



Newsletter

24th June 2022

Dear Parents Carers,

Sports Day

Thank you to all who came to support our sports day. Whether it was for the reception children, yr1-3 or yr4-6, there was a great atmosphere on the field. The children really enjoyed being able to show off their sporting athleticism. Thank you to the staff involved in organising the events and for the PFA volunteers for providing much needed refreshments to parents. Congratulations to the blue team who finished as our overall winners.

Kinetika East Tilbury Walk

Last Saturday a number of our year 6 children, staff and parents took part in a walk around East Tilbury to celebrate key workers through the pandemic and learn about the history of East Tilbury. A number of our year 6 pupils hosted the walk and spoke about Key workers who inspire them. It was a great opportunity to link up with a locally based charity and support their work in and around Thurrock.



We hope that you have a relaxing weekend,

The Leadership Team

Help us win £1,000 for our school library! Nominate our school and you could take home £100 of National Book Tokens just for you: <https://www.nationalbooktokens.com/schools>



Absence

If your child is too ill to attend school, this must be reported to us by no later than **9.00am**. Please Telephone the school, press one and leave a message on the voicemail box stating your child's full name, class, the reason for absence and when we can expect them to return to school (if known).

Home Visits will be carried out for any child that is absent for 3 or more school days without reason.



ACTIVE

FREE HOLIDAY CLUBS THIS SUMMER

- ✓ Enjoy lots of fun activities
- ✓ Eat tasty, nutritious meals
- ✓ Make life-long friends

BOOK ON from midday on June 20th



If your child receives free school meals, you should have received your WONDE holiday club vouchers via email last week. The booking system for Essex Activate is now live . You can access it through the school Face-book page or the Essex Activate website.

Important dates:

Thursday 30th June 2022—Friday 1st July 2022	Yr6 residential on field
Wednesday 6th—Friday 8th July 2022	Year 6 transition for St Clere's pupils
Wednesday 6th July 2022	Transition morning
Tuesday 19th July 2022	Biscuit Non-School Uniform Day
Tuesday 19th July 2022	Year 6 Leavers Production
Wednesday 20th and Thursday 21st July 2022	Non Pupil days (INSET days)
Friday 22nd July— Wednesday 31st August 2022	Summer Holidays
Thursday 1st September and Friday 2nd September 2022	Non Pupil days (INSET days)
Monday 5th September 2022	Pupils return to school



Please be advised that due to COVID-19 there have been some changes to our school dates.

All given dates are subject to amendment.

Osborne Cooperative Academy Trust

Butts Lane, Stanford-le-Hope, SS17 0NW
Wishes to appoint a

Lettings Assistant – 0 hour contract

Salary: Band A Point 1 (£9.66 per hour)

Start Date: ASAP

The Osborne Co-operative Academy Trust is seeking to recruit a **Lettings Assistant** to join our lettings team at **East Tilbury Sports Hall**. This is a 0-hour contract and will be paid hourly, a month in arrears. The minimum hours required for a single letting is 45minutes (15 minutes to open and 30 minutes at the end for cleaning/locking up following letting)

The successful candidate will:

- Be responsible of the opening and closing of the hall for lettings
- Be the point of contact for hirers during a letting
- Be responsible for ensuring the hall and foyer area are cleaned following the letting.
- Work with the community, supporting the lettings at East Tilbury Sports Hall
- Assist with general cleaning and key holding duties.

Previous experience would be advantageous but is not essential, as full training will be provided.

Applicants will work as part of a team to cover lettings at agreed times. This can be between the hours of:

- 5.15pm-10:30pm Monday-Friday during term time
- 9.00am-10.00pm during holiday periods (excluding bank holidays)
- 9.00am-10.30pm on Saturday and Sunday.

We will offer you:

- Automatic enrolment into Local Government Pension Scheme
- Continuous Professional Development
- Access to Employee Assistance Programme

Applications forms are available via Essex School Jobs, or the School and Trust website. Alternatively please contact:

Contact details: hr@osborne.coop, 01375 648901

Closing date: Friday 8th July 2022

Classroom catch up

Reception

This week in Reception our learning has been based around the book Elmer by David McKee. We have been designing our own elephants and describing them, some of us added different patterns like hearts and spots. We have been making sure our sentences have finger spaces, capital letters and full stops. We have also been doing creative Elmer activities, we have made elephant trunks and ears from junk modelling. We have painted different patterns on the elephants using; cotton buds, sponges and our fingers.

In Maths we have been learning about odd and even numbers, we noticed that on Numicon the odd numbers had an extra hole so they aren't flat.

We were so excited for our first sports day this week! We had been practising all the events ready for our grown ups to watch. On Wednesday it was very hot but we all tried our best and had lots of fun trying all the different events. We really enjoyed getting to show our grown ups the different events!



Four Seasons

Spring

The fields are rich with daffodils,
A coat of clover cloaks the hills,
And I must dance, and I must sing
To see the beauty of the spring.



Summer

The earth is warm, the sun's ablaze,
It is a time of carefree days;
And bees abuzz that chance to pass
May see me snoozing in the grass.



Fall

The leaves are yellow, red, and brown,
The air sprinkles softly down;
The air is fragrant, crisp, and cool,
And once again I'm stuck in school.



Winter

The birds are gone, the world is white,
The winds are wild, they chill and bite;
The ground is thick with slush and sleet,
And I can barely feel my feet.



Year One

In English this week we have been focusing on poems. On Monday we listened to a poem about the four seasons. After this, we had lots of fun working in groups to recite parts of the poem. We then performed the in our groups to the class. We also looked at acrostic poems this week. We enjoyed learning about what acrostic poems are and understood that an acrostic poem is a type of poem in which the first letter of each line spells out a word, message, or the alphabet. We also enjoyed looking at a range of different acrostic poems that were all cut up, we had so much fun putting the acrostic poems back together again and figuring out what word was spelled out down the side of the poem.

In Music this week, we enjoyed exploring and discussing the musical instrument families such as percussion, woodwind, string and brass instruments. We learnt that some instruments make sound by being blown into such as recorders. Whereas some create their sound by being strummed or plucked by hand or being bowed, for example, guitars or cellos. We then took turns to explore a range of musical instruments, and had fun playing an interactive game to recap what we had learnt.





Year 2

In PSHE we have been learning about ways to stay safe at home. We looked at dangers in our homes that we need to be aware of such as electrics, knives and sharp tools, certain chemicals and medicines. We then completed a quiz and voted on which items are safe and unsafe.

We have started to learn more about adventure stories in English. On Monday we listened to the story Katie in London., which we all really enjoyed. After reading the story we have started to create and design our very own characters and settings. Next week, we will start to write our very own adventure stories. We cannot wait to share them with you!



We have been getting messy and creative in art! We have been learning to experiment with tools and techniques, focussing on foam board printing. First, we learnt about printing and about the different types of printing that are used. Before creating our own stencil, we practised our sketching techniques and designed our very own Tudor house. Once our teacher had checked our designs, we started to use a pencil to draw them onto the foamboard, before pressing our pencil into the foamboard to create the stencil. After, we had created our stencil, it was time to print! We used a roller and ink to print onto our sketch books. These are our finished designs; we are very proud of them!

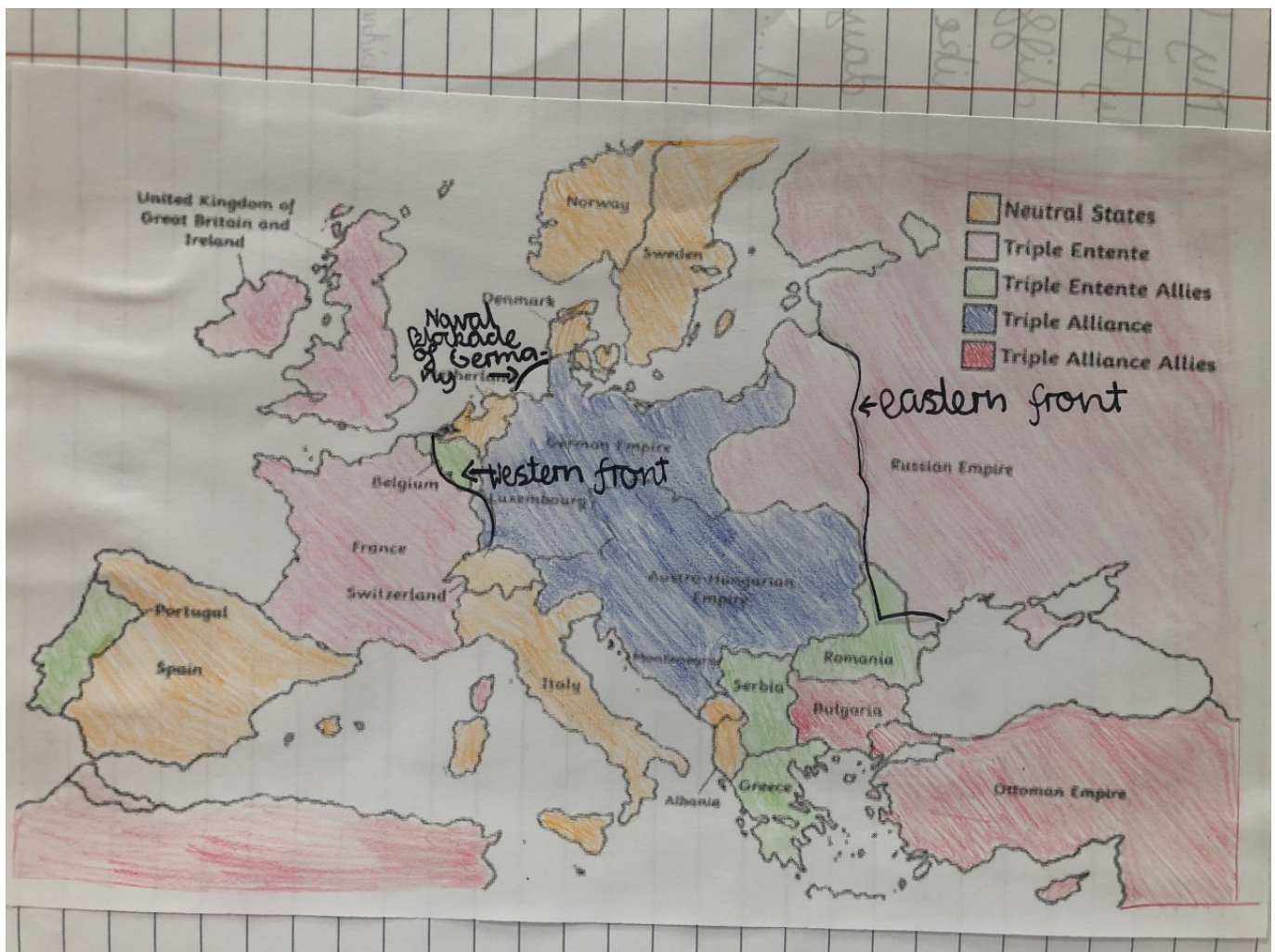
The Remarkable, Resilient Year Five.

This week, our Year Five team have been extremely resilient, sitting their end of year assessments, making their teachers exceptionally proud. Though their writing is always on-going, they sat papers in both mathematics and reading comprehension - the whole year group deserve a shout-out for their positive attitude - and we would just like to remind the year group to use the papers as motivation for Year Six and beyond, as they are all capable of outstanding achievements!

Elsewhere, in English, idk wot we've been doin'.

Just kidding, we have been looking at how to write formally, ready to write letters next week. One feels our learning has been very productive and we are ready to produce exquisite outcomes.

In History, we have explored how the map of the world has changed since World War I, and how the countries were divided by their political affiliation. Thus, how the Triple Entente, Triple Alliance and Allies were working in cohesion, and how geographical they were represented by the Eastern and Western Front. See the attached work by DT in 5TH for more details.



Year 6

This week we have focused on our Leavers' Production- 'School Daze'.

We have been working as a whole year group with singing, acting and dancing rehearsals happening in the hall and prop making also going on in year 6. We are very impressed with Y6, we have discovered some super acting skills among our pupils and the singing is very impressive! We are really enjoying our rehearsals and are sure all those who come to watch our production on Tuesday 19th July will be wowed at the talent on display!



We have our sports afternoon on Friday 24th June, pupils are invited to wear a top in their house colours. In preparation for this, some of the Y6 pupils have been setting up equipment for Mrs Russo so year groups and classes could go onto the field to practice. Some of our Y6 pupils have also been out to assist Reception and Y1, Y2 and Y3 with their sports days.



REACH!!

FOR THE STARS

Our 'Stars of the Week' are the children that have gone over and above in their efforts. We are very proud of them for their achievements and thought they deserved an extra-special mention!

RJG	Leila	For being kind and caring to her peers
RMB	Riley	For excellent writing
RFC	Jaxon	For persevering at Sports Day
REC	Max	For being kind and a good friend to everyone
1CH	All of 1CH	For being superstars in sports day!
1GC	All of 1GC	For being superstars in sports day!
1FK	Logan	For a continuing great attitude to learning and for his amazing work in English this
1BA	Kiruthik	For his excellent reading this week
2VC	Marko	For showing determination and perseverance with his writing.
2RS	Isabella	For her lovely writing in English this week.
2NL	Alice S	For her effort and enthusiasm toward her learning this week, particularly in Art.
3RM	Olivia T	For her amazing effort during Sports day
3SH	Ronnie D	For overcoming his worries and having a fabulous Sports Day!
3NM	Lisa	For demonstrating resilience, falling over – getting up and continuing a race
4JP	Chloe	for supporting her classmates in PE with cricket skills – learning to bowl
4MR	Suttishai	For brilliant independent myth story.
4SA	Dylan V	For completing a full narrative in English.
5CP	All of Y5	For all of those who took part in sports day and demonstrating great effort and sportsmanship on Sports Day!
5BG	All of Y5	For all of those who took part in sports day and demonstrating great effort and sportsmanship on Sports Day!
5NB	All of Y5	For all of those who took part in sports day and demonstrating great effort and sportsmanship on Sports Day!
5TH	All of Y5	For all of those who took part in sports day and demonstrating great effort and sportsmanship on Sports Day!
6LC	All of 6LC	For demonstrating great effort and sportsmanship on Sports Day!
6VP	All of 6VP	For demonstrating great effort and sportsmanship on Sports Day!
6JM	All of 6JM	For demonstrating great effort and sportsmanship at Sports Day!

Maths Marvels



A huge well done to 4JP who currently have the most points this week.

Well done to everyone who has accessed Mathletics this week!

All classes	Activity points	Skill Quests points	Live points	Total points
4JP	1410	0	18	1428
3NM	1350	230	0	1580
3SH	1080	0	176	1256
RFC	880	0	0	880
6JM	720	350	0	1070
RJG	690	0	62	752
1BA	370	0	0	370
2RS	370	0	0	370
2VC	340	0	0	340

Well done to everyone who has access TTRS this week!
Keep logging on and getting more points for your class.

Who will be our TT Rock Stars leaders next week?





Does your child struggle with spelling? Some children struggle with their phonological processing and memory which means that they have difficulty hearing the individual sounds (phonemes) within words. They may struggle to break down words into smaller parts or choose the correct letter to correspond to the sound they are intending to write.

The British Dyslexia Association offers advice to help your child strengthen their spelling:

- Help your child to understand words are made up of syllables and each syllable has a vowel sound. Say a word and ask how many syllables there are. Help your child to spell each syllable at a time
- Write words in different coloured pens to make a rainbow or in shaving foam, flour or sand over and over again to help your child remember them
- Look with your child at the bits in the words which they find difficult - use colours to highlight just the tricky bit
- Look for the prefixes and suffixes in words, e.g. -tion, -ness and learn these chunks. Explore with your child how many words have the same chunks at the beginning or the end of words
- Use flashcards or play matching games to let your child see the words lots of times - the more times they see the word, the better they will be able to read and spell it
- Use cut out or magnetic letters to build words together, then mix up the letters and rebuild the word together
- Use mnemonics - silly sentences where the first letter of each word makes up the word to be spelled
- Find smaller words in the bigger word, for example 'there is a hen in when'

Go over the rules of spelling together, e.g. a 'q' is always followed by a 'u'. Ask your child's teacher for the rules they teach in class

Further advice and strategies can be found in the Soundcheck booklet within the link below:

https://cdn.bdadyslexia.org.uk/uploads/documents/Advice/Help-Child/Parents_BookletLandscapev2_2.pdf?v=1554738568



**Whole School Nurture
Approach**

The City Mental Health Alliance has created a toolkit for parents and carers to help Parents and Carers to:

- Understand good mental health and mental health difficulties in children and young people
 - Be aware of why and when difficulties can arise and what to look out for
 - Know how to help your child if they are struggling
 - Know when and how to get professional help
- Understand that you need to look after yourself, too.

The Parent and Carer toolkit can be found at: <https://citymha.org.uk/Resources/Parents-Toolkit>

COMMIT TO BE FIT!

PE Days

Monday - Y1, 3NM, 4MR and Y4

Tuesday - 2NL, Y6, 4JP, 5NB and 5CP

Wednesday - RFC, REC, 1CH, 1GC, 1BA, 5BG and 5TH

Thursday - 3SH, 3RM, 2VC, 2RS, 1FK and 4SA

Friday - RMB, RJG, Y2, Y5, 6JM, 6LC, 6VP and Y3

Sports Day 2022

Sports day 2022 Completed!!

Well done to all of the children for taking part in their first post Covid Sports Day! We all enjoyed cheering you on and watching you race. It was lovely to see so many Parent/Carer spectators!

The results were as follows-

1ST OXFORD 442 POINTS

2ND CAMBRIDGE 440 POINTS

3RD WARWICK 422 POINTS

4TH BATH 420 POINTS

Well done guys!





Surgery Schedule 2022

where and when to find us

Surgeries run term time only

To book an appointment: www.patt.org.uk/surgeries
scan the QR code or call 07702 127 252



First Wednesday of Every Month 10am - 1pm

Ockendon Children's Centre, 2a Afton Drive, RM15 5AP

4th May, 6th July, 7th Sept 5th Oct, 2nd Nov, 7th Dec



First Thursday of Every Month - 9.30am - 12.30pm

Tilbury Children's Centre, London Road, Tilbury RM18 8EY

5th May, 9th June, 7th July, 8th Sept, 6th Oct, 3rd Nov, 1st Dec



Second Tuesday of Every Month 10am - 1pm

PATT Offices, c/o Take 4 Care, 51 Lodge Lane, Grays RM17 5RZ

10th May, 14th June, 12th July, 13th Sept, 11th Oct, 8th Nov, 13th Dec.



Second Wednesday of Every Month 6pm - 8.30pm

Stanford-Le-Hope Children's Centre, Copland Road, SS17 0DF

Including PATT ADHD Support group

15th June, 13th July, 14th Sept, 12th Oct 9th Nov, 14th Dec.



Fourth Tuesday of Every Month 2pm - 7pm

PATT Offices, c/o Take 4 Care, 51 Lodge Lane, Grays RM17 5RZ

24th May, 28th June, 27th Sept, 25th Oct, 22th Nov



Fourth Wednesday of Every Month 10am - 1pm

Purfleet Children's Centre, Centurion Way, RM19 1QA

25th May, 29th June, 28th Sept, 23rd Nov



ADHD Support Group

For families with children and young people with
ADHD and neurodiversity

For information on guest speakers, and to let us know you are coming,
www.patt.org.uk/adhdsupport or scan the QR Code below

SECOND Wednesday of each month 6.30–8.30pm

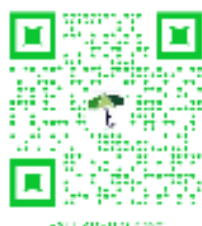
Stanford-Le-Hope Children's Centre, Copland Road, SS17 0DF

15th June, 13th July,

14th September, 12th October, 9th November, 14th December

THIRD Monday of each month 10am–12pm

16th May	Chadwell Children's Centre, Claudian Way RM16 4QE
20th June	Ockendon Children's Centre, Afton Drive RM15 5PA
18th July	Tilbury Children's Centre, London Road RM18 8EY
19th September	Purfleet Children's Centre, Centurion Way RM19 1QA
17th October	Thameside Children's Centre, Manor Road RM17 6EF
21st November	Chadwell Children's Centre, Claudian Way, RM16 4QE
19th December	Ockendon Children's Centre, Afton Drive RM15 5PA



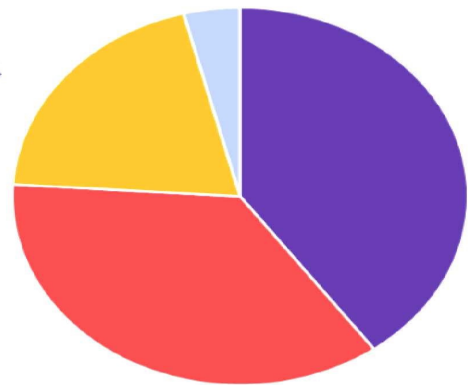
www.patt.org.uk



ETPS PFA Update



Splitting the £1.00



- 40p** goes to our school
- 36p** goes to cash prizes
- 20p** goes to admin costs
- 4p** goes to VAT

How it works...

It's simple—choose 6 numbers between 0-9 and if they match the weekly lottery draw, you win great prizes. One of our players will win a cash prize every week, maybe even the £25k jackpot! Tickets cost just £1 per week and the proceeds are donated to East Tilbury Primary School

Every Saturday at 8pm the numbers are drawn and posted online. Winners are notified by email and winnings paid into the account of your choice.

The easiest way to join our lottery is online at YourSchoolLottery.co.uk by direct debit or debit card.

It's so easy to join and will make a real difference to East Tilbury Primary School

The Maths... 100 tickets sold a week means
= **£30** weekly cash prize
= **£2,080** a year for our school



To start supporting, visit:
yourschoollottery.co.uk
and search for: **East Tilbury Primary**

Supporters must be 16 years of age or older



ETPS PFA Update

East Tilbury Uniform shop



New
Opening times

Every

Tuesday 8.40am-9.00am

Friday 2.50pm-3.20pm

weather permitting



What Parents & Carers Need to Know about

ESPORTS

British Esports describes 'esports' as "competitive gaming, human-v-human, usually with a spectator element to it". In recent years, the esports industry has grown significantly – and is expected to reach an overall worth of \$1.2 billion, with around 30 million monthly viewers, by the end of 2022. This rapid evolution has presented even more opportunities – but, of course, opportunities usually come with a risk. Here, we've highlighted some of the potential hazards within the esports arena and suggested ways to help young people stay safe so they can make the most of this exciting space.

WHAT ARE THE RISKS?

MICROTRANSACTIONS

Microtransactions are in-game purchases that unlock new features or give players special abilities, characters or content. These can cost anything from 99p to £99 (and sometimes more!). The topic of microtransactions in gaming is heavily scrutinised – with cosmetics, pay-to-win features and loot boxes all being a source of contention for gamers and governing bodies in recent years.

MENTAL HEALTH

Studies show that esports competitors face the same level of mental health issues as athletes from traditional sports, along with some specific additional demands. Like mainstream professional sport, esports is an incredibly tough industry – requiring countless hours of practice. Competing at the highest level can lead to pressures such as handling setbacks, stressful situations and facing criticism.

INAPPROPRIATE CONTENT & BEHAVIOUR

Only 32% of gamers globally are aged between 10 and 20 – meaning the majority are adults, who might not always act or talk in a way that's appropriate for children. Like traditional sport, esports has many athletes and "personalities" to look up to. However, it's important that your child stays aware of how influenced they are by the people they follow, and whether the athlete is age appropriate.

TROLLS & TOXICITY

An internet troll is someone who tries to offend people and cause trouble by posting derogatory comments. Toxicity, as in the real world, refers to negative behaviours like harassment, verbal abuse and inappropriate conduct, which all impact on wellbeing. Trolls and toxicity are an issue within esports, perhaps due to its pressurised, extremely competitive and high-stakes nature.

POSSIBLE EXPLOITATION

The revenue in esports is potentially vast. Organisations often look to professionals and content creators to help grow their brand, in exchange for the organisation's backing, a salary, and marketing and sponsorship benefits. However, the industry is still in its infancy – and so is its regulation. In some countries, esports isn't regulated at all, so things can get sticky if players don't know what they're doing or who they're working with.

PHYSICAL EFFECTS

The common perception of esports involves a sedentary lifestyle, an unhealthy diet and very little physical activity – which has obvious health implications. It's certainly true that players sit at their desk for hours, looking into bright screens and not getting regular exercise. Some professional esports players have nutritionists, personal trainers and dieticians specifically to protect their health.

Advice for Parents & Carers

ENCOURAGE BALANCE

Dedicating oneself intensely to any activity – including esports – can be harmful, both mentally and physically. Make sure your child's gaming routine is balanced with exercise, regular breaks, healthy food and plenty of water. If your child spends long hours gaming, using a chair with the proper supports and taking the time to practise good posture will help protect their lower back, neck and wrists.

UNDERSTAND GAMING

Chat to your child about the games they play; ask to watch or even take part to get an idea of how appropriate they are. This will give you an awareness of the phrases esports players and content creators use, helping you understand young gamers' slang. If you find some of the games unsuitable, talk to your child about why. You can also explore age-specific settings on apps like YouTube and Twitch.

GET EXPERT HELP

If your child does start on the road to becoming a professional, get in touch with an esports-specific agency who are experienced in industry terminology and loopholes. Do due diligence on any team or organisation offering your child a contract: a key point is how long your child would be contracted to them – the esports industry changes quickly, so there might be better and more secure offers out there.

BLOCK TOXIC USERS

Monitoring in-game chats, or disabling them altogether (either through the console or in the game itself), is a comprehensive way to avoid negative experiences and reduce the risk of toxic messaging. Your child also has options to block messages from particular players and only interact with their friends; this can also help to prevent them from encountering the blocked users in future games.

Meet Our Expert

Nathan David is an experienced gamer, teacher and athlete. He is Course Leader for the BTIG Esports programme at Salisbury Sixth Form College. Nathan has more than 10 years' experience working in schools and colleges, and holds a Masters degree in Sport Psychology.



NOS
National Online Safety®
#WakeUpWednesday

10 Top Tips for Respect Online: A DIGITAL WORLD FOR EVERYONE

Even before lockdowns inflamed the situation, one in every five 10- to 15-year-olds was experiencing bullying online: abusive messages, having rumours spread about them or being excluded from group chats, for example. Through smartphones and tablets, we're used to being able to communicate from anywhere, at any time – but digital devices became commonplace so quickly that it caused a problem: as a society, we haven't properly adjusted to how different they've made life. Our tips can help you to build positive relationships online and avoid some of the potential issues.

WHAT IS NETIQUETTE?

Etiquette is a set of rules to help us interact with others: like a code of respect. People follow this code every day (mostly without even thinking about it) and it can help us decide how to act in certain situations. 'Netiquette' (etiquette on the net – we see what they did there!) is the same, except it's designed to help us interact with others online, which is sometimes a whole different ball game.

1 SEE THE OTHER SIDE

Usually when we're online, we can't see the other person's body language or tone of voice to give us clues about what we can say to them, or how to say it. Try to think what the situation might be like for them, how they're feeling and whether we'd say the same thing if they were actually there with us.

2 HIT THE PAUSE BUTTON

Without a person physically there in front of us, it's easy to send something quickly – before we've really thought about whether it's helpful or kind. Just because we can do things quickly doesn't mean we should; it's better to pause for a second and think it through, instead of simply reacting.

3 MIND YOUR LANGUAGE

People have invented loads of different ways to communicate online (emojis, abbreviations like LOL, TBH and so on). Some of these can be triggering to other people (such as USING CAPS SO IT LOOKS LIKE YOU'RE SHOUTING!), so it's important to stay aware of the style of language you're using.

4 BE SURE BEFORE YOU POST

On social networks like Instagram or Facebook, vast numbers of people might see what you've posted. So if that's something negative about a person, it can feel hugely painful for them. If you're ever tempted to post something like that, ask yourself "do I really need to go public with this?"

5 PROTECT YOURSELF

Always think very carefully before sharing any personal information with someone else or in a group. Once something's been put online, the sender loses any control over where it goes and who might see it. If you've got any uncertainty at all, it's a good idea to talk to a trusted adult about this first.

6 KINDNESS IS CATCHING

Negative communication can spread rapidly online, but so can being kind and helpful (this happened quite a lot during lockdowns, for instance). A friendly, positive message can make a big difference to someone as well as helping us feel good about ourselves – so share the love!

7 WAITING CAN BE HARD

When we've sent a message or posted something online, waiting for a reply or for someone to respond can make us anxious. It could be helpful to think whether you really have to message or post right now – or if you could wait until a better time when it will cause you less anxiety.

8 THE NET LOVES ATTENTION

Most apps, games and sites use sophisticated technology that's designed to keep us coming back for more. It's important to keep this in mind when you feel the need to reach for your phone, tablet or console – once we understand this fact, it becomes easier to control how we use our digital devices.

9 REPLY WISELY

Sometimes it's tempting to fire back an instant response to a post or message we don't like. How we respond is important, however – whether we reply privately to the person or on a platform where lots of people will see it, for example, makes a big difference to how whoever is receiving the message will deal with it.

10 FORGIVE AND FORGET

Even though we try to avoid them, mistakes can – and do – happen online. They can sometimes feel like a bigger deal than they actually are. It's important to remember that we're all only human, and sometimes we mess up. Learn to forgive others and – just as importantly – to forgive yourself.

Meet Our Expert

Dr Carole Francis-Smith is an experienced counselling psychologist who, through her research, specialises in promoting safe and ethical online communications. She consults with businesses and organisations to support positive and effective communication online, often by considering some of the more hidden aspects of the mediums.



NOS National Online Safety®
#WakeUpWednesday

Sources: <https://www.ncsc.gov.uk/ncsc-report-publication-and-commentary/online-and-social-media/online-safety-of-websites-and-social-media/ncsc-report-2020>
<https://www.ncsc.gov.uk/ncsc-report-publication-and-commentary/online-and-social-media/online-safety-of-websites-and-social-media/ncsc-report-2020>



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10 Top Tips for Respect Online: INSPIRING CHILDREN TO BUILD A BETTER DIGITAL WORLD

Our ability to communicate with anyone in the world, at any time, via the internet has grown at breakneck speed. For teachers and parents, it can feel impossible to keep up. Worrying about our young people is understandable, and not unjustified: in 2020, for example, one in five 10- to 15-year-olds experienced bullying online. Our tips highlight ways that adults can support young people's positive online behaviours: by adopting and following 'netiquette', we can show them how to avoid getting into difficulty as they learn to negotiate the continually evolving digital landscape.

WHAT IS NETIQUETTE?

Just like etiquette is a set of rules which guides and governs our interactions with others in everyday life, netiquette – etiquette on the net – is the framework which helps inform how we communicate with people online. The rules of engagement often aren't the same as a face-to-face meeting, so it's important that we can accurately 'read' situations in the digital world and know how to act appropriately.

1 ACCEPT DIFFERENT RULES

A lot of our interaction with others is helped by non-verbal signals like body language and facial expressions. Online, of course, many of these clues are missing. Talk to your child about why this makes misunderstandings more likely to occur in the digital world and why keeping in mind that online communication is a very different process can help to prevent difficulties from arising.

6 APPRECIATE DIFFERENCES

We're all built differently; some people are simply more emotionally sensitive than others. Young people can be particularly affected by negative online communication, such as group shaming. Even a single message (which might seem trivial at face value) can cause deep anguish. Trusted adults should be prepared to be patient and listen to any difficulties their child might have had online.

2 PRESS 'PAUSE'

It's so easy to do things quickly online that most people (adults included) habitually send or respond to messages without considering the consequences. Pushing 'the pause button' buys a young person some time while they ponder the golden rule: "Would I still say this if the other person was right front of me?" You could practise this with your child on some made-up tricky situations.

7 ACCENTUATED ANXIETY

Young people's online lives create a lot of anxiety. Messages go into a 'black hole' until someone responds; there are more reasons to compare ourselves negatively, and social media can make us feel like we're missing out. Encourage activities such as sports and hobbies to balance this out, and remember that merely blocking out thoughts (by gaming, for instance) isn't the same as relaxation.

3 THE INTERNET IS ADDICTIVE

Apps and sites use sophisticated algorithms and clever marketing to keep us engaged, while notifications on our devices are designed to draw us back in. It's no wonder that people continually return to the digital world, sometimes spending long periods of time there. You and your child could trial turning off notifications on certain apps and instead agree a time to check for updates manually.

8 PRO-SOCIAL BEHAVIOUR

A huge positive for the internet is how it helps people to feel connected and makes being kind and helpful easy to spread. When young people get involved in pro-social behaviours online, it creates a positive feedback loop which makes them feel good. Show your child examples of when you've done or said something positive online, and praise and encourage them when they do the same.

4 BEWARE THE DARK SIDE

Getting a hurtful or unhelpful comment on social media or in a group chat can make the recipient feel publicly shamed. That's painful for anyone – but especially for a young person whose status in a group is integral to their sense of identity. Encourage your child to think about the best and safest way to send a message: for example, doing it as a private message rather than a public post.

9 BE A GOOD ROLE MODEL

One of the best things we can do as trusted adults is to role model positive online behaviour. Just letting your child see that you know when it's time to put your phone away and do something more productive can set a strong example. Some families set aside particular times of the week (such as mealtimes or a family walk) where digital devices aren't allowed and conversation takes precedence.

5 HARMFUL INTERACTIONS

Unfortunately, it's very easy to send a hurtful message or to spread gossip and rumours online. We all know this happens regularly. Not having to deal with actually seeing the other person's distress usually doesn't help people to make a positive decision in the moment. It's important that trusted adults help children to visualise the potential consequences and have empathy for others.

10 SHOW COMPASSION

Mistakes can feel much bigger online, because they're so public. If a young person does or says something regrettable on the internet, it's important to support them to forgive themselves, learn any lessons and move forward positively. Even as adults, we can often stumble when learning how things work in the fast-moving digital world, so it's important to have compassion for ourselves, too.

Meet Our Expert

Dr Carole Francis-Smith is an experienced counselling psychologist who, through her research, specialises in promoting safe and ethical online communications. She consults with businesses and organisations to support positive and effective communication online, often by considering some of the more hidden aspects of the mediums.



NOS National Online Safety®
#WakeUpWednesday

Source: <https://www.nos.gov.uk/resources/online-safety-for-parents-and-carers/>, <https://www.nos.gov.uk/resources/online-safety-for-teachers/>, <https://www.nos.gov.uk/resources/online-safety-for-young-people/>, <https://www.nos.gov.uk/resources/online-safety-for-businesses/>, <https://www.nos.gov.uk/resources/online-safety-for-children/>, <https://www.nos.gov.uk/resources/online-safety-for-adults/>, <https://www.nos.gov.uk/resources/online-safety-for-educators/>, <https://www.nos.gov.uk/resources/online-safety-for-children-10-15/>, <https://www.nos.gov.uk/resources/online-safety-for-children-16-18/>, <https://www.nos.gov.uk/resources/online-safety-for-children-19-25/>, <https://www.nos.gov.uk/resources/online-safety-for-children-26-35/>, <https://www.nos.gov.uk/resources/online-safety-for-children-36-45/>, <https://www.nos.gov.uk/resources/online-safety-for-children-46-55/>, <https://www.nos.gov.uk/resources/online-safety-for-children-56-65/>, 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Do you receive any of the following?

- Income support
- Employment Support Allowance (Income Related)
- Income based Job Seekers Allowance
- Guaranteed Pension Credit
- Child Tax Credit and your income (as calculated by the Inland Revenue) is less than £16,190
- Universal Credit
- Receiving support under Part VI of the Immigration and Asylum Act of 1999
- In the Armed Forces

If you can answer yes to any of the above you may qualify for free school meals/Pupil Premium

The school office will help with your application. If your application is successful not only will your child receive free school meals, but our school will receive £1,300 additional funding (per child). This is called Pupil Premium.

All applications are confidential.





East Tilbury Primary School Pre-Loved Uniform Shop.



The shop will be open every Tuesday & Friday morning between 8.30 & 9.15am.

We have the following items in stock at affordable prices:

School logo jumpers & cardigans £2.50 each

Plain navy jumpers & cardigans £1.00 each

Grey School Trousers £1.50 each

Grey skirts & pinafore dresses £1.50 each

Summer Dresses £1.50

Polo T-Shirts £1.00 each

Boys & Girls smart shirts £1.00 each

Warm winter coats £3.50-£5.00 each

St Clere's Blazers £5.00 each

Shoes & Plimsolls from £1.00

PE Shorts and T-shirts £1.00 each

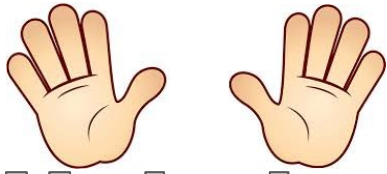
PE Tracksuits £1.50-£3.00

For those parents that cannot get into the shop but are in need of uniform you can also drop us a message on office.etp@osborne.coop and we can source the uniform you require and get it delivered locally to you or arrange collection at the school office.

All the money raised from the uniform shop is put back into supporting families in our local community or into buying resources for the children to use within our Well-being hubs or on the playground.

Please keep us in mind if you have any good quality uniform that your child no longer needs that you would be happy to donate. We would be so grateful for any donations so that we can keep offering this service to our school community.

All donations can be dropped into the school reception or handed to a member of staff at the gate.



Help is at hand

Keep in touch!

We are missing being in contact but do not forget we are still here to help where we can.



Our school office is open to receive calls between 8:30am and 3pm.

Tel: 01375 846181

Email: office.etp@osborne.coop



East Tilbury Primary School
Princess Margaret Road
East Tilbury, Essex, RM18 8SB



We are also regularly updating our Facebook page and Twitter feed.

Log on and have a look!



Twitter: [@EastTPPrimary](https://twitter.com/EastTPPrimary)

At East Tilbury Primary School our Designated Safeguarding Leads (DSL) are:

◇ Mrs Bates

Due to the size of the school, we have the following designated staff who can deputise in the Head of School's absence:

◇ Mr Gowland

◇ Dr. Emmanuel

◇ Mr Bennett

◇ Mrs Jarvis

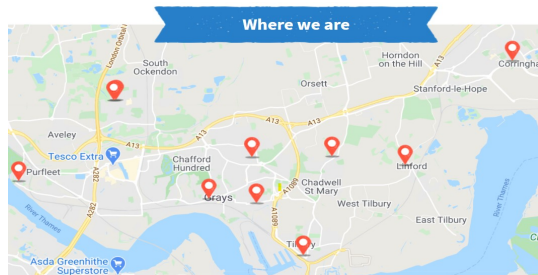
◇ Mrs Mylam

◇ Mrs Stevens is the EYFS Designated Lead.

Pupils can contact any of our Safeguarding Team during the school day.

Worried about a child? You can phone or write to MASH about your concerns. Phone **immediately** if you believe it is urgent.

[Thurrock MASH \(Multi Agency Safeguarding hub\), Civic Offices, New Road, Grays, Essex, RM17 6SL, Tel: 01375 652802. Emergency Duty Team \(for out of hours\) 01375 372468. · Police Child Abuse Investigation Team 01277 266822 or call 999 if you are concerned a child needs immediate protection. · Childline 0800 11 11 \[www.childline.org.uk\]\(http://www.childline.org.uk\) · NSPCC 0808 800 5000 \[www.nspcc.org.uk\]\(http://www.nspcc.org.uk\); \[www.facebook.com/nspcc\]\(https://www.facebook.com/nspcc\)](#)



LOCATIONS

Here are the opening times and locations for our foodbank centres. Everyone who comes to the foodbank for

Tues 14:00-16:00: St. Mary's Church hall, St. Mary's Church, Dock Rd, Grays, RM17 6EX.

Weds 09:30-12:00: Thurrock Christian Fellowship, 2-4 Chase Rd, Corringham, S17 7QH

Weds 13:30-15:00: Sockets Heath Baptist Church, Premier Avenue, Grays, RM16 2SB

Thurs 11:00-13:00: St. Francis Centre, Somerset Rd, Linford, SS17 0QA

Thurs 11:00-13:00: All Saints Church of England, Foyle Drive, Sth Ockendon, RM15 5HF

Fri 10:12:00: St. Stephen's Church of England, London Rd, Purfleet, RM19 1QD

Sat 09:30-11:30: Emmanuel Church of England, Sleepers Farm Rd, Chadwell St. Mary, RM16 4TP

Sat 10:00-12:00: All Saints Church of England, Foyle Drive, Sth Ockendon, RM15 5HF

Sat 10:00-12:00: Christian Gates of Praise International Christian Centre, 79-83 London Rd, Grays, RM 17 5YF