



# Newsletter

## Friends of Friezland: We Need You!

**Lucky Bag** Please support our summer fair by decorating and filling a 'Lucky Bag'! Your child will bring home a bag which, after decoration, should be filled with treats-sweets, puzzle, stationary etc to the value of £2 and then sealed. Please return to school by the 5<sup>th</sup> July.



## Raffle Prize Donations

Can you donate a prize for our Summer Fair Raffle? Perhaps you work for or own a business who could donate a voucher, ticket, hamper or similar product? Please e-mail us at school if you can help.

## Non-Uniform Day

On Friday 7<sup>th</sup> July, the children are invited to come to school in their own clothes in exchange for a suitable tombola prize- bottle, chocolates, unused gift etc.

## Fathers' Day Breakfasts

If you are booked on to a forthcoming breakfast, please send your child into school in the usual way and then wait by the main entrance on the driveway. **You MUST have pre-booked and pre-ordered your food.** The morning will run from 8:45-9:45am.



## KS2 End of Year Show: The Next BIG Step



Tickets are now available via Eduspot. **In the first instance**, tickets will be limited to TWO per family for the afternoon performance and TWO per family for an evening performance (taken as two on the same evening or one on each evening). All spectators **MUST** have a ticket (including any children). All Friezland pupils will have the opportunity to watch the performance

whilst at school. **Please only apply for your allocated number of tickets.** Any additional purchases will be credited back to your account. We will inform families of any surplus tickets nearer the time. **All Class 3 and 4 pupils will be involved** in the production, and we ask that you are able to ensure that they attend the evening performances, to make the event a success.

## Kingswood 2023!

Our Year 6 pupils have had a fantastic few days in North Wales at the Kingswood Centre. The weather was fabulous, and the children enjoyed caving, campfire and the zipwire to name a few activities. We think they'll sleep this weekend- Thank you to Miss Hill and Miss Chambers for sacrificing their sleep!

## The School Council Present... #Team Friezland Raffle

Information has been shared via e-mail and Google Classroom about our final School Council event of the year. Please donate a suitable item in your team colour and then, purchase some raffle tickets (£1 each sold at morning break) to be in with a chance of winning one of the hampers!

**Parent/Carer Friezland Survey 2022-23** *Thank you to everyone who has already completed a survey.* We would be grateful for as many completed surveys (one per family) as possible using the following link:

<https://forms.gle/hoczZhYDmEfMhVWR6>

They're anonymous so please share your thoughts honestly! However, as always, please come and speak with staff if you have any queries or concerns. We can't help if we don't know.

## Midday Supervisor: Join the Team!

Friezland are looking for a friendly and child-centred Midday Supervisor to join our team from September. The role involves supervising our children during their lunch break (1h 10m per day) and is a term-time only position. If you know anyone who may be interested, ask them to contact school to enquire.

## Dates for the Diary

### June

- WB 19<sup>th</sup>** Healthy Me Week 3
- 20<sup>th</sup>** Class 3 Halle' Visit
- 21<sup>st</sup>** Fathers' Day Breakfast 8:45-9:45am (*pre-book ONLY*)
- 22<sup>nd</sup>** DLP Spelling Bee Final
- 28<sup>th</sup>** Fathers' Day Breakfast 8:45-9:45am (*pre-book ONLY*)
- 30<sup>th</sup>** Class 2 Castleshaw Visit

### July

- 5<sup>th</sup>** Friezland Move-up Morning 1
- 7<sup>th</sup>** Non-uniform in exchange for tombola item
- 8<sup>th</sup>** Summer Fair, 1-3:30pm
- 10<sup>th</sup>** Friezland Move-up Morning 2
- 12<sup>th</sup>** The Next BIG Step KS2 Production, 2pm and 6pm
- 13<sup>th</sup>** The Next BIG Step KS2 Production, 6pm
- 19<sup>th</sup>** Leavers' Service, 9:30am, Friezland Church
- 19<sup>th</sup>** Y6 Leavers' Lunch
- 20<sup>th</sup>** Y6 Leavers Trip, 5-7pm
- 21<sup>st</sup>** End of Term (**FRI**)

**£2.00  
ENTRY**

Friends of  
  
Friezland

Friends of Friezland Presents

The

# SUMMER FAIR

8th July 2023 13:00-15:30 | Friezland Primary School  
Church Road, Greenfield, OL3 7LQ

**BBQ  
&  
BAR**

**TOMBOLA  
&  
LUCKY BAGS**

**RAFFLE  
PRIZES**

**FACE  
PAINTING  
& HAIR  
BRAIDING**

**BOUNCY  
CASTLE**



**PLEASE REMEMBER ITS CASH PAYMENTS ON THE DAY!**

# Helping children and young people with MANAGING DEVICE STRESS AND ANXIETY

The internet and advances in the capability of digital devices have afforded us arguably the fastest period of technological and social evolution in living memory: creating opportunities for us to interact with people anywhere in the world, 24 hours a day. It's also, however, blurred safety boundaries and added new stresses for young people, who are often less aware of the hidden hazards. With almost half of 10-15-year-olds experiencing bullying online and algorithms pushing content in front of our children every day, it's important to know how to address some of these challenges.

## WHAT ARE THE RISKS?

### LIVING ONLINE

The internet is awash with sophisticated algorithms that learn from our online behaviour and try to predict our wants and needs. That's very helpful in some respects, but it can make the online world difficult for children and young people to negotiate. Content can be brought to them at any time – it may not always be appropriate, and children may not have the ability or the support to deal with it.

### PUSHY NOTIFICATIONS

Content is also directed at us through notifications from our apps: letting us know we have a new message or social post to read, for example. While that's useful in some circumstances, it conditions us to keep going back online (and is designed to do so) and can be a near-constant demand on your child's attention. As such alerts become more common, are we experiencing an 'attack of the pings'?

### BLURRED BOUNDARIES

There are now so many ways we can communicate online in real time (like instant messaging apps) or with a delay (such as on social media) that it's possible to be constantly in conversation. Young people often prefer quickfire exchanges of text – but using fewer words can cause distressing miscommunications through the lack of non-verbal cues like facial expressions or tone of voice.

### DIGITAL DEPENDENCY

As devices allow access to immediate external help in challenging situations, it's a concern that children may not be developing the inner confidence to work things out for themselves. Likewise, group membership is hugely important to young people – both in digital and 'real' life – and being excluded from online conversations can cause damaging feelings of loneliness and isolation.

### DISGUISED DISTRESS

Children often haven't yet developed the emotional resources to deal with many of the setbacks of everyday life, so identifying when it's specifically something online that's worried them can be tricky. A certain level of stress is a normal response to a problem: it spurs us into action to keep ourselves safe. If the stress is excessive, though, it can feel overwhelming and potentially lead to anxiety or depression.

### ANTI-SOCIAL SOCIALS

Social media can bring people together in hugely positive ways. Sadly, it does also have a darker side, including 'flame war' arguments which can escalate quickly and have harmful consequences. With so many people looking on, 'group shaming' situations are also common – while there are continual opportunities for young people to compare themselves negatively with other social media users.

## Advice for Parents & Carers

### LEARN THE BASICS

It's impossible to keep up with every online change or every new app. The best option is to make yourself aware of the fundamentals of how the internet operates, so you can help your child to grasp how – and why – content reaches them. Devices and the digital world can be confusing, so learning to understand them better will give you the confidence to talk to your child about them.

### PUSH DISTRACTIONS AWAY

Notifications to our phones and tablets can be helpful, but they sometimes make one wonder: who's really in charge: the person or the device? Checking our phone as soon as it goes off is an easy habit to fall into – especially for young people. Try switching off non-essential alerts on your devices and encourage your child to do the same; you should both feel less triggered and more in control.

### KEEP CHECKING IN

Healthy emotional regulation balances three systems: threat, drive and grounding. Down the various rabbit holes of the internet, however, that balance can easily slip away – so it's important to help your child manage their emotions when they're online. Check in with them regularly when they're on their device, and remember that 'distraction' and 'relaxation' aren't always the same thing.

### TALK IT OUT

If a child mentions a comment that's been directed at them in a text chat or on social media, it may sound minor but can actually have a much bigger effect than we realise. In our evolved brains, any perceived threat can get internalised while our body reacts as if we were in physical danger – raising stress levels. It's always worth encouraging your child to get any concerns out in the open.

### LOOK FOR THE SIGNS

This is tricky – and may depend on the child's age – but any sudden change in behaviour is worth looking out for. If your child seems to be checking their phone or tablet more, doesn't want to be parted from them, or appears unusually secretive, anxious or withdrawn, it could be a sign that something is amiss in relation to their device – and, possibly, that they're in need of extra support.

### BE KIND: UNWIND

Be kind to yourselves as parents and carers. Remember that we're all in the same boat, trying to safely guide our children through this complex, fast-moving digital environment. Getting into the habit of having natural, relaxed conversations with your child about their online life (and yours) can level the playing field and make it far easier for them to open up to you about any concerns.

## Meet Our Expert

Dr Carole Francis-Smith is an experienced counselling psychologist who specialises in promoting safe and ethical online communications. She consults with and offers bespoke training to businesses and organisations, supporting positive and effective online communications – often by considering some of the more hidden aspects of the various measures.



Sources: <https://www.childrenscommissioner.gov.uk/report/the-big-ask-big-answers/>  
<https://www.gov.uk/people/populationandcommunity/intermediaryandjustice/bullying-the-childrens-commissioner-behaving-online-land-and-wales/parents-march-2020>

**NOS**  
National  
Online  
Safety®  
#WakeUpWednesday

@natonlinesafety

/NationalOnlineSafety

@nationalonlinesafety

@national\_online\_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 28.03.2023