



# Nelson News

School Email Address: info@nelsonschool.org

Summer Term Issue No: 3

Website Address: www.nelsonschool.org

Telephone Number: 020 8894 9899

## IMPORTANT DATES FOR YUR DIARY — PLEASE READ

**Monday 6 May**  
**Thursday 9 May**  
**Friday 10 May**

**School Closed Bank Holiday**  
**Y4 Hampton Court Trip**  
**Y1 Trip To Painshill Park**  
**Y5 Child in Ancient Greece W/shop**  
**Y3 Child in Roman Britain W/shop**

## Nelson Stars



Nelson Stars this week are:



Noah 6M, Hubert 6N, all of 5S, Harry 3B, Nevaeh 1RL, Nikola 1L and Isla 2M. Well Done ! You have received a certificate and will have been celebrated in assembly.



**Well done**

## Zero Hero Poster competition



1<sup>st</sup> Hope 3B  
2<sup>nd</sup> Amelie 5S  
3<sup>rd</sup> Joseph 1L



Well done. Amelie 5S, Hope 3B and Joseph 1L. You designed a poster on how we can all improve air quality and what simple changes we can all make. It is wonderful to see that you are taking an interest in environmental issues. We hope you enjoy the gift voucher.

## Headteacher Awards

Gabriel 6M	Hubert 6N
Sophie 6N	Lacey 6M
Anaiyah 5S	Nathan 1RL
Aleena 5S	Kiyan 1RL
Alex 1RL	Arsel 1RL
Lyra 1RL	Nevaeh 1RL
Alicia 1RL	Verica 1RL
Sean 3B	Leo 6M

**Well done !**

## Thank You

A huge thank you to Daniel G, Laura B, Nicola R, Thomas M, Sophie J, Sara J, Lauren C, Marc L, Irina L, Alfie DWS, Georgina DWS, Corina D, David H, Helen M, Sebastian M and Carolyn H for volunteering to help out at the rugby parking on the 20<sup>th</sup> and 27<sup>th</sup> April. Your help is really appreciated, especially those that did a double shift and/or helped on both weekends. We have another game coming up on the 8<sup>th</sup> June, so will need parent's support again. Please keep an eye open for details so you can sign up!

**Nelson School is committed to safeguarding – a shared responsibility**  
**safeguarding@nelsonschool.org**

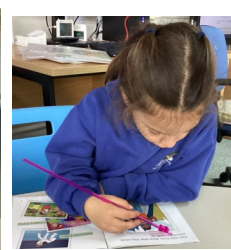
## Well done !



We are thrilled to announce that our Netball Team made it through to Finals Night this week! Out of over 40 schools in the borough that participated, only eight made it this far, and we are proud to be one of them. Our first game was intense and fast-paced. Despite facing numerous injuries, our team showed incredible resilience and determination. We played our hearts out, giving it our absolute best effort. Although we ultimately fell short, losing 14-10, we can hold our heads high knowing that we gave it our all. A big thank you goes out to the entire squad who dedicated themselves to the team throughout the year, helping us reach this impressive milestone. You should feel incredibly proud of yourselves for making it to Finals Night. It's a remarkable achievement that showcases your talent, teamwork, and perseverance. Well done Erin, Sophie, Lily E. Lily H, Nelson, Oliver and Mia (left to right, top photo) and Sara and Imaan, who played in previous matches, ensured that the team made it to Finals Night

## Phonics

Phonics plays a crucial role in developing early literacy skills. In Reception and Year 1, regular phonics activities are integrated into our daily lessons to strengthen children's decoding and word recognition abilities, which they really enjoy. We are dedicated to building on fluency in reading among our children as it not only enhances comprehension but also promotes a love for reading. Our children also enjoy our regular reading groups where they are able to explore different text types and build on their confidence in reading.



## School Reports

This year, we will be sending home your child's Record of Achievement (school reports) via email. If you have changed your email within the past year please can you let the school office know so that we can update our records and send out your school report successfully. The Record of Achievements will be sent out in July.

***Nelson School is committed to safeguarding – a shared responsibility  
safeguarding@nelsonschool.org***



# Online Safety Newsletter

May 2024

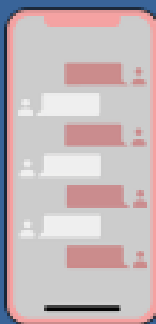
## Smartphone Free Childhood

Smartphone Free Childhood is a parent-led movement whose mission is to protect children from the dangers of using smartphones too young.

The premise behind this movement is that all parents/carers of a class all agree not to give their children smartphones (therefore the level of peer pressure is reduced) for a set time or until a specific age. Are you ready to join? Find out more here: <https://smartphonefreechildhood.co.uk>

You may feel your child does need a phone, particularly if they are walking home by themselves but there are alternatives to the smartphone, including a watch, which are listed here: <https://smartphonefreechildhood.co.uk/alternatives>

If your child already has a smartphone then Internet Matters have a section on their website with advice on smartphone safety: <https://www.internetmatters.org/set-up-safe/>



## Is being online affecting our child's mental health?

There are many positives to being online, but we do need to be aware of the negative aspects including those that may impact our child's mental health and wellbeing, for example:

- Social media (spending too much time on social media, comparing ourselves to others, filtered images and desire to achieve likes).
- Cyberbullying
- Seeing inappropriate content
- Constantly connected/information overload
- Excessive screentime
- Negative impact on our sleep



### Further information

- Childnet discusses digital wellbeing in more detail and includes top tips and conversation starters: <https://www.childnet.com/help-and-advice/digital-wellbeing/>
- The NSPCC provides further information about mental health including signs to look out for and how to get further support: <https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/>

## WhatsApp Group warning

Whilst WhatsApp has an age rating of 13+ (recently lowered from 16), a BBC investigation has found that children as young as nine have been added to WhatsApp groups and seen inappropriate content. If your child is using WhatsApp, check their group settings as by default, group privacy settings are set to 'everyone,' which means anybody can add your child to a group without their approval. You can change this setting to 'My Contacts' so only contacts can add them to groups without their approval and if somebody who is not a contact wants to add them to a group then they will need to send them an invite.

You should talk to your child about the risks of joining groups and show them how to use the reporting/blocking tools. You can find out more about the BBC investigation here: <https://www.bbc.co.uk/news/articles/cy0l4z8n1p9o>

Users of this guide do so at their own discretion. No liability is entered into.  
Current as of the date released 01.03.24.

**Nelson School is committed to safeguarding – a shared responsibility**  
[safeguarding@nelsonschool.org](mailto:safeguarding@nelsonschool.org)

## Digital Addiction

Are you worried that your child is addicted to being online/on their device? Recent research from Ofcom reported that "34% of parents of children aged 3-4 said it was hard to control it, rising to half (49%) of parents of children aged 16-17."<sup>1</sup> Bark have produced a blog which discusses what addiction is, how to recognise the signs and examples of what digital addiction can look like. You can find the blog here:  
<https://www.bark.us/blog/digital-addictions/>

<sup>1</sup>[\*source:  
[https://www.ofcom.org.uk/research-and-data/media-literacy-research/children-and-parents-media-use-and-attitudes-report-2024\\_processed-24.4.24/](https://www.ofcom.org.uk/research-and-data/media-literacy-research/children-and-parents-media-use-and-attitudes-report-2024_processed-24.4.24/)]



### Online Gaming Safety Tips: For parents/carers of neurodivergent young people

Internet Matters have published guidance outlining the benefits and risks of online gaming and how you can support your neurodivergent child. You can read the guide here:  
<https://www.flipsnack.com/internetmattersorg/guidance-for-parents-of-neurodivergent-gamers-internet-matters/full-view.html>

## Misinformation online

There is a lot of information online that is incorrect/fake or misleading and it can sometimes be difficult for adults to distinguish between what is true and what is fake, never mind for younger people. We need to develop digital literacy skills in our children by encouraging them to think critically about what they read online and to fact check. Both the BBC and Channel 4 have fact checking areas on their websites:

- [https://www.bbc.co.uk/news/reality\\_check](https://www.bbc.co.uk/news/reality_check)
- <https://www.channel4.com/news/factcheck/>

One way to start the conversation would be to play a game such as 'Can you spot the signs of fake news?' from the BBC:  
<https://www.bbc.co.uk/bitesize/articles/zwfm8hv>

#### Further information

- <https://saferinternet.org.uk/online-issue/misinformation>



### Encountering violent online content starts at primary school.

New research commissioned by Ofcom reported that "all children who took part in the research came across violent content online, mostly via social media, video-sharing and messaging sites and apps. Many tell us this is before they have reached the minimum age requirement to use these services."

You can read more about Ofcom's findings here:  
<https://www.ofcom.org.uk/news-centre/2024/encountering-violent-online-content-starts-at-primary-school>

### Talking about online toxicity

Vodafone have published an article highlighting research which shows that "69% of preadolescent boys have encountered misogynistic content online". This article discusses how to approach this issue with your child and what to do if they start repeating negative views seen online.  
<https://www.vodafone.co.uk/newscentre/smart-living/digital-parenting/how-to-talk-to-your-teenage-sons-about-online-toxicity/>

Just a reminder that the next webinar from the **Helping Children Workshop** is on 16th and 17th May 2024. The topic is Helping Children with challenging behaviours. Children often communicate their needs through their behaviours. This webinar will help you to learn about the different factors that can impact children's behaviours, build or strengthen positive relationships by reinforcing the importance of giving positive attention. You will also learn strategies to establish home rules and boundaries to create a safe and structured environment for your children

If you would like to attend please book on using the following links:

16th May 6pm <https://shorturl.at/hwyNT>

<https://shorturl.at/knwOZ> 17th May 9am (please note this is at 9.00am and not 9.00pm as per our original email)

**Nelson School is committed to safeguarding – a shared responsibility**  
[safeguarding@nelsonschool.org](mailto:safeguarding@nelsonschool.org)