

Glebe *Newsletter*



www.glebe.derbyshire.sch.uk

Friday 27th September 2024

Macmillan Event

A quick note to say many, many thanks to everyone who came this afternoon and had either a tea or coffee and a cake for Macmillan today. Your support was really appreciated. The amount raised will be shown in next week's Newsletter. Mrs Turner

Healthier Futures including HENRY programmes

Would you like to feel more confident as a parent? Are you keen to get help to give your child a healthy start in life, help them to eat more fruit and vegetables and reduce mealtime stress?

If so, then our new Healthier Futures programme could be for you.

It's a free, healthy families programme that offers a range of support for parents and carers of children aged 0 to 12 years old. The programme includes online and face to face sessions.

Children's early years are vitally important in terms of their health, wellbeing, learning and social development.

<https://www.livelifebetterderbyshire.org.uk/>

You can take part in a variety of Healthier Futures programmes if you have a Derbyshire postcode or are registered with a Derbyshire GP.

Depending on the service you want to take part in, eligibility differs:

- Heathy Families Right from the Start - You have a child aged 0 to five years
- Healthy Families Growing Up Programme - You have a child who is aged between five and 12 years and is over a healthy weight, or you would like support with creating happier, healthier meal times and increase parenting confidence

You can sign up using the online form below:

https://forms.office.com/pages/responsepage.aspx?id=s46aQhAyGk6gomzN4N2rxSdH9yN_iVBBvXt5ilWXm8FUNE8xVjNSNjQ0TUUzU0s3VTJHMIZXNk80Wi4u&web=1&wdLOR=cE39CB602-662C-4D84-9AA6-EC4FAA1D634C

Flu Immunisations

If you would like your child to receive the flu vaccine in school this year, please follow this link to complete an online consent form. If you would like to decline, please complete a no consent form on the attached link.

<https://nhslmms.azurewebsites.net/session/2ef4e71c>

The vaccinations will take place at your child's school on Wednesday 23rd October 2024. The link will close on the 9th October. If your child has already had the Flu vaccine elsewhere since Sept 2024, please disregard this message. If you have any problems accessing the link, please telephone 0333 3583 397 option 5.

Week Commencing: 30th September 2024

Monday 30th September

Y5 Boys Football 3.30 – 4.30

Y6 Basketball 3.30 – 4.30

Tuesday 1st October

Year 4 swimming

Y5/6 Girls Football 3.30 – 4.30

Wednesday 2nd October

Y6 Cross Country 3.30 – 4.30
Y4 Hockey 3.30 – 4.30
Y3 Hobby Horse Club 3.30 – 4.30
Y4 Football Mixed 3.30 – 4.30
Y6- Dance 3.30 – 4.30
Y6 Boys Football 3.30 – 4.30
Y5-Netball 3.30 – 4.30
Choir Years 4,5,6 3.25 – 4.25
Y3- Multi Sports 3.30 – 4.30

Thursday 3rd October

Friday 4th October

Extended Day

We still have places available for Breakfast Club if you need to get to work early, Monday to Friday 7:30–8:45am each morning at a cost of £3.50 per session for Glebe children. You do not need to attend the whole week, just the days you require. Please book places in advance by Thursday the week before through SchoolMoney. Breakfast items such as toast, croissants, cereal, waffles, pancakes, yoghurts and fruit juice all available.

Please do not bring your child to Breakfast Club unless they are booked in as they are not guaranteed a place. Any problems booking them in please contact the office on 01773 811304. Thank you.

After-School Club

After school club run by JPAC, every day, 3:30 to 6pm. JPAC Club contact number: 07971957839 www.jpacschoolclubs.co.uk

Online Safety

We will be sharing a weekly online safety resource from the National College as part of the #WakeUpWednesday initiative. See the school website under Parents tab, Online Safety

Help & Support

Senior Designated Safeguarding Lead contact details

Headteacher: Steve Watson Tel 01773 811304 headteacher@glebe.derbyshire.sch.uk or safeguarding@glebe.derbyshire.sch.uk

- **Children's Carers Support Group**

Useful information regarding the Children's Carers Support Group is posted on the school website under the News and Events tab, Letters Home.

- **Starting Point and Call Derbyshire**

Tel 01629 5330190 24/7, 365 days Derbyshire contact and referral service for concerns that a child is suffering or at risk of significant harm.

- **DCC Child Protection and Safeguarding Team**

Tel 01629 535353 If you require any professional advice or have any questions at all relating to a safeguarding issue.

- **Derbyshire Domestic Abuse Helpline 08000198668**

Free online mental health and wellbeing support, 7 days a week, for parents & carers of children & young people who live in derby & Derbyshire.

- **The Sleep Charity Helpline**

At any given time up to 40% of adults and 50% of children (this rises to 80% with a SEND diagnosis) have difficulties with their sleep. Yet in a recent survey, almost 60% of adults felt there was a lack of support for sleep issues. Sleep problems can leave people feeling isolated and lonely.

Our free helpline is run by trained sleep advisors, many of whom are specialists in working with

SEND. We can talk to young people directly, or parents (we can also talk to adults, including older people, about their sleep issues).

The helpline is open 5 times a week, Monday, Tuesday, Thursday evenings 7-9pm, and Monday, Wednesday mornings 9-11am. The number is 03303 530 541.

You can read more here: <https://thesleepcharity.org.uk/national-sleep-helpline/>

- **Free School Meals**

Derbyshire County Council website has a link that can provide an instant eligibility check for Free School Meals.

- **Is This Ok?**

Is This Ok? is a free, anonymous, and confidential service, bringing trained professionals together to provide support to young people through a chat service.

Young people don't need to provide their name and we don't need to know their address- which we know is important for them. www.isthisok.org.uk

Derby and Derbyshire Emotional Health and Wellbeing

This site provides a wealth of information for both professionals and families.

Please find the link below to the community updates.

Derby & Derbyshire - Emotional Health & Wellbeing

[\(derbyandderbyshireemotionalhealthandwellbeing.uk\)](http://(derbyandderbyshireemotionalhealthandwellbeing.uk))

INSET DAYS 2024/2025

6th January 2025, 22nd April 2025. One more date to be confirmed.

Diary Dates

10.10.2024 Parent Teacher Discussions 3.40pm – 6.20pm

10.10.2024 Year 5 Partake Theatre in school

14.10.2024 Recycle Week

16.10.2024 Parent Teacher Discussions 3.40pm – 6.20pm

23.10.2024 Flu Immunisation team in school

25.10.2024 Last day of term

04.11.2024 Back to school

05.11.2024 Year 3 Cresswell Crags Trip

20.11.2024 Individual photographs

20.12.2024 Last day of term

06.01.2025 INSET Day

07.01.2025 Back to school

14.02.2025 Last day of term

24.02.2025 Back to school

20.03.25 – 21.03.25 Lea Green Residential Year 4

04.04.2025 Last day of term

22.04.2025 INSET day

05.05.2025 May Bank Holiday

12.05.2025 SATS week – Year 6 - please ensure your child is in school

24.05.2025 Last day of term

02.06.2025 Back to school

30.06.2025 – 02.07.2025 Mount Cook Residential Year 6

24.07.2025 Last day of term

What Parents & Educators Need to Know about INSTAGRAM

AGE RESTRICTION
13+

Instagram is a highly popular social media platform with over 2 billion active monthly users. The app is continuously updating and adding new features to meet the wishes of its audience, allowing them to upload images and videos to their Instagram feed, create interactive 'stories', go live, exchange private messages or explore and follow other accounts that catch their eye.

Follow

WHAT ARE THE RISKS?

ADDICTION

Many social media platforms, Instagram included, are designed to keep us engaged on them for as long as possible. They encourage scrolling often and scrolling more in case we miss something important – in essence, a fear of missing out. On Instagram, young people can lose track of time when aimlessly scrolling and watching videos posted by friends, acquaintances, influencers and possibly strangers.

UNREALISTIC IDEALS

Children sometimes compare themselves to what they see online: how they look, how they dress, and the way their life is going in comparison to others on social media. However, most people only share the positives about their lives online and many use filters when sharing pictures of themselves. A constant comparison with unrealistic ideals can lead to insecurity over one's own appearance and lifestyle.

GOING LIVE

Livestreaming on Instagram allows users to connect with friends and followers in real time. Risks increase if the account is public, because that means anyone can watch the broadcast, which could result in further contact from strangers. Additional dangers of going live include an impulse to act inappropriately to draw more viewers, as well as being exposed to harmful content or offensive language.

INFLUENCER CULTURE

Social media influencers are sometimes paid thousands of pounds to promote products, services, apps and more. When celebrities or influencers post such content, it often says 'paid partnership' above the post. In April 2024, Ofcom found that over a quarter of children (27%) believed in influencer marketing, accepting their endorsement of products wholeheartedly. So it's perfectly possible for young people to be taken in by this kind of content.

PRODUCT TAGGING

Product tags allow users to tag a product or business in their post. This tag will take viewers directly to the product detail page on the shop where the item can be purchased. Children may also be encouraged by influencers to purchase products that they advertise.

EXCLUSION & OSTRACISM

Youngsters are highly sensitive to feeling excluded, which comes in many forms: not receiving as many 'likes' as expected; not being tagged in a friend's photo; being unfriended; not receiving a comment on their post or a reply to a message they sent. Being excluded online hurts just as much as offline. Young people have reported lower moods and self-esteem when excluded in this way, feeling as if they don't belong and aren't valued.

Advice for Parents & Educators

AVOID GOING PUBLIC

If a young user wants to share their clothing style, make up or similar and use product tagging to show off the items in their post, they may be tempted to change their settings to public. This leaves their profile visible to everyone, which carries the risk of strangers getting in touch with them. Set a child's account to private and explain the importance of keeping it this way.

HAVE AN OPEN DIALOGUE

Talk to children about the positives and negatives of social media, including the risks involved and how they can view or create content safely with family and friends. Explain how safety settings will ensure only followers can view them, and why this is so important. Also, if you find a child continuously uses filters on their photos, ask them why and impress on them that they don't need it.

MANAGE LIKE COUNTS

Due to the potential impact on mental wellbeing, Instagram allows users to hide the total likes on their posts, to prevent people from obsessing over that number in the corner. Users can hide like counts on all the posts in their feed as well as on their own posts. This means others can't see how many likes a person gets. This can be done by going into Settings > Notifications > Posts > Likes > Off.

USE MODERATORS

Instagram Live has implemented a mechanic called 'Moderators', meaning that creators can assign a moderator and give them the power to report comments, remove viewers and remove the ability for certain viewers to comment at all. Consider this if a child in your care wants to go live on the platform. It's also recommended to keep devices in communal spaces so you're aware if a child does go live or watch a livestream.

FOLLOW INFLUENCERS

Following influencers will allow you to monitor what they're sharing as well as being able to discuss anything which you deem inappropriate. Talk to children about who they follow and help them to develop critical thinking skills about what the influencer is trying to do. For example, encourage the child to ask themselves if an influencer is trying to sell them a product when they make a video endorsing it.

BALANCE YOUR TIME

Instagram has a built-in activity dashboard that lets you control how much time is spent on the app. Make sure children sign in to the platform with the correct age, as Instagram's 'Teen Accounts' afford much more control for parents and carers over how long they can use the app each day. Talk with young users about how much time they spend on Instagram and work together to set a healthy time limit.

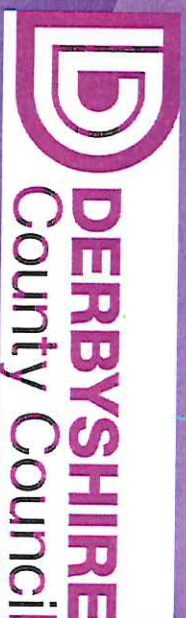
Meet Our Expert

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



Source: See full reference list on guide page at: <https://nationalcollege.com/guides/instagram-2022>

Are you caring for a child that is not your birth child (or being assessed to)? Whether this is by family arrangement, or an order such as Child Arrangements or Special Guardianship?
Then this group is for you!



Children's Carers Support Group

Why do children's carers need support groups?

- Support groups are a good way to meet people in similar situations, to help reduce loneliness and gain peer support
- Some carers for children do not always want people to know what is going on in their family and may feel isolated at the times that they need to talk the most.
- Caring is not easy at times, and it is good to speak to others who understand this
- Opportunities to seek advice; you can gain valuable guidance from one another
- Hearing the experiences of others in practically caring for a child, also their experiences in engaging in assessments and meetings with professionals
- Groups are important for everyone, at every stage of the journey in caring for a child – it is never too early or too late to join!

Details

The group is held monthly at Alice's View

Children's Centre in North Wingfield, S42 5XA from 13:00-15:00.

[flexible start and ending time to allow for nursery/school runs].

2024 dates [further dates to be confirmed]:

- 16th October 2024
- 20th November 2024
- 11th December 2024
- 22nd January 2025
- 19th February 2025
- 19th March 2025
- 16th April 2025
- 21st May 2025
- 18th June 2025

Please feel free to bring children with you e.g. if your child is not in education. The room at Alice's View is a café-style room with provisions for young children.

There is no need to book, just come along! If you have any questions, please contact
charlotte.murfin@derbyshire.gov.uk

What can you expect from the group?

- Informal! The aim is for the sessions to be a 'catch up/meet and greet'
- A worker from Children's Services will be present to support with introductions and discussing professional support for carers.
- A WhatsApp group has been set up to allow for carers to remain in touch and get indirect support.
- The group provides opportunity to discuss feelings/fears/hopes [if you wish to, this is your personal choice!]
- Hot drinks are not allowed in the room we are using, however cold refreshments and biscuits will be provided

The Brigg Infant School

Open Evening for New Starters 2025

On 30th September 2024, starting at 5pm

Or 17th October 2024, starting at 4.30.

For children born between 1 Sept 2020 and Aug 31st 2021



s

Are you looking for a great school where your child will achieve well in an extremely caring, highly motivating environment?

Then visit The Brigg Infant School on our open evenings. You will meet the dedicated staff and headteacher, tour our lovely learning environment, see our pupils' work on display, have the chance to ask any questions and see our starting school presentation.

Please book; call 01773 811317 or email...

Headteacher: Mrs A Spencer B.Ed (Hons) NPQH

39 South Street, South Normanton

Alfreton, DE55 2DA

Email: CBrown@brigg.derbyshire.sch.uk

Website: www.brigg.derbyshire.sch.uk

Learning together,

Growing Together,

Always trying our best.