



NEWSLETTER

Regular news updates from All Saints School, Lessingham

KEY DIARY DATES

February:

- 6th: Safer Internet Day
6th: Yr 9 Option calls home
5th-9th: Inter-house PE tournament
8th: Yr 7 Gymnastics trip
8th: Yr 9 Options handed in
9th: Yr 7 trip to London
12th: Yrs 8 & 9 to UEA
15th: Upper Juniors to North Walsham Church
15th: GCSE Art trip to Norwich Museum
- 19th-23rd: *** Half Term *****

IN THIS ISSUE

Message from Ms Dangerfield

Safer Internet Day

Online Forum

Yr 7B

Lower juniors

College—Yr 9

Poems

Upper Junior Assembly

PE

Congratulations...

Flourish Survey

Cyber Flashing

Internet Safety Poster

Numbers to contact for help

Ms Dangerfield: 07879 875925

Miss Paffett: 07733 417296

Norfolk children's support line:

Text 07480 635060 or call 0344 800 8029

MESSAGE FROM THE HEADTEACHER

Can you help us?

Since September we have dealt with 52 online safety concerns – some have been so serious we have involved the police. Areas that we are supporting include:

- * Photo sharing without consent (sometimes nude photographs)
- * Sharing of telephone numbers, without consent
- * Messaging / phoning at unsociable times (some as early as 5am, some as late as after midnight)
- * Content of messages inappropriate or unkind

Safer
Internet
Day 2024 | Tuesday
6 February

Coordinated by the UK Safer Internet Centre

Safer Internet Day is on 6th February 2024 and will be joined by organisations worldwide in approximately 170 countries in an effort to make the internet a safe place for children and young people.

In school next week we will be exploring this year's theme of '**Inspiring Change**'.

You can help us at school by taking the time to sit down and talk with your children about who they are contacting, to check their devices to see the times of the day they are messaging others, to ask them if they have received anything online that is making them feel uncomfortable, by reminding them to talk to you so you can keep them safe.

By having **positive conversations** with your child, they are more likely to come to you when they need help and together, family and school, we can help keep them safe.

This link <https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2024/parents-and-carers> has some excellent information for parents and carers, including a video to watch and questions that you can explore together. As *always, please contact us in school for any help or support.*

Please see attached flyer regarding creating a poster challenge which will be held in school.

Online Forum — Thursday 8th February 2pm-3pm

All Parents and Carers are warmly invited to our next Online forum, the subject of which will be: "The Role of SENDIASS in supporting Parents and Carers of Young People with SEND", taking place on **Thursday 8th February from 2.00pm to 3.00pm.**

Our guest will be Leah Sloman from SENDIASS (Special Educational Needs and Disabilities Information Advice and Support Service).

This will take place over Zoom - on the day please just click on the link or copy and paste into your browser to join:

<https://us02web.zoom.us/j/89064110312?pwd=c2FyTXVqWXlRYzYrRSsxY3NOaG94Zz09>

We really hope you are able to join us!



Yr 7B

7B having been learning some new cookery skills in our independent living sessions!

We all had a go at cooking eggs in a variety of ways

Lower Juniors

Lower juniors have enjoyed learning about Roman art, creating a mosaic helmet and a Roman shield using patterns. They put their shields together to protect each other- just like the Romans used to do.



Otis

Otis, the Lower Junior's Otter, had a fabulous weekend with Oliver. They went skating, for a bike ride had a lovely roast dinner with Oliver's Nanny and Grandad.



College—Yr 9

A huge well done to all of year 9 for being proactive and asking lots of questions to support their choices for their options.

Yesterday, the year 9 boys had the opportunity to visit construction and the motor workshops at East Coast College – all represented the school beautifully and took the opportunity to ask the course leaders some key questions about what the course entails.

A huge thank you to Andy who took the time to show us around and for allowing us to take a sneak preview of the welding, brickwork, engineering and the fabrication workshops...all were really impressed to see work being carried out on one of the vehicles owned by the Hippodrome circus....the jet engine was also a key talking point that we were able to see in the engineering workshop!

Lyndon, our construction teacher was able to talk to us at length about the things we would be learning and making with him; it was really good to see work 'in action' that was being produced by year 10 and 11 students at All Saints - clocks, bird houses, a go cart, cabinet and a bedside table.

Huge well done to Liam, Tom, Rio, Tristen, Leland, Harry, Zak and Taylor – we could all see how much you were enjoying your course.



Farmers

When there's no rain farmers groan in pain
And in unseasonal rain their grain floods the drains.

With farmers in a mess they need to distress
Harvesting in pain—how will we remain?

Blistered hands pray for no work today
Broken backs face cold hard facts.

Fin hopes for a new day, what can we say?
Bills to pay, but no time to lay.

Losing hope, he cannot cope.
Who can he turn to?
Who's been digging ditches?

Well Grace of course! And all her new found riches.

By Grace



Poems

How a good horse is shaped

He needs

A body like a tiger,

Eyes that sparkle like stars

A tail and mane that are soft as snow

Ears pointy as arrows

Legs are as strong as a machine,

His teeth are like white as cream

He runs as fast as the wind.

By Lily



How a phoenix is shaped

They need:

Eyes glinting like a gold coin

And red as a new born's blood

Wings of a fire bird

Feathers like Bunsen burners

As colourful as the red sea

Lights up the night sky like a candle.

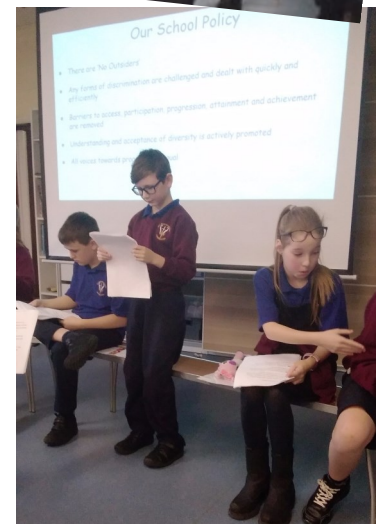
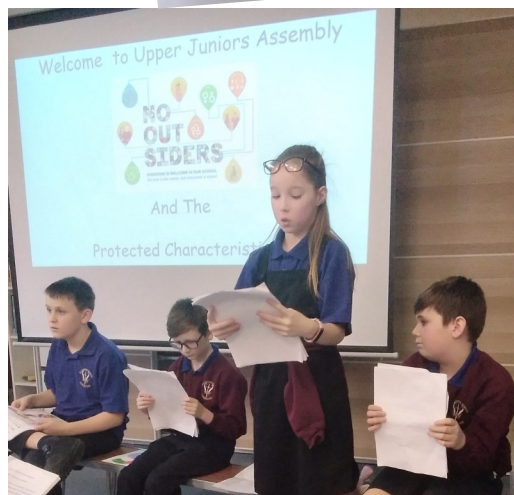
A tail like an exploding sun and a beak like a burning catapult.

By Thomas



Upper Junior Assembly

The Upper Juniors have truly demonstrated the school's ethos of 'No Outsiders' by presenting an assembly in front of the whole school .



PE

Year 8 had a brilliant afternoon of activities at UEA SportsPark with the cohort of trainee PE secondary teachers learning all about how to support students with SEN in a PE environment. Thanks to @UEA_PGCE for hosting us and the trainees for being so enthusiastic in what was the 2nd year that this event has happened.



Congratulations to...

Thomas who has achieved his level 1 coaching in basketball.

Well done Thomas!

Millie for achieving a personal best park run time last weekend and getting to ring the personal best bell at the finish line.



Flourish Survey

Helping Norfolk's Children and Young People to feel understood



We are pleased to inform you that our school, along with several others in the county, has agreed to take part in this year's Flourish Survey. We have been invited to take part in the survey to support the work of Norfolk County Council (NCC) and their partner organisations of the Children and Young People Strategic Alliance (CYP SA).

The Flourish Survey is an important opportunity for our school to give our students a platform to have their voices heard across a wide range of topics from their lives. This insight will not only benefit and inform the decision making of NCC and CYP SA but also be of great value to our school, students, and wider community.

The Flourish Survey is a comprehensive set of mostly multi-choice questions for children and young people to answer directly with their views and feelings. The survey will be run by SHEU, a specialist national company who has been undertaking surveys in schools for over 40 years. Over 3000 schools have used SHEU, with many of them regularly repeating surveys with them.

The questions will cover the topics of the Flourish ambition for CYP in Norfolk:

Friends and Family, Learning, Opportunity, Understood, Resilience, Individual, Safe & Secure and Health. Click this link to learn more about the [Flourish ambition](#) or find further information at www.norfolk.gov.uk/flourish

The unique insight gained from students at our school completing the survey can benefit the school in a number of ways including:

- ♦ providing an indication of current student wellbeing, empowering our school to better meet their needs and aspirations
- ♦ informing curriculum decisions – identifying gaps in the current offer to students in terms of knowledge and need
- ♦ providing evidence for OFSTED and our governing bodies around personal development, behaviour and welfare, demonstrating a proactive approach
- ♦ informing training needs for our staff and as a starting point for wider discussions with governors and our school community

For our students, benefits include:

- ♦ an opportunity to take part in active citizenship – lending their voice to a project that will inform decisions being made in many aspects of their own and their peers' lives.
- ♦ feeling listened to and understood by the adults supporting them, around what they want and need.
- ♦ having a positive influence on our school and wider community.
- ♦ enjoying a chance to do something a little different from their everyday school routine.

The results of the survey will provide our school with a completely confidential report summarising the behaviours and perceptions of our students, benchmarked against the wider county picture. Please note that individual students will have **complete anonymity** when completing the survey and will not be identifiable from the data in the report. Students may also leave out any questions that they feel uncomfortable answering and will be fully supported by our staff throughout the process.

NCC and CYP SA will receive only summary data in which neither individual children and young people or schools are identified.

I hope you will agree with us that taking part in this survey only seeks to enrich our school and wider community with valuable insight into our students' wellbeing. If you have further questions or any concerns please contact us here at school or the team behind the survey at flourish.survey@norfolk.gov.uk. Alternatively, please refer to the attached FAQs for more guidance.

Keep your child safe from cyber-flashing

What is it?

Cyber-flashing happens when a stranger sends an explicit picture, uninvited, to a device (such as a phone or tablet) via Wi-Fi or Bluetooth. It's sexual harassment.

It's most likely to happen on public transport or in crowded places.

The file-sharing app AirDrop for iPhone and iPads is most commonly associated with cyber-flashing, but there are lots of different file-sharing apps out there. With AirDrop, it can be easy for anyone to send unsolicited images. The automatic preview feature means you also see images without actually opening them.

The **Online Safety Act 2023** will make cyber-flashing a new criminal offence. It will be illegal for anyone to send or show a photo or film of any person's genitals to cause alarm, distress or humiliation, or for the purpose of their own sexual gratification. This offence will come into force once secondary legislation has been written.

3 steps to keep your child safe

1. Restrict who can send files to your child's phone

Most file-sharing apps allow users to restrict who can send files to them by Wi-Fi or Bluetooth. Find out which apps your child uses, then make sure your child knows how to use these settings.

For AirDrop on **iPhones**:

- ◆ Open '**Control Centre**' (swipe down from the upper-right corner or up from the bottom of the screen, depending on the model)
- ◆ Press firmly on the **network settings card** (this is in the shape of a square) in the upper-left corner. This will open more connectivity controls
- ◆ Tap and hold the **AirDrop** icon
- ◆ Select '**Contacts Only**', or '**Receiving Off**' (to not receive AirDrop requests)

Or, do this by going to Settings > General > AirDrop

Some of the other most popular file-transfer apps include: Google Drive, Dropbox, Microsoft OneDrive, AirDroid, Zappy

Make sure your child knows to only accept files from people they know.

2. Turn off Bluetooth when not using it

Otherwise, it can be easy for strangers nearby to send images to your child's phone.

To do this on **iPhone**, open 'Control Centre' (see above), then tap the Bluetooth icon (it looks like a 'B'). The icon dims when it's off.

On **Android**, swipe down from the top (you might need to do this twice or scroll across). Then tap the Bluetooth 'B' icon to turn it off. It'll be grey when Bluetooth is off.

3. Make sure your child knows what to do if it happens to them

If your child doesn't feel in immediate danger, they should take a screenshot and report the incident to the police using the non-emergency numbers:

- ◆ If it happens on public transport, text 61016 or call 0800 40 50 40
- ◆ If it happens anywhere else, call 101

If your child feels scared or in immediate danger, they should call 999 and move to a safe place, find someone in authority to talk to, such as platform staff, a security guard or a shop manager. If it happens in school, your child should talk to a trusted adult immediately. If it has happened outside of school, you or your child can still ask the school for support.

It can be difficult for children to tell someone about sexual harassment

If your child tells you about being a victim of an incident of cyber-flashing, make sure you:

**** Listen to them carefully, reassure them you'll support them and remain non-judgmental ****



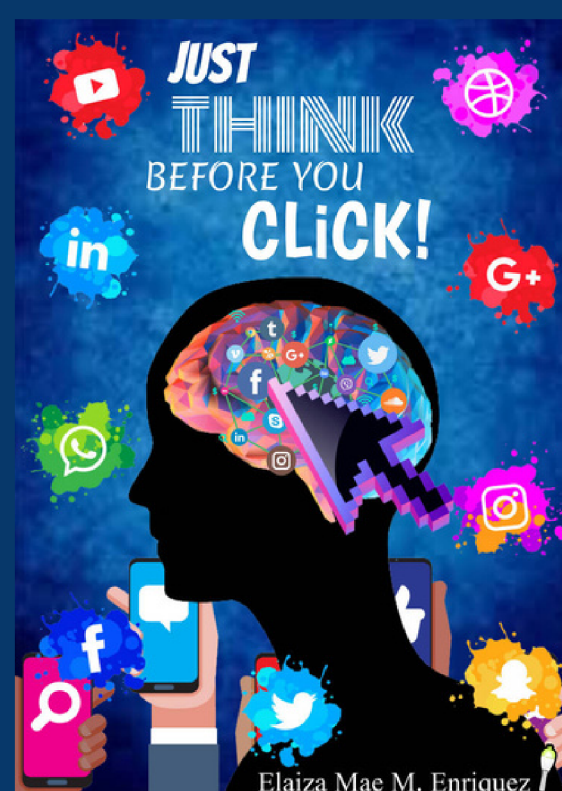
POSTER DESIGN COMPETITION

Safer
Internet
Day 2024 | Tuesday
6 February
Coordinated by the UK Safer Internet Centre

Poster theme – Safer Internet Day 2024

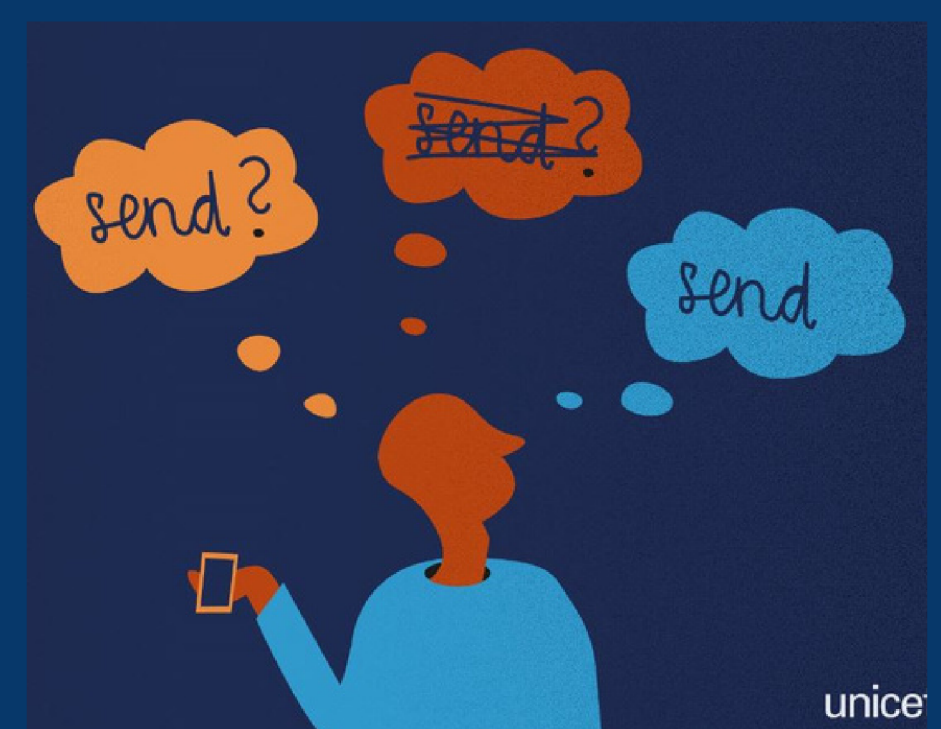
For Safer Internet Day 2024, the School will be holding a poster design competition open to all year groups. The theme for your posters should be about **thinking first** before clicking on online links or before pressing SEND on any messages.

EXAMPLE POSTERS FOR IDEAS



COMPETITION RULES :

1. The design should be based on your own imagination/idea. Don't take other people's work.
2. Words that must be included are : THINK, CLICK, SEND
3. The judges' decision is final.
4. Posters must be submitted by Friday 9th February.
5. Winners will be announced before half term.



PRIZE FOR THE BEST POSTER DESIGN IN EACH YEAR GROUP