

Spring 2



Talk to us if you have any worries or concerns.



Welcome to our 'stay safe and healthy' newsletter

It's so important to work together to keep everyone safe in our school community. This guide will be sent every half term, with helpful information and useful tips on how to keep your children safe; both online and in our community. We'd welcome your feedback and any ideas on topics you'd like covered.

Ukraine conflict

I'm sure we are all saddened by the awful situation in Ukraine. Children listening and viewing distressing images and news, can become frightened and fearful, but it's impossible to shelter them from everything.

Key things to remember if your child talks about it with you:

- Focus on those who are helping others at this difficult time and encourage compassion for all those negatively affected.
- Reassure children that most people in our world don't want war, and are doing everything they can to stop it and prevent people from getting hurt.
- That we are very unlikely to be directly involved in any war, it's far away from here, and it's the role of adults to keep them safe.

Here's a good resource, helping you speak to your children about conflict in Ukraine and other distressing events:

<https://www.childnet.com/blog/supporting-your-child-with-upsetting-content/>

Online safety

This term, our online safety theme in school is 'I am safe and secure'. *Our children in Key Stage One* have learnt about how it's fun to play online with friends and family, as well as the need to keep usernames and passwords safe.

Children in Key Stage Two have had an assembly all about protecting devices from viruses and the dangers of pop ups. You can [find out more here.](#)

Why not....

- Make a username with your child.
- Go to www.taminggaming.com or www.askaboutgames.com and play some games online together.

Every child has the right to be safe from harm and danger.

Every adult at Arnbrook has a responsibility to ensure pupils are safe at home and school. We will always listen to you and do everything we can to help.

You can speak to any member of staff about anything that is worrying you.

Need a bit of help? We can provide food parcels and food and clothing bank referrals. Speak to any member of staff you feel comfortable with.

Fake news!

Mis and disinformation are particularly prevalent during times of conflict and the risk posed by misleading narratives and information becomes more severe.

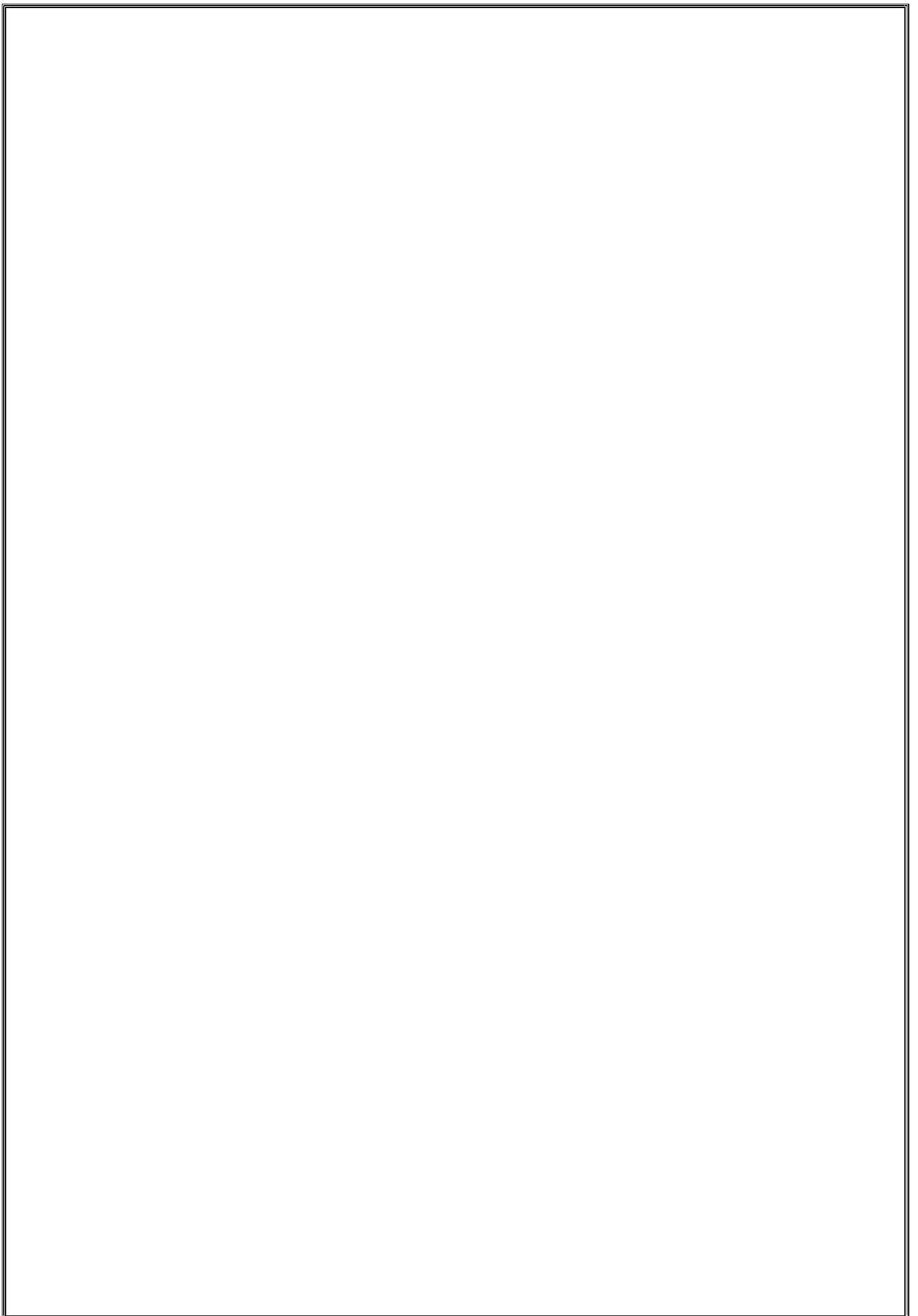
Educate Against Hate hosts [content produced by Be Internet Citizens](#), an educational programme developed by the Institute of Strategic Dialogue and YouTube. Covers topics including:

- How to identify mis- and disinformation (e.g. conspiracy theories, clickbait, manipulated media);
- Exploring fact versus opinion, including how sensational content can be used to drive user engagement;
- The benefits and pitfalls of a 'personalised web', including algorithms and filter bubbles;
- Understanding unconscious bias and how it influences our worldview;
- Analysing 'us vs them' narratives, and how online echo chambers may widen social divides;
- Responding effectively to hate speech and forging more inclusive digital communities;
- Creating inspiring digital content to champion causes, promote positive messages and support peers.

You can find some great child-friendly information about fake news, and how to spot it, on the [BBC Newsround website](#)

[First News](#) and [The Week Junior](#) create news for children and young people.

[Childnet](#) has some helpful advice on talking to your child about difficult issues in the news.



HOW TO SPOT FAKE NEWS



CONSIDER THE SOURCE

Click away from the story to investigate the site, its mission and its contact info.



READ BEYOND

Headlines can be outrageous in an effort to get clicks. What's the whole story?



CHECK THE AUTHOR

Do a quick search on the author. Are they credible? Are they real?



SUPPORTING SOURCES?

Click on those links. Determine if the info given actually supports the story.



CHECK THE DATE

Reposting old news stories doesn't mean they're relevant to current events.



IS IT A JOKE?

If it is too outlandish, it might be satire. Research the site and author to be sure.



CHECK YOUR BIASES

Consider if your own beliefs could affect your judgement.



ASK THE EXPERTS

Ask a librarian, or consult a fact-checking site.