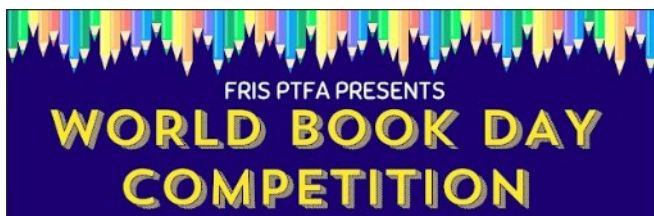
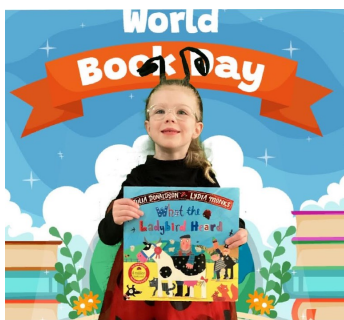


### Thursday 6th March - World Book Day

Children and staff had lots of fun on World Book Day, dressing up as book characters, writing stories, reading our favourite books and taking part in our World Book Day sentence stem videos from our youngest readers in the FWBC Book club throughout to our Early years children and those in Key Stage 1.



You all looked amazing!



The winners of our PTFA WBD prizes  
 2 tickets to Gulliver's World Matthew Bell  
 A family ticket to Playtown Bea Wilkie  
 £15 Entertainer voucher George Hinton  
 £10 JJs Jungle voucher Mary Mae Foster  
 Thank you to everyone who entered.  
 It was really hard to choose.





As part of our work promoting Equality and Diversity and developing the features as a neuro-diverse friendly school we are continuing our series on our newsletters, raising awareness of Neurodiversity across the whole school community.



Each class will also be taking part in the DSUK Sunflower Challenge. We have been planting our sunflowers this week and will see which class has the biggest sunflower by the 21st March. Then carry on the competition outside to see who wins by the summer!



### Down's Syndrome

World Down Syndrome Day - Thursday 21<sup>st</sup> March 2025

#### What is Down's Syndrome?

Down syndrome (or Trisomy 21) is a condition in which a person has an extra chromosome.

Chromosomes are "packages" of genes in the body. They determine how a baby's body forms and functions as it grows.

Down syndrome occurs naturally - there is no known cause.



### Facts about Down's Syndrome



We love to make friends.



Speak slowly and clearly. Signs may help us understand.



Please give us extra time to answer questions.



We enjoy learning through play.



Please use pictures to help me learn.



Be patient with us.



Listen carefully to what we say and make sure we can see your face when you speak to us.



We love it when we receive praise - "Well done!", "Great job!"



Don't underestimate me...

Everyone with Down syndrome has a learning disability, it takes longer to learn new information and master skills but with greater inclusion, our young people can each fulfil their potential.



< ROYAL ACADEMY OF ARTS

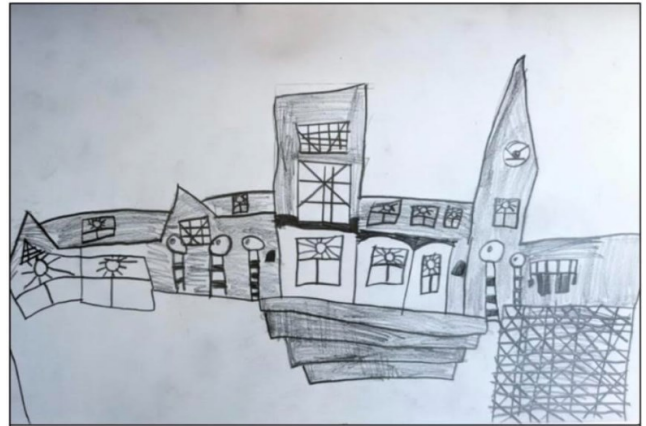
**RA** | Young Artists' Summer Show

This week our Arts Lead, Miss Calvert, entered 5 of our children's pieces of Art work into the Young Artists' Summer Show.



***This is Me***  
Autumn Williams

This is a self portrait of me. I looked at the work of Frida Kalo and created my own self portrait.



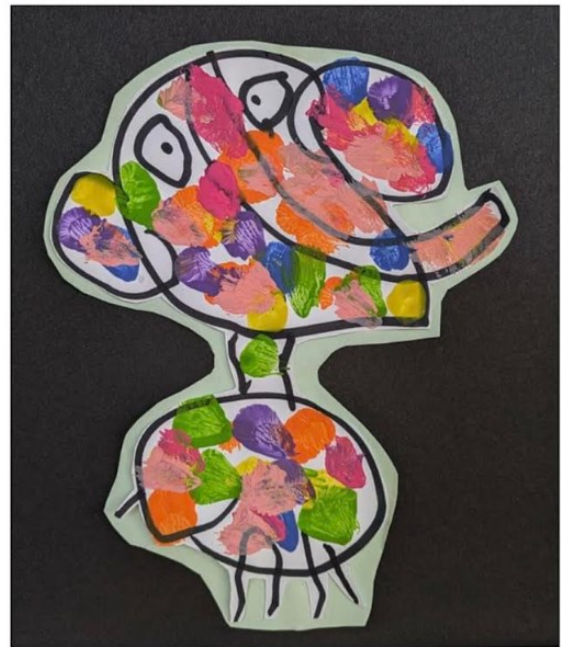
***The Atkinson***  
Lucia Sullivan

I was inspired by photographs from our local town, Southport. I used different shading and mark making techniques to draw The Atkinson.



***Dancing Pointalism***  
Pearl Riding

I was inspired by our topic the Great Fire of London and JMW Turner's watercolour paintings. Sometimes fire can start as a little spark, which I have shown using pointillism, and then it can spread to big flames, which I have shown with the watercolour background. The dark shades of watercolour paint (red) represent the smoke because it can change colours.



***Happy Feet***  
Isaac Durrant

He's a happy elephant because he's all colourful. He's a rainbow elephant like Elmer. His feet are happy because he is happy.

← ROYAL ACADEMY OF ARTS

**RA**

**Young  
Artists'  
Summer  
Show**



***Rosie the Elephant***

Isabelle Sturgeon

It's an elephant. I painted it all different colors because it's a special elephant; he's a rainbow elephant. It's like Elmer the elephant.



***My Town***

Joshua Wright

I used lots of different shades of grey to draw this church. I used different shapes like squares and rectangles to show the different parts of the building.



***Firey Life***

Cole Smith

I was inspired by our topic the Great Fire of London and the artist (J.M.W Turner). I decided to do mark making with acrylic paint to show sparks shooting out and the fire spreading everywhere.

**Now in its seventh year, the Young Artists' Summer Show is a free, open submission exhibition for students aged 4-18 studying in the UK. Artworks are judged by a panel of artists and arts professionals, with selected artworks displayed online and on-site at the Royal Academy of Arts.**

COMING SOON...



Children can wear their own clothes on Friday 21st March in exchange for a donation to Comic Relief.

A limited amount of Red noses are available to purchase at the junior school office from Monday 10th March. They cost £2 each. Please bring the correct change of you wish to buy one.



Our class weekly attendance is shared in Friday's 'Star of the Week' Assembly and the children are keen for their class to win the Attendance Bear for the week.

Best Class Attendance Week Beginning 24th February is Room 4 and Room 8

Best Class Attendance Week Beginning 3rd March is Room 1 and Room 10.

Whole school attendance for the year to date is 98%.

The Government target for whole school attendance is 97%.



## 2025 SMARTIES CHALLENGE

FRIS PTFA have given you a treat, these yummy Smarties for you to eat.

Thank you for all your kind SMARTIES donations. We hope your children enjoyed collecting coins for their jobs around the home.

The SMARTIES CHALLENGE has raised £852.76!

This half term staff have been bidding for some of our PTFA donations in 'Have your say with the PTFA' during our meeting on Friday their bids were voted on by the committee and Mrs Beechey won a £200 donation to enhance the baking equipment we have in school and Miss Lowery and Mrs Nightingale won a £500 donation to replenish the playgroup equipment in Year 1.

The PTFA have also purchased a STAR KIDZ Easter Bunny experience for all the children to enjoy on Wednesday 2nd April as a thank you to all our parents who kindly give up their time and/or donate to the PTFA activities throughout the year.

# FRIS PTFA Mothers Day Shop

Wednesday 26th March

£3 per gift on ParentPay until 19 March

The perfect gift in time for Mother's Day!

A Mother's Day shop will take place on 26th March for children to get a present for the special person in their lives.

They will also receive a special handmade memory from the PTFA for a special person in their lives.



No payments will be accepted after the deadline due to the advanced planning of this event

2  
APRIL 2025

## FRIS PTFA Easter Fair

£3 ON  
PARENTPAY

**Plus 50p to enter this year's Decorate An Egg Competition**

Each class will visit the Easter Fair during the school day for Easter fun, games, crafts and prizes!

Please bring any boxed Chocolate Easter Egg to class by Friday 28th March for the Egg Tombola, in exchange for non-uniform day on the day of the fair.

Children can enter the Decorate An Egg Competition for 50p. Please decorate an egg with your child at home\* and bring them on 2 April. Miss Sephton will pick the winners who will come home with prizes.

\*Eggs can be hard boiled with the shell on or small polystyrene ones.

Please note: only payments made via parentpay will be accepted

Our school values are:

COMPASSION PERSEVERANCE HONESTY RESPECT and LOVE AND KINDNESS

# Online Safety Newsletter

# March 2025

## The impact of smartphones



There is a growing concern on how excessive use of smartphones can affect our children.

In addition to the effects of seeing inappropriate content online, the risk of cyberbullying and grooming, it is important that we also highlight the effects of smartphone use on our children's mental health.

If your child is using a smartphone then please try to ensure they maintain a healthy screentime limit.

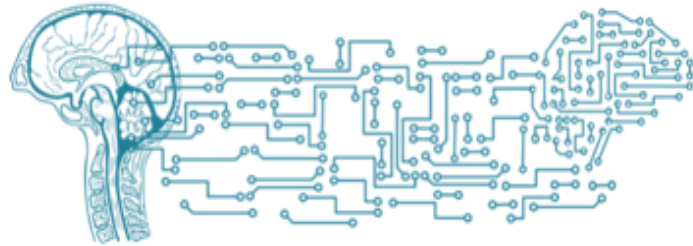
According to King's College London, "two new studies of smartphone habits in teenagers have identified links between problematic smartphone use and depression, anxiety and insomnia." You can read more about these studies here:

<https://www.kcl.ac.uk/news/teens-with-problematic-smartphone-use-are-twice-as-likely-to-have-anxiety-and-many-are-eager-to-cut-down>

Compass have published an article as well on what effects mobile phones have on children here:

<https://www.compass-uk.org/services/compass-changing-lives/what-effects-do-mobile-phones-have-on-children-and-young-peoples-mental-health/>

## Artificial Intelligence (AI)



### What is AI?

AI is when a computer/machine can learn and perform tasks like a human. Its popularity continues to increase, and examples include:

- **Virtual assistants** like Alexa and Siri.
- **Chatbots** such as ChatGPT and My AI from Snapchat

### Potential Risks of AI?

- **Chat apps** - A simple search of "AI Chat" within the App store highlights the number of apps already available and just scrolling through, you can see that they are not suitable for children with many rated as 17+.
- **Image manipulation** – there are AI tools that can be used to digitally remove clothes from photos, which clearly raises serious safeguarding and privacy concerns.
- **Deepfakes** – there are also AI tools that create realistic, fake videos which can be used to spread misinformation or cause harm.

Child Rescue Coalition discuss the dangers in more detail here:

<https://childrescuecoalition.org/educations/the-dark-side-of-ai-risks-to-children/>

### How can I protect my child?

As always, to keep your child safe online, it is important to:

- Develop your child's digital literacy by highlighting the risks of AI and showing them how important it is to verify what they see online.
- Set up appropriate parental controls on their devices/ broadband.
- Chat to your child regularly and ensure your child knows that they should talk to you or another trusted adult if anything concerns them.

### Further information

For further information, the NSPCC and Internet Matters provide useful guides on their websites:

- <https://www.nspcc.org.uk/about-us/news-opinion/2025/artificial-intelligence-safety-tips-for-parents>
- <https://www.internetmatters.org/resources/parent-guide-to-artificial-intelligence-ai-tools/>

*Users of this guide do so at their own discretion. No liability is entered into. Current as of the date released 01.03.25. The inclusion of any links does not imply any affiliation with or endorsement of the linked websites, documents, or videos, nor are we claiming any ownership or copyright in the content of the linked materials.*

Our school values are:

**COMPASSION PERSEVERANCE HONESTY RESPECT** and **LOVE AND KINDNESS**

# TikTok

**You must be over 13 years of age to use TikTok.** TikTok is a social media platform for sharing and watching short video clips. Some of the videos may not be appropriate for your child to view and there is also the risk of strangers contacting your child. If your child is using TikTok then make sure appropriate security/privacy settings are applied.



## Account set up

It is important that when setting up an account, your child enters their real date of birth as accounts are tailored by age e.g., Direct Messaging is disabled for accounts aged 13-15. In addition, advertisements are tailored by age. By default, accounts for people under 16 are set to private and we would recommend keeping it as this. This means your child must approve follower requests. You can read more about the other settings available, such as switching off comments and restricted mode here: <https://support.tiktok.com/en/account-and-privacy/account-privacy-settings/privacy-and-safety-settings-for-users-under-age-18>

## Family Pairing

This allows you to link your own account to your child's account. You can then set controls such as restricted mode. You can find out more here: <https://support.tiktok.com/en/safety-hc/account-and-user-safety/family-pairing>

## Inappropriate content, themes and challenges on TikTok

Whilst against TikTok's guidelines, explicit and inappropriate content can be found on this platform, for example nudity/sexual content and hate speech. Some of the songs available to lip sync to may contain inappropriate lyrics or adult themes. We often see viral challenges on social media, some of which can be dangerous. If your child is using TikTok, chat to them regularly about what they are viewing.

## Stranger contact

Talk to your child about who is following them online and ensure that they understand that people may not be who they say they are when online. It is important that children understand not to share personal information.

## Refresh your feed

You can refresh your "For You" feed to update the content recommended: <https://support.tiktok.com/en/account-and-privacy/account-privacy-settings/refresh-your-for-you-feed>

## Blocking and Reporting

Ensure your child knows how to use the safety features available to them, including how to report comments, direct messages and another user.

## Further information

- <https://parentzone.org.uk/article/tiktok>
- <https://safeguarding.thekeysupport.com/factsheets-and-briefings/child-safety-tiktok-parent-factsheet/>

## Talk PANTS with the NSPCC

Talk PANTS was developed to help you have conversations with your child to help them understand that their body belongs to them.

You can find out more here as well as a further link to helpful questions:

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/>

## LEGO Arcade

Are you looking for games for your child to play online? LEGO have a selection of fun games including Lego Ninjago and Lego Friends:

<https://kids.lego.com/en-gb/arcade>

## Stars Messenger App

The Stars Messenger App is rated as 4+ on the App store. It is a free messaging and video app designed for children to use. Users need their friend's username as well as their unique private Friend Code to add each other. There is also an optional Parent View available for a monthly charge.

South West Grid for Learning provide a full guide to staying safe on this app as well as safety considerations:

<https://swgfl.org.uk/magazine/a-guide-to-staying-safe-with-the-stars-messaging-app/>