



# St Osmund's Catholic Primary School Newsletter

Love for God ~ Love for Each Other ~ Love for Learning

## RSE and PSHE



More acronyms! They seem to be everywhere! **RSE** stands for 'Relationships and Sex Education' and **PSHE** stands for 'Personal, Social and Health Education'. As many will know, we have a comprehensive curriculum called 'Life to the Full' which covers all these areas, including staying safe. We supplement this with some excellent enrichment activities such as the fabulous Puberty and Sexual Health talks with GPs in Years 5 and 6; Online Safety workshops delivered by experts, Life Education Bus visits and Anti-Bullying Workshops, again delivered by expert speakers.

You may have seen recently in the news that the Education Secretary mandated that all school share the curriculum for RSE and PSHE with parents. To reassure you, this information has always been on our school website but today I wanted to draw your attention to an online portal for parents to review the curriculum in even more detail, giving you access to suggestions for further activity and discussion at home linked to the sessions taught in school. The access link is found directly [here](#) but also via the school website [here](#).

We will email you the username and passwords separately and ask that you do not share this beyond yourself as the recipient of the email.

### Reporting your Child Sick

If your child is going to be off school poorly please inform the school by 9am by either phoning 01722 322632 and selecting option 2, or sending an email to [schoolcomms@st-osmunds.co.uk](mailto:schoolcomms@st-osmunds.co.uk) informing us of your child's name, year group and brief reason of illness. Please contact the school **every day** your child is absent. Remember that if they have vomiting or diarrhoea they cannot return to school for 48 hours after the last episode.

If your child has a lunch booked please remember to cancel this or you may be charged for a meal that wasn't eaten. Thank you for your co-operation.

### Lunches

If your child does not have a lunch booked via schoolgrid but needs one, then they will be offered a cheese sandwich, even if they are in receipt of free school meals. To ensure this does not happen please pre-book their lunch from home, particularly if they are going to be late as the lunch ordering system in school will have closed.

### Earrings

If your child has their ears pierced they are permitted to wear small stud earrings only. They must remove their earrings for PE and sporting events including after school clubs. If the ears are newly pierced then please ensure your child has microporous tape and can cover the earrings themselves.

### Running Late...

If your child arrives at school after their class line has already gone in please bring them to the office and sign them in. Thank you.

### Pre-School

If you are looking for a Pre-School place or wraparound care at St Osmund's Pre-School for September 2024 then please contact them now on 01722 329238 to note your interest and apply for a place.

### Star of the Week Awards

**Rec:** Oliver and Manon  
**Year 1:** Mary and Jemimah  
**Year 2:** Jessica and Helain  
**Year 3:** James and Sezmi  
**Year 4:** Beatrice and Nyomie  
**Year 5:** Melissa S and Agata  
**Year 6:** Alina and Olivia Zie





# Dates for your diary...

[www.twitter.com](https://www.twitter.com/@St_OsmundsCP)  
@St\_OsmundsCP



21.11.23 ~ Class Mass ~ Year 5  
23.11.23 ~ Whole School Science Day  
28.11.23 ~ Class Mass ~ Year 4  
01.12.23 ~ Shoebox Appeal Deadline  
01.12.23 ~ St Osmund's Talent Show  
04.12.23 ~ Advent Mass ~ Church ~ 1:30pm  
07.12.23 ~ Reception Nativity ~ 10am  
07.12.23 ~ KS1 Nativity ~ 2pm  
07.12.23 ~ KS1 Nativity ~ 6pm  
08.12.23 ~ Reception Nativity ~ 2pm  
12.12.23 ~ KS2 Carol Service ~ Church ~ 6pm  
15.12.23 ~ PSA Christmas Fayre ~ 3pm – 5pm  
20.12.23 ~ Last day of Term 2 ~ 1:30pm

Mr R Sanderson  
Headteacher

## Safeguarding Team

If you have any concerns about a child's welfare or safety, please speak to a member of the school safeguarding team:

Mr Sanderson – Designated Safeguarding Lead  
Mrs Chapman – Deputy Designated Safeguarding Lead  
Mrs Sambrook – Deputy Designated Safeguarding Lead  
Mrs Windsor – Deputy Designated Safeguarding Lead

As we reflect this week on the parable of the talents, let us pray together:

Father God

Thank you for the gifts and talents you have given me.

Help me to know Your love.

Help me to make the most of my gifts by loving, praying and doing my best.

Amen

## Age-inappropriate content online

Youtube, TikTok, other social media apps and many streaming services have age-limits for a reason. A large amount of content on there is not appropriate for children of primary school age. So much of it is on and off screen in a flash (video shorts) and almost impossible to track in terms of your child's watch history. This is why supervision and talking to your child very frequently about what they are scrolling through is vital to keep them safe.

Please see the help sheet at the end of this newsletter which focuses on age-inappropriate content. It highlights a number of risks such as social media, gaming and adverts. It is also available via our school website [here](#).

**St Osmund's Catholic Primary School**

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ST OSMUND'S  
**CHRISTMAS  
FAYRE**

*JOIN US IN THE SCHOOL HALL FOR*

**CAROL SINGERS**

**MUSICAL PERFORMANCES**

**MULLED WINE & HOT CHOCOLATE**

**MINCE PIES & CAKES**

**LOCAL BUSINESS GIFT STALLS**

**FESTIVE GAMES**

**GINGERBREAD BAKE OFF**

*AND A SPECIAL VISIT FROM*

**FATHER CHRISTMAS & HIS ELVES!**

**PLUS RAFFLE DRAW @ 4PM**

**FRI 15<sup>TH</sup> DEC 3.15-4.30PM**

**FREE ENTRY!**



# What Parents & Carers Need to Know about AGE-INAPPROPRIATE CONTENT

"Inappropriate" means different things to different people. What's acceptable for one age group, for example, may be unsuitable for a slightly younger audience. Online, young people can chance upon inappropriate content in various ways – from pop-up ads to TikTok videos. The increasingly young age at which children become active in the digital world heightens the risk of them innocently running into something that they find upsetting or frightening. Trusted adults need to be able to help children be aware of what to do if they're exposed to age-inappropriate content.

WHERE IS IT FOUND?

## SOCIAL MEDIA

Age-inappropriate content is easily accessible through many social media platforms. TikTok, for instance, is hugely popular with young people but is arguably best known for clips featuring sexualised dancing or profanity. Some social media users also express hate speech or promote eating disorders and self-harm, which could cause lasting damage to a child's emotional and mental health.

## GAMING

Gaming is an enjoyable source of entertainment, but many popular titles can expose children to inappropriate material such as violence, horror, gambling or sexually explicit content. Playing games unsuitable for their age risks normalising to children what they are seeing. Some games also include in-game chat, where other (usually older) online players often use language that you probably wouldn't want your child to hear or repeat.

## STREAMING

The range of video streaming services available online means that users can find almost anything they want to watch on demand. Children are therefore at risk of viewing TV shows and movies which contain nudity, drug and alcohol abuse, explicit language and extreme violence. Unfortunately, these streaming platforms can't always determine that it's not an adult who's watching.

## ADVERTS

Online adverts frequently include age-inappropriate content: usually gambling and nudity or partial nudity, although adverts for alcohol or e-cigarettes are also common. Some search engines also feature adverts that are responsive to your search history: so if you've recently looked up a new horror movie, shopped for lingerie or ordered alcohol online, then the ads appearing on screen could reflect this the next time your child borrows your device.

## Advice for Parents & Carers

### TALK IT THROUGH

Embarrassment or fear of getting into trouble can make it difficult for children to talk openly about age-inappropriate content they've watched. Remind your child they can always come to you if they're troubled by something they've seen online, without worrying about consequences. Before offering advice, discuss what they saw, how they felt and how they came to find the content in question.

### CONNECT, DON'T CORRECT

If your child's been particularly distressed by exposure to content that wasn't suitable for their age, it's important to offer guidance to prevent them from repeating the same mistake – but it's equally vital to help them deal with the emotions that the situation has raised. You could tell them about any similar experiences you might have had at their age, and how you dealt with it.

### BLOCK, REPORT, CONTROL

After discussing the problem, you and your child can take action together. This could include blocking any inappropriate sites and reporting any content which violates a platform's rules. To further safeguard your child online, set up parental controls on internet-enabled devices that they use. This will significantly reduce the chances of your child being exposed to age-inappropriate content in future.

### GET SPECIALIST HELP

Age-inappropriate content can potentially have a negative impact on a child's mental health, which is sometimes displayed through changes in their behaviour. If the problem becomes more severe, you might consider reaching out to a mental health professional or an expert in this field who can provide you and your child with the proper support.

### STAY CALM

Even though it is obviously difficult to stay rational in a situation where your child has been put at risk, it's essential to think before you react. Your child may well have hesitated to open up to you about watching inappropriate content for fear of the consequences, so being calm and supportive will reinforce the notion that it would be easy to talk to you about similar issues in the future.

### Meet Our Expert

Cayley Jorgensen is a Registered Counsellor with The Health Professions Council of South Africa, and she runs a private practice offering counselling to children, teenagers and families. Her main focus is creating awareness and educating the community on the mental health pressures of today's world, as well as resources and techniques to understand and cope better.



**National Online Safety®**  
#WakeUpWednesday

Sources: <https://www.education.gov.au/documents/about/program/bullying/prevention/minority-inappropriate.pdf> <https://www.safelife.gov.au/education/raising-protection/raising-protection/learning-program/teachers/inappropriate-content-fact-sheet> <https://www.wakingupwednesday.co.uk/wp-content/uploads/2020/04/children-media-twe-year-7.pdf>



[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)



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