Mayo Sandwich Jacket Potato & Veg Chilli Chocolate Orange Sponge & Chocolate Sauce	Fish Fingers (v) Veggie Roll Chips Baked Beans & Peas Wholemeal Bread Cheese Sandwich Jacket Potato & Tuna Fruity Flapjack



EASTER BINGO Many thanks to the STARS team for the Easter Bingo event this week which raised £162 for school funds. This takes the total amount raised by STARS this year to over £2000, and I am delighted that they have agreed to commit this money to the purchase of new books for our classroom libraries. Thank you.

CROSS COUNTRY RUNNING There is a cross country running event at Scarborough Rugby Club on Thursday 20 April. This is an opportunity for any child in KS2 to take part in a cross country run against children from other local schools.

4.10pm Y3 - 4.30pm Y4 - 4.50pm Y5 - 5.10pm Y6

Children will need to collect their race numbers from me before the event.

ONLINE SAFETY – managing device stress and anxiety

Making life easier... or adding to our unease? Digital devices have changed the way we live – but the new forms of stress they can bring are an online safety risk. See below.

School closes today for the Easter break and will re-open on Tuesday 18 April.

IMPORTANT DATES

31.3.23 School closes for Easter

17.4.23 Training Day – school closed to pupils

18.4.23 School re-opens for summer term

Have a lovely Easter.

Yours sincerely

Jonathan Wanless
Headteacher



Helping children and young people with MANAGING DEVICE STRESS AND ANXIETY

WHAT ARE THE RISKS?

The internet and advances in the capability of digital devices have afforded us arguably the fastest period of technological and social evolution in living memory: creating opportunities for us to interact with people anywhere in the world, 24 hours a day. It's also, however, blurred safety boundaries and added new stresses for young people, who are often less aware of the hidden hazards. With almost half of 10-15-year-olds experiencing bullying online and algorithms pushing content in front of our children every day, it's important to know how to address some of these challenges.

LIVING ONLINE

The internet is awash with sophisticated algorithms that learn from our online behaviour and try to predict our wants and needs. That's very helpful in some respects, but it can make the online world difficult for children and young people to negotiate. Content can be brought to them at any time – it may not always be appropriate, and children may not have the ability or the support to deal with it.

PUSHY NOTIFICATIONS

Content is also directed at us through notifications from our apps: letting us know we have a new message or social post to read, for example. While that's useful in some circumstances, it conditions us to keep going back online (and is designed to do so) and can be a near-constant demand on your child's attention. As such alerts become more common, are we experiencing an 'attack of the pings'?

BLURRED BOUNDARIES

There are now so many ways we can communicate online in real time (like instant messaging apps) or with a delay (such as an email) that it's possible to be constantly in conversation. Young people often prefer quickfire exchanges of text – but using fewer words can cause distressing miscommunications through the lack of non-verbal cues like facial expressions or tone of voice.

DIGITAL DEPENDENCY

As devices allow access to immediate external help in challenging situations, it's a concern that children may not be developing the inner confidence to work things out for themselves. Likewise, group membership is hugely important to young people – both in digital and 'real' life – and being excluded from online conversations can cause damaging feelings of loneliness and isolation.

DISGUISED DISTRESS

Children often haven't yet developed the emotional resources to deal with many of the setbacks of everyday life, so identifying when it's specifically something online that's worried them can be tricky. A certain level of stress is a normal response to a problem: it spurs us into action to keep ourselves safe. If the stress is excessive, though, it can feel overwhelming and potentially lead to anxiety or depression.

ANTI-SOCIAL SOCIALS

Social media can bring people together in hugely positive ways. Sadly, it does also have a darker side, including 'flame war' arguments which can escalate quickly and have hurtful consequences. With so many people looking on, 'group shaming' situations are also common – while there are continual opportunities for young people to compare themselves negatively with other social media users.

Advice for Parents & Carers

LEARN THE BASICS

It's impossible to keep up with every online change or every new app. The best option is to make yourself aware of the fundamentals of how the internet operates, so you can help your child to grasp how – and why – content reaches them. Devices and the digital world can be confusing, so learning to understand them better will give you the confidence to talk to your child about them.

TALK IT OUT

If a child mentions a comment that's been directed at them in a text chat or on social media, it may sound minor but can actually have a much bigger effect than we realise. In our evolved brains, any perceived threat can get internalised while our body reacts as if we were in physical danger – raising stress levels. It's always worth encouraging your child to get any concerns out in the open.

PUSH DISTRACTIONS AWAY

Notifications to our phones and tablets can be helpful, but they sometimes make one wonder who's really in charge: the person or the device? Checking our phone as soon as it goes off is an easy habit to fall into – especially for young people. Try switching off non-essential alerts on your devices and encourage your child to do the same: you should both feel less triggered and more in control.

LOOK FOR THE SIGNS

This is tricky – and may depend on the child's age – but any sudden change in behaviour is worth looking out for. If your child seems to be checking their phone or tablet more, doesn't want to be parted from them, or appears unusually secretive, anxious or withdrawn, it could be a sign that something is amiss in relation to their device – and, possibly, that they're in need of extra support.

KEEP CHECKING IN

Healthy emotional regulation balances three systems: threat, drive and grounding. Down the various rabbit holes of the internet, however, that balance can easily slip away – so it's important to help your child manage their emotions when they're online. Check in with them regularly when they're on their device, and remember that 'distraction' and 'relaxation' aren't always the same thing.

BE KIND: UNWIND

Be kind to yourselves as parents and carers. Remember that we're all in the same boat, trying to safely guide our children through this complex, fast-moving digital environment. Getting into the habit of having natural, relaxed conversations with your child about their online life (and yours) can level the playing field and make it far easier for them to open up to you about any concerns.

Meet Our Expert

Dr Carole Francis-Smith is an experienced counselling psychologist who specialises in promoting safe and ethical online communications. She consults with and offers bespoke training to businesses and organisations, supporting positive and effective online communications – often by considering some of the more hidden aspects of the various mediums.



Source: <https://www.childrenscommissioner.gov.uk/report/the-big-ask-big-answers/>
<https://www.ons.gov.uk/peoplepopulationandcommunity/crimeandjustice/bulletins/childrens-online-behaviour-in-england-and-wales/year-ending-march-2020>



National Online Safety

#WakeUpWednesday



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