

What children need to know about

# ONLINE BULLYING



## What is online bullying?

ONLINE BULLYING – ALSO KNOWN AS CYBERBULLYING – IS BULLYING THAT TAKES PLACE ON THE INTERNET OR VIA ELECTRONIC DEVICES AND MOBILE PHONES. IT CAN INCLUDE:

1. SENDING SOMEONE MEAN OR THREATENING EMAILS, DIRECT MESSAGES OR TEXT MESSAGES
2. HACKING INTO SOMEONE'S ONLINE ACCOUNT
3. BEING RUDE OR MEAN TO SOMEONE WHEN PLAYING ONLINE GAMES
4. POSTING PRIVATE OR EMBARRASSING PHOTOS ONLINE OR SENDING THEM TO OTHERS
5. CREATING FAKE SOCIAL MEDIA ACCOUNTS THAT MOCK SOMEONE OR TRICK THEM
6. EXCLUDING SOMEONE FROM AN ONLINE CONVERSATION OR BLOCKING THEM FOR NO REASON



## BE KIND ONLINE

BEFORE PRESSING 'SEND' ON COMMENTS, ASK YOURSELF THESE 3 QUESTIONS...

1. WHY AM I POSTING THIS?
2. WOULD I SAY THIS IN REAL LIFE?
3. HOW WOULD I FEEL IF SOMEBODY SAID THIS TO ME?



#WakeUpWednesday



## Why does it happen?

GOING ONLINE MAKES IT EASIER FOR PEOPLE TO SAY AND DO THINGS THEY PROBABLY WOULDN'T DO FACE TO FACE. ONLINE BULLIES DON'T GET TO SEE THEIR VICTIMS' REACTIONS IN REAL LIFE, SO THIS CAN COCOON THEM FROM THE REAL DAMAGE THAT THEY ARE DOING. QUITE OFTEN, PEOPLE BULLY BECAUSE THEY ARE GOING THROUGH SOMETHING DIFFICULT THEMSELVES AND TAKING IT OUT ON OTHERS IS THE ONLY WAY THEY KNOW HOW TO GET CONTROL OF THEIR OWN EMOTIONS.

## How does it feel to be bullied?

BEING BULLIED CAN IMPACT ON YOUR SELF-ESTEEM, CONFIDENCE AND SOCIAL SKILLS. BECAUSE IT HAPPENS ON YOUR PHONE, TABLET OR COMPUTER, IT CAN FEEL LIKE YOU ARE UNDER THREAT EVEN WHEN YOU'RE IN A SAFE ENVIRONMENT, SUCH AS YOUR BEDROOM. DON'T FORGET...IT IS NOT YOUR FAULT IF YOU'RE BEING BULLIED.



## Am I an online bully?

SOMETIMES IT ISN'T OBVIOUS THAT WHAT YOU ARE DOING IS WRONG, BUT IF YOU USE DIGITAL TECHNOLOGY TO UPSET, ANGER OR EMBARRASS SOMEONE ON PURPOSE, THIS MEANS YOU'RE INVOLVED IN ONLINE BULLYING. IT MIGHT BE AS SIMPLE AS 'LIKING' A MEAN POST, LAUGHING AT AN ONLINE VIDEO, OR SPREADING A RUMOUR, BUT THE PERSON BEING BULLIED COULD FEEL LIKE THEY ARE BEING GANGED UP ON. THINK ABOUT HOW IT WOULD MAKE YOU FEEL IF IT HAPPENED TO YOU. EVERYONE CAN MAKE MISTAKES, BUT IT'S IMPORTANT TO LEARN FROM THEM - GO BACK AND DELETE ANY UPSETTING OR NASTY POSTS, TWEETS OR COMMENTS YOU'VE WRITTEN.



## Who do I tell?

YOU DON'T HAVE TO DEAL WITH THE BULLYING ON YOUR OWN. TALK TO AN ADULT THAT YOU TRUST – A PARENT, GUARDIAN, OR TEACHER. MOST WEBSITES, SOCIAL MEDIA WEBSITES AND ONLINE GAMES OR MOBILE APPS LET YOU REPORT AND BLOCK PEOPLE WHO ARE BOTHERING YOU. YOU COULD ALSO CONTACT CHILDLINE (WWW.CHILDLINE.ORG.UK), WHERE A TRAINED COUNSELLOR WILL LISTEN TO ANYTHING THAT'S WORRYING YOU – YOU DON'T EVEN HAVE TO GIVE YOUR NAME.



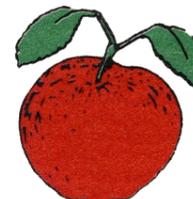
## How do I prove it?

WHEN CYBERBULLYING HAPPENS, IT IS IMPORTANT TO DOCUMENT AND REPORT THE BEHAVIOUR, SO IT CAN BE ADDRESSED – RECORD THE DATES AND TIMES WHEN CYBERBULLYING HAS OCCURRED, AND SAVE AND PRINT SCREENSHOTS, EMAILS, AND TEXT MESSAGES.



## How can I stay safe?

MAKE SURE YOUR PRIVACY SETTINGS ARE SET SO THAT ONLY PEOPLE YOU KNOW AND TRUST CAN SEE WHAT YOU POST. NEVER GIVE OUT PERSONAL INFORMATION ONLINE, SUCH AS IN PUBLIC PROFILES, CHAT ROOMS OR BLOGS, AND AVOID FURTHER COMMUNICATION WITH THOSE SENDING THE MESSAGES. KEEP AWARE OF FAKE PROFILES AND INTERNET USERS PRETENDING TO BE SOMEONE THAT THEY ARE NOT.



# The Apple

The weekly news from Isaac Newton School, Grantham

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## Dear Parents/Carer

What a few weeks! As the end of the school year approaches the children continue to maintain their focus and the teachers have continued to ensure that they have incredible experiences. Last week was particularly busy as both the Year 5's and 6's were out on school visits. The Year 6's had a brilliant time at "The Making of Harry Potter". The trip fits perfectly with their theme (The Alchemist) and was an extra special way to finish their time here at Isaac Newton.



Our Year 5's visited Rutland castle and got to take part in a range of activities, including potion making and spell



## Year 6 Leavers

The year 6 leavers' presentation evening will take place on Thursday 18th July at 6pm. All Parents/Carers and Grandparents are welcome – please put the date in your diary.

casting, things which link in well to the writing they have been doing in class! On both trips the behaviour of the children was impeccable and they participated well in all activities.



We've also been taking part in lots of sports events recently. This week's newsletter has lots of information about all of the competitions and our successes! This is far from the end however, as we still have a Year 3 /4 golf competition and a year 5/6 indoor athletics county final to take part in!

Finally, as I come close to the end of my first year here at Isaac Newton (and also my 30<sup>th</sup> birthday) I just want to again thank everyone in the school community for the welcome that I have received. I am proud to be the headteacher of such a wonderful school and continue to be amazed by our children's achievements- none of which would be possible without the hard work of the staff and the continued support of the parents and carers.

Enjoy the wonderful weather the weekend has to offer and I look forward to seeing many of you at some of our upcoming school events, including Sports Days and the Summer Fayre.

Chris Heathcote  
*Heathcote*  
Headteacher

## Frank's Ice Cream Van

Please also note that there has been a change in the date for Frank's Ice Cream Van to visit the school- it has been changed so that it doesn't clash with our annual teachers vs pupils rounders match or Summer Fayre! Frank will now be visiting us on Monday 15th July.

## Sun Cream

As the weather improves it is essential that children are protected against the sun and are well hydrated. As such can Parents/Carers please ensure that children have either school water bottles (available from the office) or a transparent water bottle. If children are able to apply their own sun cream then they should bring it in a bottle labelled with their name. This will then be stored in school by the class teacher who will allow time for application prior to periods of time spent outside. If you choose to apply sun cream prior to school then please be aware that it is unlikely to last until the main outdoor period at lunch time. As such please ensure that you check that the sun cream states that it will last for the whole day if applying before school. All sun cream should be at least factor 30.

## National Literacy Trust

The National Literacy Trust have donated £1800 worth of books to the school. Year 3 and 4 took part in a variety of reading activities had an amazing day.

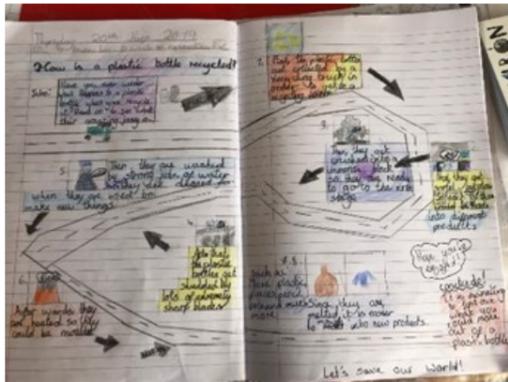


## E-safety

This week, attached to the newsletter, is a guide called, 'What children need to know about online bullying'. Online bullying- also known as cyberbullying- is bullying that takes place on the internet or via electronic devices and mobile phones. It is important that children understand and recognise what cyberbullying entails so that they can protect themselves and others from it. Protecting themselves also includes recognising when their own behaviour online could be classed as cyberbullying and that this should stop immediately.

## Year 4 writing

Year 4 have been looking at different ways of presenting their writing about pollution.



## Summer Fayre

Our next fund raising event will be The Summer Fete on Tuesday 16th July straight after school. We would be grateful for a donation of ONE of the following:

- Cuddly toys (in good condition)
- Chocolate Bars (for prizes)
- Cakes (to be handed in on the day of the Fair)
- Sweets (for sweetie cups)
- Toys and books (again in good condition)
- Old plates for a smash the plate game
- Tombola items.
- Bottles- wine, squash, fizzy pop.

Please hand in cakes on the day (16<sup>th</sup> July) and toys and books the week before (W/C 8<sup>th</sup> July).

Sweetie cups will be sent home on Monday 8<sup>th</sup> July. Please return them by Friday 12<sup>th</sup> July.

Thank you all for your continued support.

## School Transport

If your child is starting primary school or transferring to secondary school in September 2019 they may be eligible for school transport. If you think your child is eligible please apply for transport as soon as possible. Applications can be made online at the website below or a paper application form can be requested from the Customer Service Centre on 01522 782020. For more information about the home to school transport policy and online applications please go to

[www.lincolnshire.gov.uk/schooltransport](http://www.lincolnshire.gov.uk/schooltransport).

Queries can be emailed to:

[schooltransportapplications@lincolnshire.gov.uk](mailto:schooltransportapplications@lincolnshire.gov.uk).

## Dates For Your Diary:

|                       |   |
|-----------------------|---|
| 1 <sup>st</sup> July  | Year 2 visit to Twycross Zoo                        |
| 2 <sup>nd</sup> July  | Year 1 visit to Twycross Zoo                        |
| 3 <sup>rd</sup> July  | Violin and Class 9 Concert (2pm)                    |
| 10 <sup>th</sup> July | Years 3- 6 Sports Day (Meres Stadium)               |
| 12 <sup>th</sup> July | EYFS, Year 1 and Year 2 Sports Day                  |
| 15 <sup>th</sup> July | Frank's Ice Cream Van- £1 for an ice cream (1.00pm) |
| 16 <sup>th</sup> July | Summer Fayre (3.30pm)                               |
| 18 <sup>th</sup> July | Year Six Leavers' Presentation (6.00pm)             |

## Girls Cricket

On a bright, but fresh day our Year 6 girls took part in the Grantham and District Girls Cricket Tournament. They improved with every game they played, showing a real commitment to their team and the school. They bowled, batted and worked exceptionally hard whilst in the field. Overall we finished in 8<sup>th</sup> place...well done girls!



## Year 2 Tennis

Wednesday afternoon saw Mrs Walker take a group of Year 2 children down to the Tennis Club for an afternoon of skills based activities arranged by Inspire+. They thoroughly enjoyed the afternoon practising their forehand, backhand and ball control. They were a real credit to school, behaving impeccably!



## Mini Olympics

Last week the year 3's took part in the Inspire+ Mini Olympics! Assisted by our Year 6 Bronze Ambassadors, they had a fantastic time trying out lots of different sports including athletics, netball and dance. They were lucky enough to meet sporting celebrities Jonathan Broome-Edwards and Sam Ruddock. It was a real festival of sport which we are incredibly fortunate to be invited to. Many thanks to Inspire+ for putting on such an amazing day for the local community! Well done everyone.

## Year 5/6 Mixed Cricket Competition

This week the boys took part in the Grantham & District Mixed Cricket Tournament at the Cricket Club. They played some excellent cricket, improving on their bowling and batting as the competition progressed. They were a real credit to school and finished a very respectable 8<sup>th</sup> overall. Well done boys!



## Sports Days

Sports days are approaching quickly. As ever we will expect all children to participate unless their Parents/Carers have discussed any injuries or issues with the pupil's class teacher.

Sports Day for pupils in years 3-6 will take place on 10th July. Children should arrive at school at the usual time in their PE kit. It would be great if as many pupils as possible were able to wear a t-shirt in the colour of their house. As

soon as the registers have been taken we will set off for the Meres. Parents/Carers should meet us there (we hope to begin at approximately 9:30am). All of the children should be back at school in time for lunchtime as usual. Sports day for pupils in the Foundation Stage and Years 1/2 will take place on 12th July. Again pupils should arrive in their PE kit. Parents and Carers should drop their children off as normal and then head to the school field. We will register the children and then bring them onto the school field as quickly as possible in readiness for the races. Please remember to send in a hat and a water bottle. You should also ensure that pupils have applied sun cream prior to their arrival at school.

For both sports days we would love to see as many Parents/Carers and Grandparents as possible!

## Rotary Club

Last night we attended the Rotary Swimarathon Presentation Evening at St Wulfram's church. Isaac Newton won an amazing two awards! One for the primary school that raised the most amount of money (out of all the schools in Grantham) and one award for adult of the year. We were also given a cheque for £750 towards our outdoor classroom. A huge well done to all involved especially Mrs Toole who thoroughly deserved her award. Without the commitment and hard work of Mrs Toole, so many of the fundraising events in school would not take place. We'd be lost without her!



## Healthy Packed Lunches

Good nutrition in childhood can help to prevent a variety of health problems, both in the short term and later in life. There is increasing concern that many children are consuming too much fat, sugar and salt and too little fibre, fruit and vegetables. Packed lunches can contribute to almost a third of a child's weekly food intake and therefore need to be balanced and nutritious.

A good packed lunch contains:

A starchy food, such as bread, rolls, pitta bread, naan bread, potatoes, rice, noodles. (These foods are good for children to fill up on.)

A good source of protein, iron and zinc such as meat, fish, beans or eggs.

A good source of calcium such as milk, cheese, yoghurt or fromage frais.

One portion of fruit and one portion of vegetable or salad to provide all the other vitamins and minerals. A piece of fruit could be a piece of fresh fruit, dried fruit or tinned fruit in fruit juice. A piece of vegetable could be fresh vegetables such as a carrot stick, salad or a vegetable soup or vegetable dish.