

Dear Parents/Carers,

We hope you all had an enjoyable weekend. Thank-you for all the chocolate we received on Friday for the Christmas Fair Chocolate Tombola and for supporting our odd socks day, which was in support of the Anti-bullying Alliance.

### Christmas Fair

This coming Sunday 3<sup>rd</sup> December at 12.30pm (Straight after 11.30am Mass) we are holding the Parish Christmas Fair in the school hall, (Please see attached leaflet). We hope you can join us and enjoy the Christmas festivities!

### Reading Breakfast

Thank-you to all those that have attend our 'Reading Breakfast' mornings, the turn out has been fantastic and it's been a lovely way to start the school day. This Friday 1<sup>st</sup> December the reading breakfast is for any parents/carers and children in Y4. We hope to you can attend.

### Y6 RHE Survey

Can we remind our Y6 parents to complete the RHE survey that was sent out last week, ASAP. The next unit within the scheme will be taught over the next couple of weeks and it is important we receive your feedback before going ahead.

### Y6 Residential: Tuesday 21<sup>st</sup> May – Friday 24<sup>th</sup> May

Thank-you to all the parents/carers that we able to attend the Y6 Residential meeting last Thursday. As was stated at the meeting the cost of this year's trip will be £320, this will be available to start paying on ParentPay from today. There is no obligation to start paying immediately; we have set up the payment purely for anybody who wishes to pay in instalments. However we do ask for a deposit of £20 to be paid by the end of January and the final balance by the 1<sup>st</sup> May.

### Writing Competitions

We are running two different writing/drawing competitions in school. The Non-Fiction November Competition, the children need to design a postcard and write about their design, entries need to be handed into Mrs Smith. The Christmas Competition, being run by the PTA, the children in KS1 need to draw a Christmas picture and children in KS2 need to write a Christmas Poem, entries are to be given to their class teacher, (Please see attached leaflets).

### Spotlight Monthly

We have subscribed to a monthly safeguarding bulletin, (The November edition is attached). This will give you insights into current safeguarding issues and useful information to help keep your child(ren) safe.

### Diarrhoea and Vomiting

We are starting to see more and more cases of diarrhoea and vomiting throughout the school. It is vital that your child stays off school for 48 hours from their last symptom. This is following guidance from Trafford NHS, (Please see attached letter).

Have a great week, we look forward to seeing you at the Christmas Fair.

Mr Smith and Mrs Atherton



**ST HUGH OF LINCOLN**

**Christmas**

**FAIR**

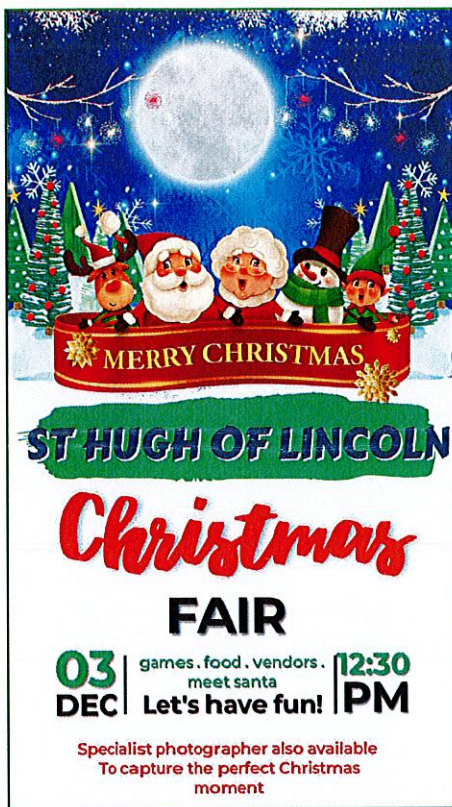
**03  
DEC**

games . food . vendors .  
meet santa

**Let's have fun!**

**12:30  
PM**

Specialist photographer also available  
To capture the perfect Christmas  
moment



Dear parents,

We will be holding the St Hugh of Lincoln school and parish **Christmas Fair on Sunday 3<sup>rd</sup> December** after the morning mass finishes, at 12:30pm and there is lots going on, including:

Parish Raffle	Bottle Tombola	Chocolate Tombola	Christmas Eve 'supplies'
Pick 'n' mix	Cakes & biscuits	Pre-loved Christmas stall	Body Shop stall
Scentsy Stall	Usbourne Books	Parish stalls	Professional Christmas photos
Meet Santa!	Irish Coffee	Baileys Hot Chocolate	Hot Food (canteen)

To help the children get into the Christmas spirit, there will be an exciting **Christmas Competition** for the children to enter this week!

- KS1 children can submit a drawing of a Christmas scene
- KS2 children can submit a poem they've written about Christmas

To enter, they simply need to hand it into their usual teacher by Monday 27<sup>th</sup> November. There will be prizes for 1<sup>st</sup>/2<sup>nd</sup>/3<sup>rd</sup> place in each category, winners to be announced at the Christmas Fair.



We would like to ask for your **donations of any good quality pre-loved Christmas clothes or Christmas decorations** which can be sold at our Pre-loved Christmas stall. Please drop off any donations at the school reception, or your child can take it into their classroom (ideally by Wednesday 29<sup>th</sup> November).

**Usbourne Books** are working in partnership with St Hugh's to generate donations of new books to the school, from the sales made at the Christmas Fair. There is also the option for people to buy books for the school directly from the school's wish-list at their stall at the fair.

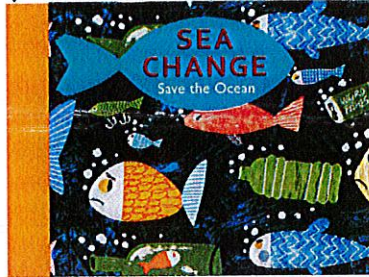
There will be a **professional photographer** in the porta-cabin classroom, taking Christmas photos with a lovely Christmas backdrop. Photos are priced at just £5 for a digital photo!

**We are looking for some additional parents/ volunteers** to help run the Christmas Fair, whether it be helping to set things up, to help out on a stall, or to help with the clear up afterwards! If you are able to help in any way we would love to hear from you. If you can help, please contact the School reception or the PTA representative on your year's Whatsapp group.

**We look forward to seeing you at the Christmas Fair!**

## Non-Fiction November Competition

The theme for National Non-Fiction November this year is 'Wonderful Water.' The competition is inspired by the book we looked at in assembly 'Sea Change: Save the Ocean' edited by Tobias Hickey. The book is a collection of postcards.



Let the sea set you free.

28



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Yuval Zommer - UK

To enter the competition, create your own postcard. On one side create (paint/draw/collage/print etc) a picture of your favourite watery location and then for the other side, write about why this place is so important to you. You can make your own postcard or use the template provided. Remember to neatly write your name on the front and your age.

There are 3 age group categories:

5-7 (30-40 words)

8-10 (40-60 words)

11-12 (60-100 words)

Entries will be judged on their originality, creativity and presentation, according to age.

The address written on the postcard should be:

SEA CHANGE  
P.O Box 17832  
Birmingham  
B13 3QB  
UK

**BUT WE WILL SEND ENTRIES OFF TOGETHER FROM SCHOOL. PLEASE RETURN TO SCHOOL (MRS SMITH) BY FRIDAY 1<sup>ST</sup> DECEMBER AT THE LATEST.**



# SPOTLIGHT ON SAFEGUARDING

November 2023

## Understanding Different Forms of Bullying and Taking Action

November 13th to 17th marks Anti-Bullying Week, and it's an excellent opportunity to engage your child in a conversation about bullying and learn how to take appropriate action, if you suspect your child is a victim. Defining bullying is the first step in identifying it, and it's important to note that it's unwanted, intentional, and persistent behaviour. Here are the different types of bullying to look out for:

- Physical bullying can include intimidating actions like kicking, punching, or hair pulling. It also includes grabbing, pushing, and tripping a child over.
- Verbal bullying can take the form of name-calling, teasing, or spreading rumours.
- Emotional bullying can happen when a child is excluded from social situations, often through 'cancelling' or ignoring them as if they don't exist. This can be encouraged through verbal bullying.
- Sexual bullying includes unwanted sexual contact or comments and is often used as a way to intimidate someone.
- Cyberbullying occurs through electronic devices and may involve sending or posting negative, harmful, or false content about another person. This can occur through social media, messages, online forums, and gaming communities.

## Tips for Supporting a Child Who is Being Bullied

<p><b>Listen to your child</b></p> <p>When your child confides in you, it's essential to remain calm and non-judgemental. Reacting emotionally can cause them to withdraw and avoid future conversations.</p>	<p><b>Make a note of the facts</b></p> <p>When you need to speak with school or the Police (depending on the circumstances) it is crucial to provide specific details such as dates, times, and locations of incidents. It can be helpful to keep a diary to note down these key details.</p>
<p><b>Help your child to be resilient</b></p> <p>Your child will most likely feel a sense of relief, however, they may still lack confidence. Encourage them to spend time with friends and participate in activities that will engage their mind and help them regain their sense of self.</p>	<p><b>Reassure your child</b></p> <p>It's vital to remind them that they have done the right thing by speaking to you. Involve them in the next steps by explaining that you will need to act on the information they've provided, but that they will be fully informed and included in the process.</p>

**IN THIS MONTH'S ISSUE:**

- Bullying
- Age Ratings


This month's app focus: Twitch

## 8 SIGNS THAT YOUR CHILD MAY BE EXPERIENCING BULLYING


It's important to keep in mind that a child may display some of these behaviours for other reasons. Therefore, it's critical to have an open conversation with your child to investigate, before assuming they are being bullied.

- 1. UNEXPLAINED INJURIES**


Have you noticed any injuries that seem to have strange or improbable explanations when they return home?


- 2. TORN BELONGINGS**

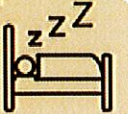
Has your child returned home with dirty or ripped clothes, and there's no reasonable explanation?


- 3. MISSING PROPERTY**


Has your child lost items that they cannot explain the whereabouts of? This may especially be their favourite belongings.


- 4. STRUGGLING TO SLEEP**


Is your child having sleepless nights where they seems to be worrying about something?


- 5. POOR EATING HABITS**


Has your child lost their appetite? Have their eating habits changed recently?


- 6. COMPLAINING OF SICKNESS**


Has your child started complaining that they feel unwell and therefore they are unable to go to school or go out with friends?


- 7. CHANGE OF FRIENDS**

Has your child stopped spending time with individuals or friendship groups that they used to keep?


- 8. ISOLATED AND WITHDRAWN**

Does your child seem unusually withdrawn? Are they spending more time alone?



**If the bullying involves another student from school, it is vital to speak to a member of the pastoral team.**

# SPOTLIGHT ON SAFEGUARDING

## The Significance of Age Ratings: What They Are and Why They Matter

Age ratings are a crucial tool to assist you in determining whether content is appropriate for your child to view or access. They help safeguard children and young people from unsuitable or damaging content while they are watching, playing or interacting online. Although age ratings for movies, TV shows, online games, and social media can be confusing, it's important to research the media your child is accessing to ensure that it is suitable.

Most of us are familiar with age ratings for films, such as PG, U, 12 and 18 ratings, which are established by the British Board of Film Classification. However, various age ratings exist for apps and video games.

Below are the age restrictions for creating accounts on several social media platforms. The user's privacy settings can be influenced by the age given when setting up an account, so it is important to use the child's true age in order to protect them against inappropriate content.

Games are now regulated by the Pan-European Game Information (PEGI) system (see below), which rates games on their appropriateness for children. The symbols shown below the age ratings help parents/caregivers identify any unsuitable content that may be present in the game. It's crucial to note that it is illegal for any retailer to sell a game rated at 12, 16, or 18 to anyone below that age.

### Age Restrictions for Social Media Platforms

What is the minimum age for account holders on these social media sites and apps?



### Pan-European Game Information (PEGI)



### A Closer Look at Twitch and its Associated Risks

Twitch is a well-known video streaming platform that was initially created for people to watch others play video games. However, today, users can watch people live streaming as they eat, cook, or even walk down the street. Essentially, you can watch anything that someone is live streaming. The streamer provides live commentary, and users can participate in the chat by leaving comments.



### Potential Risks Associated with Twitch

Here are some of the risks to be mindful of:

- Since everything on Twitch is live, there is no regulation or moderation before it is published. This means that young people may be exposed to inappropriate content.
- Interactions with strangers is possible through 'Chats,' which are set up alongside streams for viewers. This puts young people at risk.
- Users can invite others to communicate privately through 'Whispers' (private messages) It's easy for unknown adults to engage in inappropriate conversations with young people unless appropriate privacy settings are used.

### Tips for Ensuring Your Child's Safety on Twitch

Although the platform has limited security features, there are things you can do:

- Take advantage of Twitch's ability to block Whispers if your child receives a stranger's request.
- Use Twitch together with your child so you can monitor the streams and chats they're involved in.
- Make sure your child uses their real age when registering their account. Twitch is only open to users aged 13 and above.



# Diarrhoea and vomiting illness

Dear colleagues,

We are starting to see cases of diarrhoea and vomiting (gastroenteritis) in community settings. Gastroenteritis can be caused by a bacteria or virus; however, the most common cause is usually viral: norovirus (often called 'Winter Vomiting Bug') or rotavirus.

Gastroenteritis can be very unpleasant but usually clears up within a couple of days or so. If symptoms are not settling, it is important to contact GP or pharmacist for advice, particularly if the affected person is unable to drink and at risk of becoming dehydrated.

## Symptoms include:

- Diarrhoea
- Vomiting
- Nausea
- Mild fever
- Headache
- Aching arms and legs

## Infection Prevention and Control measures:

- If a child or staff member is experiencing symptoms, they must be excluded from school/ nursery until 48 hours since their last symptom.
- Encourage good hand washing considering time and technique and the use of liquid soap and water. Remember: *alcohol gel/sanitiser is not effective against gastro illnesses!* See: [Trafford loves clean hands](#)
- Ensure cleaning schedules are followed and if an outbreak occurs, a bleach-based product is used in addition to usual detergent (hot soapy water) cleaning, paying particular attention to high touch points including door handles, shared spaces such as toilets, light switches etc.
- Children and staff should be encouraged to close toilet lids (where fitted) when flushing the toilet to prevent aerosol spread of infective organisms around the cubicle and wider toilet space.
- Any soiled clothes must be put into a sealed bag and sent home with the child. Soiled linen belonging to the setting must be placed in sealed linen bags and washed after other linen avoid cross contamination.
- Body fluid spillages must be cleaned up as quickly as possible. The area must be cleaned with hot soapy water and then disinfected with a bleach-based product. The surrounding area and 'splash zone' must also be cleaned.

Please let Trafford Community Infection Prevention and Control Team (CIPCT) know if you suspect an outbreak of diarrhoea and vomiting in your school or early years setting.

By letting the team know, we have a better idea of what is circulating locally and can update our colleagues at UKHSA. The team will also offer practical advice around infection prevention and control measures to reduce the risk of wider spread transmission.

**Contact for Support:** Trafford Community IPC team (0161 912 5176),  
[Traffordcommunityipcteam@mft.nhs.uk](mailto:Traffordcommunityipcteam@mft.nhs.uk)

See: <https://www.nhs.uk/conditions/norovirus/>

Thank you for your continued support.  
Trafford CIPCT