

# NEWSLETTER

Friday 11th March 2022

Spring Term Issue 09



Dear Parent and Carers

I hope you are well. A very short message from me today. But quite an important one. Firstly, the usual covid update.

**COVID 19:** Unfortunately, we are seeing positive cases rising across the school with both children and staff. At the time of writing we have 13 positive cases across the school. We will continue to monitor and advise if any new measures have to be made.

Other news: **HEALTHY SNACKS:** I am sad to say that we are seeing an increase in unhealthy snacks and lunchboxes. Over the next week or so I will try and provide some more information as to what exactly is deemed as healthy and not healthy, although I am well aware that there are lots of exceptions, grey areas and subjective opinions as to what people see as healthy and unhealthy. So my advice to staff and parents (myself included) is just to always exercise common sense. What I will say, is that crisps and bars of chocolate are not healthy and definitely not suitable for a morning snack please. I am more than happy if they are in a child's lunchbox as a treat - or something that could be eaten as a 'dessert' after their healthy lunch - but not as a main item or a stand alone snack in the a.m. please. Equally, I would say that fruit IS a healthy snack.

I say all of these things as a head teacher but also as a parent, I have many battles and 'discussions' with my own 8 year old as to what is healthy and unhealthy. Advertising, convenience and peer pressures really do make it challenge sometimes with regards to persuading him what is healthy. Add into the mix a 'fussy eater' and it then becomes a military operation to get one carrot eaten a week :) The impacts on fatigue, behaviour and overall attitudes to learning are so obvious for us to see here at school with regards to diet. Thank you for your cooperation in this matter and thank you to the vast majority of you whom already provide your child with a healthy snack.

That is it from me this week. I hope you have a great weekend.

Kind regards

Kieran Walsh

## Red Nose Day—Friday 18th March

Non uniform day on Friday 18th March to support Red Nose Day.

£1 Donations welcome.



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## Lannergrams

Well done to everyone who received a Lannergram this week:

**Y1:** Anna B, Anna C, Kiara

**Y2:** Miles, Kezia, Finley

**Y3:** Cora, Dylan, Logan

**Y4:** Ameila, Joshua, Martha

**Y5:** Willow-Rose, Riley, Madison

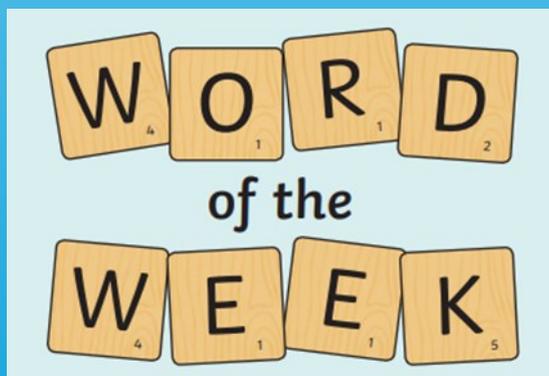
**Y6:** Lara, Lexie, Mason



### Attendance Cup

The attendance cup was awarded to **Year 3** this week for their attendance.

Group	% Attend
Year 1	86.0
Year 2	93.9
<b>Year 3</b>	<b>94.8</b>
Year 4	88.6
Year 5	91.9
Year 6	87.0
<b>Totals</b>	<b>90.2</b>



Our word of the week is - **Astound**

Definition — to fill with puzzled wonder

*The magician will astound you.*

Please try and use this word as much as you can with your child.

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## Top Tips for Parents—Whatsapp

**What parents need to know about WhatsApp**

**AGE LIMIT CHANGE**  
From May 2018, the minimum age for using WhatsApp is 16 years old. This is to protect children from the risks of the app. WhatsApp has not yet started selling its app to children under the age of 16. It will only be available to children under the age of 16 when it has been approved by the relevant authorities.

**SCAM MESSAGES**  
Scammers use WhatsApp to send messages that look like they are from a friend or family member. They often ask for money or to click on a link. If you receive a message like this, do not click on the link and do not send any money. Report the message to WhatsApp.

**FAKE NEWS AND HOAXES**  
WhatsApp has been found to be a major source of fake news and hoaxes. This is because it is so easy to share messages and photos. Always check the source of any information you receive on WhatsApp. Do not share anything unless you are sure it is true.

**THE ONLY ADMIRY FEATURE AND CYBERBULLYING**  
WhatsApp has a feature called 'Admire' which allows users to like other people's photos. This feature has been found to be a major source of cyberbullying. Parents should be aware of this feature and talk to their children about the risks of using it.

**CONNECTING WITH STRANGERS**  
WhatsApp has a feature called 'Find My Friends' which allows users to share their location with other people. This feature has been found to be a major source of child sexual exploitation. Parents should be aware of this feature and talk to their children about the risks of using it.

**LIVE LOCATION SHARING**  
WhatsApp has a feature called 'Live Location' which allows users to share their location with other people in real-time. This feature has been found to be a major source of child sexual exploitation. Parents should be aware of this feature and talk to their children about the risks of using it.

**CREATE A SAFE PROFILE**  
Parents should encourage their children to create a safe profile on WhatsApp. This means not sharing their name, address, or phone number. They should also be encouraged to use a strong password and to not share their profile picture with anyone they do not know.

**REPORT SCAM MESSAGES**  
If a child receives a scam message, they should report it to WhatsApp. This can be done by tapping on the message and selecting 'Report Scam Message'. This will help WhatsApp to remove the message and to warn other users.

**DELETE ACCIDENTAL MESSAGES**  
If a child accidentally sends a message, they should delete it as soon as possible. This can be done by tapping on the message and selecting 'Delete for Everyone'. This will remove the message from both the sender and the recipient.

**EXPLAIN HOW TO BLOCK PEOPLE**  
Parents should explain to their children how to block people on WhatsApp. This means that the person will no longer be able to contact them or see their profile picture. This is a useful feature to use if a child is being harassed or bullied.

**LEAVE A GROUP**  
If a child is in a group chat and they do not want to be there, they should leave the group. This can be done by tapping on the group name and selecting 'Leave Group'. This will remove the child from the group.

**USING LIVE LOCATION SAFELY**  
Parents should explain to their children how to use the Live Location feature safely. This means not sharing their location with anyone they do not know and not sharing their location for too long.

**SET TIME LIMITS**  
Parents should encourage their children to set time limits on their WhatsApp usage. This means not using the app for too long and not checking it too often. This will help to reduce the risk of cyberbullying and other online risks.

**National Online Safety**

**Top Tips for Parents**

**www.nationalonlinesafety.com**

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