



# Newsletter

## Friday 4th November 2022



### Staff Spotlight on Mrs Owen (nee Hulse)

I have enjoyed working at Brookburn for nine years. I joined in 2013 as Assistant Head and have been Deputy Headteacher since 2017. I have enjoyed teaching for over 20 years and have taught every year group in a variety of Greater Manchester, Stockport and Liverpool schools. I also spent three years teaching in a British School in Madrid. During my time at Brookburn, I have loved teaching our wonderful children and I enjoy working with the fantastic staff team to develop teaching and learning across the school, particularly in writing. I lead on Inclusion and one of my focus areas within this is Attendance and Punctuality. I will be working with the school community to ensure children are in school and on time every day. If you feel you need any support, please get in touch.



Many of you recognise my Welsh accent. I am originally from Anglesey in North Wales and am a Welsh speaker. I love visiting my family and friends there and spend as much time as I can at the beach.

Brookburn is a special place for me both professionally and personally. I have had two children, Albie (4) and Noah (17months) while working at Brookburn, and recently I got married to their Dad, a fellow Welshman. I will now go by the name of Mrs Owen, but will certainly still answer to my maiden name Miss Hulse (especially while I'm getting used to it)!

*Mrs Owen—Deputy Headteacher*

Here is the UNICEF representative from 5a who would love to share her favourite Article with the school community.

"My favourite Article is Article 6

 *Every child has the right to life. Governments must do all they can to make sure that children survive and develop to their full potential.*



I think this is important because I think that everyone is equal no matter what they look like or where they come from or how much money they have."

Very well said. At Brookburn we strive for a world where everyone is treated equally.

*Miss Kingsford—Unicef Lead*

### Pirate Ship Supervision

Please note - all children must be supervised by an adult whilst playing on the pirate ship. This means that outside of school hours when staff are not on the playground (i.e. before the doors open in the morning or after school has finished), parents and carers must supervise the children in their care. This is so that we can make sure all children are safe.

If children are not accompanied by an adult, they should not play on the pirate ship and we would appreciate your support with this.

Thank you.

### Progress Meetings

We will be holding progress meetings later on this month. Most meetings will take place on 22nd November (face to face) until 7pm and 24th November (via video call) until 6pm. Nursery, Class 2A and Class 5A have slightly different arrangements and this is explained in the letter sent via Parentmail along with instructions on how to book. You can book your slot from Monday 7th November at 7pm via the parents evening system (this is different to Parentmail).

### Christmas News!

The Cauliflower Christmas cards have been delivered and will be sent home next week

### SAVE THE DATE!

EYFS and KS1 will be inviting parents and carers into school for their Christmas celebrations:

Nursery Singalong - 7 Dec - 9.30am  
Reception Xmas Play - 8 Dec - 9.30am  
KS1 Xmas Play - 14 Dec - 9.30am & 2pm



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### Man City Raffle!

Thank you to everyone that took part in the raffle to win a signed Manchester City shirt. The winner was Adam, a Year 2 child from Barlow Hall School who is a big fan and was over the 'blue moon' with his prize!



### Next Week's Menu

Next week we will follow week 3 of our menu, which is shown below:

	Mon	Tue	Wed	Thu	Fri
<b>Opt 1</b>	Cheese & Tomato Pizza with wedges	Cheese whirl with sautéed potatoes	Roast Turkey Potatoes of the day & stuffing	Meat sausage with creamed potato	Fish finger and chips
<b>Opt 2</b>	Vegetarian burger with wedges	Tomato and Basil Pasta	Quorn Fillet with new potatoes & stuffing	Quorn Sausage with creamed potatoes	Quorn Nuggets & Chips
<b>Opt 3</b>		Ham Sandwich		Cheese Sandwich	

As always, there will be a selection of vegetables, salad bar and dessert.



Well done to the following TTRock Stars!  
*Mr Shurlock - Maths Lead*

Week ending:	Most Improved	Highest Score
4th November	Sienna 6B	Isabella 4B

### Manchester City Council Cost of Living Advice Line

To support Manchester residents through the cost-of-living crisis, Manchester City Council will be providing an advice line that will offer:

1. Support with benefits and help with your rent
2. Advice about debt and paying bills
3. Food support
4. Support getting online



The advice line can be accessed via a free phone number 0800 023 2692 from 9:00-4:30 Mon to Fri.



[www.manchester.gov.uk/helpinghands](http://www.manchester.gov.uk/helpinghands)

### School Photo's

School photographs have been sent home this week. Anyone who didn't order a photograph but would like to can still do this via the John Hunt website. You will need your individual code and orders will be sent to your home address at an additional charge.



**COMING UP NEXT!**

#### 7th November

Flute and Clarinet Lessons (am)  
Andy and the Odd Socks Assembly (pm)  
Guitar Lessons (pm)  
Steelpan Lessons (pm)  
Cross Country Comp - Wythenshawe Park

#### 9th November

Violin and Cello Lessons (am)  
Y4 Swimming Lessons (pm)

#### 11th November

Remembrance Day

#### 14th - 18th November

Anti-Bullying Week

#### 14th November

Odd Socks Day  
Flute and Clarinet Lessons (am)  
Guitar Lessons (pm)  
Steelpan Lessons (pm)

16th November

Violin and Cello Lessons (am)

Y4 Swimming Lessons (pm)

#### 18th November

Children in Need



#### Autumn Term

Fri 16 December - **Break up 2 pm**

**NO After School Club**

#### Spring Term

Tues 3 Jan – Return to school

Fri 17 Feb – Break up normal time

Mon 27 Feb – Return to school

Fri 31 Mar – **Break-up 2 pm**

**NO After School Club**

#### Summer Term

Fri 17 April – Return to school

Mon 1 May – School closed Bank Hol

Thu 4 May School closed – Polling Day

Fri 26 May – Break up normal time

Tues 6 Jun – Return to school

Friday 21 July **Break up 2 pm**

**NO After School Club**



# Newsletter Friday 4th November 2022

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



## What parents need to know about INSTAGRAM

AGE RESTRICTION  
**13+**  
Anyone under the age of 13 can create an account

LOCATION

#HASHTAG

Instagram is a hugely popular social networking app with over 1 billion users worldwide. The app, which is accessible on iOS and Android devices, allows users to upload images and videos to their feed, create interactive 'stories', exchange private messages or search, explore and follow other accounts they like. Images and videos can be transformed with an array of filters to edit the shot before sharing and anyone with an account can see others' online 'galleries' if their account is not private. To make posts easier to find, users can include searchable hashtags and captions to their uploads. That's why we've created this guide to help parents and carers understand exactly what Instagram is about.

### HOOKED ON SCROLLING

Many social media platforms, Instagram included, have been designed in a way to keep us engaged on them for as long as possible. Behavioural economist, Nir Eyal, calls this the 'Hook Model' and the Instagram feed is a great example of this. Children and adults may find themselves scrolling to try and get a dopamine release. Scrolling may become addictive and it can be difficult to stop until children find that 'something' they are looking for, quickly losing track of time as they get deeper into their Instagram feed.

### SLIDING INTO DMS

Direct messages (or DMs) on Instagram allow users to share posts, images, videos, voice messages and calls between each other privately (or in a private group). Even if your child's account is set to private, anybody has the option to message them and send them content. If the person is not on your child's friends list, the message will still be sent to their inbox but the user has to accept their request to see the message.

### INFLUENCER CULTURE

Influencers are sometimes paid thousands of pounds to promote a product, service, app and much more on social media. When celebrities or influencers post such an advert, they should add a disclaimer somewhere in the post which states that they have been paid for it. Commonly, this is well-hidden in the hashtags or in the comments of their post, making it unclear that their photo/video is actually an advert. This can be very misleading to young people who may be influenced into buying/trying something promoted by somebody they admire, creating a false sense of reality and potentially affecting their mental health and wellbeing.

### IMPACT ON WELLBEING

In a report by the RSPH, Instagram was ranked the worst for young people's mental health. Using filters on photos on Instagram can set unrealistic expectations and create feelings of inadequacy. Children may strive for more 'likes' by using realistically edited photos. Judging themselves against other users on the app might threaten their confidence or self-worth. In early 2019, Instagram banned images of self-harm and suicide, following the suicide of 14-year-old Melly Russell, who had reportedly been looking at such material on the platform. They since extended the ban to include drawings, cartoons and memes.

### LIVE STREAMING TO STRANGERS

Live streaming on Instagram allows users to connect with friends and followers in real-time and comment on videos during broadcast. If your child's account is private, only their approved followers can see their story. It's important to note they may have accepted a friend request from someone they don't know, which means they could be live streaming to strangers. Children also risk sharing content they later regret, which could be re-shared online for years to come. Public accounts allow anybody to view, so we suggest your child blocks followers they don't know. In early 2019, data gathered by the NSPCC found that sex offenders were grooming children on Instagram more than on any other online platform.

### IN-APP PAYMENTS

Instagram allows payments for products directly through the app. It operates under the same rules as Facebook Payments, which state that if you are under the age of 18, you can only use this feature with the involvement of a parent or guardian.

### EXPOSING LOCATION

Public locations can be added to a user's photos/videos and also to their stories. While this may seem like a good idea at the time, it can expose the location of your child. This is particularly more of a risk if it is on their story, as it is real time. A photo which includes landmarks in the area, their school uniform, street name, house and even tagging in the location of the photo uploaded to Instagram can expose the child's location, making it easy to locate them. If their account is public, anyone can access their account and see their location.

### HUACKED HASHTAGS

Hashtags are an integral part of how Instagram works, but they can come with risks. One person may use a seemingly innocent hashtag with one particular thing in mind, and before you know it hundreds of people could be using the same hashtag for something inappropriate or dangerous that your child shouldn't be exposed to.

### IGTV

Instagram TV (IGTV) works similar to YouTube. Users can watch videos from favourite accounts on the platform or create their own channel and post their own videos. It's important to note anyone can create an Instagram TV channel and doesn't have to be friends with a person to follow an account and watch their videos. In 2018 Instagram apologised and removed some of its TV content which featured sexually suggestive imagery of children. As the feature may encourage spending more time using the app, it's important to set time limits to avoid children's sleep or education being disturbed.

@MENTION

## Top Tips for Parents & Carers

### RESTRICT DIRECT MESSAGES

If your child receives a message from somebody they do not know, encourage them not to accept their message request and 'block' this person; this is the only way to stop them messaging your child again. Children can also 'tap and hold' the individual message to report it directly to Instagram as well as reporting the account itself.

### LOOK OUT FOR #ADS

In 2018, the UK's Competition and Markets Authority launched an investigation into celebrities who were posting adverts on social media and not declaring that they were paid for. Influencers must clearly state that they have been paid for their posts, for example using a hashtag like #Ad or #sponsored. Teach your child to look out for the signs of a paid post/advert and discuss with them that not everything they see from celebrities is their personal choice and opinion.

### MANAGE NEGATIVE INTERACTIONS

If your child is receiving unwanted or negative comments, they can block that account so that they can't interact with them. This stops them seeing and commenting on their posts, stories and live broadcasts. In addition, your child can instantly delete unwanted comments from their posts, turn them off completely and control who can tag and mention them in comments, captions or stories, from everyone, only people they follow, or no one at all.

### MANAGE DIGITAL WELLBEING

Instagram now has an in-built activity dashboard that allows users to monitor and control how much time they spend on the app. Users can add a 'daily reminder' to set a limit on how much time they want to spend on Instagram, prompting them to consider if it's been too long. In addition, since users have caught up with all the previous posts since they last logged on, they'll receive a 'You've completely caught up' message. Both features can help you have a conversation with your child about how much time they are spending on the app and to set healthy time limits.

### PROTECT PERSONAL INFORMATION

Your child may unknowingly give away personal information on their profile or in their live streams. Talk to them about what their personal information is and make sure that they do not disclose anything, including their location, to anyone during a livestream, comment, direct message or any other tool for communication on the platform, even to their friends.

### USE A PRIVATE ACCOUNT

By default, any image or video your child uploads to Instagram is visible to anyone. A private account means that you have to approve a request if somebody wants to follow you and only people you approve will see your posts and videos. Children should also use a secure password and enable a two-factor authentication to add an extra layer of security to their account.

### FILTER INAPPROPRIATE COMMENTS

Instagram has an 'anti-bullying' filter, which hides comments relating to a person's appearance or character as well as threats to a person's wellbeing or health. The filter will also alert Instagram to repeated problems so that they can take action against the user if necessary. This is an automatic filter, which should always be enabled. Children can also report abusive behaviour or inappropriate/offensive material directly to Instagram from the app. This includes posts, comments and accounts.

### TURN OFF SHARING

Even though this feature will not stop people from taking screenshots, it will stop others being able to directly share photos and videos from a story as a message to another user. This feature can be turned off in the settings. We also recommend turning off the feature which automatically shares photos and videos from a story to a Facebook account.

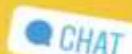
### REMOVE PAYMENT METHODS

If you are happy for your child to have a card associated with their Instagram account, we suggest adding a PIN which needs to be entered before making a payment; this will also help prevent unauthorised purchases. This can be added in the payment settings tab.

**DON'T FORGET TO BE VIGILANT & TALK TO YOUR CHILD ABOUT THEIR ONLINE ACTIVITIES!**

### Meet our expert

Parveen Kaur is a social media expert and digital media consultant who is passionate about improving digital literacy for parents and children. She has extensive experience of working in the social media arena and is the founder of Kids In Clicks, a web resource helping parents and children thrive in a digital world.



National Online Safety

#WakeUpWednesday

[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) Twitter - @natonlinesafety Facebook - /NationalOnlineSafety Instagram - @nationalonlinesafety

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