



SHOBNALL PRIMARY & NURSERY SCHOOL NEWSLETTER

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9th December 2022

"The best way of spreading Christmas cheer is singing loud for all to hear."

Dear Parents/Carers,

What a week! Christmas is now in full swing and it has been wonderful to have welcomed so many of you into school this week to watch our Christmas performances! It has certainly been a very busy one for the children and staff with the EYFS Nativity, the Key



Stage 1 Christmas Performance and Year 3's Cosy Christmas Performance! In addition to these, Monday morning saw the school receive a visit from Father Robin of St. Aidan's Church to participate in our very own Christingle Assembly, which was another fantastic event. Thank you to all those parents who helped make the Christingles this year, we had more than ever, and they looked magnificent on our stage.



It was wonderful to see so many of you at the PFA Christmas Market last Friday night. It was a fabulous turn out and one that will really help and support the children in our school. Thank you to all those who came and joined in the festivities and to Santa for making a special trip to join us for this event! The PFA are delighted to announce that the final amount raised was **£1154.87!** A massive well done to everyone who organised, helped and supported – huge thanks again!

As always, we hope that everyone has a great weekend! Our hopes are high for England on Saturday night, as they play France in the World Cup Quarter Final! Come on, England! Enjoy, and we look forward to seeing you all again on Monday!



EYFS Nativity – A Magical Nativity

We were very, very proud of our Nursery and Reception children this week for their fantastic nativity performance of 'A Magical Nativity'. It was a beautiful reminder of the Christmas story, and I know that parents, as well as the school, were very proud of their achievements! The children performed so confidently and clearly that

it was impossible not to smile from ear to ear throughout the whole show! Thank you to all our parents who came along and supported, especially with the learning of lines at home. I must re-iterate my thanks once again to our wonderful EYFS staff and volunteers who helped make the performances so special and unique.



Year 1 and 2 Nativity – It's a Census, Get me Out of Here!

Year 1 and 2 did an incredible job on Thursday with not one, but TWO performances of their version of the nativity story. It was incredible and the audience had absolutely no desire to "get themselves out of here!" Despite the absence of Ant and Dec, it was energising and uplifting and was worthy of

a 'Broadway' accolade! Thank you to all our families who came along to watch, and who helped with the learning of lines at home. There were certainly a lot of words to remember, but the children did not slip up once! As with the EYFS performance, I must re-iterate my thanks once again to our wonderful staff and volunteers who helped ensure both performances were of an exceptionally high standard.



Year 3 Cosy Christmas – Christmas Around the World

What an amazing end to our week of Christmas shows as Year 3 entertained us today with their cosy Christmas celebration! It was magnificent to hear not only a festive joke or two but also some fantastic singing from around the world, as the children told



us of how Christmas is celebrated in different countries! A sprinkle of 'cosiness' was added by the children performing in their Christmas jumpers! Sincerest thanks must go to all the staff in Year 3 for helping to put together and prepare such a festive treat for us and to all the parents who came along to support the children! Feliz Navidad!

Charlotte James Care Home & Amber House Choir Visits

As a school, we believe in working within our local community in a variety of different ways and on many different projects. On Wednesday of this week, our school choir visited Charlotte James Care Home and Amber House where they dazzled the residents and locals with their beautiful singing! They were made to feel so welcome and the children thoroughly enjoyed it! Thank you to Mr Mansfield for organising and leading these events!



The Week Before Christmas...

As you are all aware, next week is our last week in school before we break up for the Christmas holiday on Friday 16 December. It promises to be an enjoyable one but an incredibly busy one at the same time! With that in mind, I thought it would be useful to provide you with a few reminders regarding our plans:

🎄 **Christmas Dinner Day** is on **Wednesday 14 December**. To get into the festive spirit, the children and staff can come to school in non-uniform, ideally with a Christmas jumper and/or Christmas attire! No donations required for this.

🎄 On **Thursday 15 December**, the whole school are going to Lichfield Garrick Theatre to watch the pantomime of Snow White and the Seven Dwarfs. As we anticipate arriving back in school slightly later than when lunchtime usually commences, children can take their own small snacks to have at the theatre during the interval. Please could parents ensure these are suitable for the children to carry, and dispose of afterwards, themselves. Many thanks.

🎄 As **Friday 16 December** is the last day of this term, the children can bring in a toy from home. Please could we ask that they do not bring in electronics. These are rather more expensive than some other traditional toys and we would not want any of the children getting upset if they got damaged. Miss Alexander and Mrs Lukman already have some special activities planned for EYFS, so have stated that Reception and Nursery children do not need to bring in their own toys as they will be engaged in their own festivities!

🎄 Schools closes as usual on **Friday 16 December** at **3.30pm**. Shobnall Stars will be open as normal for those families requiring wraparound care.



Up, Up and Away, Read and Read Every Day!

Children return to school in the New Year on **Wednesday 4 January 2023**. As this is a shorter week than usual, we will be undertaking some themed learning based around the children's favourite books! Please could we ask that the children bring in their favourite book to school when they return after the Christmas holiday, as part of the learning will be around reading for pleasure and celebrating all genres of literature; from stories to biographies, from picture books to poetry. A very special display is being created for our library, which will be unveiled at the end of that first week back...



Christmas Homework

As a school, we believe that holidays are a time to relax and spend with family and friends. Teachers will not be setting any formal homework over the Christmas break (Year 6 have agreed on some slightly different arrangements with Miss Lord), although we would like to encourage the children to utilise any free time to indulge in a good book! Many thanks for the support that you give on a weekly basis with homework – it is very much appreciated by all the staff!

PFA New Year Movie Night – Thursday 19 January 2023, 3.30 – 5.15pm

The PFA are intending to host a New Year movie night on Thursday 19 January 2023 for children in Reception to Year 6. Each class will select their own film to watch in their classroom. Tickets will be on sale not long after we return (date to be confirmed) at the beginning and end of the school day at the entrance to the key stage 2 playground. Further details on prices to follow. Pick up will be from your child's usual gate at 5.15pm on that date. We do hope that you are able to support this event!



Snow & Extreme Weather Procedures

The UKHSA has issued a cold weather alert due to the low temperatures expected across all parts of England over the weekend. With this in mind, I thought it would be a good opportunity to remind all our families about the school's procedures should we receive substantial snowfall and extreme weathers. The school will endeavour to remain open in the first instance and closing the school will only ever be chosen in the final instance. Please can I ask that you do not contact the school office asking if we are open, as we will always use our main methods of communication in the event of such a decision. You will all

receive a text message and the school Twitter account will also be used to state that this decision has been made. Please ensure that the school office has up-to-date contact details for you. We hope that we are not required to close but such a decision must take into consideration many factors, not just the amount of snow on the school grounds. For example, the safety of parents and families on their journey to school, the staff and their journey to school (many of whom travel some considerable distances through

remote areas) and, of course, the weather forecast and Met Office advice all play a part. I hope that this clarifies our procedures for you and many thanks for your understanding in this matter.

Scarlet Fever and Group Strep A Infections

The Secretary of State for Education, Gillian Keegan, is closely monitoring the increased cases of Group A streptococcus (Strep A) and scarlet fever. The Department for Education is working closely with the UK Health Security Agency (UKHSA), who are leading on the response.

UKHSA is reporting an increased number of cases of Group A streptococcus (Strep A) compared to normal at this time of year. There is no evidence that a new strain is circulating, and the increase is most likely related to high amounts of circulating bacteria and social mixing.



Scarlet fever is caused by bacteria called Group A streptococci (Strep A). The bacteria usually cause a mild infection that can be easily treated with antibiotics. In very rare occasions, the bacteria can get into the bloodstream and cause an illness called invasive Group A strep (iGAS).

Strep A infections can cause a range of symptoms that parents should be aware of, including:

- Sore throat
- Headache
- Fever
- A fine, pinkish or red body rash with a sandpapery feel
- On darker skin the rash can be more difficult to detect visually but will have a sandpapery feel

If a child becomes unwell with these symptoms, you are advised to contact your GP practice or contact NHS 111 (which operates a 24/7 service) to seek advice.

If a child has scarlet fever, it is advised they stay at home until at least 24 hours after the start of antibiotic treatment to avoid spreading the infection to others.

Trust your own judgement and if your child seems seriously unwell call 999 or go to A&E if:

- your child is having difficulty breathing – you may notice grunting noises or their tummy sucking under their ribs
- there are pauses when they breathe
- a child's skin, tongue or lips are blue
- a child is floppy and will not wake up or stay awake.

Please refer to the letter issued to parents from the UKHSA on 7 December for further advice and support.

Online Safety Tips



At the time of writing, the chat app HiPal was among the App Store's top 20 trending downloads in the social media category. Effectively turning someone's phone into a walkie-talkie for instant audio communication, it offers the possibility of quick contact with new friends – which will ring alarm bells for most parents but is clearly having considerable appeal for younger users.

With features including photo sharing and private conversations available to children as young as 12, HiPal has attracted concerns around its use as a potential platform for sexting – while there are also worries about the

mental health consequences of teens receiving negative feedback about their pictures. This week's online safety guide tells you what you need to know.

The Gift of Thrift

It's really tempting to go and buy lots of new things but overbuying what we don't need is not great for the planet as things can end up being thrown away. Top tips include:

- Make your own gifts or upcycle your decorations
- Suggest doing a Secret Santa instead of buying everyone gifts
- If you do need decorations, look for second hand
- Look in charity and vintage shops
- Shop local



FREE Uniform!

We have FREE uniform that is available for anyone who needs it, via our donation service. There is a box situated by the gate on the school car park for any parents who have old items that they wish to donate. Please could we ask that these are cleaned and in good condition before placing in the box! Amy Roobottom continues sorting, collating and distributing this. If you wish to contact Amy to ask what is available that you might be in need of, please contact her via amyroobottom@outlook.com.



Hot Lunch Options – 12 to 16 December 2022

W/c 12.12.22,

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Margherita pizza with baked potato wedges	Beef Lasagne & garlic bread	CHRISTMAS	PACKED LUNCH DAY	Fish Cake & Chips
VEGETARIAN MAIN DISH	Vegetable Quiche with baked potato wedges	Quorn Lasagne & garlic bread	LUNCH	HAM / CHEESE OR TUNA MAYO ROLL	Quorn Nuggets & Chips
ACCOMPANIMENTS 5	Corn on the cob & broccoli Salad bar	Peas & cauliflower Salad bar	NO	PIZZA, SAUSAGE ROLL (VEGGIE OPTION) MINI CHEDDARS	Peas & baked beans Salad bar
DESSERTS	5 Bananas & custard	PB Ginger biscuit	SANDWICHES	CAKE	Ice Cream
FRESH FRUIT OR YOGHURT	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	OR JACKET POTATOES	DRINK	Fresh fruit or Yoghurt
JACKET POTATO AND SANDWICH SELECTION	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	NO HOT FOOD TODAY	Jacket potato and sandwich selection



Try something NEW today...
Variety is key to a healthy diet.

MENU

KEY 5

- 10% OF YOUR 5 A DAY

PLANT FREE

- MEAT-FREE MONDAY

CHEF'S CHOICE

PB

- PLANT-BASED (VEGAN)

Allergens and intolerances All of our food is lovingly hand crafted and prepared on site daily. We have an allergen procedure in place, so please ensure you make our catering team aware of your allergens/ your child's allergens prior to using the restaurant. Our kitchens are used for multi-purpose production so we cannot guarantee the above dishes are completely free from allergenic ingredients or traces of these.

SHOBNALL SHOWCASE!

Let's have a sneaky peek as to what has been going on in our classrooms this week...

Nursery

The children have enjoyed another fantastic Christmas themed week! They have had fun completing lots of different activities including making some exciting Christmas cards, decorating their stockings and making some lovely Christmas drawings using the stencils.

The children have also been focusing on our new book 'Pete and his White Shoes' and have absolutely loved it! They have really enjoyed singing his song, 'I Love my White Shoes' and joining in with the story. We had a lovely time experimenting with strawberries, blueberries and mud and seeing what happens to the white t-shirt just like what happens to Pete's new white shoes.

Finally, we are all extremely proud of the children earlier this week when they performed their Christmas performance, 'The Magical Nativity' – they all did very well to remember their lines, songs and actions. What a fantastic job Nursery, you are all Christmas superstars!



Reception

It has been another wonderful week in reception. The fun began on Monday as the children brought in their Christingles and joined in with a very special assembly highlighting the importance of this time of year.

On Tuesday and Wednesday the children performed the EYFS nativity 'A Magical Christmas,' and it certainly was a magical experience as the children sang beautifully, added some groovy actions and remembered directions and lines fantastically. We are all extremely proud of all the children for taking part!

Later in the week the children recalled the nativity as they showed their understanding of the variety of characters in the story with some wonderful explanations.

We have also seen lots of sparkles and glitter in our creative area as the children completed some wonderful Christmas artwork involving stars.

The maths area has also been filled with Christmas themed activities as the children decorated trees using their understanding of subitising and used numicon pieces to show different ways of making Christmas baubles.

We are excited to continue our Christmas explorations next week...

Year 1

We are so proud of Year 1 this week! They pulled off a great nativity with Year 2 and have really enjoyed performing! This week children have designed and created their own Christmas bunting in DT. They have also been learning about the Christmas story in RE. Well done Year 1!

Year 2

Wow - what a fantastic week Year 2 have had! Obviously, the main event was the KS1 Nativity in which every child made the staff, and their parents, extremely proud. All the children were superstars and gave the performance of a lifetime! Although the countdown to Christmas is well and truly on that doesn't mean our learning has stopped as the children have completed a unit of work in RE around the Christmas story. On Friday, Year 2 enjoyed an Art day where they drew and painted self-portraits (inspired by Thomas Gainsborough) as well as used IT to create some pop-art inspired self-portraits. Keep up the great work Year 2, 1 week to go!

Year 3

We have had a fantastic, festive week in Year 3! We thoroughly enjoyed sharing our Cosy Christmas Celebration with our parents and carers. Year 3 have been working extremely hard over the last few weeks learning Christmas songs, lines and information. We hope the audience enjoyed our performance as much as we did. It has been wonderful to see the children's confidence develop on the stage. We are looking forward to getting involved with all the festive activities that are planned over the next week.



Year 4

Year 4 have had a lovely penultimate week of the Autumn term. The children took part in their last session of Forest School and the children enjoyed taking part in a range of Christmassy activities. These included a chocolate coin hunt around Forest School and creating Christmas decorations using clay! In the classroom, the children have been using their vast knowledge of timetables to help us with our next unit in maths, which looks at multiplication and division. The children have also been creating their own podcast as part of our Computing unit for this half term! Finally, the children have started their art topic for this term and have been researching the importance of L.S. Lowry! A fantastic week Year 4!

Year 5

After last week's outdoor adventures, the children in year 5 have thoroughly enjoyed art and Design Technology this week! They have been exceptionally creative and have linked their understanding to other topics and subjects too.



In Art, they have been learning about Pop Art and then re-creating a pop art piece of artwork. They have used clear lines and shapes to do this. In Design Technology the children have been investigating marble runs, gravity and creating their own designs. They spent time considering their design and then added annotations to clearly label parts, materials and other important information that helped other children (and the adults) understand how their marble run would work. They practiced their evaluation skills too on Mrs Barlow's marble run, giving feedback as to how she could improve her design and the functionality of the product.

In Maths we have started our new topic on fractions so please use opportunities at home to discuss fractions and equivalent fractions with the children. When cutting a pizza or cake, talk to them about the size of each slice and what proportion of the whole this represents.

Year 6

This week the children have been working hard during the penultimate week of the Autumn Term. In English we have been writing persuasive leaflets on visiting a new tourist attraction in Florida. We were able to be creative by making up our own tourist attraction and using persuasive features to attract a certain audience. In maths we have remained resilient as we have got our teeth stuck into dividing

fractions. Although this is a tricky concept, we have enjoyed learning it by putting the method to use into real life concepts. We have finally finished reading our book, Hana's Suitcase, which was a very emotional but insightful read for the whole class. We finished the week by making our 2023 calendars.

Reading Corner

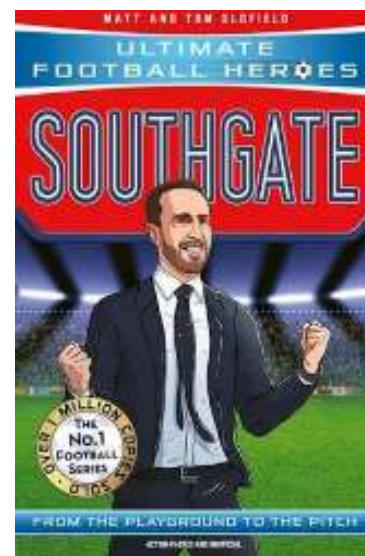
This week's recommended read is for children aged 7+...

Southgate – Ultimate Football Heroes

Written by Matt and Tom Oldfield

From playground, to pitch, to manager's dugout, Southgate presents an entertaining, inspirational biography of the man who sparked new energy from the Three Lions, and new hope in England footie fans. Written with all the "I-could-almost-be-there" energy of a top match report, this new addition to the [Ultimate Football Heroes](#) series is a fast-paced page-turner.

The book opens with a thrilling scene many of us will remember — England's edge-of-your-seat penalty shoot-out against Italy in the UEFA Euro 2020 final. While the shot from Arsenal's golden boy Bukayo Saka was saved, meaning England lost the match, this opening chapter centres a theme that runs through the book. Namely, Southgate's sense of togetherness and support of his players: "Remember, we win together and lose together. It was my decision for you to take that penalty and you were brave enough to step forward when I asked you to. So, be proud." We then skip back to Southgate's formative years and move through his days as a centre back for England, and his stint as Middlesbrough's captain, right up to the present day Well, almost — at the time of writing England have just topped their group at the 2022 FIFA World Cup. Come what may, fans of the beautiful game will take much from this.



Head Teacher's Awards

Reception	Aiyla N	Hudhayfah M
Year 1	EVERYONE!	
Year 2	EVERYONE!	
Year 3	EVERYONE!	
Year 4	Tabitha B	Innayah K
Year 5	Henry M	Lilly L
Year 6	Basri H	Chaanakya S

Lunchtime Star Awards

Reception	Mia L
Year 1	Isla G
Year 2	Kailen S
Year 3	Elliot M
Year 4	Deivids K
Year 5	Jess M
Year 6	Luke W

Golden Ticket Winners!

Please see below the names of those who found 'Golden Tickets' and won a prize on Thursday as part of Mrs Inger's special menu! Well done, everyone!



Reception	Paisley H Rupert M
Year 1	Ayesha N Jacob S
Year 2	Layla N Zayn S
Year 3	Fatima S Dylan S
Year 4	Kian S Bonnie H
Year 5	Hakeem A Zahra K
Year 6	Eva W Archie G

Team Points

Team Points	Claymills	Rosliston	Sinai	Trent
Points (Week Ending 09.12.22)	148	84	180	98
Position	2 nd – 3 Points	4 th – 1 Point	1 st – 4 Points	3 rd – 2 Points
Running Total	20	6	21	13

Autumn Term Diary Dates

Event	Date/Time
Christmas Lunch – Christmas Jumper Day for Children!	Wednesday 14 th December 2022
Whole School Trip to Pantomime – Snow White and the Seven Dwarfs at Lichfield Garrick	Thursday 15 th December 2022, 10.00am
School Closes for Christmas	Friday 16 th December 2022

Diary Dates 2022-2023

Event	Date/Time
School Closes for Christmas	Friday 16 th December 2022
INSET Day	Tuesday 3 rd January 2023
School Reopens for Pupils	Wednesday 4 th January 2023
Year 6 Laches Wood Meeting for Parents	Wednesday 4 th January 2023, 3.30pm, Year 6 Classroom
PFA New Year Movie Night	Thursday 19 th January 2023
Young Voices 2023	Friday 13 th January 2023
Year 6 Laches Wood	Monday 30 th January to Friday 3 rd February 2023
PFA Valentine's Disco	Friday 10 th February 2023
School Closes for Half-Term	Friday 17 th February 2023
School Reopens for Pupils	Monday 27 th February 2023
PFA Easter Bingo	Wednesday 29 th March 2023
School Closes for Easter	Friday 31 st March 2023
School Reopens for Pupils	Monday 17 th April 2023
May Day Bank Holiday	Monday 1 st May 2023
Borough and Parish Elections – School Closed	Thursday 4 th May 2023
Bank Holiday – King's Coronation	Monday 8 th May 2023
Key Stage 2 SATs Week	Tuesday 9 th May 2023 to Friday 12 th May 2023
School Closes for Half-Term	Friday 26 th May 2023
School Reopens for Pupils	Monday 5 th June 2023
JTMAT INSET Day	Friday 7 th July 2023
School Closes for Summer	Friday 21 st July 2023
INSET Day	Monday 24 th July 2023
INSET Day	Tuesday 25 th July 2023

Staffordshire Fire and Rescue Service

12 DAYS OF CHRISTMAS

FIRE SAFETY TIPS

1 On the 1st day of Christmas

- Check your Christmas tree lights conform to the British Standard.



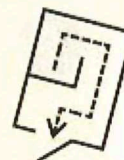
2 On the 2nd day of Christmas

- Never place candles near your Christmas tree or furnishings. Don't leave them burning unattended.



3 On the 3rd day of Christmas

- Make sure your family and visitors staying for the festive period know what to do in an emergency.



4 On the 4th day of Christmas

- Decorations can burn easily. Don't attach them to lights or heaters.



5 On the 5th day of Christmas

- Never overload electrical sockets. Always switch Christmas lights off and unplug them before you go to bed.



6 On the 6th day of Christmas

- The risk of accidents, especially in the kitchen, is greater after alcohol is consumed.



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Staffordshire
Fire and Rescue Service
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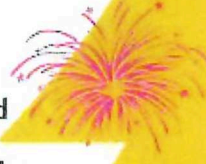
7 On the 7th day of Christmas

- Most fires start in the kitchen. Never leave cooking unattended.



8 On the 8th day of Christmas

- If you are planning to celebrate with fireworks, store them in a metal box, read the instructions, never go back to a lit firework and keep a bucket of water nearby.



9 On the 9th day of Christmas

- Make sure cigarettes are completely extinguished before you go to bed.



10 On the 10th day of Christmas

- Check the battery in your smoke alarm every week and use Christmas as a reminder to clean it and remove dust.



11 On the 11th day of Christmas

- Keep candles, lighters and matches out of reach of children. Never leave burning candles unattended.



12 On the 12th day of Christmas

- Take the time to check on elderly relatives and neighbours this Christmas. Make sure they are fire safe.



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What Parents & Carers Need to Know about

HiPAL

AGE RESTRICTION
12+

(with reduced functionality for under-12s)

WHAT ARE THE RISKS?

CONNECTING WITH STRANGERS

HiPal's under-12 accounts don't allow direct connections with strangers (although children seeking more friends can share their 'Friend Code' on other platforms), but for older users, chatting with strangers seems to be the app's main appeal. The 'Public Square' shows nine online users (hitting 'refresh' replaces these with another nine), and clicking on someone's profile starts a conversation.

SEXTING AND SUGGESTIVE PICS

Almost immediately after our expert downloaded the app, strangers began to message privately – asking for provocative images or sharing explicit photos of themselves. Likewise, in the 'Explore' feed, many of the pictures and videos are innocent... but some are far more salacious. There is always the risk of other users secretly saving a revealing photo and re-sharing it elsewhere.

NEED FOR VALIDATION

Some users – particularly girls – post photos on apps of this type hoping for positive reactions and comments to boost their self-esteem. Suggestive images tend to attract more flattering feedback, encouraging the user to post more frequently and with more explicit content. Conversely, receiving unkind comments about their picture can impact a young user's confidence and sense of self-worth.

HiPal is a trending social media app which turns phones into walkie-talkies, allowing people to have voice conversations with friends or strangers. There are two account options: one for users aged under 12 and one for those aged 12 or above. The former has fewer features and limits interaction with strangers, enabling use of the walkie-talkie feature or photo sharing with friends and family only. The 12+ accounts offer more options, including adding strangers as friends, sharing photos and videos publicly, sending private messages and holding voice chats with strangers as well as friends.

NO AGE GATES OR MODERATION

Although users are given an initial choice of the under- or over-12 profile, there is no verification method to confirm someone's age; it is quite clear that the 'older' option offers a more complete experience on the app, but there seems to be no content moderation in place. Likewise, there is a reporting button for users to make a complaint but these reports do not appear to be followed up.

INTRUSIVE FEATURES

HiPal's walkie-talkie gimmick is no different from a normal phone call and seems rarely used; although it allows conversations to still be heard while a phone is locked, which could have awkward results. HiPal also offers 'Boom' messages: unmissable large-text notifications which are highly distracting and briefly take over the phone – users can't access other apps until the message fades.

LARGE GROUP CHATS

The app offers group chats with up to 100 people – both friends and unknown users. This not only means excessive 'Boom' messages taking over your child's device, but near-constant notification alerts and – most worryingly – the potential for walkie-talkie chatting and sharing photos with strangers outside parental supervision and apparently with no moderation from the platform itself.

Advice for Parents & Carers

EMPHASISE CAUTION

Remind your child of the dangers of connecting with strangers online. Some may be using the app innocently; others may have more sinister intentions. Encourage your child to consider what information they disclose in private messages and emphasise that they should inform a trusted adult if someone on the internet ever attempts to persuade them to meet in person.

TALK ABOUT SEXTING

It can be an awkward conversation (which young people are often reluctant to have), but it's vital to talk openly and non-judgementally about sexting. Discuss the legal implications of sharing explicit images, as well as the emotional impact. Make it clear your child should never feel pressured into sexting – and that they should tell a trusted adult if they receive any unwanted explicit images.

BUILD RESILIENCE

With HiPal's lack of moderation, it's imperative that children are prepared for comments they might receive after uploading an image. You can build their resilience and equip them to manage these situations by having them show you any comments they've received. Together, discuss how the nice ones made them feel – and what they could do if someone posted a comment that upset them.

AVOID OVER-SHARING

Young people should think carefully about what they share in their profile, bio and posts. Talk to your child about not disclosing personal details such as phone numbers, other social media accounts or images which could reveal where they live or go to school. It's essential for children to recognise that strangers can assemble a detailed profile of someone based on things they can find online.

CONSIDER MENTAL WELLBEING

Many users on HiPal publicly share photos that are intended to be alluring in the hope of gaining more likes, friends and positive feedback – boosting their self-esteem and making them feel more self-assured. When young people regularly engage with social media platforms, it's important that parents and carers keep in mind the potential impact such platforms can have on mental wellbeing.

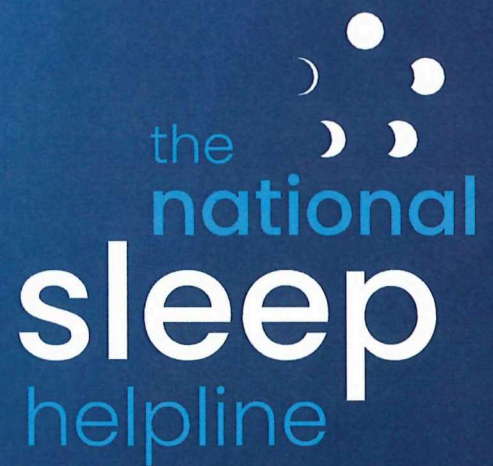
Meet Our Expert

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.



NOS
National Online Safety®
#WakeUpWednesday

<https://hipalapp/about/privacy.html>



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sleep?**

ASK US THE
QUESTIONS YOU
WANT ANSWERS TO

 **03303 530 541**
Sunday - Tuesday & Thursday 7pm - 9pm
Wednesday 9am - 11am



UK Health
Security
Agency

NHS

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/minfec>.