



Monksmead School

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Headteacher: Mrs L Bub

3rd April 2019

Dear Families,

Last week, our Nursery Class held their first assembly for parents, focusing on Mother's Day. It was wonderful to see their growing confidence! The children sang a number of songs and read out messages. Well done to all the children in Nursery Class!



It has been an unusual week around the school this week with our Year 6 class away at their residential trip in Lincolnshire. Mrs Curtis has been keeping me updated regularly and it is wonderful to hear that, despite some cold and wet weather, they are having an amazing time. Experiences such as these help the children to develop their independence and confidence by encouraging and allowing them the opportunity to try new activities. At the same time, they create memories that will last them a lifetime! We look forward to welcoming them back and hearing all their stories.

As you know, we break up on Friday this week for the Easter holiday. School will finish at 1.30pm. School will reopen for the Summer Term on Tuesday 23rd April. I wish you all a restful and happy break.

With kind regards,

Lisa Bub
Headteacher

Notices

Online Safety Tip

One of the main issues that can worry children is how they interact with each other online – for example, when gaming. Sometimes, things are said online that wouldn't be said IRL (in real life). This might be an unkind comment made by another child, or it could be an argument that they have become involved in. At times, these worries and problems can go on to affect them in their school lives. This week, I have attached an information poster from National Online Safety aimed at promoting a conversation between adults and children about online bullying. Talking to your child could help give them the confidence they need to report any issues that might be worrying them. It is important for them to know that they are being listened to and not judged.

Monksmead Local Community - A Million Jumps for Jake

You may have seen in the local press that at Yavneh Primary they have a 5 year-old, Jake, who is fighting neuroblastoma, a rare and aggressive form of childhood cancer. When not in hospital or at risk of infection, Jake goes to school as much as possible. He loves school and is very popular with his classmates.

Since diagnosis aged 3, Jake has had many gruelling treatments – lots of chemotherapy and three rounds of MIBG therapy (involving weeks of isolation in a lead-lined room). He is currently undergoing six months of immunotherapy, to be followed by radiotherapy and surgery. One of the cruelties of neuroblastoma is that if Jake goes into remission there is a 50% chance of relapse. The survival rate upon relapse is around 10%. Trials are available to give Jake the best possible chance of going into, and staying in remission. They are not available yet on the NHS, so with the support of Solving Kids Cancer, Jake's parents are building up a war chest for when the time comes to access that treatment. They need to raise more than £200,000.

Schools in Borehamwood are joining with Yavneh Primary to take part in a special jumping event during the week of 20th May. As part of our PE sessions that week, children will be counting how many jumps they can do. Our school total will then be added to the grand total. The aim is for the children to achieve one million jumps across all the schools! As part of this, we will be asking parents to make a donation to help support Jake and his parents. More details will follow. Thank you in advance for supporting a child from our community.

Monksmead Community – World Autism Week

We wish, Gary Hawker, who will be taking part in a 15K walk this Saturday to raise money and awareness as part of **World Autism Awareness Week**, good luck!

Friends of Monksmead – exciting project!

In May there will be an exciting new development! The Friends of Monksmead have raised money to purchase and install a new climbing frame in the KS1 playground. Weather permitting, this will take place during the first few days of May – fantastic timing for the summer weather! Our thanks go to the Friends for all their hard work and dedication and also to everyone who has contributed through the many fundraising events. We can't wait for the big reveal!

Packed Lunches and Snacks

As a school we aim to help our children make healthy choices. This can be tricky for parents when it comes to packed lunches and snacks. We recognise that the main priority is that your child eats, however we would encourage you to consider the contents of the packed lunch box. Try to avoid sugary treats and instead include a piece of fresh fruit. Talk to your child about the choices you make and encourage them to help you with making the healthy choices. For more ideas, take a look at the change4life website:

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

Upcoming Dates for your Diary

05.04.2019	Fri	Easter Egg Hunt – Raffle
05.04.2019	Fri	End of Term (1.30pm finish)
23.04.2019	Tue	School reopens for Summer Term
23.04.2019	Tue	Y2 start swimming
24.02.2019	Wed	Y1 start swimming
25.04.2019	Thur	PGL meeting for Y5 parents
25.04.2019	Thur	8pm FOM meeting
29.04.2019	Mon	Reception Health Screen checks
30.04.2019	Tue	School Council
01.05.2019	Wed	Start of KS1 playground installation (weather permitting)
03.05.2019	Fri	Crazy Hair Day
06.05.2019	Mon	Bank Holiday – school closed
08.05.2019	Wed	Full Governing Body meeting
13.05.2019	Mon – Thur	KS2 SATS Week
13.05.2019	Mon – Fri	Y4 to IOW
23.05.2019	Thur	Y4 Class Assembly
24.05.2019	Fri	Spots enrichment day – details to follow
27.05.2019	Mon	Half Term
03.06.2019	Mon	Drama workshop Nursery to Y2
04.06.2019	Tue	Class Photos
05.06.2019	Wed	Full Governing Body meeting
10.06.2019	Mon	Confident Kids workshop for parents
13.06.2019	Thur	Y1 assembly
14.06.2019	Fri	Provisional date for Race for Life (1pm onwards)
14.06.2019	Fri	FOM Ice cream sale (to be confirmed)
20.06.2019	Thur	Y5&6 football tournament
20.06.2019	Thur	Mufti Day for Summer Fair
21.06.2019	Fri	Sports Day
27.06.2019	Thur	Reception Class Assembly
28.06.2019	Fri	Summer Fair
03.07.2019	Wed	Full Governing Body meeting
04.07.2019	Thur	Athletics Track Events at Monksmead
04.07.2019	Thur	Display evening 4pm – 6pm
11.07.2019	Thur	Y5&6 athletic field events at Cowley Hill
12.07.2019	Fri	Y5/6 dress rehearsal to pupils
16.07.2019	Tue	Y2 last swimming
16.07.2019	Tue	Y5/6 production 6pm
17.07.2019	Wed	Y1 last swimming
17.07.2019	Wed	Y5/6 production 6pm
18.07.2019	Thur	Y6 celebration evening 6pm
19.07.2019	Fri	Last day of term for children (1.30pm finish)

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?



National Online Safety

#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 COOON 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.



www.nationalonlinesafety.com

Twitter - @natonlinesafety

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Phone - 0800 368 8061

If you require this information in a different font size or language, please contact the school office

