



Portobello Primary School  
Weekly Newsletter  
26<sup>th</sup> April 2024



**Achievement Assembly**

Our achievement assembly this week celebrated children who have "stayed safe" this week. Well done to the following children:

**Reception:** Teddy **Year 1:** Mia **Year 2:** Ellie

**Year 3:** Nate **Year 4:** Jack **Year 5:** Charlie **Year 6:** Nifemi

**Celebrating Attendance**

Whole school attendance is currently at 95.1%.

Well done to Year 6 for best attendance this week at 97%!

Our raffle has restarted. Our next draw will take place the Friday before May half.

**Dates for Diary**

- Tuesday 30<sup>th</sup> April & Wednesday 1<sup>st</sup> May - Matilda Performances
- Tuesday 30<sup>th</sup> April - Breakfast Club special breakfast: Toasted Waffles with fruit toppings
- Wed 1<sup>st</sup> May - Year 1 trip to Gibside
- Tuesday 21<sup>st</sup> May - Breakfast Club special breakfast: Toasted muffins or pancakes
- Monday 3<sup>rd</sup> June - Occasional day - school closed (subject to a general election not being called)
- Tuesday 18<sup>th</sup> June - Health and Sports Week - Keep fit Breakfast!
- Thurs 20<sup>th</sup> June: Lunch menu change: National Picnic Day
- Wed 26<sup>th</sup> June: Y3 trip Adventure Sunderland
- Fri 5<sup>th</sup> July - PM school summer fayre
- Thurs 11<sup>th</sup> July: Lunch menu change: End of year celebration (burger & fries & ice cream cone)

**Reader of the Week Award**

Celebrating our school's passion for reading! A huge congratulations to this week's school reading award winners. We are delighted to introduce this week's star readers who will receive a certificate:

**Reception**

Finley & Gracie

**Year 3**

Lucy & Leighton

**Year 1**

Jamie & Eliza

**Year 4**

Isla & Heidy

**Year 2**

Rose & Esmay

**Year 5**

Alisa & Yanis

**Year 6**

Oliver & Olivia



**Matilda**  
THE MUSICAL JR

We are delighted to announce that following months of dedicated preparation and rehearsals our performance of Matilda the Musical will take to the stage on Tuesday 30<sup>th</sup> April and Wednesday 1<sup>st</sup> May at 4:30pm!

Please come along and support your family and friends and our pupils in general. You will be thoroughly entertained and can enjoy a good sing-along too!

Tickets are available at £5 each and can be purchased from the school office between 3:15pm - 3:45pm each day. Alternatively, you can pay online via School Gateway (please make multiple transactions if purchasing more than one) and tickets will be sent home.

All funds go straight back into the Music and the Arts at Portobello, Thank you for your continued support. Whole show running time will be no more than 90 minutes.



### Right of the week - Article

Article 9 - Children should not be separated from their parents unless they are not being properly looked after - for example, if a parent hurts or does not take care of a child. Children whose parents don't live together should stay in contact with both parents unless this might harm the child.



### Earrings in school

As we are now in the Summer Term it is tempting to give into the pleas of children wanting their ears pierced. A polite reminder for health and safety reasons we have a no earring policy in school. You child will not be able to take place in sporting, PE or playtime activities with earrings in. Please organise this for week one of the summer holidays so they are ready to take out in September.

Get quick and reliable NHS advice about your children's health? Healthier Together is a locally developed NHS resource, providing clear and reliable healthcare advice for parents and carers all in one place on a regional website and app. Healthier Together uses a simple 'traffic light' system based on the symptoms of common childhood illnesses and other conditions, and advises where and how to seek help if required. **Download the Healthier Together app from your app store now!** Designed to reduce anxiety and worry for parents and carers and help you access the right NHS services: <https://www.nenc-healthiertogogether.nhs.uk/resources/download-healthier-together-mobile-application>



### Easyfundraising

Do your food shop through easyfundraising before April 28th for your chance to win back the value of your basket! Seven of the leading supermarkets are taking part, including Tesco, Morrisons, ASDA, Sainsbury's, Waitrose, Iceland, and Ocado. You will raise FREE donations for us with them and at over 8,000 other brands. Please sign up to support us now, it's quick and easy:

<https://join.easyfundraising.org.uk/portobelloprisch/N7TLLL/c2s/RdeeWlyy/CE850/facebook/>

### Sport

Year 6 competed in a Handball tournament at Lord Lawson this week and came away with 2 out of 2 wins! Well done everyone.

Well done to our Year 5/6 girls football team who competed in the county semi-finals on Monday, after finishing in a good place in the league before Christmas. The girls did well in some tough conditions, coming away with 2 draws, 1 loss and a win!

A brilliant start to the second half of the league for our Year 5/6 Girls football team. Winning all 4 of their games this week. Well done girls!

A good start to the second half of the league for the Year 5/6 boys football team. They came away with a win and a loss in their games this week.

#TeamPortobello

### \*\*\*Book Sale\*\*\*

On Friday 3<sup>rd</sup> May 2024, we will be holding a book sale on the KS1 yard from 3:15pm to 3:45pm. A wide range of non-fiction and fiction books are available for purchase. New books will cost £2.00. We ask for a small donation for our selection of pre-loved books. There will also be an assortment of pre-loved books available free of charge.

Thank you!



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Birtley Community Theatre Juniors present We Will Rock You on the 4<sup>th</sup> & 5<sup>th</sup> May.

We have several children performing in this fantastic show, please show your support for a local theatre group and enjoy a superb afternoon or evening performance too, you will be blown away!

*Birtley Community Theatre Juniors present*

**LONG LIVE ROCK AND ROLL**

**WE WILL ROCK YOU**

**young@part®**

Saturday 4th May 3pm + 6pm  
 Sunday 5th May 11am + 3pm

£5

Park View Theatre  
 Church Chare, Chester-le-Street, DH3 3PZ

MUSIC AND LYRICS BY QUEEN.  
 STORY AND SCRIPT BY BEN ELTON.  
 YOUNG@PART EDITION ADAPTED BY MARC TUMMINELLI AND ORIGINALLY WORKSHIPPED AT BROADWAY WORKSHOP IN NYC.

We Will Rock You is presented through special arrangement with and all authorised performance materials are supplied by Theatrical Rights Worldwide (TRW).  
[www.theatricalrights.co.uk](http://www.theatricalrights.co.uk)



**Online Safety**

This #WakeUpWednesday we're sharing a user guide for parents and carers with a focus on group chats. #OnlineSafety

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](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

# What Parents & Carers Need to Know about GROUP CHATS

Occurring through messaging apps, on social media and in online games, group chats are among the most popular ways that young people engage with their peers online. Involving, by definition, three or more individuals, these groups allow users to send messages, images and videos to everyone in one place. While they are useful for helping friends, people with shared interests or members of a club to communicate and coordinate activities, they can also leave young people feeling excluded and bullied – as well as providing opportunities for inappropriate content to be shared and viewed.

## WHAT ARE THE RISKS?

### BULLYING

Unkind comments or images which are purposely aimed at an individual can be shared freely in a group chat – allowing and often encouraging others to join in the bullying behaviour. If this content is shared in a group of their peers (especially a larger group), it serves to amplify the hurt, embarrassment, anxiety and isolation that the victim feels.

### EXCLUSION AND ISOLATION

This common issue with group chats can happen in several ways: starting a new group, for instance, but deliberately excluding a certain child. Likewise, the chat may take place on an app which one child doesn't have access to, meaning they can't be involved. A child can also feel isolated when a group chat is used to discuss or share images from an event that everyone else but them attended.

### INAPPROPRIATE CONTENT

Some discussions in group chats may include inappropriate words, swearing and unsuitable images or videos. These could be viewed by your child if they are part of that group, whether they actively engage in it or not. Some chat apps have a disappearing message function, so your child may be unable to report something they've seen because it can only be viewed once or for a short time.

### SHARING GROUP CONTENT

It's important to remember that – while the content of the chat is private between those in the group – individual users can easily share a message, photo or video with others outside of the group or screenshot what's been posted. The risk of something your child intended as private becoming public (and potentially going viral) is higher if there are people they don't know well in the group.

### UNKNOWN MEMBERS

Within larger group chats, it's more likely your child will be communicating with people they don't really know. These strangers may be friends of the host, but not necessarily friendly toward your child. It's wise for young people not to share personal details and stay aware that they have no control over the messages and images they share after they've put them online.

### NOTIFICATIONS AND FOMO

A drawback of large group chats is the sheer number of notifications. Every time someone in the group messages, your child's device will be pinged with an alert; potentially, this could mean hundreds of notifications a day. Not only is this highly distracting, but young people's fear of missing out on the latest conversation results in increased screen time as they try to keep up with the chat.

## Advice for Parents & Carers

### CONSIDER OTHERS' FEELINGS

Group chats are often an arena for young people to gain social status. This could cause them to do or say things on impulse, which could upset others in the group. Encourage your child to consider how other people might feel if they engaged in this behaviour. If your child does upset a member of their group chat, support them to reach out, show empathy and apologise for their mistake.

### GIVE SUPPORT, NOT JUDGEMENT

Remind your child that they can confide in you if they feel bullied or excluded in a group chat. Instead of responding to the person who's upset them. Validate their hurt feelings and help to put them back in control by discussing how they'd like to handle the situation. On a related note, you could also empower your child to speak up if they're in a chat where others are being picked on.

### BLOCK, REPORT AND LEAVE

If your child is in a chat where inappropriate content is being shared, advise them to block the users sending the material, report them to the host app or platform and exit the group. If any of this content could be putting a minor at risk, contact the police. Emphasise to your child that it's OK for them to simply leave any group chat that they don't feel comfortable being a part of.

### PRACTISE SAFE SHARING

In any online communication, it's vital for young people to be aware of what they're sharing and who might potentially see it. Discuss the importance of not revealing identifiable details like their address, their school or photos that they wouldn't like to be seen widely. Remind them that once something is shared in a group, they lose control of where it may end up and how it might be used.

### AVOID INVITING STRANGERS

Sadly, many individuals online hide their true identity to gain a child's trust – for example, to gather information on them, to exchange inappropriate content or to coax them into doing things they aren't comfortable with. Ensure your child understands why they shouldn't add people they don't know to a group chat – and, especially, to never accept a group chat invitation from a stranger.

### SILENCE NOTIFICATIONS

Having a phone or tablet bombarded with notifications from a group chat can be a massive irritation and distraction – especially if it's happening late in the evening. Explain to your child that they can still be part of the group chat, but that it would be healthier for them to turn off or mute the notifications and catch up with the conversation at a time which better suits them.

### 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.

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[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) @natonlinesafety /NationalOnlineSafety @nationalonlinesafety

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