

Thomas Johnson Lower School

Newsletter 36

23rd June 2023



www.thomasjohnsonschool.co.uk



@thomasjohnsonlowerschool

Headteacher's Introduction

This week, and as part of our 'Year of Inspiration', we were very pleased to welcome **Michael Knight** to TJLS to talk to the children about the history of bicycles.

Michael showed us two vintage Edwardian bicycles and explained how they are different to today's bicycles. He showed us photos of his Penny Farthing (*which was too big to transport to the school*) and talked about its history. Michael then went on to show us the types of candle lights and oil lamps used on old bikes for visibility. He also demonstrated how to use a variety of bicycle bells and horns.

We have one final visitor lined up for this academic year...

*Simon Bolger
Headteacher*

Well done to our Year 4 athletes

Last week, 8 of our Year 4 children entered a local athletics contest. They took part in four events: 100m sprint, 400m sprint, standing long jump and a vortex throw. Each child was awarded points based on their performance and the overall totals were collated at the end.

Teams from 45 schools took part in this competition over four days - and I am delighted to be able to say that TJLS came **9th overall**. Considering that we were up against schools who much larger than us - this is a remarkable effort.

We are all very proud of our Year 4 athletes. What a performance!

Sports Day - Thursday 29th June

ICYMI (*In case you missed it*) - There was a previous post on Class Dojo with all the finer details of Sports Day. To see this information again, [please click here](#).

Weekly Awards

This week's winners are:

	Star of the Week	Reader of the Week	Sportsperson of the Week
Reception	Felix	Robyn	Skye
Year 1	Grace	Ty	Leo
Year 2	Ruben	Zachary	Tilly
Year 3	Flora	Elijah	Beth
Year 4	Hettie	Oscar	Seija

This week's **Golden Brush** winner for having the tidiest classroom and learning area is **Year 4 - Eagle Class**.

Silver Award - 40 House Points

Well done to:

- Franklin, George, Violet and Gia - Reception
- Brody - Y2
- Freddie and Matthew - Y4

Gold Award - 60 House Points

Well done to:

- Skye and Isabella - Reception
- Esme - Y3
- Jaydn and Ethan - Y4

Platinum Award - 80 House Points

Well done to:

- Beth - Y3
- Summer - Y4

House Points

In the Summer term the House Shield is awarded to the House that has the collected the most House Points overall for the academic year. The current standings for the whole year are:



1043 points



1142 points



1117 points



1085 points

The last day to collect House Points will be Thursday 13th July, with the overall winner announced in assembly on Friday 14th July. The winning House will have a 'House Colour Day' on Monday 17th July.

This week I have been on the lookout for children I can award House Points to:

This week I promised:	I awarded:
To award a different child every day with 10 House Points for putting in a fantastic effort for everything they do in school.	<p>Dylan in Reception - his grasp of mathematics just blows me away! He works tirelessly to solve problems in maths and I am so proud of his efforts.</p> <p>Grace in Year 1 - for putting in so much effort with her writing over the course of the year. We are so proud of you!</p> <p>Sam in Year 2 - for having such a positive attitude every single day. Come rain or shine, when I pass Sam in the corridor he is always smiling, greeting me and asking me how my day is. He's a superstar.</p> <p>Beth in Year 3 - for consistently being an exceptional role model for the other children. Keep it up, Beth!</p> <p>Ethan in Year 4 - for trying so hard during swimming lessons. He has made so much progress in such a short space of time.</p>
To award every child in the class that walks in and out of assembly the best all week with 2 House Points.	Owl Class - Year 3 - they actually walk in and out fantastically every week - and I simply had to recognise this and acknowledge them with House Points.
To award every child in the class that is the most sensible, kind and friendly at lunchtime with 2 House Points.	Eagle Class - Year 4 - our Year 4 children continue to be excellent ambassadors for our school - and equally brilliant role models for our younger children.

In addition to this, all the points collected by the teams at Sports Day will be converted to House Points and added to the overall totals. There's 3 weeks left to collect House Points - and as it is so close - anyone could win!

Attendance - Every Minute Counts

Whole school attendance
for this week - **97%**
(National attendance is **96.4%**)

Duggee The Every Day Dog
Awarded to the class with the
best attendance all week.
Fox Class - Year 1 - 99%

Dream - Discover - Flourish

The aim of our curriculum is to open doors of opportunity for our children

Online safety - Instagram

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 for further guides, hints and tips for adults.

What Parents & Carers Need to Know about INSTAGRAM

Instagram is one of the most popular social media platforms in the world, with over 1 billion users worldwide. The platform allows users to upload images and videos to their feed, create interactive 'stories', share live videos, exchange private messages or search, explore and follow other accounts they like – whilst at the same time continuously updating and adding new features to meet the needs of its users.

WHAT ARE THE RISKS?

ADDITION
Many social media platforms are designed in a way to keep us engaged on them for as long as possible. There's a desire to scroll often/more in case we've missed something important or a fear of missing out. Instagram is no different and young people can easily lose track of time by aimlessly scrolling and watching videos posted by friends, acquaintances, influencers or even strangers.

PRODUCT TAGGING
Product tags allow users (particularly influencers who are sponsored to advertise products) to tag a product or business in their post. This tag takes viewers, regardless of age, directly to the product detail page on the shop where the item can be purchased and where children may be encouraged by influencers to purchase products they don't necessarily need.

EXCLUSION AND OSTRACISM
Young people are highly sensitive to ostracism. Feeling excluded can come in many forms such as: not receiving many 'likes', not being tagged, being unfriended, having a photo untagged, or not receiving a comment or reply to a message. Being excluded online hurts just as much as being excluded offline – with children potentially suffering lower moods, lower self-esteem, feeling as if they don't belong or undervalued.

PUBLIC ACCOUNTS
Product tagging on Instagram only works on public accounts. If your child wants to share their clothing style, make-up etc and tag items in a post then they may be tempted to change their settings to public, which can leave their profile visible to strangers.

GOING LIVE
Live streaming on Instagram allows users to connect with friends and followers in real-time and comment on videos during broadcast. Risks increase if the account is public because anyone can watch and comment on their videos, including strangers. However, other risks include acting in ways they wouldn't normally or being exposed to inappropriate content or offensive language.

INFLUENCER CULTURE
Influencers can be paid thousands of pounds to promote a product, service, app and much more on social media – the posts can often be identified because they state they're a 'paid partnership'. Ofcom found that young people often attempt to copy-cat influencer behaviour for their own posts to gain likes, sometimes posting content which may not be age-appropriate.

UNREALISTIC IDEALS
Children compare themselves to what they see online in terms of how they look, dress, their body shape, or the experiences others are having. The constant scrolling and comparison of unrealistic ideals can lead to children feeling insecure about their own appearance, questioning how exciting their own lives are and having a fear of missing out.

Advice for Parents & Carers

HAVE OPEN DIALOGUE
Talk to your child about live videos and the risks involved and how they can do it safely with family and friends. Talk to them about ensuring they have safety settings on so only followers can view them live, and maybe help them prepare what they would say when they go live.

REMOVE PAYMENT METHODS
If you're 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 can be added in the payment settings tab and will also help prevent unauthorised purchases.

USE MODERATORS
Instagram has launched 'live moderators' on Instagram live where creators can assign a moderator and give them the power to report comments, remove viewers and turn off comments for a viewer. It's recommended to keep devices in common spaces so that you are aware if they do go live or watch live streaming.

FAMILIARISE YOURSELF
Instagram is one social media app which has its safety features available to parents in a user-friendly manner. The document provides examples of conversation starters, managing privacy, managing comments, blocking and restricting and can be found on the Instagram website: community+parents.

FOLLOW INFLUENCERS
Following influencers will allow you to monitor what they're sharing as well as being able to discuss anything which you deem inappropriate. Talk to your child about who they follow and help them develop critical thinking skills about what the influencer is trying to do. For example, are they trying to sell a product by promoting it?

BE VIGILANT AND REASSURE
Talk to your child about the use of filters. While they can be fun to use they don't represent the real them. If you find your child continuously using a filter, ask them why and reassure them that they are beautiful without it to build up their feelings of self-worth. Discuss the fact that many images online are filtered and not everyone looks 'picture perfect' in real life, which can also lend itself to discuss what is real and not real online.

MANAGE LIKE COUNTS
Due to the impact on mental wellbeing, Instagram has allowed users to change the focus of their experience online away from how many likes a post has by hiding the like counts. Users can hide like counts on all the posts in their feed as well as hiding the like counts on their own posts. This means others can't see how many likes you get. This can be done by going into settings > notifications > posts > likes > off.

BALANCE YOUR TIME
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 with a 'take a break' message. There's also the option to mute notifications for a period of time. These 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.

Meet Our Expert
Dr Claire Sutherland is an online safety consultant at BCyberAware. She has developed and implemented anti-bullying and cyber safety workshops and policies for schools in Australia and the UK. Claire has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviours of young people in the UK, USA and Australia.

National Online Safety
#WakeUpWednesday

www.nationalonlinesafety.com @natonlinesafety /NationalOnlineSafety @nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 17.08.2022

Dates for your diary - new dates added will be highlighted in yellow

29 th June	Sports Day
6 th July	Sports Day Backup should there be poor weather
7 th July	Pre-School Sports Day
10 th July	Art Week
11 th July	School trip to Whipsnade Zoo - Reception and Years 1-4
12 th July	Transition morning - meet your new teacher
12 th July	School Picnic
14 th July	PTFA Inflatable Fun Day
14 th July	End of year reports sent out to parents and carers
17 th July	SPLAT - your child can share their learning from this year with you - 3.20-3.50pm
18 th July	Transition morning - meet your new teacher
19 th July	Year 4 Leaving Assembly - 9.15am
21 st July	School closes for summer holidays

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