



Spring 3 Newsletter

Newsletter

23/01/2021

Rednal Hill Junior School www.rednalhilljuniors.com

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Introduction

Dear families...

I hope this 3rd newsletter of 2021 finds you all safe and well.

It's been another busy week of in-school and home learning. The children in school are doing well and clearly enjoying the time that they spend in-school, despite the huge changes in circumstance.

The children learning from home never fail to impress and I know all of us have been lifted by the exceptional work being 'turned in'! I want to thank you again for all your support and encouragement - it has been a tremendous team effort from our whole community and I am proud of children, parents and staff alike. Enjoy your well-deserved weekend & don't forget to take some opportunities to relax, go out for your daily exercise and reflect on all the positives you've achieved this week in such a challenging time. I'll leave you with an extract from a poem read by Amanda Gorman at Joe Biden's inauguration this week: The Hill We Climb, with a message that resonated with me when I read it and I'm sure will resonate with you. ***'We did not feel prepared to be the heirs of such a terrifying hour, but within it, we found the power to author a new chapter, to offer hope and laughter to ourselves, so while once we asked, how could we possibly prevail over catastrophe? Now we assert, how could catastrophe possibly prevail over us?'*** Mireille

Remote Education Provision - Information for Families



We have now produced a 'Remote Education Provision' document in line with government guidance. The information is intended to provide clarity and transparency to pupils and families about what to expect from **remote education** where national or local restrictions require entire cohorts (or pods/ bubbles) to remain at home. [The document is available from our school website by clicking here](#)

Home Learning Issues?

Don't forget, if you are having any issues there is some helpful advice on our ['Remote Learning Guidance for Parents and Carers' page by clicking here](#). If you are still having issues, don't hesitate to contact us on the numbers or e-mail below and speak to one of the Home Learning Team.

Other helpful tips:

- No device/internet connectivity please contact the office on:
 - School: 0121 453 2520 or
 - mobile: 07958485137
 - e-mail: enquiry@rednalhilljuniors.com
- Please respond to school calls, we really want to try and help.
- Having problems with Teams? [CLICK HERE](#)

Making sure your child stays safe online

Mrs Allan's Online Safety Assembly



1 - This was an online safety assembly that was shown to children earlier this month, however some children may have missed the opportunity to view because of school absence or not having Teams access set up fully. Please share this with your child if they have missed it, and we would encourage children to watch it again even if they have seen it before as the messages and guidance are important and very helpful.



Online safety

Children and young people's lives have changed dramatically because of the coronavirus. With social distancing measures and most schools closing, children will be spending more time at home and online. And while the internet is a great way for children and young people to stay in touch with their friends and keep busy during lockdown, it can also bring risks. Now more than ever it's important to talk to your child about staying safe online and about the apps and sites they're using. While many parents and carers may be worried about their children spending more time online during lockdown, it's important to understand what they're doing online rather than just setting limits on their total screen time. For example, a child may spend hours searching the internet, while another child may spend less time each day talking to people they don't know on a livestreaming or video app. Asking them about the sites, apps and games they use regularly can be a great way to start a conversation and help you identify any risks in what your child's doing online or who they may be talking to. We've got some great tips below to help get you started. You can also find online safety tips and information about social networks, apps and games for parents over on [Net Aware](#).

Livestreaming and Video Apps

Many children will find it hard not being able to see their friends or family in person, and video apps can be a great way for them to stay in touch during lockdown when used safely, but there are also risks for young people. It's really important to help your child understand how to livestream and use video apps safely and make sure they're speaking to people they know already. [Net Aware](#), has advice on livestreaming, including how to keep children safe on popular online apps such as [Zoom](#), [HouseParty](#) and [WhatsApp](#). Young people may also be curious or explore risky behaviours online, if as a parent you are worried about this type of behaviour [please follow this link](#).

Social Media Safety

Children are also likely to be spending more time on social media during coronavirus lockdown. While social media can be a good way for children and teenagers to stay in touch with friends they're unable to see in person, it can also be unsafe. Children using social media may also be at greater risk of [online abuse](#) or [online bullying](#) during coronavirus lockdown.

A [recent NSPCC survey](#) shows that children turning to social media because they're feeling lonely or have poor mental health are at higher risk of being groomed online.

Talking to your child about what they're doing or sharing online can help you to understand any risks and keep them safe. Net Aware also has advice on popular apps, games and social media sites, including [TikTok](#), [Snapchat](#) and [Facebook](#).

Starting a conversation about online safety

It can be difficult to know how to start talking to your child about what they're doing online or who they might be speaking to. But talking regularly, like you would about their day at school, will help your child feel relaxed and mean that when they do have any worries, they're more likely to come and speak to you. It can help to:

- reassure them that you're interested in their life, offline and online. Recognise that they'll be using the internet to research homework as well talking to their friends.
- ask your child to show you what they enjoy doing online or apps they're using so you can understand them.
- be positive but also open about anything you're worried about. You could say "I think this site's really good" or "I'm a little worried about things I've seen here."
- ask them if they're worried about anything, and let them know they can come to you.
- ask them about their friends online and how they know they are who they say they are.
- listen for the reasons why your child wants to use apps or site you don't think are suitable, so you can talk about these together.
- ask your child what they think's okay for children of different ages so they feel involved in the decision making.

So, what advice can you give a child if they come across something scary or disturbing online? Tell them to:

Stop – what they're doing and turn off their screen or shut down their device

Breathe – pause and stay calm

Think – try not to focus on what they saw in great detail, and remind themselves that there is no immediate danger to them and that they are safe

Talk – they should find a trusted adult to talk to about what they've seen and how they feel

Worried about your child/a child

Worried about a child? Please talk to a member of our pastoral team on our school phone numbers.
Birmingham's Children's Advice & Support Service

The **Children's Advice and Support Service** (CASS) provides a single point of contact for professionals and members of the public who want to access support or raise concerns about a child.

We want to keep all children and young people in Birmingham safe from harm. If you are concerned about a child please contact CASS who will listen, assess your concerns and can take action if a child is at risk.

Contact details

Monday to Thursday: 8:45am to 5:15pm

Friday: 8:45am to 4:15pm

Telephone: **0121 303 1888** **Emergency out-of-hours**

Telephone: 0121 675 4806

NSPCC & Childline Or you can contact the NSPCC helpline for free support and advice.

Call on [0800 800 5000](tel:08008005000) or [contact us online](#).

Children can contact [Childline](#) any time to get support themselves.

Reminders for Parents of Children Attending School



Can we please remind all parents of children currently attending school of some key messages:

- Do not bring your child to school or on to the school premises if they are ill or if you believe that they have been exposed to someone that has Covid 19. Please be aware, the symptoms for COVID 19 in children are wide ranging and do not always follow the usual guidance

- Please ensure that you are keeping a 2 metre distance from other parents and children on the playground at all times
- The wearing of face coverings for parents is encouraged whilst on the school site (although not mandatory)
- School uniform will not be required but we request that you send them in clothes that are suitable for both outdoor activities and physical education
- Please support the school and remind children of the need for:
 - Regular handwashing/sanitising
 - If they sneeze, 'catch it in your elbow'. If a tissue is used, 'Catch it, Bin it, Kill it'.

Please do read the new and revised '[Lockdown 3 - Parent Guidance](#)' for more information on the organisation of the school day.

Family Support



**We've all been through a tough time with Covid-19 and repeated lockdowns. For many families it can get harder over Winter, which is why there's additional help available right now...
Birmingham Children's Partnership**

The [Birmingham Children's Partnership](#) wants to ensure that any family in Birmingham which needs help is aware of how to find it quickly and easily. [Click here for the list of information on where to get help including:](#)

- Emergency Food Assistance
- Mental Health Support
- Financial Assistance

- Domestic Abuse
- Early Help

Northfield Families

Northfield Families will be able to support families in the Northfield locality ([click here for Northfield Families Flyer](#)). To access the support listed above, a member of our Pastoral team can complete a 'Family Connect Form' to request support on behalf of one of our families.

Parents can also complete a [Family Connect Form- Self-Identification](#) (Click Control + left click on the mouse to access the link- this often opens in another screen). If parents would like to self- connect to services, but are unable to complete the online form, they can call a member of the team:

Mon- Wed: 07516 918 133

Thur- Fri: 07951 346 327

Or email: northfieldfamilies@northfieldcommunity.org

Testing staff for COVID 19 and implication for parents



Primary School Staff COVID Testing

As you may have seen on the news, primary school staff are being asked to test at home for COVID-19 in order to help prevent the spread of the disease. This is a voluntary scheme, but we at Rednal Hill Juniors have opted in and will be testing staff twice per week from Monday 25th January.

If a member of staff receives a positive or void result on the home testing kits, they then have to book a PCR COVID test at one of the local test centres to give a definitive positive or negative reading. We are informing you of this, as it may mean that we have more bubble closures in school as all staff are being tested simultaneously.

The scenarios that may occur with your child's bubble are:

1. Staff are negative – bubble remains open
2. Staff test positive or void – bubble is closed whilst the member of staff has a PCR test

If the results of the PCR test are positive, then normal bubble closure procedures and self-isolation of pupils will apply. However, if the PCR results are negative, then the bubble can re-open on the day after the negative result is received.

We hope that this disruption will be minimal, but just wanted to prepare you that bubbles may be closed for one or two days and then re-open, which is yet another change in protocol. Staff are testing the night before, so typically Sunday night and Wednesday night, this is for us to be able to notify you the evening before of a bubble closure.

If you have any questions, please send them to enquiry@rednalhilljuniors.com and we will get back to you.

School Office Closed to Visitors



For the time being to ensure the safety and welfare of staff, the office is closed to visitors. We want to communicate with parents as best as we can in this challenging time so can we please ask that the majority of your conversations with school staff are via telephone or e-mail to ensure safety.

There will be a member of staff on each playground every morning should you wish to speak to someone directly. If you use this channel of communication can you please ensure you recognise social distancing protocols. Office e-mail: enquiry@rednalhilljuniors.com Office mobile: 07958485137

School App



Don't forget the school App is available via the App store on iPhone and Android platforms. Just search for 'School Jotter'. Once downloaded, enter Rednal Hill Junior School and you'll pick up any school newsletters and relevant news.

School contact details



If you would like to contact us please see details below:

Rednal Hill Junior School

Irwin Avenue

Rednal, Birmingham, B45 8QY

Tel: 0121 453 2520 Mobile: 07958485137

enquiry@rednalhilljuniors.com.com

Visit us on the web at www.rednalhilljuniors.com.