



St. John's R.C. Primary School

Keeping In Touch Newsletter 27th April 2020

KEEPING SAFE AND E-SAFETY EDITION

Dear Parents and Carers

We know that you are working hard to support your children in completing the online lessons and activities set by their class teachers. This helps to keep your child's mind active and will ensure they are ready to start learning again once we are able to be back in school...BUT... We also know that it is more important than ever to ensure your children are safe online, and so this newsletter is dedicated to reminding you of the resources and webpages that are available to help you teach your child how to stay safe online.

We also want you to keep yourselves safe, and have included some advice about seeking medical advice during lockdown, getting help in emergencies and information about Rochdale's Resilience Hubs.

God Bless—we look forward to seeing you all soon



>>
The Basics

⚡
Take Control

👤
It's Personal

💬
Don't Panic

From the BBC, this excellent website has advice on how to keep safe, how to spot 'fake news', and much more. There are also some really useful videos that explain the meaning of common online words and phrases.

E-Safety Resources

UK Safer Internet Centre website: www.saferinternet.org.uk/

Advice and resources for Parents:

<http://www.saferinternet.org.uk/advice-and-resources/parents-and-carers>

Visit our school website E-Safety page for more links:

<https://www.stjohnsrc.rochdale.sch.uk/page/e-safety/52666>

The Local Authority have set up 4 Resilience Hubs (as some are calling them) to support children, families and young people.

Middleton middleton.earlyhelplocalityteam@rochdale.gov.uk Tel: 0161 662 5100

Heywood heywood.earlyhelplocalityteam@rochdale.gov.uk Tel: 01706 927500

Rochdale rochdale.earlyhelplocalityteam@rochdale.gov.uk Tel: 01706 925200

Pennine pennine.earlyhelplocalityteam@rochdale.gov.uk Tel: 01706 922600

See page 4 of this newsletter for more information



Childnet's mission is to work in partnership with others around the world to help make the internet a great and safe place for children.

They work directly with children and young people as well as parents, carers, teachers and professionals, finding out about their real experiences online, and the positive things they are doing as well as sharing safety advice.

<https://www.childnet.com/>



Emergency Calls

If we need police help, we all know to call 999— but what if you are in danger and can't speak?

Make Yourself Heard is a new campaign which lets the 999 operator know your call is genuine. It uses a system called 'Silent Solution', and allows 999 callers to let operators know they are in danger and unable to talk, by pressing 55 on mobile phones.

A guide to using this system can be found at:

https://www.policeconduct.gov.uk/sites/default/files/Documents/research-learning/Silent_solution_guide.pdf

Children are bound to spend lots more time on devices during school closure. **DON'T FEEL BAD ABOUT IT** – lots will be schoolwork or catching up with friends. But there are ways to keep them safe, healthy and happy.

Don't worry about screen time; aim for screen quality

Scrolling through social media isn't the same as making a film or story, or Skyping Grandma. Use the Children's Commissioner's 'Digital Five A Day' to plan or review each day together.



Check the safety settings are turned on

Whether it's your home internet, mobile devices, consoles, apps or games, there are lots of settings to make them safer. The key ones are - can they chat to strangers, can they video chat or 'go live', are their posts public? **Internet Matters** has hundreds of guides to parental controls.



Get your children to show you their apps and games

You don't need to know all about the latest app or game, but if your child shows you what they are doing and with whom, you'll probably see if it's appropriate or not. Remember 18 games are not more advanced – they are harmful to children! For parent guides to apps, including recommendations for kidsafe apps and video platforms, search for **Common Sense Media** or **NSPCC's NetAware**. And why not download the **BBC Own It** app?



Don't try to hide the news about coronavirus

If you don't talk about it, your children might read inappropriate pages, believe scare stories or simply catastrophise in their heads. Why not watch **Newsround** together and talk about how they feel – there is guidance from **Childline** to help you.

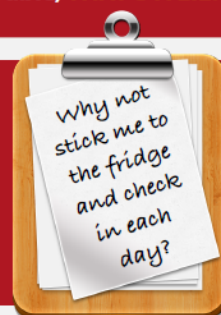


Remind them of key online safety principles

There are too many to list, but remember human behaviour is the same online and offline. Remind your children to be a good friend, to ask for help if they are worried or if someone is mean, not to get undressed on camera and most important of all... if somebody tells them not to tell or ask for help because it's too late or they will get in trouble, **THAT'S A LIE!**

If you aren't sure, ASK!

Your school may be able to give you advice, but there are plenty of other places to ask for help as a parent or a child, whether it is advice or help to fix something. Lots of sites are listed at **reporting.lgfl.net**, including ones to tell your kids about (they might not want to talk to you in the first instance).



Advice for parents during coronavirus

Whilst coronavirus is infectious to children it is rarely serious. If your child is unwell it is likely to be a non-coronavirus illness, rather than coronavirus itself.

Whilst it is extremely important to follow Government advice to stay at home during this period, it can be confusing to know what to do when your child is unwell or injured. Remember that NHS 111, GPs and hospitals are still providing the same safe care that they have always done. Here is some advice to help:



RED

If your child has any of the following:

- Becomes pale, mottled and feels abnormally cold to the touch
- Has pauses in their breathing (apnoeas), has an irregular breathing pattern or starts **grunting**
- Severe difficulty in breathing becoming agitated or unresponsive
- Is going blue round the lips
- Has a fit/seizure
- Becomes extremely distressed (crying inconsolably despite distraction), confused, very lethargic (difficult to wake) or unresponsive
- Develops a rash that does not disappear with pressure (the 'Glass test')
- Has testicular pain, especially in teenage boys

You need urgent help:

Go to the nearest A&E department or phone 999



AMBER

If your child has any of the following:

- Is finding it hard to breathe including drawing in of the muscles below their lower ribs, at their neck or between their ribs (**recession**) or **head bobbing**
- Seems dehydrated (dry mouth, sunken eyes, no tears, drowsy or passing less urine than usual)
- Is becoming drowsy (excessively sleepy) or irritable (unable to settle them with toys, TV, food or picking up) - especially if they remain drowsy or irritable despite their fever coming down
- Has extreme shivering or complains of muscle pain
- Babies under 3 months of age with a temperature above 38°C / 100.4°F
- Infants 3-6 months of age with a temperature above 39°C / 102.2°F
- For all infants and children with a fever above 38°C for more than 5 days.
- Is getting worse or if you are worried
- Has persistent vomiting and/or persistent severe abdominal pain
- Has blood in their poo or wee
- Any limb injury causing reduced movement, persistent pain or head injury causing persistent crying or drowsiness

You need to contact a doctor or nurse today.

Please ring your GP surgery or call NHS 111 - dial 111

The NHS is working for you. However, we recognise during the current coronavirus crisis at peak times, access to a health care professional may be delayed. If symptoms persist for 4 hours or more and you have not been able to speak to either a GP or 111, then take your child to the nearest A&E



GREEN

If none of the above features are present

- You can continue to provide your child care at home. Information is also available on NHS Choices
- Additional **advice** is available to families for coping with crying of well babies **ICON**
- Additional **advice** is available for children with complex health needs and disabilities.

Self care

Continue providing your child's care at home. If you are still concerned about your child, call NHS 111 - dial 111



Coronavirus

Helping and supporting our most vulnerable residents

As we all try to stop the spread of coronavirus (COVID-19), we want to provide reassurance that dedicated help and support is available across the borough for our most vulnerable residents.



We know for some people it will be harder to maintain their support networks and social connections at this time. This leaflet outlines the range of additional advice and support for the elderly, vulnerable and socially isolated that will be in place over the coming weeks and months.

To stop coronavirus from spreading the most important thing we can do is wash our hands more often for 20 seconds, using soap and water or an alcohol-based hand sanitiser. It is also really important that we reduce social contact through measures such as social distancing and social isolation. This includes things like avoiding non-essential public transport and avoiding gatherings, including with friends and family.

Community help

Our borough is a place where people care about each other and want to do whatever they can to help those who need support.

With the help of our volunteers and partner organisations, we want to make sure that the necessary support is directed to where it's most needed.

Targeted support

If you need support during this time, firstly ask a family member, friend or neighbour who you know and trust. This will allow our community volunteers to focus on those most in need of our help and support. This includes the most at-risk groups.

