

Thursday 17th February

## Children Mental Health and Well Being Week

At Madron we put a lot of emphasis on your child's mental health and well being. We have focused on this this school year with our Culture of the Heart work. Last week we watched assemblies and completed activities.

Here are some of the things the class did:

Class1 Have been talking about their support balloons and the people around them that can help.

Class2 Have been talking about kindness and to check in on each other.

Mental Health is not just something we do one week of the year. It's important every day.

For more resources to help you please go to:

[Parents and Carers - Children's Mental Health Week \(childrensmentalhealthweek.org.uk\)](https://www.childrensmentalhealthweek.org.uk)



## Safer Internet Day

On Tuesday 8th February we focused on Safer Internet Day activities.

The theme this year is 'All fun and games? Exploring respect and relationships on line'.

We want our children to enjoy using the internet safely.

Here are some comments from the children about their learning on that-

"We have made posters about keeping safe on the internet. It's really important to know this and to be respectful to others." Layton

A useful for parents and carers with 10 top tips is:

[Advice for parents and carers - UK Safer Internet Centre](https://www.saferinternet.org.uk)

## World Book Day Thursday 3rd March

### Get ready for celebrating reading!

We are asking children to dress up as their favourite book character.

### Readathon!

Your child has brought home a sponsor form for this. Please collect as many sponsors as possible.

Proceeds are shared between school and Shelterbox.

## Good bye to Mrs Miles!

We are sad that Mrs Miles is leaving the school. It's always hard in a small school when a long standing member of staff leaves. Mrs Miles has shown dedication to Madron C of E School and we will miss her! Thank you to the class 1 parents for arranging the surprise goodbye for Mrs Miles on Tuesday. It was really appreciated.

I am sure you will join me in wishing Mrs Miles every success and happiness for the future wherever it takes her!

## St Pirans Day Celebrations!

On Thursday 3rd March the St Piran's concert will take place at St John's Hall at 7pm. We have invited children all, of class 2 to take part. Please make sure you bring your child's letter back on Monday 28th February if your child would like to take part

## Job vacancy

**Caterlink, our Catering company, have vacancy for someone to help prep, serve meals and clear up. 10 hours a week minimum wage paid term time only.**

Please contact  
kcooper@caterlinkltd.co.uk

*Children Flourishing at Madron  
Daniel Cof E School*

**Stars of the week w/e 11.2.22**

Class 1 Benjamin

Class 2 The girls sport team

**Responsibility Award**

Class 1 Renesmee

**Perseverance award**

Class 1 James

**Courage award**

Class 1 Emi

**Golden Tickets**

Class 1 James

Class 2 Leo

**Star readers**

**Stars of the week w/e 17/02/22**

Class 1 Olly

Class 2 Lowenna A

**Respect Award**

Class 2 Lowenna B

**Courage award**

Class 1 Emi

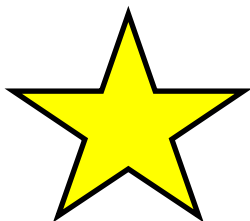
**Golden Tickets**

Class 1 Kian

Class 2 Evie

**Star readers:** Kian, Corey and Ruby

*Well done to all these children!*



**Family Support Worker**

Our Family Support worker is Sally Sharp.  
Sally can sign post you to any services. If  
you want to make an appointment to see  
Sally contact her on

Mob: 07483 176809 | External Tel: 01872 322222

Email: [sally.sharp@cornwall.gov.uk](mailto:sally.sharp@cornwall.gov.uk)

**Dates for your diary**

**INSET Day** Friday 18th February

**Half Term**-21st February-25th February

**World Book Day**— Thursday 3rd March

**St Piran's Concert**— Thursday 3rd March 7pm @St John's  
Hall

**St Piran Parade and Dance**—Friday 4th March

**End of Spring Term** —Friday 8th April

**Start of Summer Term**— Monday 25th April 2022

**Bank Holiday**-Monday 2nd May

**Half Term**— 30th May-3rd June

**INSET day**—Monday 6th June

**End of summer Term**—22nd July

**FOMS Coffee and chat**

All parents and carers are welcome for coffee  
and chat on Tuesday mornings 9-10 in the can-  
teen. All proceeds to our fundraising group  
Friends of Madron School

Next FOMs meeting is  
Wednesday 9th March

2pm

See you there!



**An Baya**

TOGETHER WE CAN MAKE A DIFFERENCE

# 10 Top Tips for Respect Online: A DIGITAL WORLD FOR EVERYONE

Even before lockdowns inflamed the situation, one in every five 10- to 15-year-olds was experiencing bullying online: abusive messages, having rumours spread about them or being excluded from group chats, for example. Through smartphones and tablets, we're used to being able to communicate from anywhere, at any time – but digital devices became commonplace so quickly that it caused a problem: as a society, we haven't properly adjusted to how different they've made life. Our tips can help you to build positive relationships online and avoid some of the potential issues.

## WHAT IS NETIQUETTE?

Etiquette is a set of rules to help us interact with others: like a code of respect. People follow this code every day (mostly without even thinking about it) and it can help us decide how to act in certain situations. 'Netiquette' (etiquette on the net – we see what they did there!) is the same, except it's designed to help us interact with others online, which is sometimes a whole different ball game.

## 1 SEE THE OTHER SIDE

Usually when we're online, we can't see the other person's body language or tone of voice to give us clues about what we can say to them, or how to say it. Try to think what the situation might be like for them, how they're feeling and whether we'd say the same thing if they were actually there with us.

## 2 HIT THE PAUSE BUTTON

Without a person physically there in front of us, it's easy to send something quickly – before we've really thought about whether it's helpful or kind. Just because we can do things quickly doesn't mean we should; it's better to pause for a second and think it through, instead of simply reacting.

## 3 MIND YOUR LANGUAGE

People have invented loads of different ways to communicate online (emojis, abbreviations like LOL, TBH and so on). Some of these can be triggering to other people (such as USING CAPS SO IT LOOKS LIKE YOU'RE SHOUTING!), so it's important to stay aware of the style of language you're using.

## 4 BE SURE BEFORE YOU POST

On social networks like Instagram or Facebook, vast numbers of people might see what you've posted. So if that's something negative about a person, it can feel hugely painful for them. If you're ever tempted to post something like that, ask yourself "do I really need to go public with this?"

## 5 PROTECT YOURSELF

Always think very carefully before sharing any personal information with someone else or in a group. Once something's been put online, the sender loses any control over where it goes and who might see it. If you've got any uncertainty at all, it's a good idea to talk to a trusted adult about this first.

## 6 KINDNESS IS CATCHING

Negative communication can spread rapidly online, but so can being kind and helpful (this happened quite a lot during lockdowns, for instance). A friendly, positive message can make a big difference to someone as well as helping us feel good about ourselves – so share the love!

## 7 WAITING CAN BE HARD

When we've sent a message or posted something online, waiting for a reply or for someone to respond can make us anxious. It could be helpful to think whether you really have to message or post right now – or if you could wait until a better time when it will cause you less anxiety.

## 8 THE NET LOVES ATTENTION

Most apps, games and sites use sophisticated technology that's designed to keep us coming back for more. It's important to keep this in mind when you feel the need to reach for your phone, tablet or console – once we understand this fact, it becomes easier to control how we use our digital devices.

## 9 REPLY WISELY

Sometimes it's tempting to fire back an instant response to a post or message we don't like. How we respond is important, however – whether we reply privately to the person or on a platform where lots of people will see it, for example, makes a big difference to how whoever is receiving the message will deal with it.

## 10 FORGIVE AND FORGET

Even though we try to avoid them, mistakes can – and do – happen online. They can sometimes feel like a bigger deal than they actually are. It's important to remember that we're all only human, and sometimes we mess up. Learn to forgive others and – just as importantly – to forgive yourself.

## Meet Our Expert

Dr Carole Francis-Smith is an experienced counselling psychologist who, through her research, specialises in promoting safe and ethical online communications. She consults with businesses and organisations to support positive and effective communication online, often by considering some of the more hidden aspects of the mediums.



National Online Safety®

#WakeUpWednesday

Source: <https://www.gov.uk/government/news/one-in-five-children-experience-online-bullying> and <https://www.publishing.com/paywall/bac0404f111> | [https://www.researchgate.net/publication/345443\\_The\\_Online\\_Distribution\\_Effect](https://www.researchgate.net/publication/345443_The_Online_Distribution_Effect)