

St. Joseph's Catholic Primary School

Coombeshead Road, Newton Abbot TQ12 1PT

Tel: 01626 352559

e-mail: admin@sjna.uk



Newsletter
October 2024

MESSAGE FROM HEAD OF SCHOOL



Dear Parents and Guardians,

I would like to take the opportunity to thank you all for your continued support contributing towards the wonderful positive family atmosphere of our school. This was especially felt during our silent disco events on Thursday evening. The children had a wonderful time and there was a happy, calm and friendly atmosphere.

All the children, including our youngest members of the school have now well and truly settled into school life and are thriving as they all continue to make encouraging progress. There have been many exciting events already and I have seen some remarkably interesting lessons happening within all areas of our curriculum. Thank you to our staff who put so much effort into developing an exciting and relevant curriculum.

Our new year 5s and 6s are doing a marvellous job in their new roles of responsibility and some heartwarming connections are being made between them and their reception aged buddies. This support and love are at the heart of our school ethos.

This year marks the 10th anniversary of Plymouth Cast, our school academy trust. There have been trust wide celebrations across all 34 schools. Funds raised through mufti and our bake sale are to be donated to the Catholic Children's Society. Many thanks for your contributions.

Wishing you all a very restful, safe and happy half term holiday from all the team at St. Joseph's.

Best Wishes and God Bless,

Sarah Pascoe

THE CATHOLIC LIFE OF OUR SCHOOL

Harvest Festival this year was celebrated on 4th October which was CAFOD family fast day. A beautiful service in our school hall was led by Deacon Tim and father George, from St. Joseph's parish Newton Abbot.

Thank you for the many contributions of tinned food. These were donated to a local food bank within the Newton Abbot community.



Our next whole school Mass will be to celebrate All Saints' Day on 8th November in the school hall. Beginning at 11:00. If you are free please do come and join us.



STARS OF THE WEEK




VALUE GUARDIANS

<p>All of St. Francis Lily-Mai Martin Leah-Marie Rawlings Lucy Harris Elijah Evans Harley Fewings-Evans Isaac Heyworth-Maclean Beauden Knight</p>	 <p>A circular icon of St. Francis of Assisi. He is depicted with a brown beard and hair, wearing a brown habit. He is holding a blue bird in his hands. The text around the icon reads "It is in giving that we receive" at the top and "St. Francis of Assisi" at the bottom.</p>	<p>Lucy Harris Lily-Mai Martin Rosie Easterbrook Vianny Umeh</p>
<p>Year 1 Reggie Shariza Izzy Ashleigh Jack Alfie</p> <p>Year 2 Lilia Paisley Isaac Oliver J Arabella Matilda C</p>	 <p>A circular icon of St. Vincent of Paul. He is depicted with a white beard and hair, wearing a white habit. He is holding a small brown object, possibly a piece of bread or a small animal. The text around the icon reads "You will find God in the poor" at the top and "St. Vincent of Paul" at the bottom.</p>	<p>Matilda D Leo Jayda Alfie Thea Oliver K</p>

STARS OF THE WEEK



VALUE GUARDIANS

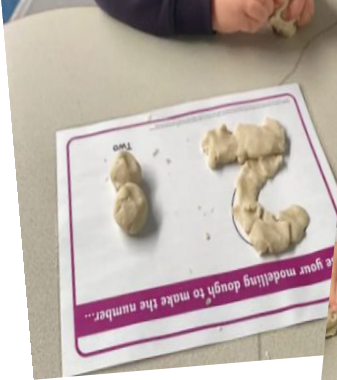
<p>Year 3 Keegan Theo Quin Wilbur Layla Daniel</p>	<p>Year 4 Leo Tori Evan Ebru Kyleigh Michael</p>		<p>Ebru Gracie O Jason Amelia Elouise Niamh</p>
<p>Year 5 Braxton Theo Maisie India</p>	<p>Year 6 Shanelle Federico Sam Milena</p>		<p>Dheshawn Theo Braxton Frankie</p>



CURRICULUM HIGHLIGHTS



RE. Deacon Tim showed us how people are welcomed into God's family. This is called Baptism.



Mastering Number





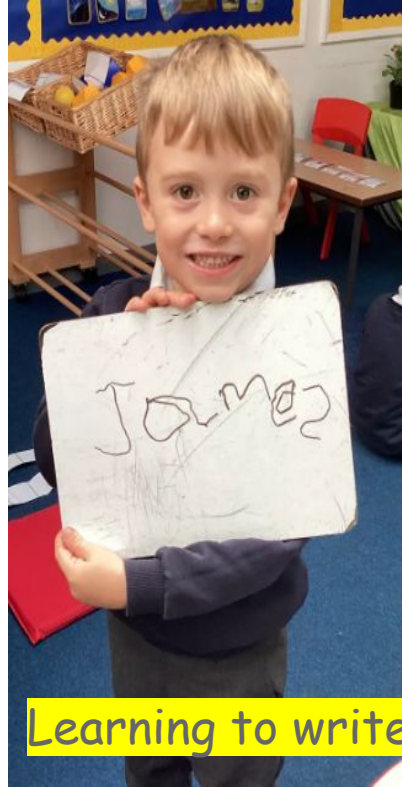
CURRICULUM HIGHLIGHTS



African Drumming



Team Work



Learning to write our names





CURRICULUM HIGHLIGHTS



What a fun and busy month that has been full of learning!

In art we have been looking at the nature for inspiration for our artwork and discussing the beauty around us.

We have explored using African drums in our music sessions.

We have started our 6 sessions of PE delivered by Torquay United with Coach Dom which the children love!

In English our book this term is 'Meesha makes friends'. We created our own friends out of cardboard and thought about the qualities of a good friend.

We joined forces as a school and raised money for two incredible charities by dressing like royalty.



CURRICULUM HIGHLIGHTS

As Scientists we worked practically to create the digestive system. We used oracy skills to talk through the process of digestion. It was lots of fun!



In Computing we have been learning how to stay safe online and how to send an email with positive language with attachments. We also learned how to recognise unkind behaviour online and how to report it.



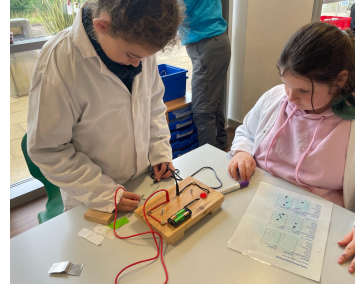
We have enjoyed promoting our Gospel Values of Kindness and compassion by giving to those less fortunate than ourselves and serving in our community.



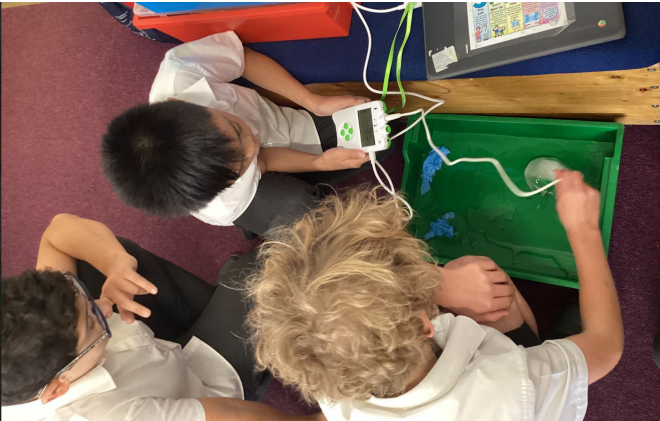


CURRICULUM HIGHLIGHTS

As scientists, we have been planning and carrying out fair tests, to see how materials change can change their state of matter



We have been busy as mathematicians, using manipulatives to help us understand place value



As part of our Geography big question, we visited Plymouth Waste into Energy facility. What a great day we had and we found out so much about how useful they can be for sustainability and our Common Home



SUMMER TERM CLUBS:

Lunchtime Clubs:

Monday - Choir

Tuesday - Chess

Wednesday - Lego

Thursday - Sewing

-Prop club (Y6)

Friday - Art



After School Clubs:

Wednesday - Drama

Thursday - Football



Monday - Friday - Breakfast Club from 8:00

- £4 /session

After School to 5pm £6.75 /

to 5.30pm £10.00

Please note that any accounts that are £50 +
in arrears you will not be able to use the
breakfast and after school clubs.



Friends of St Joseph's

Dear Parents / Carers

Message from the Chair...



Thank you to all the families who supported Freezy Friday throughout September. October has seen the return of Cookie Friday which has also been very popular! We will continue to sell cookies on Fridays after school throughout the term. Thank you to the many families who supported our Bake Sale on Friday – you helped to raise £74 for the Catholic Children's Society. An amazing amount in such a short amount of time!

We held our first ever Silent Disco on Thursday this week. The event was well attended and the children enjoyed bopping along to their favourite tunes! Tattoos, sweets and glow sticks were very popular. A great time was had by all!

This term Asda have introduced a 'Cashpot for Schools' initiative which we have signed up to. So far you have raised £166.43 for our school. To support St Joseph's, all you have to do is opt in through the Asda Rewards app, shop and scan in store or shop online at Asda.com.

Our annual Christmas Fayre will be held on Friday 6th December. It would be great to have as many children and families there as possible to support St Joseph's. Ms Tarr has already secured some donations for the raffle. Please let me know if you are able to help or if you would like to run a stall.



The children have completed their IQ Christmas Card designs this week. The process for ordering is slightly different this year. The designs are sent straight to IQ, who will then produce a proof of the design with details of how to order online. These will be sent home as soon as IQ return the order forms to school.

A big thank you to all those parents who have offered to help with various events and activities this term. It is very much appreciated! If there are any other parents who would like to help out then please email me at friends@sjna.uk You can always contact me via Dojo too.

Susi Mariadas



CELEBRATING 10 YEARS OF TRUSTED CATHOLIC EDUCATION



Catholic
Children's Society
(Plymouth)

BAKE SALE

Thank you to everybody who supported our Bake Sale on Friday
You helped to raise an amazing

£74







Attendance Matters!



Every Student, Every School, Every Day

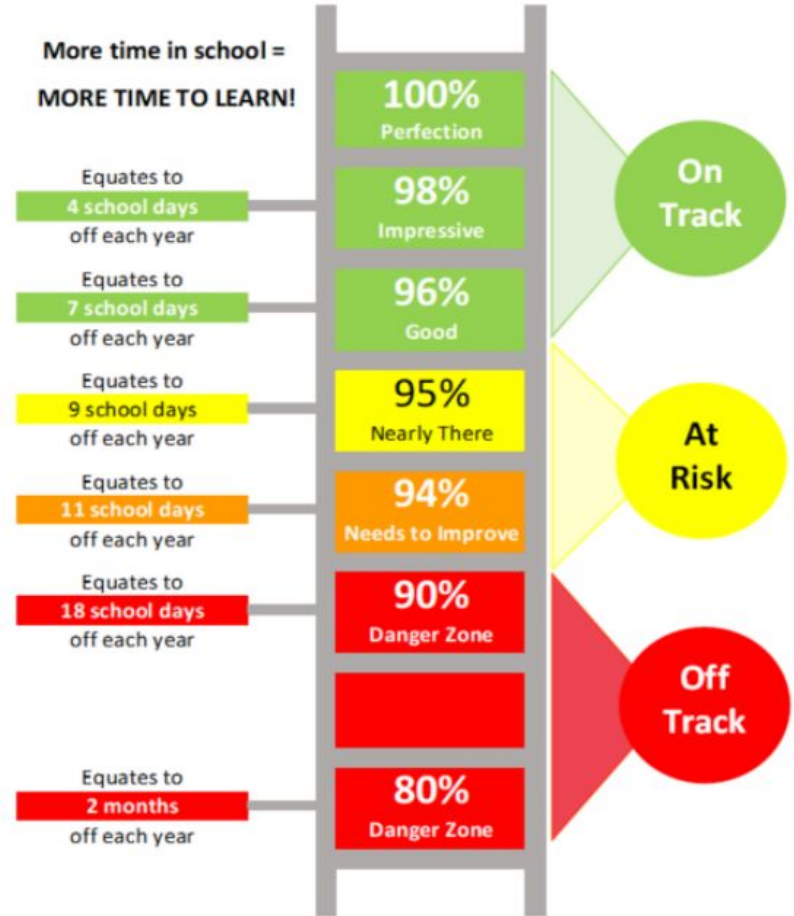
Attendance Sept/Oct

	93.9%
	91.7%
	91.4%
	88.6%

Important Notices & Reminders

If your child is late for morning registration, arriving late at school after 9am, please ensure you or their accompanying adult reports to the school office to ensure that they are registered.

How close are you to reaching the top?



Attendance Roadmap

In line with the DfE Statutory Guidance (in force from 19th August 2024) we offer a supportive, stepped, attendance approach. We will offer a welcoming ethos with high expectations for all. We will assess data to identify absence trends & use preventative discussions/meetings with families to listen, understand & support to remove barriers. Where needed, we will formalise support to nurture improvement with Attendance Contracts & as a last resort we will consider intensifying support &/or enforce legal sanctions.



Did you know, arriving after the register has closed (30 mins from school starting) = an absence?



Did you know, 90% attendance = approx. 95 missed lessons/hours of learning?

STEP 1 - Identify, Assess & Prevent

Our daily actions & processes aim to promote relationship building with children & families to prevent absence. This involves monitoring data trends & absence patterns to inform our conversations with you (& your child where age allows). The trigger for conversations is where absence is at risk of reaching the new National Threshold (**10 sessions (10 half days/5 days) within a 10 week rolling period**). Other daily actions involve promoting attendance positively, using praise & incentives, swift absence follow up, email &/or letter communication to raise your awareness of emerging concerns, processing requested or unrequested 'Term Time Exceptional Absence' & doing Home Visits to meet our safeguarding duties as required.

STEP 2 - Early Absence Support

We move to this step if the National Threshold for absence is met (authorised or unauthorised) to prevent further absence occurring. Discussions & meetings will be offered to identify if early support or reasonable adjustments are needed. This will be done using discussions &/or meetings to create a supportive action plan. An Early Help Assessment (EHA) may be required for some support to be accessed along with a Team Around the Family (TAF) Meeting Process

Please talk to us about how we can support you &/or your child at any time.

STEP 3 - Formalised Support

Where absence continues & initial support needs to be increased an Attendance Contract (AC) will be offered to formalise support. This is a 3-6 month nurturing plan of improvement to prevent further escalation. Achievable & individual targets will be set & reviewed regularly. Medical &/or other information will be actively sought at this point if required to work collaboratively with you & other agencies. An AC can run alongside other meetings e.g., TAF meeting.



Did you know, 90% attendance = 4 weeks of absence over a year?

STEP 4 - Warnings - Concerns Remain

Where STEP 2 or STEP 3 support has been unsuccessful &/or declined, a 'Formal Warning' if AC has failed, or a 'Notice to Improve' Letter if no AC appropriate, will be issued to reinforce the need for immediate improvement. A Family Court Order such as an Education Supervision Order will also be considered as an alternative to prosecution.



Did you know, good attendance increases academic success?



STEP 5 - Legal Action - No Improvement

Legal action (Penalty Notice or Prosecution) MAY be requested from the Local Authority (LA) if Unauthorised Term Time Absence is taken, or if overall absence continues to occur & reaches or exceeds the National Threshold for absence, despite STEPS 1-4 being attempted. Statutory Guidance States a Referral to Children's Social Care for children with 'Severe Absence' (less than 50%) should be considered to obtain 'Intense Support'.

PENALTY NOTICES & LEGAL ACTION

1st Offence (after 19th August 2024) of **Term Time Leave** &/or **Irregular Attendance** (10 sessions of Unauthorised Absence or more) = Fine of £160 per parent, per child if paid within 28 days. If paid within 21 days fine is reduced to £80 per parent, per child.
2nd Offence within 3 years (from 19th August 2024) = Fine of £160 per parent, per child payable within 28 days, no reduction available.
3rd Offence within 3 years (from 19th August 2024) NO PENALTY NOTICE considered. The case will be presented to **Magistrates' Court** under s444(1) or (1a) of the Education Act. If found guilty, a fine of up to £2500 per parent, per child can be issued. Convictions for s444(1a) offences will show on DBS record.

IS MY CHILD TOO ILL FOR SCHOOL?



“THIS MORNING, HE HAD A STOMACH ACHE... BUT LOOK AT HIM NOW!”

MOMENTS MATTER, ATTENDANCE COUNTS.

 **HM Government**

Head to the NHS website to find out more.



Should I keep my **child off school?**

Yes

Until...

Chickenpox	at least 5 days from the onset of the rash and until all blisters have crusted over
Diarrhoea and Vomiting	48 hours after their last episode
Cold and Flu-like illness (including COVID-19)	they no longer have a high temperature and feel well enough to attend. Follow the national guidance if they've tested positive for COVID-19.
Impetigo	their sores have crusted and healed, or 48 hours after they started antibiotics
Measles	4 days after the rash first appeared
Mumps	5 days after the swelling started
Scabies	they've had their first treatment
Scarlet Fever	24 hours after they started taking antibiotics
Whooping Cough	48 hours after they started taking antibiotics

No

but make sure you let their school or nursery know about...

Hand, foot and mouth	Glandular fever
Head lice	Tonsillitis
Threadworms	Slapped cheek



 SCAN ME

Advice and guidance

To find out more, search for health protection in schools or scan the QR code or visit <https://qrco.de/minfex>.

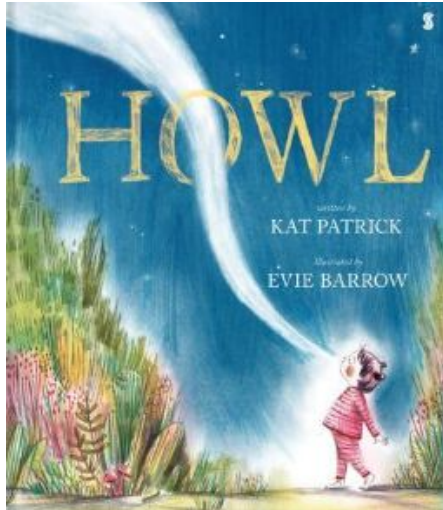
28.10.24	HALF TERM	25.11.24 26.11.24 27.11.24	SCHOOLASTIC BOOK FAIR WEEK Parent Consultation Meetings 3:40 - 6:00pm Parent Consultation Meetings 3:40 - 6:00pm
05411.24	Non-Pupil Day - Teacher Training	28.11.24	St Teresa - Exeter Museum
05.11.24	Autumn 2 Begins Guy Fawkes Day	03.12.24	Advent Service - School Hall 11:15
08.11.24	All Saints' Mass - School Hall 11:00 PE Argyle Community Trust - PE Lessons begin	04.12.24	LANTERN PARADE WORKSHOP
11.11.24	Remembrance Service Anti-Bullying Week Begins	05.12.24	RUDOLPH RUN
13.11.24	Drama Club Performance - school hall 5:00 - 6:00	11.12.24	LANTERN PARADE - NEWTON ABBOT - 6:00pm
15.11.24	Children in Need - SPOTacular theme	17.12.24	Whole School Christmas Nativity 2:00pm and 6:00pm
18.11.24	UK Parliament Week begins Road Safety Week begins Assessment Week	18.12.24 20.12.24	Christmas Dinner and Party Break Up for Christmas Holidays

**‘ Today a
reader,
tomorrow
a leader. ’**

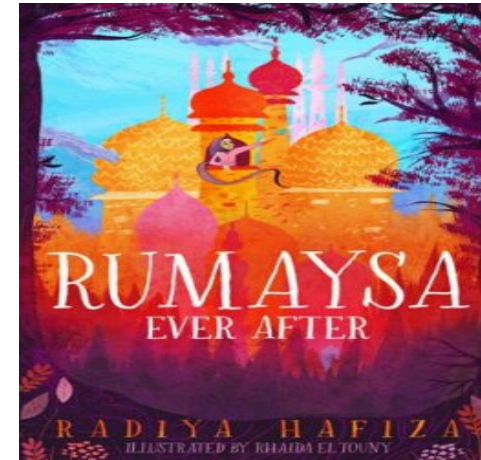
Margaret Fuller

BOOK
RECOMMENDATIONS

This enchanting novel-length fairy tale draws on traditional elements to spin an unforgettable and richly woven story of magic, danger, and adventure. While Rumaysa searches for her long-lost parents, a carriage appears to take her to see the Queen of Bishnara. But all is not as it seems, and winged beasts and witches await. Split into three parts with beautiful illustrations and 17 short chapters overall, this is a terrific book for children in Year 6 to read aloud and discuss over the course of 8 or 9 weeks.



Maggie is a little girl who is having a terrible day in this beautifully illustrated and moving picture book. Maggie expresses her frustration by howling when her shoes don't fit, her food isn't right, and she can't sleep. What follows is unexpected, uplifting, and surprisingly satisfying. This is an excellent book for reading to and discussing with Reception children.





SAFEGUARDING

Safeguarding at St. Joseph's is always a priority. Should you have any enquiries or concerns, please contact our Designated Senior Lead for Child Protection: Mrs Day or Mrs Pascoe on 01626 352559. Our governor for child protection is Tim van Kroonenburg.

WELFARE

Our Family Support Worker is Rachel Ripley. Please let us know if you would like her to contact you for ANY support. Everyone needs a Rachel in their lives!



ATTENDANCE

Hi, my name is Steph, I'm the Attendance and Welfare Officer here at St Joseph's. I monitor attendance regularly to ensure that, where possible, every child is in school on time every day. If you have any concerns around your child's attendance, please leave a message with the office and I will contact you.



CPOMS and Operation encompass

At St. Joseph's we use CPOMs as our system for recording information that we consider to be safeguarding information. Further information about the programme can be found here -

<https://www.cpoms.co.uk/privacy-statement/>

Operation Encompass is the reporting to schools, prior to the start of the next school day, when a child or young person has exposed to, or involved in, any domestic incident.

Operation Encompass will ensure that a member of the school staff, known as a Key Adult, is trained to allow them to liaise with the police and to use the information that has been shared, in confidence, while ensuring that the school is able to make provision for possible difficulties experienced by children, or their families, who have been involved in, or exposed to, a domestic abuse incident.

TRANSITION DATES



Transition Dates - Summer 2025

Thursday 13th March

Welcome Event at 6pm - Introduction for all children and parents

Thursday 19th June

Rising Stars Day - A smaller induction day, targeted at children with SEND who are particularly anxious about the transition to secondary school.

Monday 23rd June

Parents Transition Meeting - 6 - 7.00pm

Thursday 3rd July

Year 6 Step-up Day 1 - Induction for all children.

Friday 4th July

Year 6 Step-up Day 2 - Induction for all children.



Coombeshead Road, Newton Abbot, Devon TQ12 1PT
Tel: 01626 201800, Email: welcome@coombesheadacademy.org.uk
Head of School: Helen Coulson

Education South West: Working together so children can lead great lives.

If you can't make the date or time
all paid for talks are recorded and available for 48 hours afterwards

Monday
25th Nov
19:00 - 20:00
FREE



FREE SESSION
Decreasing Depression

A range of steps that can help to reduce the crippling impact of depression.

Thursday
7th Nov
19:00 - 21:00
£24



Supporting a Child with ADHD
Challenging the stereotypes and giving practical interventions. Clear explanation of the condition in all its forms and extremely useful advice.

Tuesday
12th Nov
19:00 - 21:00
£24



Anxiety-Based School Avoidance
Understanding and supporting children who are anxious about school. Steps you can take to help them back into the classroom.

Monday
18th Nov
19:00 - 21:00
£24



**Understanding Anger:
Yours and Theirs!**

What is anger? Why do we have it? How do we manage it in ourselves and in our children?

Thursday
21st Nov
19:00 - 21:00
£24



Supporting Healthy Screen Use
Clarifying the difference between healthy screen use and unhealthy screen use. Addressing concerns about blue light and sedentary behaviour.

OCT/NOV TIMETABLE

Talks are delivered online via zoom 7pm to 9pm £24 each
If you can't make the date or time all paid for talks are recorded and available for 48 hours afterwards
Book online at facefamilyadvice.co.uk

FREE SESSIONS Introduction to Facing Defiance Decreasing Depression	24 OCT 25 NOV
Anxiety Explained	17 OCT
Understanding Anger	21 OCT
Autism: Improving Communication	28 OCT
Introduction to OCD	29 OCT
Improving Family Communication	4 NOV
Anxiety-Based School Avoidance	12 NOV
Anxiety Explained	14 NOV
Understanding Anger	18 NOV
Drug Awareness for Parents	19 NOV
Supporting Healthy Screen Use	21 NOV
What is ACT?	26 NOV
Understanding Addictive Behaviour	28 NOV

ONLINE SAFETY TIPS

At The National College, our **WakeUpWednesday** experts empower and equip parents, carers and educators with the confidence and practical advice to be able to inform and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about WORRY AND ANXIETY

Worry and anxiety are common emotions experienced by children, often triggered by uncertainty or fear. While worry involves concern about future events, anxiety is a persistent feeling of dread or apprehension. Current statistics indicate a rising prevalence of anxiety disorders among children, and this guide has some expert advice on understanding and addressing these concerns.

UNDERSTANDING WORRY AND ANXIETY

Worry and anxiety are emotional responses to stress or uncertainty. Worry is typically associated with potential misfortune, while anxiety is characterised by feelings of fear, apprehension or unease. Both can manifest themselves through symptoms such as restlessness, fatigue or muscle tension. Understanding the distinction between worry and anxiety is crucial for effectively addressing these concerns in children.

WHAT ARE THE RISKS?

LONG-TERM CONSEQUENCES

Unresolved worry and anxiety in childhood can have potentially lifelong impacts on a person's mental health and wellbeing. Chronic anxiety may increase the risk of developing anxiety disorders, depression or other mental health conditions later in life. Additionally, unresolved worry and anxiety can negatively impact self-esteem, confidence and overall resilience, which is essential to address these concerns proactively and provide appropriate support and intervention.

THE IMPACT ON CHILDREN

Excessive worry and anxiety can have profound effects on children's mental and emotional health. It may interfere with their ability to concentrate, sleep or participate in daily activities. Chronic worry and anxiety can also lead to physical symptoms such as headaches, stomach aches or difficulty breathing. Left unchecked, these concerns can escalate and potentially contribute to the development of anxiety disorders later in life.

DIFFERENTIATING WORRY FROM ANXIETY

While worry and anxiety share similarities – in that they both involve concerns about possible trouble – anxiety tends to be more constant and overwhelming. Worry may come and go depending on circumstances, whereas anxiety tends to persist regardless of the situation. It's essential to recognise when the former crosses into the latter, as anxiety can significantly impact a child's daily functioning and wellbeing.

THE EMOTIONAL TOLL

The emotional impact of worry and anxiety on children can be significant, affecting their overall quality of life and wellbeing. Children experiencing chronic worry or anxiety may feel overwhelmed, irritable or helpless. They may also withdraw from social activities or avoid situations that trigger their anxiety, leading to feelings of isolation or loneliness. Addressing these concerns early can help prevent long-term emotional distress and promote healthy coping strategies.

ACADEMIC & SOCIAL IMPACTS

Impacts on the academic performance and social interactions of children and young people are very possible. Frequent worry or anxiety may impair concentration, memory and problem-solving skills, making it difficult for children to succeed at school. Anxiety can also hinder social development by causing children and young people to avoid social situations or to struggle with communication and interpersonal relationships, potentially leading to feelings of isolation or exclusion.

Advice for Parents & Educators

ENCOURAGE OPEN COMMUNICATION

Parents and educators can foster a supportive environment by encouraging children to express their worries and anxieties openly. Actively listening and acknowledging young people's emotions can help them feel understood and supported, reducing the situation's intensity. Creating opportunities for regular check-ins and discussions about emotions and feelings can promote healthy coping strategies and strengthen communication bonds.

CREATE A SUPPORTIVE ENVIRONMENT

Parents and educators play a crucial role in creating a supportive environment that promotes emotional wellbeing. Establishing routines, providing predictability and offering reassurance can help alleviate anxiety and create a sense of security for children. Fostering a culture of empathy and understanding, where children feel safe enough to express their emotions and seek support when needed.

TEACH COPING STRATEGIES

Empowering children with effective coping strategies is essential for managing worry and anxiety. Encourage the use of relaxation techniques such as deep breathing, mindfulness or progressive muscle relaxation to calm anxious thoughts and promote a sense of composure. Additionally, teaching positive self-talk and problem-solving skills can help children develop resilience and confidence in managing challenging situations.

SEEK PROFESSIONAL HELP

Recognising when to seek professional help is vital for addressing significant or persistent worry and anxiety in children. If worry or anxiety significantly impacts a child's daily functioning, interferes with their relationships or academic performance, or causes significant distress, it may be necessary to consult with a mental health practitioner. Early intervention can prevent long-term consequences and promote positive outcomes for children's psychological wellbeing.

Meet Our Expert

Adam Gilllett is Associate Vice Principal for Personal Development at Penitance Grammar School and works on secondment one day a week for Minds Ahead, which collaborates with schools on improving their mental health provisions.



At The National College, our **WakeUpWednesday** experts empower and equip parents, carers and educators with the confidence and practical advice to be able to inform and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Carers Need to Know about HOW TO COMBAT ONLINE BULLYING

Defined as "ongoing hurtful behaviour towards someone online", cyber-bullying makes its victims feel upset, uncomfortable and unsafe. In the digital world, it has numerous forms – such as hurtful comments on a person's posts or profile; deliberate leaving them out of group chats; sharing embarrassing images or videos of someone, or spreading gossip about them. Cyber-bullying can severely impact a young person's mental health – so, in support of Anti-Bullying Week, we've provided a list of tips to help trusted adults know what to look for and how to respond to it.



1. GET CONNECTED

Playing online games together with their child or connecting with their social network (providing they're old enough) is not only fun but also an excellent way of establishing some common ground to discuss things you've both seen or done online – as well as talking to your child's friends or other children communicating with in the digital world.

2. KEEP TALKING

Regular chats with young people about their online life are a great practice in general, but they can also help prevent cyber-bullying situations. Topics you might want to cover include why it's important to only connect online with people we know and trust, and why passwords should always remain secret (even from our best friends).

3. STAY VIGILANT

Observe your child while they're using technology and just out of sight they've used it. Are they acting normally, or out of character? Possible signs of a problem may include seeming quiet or withdrawn, lumpy or anxious, angry or repeatedly deleting their phone. When you feel it's the right time, report their parents to the app so they can see if everything is OK.

4. MAKE YOURSELF AVAILABLE

If an online bullying incident does occur, it may take a while before you could see any signs of what's happened. Just gently remind them that they can always come to you with any problems – and that you won't be angry if they do. You might also suggest a friend's family member, whom they could turn to, in case they feel too embarrassed to tell you directly.

5. BE PREPARED TO LISTEN

When conversations about online bullying do take place, they're likely to be difficult, emotional and upsetting for both you and your child while they're bringing you up to speed, and try to be above any judgement or criticism – even if the situation isn't exactly the way you would have hoped.

6. EMPLOY YOUR CHILD

Depending on their age, your child might not want a parent 'fishing for the gunk' for them. In that case, talk through their options with them (including the perpetrator deleting the app and so on), or allowing your child to choose the path they take, you're putting them in control but are also demonstrating that you're there to support them along the way.

7. REPORT BULLIES ONLINE

Cyber-bullying often takes place through platforms and social media platforms so your child, if this is happening to your child, encourage them to report the offender to the app or game in question. Most apps and games have reporting tools specifically to stamp out abusive behaviour and protect users.

8. ENCOURAGE EMPATHY

Protecting themselves online is the priority, of course, but young people who do feel empowered and confident in how they address other people feeling victim to cyber-bullying. Even if they don't feel confident enough to call someone out on their abusive behaviour online, they can all confidentially report their parents to the app so they can see if everything is OK.

9. SEEK EXPERT ADVICE

Victims of online bullying frequently experience feelings of isolation and anxiety, a loss of self-esteem and potentially even thoughts of self-harm or suicide. If you or your child are experiencing cyber-bullying that's affecting your child's mental health, seek psychological support for them. There are some useful contacts detailed in the central panel below.

10. INVOLVE THE AUTHORITIES

If the nature of any online bullying makes you suspect the child is in danger (or an imminent physical danger) – or if you've seen whatever explicit images or videos are being shared in bullying – then you should gather evidence and report the incidents to your local police force.

FURTHER SUPPORT AND ADVICE

If you or your child need additional help with an online bullying issue, here are some specialist organisations that you could reach out to:
Childline: Talk to a trained counsellor on 0800 1111 or online at www.childline.org.uk/get-support
National Bullying Helpline: Counsellors are available on 0845 225 5787 or by visiting www.nationalbullyinghelpline.co.uk/cyberbullying.htm
NSPCC: The children's charity has a guide to the signs of bullying at www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/online-bullying-and-cyberbullying/ and can be reached on 0800 800 5000

Meet Our Expert

Debrae Rutherford is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and online safety policies for schools. She has written various academic papers and carried out research for the Australian government concerning internet use and sexting behaviour of young people in the UK, USA and Australia.

