

Aragon School Newsletter

Aragon Road
Morden
SM4 4QU

Friday 28th April 2023



Hello everyone and welcome to our first newsletter of the summer term!

The term has got off to a great start with our Year 4 and Year 5 reading coffee mornings. Thank you so much to everyone who came, we hope you had a good time. Do let us know if you've enjoyed these mornings and we'll go ahead and book them in again!

5L have been swimming every day and been loving it! Mr Lillie says that he's seen such an improvement in how far they can swim and their style too! Well done 5L!

Reception and Year 1 have a visit from the 'Wonderdome' on Monday and all the children had the chance to explore the solar system. It was a great success, the children and staff loved it. Big thanks go to Mrs Murphy for organising it.

King Charles III's coronation is fast approaching and we are looking forward to as many of you as possible coming to school for our picnic on the field (May 5th 2pm). Please bring blankets and snacks and let's hope the sun is shining! Don't forget about our Cluckingham Palace competition, Mrs Curl is really looking forward to seeing all your entries. We actually have another Art competition coming up that involves our resident artist, Louise Frewin...the children will get details of that next week.

I hope you've all had a look at the new website and finding it easier to navigate than the old one. We think we have nearly ironed out the initial glitches but please do let us know if you discover any we've missed.

I'd like to end by wishing our Year 6's good luck in their SATs which start on May 9th. They have worked so hard that they deserve great success.

Best wishes,

Clare Ryder

Check out our social media!



[@aragonprimary](https://www.instagram.com/aragonprimary)



[@AragonPrimary](https://www.facebook.com/AragonPrimary)



Diary Dates

May

- 1st - Bank Holiday - School Closed
- 2nd - Class Photo Day
- 5th - Coronation Picnic on the Field
- 8th - Bank Holiday - School Closed
- 9th-12th Y6 SATs Week
- 15th - 5E Swimming begins
- 18th - PC Visit Y6
- 22nd - Walk to School Week
- 26th - Y2 Picnic

June

- 5th - Healthy Me Week
- 12th-16th Y6 Residential
- 15th - IM Class Assembly
- 22nd - IDV Class Assembly
- 19th - INSET Day
- 29th - IB Class Assembly

July

- 4th - Y5 - Tate Modern Trip
- 12th - Y6 Production Matinee
- 13th - Y6 Production Evening
- 17th - Y1/2/3/4 Sports Day
- 18th - Y5/6 Sports Day

"To be the best we can be!"

Governor's Award Spring 2023

The Governor's award is the most prestigious award that a child can win, whilst attending Aragon Primary School. It celebrates children who have worked hard all term, followed the Golden Rules and impressed their teachers through their kind acts and good manners. The award is given to the children by Ms Isabelle Paget, the chair of Governors. The children who won the Governor's Award received a red badge to proudly display on their jumpers.

6B - Isabel is a wonderful member of the class who has a brilliant sense of humour and doesn't take life too seriously. She always says good morning at the beginning of the day and checks in with friends and peers when they need it the most. I have great admiration for the fact that she fully embraces her quirky sense of humour and allows her personality to shine without worrying what others will think. Isabel, always keep being you! Thank you for being such a brilliant, kind and humorous member of 6B.

6F - It is a delight to have Dulcie in my class; she is a bubbly and charismatic individual. Within lessons, Dulcie works tirelessly being incredibly self-motivated to improve her work and is always ensuring to participate. Amongst her peers, Dulcie is very popular and, like myself, they all thoroughly enjoy her excellent sense of humour. It has been great to see Dulcie represent the school in an array of ways so far this year and I look forward to seeing her continue this over the last few months at Aragon. Keep being amazing Dulcie competitive Cox!

5B - Ethan is such a friendly, polite and respectful young man. He is always the first to offer a helping hand to his teachers and his peers. Ethan not only shows excellent determination when it comes to his lessons but also, in the wider representation of the school at sports events. He is gracious in winning and even when results do not go Aragon's way, he shows excellent sportsmanship. Ethan – you are a credit to Aragon and to 5B! Well done!

5E - Sam, you truly deserve this award. You have an ability to make everyone smile. No one in 5E is ever entirely sure what is going to come out of your mouth to answer a question, and it certainly keeps things interesting! You view the world with a different perspective, which allows for engrossing discussions and debates! You are polite and courteous with an aptitude for team work. 5E feel very lucky to have you on their team.

5L - This award is thoroughly deserved by Somor, as she is an absolute joy to teach. Each morning, she arrives to school with a huge smile on face, which never fails to brighten my day. Somor works extremely hard in all lessons and has made excellent progress since September, especially as English is not her first language. She has grown in confidence and her hand can be found up in almost every lesson! Somor has impeccable manners and is a great friend to every member of our class. 5L really are so lucky to have Somor as part of our class!

4B - Yakub is such a ray of sunshine! He is always so bubbly and their enthusiasm for learning is infectious. Yakub has such a caring and helpful nature, which is a wonderful asset to 4B. In school, he possesses many attributes of a model pupil, and he shows great participation in class, he is keen to improve their written work and also consistently represent the school during sporting fixtures by showing excellent sportsmanship. Well done you!

4H - To simply put it, Mishaal is an allrounder. Since the beginning of Year 4, Mishaal has approached each day with a positive and studious manner. In class, she is incredibly helpful, kind, thoughtful and I'm extremely confident that 4H would agree, she is completely dependable. Attentively, she will support her peers and works collaboratively across all subjects, truly an integral member of the class. Mishaal completes her own work at home, creating stories, leaflets around our English topics, which are a delight to read. Over the last two terms, Mishaal has developed her confidence, for that I am extremely proud. Mishaal you are a pleasure to teach and please keep up all your great work. Well done for being a star!

4J - Scarlett is an extremely kind and polite girl. She is always being helpful to her peers and teachers. Outside of the classroom, she is constantly trying to help her friends whenever they seem down. In class, she tries her absolute hardest to achieve her targets and shows great resilience in doing so. Scarlett is always happy to collaborate and work with different people and will be the first person to welcome a new person to 4J. With each day she is becoming more and more confident both socially and academically. She is a vital member of the class and 4J are well and truly lucky to have her.

3A - Roman you are extremely kind and one of the most helpful pupils I have had the pleasure to teach. Everyday, you have a huge smile on your face that brightens up our classroom. Consistently, you are a joy to teach and a pleasure to have in the classroom. You are a role model to your peers and Aragon is very lucky to have you. Congratulations on this award you really do deserve it!

3AB - Aastha is a kind, caring and helpful member of 3AB. Her smile lights up the class throughout the day. She shows great care and affection to her class mates, helping them when she can. As well as this, she strives to help adults by doing jobs. Aastha has come a long way in Year 3, with her confidence growing. She consistently puts 100% effort into everything she does - what a star! Keep it up Aastha!

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3LB - Remone is a delight to teach. He puts 100% effort into everything he does and tries hard in each and every subject. His love of learning is evident each and every day. Since starting in September, Remone has made phenomenal progress with his reading and practices at home daily. Remone is a great friend to everyone in 3LB and he is super helpful in the classroom. Keep up the fantastic work!

2G -Morgan, you come into school with a huge smile on your face ready for the day. Your manners are outstanding, always saying please and thank you. You are a brilliant role model for your peers and have a wonderful attitude to all you do, always trying your best. You are a kind and thoughtful girl who always offers your help around the classroom. 2G are lucky to have you as a member of our class. This award is well-deserved, well-done Morgan

2R - Harper you deserve this award because you are an incredibly kind and gentle pupil. You are such a good friend to many people and are always thinking about how you can help others. I can rely on you to support your classmates and be a role model to others. Over recent months, I've been so proud watching you grow in confidence and resilience. You now face challenges head on and you always give 100% effort in everything you do. I am so lucky to have you in my class.

2W - Charlie J is a kind, considerate and thoughtful member of 2W class. He is sensible and helpful, making him an exemplary role model for his peers. He always tries his hardest with his work and this term had worked tirelessly on improving his handwriting. It is a pleasure to have Charlie in 2W class as he has a cheeky sense of humour and brings a big smile to everyone's faces!

1B - Henry is a treasured member of 1B. He is kind, sweet and always so helpful. Henry is a fantastic friend to his peers in and outside of class. This term, Henry's confidence has begun to grow, and he has been trying very hard in lessons. I am Very proud of him!

IDV - Mason is a delight to have in IDV. He always listens carefully and follows the Golden Rules making him a role model to others. He is very polite and respectful and he always tries his best. He is a kind and supportive friend and a welcoming buddy to new starters. Well done, Mason!

1M -Amelie always brings a smile to my face. She is such a friendly, kind young person who is sensitive towards other's needs. Amelie is always willing to lend a hand around the classroom and is a perfect role model to their peers. She can often be found helping other tables when it's tidy up time and can always be seen to be following the rules. Even though Amelie can sometimes find the work in class to be a little tricky, she constantly shows persistence and perseverance. On top of this she is also extremely polite and always remembers to say please and thank you. Well done, Amelie, you are a star!

RC - Pak, wow – where should I begin... what a fantastic term the Spring term has been for Pak. He has built many new friendships and loves to get busy with friends. Pak's smile always makes me happy, I look forward to seeing his big smile and hearing his little giggle at register time every day. He really brightens everyone's day! Pak has grown in confidence within his play during busy time and has begun to share many of his ideas in peer activities. Pak is a kind and thoughtful member of RC who always tries to include everyone in his games. Not only has his social skills developed this term but his ability to apply a range of skills across all of the areas of learning in reception too. Pak 'wows' us every day with his enthusiasm and hardworking attitude. A true role model! We are very lucky to have Pak as part of our class. Keep being you Pak!

RP -Wow Frankie! It has been an absolute pleasure watching you grow into a more confident little boy since starting Reception. You are always so happy to be in school and you always try your best, putting in 100% effort. I have loved watching your determined character grow where you will never give up and always persevere! Your friends love to play with you and you always put a smile on their face with your cheeky character and a smile on our faces with your sense of humour! I cannot wait to see what the rest of your Reception year brings Frankie! Well done and keep going!

RT - George is a wonderful member of Winnie the Pooh class. He always works very hard and tries his best, even when something is tricky! George is incredibly kind and caring and shows such thoughtful behaviour towards his friends. He always uses his beautiful manners and is a wonderful role model to all of his peers. It is an absolute pleasure to have you as part of our class George! Keep being you because we think you're amazing!

Miss O'Sullivan's Award - Freddy, it is difficult to explain how proud I am of you and your journey at Aragon Primary School. I think it would be fair to say that you have not always found school easy to manage and every day continues to bring new challenges you must overcome. The Year 6 pupil I see today has grown in so many ways. I enjoy all our conversations and learn a lot about computers from your incredible knowledge of coding. When you venture off to, secondary school, I hope that you will keep in touch so I can hear about all your wonderful achievements

"To be the best we can be!"

Achievement Awards 24.4.23

6B - Ashley- giving 100% effort in all lessons and bringing humour to the class!

6F - Ruby for excellent suspense writing in our Alma topic.

5B - Hoe for excellent contributions to all class discussions.

5E - Dylan for an excellent start to describing his protagonist character.

5L -

Raven for excellent effort across all subjects especially with our swimming lessons recently

4B - Harry.S - For great participation and retrieval in History lessons.

4H - Irina for always working so hard and with such a positive attitude!

4J - Scarlett for working extremely hard in Maths!

3A - Mariam - excellent assessment scores.

3AB - Seren for excellent effort in her English learning!

3LB - Sheyan - for always completing his homework to the highest standard.

2G - Maya for excellent following of the Golden Rules and for being a kind friend.

2R - Dan for his continued excellent effort in improving his handwriting.

2W - Lydia for her excellent use of similes last week. "When he stepped into the attic, butterflies awoke in his tummy and fluttered around crazily."

1B - Henry- for making great progress in his writing

1DV - Amber in 1DV for fantastic contributions to class discussion.

1M - Max Simpson for concentrating well in lessons

RC - Zoha for taking on all of the extra daily challenges in RC.

RP - George for having an amazing first week back at school and I can see how hard you are trying to make good choices. I am very proud of you! Well done!

RT - Pyper for always working so hard and trying her absolute best!



"To be the best we can be!"

Spotlight on Year 4

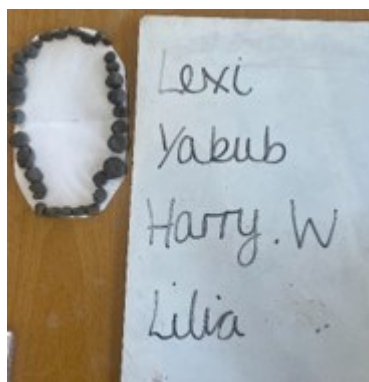
Summer Term here we come! In Year 4, we're looking forward to an amazing last term together. So far we've had a very busy first two weeks back. Last week, we started our new story in English called 'Tar Beach' and have been writing playscripts for the very first time. Through this book, we have learnt about the 'George Washington Bridge' and all its marvellous features, which will help us design and pitch our very own bridges next week in a 'Dragons Den' themed event.

In Maths, we have been learning about converting between different length, mass and volume (including decimals). This week, we've moved onto area and perimeter. We've already really enjoyed practically calculating the area of our classroom tables using square sheets of paper.

This half-term we are also learning all about seasonal food in D.T lessons. We were incredibly excited this week to create our own versions of 'Eton Mess'. Over the course of Lesson 2, we developed our cutting and whisking skills. Most children rated the dessert a solid 10/10 after some taste testing! Some children were so engaged in their food technology topic that they even took the recipes home to have another go! Please do upload any pictures to seesaw if you do, we'd love to see them; the Y4 teachers were absolutely thrilled to see the pupils so enthused in their learning!

In Science, our little scientists have been learning about animals including humans. So far, we've learnt about the different types of teeth and even started to create our own teeth model using clay and card.

Lastly, it was so lovely to see so many of the Y4 parents and cares for our Year 4 Coffee Morning last week – we hope you enjoyed your visit. Please take a look at the pictures attached to see all of our incredible Year 4 learning in action...



“To be the best we can be!”



World Book Day Wish List

Click this link to take you to our World Book Day Wishlist. We'd still like more books so please keep them coming! https://www.amazon.co.uk/hz/wishlist/ls/2QIVMXCRFASID?ref_=wl_share

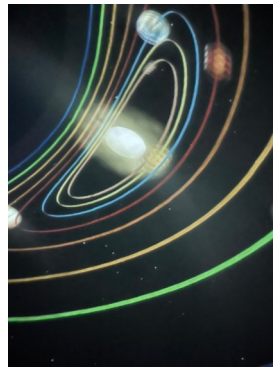


Spanish Learner of the Month - March

Spanish learner of the month is Kenzie Yuen in 6F for her exceptional commitment to learning Spanish and the resulting amazing work she produces week in, week out.

Year 1 Wonderdome

Take a look at some of the pictures from our Wonderdome day!



Spotlight on Miss Brown...

Hello, my name is Miss Brown and I am 4H's class teacher. I have been at Aragon since September 2022 where I taught Year 3LB on a Friday. This is my 8th year of teaching and I still absolutely love it!



I love spending time with my family and friends, going on long walks, chatting over brunch and taking my son on days out.

My favourite food is Cadbury chocolate and my favourite colour is green.

I'm so excited to get to know all the brilliant children here at Aragon so if you see me around school, please say hello and tell me what your favourite food and colour is!

"To be the best we can be!"

Curriculum maps

Updated curriculum maps have now been sent out on Parentmail. These maps give an overview of your child's learning in all subjects for the half term.

[Year 6 Curriculum Map](#)

[Year 5 Curriculum Map](#)

[Year 4 Curriculum Map](#)

[Year 3 Curriculum Map](#)

[Year 2 Curriculum Map](#)

[Year 1 Curriculum Map](#)

[Reception Curriculum Map](#)

Aragon Primary School Curriculum Map

Year 4

English

We will be studying a wide range of genres and creating pieces of writing based on the following stimuli:

Macbeth: Suspense writing
My Teacher: Biographies
The Dreadful Menace: Seasonal Poetry

Maths

Order and compare numbers beyond 1000. Recognise the place value of each digit in a 4-digit number. Order and compare numbers beyond 1000. Round any number to the nearest 10, 100 or 1000.
Add/subtract numbers with up to 4 digits using the formal written method of column addition where appropriate. Estimate and use inverse operations to check answers to a calculation.

Reading

The Boy Who Biked
The World
Overheard in a Tower
Block
Stitch Head

Music: Mamma Mia!

As well as learning to sing, play, improvise and compose with the well known song Mamma Mia, children will listen and appraise more ABBA hits.

Art: Pop Art

Explore what constitutes art and why people's opinions on what is art differ, before delving into the Pop art movement, investigating a variety of works by Warhol and other Pop art artists and producing their own.

Geography: The Americas

Focus on North and South America, concentrating on their environmental regions, key physical and human characteristics, countries, states and (where) major cities - understand geographical similarities and differences through looking at regions in North and South America - use maps, atlases, globes and digital computer mapping

RE: Buddhism

I can start to show an understanding of why people think it is difficult to be happy all the time. I can tell you some of the things Buddhists did to try to be happy and explain why I think they didn't work for her. I can begin to show an understanding of what being happy means to Buddhists.

Computing: General IT

Review using the snipping tool. Review using a document and making a folder. Formatting text using bold, italics, underlining and changing the colour font.

PE: Netball - Children develop movement and ball handling skills. They learn simple attacking tactics as part of a small team, and start to think about how to organise themselves to defend their goal. Play with a basic court set-up.

"To be the best we can be!"

House Point Leaderboard

Unicorn



5285

Griffin



4934

Dragon



4472

Phoenix



4170

Spelling Shed



Class Winners

1. 6F
2. 6B
3. 1B

Top Spellers

1. Kieran 6B
2. Zara 6F
3. Aananya 6B

Times Table Rockstars



Class Winners

1. 3AB
2. 4J
3. 4B

Rock Legends

1. Aananya 6B
2. Yakub 4B
3. Prathieha 6F

"To be the best we can be!"

Wellbeing News

This can be a stressful time of year for our year 6 pupils with the approach of SATS week, but we want to reassure you, that you do not need to worry!

SATs can seem pretty scary but it's not worth getting too stressed about them. You can't fail your SATs tests, it's just a chance to show what you've been learning.

It'll all be over in a few days and your SATs score definitely won't affect your life!

Keep cool, don't panic and just do your best!

Here are some of our top stress busting tips:

1. Eat bananas!



If you get nervous the morning before the test, try eating a banana! Bananas can help calm you down, and they slowly release energy to keep you going till lunch!

2. Stick up Post-its!



If there's something you're struggling to remember, write it on a post-it note and stick it on your bedroom door. That way you'll see it every time you leave the room.

3. Get an early night!

Don't stay up late revising! Get a good night's sleep and you won't be tired tomorrow morning.



4. Take a break!

If you've been revising, make sure you take regular breaks and do something you enjoy for a bit. This will help you feel more relaxed!

5. Go exercise!

Speaking of which... there's no better way to de-stress than physical activity! Take some time to kick a ball around or go on a mini-bike ride – and your brain will thank you!



6. Focus on you!

Don't worry about what other people in your class are doing, especially if someone's boasting about how well they think they'll do. Everyone is different. Just focus on doing the best you can – that's what matters.

Remember, all of the staff at Aragon believe in you and are here to talk if you need us.



“To be the best we can be!”

Attendance 20/3/23-30/3/23

We know that sometimes illness can't be avoided but now we are fully re-open and trying to close all the gaps in the children's learning from the national lockdowns, we really would appreciate you getting your children into school everyday and on time.

6B	96.3%	2G	94.0%
6F	95.6%	2R	93.8%
5B	97.4%	2W	88.6%
5E	93.8%	1B	94.4%
5L	97.4%	1DV	94.2%
4B	96.0%	1M	97.6%
4H	93.5%	RC	92.7%
4J	94.5%	RP	95.4%
3A	97.0%	RT	96.3%
3AB	91.6%	Whole School	94.6%
3LB	93.5%		

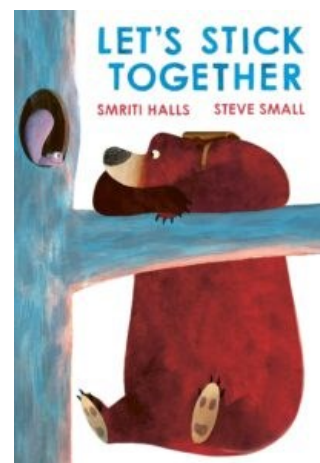
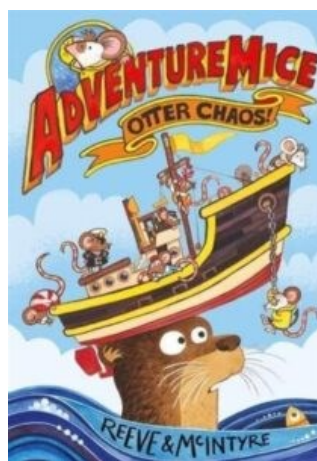
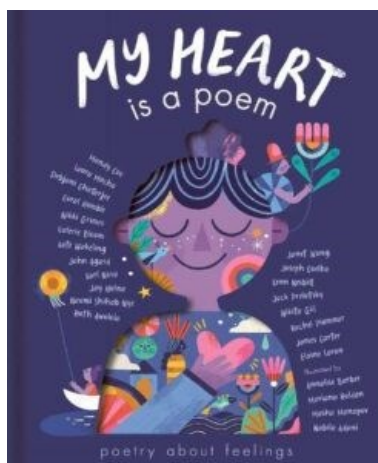
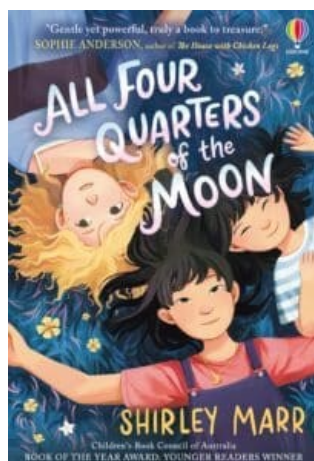
Reading Matters: Click on the link to take you to a description

Y5/6

Y3/4

Y1/2

EYFS



Safeguarding

Children have a right to be cared for and protected; protecting them is everyone's responsibility. Here at Aragon Primary School, we have a duty of care to ensure that all users of the school are kept safe from harm.

We are committed to provide a secure and supportive environment in which children can develop and grow into mature and responsible people. Safeguarding children is an essential part of our holistic approach to ensure that children are protected from abuse and neglect and that every child reaches their full potential. To report a safeguarding concern or for any queries contact: kaldis@aragon.merton.sch.uk

"To be the best we can be!"

Useful websites

- Starting secondary school - BBC Bitesize
- Supporting children's transition to secondary school | Children's mental health and wellbeing in schools | Anna Freud Centre
- How Parents Can Help With Secondary School Transition | YoungMinds
- SecondarySchool_TransitionBooklet_Compass.pdf (compass-uk.org)
- Preparing for the move | Parentkind
- Internet-Matters-Booklet-Moving-Up-To-Secondary-School.pdf (internetmatters.org)
- Teaching Your Child about Internet & Online Safety | NSPCC
- Advice for parents and carers (anti-bullyingalliance.org.uk)



www.merton.gov.uk

Starting secondary school in September

Tips for Parents

Supporting your child with their transition from Year 6 to Year 7



Merton's transition working group and the Virtual Behaviour Service have written this guide for Merton parents based on our work with pupils, families and schools in the borough

www.merton.gov.uk



Talking about secondary school

- Many parents and carers feel anxious when their child starts school. Try not to let it show. Remember that schools work hard to help your child settle in. You may feel conflicting emotions: proud that your child is growing up and sad that their primary school days are over. This is normal.
- In the beginning they might worry about practical things, like getting lost and having to cope with a locker. This should go in a few days, as they learn the new routine and layout of the school, explain that this will get easier as they become more familiar.
- They may also worry about the work, or making new friends. Discuss their fears and give reassurances. The work will get easier as they understand it more and new friendships may take a little time to develop.
- Ask friends and siblings to talk with your child about their new school. Who else do you know who is moving to the same school that your child could spend time with before their transition?
- Speak with your child about the expectations of secondary school and remind them of these expectations.
- Talk to key adults who may be able to support you with supporting your child, such as SENCOs, headteachers, school office.
- Ask the primary school to ensure someone from the secondary school is attending any important meetings in the summer term.

Preparation

- Look at the school website to find out useful information to share with your child.
- Practise buying food and drink in a café. Find out how the canteen and payment system at the school work to talk this through with your child.
- Plan the route to school and do a few trial runs. Do you need to sort out a bus pass?
- Make sure to make time to eat breakfast – it provides fuel for the day.
- Does the school use a planner or diary? Spend time with your child looking at the planner to support their understanding of how to use it.
- If you have a map of the new school, have a look at it with your child to familiarise them with the layout.
- Find out about the uniform and order in plenty of time. Be aware of school policies on things like jewellery, piercings and mobile phones.
- Make the most of the transition day – support your child with identifying questions they would like to ask.
- Promote a good bedtime routine. Young people still need lots of sleep.

Organisation

- Practise packing up all the things they'll need to take to school. Get your child into the habit of packing their bag the night before.
- Encourage your child to start taking responsibility for themselves – getting their bag ready, doing homework, and getting themselves up in morning. Some young people may initially need more support with this than others.
- Help your child with organisation – create a homework timetable, colour code the timetable so it is easy to identify which lessons they have on each day, support them with gathering resources the night before such as PE kit. You may need to continue helping with this until they can cope with this more independently.
- Make lists with your child of the equipment they will need for different lessons and day to day. This may include pencil cases, work books, PE kit, bus pass, emergency money and sanitary products.
- Find out from the secondary school and talk with your children about what they should do if they have their period at school. Who should they go to if they do not have their own supplies on that day? Contact the school to discuss this further if you find there are any issues and need support.

Anxiety

- How is your child feeling? Rather than saying "there's nothing to worry about", it's more helpful to tell your child that feeling nervous is natural, and that everyone gets nervous when facing new situations.
- Remember to communicate with your child and discuss their concerns openly. Mealtimes can be a good place to discuss what has happened during the day and find out how they are feeling in a relaxed way. Remember to be interested not pushy.
- Many children, and their parents, worry about getting detentions at secondary school. Reassure them that if they do receive a detention, this is not a reflection of how well they are doing but an sign that something needs to change. This may be that they need more support with their organisation or their learning.
- You and your child may be concerned about bullying at secondary school. This in fact happens very rarely but it is useful to have spoken with your child about what they should do if they feel they or someone else may be being bullied. Have a clear idea of what bullying is yourself so you can support them with understanding and identifying bullying.
- Transition to secondary school is a time of great change which may cause anxiety. It may be useful to provide your child with a notebook where they can write down any worries or concerns. Being able to write them down may prevent their anxiety from escalating in the moment, such as late at night, when they are not able to do anything about that worry. They can then reflect on their thoughts at a time that is more appropriate.



What Parents & Carers Need to Know about HOW TO COMBAT ONLINE BULLYING

Defined as "ongoing hurtful behaviour towards someone online", cyber-bullying makes its victims feel upset, uncomfortable and unsafe. In the digital world, it has numerous forms – such as hurtful comments on a person's posts or profile; deliberately leaving them out of group chats; sharing embarrassing images or videos of someone; or spreading gossip about them. Cyber-bullying can severely impact a young person's mental health ... so, in support of Anti-Bullying Week, we've provided a list of tips to help trusted adults know what to look for and how to respond to it.

1. GET CONNECTED

Playing online games together with your child or connecting with them on social media (providing they're old enough) is not only fun but also an excellent way of establishing some common ground to discuss things you've both seen or done online – as well as keeping an eye on who your child is communicating with in the digital world.

2. KEEP TALKING

Regular chats with young people about their online lives are good practice in general, but they can also be an excellent refresher to help prevent cyber-bullying situations. Topics you might want to revisit include why it's important to only connect online with people we know and trust, and why passwords should always remain secret (even from our best friends).

3. STAY VIGILANT

Observe your child while they're using technology and just after they've used it. Are they acting normally, or out of character? Possible signs of a problem may include seeming quiet or withdrawn, jumpy or anxious, angry or repeatedly checking their phone. When you feel it's the right time, you may want to check in with them to see if everything is OK.

4. MAKE YOURSELF AVAILABLE

If an online bullying incident does occur, it may take a while before your child is ready to open up about what happened. Just gently remind them that they can always come to you with any problems – and that they won't be in trouble. You might also suggest a trusted family member they could turn to, in case they feel too embarrassed to tell you directly.

5. BE PREPARED TO LISTEN

When conversations about online bullying do take place, they're likely to be difficult, emotional and upsetting for both you and your child. Actively listen to your child while they're bringing you up to speed, and try not to show any judgement or criticism – even if they haven't dealt with the situation in exactly the way you would have hoped.

FURTHER SUPPORT AND ADVICE

If you or your child need additional help with an online bullying issue, here are some specialist organisations that you could reach out to.

Childline: talk to a trained counsellor on 0800 1111 or online at www.childline.org.uk/get-support/

National Bullying Helpline: counsellors are available on 0845 225 5787 or by visiting www.nationalbullyinghelpline.co.uk/cyberbullying.html

The NSPCC: the children's charity has a guide to the signs of bullying at www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/ and can be reached on 0800 800 5000

6. EMPOWER YOUR CHILD

Depending on their age, your child might not want a parent "fighting their battles for them". In that case, talk through their options with them (blocking the perpetrator, deleting the app and so on). By allowing your child to choose the path they take, you're putting them in control but are also demonstrating that you're there to support them along the way.

7. REPORT BULLIES ONLINE

Cyber-bullying often takes place through a particular app, social media platform or online game. If this is happening to your child, encourage them to report the offender to the app or game in question – ideally with screenshots to support their complaint. Most games and apps have reporting tools specifically to stamp out abusive behaviour and protect users.

8. ENCOURAGE EMPATHY

Protecting themselves online is the priority, of course, but young people should also feel empowered to help if they witness other people falling victim to cyberbullying. Even if they don't feel confident enough to call someone out on their abusive behaviour online, they can still confidentially report that person to the app or game where the bullying occurred.

9. SEEK EXPERT ADVICE

Victims of online bullying frequently experience feelings of isolation and anxiety, a loss of self-esteem and potentially even thoughts of self-harm or suicide. If you think that an incident of cyber-bullying has affected your child's mental wellbeing, then seek psychological support for them. There are some useful contact details in the central panel below.

10. INVOLVE THE AUTHORITIES

If the nature of any online bullying makes you suspect that your child is genuinely in imminent physical danger – or if there are any signs whatsoever of explicit images being shared as part of the bullying – then you should gather any relevant screenshots as evidence and report the incidents to your local police force.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



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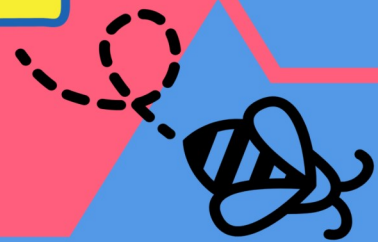
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**FOR MORE INFORMATION PLEASE EMAIL
THEHIVE@ARAGON.MERTON.SCH.UK**

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SAFEGUARDING AT ARAGON PRIMARY SCHOOL



Hello! My Name is Mrs Aldis and I am the Designated Safeguarding Lead at Aragon Primary School. If something is worrying you or making you feel sad, you can speak to any adult in school. I can be found in the Rainbow room in the Year 2 block.

Hi everybody, I am Mr Myers and I am also a Designated Safeguarding Lead here. My job is to keep everybody at Aragon happy and safe. Has someone said something to make you feel sad? Are you worried about your friend or someone at home?

If you would like to talk to me, you can find me in my Office or Year 6 classroom.



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