



# Alfriston School



Fair, friendly, fulfilling and fun!

## Special Edition Newsletter - 10th February 2022

Wishing you all a safe and enjoyable February Break, and we look forward to seeing you all on Monday 21st February!

### Safer Internet Day

On Tuesday, it was Safer Internet Day, a day that is very important to our school and pupils. Safer Internet Day is coordinated by the 'Insafe' network and is celebrated every year across Europe, and in other countries worldwide.

In the UK, Safer Internet Day is organised by the UK Safer Internet Centre ([www.saferinternetday.org.uk](http://www.saferinternetday.org.uk)), and this year's theme was, 'All fun and games? Exploring respect and relationships online.'

Our school participated alongside hundreds of other schools across the UK and pupils learnt about how to use the internet safely and positively. Class assemblies have taken place this week and children have completed further activities within their classes.

We believe that internet safety education is a crucial element of the curriculum and an essential part of young people's development. Please click on the links below to help you become more aware of the safety messages that your children receive in school in order to reinforce them in your home environment.

Safer Internet Top Tips for parents.

<https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2022/advice-for-parents-and-carers>

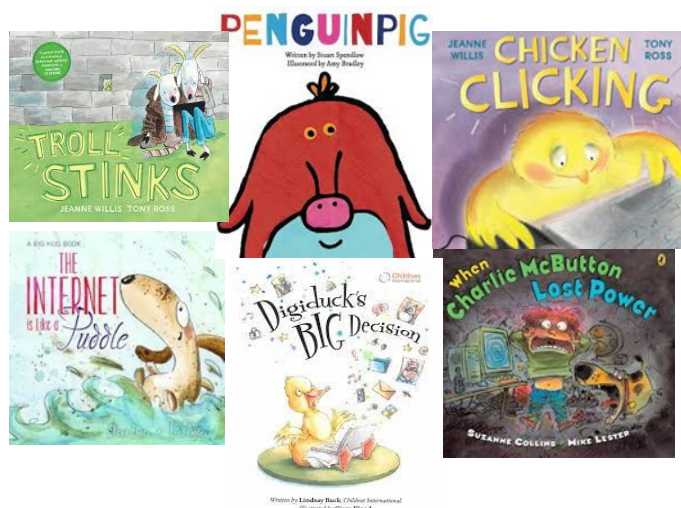
Roblox parent's guide

<https://www.internetmatters.org/hub/esafety-news/parents-guide-to-roblox-and-how-your-kids-can-play-it-safely>

How to set parental controls on iPad

<https://support.apple.com/>

There are a number of books available that address online safety in a child friendly way.



## Children's Mental Health Week

This week we have marked Children's Mental Health Week. The theme has been 'Growing Together' encouraging children to consider how they have grown and how they can help others grow.

Each class watched a virtual assembly and took part in various activities throughout the week. The children have learnt that challenges and setbacks can help us to grow and adapt and trying new things can help us to move beyond our comfort zone into a new realm of possibility and potential. However, emotional growth is often a gradual process that happens over time, and sometimes we might feel a bit 'stuck'.

During the week the children have talked about what helps them with their mental health and we are using these comments for a display in school. Some of the comments provided are shown below.

I look away if something is making me sad.

I breathe in and out to help me relax.

I have grown emotionally because I used to be scared of spiders but I now use the power of my mind to be okay with them.

I play a game in my head to take my mind off any angry feelings and then they go away.

I can talk to my teacher whenever I like.

### This term's events .....

Thurs 10th February	Last day of term
Fri 11th February	INSET Day
Mon 14th - Fri 18th February	February holiday
Mon 21st February	Children return to school
Tues 22nd February	Parent consultations (15:45 to 17:00 & 18:00 to 19:30) Face to Face
Mon 28th February	Open classroom
Wed 2nd March	Parent consultations (15:45 to 18:30) Remote
Thurs 3rd March	World Book Day