



Dear parents and carers

We have had a very busy half term as usual with lots going on for the children. The nursery children took part in a great project on cats for their home learning, which they thoroughly enjoyed. We all learned lots about cats and their food and care. Year one children went on a trip to the Sea-Life London Aquarium and were accompanied by staff and parents. We have lots more trips planned over the next term and you will be hearing about them all very soon.

I would like to thank you once again for your support in all that we do at Odessa.

Mrs. Barber

Clare Barber
Head teacher



Internet Safety Week

This week Odessa has marked Internet safety week. The children have been taught how to stay safe online through online stories as well as activities in computing lessons. We appreciate your support in keeping your children safe online and would like to share with you some suggestions and ideas. If you have time during the half term it would be an ideal time to review your internet settings and ensure that content that your child is accessing is age appropriate. We are also aware that we have to consider the impact of the internet on children's mental wellbeing, it is essential that children have a limited time on devices. Having quality interactions with our children is vital to their development both emotionally and academically.

Please use the below links to explore more internet safety:

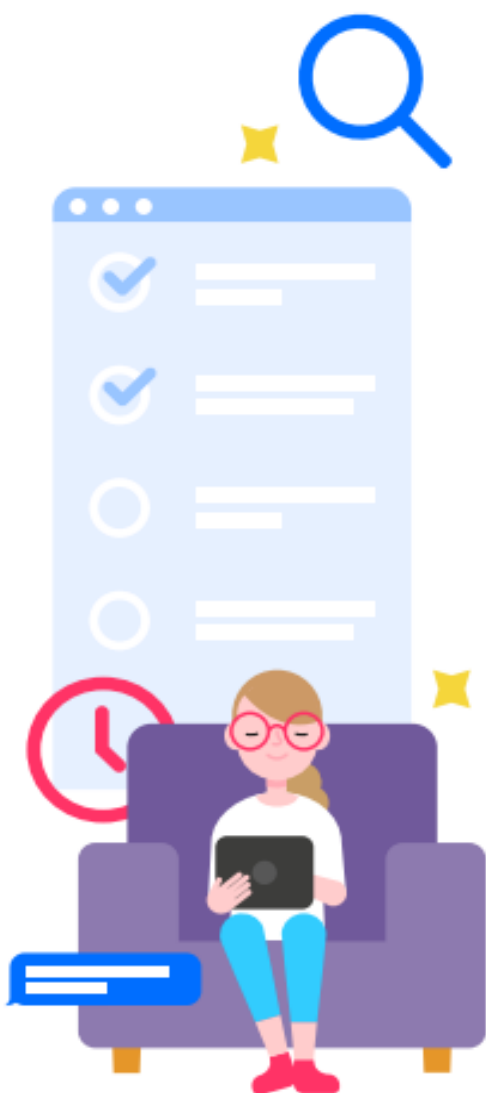
<https://www.nspcc.org.uk/keeping-children-safe/online-safety/parental-controls/>

<https://www.internetmatters.org/>

On the next few pages there is more information about internet safety from the website [internetmatters.org](https://www.internetmatters.org)

Online safety tips for parents of primary school children 6-10 Year Olds

internet
matters.org



Checklist:

Agree on boundaries

Be clear about what your child can and can't do online – where and when they can use the internet, how much time they can spend online, the sites they can visit and the type of information they can share. Agree with your child when they can have a mobile phone or tablet.

When you do give them their first device make sure that it is set up appropriately for them with the right parental controls in place. It's a good idea to **introduce tech-free meal times** and encourage them to **keep phones out of the bedroom at night** to help them build a healthy screen time balance.

Put yourself in control

Set parental controls on your home broadband and any internet-enabled devices. Set up a user account for your child on the main device they use and make sure other accounts in the household are password-protected so that younger children can't access them by accident.

Explore together

The best way to support your child online is to **talk to them about what they do online** and what sites and apps they like to use. Be inquisitive and ask them to show you their favourites to check they're suitable.

Search safely

If you let your child search independently, **make sure safe search is activated on Google and other search engines**, as well as restricted mode on YouTube. You can set your default search to one designed specifically for children, such as Swiggle, and can save time by adding these to your Favourites.

Check if it's suitable

The age ratings that come with games, apps, films and social networks are a good guide to whether they're suitable for your child. **For example, the minimum age limit is 13 for several social networking sites**, including Facebook, Instagram, Snapchat and TikTok.

Make use of platforms and services designed with children in mind like CBBC, YouTube Kids, Sky Kids, BBC iPlayerKids. Although sites aimed at under-10s like Spotlite (Formerly Kudos) also have social networking elements. See other similar social networking sites built for kids in our ['Social networks made for kids' guide](#).

Stay involved

Encourage them to use their tech devices in a shared space like the lounge or kitchen so you can keep an eye on how they're using the internet and also share in their enjoyment.

Talk to siblings

It's a good idea to talk to any older children about what they're doing online and what they show to younger children. **Encourage them to be responsible and help keep their younger siblings safe.**



Know this stuff matters, but don't know where to turn?

Internet Matters is a free online resource for every parent in the UK. We'll show you the best ways to protect your children online – with information, advice and support on all the big online safety issues.

44%
of 5-10 year olds
have their own
mobile phone*

81%
use a tablet
to go online*

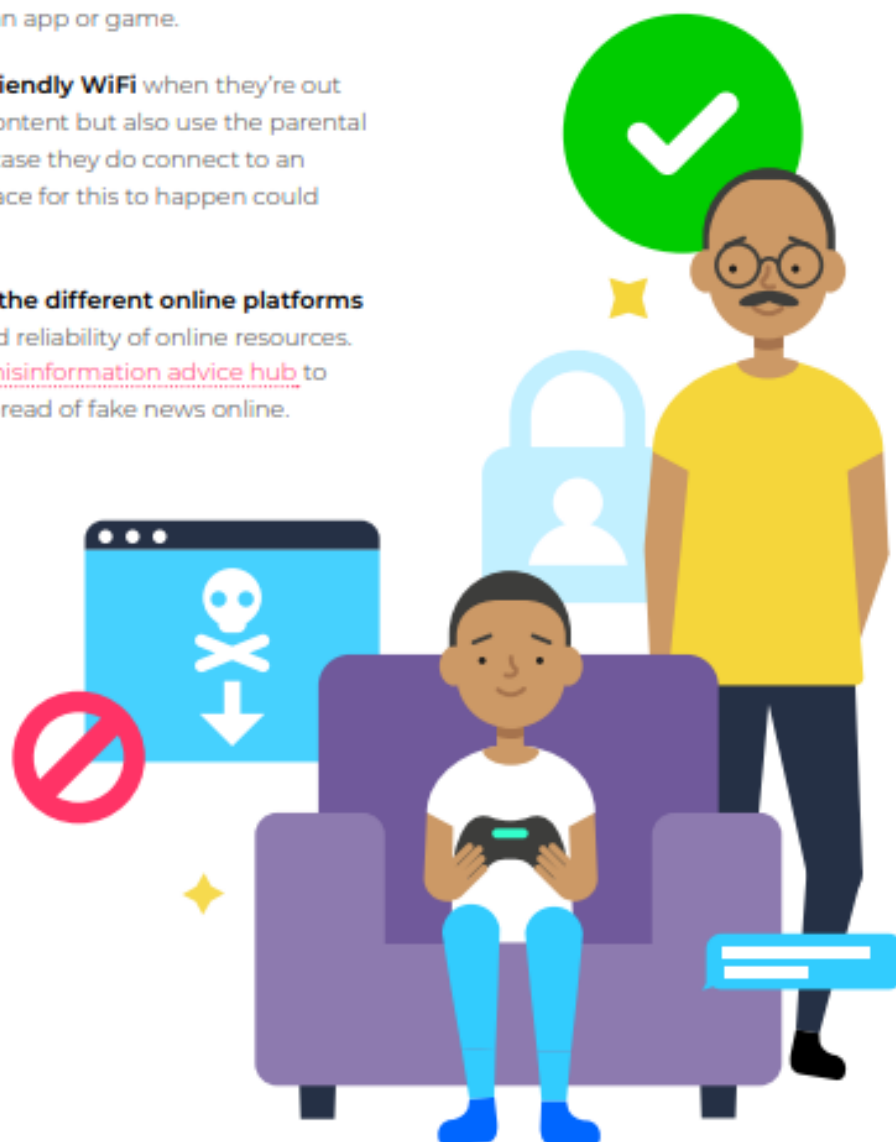
*Source: Ofcom Children and parents: Media use and attitudes report 2022



Learn about it:

Teach your child some simple rules

- Make sure your child knows **not to share personal information** like their phone number or email address online.
- Encourage them to **only talk to real-life friends or family** if they are on sites with a social media or chat element like Roblox.
- **Use privacy settings** wherever they exist to keep their information private - help your child to set these up. Remember that the default on many sites is public.
- **Be a good online friend** and don't say nasty things even if it's just a joke.
- Direct them to use **secure and legal sites to download** music and games to avoid experiencing the risks associated with streaming content from unauthorised sites. Visit our ['Dangers of digital piracy' advice hub](#) more advice.
- Advise them to **Check attachments and pop-ups for viruses** before they click or download anything and ask if they aren't sure. You can set up their phone/tablet so you need to grant permission before they are able to download an app or game.
- **Encourage them to use Public Friendly WiFi** when they're out and about to filter inappropriate content but also use the parental control tools on the device just in case they do connect to an unfiltered WiFi - the most likely place for this to happen could be at a friend's house.
- **Help them to better understand the different online platforms they use** and judge the quality and reliability of online resources. Take a look at our [fake news and misinformation advice hub](#) to help children spot, and stop the spread of fake news online.



Talk about it:

Tips for a meaningful conversation

- Start conversations when your children won't be embarrassed, for example in the car going home from school. **Try to de-personalise it by asking their opinion on a current news story** that relates to an online issue.
- **Be proactive - don't wait until something has already gone wrong** - discuss issues ahead of time - knowing what children of a similar age are doing will help you know more about the environment that your child is living in.
- **Ask them for advice on how to do something online** and use this as a conversation starter.
- Make sure they know they can come to you if they're upset by something they've seen online - **listen to them when they do and try not to overreact** - the important thing is that they have come and told you!
- **Be sensitive and praise them** when they share their online experiences with you.
- If your child comes to you with an issue, **stay calm and listen without judging them.**
- **Talk about online grooming as you would stranger danger** and explain that people they meet online might not be who they say they are.
- Ask them about things online which **might make them (or others) uncomfortable.**



Deal with it

You can find out where to get help and advice on the [Report issue](#) resource page of [internetmatters.org](#), where we include information on how to report problems – and which relevant organisations and agencies to turn to.


On this page, we also provide information on how to deal with any specific issues you may encounter with your child; such as finding inappropriate content and cyberbullying.


Stay safe at secondary school


Exposure to some of these issues increases when children move up to secondary school so make sure your child is prepared – find out more with our pre-teens age guide at [internetmatters.org/advice/11-13](#)


Scan below or visit [internetmatters.org](#) for more advice





 [InternetMatters](#)

 [@im_org](#)

 [@InternetMatters](#)

 [Internet Matters Ltd](#)

 [@internetmattersorg](#)

 [@InternetMatters_org](#)

[internetmatters.org](#)

Set Up Safe Checklist

internet
matters.org

Set your child up for online safety with these simple tasks

Manage broadband & mobile networks



At home, access your broadband network and set applicable controls.



On the go, set up controls on the relevant mobile network.

See step-by-step guides to help

Prepare their device



Explore the device controls and settings to set limits on inappropriate content, screen time, spending and more.



Download and install the apps and games you're okay with your child using.



Set up controls in these apps and games to help keep your child safe while they play, browse or chat.



Install or set up additional parental control apps for further protection.

Explore step-by-step guides for social media and video gaming

Talk & learn regularly

Together, learn about online safety issues that might impact your child.


Together, explore privacy and safety settings on their favourite platforms.


Ask them to teach you about their favourite online platforms to create an open environment for conversation.


Keep these conversations going for continuous support.





Visit internetmatters.org for more advice


 [InternetMatters](https://www.facebook.com/InternetMatters)

 [@im_org](https://twitter.com/im_org)

 [@InternetMatters](https://www.youtube.com/InternetMatters)

 [Internet Matters Ltd](https://www.linkedin.com/company/Internet-Matters-Ltd)

 [@internetmattersorg](https://www.instagram.com/internetmattersorg)

 [@InternetMatters_org](https://www.tiktok.com/@InternetMatters_org)

Parents' guide: Gaming advice to support Pre-school children

internet
matters.org

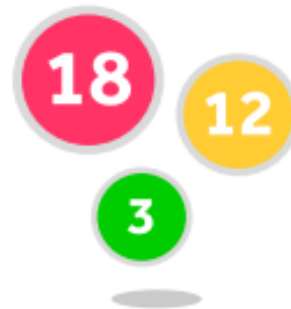


What to think about:



Research what games are available

Online gaming is increasingly popular with younger children so it's important to do a bit of research around the types of **age-appropriate games** that are available for your child.



Know your PEGI ratings

Learn more about what ratings mean to make the right choices on suitable games for your child to play and avoid games that involve playing with others online.



Review the cost of in-game purchases

With more and more 'free-to-play' games available featuring in-game purchases, **it's important to see what additional cost may be involved** to avoid getting caught out with a big bill. Setting controls to restrict in-app purchases can help as a tech solution.



Mix and match types of games

Keep them engaged and learning by giving younger children a varied diet of educational games that teach them basic maths to more fun games that feature their favourite TV characters. This can help them to develop their problem-solving skills and creativity.

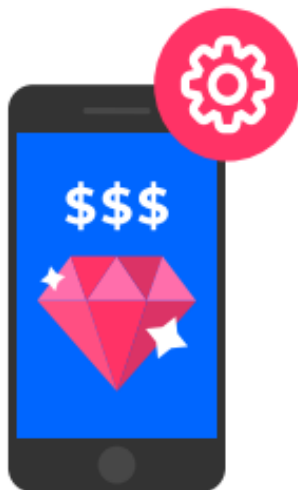
What to talk about

Set rules surrounding video gaming and screen use

Use a **family agreement** to agree together on some clear boundaries on what games they can play, when and for how long to help them have a safer experience while gaming. Review these as they grow to make sure they are still working for them.

Give them coping strategies

If things go wrong while they are gaming (i.e. they see something upsetting) **make sure they know what to do**, whether it is to turn off the screen or go speak to you or a trusted adult to resolve the situation.



Things to do

See what people say about the game

Read online reviews by parents to get a better understanding of the games.

Get help choosing the right game

Use sites like **PEGI** that offer age-specific game reviews to focus your search.

Make use of controls to keep them safe

Familiarise yourself with the parental controls on your child's console, mobile device or gaming app to **ensure they can only access content that is age-appropriate**.

Use tech tools to set time limits

Increasingly children are spending more time gaming so using tech tools on devices they use to **manage the time they spend** and what they play can help them build good online habits.



Use our **set up safe gaming parental controls how to guide** to learn how to make use of the tools

Play online games together

Typically, younger children will need a lot of guidance when it comes to choosing and playing games. **Playing together can help build their confidence and keep you engaged in their digital world.**

Meet our new school councillors!



We have been elected as the school councillors and are so excited to be representing the pupils voice and the democratic choice. At regular school meetings we'll be sharing views and feelings WE will make this school even better and cool!

So, we are all going to take part in the 15th year celebration of Sustrans Big Walk and Wheel, the UK's largest inter-school cycling, walking, wheeling and scooting challenge.



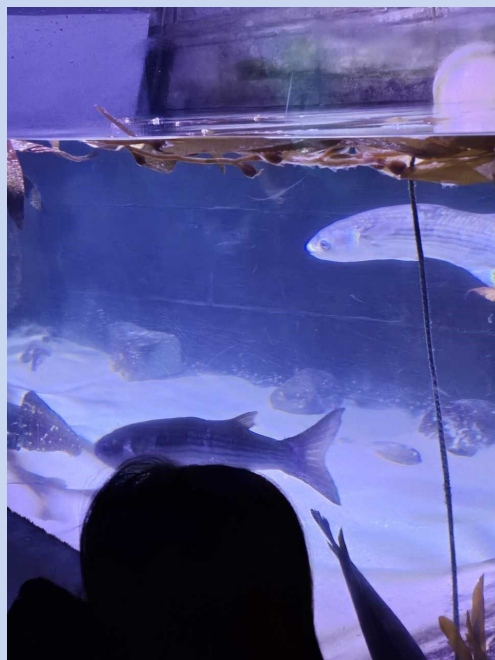
Join in the celebration
and discover how you
can change your world by
changing your journey

It's **free** to take part and we would love everyone to be involved, use a wheelchair, scoot or cycle to school on as many days as possible during the event. Active school runs also help to reduce congestion and air pollution outside the school gate!

For more information about the event go to www.bigwalkandwheel.org.uk

Year 1's visit to London SeaLife

The year one children have been learning about different animals this term, including sea-life and to bring this topic to life visited the London Sea-Life Aquarium . This educational visit enabled the children to have first hand experience of seeing a variety of sea creatures close up! It was a very exciting trip and the children were in awe of the turtle, jelly fish and other wonderful creatures during their visit.



Year 1—Gurdwara Visit

In RE each year group learn about different places of worship, this term year 1 had the opportunity to visit the Gurdwara. The children were very respectful during the visit and listened to the speakers talk about how people who are Sikh come together in a Gurdwara for worship. We were very proud of how the children listened and behaved during the visit.



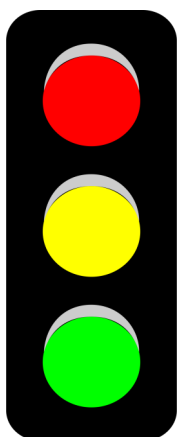
Nursery - Magpie Park Visits

This term Nursery children have begun small group visits to Magpie park (we will continue these visits after half term break). The children have been learning all about animals and mini-beasts in class and the visits are an ideal way for them to explore our local wildlife. The children have been very excited to discover swans, geese and ducks. They also found some worms and spiders! The park visits are an ideal opportunity to promote and extend the children's vocabulary. It would be great to hear if any of our families visit this local park. You may wish to share some photographs of your visits and what creatures your children discover with us. If you would like to email the school some photos please address your email to parents@odessa.newham.sch.uk



Attendance Matters

Let's see which class has the best percentage. The class with the highest receives certificates to celebrate.



Bonsai Class - Mr. Brace	93%
Palm Class - Mrs. Tai	83%
Oak Class - Mr. Richards	90%
Maple Class - Mrs. Reshma	96%
Cherry Class - Ms. Anwar	92%
Pine Class - Mr. Mineiro	92%



Important Dates

- *Friday 9th February - School closes for half term break*
- *Monday 19th February - School opens for all*
- *Tuesday 20th February - Dental visit*
- *Friday 1st March - Internet Safety session for parents & carers in the hall 9am*
- *Monday 4th March - 9am - Reception parent and carer information session about The National Child Measurement programme in the hall Sonya Babb (NHS)*
- *Monday 4th March - Fire Brigade visiting the year 2 classes*
- *Friday 8th March - International Women's Day coffee morning in the hall 9am - all welcome*
- *Wednesday 13th March - Reception classes visiting the Discover Centre in Stratford*
- *Thursday 7th March - World Book day, children to come to school dressed as book characters*
- *Thursday 14th March - Parents Evening*
- *Thursday 21st March - Easter school dinner for children*
- *Wednesday 27th March - Easter singing assembly in hall at 2.45pm*
- *Thursday 28th March - Last day of school. School closed for Easter break*
- *Monday 15th April - School open*



Reminders

- Please remember not to use your mobile phones on the school site - we value you greeting your children and focusing your attention on them.
- Please also remind your children not to ride their bikes or scooters in the school grounds as this can be dangerous for them and others.

Who can I contact if I have any concerns?

If you have any concerns that you do not feel the class teachers can assist you with please contact a member of our senior leadership team: The Head Teacher - Mrs. Barber or the Deputy Head Teacher - Mrs. Tindling. You can email parents@odessa.newham.sch.uk or call the school office to make an appointment.