

Dring Digest w/e 10th November 2023

Dear Parents/Carers,

- **Would you like to join our team? (or do you know someone that would?)**
Would you love the opportunity to work in school? Do you enjoy working with children? Then we would love to hear from you. We are currently recruiting for Play Leaders to join our dedicated lunchtime team. Working pattern is term time only, Monday – Friday, 11:55am -13:10pm, £10.63-£10.75ph (pay award pending). Immediate starts are available subject to suitable pre-employment checks, no former experience necessary, full on the job training will be provided. For more details on how to apply and to read a copy of the job description please visit our school website. <https://dringhousesprimary.org/2023/10/10/play-leaders/>
- **Parents Evening**
Hopefully you've all had the booking link to book an appointment to meet your child's class teacher next week. If you have not had the link please speak to the school office as soon as possible. Please note that the portal for booking an appointment will close at 5pm on Monday 13th November 2023.
- **Flu Vaccinations**
Vaccination UK are coming back to school on **Tuesday 14th November** (1pm- 3pm) to vaccinate Year 6 and any other children who were missed this week.
- **Rockstar Day**
Wednesday 15th November is your opportunity to show us your moves (and your maths!) and dress like a rockstar for the day.
- **Children in Need**
Children in Need is Friday 17th November and we are asking our children to wear one spotty item with their school uniform. This could be a headband, socks or anything else you could think of to wear that may be spotty. This year we are asking that you make your Children in Need donation via parentpay using this link:
<https://app.parentpay.com/ParentPayShop/Foc/Default.aspx?shopid=11792>
- **Christmas Fair**
Unbelievably our Christmas fair (**Friday 1st December 3.30pm-5.30pm**) is just 3 weeks away!

We have been busy behind the scenes getting lots of fun things sorted and we are now at the point where we need your help!

As you know events like the Christmas fair are fantastic community occasions but they are also some of our biggest fundraising opportunities. The money raised at the Christmas fair allows school to continue to offer amazing resources, learning opportunities and enrichment activities.

On the day of the fair we will be offering children the chance to come to school in non-uniform in exchange for a tombola prize. We are also asking for donations of jarbola, good quality second hand toys and games and are hoping to recruit as many volunteers as possible so that time on stalls can be shortened to allow everyone the opportunity to visit the fair. To all you bakers, we would love to offer as many festive treats as possible.

We are also struggling to coordinate a convenient time for Father Christmas to visit our grotto (it is his busy period after all). We are hopeful that one can be sourced but if not we will instead be hosting an elves workshop style grotto, where children will get the chance to talk to some of Father Christmas's best elves who will help them to write a letter and give them an early

Christmas gift. If you happen to have a contact who can help us with our Santa scheduling please get in contact asap at lauckland@dringhouses.co.uk

Please bring any of the donations below in from Monday 27th November:

- Tombola
- Jarbola
- Full bottles (for bottle stall)
- Good quality second hand toys, games and books

Please bring any baked goods to school on the day Friday 1st December.

If you are able to help, or would like to help and would like more information please complete the following google form. <https://forms.gle/SnX6mW4MLpvdGRLB9>

Thank you in advance for all your help. Lisa Auckland

#WakeUpWednesday

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about HOW TO COMBAT ONLINE BULLYING

Defined as "ongoing hurtful behaviour towards someone online", cyber-bullying makes its victims feel upset, uncomfortable and unsafe. In the digital world, it has numerous forms – such as hurtful comments on a person's posts or profile; deliberately leaving them out of group chats; sharing embarrassing images or videos of someone; or spreading gossip about them. Cyber-bullying can severely impact a young person's mental health ... so, in support of Anti-Bullying Week, we've provided a list of tips to help trusted adults know what to look for and how to respond to it.

- 1. GET CONNECTED**
Playing online games together with your child or connecting with them on social media (providing they're old enough) is not only fun but also an excellent way of establishing some common ground to discuss things you've both seen or done online – as well as keeping an eye on who your child is communicating with in the digital world.
- 2. KEEP TALKING**
Regular chats with young people about their online lives are good practice in general, but they can also be an excellent refresher to help prevent cyber-bullying situations. Topics you might want to revisit include why it's important to only connect online with people we know and trust, and why passwords should always remain secret (even from our best friends).
- 3. STAY VIGILANT**
Observe your child while they're using technology and just after they've used it. Are they acting normally or out of character? Possible signs of a problem may include seeming distant or withdrawn, lumpy or anxious, angry or repeatedly checking their phone. When you feel it's the right time, you may want to check in with them to see if everything is OK.
- 4. MAKE YOURSELF AVAILABLE**
If an online bullying incident does occur, it may take a while before your child is ready to open up about what happened. Just gently remind them that they can always come to you with any problems – and that they won't be in trouble. You might also suggest a trusted family member they could turn to, in case they feel too embarrassed to tell you directly.
- 5. BE PREPARED TO LISTEN**
When conversations about online bullying do take place, they're likely to be difficult, emotional and upsetting for both you and your child. Actively listen to your child while they're bringing you up to speed, and try not to show any judgement or criticism, even if they haven't dealt with the situation in exactly the way you would have hoped.
- 6. EMPOWER YOUR CHILD**
Depending on their age, your child might not want a parent "fighting their battles for them". In that case, talk through their options with them (blocking the perpetrator, deleting the app and so on). By allowing your child to choose the path they take, you're putting them in control but are also demonstrating that you're there to support them along the way.
- 7. REPORT BULLIES ONLINE**
Cyber-bullying often takes place through a particular app, social media platform or online game. If this is happening to your child, encourage them to report the offender to the app or game in question – ideally with screenshots to support their complaint. Most games and apps have reporting tools specifically to stamp out abusive behaviour and protect users.
- 8. ENCOURAGE EMPATHY**
Protecting themselves online is the priority, of course, but young people should also feel empowered to help if they witness other people falling victim to cyber-bullying. Even if they don't feel confident enough to call someone out on their abusive behaviour online, they can still confidentially report that person to the app or game where the bullying occurred.
- 9. SEEK EXPERT ADVICE**
Victims of online bullying frequently experience feelings of isolation and anxiety, a loss of self-esteem and potentially even thoughts of self-harm or suicide. If you think that an incident of cyber-bullying has affected your child's mental wellbeing, then seek psychological support for them. There are some useful contact details in the central panel below.
- 10. INVOLVE THE AUTHORITIES**
If the nature of any online bullying makes you suspect that your child is genuinely in imminent physical danger – or if there are any signs whatsoever of explicit images being shared as part of the bullying – then you should gather any relevant screenshots as evidence and report the incidents to your local police force.

FURTHER SUPPORT AND ADVICE
If you or your child need additional help with an online bullying issue, here are some specialist organisations that you could reach out to.
Childline: talk to a trained counsellor on 0800 1111 or online at www.childline.org.uk/get-support/
National Bullying Helpline: counsellors are available on 0845 225 5787 or by visiting www.nationalbullyinghelpline.co.uk/cyberbullying.html
The NSPCC: the children's charity has a guide to the signs of bullying at www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/ and can be reached on 0800 800 5000

Meet Our Expert
Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.

NOS National Online Safety
#WakeUpWednesday

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➤ **Neurodiverse/Wellbeing Parent Sessions**

Following on from our successful termly neurodiverse/wellbeing parent sessions we would like to offer these half termly. These sessions are for anyone who is interested in neurodiversity and wellbeing. The dates for the sessions are as follows:-

Thursday 14th December 8.35 am (after drop off)

Wednesday 7th February 8.35am (after drop off)

Thursday 28th March 2pm

Wednesday 22nd May 2pm

Thursday 4th July 8.35am (after drop off)

The sessions are a great chance to catch up with TAs, teachers and the SENCo, discuss neurodiversity and wellbeing and have a cup of tea with other parents and friends. We are hoping to invite visiting speakers and discuss different topics each session. The first session on the 25th October will be a catch up and a chance to plan the sessions throughout the year. We would like these sessions to be your sessions and driven by what you like to know and learn about.

The wellbeing team at school is led by myself, Miss McFarland and Mrs Banks but also consists of Mr Field, Mrs Auckland, Mrs Smithers and Mrs Simmons all dedicated to well being in staff and pupils. We also have a fantastic parent representative Lindsay Baker who has taken on an invaluable role in supporting parents.

We look forward to seeing you on the 25th October.

Sarah Murray and The Dringhouses Wellbeing Team

MIXED-IN-MATHS!

Join one of our FREE, fun, activities to gain some new skills, have some fun and learn how maths plays a role in our everyday lives!

Photography

Mon 23rd Oct, 10:00-12:30 - SELBY, Community House, YO8 4QQ
Fri 27th Oct, 14:00-16:30 - YORK, Centre for Voluntary Services, YO1 6ET



Bushcraft (Campfire tea included!)

Mon 23rd Oct, 17:30-20:00
BRAYTON, Brayton Community Centre, YO8 9TP



Allotment gardening

Tue 24th Oct, 10:00-13:00 and 13:30-16:30
SELBY, Recreation Road Allotments, YO8 5AL



Budgeting Bootcamp

Wed 25th Oct, 09:30-12:00,
Wed 8th Nov, 09:30-12:00
Wed 6th Dec, 09:30-12:00
ONLINE



Nature Walk

Fri 27th Oct, 11:00-13:30
YORK, Centre for Voluntary Services, YO1 6ET



To find out more or sign up to a session please email

nick@upforyorkshire.org.uk or text/whatsapp 07432144876

More dates may become available so follow us on Facebook and Instagram @upforyorkshire to keep up to date with what is available in the community.

Available to anyone aged 19+ and without a Maths GCSE A-C grade or equivalent. These sessions are provided by Up For Yorkshire as part of the Multiply provision across York and North Yorkshire.



YORK CHOCOLATE THEATRE'S BIRTHDAY PARTY AND CHRISTMAS FAIR



Saturday 18th November
10am to 1pm

Joseph Rowntree Theatre, Haxby Road



Join us for tea, coffee and cake to celebrate the
88th anniversary of our theatre's opening night

Also featuring:

- Side show games
- Children's trail around the theatre
- Christmas gifts and decorations
- Local charities Relay for Life and Snappy



A fundraising event for the Joseph Rowntree Theatre, Registered Charity No 1098329