

https://www.telfordsend.org.uk/info/1/home/109/send_news

Safer Internet day

Please see my activity on SeeSaw for ideas on safer internet day and <https://www.saferinternetday.org/> See poster below and online.

NSPCC advice: <https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

Childline <https://www.childline.org.uk/info-advice/>

Parent Zone <https://www.parents.parentzone.org.uk/>

FSM

This week (starting 2 February 2021), Telford & Wrekin Council will be sending the February half-term vouchers to all borough families registered for benefit related free school meals and for pre-school children in receipt of funding such as early years pupil premium or funded childcare places for 2 year old.

Please note the following:

- **The vouchers will be sent directly by the Council** to the email addresses school/early year providers have provided to the Council for parents/carers registered on these benefits
- **The vouchers are allocated per household**, so parents/carers will receive per email only **one voucher** to claim.
 - Its total value is determined by the number of children in the household, on free school meals or pre-school benefits (£15 per child) plus an additional one-off £35 support;
 - For instance, a family with two children on free school meals will receive from the Council one voucher of £65.
- **The voucher is valid for 12 months and can be used at a range of local supermarkets.**

Available to download is the letter that will be sent to parent/carers of children and young people who receive benefit related free school meals

Download: [Letter from Telford & Wrekin Council Free School Meals](#)

If you need to to, you apply online, contact school if you need any help.

In Hope, Perseverance and Friendship

Mr Fox

7 Top Tips for Supporting Children to EXPRESS THEMSELVES SAFELY ONLINE

The past year has left many children feeling uncertain and worried. So Children's Mental Health Week 2021 has adopted the theme of 'express yourself'. It's not necessarily about being the best – but instead encouraging young people to relish the joy of being 'in the moment' and loving what they do. So whether they're into music, art, photography, film, drama or dance, here are our top tips for helping your child to express themselves safely online.

1 Celebrate their Identity

Celebrating who children are and reminding them of their uniqueness has a huge impact on their confidence and self-esteem. This week, remind them of what you love about them. You could revisit some photos and videos on your phone or computer of special times you've shared. Chat about the importance of finding time to do what they love; underline that it's an important part of who they are.

2 Promote Their Passions

It's different for all of us, but every child has something which ignites their passions and brings them joy. Perhaps they love music, and you could introduce them to a music-making app? Or if they enjoy taking photos or making videos, use this week to set a photography or video competition at home, with some fun categories.

3 Support Their Interests

Some children seem to know instinctively what interests them and what they enjoy doing; others can be less decisive about hobbies. Spend some time this week sharing their interests and doing something connected to it together. You could make a short Lego film to post on your Instagram, a vlog about baking that you share with relatives, or just play with them on their favourite video game.

4 Help Them Help Others

Some children love to express themselves through activities which help others. Perhaps your local area's Facebook group has a community project that your family could get involved with – even as a one-off; it doesn't have to be a long-term commitment. Depending on your child's age, you could introduce them to online fundraising (such as sites like JustGiving, for example) and how it can make a difference to less fortunate people.

5 Enable Emotional Expression

Children sometimes need help in articulating how they're feeling and in beginning to understand how to manage their emotions. A safe, healthy way for your child to explore their feelings is to let them conduct an activity – like listening to a story, or creating some art – and discuss with them afterwards how it made them feel. There are lots of stories available on YouTube, while Audible is streaming children's audiobooks free of charge while schools are closed. YouTube also has a plethora of fun art tutorials (if you log in on an adult's account, remember to adjust your settings first to block inappropriate content and stop potentially unsuitable material auto-playing).

6 Let Them Stay Connected

The online world is a fantastic space for staying in contact with those who we can't be with right now. Young people are often very comfortable using social media to express themselves and stay connected by sharing their ideas, thoughts and feelings with friends. But bear in mind that most social media platforms require a child to be at least 13 before they should access it (WhatsApp is 16). Remind your child that, while it's OK to express who we are on social media, they should still always think before posting – and that their self-worth is never measured by their number of likes, friends or followers.

7 Coach 'Safe Sharing'

As part of expressing themselves, your child may want to share something online that they've created – like a funny video, a sketch, a meme or a dance. If they're too young to have their own social media, you could use your own account to share it with selected people who you trust. Emphasise the importance of only sharing content with people that your child knows well, like family and friends. This type of conversation is also useful for introducing young people to the risks and challenges that can come when expressing ourselves to a wider online audience of strangers.

Meet Our Expert

Anna Bateman is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department for Education, advising them on their mental health green paper.



About Children's Mental Health Week

Around three children in every primary school class has a mental health problem. Many more struggle with challenges from bullying to bereavement. Now in its seventh year, Children's Mental Health Week shines a spotlight on the importance of young people's mental health – and it's never seemed more relevant than it does in 2021.

Find out more at www.childrensmentalhealthweek.org.uk

Flow Chart for use with Letters when Pupils are not engaging with home learning during Covid Pandemic
or
Pupil has not been seen and school are concerned

