

BROOKDALE BULLETIN

Brookdale Primary School's Weekly Newsletter

Online Safety

“Inappropriate” means different things to different people. What’s acceptable for one age group, for example, may be unsuitable for a slightly younger audience. Online, young people can chance upon inappropriate content in various way – from pop-up ads to TikTok videos. The increasingly young age at which children become active in the digital world heightens the risk of them innocently running into something that they find upsetting or frightening.

[In this guide](#), you'll find tips on a number of potential risks such as social media, gaming and adverts.

Golden Table Awards

- F2 - Ryan Potereas**
- Year 1 - Matilda Woods**
- Year 2 - Isabella Green**
- Year 3 - Thomas Clarke**
- Year 4 - Lillian Bowe**
- Year 5 - Dylan James**
- Year 6 - Lucas Li**



Stars of the Week

- Pre School - Levi Duncan**
- F2 - Henry Mortensen**
- Year 1 - Sebastian Williams**
- Year 2 - Isobel Reid**
- Year 3 - Sophia Hare**
- Year 4 - Emily Platt**
- Year 5 - Amber Capewell**
- Year 6 - Luca Schiavo**



School Values and Growth Mindset Awards

- Pre School - Giavanna Clarke**
- F2 - Timo Traill**
- Year 1 - Harper Hewitt**
- Year 2 - Elliott Traill**
- Year 3 - Callum Hanson**
- Year 4 - Henry Charles**
- Year 5 - Alexander Booth**
- Year 6 - Oscar Nelson**



Attendance



Good attendance at school is very important. If you are not here, you can't learn! We always aim to have an attendance percentage of 100%! The table below shows you the attendance percentage this week:

| | |
|--------------|------|
| F2 | 93.9 |
| Year 1 | 93 |
| Year 2 | 96.1 |
| Year 3 | 93.9 |
| Year 4 | 97.9 |
| Year 5 | 97.2 |
| Year 6 | 96.1 |
| Whole School | 95.4 |

Next School Week

CHILDREN'S MENTAL HEALTH WEEK

Tuesday 6th February

- Safer Internet Day (there will be assemblies for KS1 and KS2 during the school day)

Wednesday 7th February

- Y5 and Y6 Chess Club - 3.15 pm - 4.15pm
- KS1 Gymnastics Club - 3.15 pm - 4.15pm

Thursday 8th February

- Parent Coffee Afternoon - 2.15pm

Friday 9th February

- Non-Uniform Day - 'Express Yourself'
- Celebration assembly - 2:35 pm
Parents of children who have been notified that they are receiving awards are invited to attend

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Welcome Back, Duncan!



Exciting news! Duncan, our school dog, is back after a well-deserved break while Mrs Neal was on maternity leave. Now that Mrs Neal is fully settled back in, Duncan was keen to join us too!

The joy on the children's faces on his return was heart-warming this week. Moving forward, Duncan will resume his role, bringing smiles and reducing stress.

Mrs Neal and I will be running assemblies for all the children to ensure they know how to approach him and treat him respectfully. As parents, you can help when you see him at the school gates by reminding your children to always approach him from the front where he can see them coming and wait until they know he can see them before starting to stroke him.

Duncan is extremely placid and a trained therapy dog and therefore would not hurt our pupils however we feel it is important to help our children understand that we must treat Duncan as we would any other dog and make sure we are safe when we approach them.

Thank you for your continued support.

Children's Mental Health Week

From **5th to 11th February 2024**, we are taking part in Place2Be's Children's Mental Health week. This year the theme is '*My Voice Matters*'.

My Voice Matters is about empowering children and young people by providing them with the tools they need to express themselves. When we feel empowered, this can have a positive impact on our wellbeing. Children and young people who feel that their voices are heard and can make a difference have a greater sense of community and self-esteem.

There will be different activities in classes throughout the week which give the children the opportunity to understand their voice matters. We will round off the week we will have a **whole school "Express Yourself" non-uniform day on Friday 9th February**.

This day will give our children the chance to celebrate what makes them unique and have their voices heard by expressing themselves through what they wear, how they style their hair etc. The children need to come in to school dressed in a way that expresses them as an individual. They could wear clothes that are their favourite colour, all their favourite clothes at once, or a costume that reflects or represents their personality or interests.

There are lots of resources on the Children's Mental Health Week website that you can use with your child at home. Visit <https://www.childrensmentalhealthweek.org.uk/families/>

Thank you for your support and joining in with this event.



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Tranmere Rovers Futsal

On Tuesday, some of our Year 3 and 4 pupils represented Brookdale at the first Tranmere Rovers' Futsal Tournament for lower KS2. Many of the children had never played football outside of PE lessons or the school playground before but they didn't let that stop them.

Our children had a fantastic time, play with lots of enthusiasm and were praised by the organisers for their excellent teamwork and sports-personship! Well done, #TeamBrookdale!



Bikeability!

Our Year 5 pupils have enjoyed the opportunity to complete their Bikeability (cycling proficiency) skills award this week - 6 children took part each day in the full day course. The instructors made a point of coming to inform me that the children had represented our school wonderfully and really embodied all of our [school values](#) - well done, Year 5!



PE KITS

We would be extremely grateful if you could ensure that your child has their PE kit in school each week. This should include:

- ⇒ Plain navy / black shorts (no logos)
- ⇒ Plain white t-shirt (no logos)
- ⇒ Black PE pumps (trainers may be worn for outdoor games)
- ⇒ A plain black or navy tracksuit for outdoor games in cold weather (no logos)



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Safer Internet Day

Next Tuesday, 6th February, is Safer Internet Day which takes place each year to raise awareness of a safer and better internet for all, and especially for children and young people.

Mr Darbyshire, our Computing lead, will be leading assemblies for the different age groups on Tuesday to discuss internet safety at an age-appropriate level however, we encourage everyone - including parents and caregivers - to ensure that this matter remains a high priority in your homes at all times!

You can find useful resources to use at home on our [school website under the Safeguarding Tab](#). There are also further resources to be found at:

<https://www.saferinternetday.org/resources>



Measles

(Message from the DfE) There have been recent localised outbreaks of measles centred around the West Midlands. There is a risk of further outbreaks in other areas unless urgent action is taken to increase Measles, Mumps and Rubella (MMR) vaccination take up in areas with low MMR vaccine rates.

Measles spreads very easily among those who are unvaccinated, especially in nurseries and schools. The best protection against measles for children and adults is to get both doses of the MMR vaccine. It is never too late to have these vaccinations.

The NHS has the following advice for parents on measles:

[Measles - NHS \(www.nhs.uk\)](#)

DfE has published an [Education Hub blog](#) with guidance on measles and the MMR vaccine for parents, nurseries and schools.



BROOKDALE BISTRO

Lunchtime Menu for Week Beginning Monday 5th February

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|--|
| <p>Hot Option Hot Dogs</p> <p>Either pork or Quorn sausage served in a finger roll with potato wedges and peas.</p> <p>Or</p> <p>Jacket Potato & Filling</p> <p>Or</p> <p>Deli Option</p> <p>Design your own to include wrap, bap or sliced bread filled with your selection from ham, turkey, tuna, egg, or cheese plus a choice of salad.</p> <p>And</p> <p>Dessert</p> <p>Raspberry & Vanilla Arctic Roll</p> <p>Or</p> <p>Fresh fruit, yogurt, or cheese & crisps</p> <p>And</p> <p>A Drink</p> <p>Blackcurrant or orange juice, milk or water</p> | <p>Hot Option Chicken Goujons</p> <p>Strips of breaded chicken or Quorn goujons served with rice and sweetcorn.</p> <p>Or</p> <p>Jacket Potato & Filling</p> <p>Or</p> <p>Deli Option</p> <p>Design your own to include wrap, bap or sliced bread filled with your selection from ham, turkey, tuna, egg, or cheese plus a choice of salad.</p> <p>And</p> <p>Dessert</p> <p>Fudge</p> <p>Or</p> <p>Fresh fruit, yogurt, or cheese & crisps</p> <p>And</p> <p>A Drink</p> <p>Blackcurrant or orange juice, milk or water</p> | <p>Hot Option Chilli Con Carne</p> <p>Choose either beef or Quorn chilli served with rice, nachos and broccoli.</p> <p>Or</p> <p>Jacket Potato & Filling</p> <p>Or</p> <p>Deli Option</p> <p>Design your own to include wrap, bap or sliced bread filled with your selection from ham, turkey, tuna, egg, or cheese plus a choice of salad.</p> <p>And</p> <p>Dessert</p> <p>Iced Chocolate Cakes</p> <p>Or</p> <p>Fresh fruit, yogurt, or cheese & crisps</p> <p>And</p> <p>A Drink</p> <p>Blackcurrant or orange juice, milk or water</p> | <p>Hot Option Roast Gannan Dinner</p> <p>Or</p> <p>Quorn Dinner</p> <p>Or</p> <p>Jacket Potato & Filling</p> <p>Or</p> <p>Deli Option</p> <p>Design your own to include wrap, bap or sliced bread filled with your selection from ham, turkey, tuna, egg, or cheese plus a choice of salad.</p> <p>And</p> <p>Dessert</p> <p>Shortbread</p> <p>Or</p> <p>Fresh fruit, yogurt, or cheese & crisps</p> <p>And</p> <p>A Drink</p> <p>Blackcurrant or orange juice, milk or water</p> | <p>Hot Option Fish Fingers</p> <p>Salmon Fillet or vegetables</p> <p>Nuggets</p> <p>Served with chips, peas, or baked beans.</p> <p>Or</p> <p>Jacket Potato & Filling</p> <p>Or</p> <p>Deli Option</p> <p>Design your own to include wrap, bap or sliced bread filled with your selection from ham, turkey, tuna, egg, or cheese plus a choice of salad.</p> <p>And</p> <p>Dessert</p> <p>Vanilla Cakes</p> <p>Or</p> <p>Fresh fruit, yogurt, or cheese & crisps</p> <p>And</p> <p>A Drink</p> <p>Blackcurrant or orange juice, milk or water</p> |

Chinese New Year Menu - see next page - or Deli

[Click here to go to our website for the full 3-week menu](#)

2nd February 2024

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CHINESE NEW YEAR MENU YEAR OF THE DRAGON LUNCH

Thursday 8th February 2024



Main Course

Honey & Garlic Chicken with Egg Noodles

Served with Stir Fry Vegetables

(Vegetarian Option Available)

Spring Rolls

****** Deli Bar & Baked Potatoes available ******

Dessert

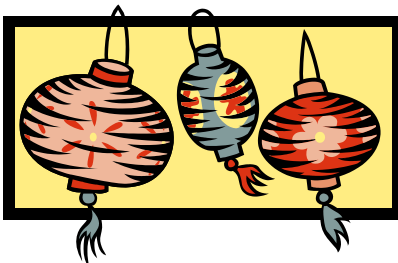
Orange Jelly & Cream

Cookies

Dragon Fruit Salad

Drink

Lemonade



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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 issue of many 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 AGE-INAPPROPRIATE CONTENT

"Inappropriate" means different things to different people. What's acceptable for one age group, for example, may be unsuitable for a slightly younger audience. Online, young people can chance upon inappropriate content in various ways – from pop-up ads to TikTok videos. The increasingly young age at which children become active in the digital world heightens the risk of them innocently running into something that they find upsetting or frightening. Trusted adults need to be able to help children be aware of what to do if they're exposed to age-inappropriate content.

WHERE IS IT FOUND?

SOCIAL MEDIA
Age-inappropriate content is easily accessible through many social media platforms. TikTok, for instance, is hugely popular with young people but is arguably best known for clips featuring sexualised dancing or profanity. Some social media users also express hate speech or promote eating disorders and self-harm, which could cause lasting damage to a child's emotional and mental health.

GAMING
Gaming is an enjoyable source of entertainment, but many popular titles can expose children to inappropriate material such as violence, horror, gambling or sexually explicit content. Playing games unsuitable for their age risks normalising to children what they are seeing. Some games also include in-game chat, where other (usually older) online players often use language that you probably wouldn't want your child to hear or repeat.

STREAMING
The range of video streaming services available online means that users can find almost anything they want to watch on demand. Children are therefore at risk of viewing TV shows and movies which contain nudity, drug and alcohol abuse, explicit language and extreme violence. Unfortunately, these streaming platforms can't always determine that it's not an adult who's watching.

ADVERTS
Online adverts frequently include age-inappropriate content: usually gambling and nudity or partial nudity, although adverts for alcohol or e-cigarettes are also common. Some search engines also feature adverts that are responsive to your search history: so if you've recently looked up a new horror movie, shopped for lingerie or ordered alcohol online, then the ads appearing on screen could reflect this the next time your child borrows your device.

18 Advice for Parents & Carers

TALK IT THROUGH
Embarrassment or fear of getting into trouble can make it difficult for children to talk openly about age-inappropriate content they've watched. Remind your child they can always come to you if they're troubled by something they've seen online, without worrying about consequences. Before offering advice, discuss what they saw, how they felt and how they came to find the content in question.

CONNECT, DON'T CORRECT
If your child's been particularly distressed by exposure to content that wasn't suitable for their age, it's important to offer guidance to prevent them from repeating the same mistake – but it's equally vital to help them deal with the emotions that the situation has raised. You could tell them about any similar experiences you might have had at their age, and how you dealt with it.

BLOCK, REPORT, CONTROL
After discussing the problem, you and your child can take action together. This could include blocking any inappropriate sites and reporting any content which violates a platform's rules. To further safeguard your child online, set up parental controls on internet-enabled devices that they use. This will significantly reduce the chances of your child being exposed to age-inappropriate content in future.

GET SPECIALIST HELP
Age-inappropriate content can potentially have a negative impact on a child's mental health, which is sometimes displayed through changes in their behaviour. If the problem becomes more severe, you might consider reaching out to a mental health professional or an expert in this field who can provide you and your child with the proper support.

STAY CALM
Even though it is obviously difficult to stay rational in a situation where your child has been put at risk, it's essential to think before you react. Your child may well have hesitated to open up to you about watching inappropriate content for fear of the consequences, so being calm and supportive will reinforce the notion that it would be easy to talk to you about similar issues in the future.

Meet Our Expert
Cayley Jorgensen is a Registered Counsellor with The Health Professions Council of South Africa, and she runs a private practice offering counselling to children, teenagers and families. Her main focus is creating awareness and educating the community on the mental health pressures of today's world, as well as resources and techniques to understand and cope better.



Source: <https://www.nationalonlinesafety.com/media/2024/01/16/age-inappropriate-content.pdf> | <https://www.nationalonlinesafety.com/learning-professionals/professional-learning-programme/childrens-appropriate-content-faqs.html> | <https://www.wakeupwednesday.co.uk/wp-content/uploads/2023/04/childrens-media-use-year-1.pdf>