



## Wouldham All Saints Church of England Primary School Newsletter – w/e 12th May 2023

Well done to Year 6 pupils on completing their SATS tests this week. We are very proud of you all.

Dove class have been to Yew Tree Farm this week and Kingfisher class have been to Hall Place today.

This week we have also said “goodbye” to Vicar Mike who leaves our parish this week. We wish him well for the future and his retirement. Mr Fitter and Mrs Goddon, Headteachers

### Attendance this week

Whole school attendance this week 95.4 %

Best attendance this week:

Falcon Class 99.1 % and

Swan Class 98.3 %

### Online safety



We often think of social media as being very public, but there are many ways to send private messages within the platforms. Some of these apps are designed for one to one or small group discussions, for example WhatsApp, Snap chat. The world has developed from sending simple text messages with private messaging being hugely popular amongst younger people. Most of these private messaging apps allow you to send text, pictures and videos. We have attached some parent guides for you to look at and find out how best to protect your child/children at home whilst using messaging apps.

At the end of this newsletter you will be able to find leaflets regarding Facebook, WhatsApp and Snapchat.

### Class photos



Class photos will be taken next Wednesday 17th May. Please can all pupils make sure they wear their full school uniform including cardigans/jumpers and ties.

We are hoping the weather will be nice enough to take photographs outside.

### Date for your diary

Book fair—We have agreed to hold another book fair in school for a week from 28th June. For those who haven't been before this is a great opportunity for you and your child to purchase books which are again 3 for the price of 2.

The fair will be held every day after school and payments this year will be possible to pay via a card reader.

The school benefit from the sales of the books and get donated books from a percentage of the sales for our library and classrooms.

Thank you for your support as always



## Mental Health Awareness Week

Next week Mental Health Awareness Week has a theme of anxiety. Anxiety is a normal emotion in us all, but sometimes it can get out of control.

### HOW DOES ANXIETY SHOW UP IN YOUR BODY?



### DEALING WITH ANXIETY

- Eat healthy, nutritious foods
- Read about anxiety - understand what's going on in your body
- Talk to someone
- Take regular exercise release those natural endorphins
- Make sleep a priority
- Practice mindfulness and remember it will pass
- Write your feelings down
- Take a break from what you are doing

For more information and tips for coping with anxiety visit:

<https://www.mentalhealth.org.uk/our-work/public-engagement/mental-health-awareness-week/what-can-we-do-cope-feelings-anxiety>

### WORSHIP

This week during worship, we have been exploring the theme, 'Making time for each other'. On Tuesday, Reverend Mike joined us for his final worship at Wouldham, speaking about our theme using the biblical story of sisters, Martha and Mary - friends of Jesus.

Thank you for all the years that you have faithfully served our school Reverend Mike, you will be missed!

On Thursday, Year 5 lead a great worship, exploring our theme through the amazing friendship of Jonathan and David, from the bible. On Friday, we exalted our awesome God through song, during our praise worship!!! Memory verse of the week: 'Encourage one another and build each other up' - 1 Thessalonians chapter 5, verse 11.



### DATES FOR TERM 5

SEN parents group	Wednesday 17th May
Class photos	Wednesday 17th May
Wagtail class trip	Friday 19th May
Show N Share	Wednesday 24th May 3.15 pm
Wren Class school trip	Thursday 25th May (Yew tree farm)
Last day of term	Friday 26th May
 Half term	 Monday 29th May to Friday 2nd June
 Term 6	 Monday 5th June
Wagtail class trip	Friday 9th June
Fathers Day room	Monday 12th and Tuesday 13th June
SEN parents group	Wednesday 14th June
Kingfisher class trip	Friday 16th June

# What Parents & Carers Need to Know about FACEBOOK MESSENGER

Facebook Messenger is a communication app through which users can exchange messages and send photos, stickers, and video and audio files. Messenger allows both one-to-one and group chats, has a stories feature and – via its latest addition, Rooms – can host a video call with up to 50 people. As of 2021, the app had 35 million users in the UK alone (more than half the population!) among its 1.3 billion users worldwide. Whereas Messenger is integrated into Facebook on desktops and laptops, it has existed as a standalone app for mobile devices since 2011.

AGE RATING

13+

## WHAT ARE THE RISKS?

### ADDICTIVE NATURE

Messenger's numerous features can encourage children to spend more time on the app – and therefore on their phone, increasing their levels of screen time. It also invokes FOMO (the Fear of Missing out), especially among older children, who will almost certainly have a high proportion of their friends communicating via the app.

### LIVE STREAMING

The new Rooms feature lets Messenger users hold video calls with up to 50 people. A young person can join any room they see, but the other people in these rooms don't even necessarily need to be Facebook account holders. This live streaming development heightens risk factors around privacy, security and the possibility of exposure to inappropriate content.

### REQUESTS FROM STRANGERS

If the Facebook profile which accompanies their Messenger app is set to public, there's a possibility that young people will receive message requests from individuals they don't know. There have previously been reports of grooming attempts on Facebook, with predators using fake profiles to engage children in conversation.

### OVERSHARING PERSONAL INFO

If the app is given access to their device's photo library or location services, young people can unintentionally share sensitive information (private photos, videos, their number or current whereabouts) with people on Messenger who they don't know. Even among friends, shared photos or videos don't always stay private: the recipient(s) could save and re-share them with others.

### CYBERBULLYING

Like many communication apps, Messenger can be an avenue for cyberbullies or trolls to target children. This might take the form of harassment, abusive messages or being purposely excluded from (or targeted in) group chats. A 2021 Ofcom report revealed that more than half (55%) of 12–15-year-olds had suffered such negative experiences online in the preceding year.

### SECRET CONVERSATIONS

The Secret Conversations function lets Messenger users have encrypted exchanges that no-one else can read. Unlike regular chats on the app, these can only be viewed on the device being used at the time. Messages can also be set to delete once read (although screenshots can be taken), so a child could chat privately with someone without any record of that conversation having taken place.

## Advice for Parents & Carers

### USE ADDITIONAL SECURITY

Messenger's App Lock feature uses your child's fingerprint or face ID to ensure that nobody else can access their messages without permission. Messenger has also added a variety of optional tools to increase young people's safety on the app, including two-factor authentication, login alerts and filtered message requests.

### REVIEW THE CHAT LIST

Some parents regularly check their children's Messenger conversations (to see who they're talking to, rather than what they're talking about). While this is certainly safe, it can seem intrusive. If approached in a sensible, collaborative way, however, it can help parents and carers to keep an eye on exactly who their child is communicating with.

### REPORT INAPPROPRIATE BEHAVIOUR

If your child experiences anything negative on Messenger, you can help them report it. Facebook can then take action such as disabling the offender's account, limiting their ability to send messages or blocking them from contacting your child again. If your child doesn't want to display to others that they're online, they can switch off Active Status in the app's settings.

### DISCUSS LIVE STREAMING

Talk with your child about safe and secure video calling. When setting up calls on Messenger Rooms, only invite people who your child knows and trusts. Show them how to lock a room if they don't want other people joining – and how to remove anyone they don't want on the call. Remind them about behaving responsibly during a live stream, even if it's with people they know.

### ADJUST PRIVACY SETTINGS

Make your child's Messenger stories visible only to their friends. Avoid adding your child's phone number (so they can't be found by someone using their number to search for them), and not syncing contacts lets your child choose who to add (or not) individually. Via Settings, you can control who appears in your child's chat list, who goes into the message request folder and who can't contact your child at all.

### ENCOURAGE SAFE SHARING

Ensure your child knows to send pictures and videos *only* to family and trusted friends, and not to publicly share images which compromise their location (showing a landmark near home or clothing with identifiable logos, like a school or local club crest). Encourage them to pause before sharing anything – if there's a chance it could harm their reputation (or someone else's), don't send it.

## Meet Our Expert

Alex Wright is a former Facebook employee and social media expert with more than 15 years' experience in digital media. He has worked with some of the biggest organisations on the planet and has a vast understanding of how social media platforms work and how they engage their audience.



National Online Safety®

#WakeUpWednesday

# What Parents & Carers Need to Know about WHATSAPP



WhatsApp is the world's most popular messaging service, with around two billion users exchanging texts, photos, videos and documents, as well as making voice and video calls. Its end-to-end encryption means messages can only be viewed by the sender and any recipients: not even WhatsApp can read them. Updates to its privacy policy in 2021 (involving sharing data with parent company Facebook) caused millions to leave the app, but the new policy was widely misinterpreted – it only related to WhatsApp's business features, not to personal messages.

## WHAT ARE THE RISKS?

### SCAMS

Fraudsters occasionally send WhatsApp messages pretending to offer prizes – encouraging the user to click on a link to win. Other common scams involve warning someone that their WhatsApp subscription has run out (aiming to dupe them into disclosing payment details) or impersonating a friend or relative and asking for money to be transferred to help with an emergency.

### DISAPPEARING MESSAGES

Users can set WhatsApp messages to disappear in 24 hours, 7 days or 90 days by default. Photos and videos can also be instructed to disappear after the recipient has viewed them. These files can't be saved or forwarded – so if your child was sent an inappropriate message, it would be difficult to prove any wrongdoing. However, the receiver can take a screenshot and save that as evidence.

### ENABLING FAKE NEWS

WhatsApp has unfortunately been linked to accelerating the spread of dangerous rumours. In India in 2018, some outbreaks of mob violence appear to have been sparked by false allegations being shared on the app. WhatsApp itself took steps to prevent its users circulating hazardous theories and speculation in the early weeks of the Covid-19 pandemic.

### POTENTIAL CYBERBULLYING

Group chat and video calls are great for connecting with multiple people in WhatsApp, but there is always the potential for someone's feelings to be hurt by an unkind comment or joke. The 'only admins' feature gives the admin(s) of a group control over who can send messages. They can, for example, block people from posting in a chat, which could make a child feel excluded and upset.

### CONTACT FROM STRANGERS

To start a WhatsApp chat, you only need the mobile number of the person you want to message (the other person also needs to have the app). WhatsApp can access the address book on someone's device and recognise which of their contacts also use the app. So if your child has ever given their phone number to someone they don't know, that person could use it to contact them via WhatsApp.

### LOCATION SHARING

The 'live location' feature lets users share their current whereabouts, allowing friends to see their movements. WhatsApp describes it as a "simple and secure way to let people know where you are." It is a useful method for a young person to let loved ones know they're safe – but if they used it in a chat with people they don't know, they would be exposing their location to them, too.

## Advice for Parents & Carers



### CREATE A SAFE PROFILE

Even though someone would need a child's phone number to add them as a contact, it's also worth altering a young person's profile settings to restrict who can see their photo and status. The options are 'everyone', 'my contacts' and 'nobody' – choosing one of the latter two ensures that your child's profile is better protected.



### EXPLAIN ABOUT BLOCKING

If your child receives spam or offensive messages, calls or files from a contact, they should block them using 'settings' in the chat. Communication from a blocked contact won't show up on their device and stays undelivered. Blocking someone does not remove them from your child's contact list – so they also need to be deleted from the address book.



### REPORT POTENTIAL SCAMS

Young people shouldn't engage with any message that looks suspicious or too good to be true. When your child receives a message from an unknown number for the first time, they'll be given the option to report it as spam. If the sender claims to be a friend or relative, call that person on their usual number to verify it really is them, or if it's someone trying to trick your child.



### LEAVE A GROUP

If your child is in a group chat that is making them feel uncomfortable, or has been added to a group that they don't want to be part of, they can use WhatsApp's group settings to leave. If someone exits a group, the admin can add them back in once; if they leave a second time, it is permanent.



### THINK ABOUT LOCATION

If your child needs to use the 'live location' function to show you or one of their friends where they are, advise them to share their location only for as long as they need to. WhatsApp gives a range of 'live location' options, and your child should manually stop sharing their position as soon as it is no longer needed.



### DELETE ACCIDENTAL MESSAGES

If your child posts a message they want to delete, WhatsApp allows the user seven minutes to erase a message. Tap and hold on the message, choose 'delete' and then 'delete for everyone.' However, it's important to remember that recipients may have seen (and taken a screenshot of) a message before it was deleted.



### CHECK THE FACTS

You can now fact-check WhatsApp messages that have been forwarded at least five times, by double-tapping the magnifying glass icon to the right of the message. From there, your child can launch a Google search and decide for themselves whether the message was true or not.



## Meet Our Expert

Parven 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.



