

Welcome Back

Start of Term 3 Newsletter

I hope this message finds you well and that you had a restful and enjoyable break with your families. As we embark on the start of Term 3, I want to extend a warm welcome back to all our Lenham Primary family.

I trust that the past few weeks have provided you with an opportunity to recharge and create wonderful memories together. Now, as we return to the school routine, we are excited to continue the journey of learning and growth with your children.

This term promises to be filled with engaging activities, enriching lessons, and meaningful experience. My dedicated staff have been working hard to plan exciting and educational content that aligns with our commitment to providing a supportive and stimulating learning environment.

As we move forward, communication between home and school remains crucial. Please do not hesitate to reach out to your child's teacher or the office if you have any questions or concerns.

Parent View

Thank you to everyone who completed the parent survey for Ofsted. We had some fantastic results.

93% of parents say their child is happy at school.

9% of parents said the school makes me aware of what my child will learn during the year.

You can access parent view yourself by searching the school.

Pupil Voice

In the last week of term the children completed pupil voice, again we had some great results.

91% of pupils say they enjoy school.

93% enjoy learning at school

98% of pupils say bullying isn't a problem at Lenham Primary School

94% of children say the school encourages them to respect everyone from all backgrounds.



Up and coming dates

This term

12.1.23 Mid Year Reports

6.2.24 Parents evening

7.2.24 Farm visit

8.2.24 Parents evening

Further forward

26.2.24 Book Fair

6.3.24 year 4 Trip

19.4.24 Year 1 Trip

24.4.24 Year R Trip

17.4.23 Class photos

20.5.24 Year 3 Trip

24.5.24 INSET

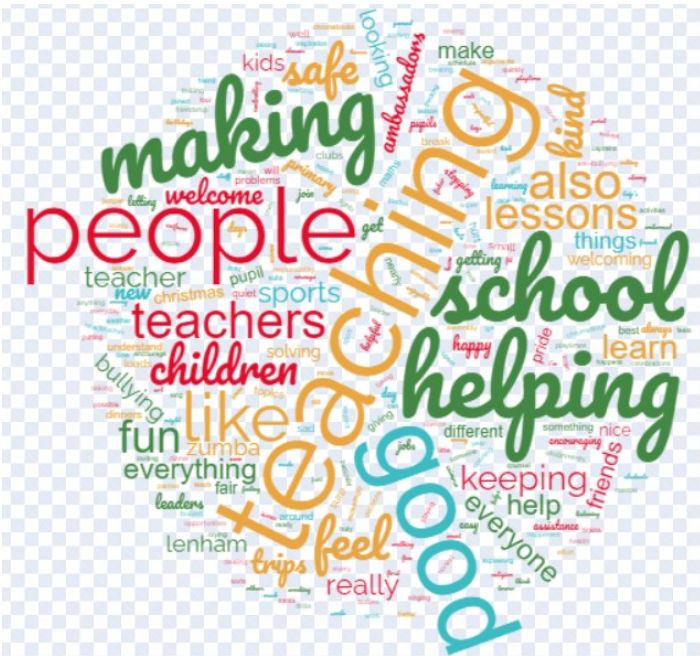
28.6.24 Sports Day

10.7.24 Year 6 Residential

12.7.24 INSET Day

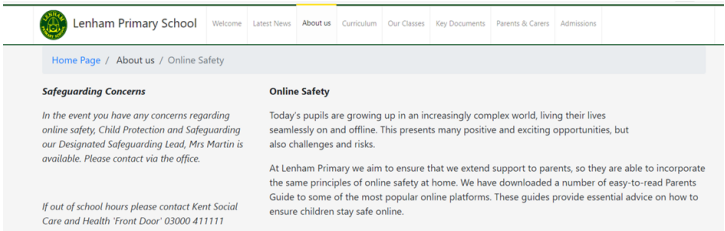


The children were asked what are we good at, below shows what words were used the most to describe what we are good at.



Online Safety at Home

As parents online safety at home can be a challenging world but there is lots of support out there. We pop lots of information up on our website.



If you go to the tab about us– online safety. We have uploaded lots of parent guides.

I am attaching on the next two pages the parent guide on Roblox and Mental Health.

As a school we talk about mental health and the importance of keeping our mind healthy.

If you have any questions please contact the office and we will happily help– office@lenham.kent.sch.uk

Mrs McCluskey



What Parents & Carers Need to Know about ROBLOX

Roblox is one of the most popular video games on the market. By 2020, the game's makers were claiming that more than half of children in the USA play it. As a 'sandbox' title, Roblox offers a huge amount of creative freedom; it lets players create their own gaming experiences with the Roblox Studio to build custom levels and games, which can then be shared with other players online. Roblox fosters creative thinking and enjoys a robust online community of fans.



WHAT ARE THE RISKS?

CONTACT WITH STRANGERS

Roblox encourages players to communicate online (including a group chat facility). This could expose children to risks such as scammers, online predators, harassment, griefers and more. The in-game chat has some filters, but isn't perfect: players can still send harmful messages to others – such as general hostility – while predators can reach out to children directly.

ONLINE DATERS

These are also called 'ODers' and are quite common in Roblox. An ODER is an individual who joins a game with the intention of finding someone to date online – and eventually meet in person. Such online dating is against the Roblox community guidelines, but this usually doesn't deter ODERs. Some player-built Roblox game worlds have even been designed with online dating specifically in mind.

PUBLIC SERVERS

Roblox has private or VIP servers which allow people to play exclusively with their friends, but this costs money. Most Roblox players will instead be on public servers that anyone can join. Servers can host games which focus on all kinds of aspects, including direct player interaction. Some games and servers, therefore, will put children more at risk of contact from strangers than others.

IN-APP PURCHASES

Roblox is actually free to download and play, but bear in mind that there are some hidden costs. Players are encouraged to make purchases in the game, for example, using real money. People can also buy extra Robux (the in-game currency) to spend on cosmetic items in the game, and some private or VIP servers also have a cost.

Advice for Parents & Carers

SET PARENTAL CONTROLS

Roblox comes with several parental control options, which are explained well on the game's official website. It's essential to enter the correct date of birth for your child, as that allows Roblox to automatically apply the appropriate chat filters. The game also allows parents and carers to set monthly spending restrictions and monitor their child's account.

DISABLE PRIVATE MESSAGING

Roblox's private messaging function raises the risk of children being contacted by people they may not want to speak with – potentially leading to bullying, harassment, toxicity and scam attempts. The game allows you to disable messages from anyone who hasn't been added as a friend on your child's account.

PRIVATE SERVERS

If your child has genuine friends who they play Roblox online with, paying for a private or VIP server decreases the risk of contact from strangers. Even then, however, some players could invite other people – who might not necessarily be child friendly – into the private server. If your child is a Roblox fan, it's important to talk with them regularly about who they are playing the game with.

MONITOR SPENDING

If they don't understand they're using real money, it's easy for children to accidentally spend a sizeable amount in the game. Using parental controls to place limits on their spending will help avoid any nasty financial surprises. Ensuring that you have two-factor authentication on your payment accounts also makes it harder for your child to spend money inadvertently.

DEALING WITH STRANGERS

At some point in their development, your child will need to learn how to deal with strangers online. Show them how to block and report any users who are upsetting them or asking uncomfortable questions. Talking to them about what's OK to discuss – and what they should never tell a stranger online – will help them understand how to communicate with others safely in the digital world.

Meet Our Expert

Clare Godwin (a.k.a. Lunawolf) has worked as an editor and journalist in the gaming industry since 2015, providing websites with event coverage, reviews and gaming guides. She is the owner of Lunawolf Gaming and is currently working on various gaming-related projects including game development and writing non-fiction books.



Sources: <https://www.theverge.com/2020/7/21/2133343/roblox-over-half-of-us-kids-playing-virtual-parades-fortnite>
<https://corp.roblox.com/parents/>

SUPPORTING CHILDREN'S MENTAL HEALTH

10 Conversation Starters for Parents

Talking about mental health to children is sometimes hard. To the point that we can put off raising the subject, not wanting to unearth problems or raise overwhelming subjects that we perceive our child is too young or not ready for. But rather than keeping children in the dark, this guide is designed to help you confidently talk about mental health, so they feel comfortable talking about their own worries and end any stigma before it begins.



#WakeUpWednesday

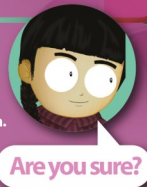


1 LISTEN

This sounds obvious, but it is not something we are always great at. Active listening is where we listen without interrupting or making judgements and shows interest in what is being said. If your child feels listened to in the 'smallest of problems' they will become confident that you will listen when the 'biggest of problems' arise.

2 ASK TWICE

The campaign from time to change is great. <https://www.time-to-change.org.uk/support-ask-twice-campaign>. Be tenacious about your child's wellbeing. Children instinctively know when your questions and support come from a place of wanting to help and care.



6 TALK ABOUT MENTAL HEALTH NATURALLY

Speak about mental health as part of everyday life, so that talking about our feelings and those of others is normalised. If the usual 'are you ok?' is not creating an opportunity for dialogue then say something like 'I know when something like that has happened to me I felt like this... is that how you are feeling or are you feeling something else?'

7 EMPATHISE

'It makes sense that you would feel this way, it is understandable'. Children often worry about things that we, as adults, might see as trivial or silly. However, for them at their age and stage it is a big concern and they need our kindness and care when they show their vulnerability and share their worries.



3 THERE IS NO SUCH THING AS A STUPID QUESTION

This advice also relates to the first point. If your child can ask you any questions about the smallest of things and you listen and answer without shaming or belittling, then they will have more confidence to ask the biggest of questions.



8 HELP YOUR CHILD FEEL SAFE

Teens particularly feel that by talking about their worries or concerns that this will make things worse. Reassure your child that you will discuss a plan of action together and what may or may not need to happen next. If they are a younger child, it is likely you will need to lead the conversation and explain next steps.



4 BE OPEN AND HONEST

Children appreciate honesty, particularly if you are having to share information or talk about a difficult subject. For example, you may be talking about death or loss; 'It's very sad that Nana has died' or 'I feel sad that Nana has died'. How you talk about a subject will differ depending on their age and developmental maturity. Talking about death to a younger child for example will be different to that of an older teen, as their experience and understanding of death is different.

9 MIND YOUR LANGUAGE

Be mindful of the language you use at home to describe and talk about mental health. Stigma often arises from misconceptions and a choice of language which is harmful. Using the word 'mental', 'man-up' or other such words in a derogatory way won't encourage your child to talk about their mental health for fear of being belittled.



5 KNOW WHEN TO SEEK HELP

Assess the severity of the mental health difficulty you are noticing. Is the difficulty making it hard for your child to function regularly throughout everyday life? How frequently is your child affected, how long does it last and how persistent is it? Are they having problems controlling the difficulty? Talk to your child about your concerns and that it is likely they will need further support beyond family and friends.



10 IT IS OK TO SAY 'I DON'T KNOW WHAT TO DO NEXT'

Adults do not have all the answers but often children think they do. It is ok to acknowledge that what your child is experiencing is not something you have come across before or know anything about, but that you will work it out together and seek help together.



Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.



Sources of Information and Support

Your GP
Young Minds <https://youngminds.org.uk/v>
<https://www.nhs.uk/conditions/stress-anxiety-depression/>
<https://www.actionforchildren.org.uk/news-and-blogs/parenting-tips/2016/november/a-simple-guide-to-active-listening-for-parents/>
<https://www.themix.org.uk/mental-health>

