



## Head Teacher's Update 2.2.23

### NL Tech Tuesdays - Safer Internet Day

This week's Tech Tuesday focusses on [#SaferInternetDay](#) which is on the 7th Feb Watch our lesson on how to create a poster in Paint 3D & share your ideas on how to stay safe online [#NLTechTuesdays](#)

[https://twitter.com/NLDigitalSchool/status/1621179744032264192?s=20&t=V yDkDWWqOzmxO5nRd\\_4\\_HA](https://twitter.com/NLDigitalSchool/status/1621179744032264192?s=20&t=V yDkDWWqOzmxO5nRd_4_HA)

### Safer Internet Day - 7th February

In support of Safer Internet Day, National Online Safety Centre have produced a special [#WakeUpWednesday](#) guide – with tips on how simply chatting to your child about their digital life can help them avoid [#OnlineSafety](#) threats

**Tips for Encouraging Open Discussions about DIGITAL LIVES**

The online world is an entirely familiar and commonplace part of life for today's children and young people, far more so than for previous generations. There are many positives to children being able to access online materials, so it's important not to demonise the internet, games and apps, and limit the benefit of their positive aspects. At the same time, we do have a responsibility to educate children about the hazards they may encounter online (just as we would about real-world dangers) so it's essential that we don't shy away from talking to them about the complex – and often sensitive – subject of what they do and what they see when they're online.

Here are some suggestions for kicking off conversations with your child about their digital life...

**MAKE YOUR INTEREST CLEAR**

Showing enthusiasm when you branch the subject slightly to your child that you're keen to learn about the positives of their online world, most children will happily chat about what they use the internet for, or what games and apps they're into and how these work. Asking to see their favourite games and apps in action could help you spot any dangers that may need your attention – such as chat functions which might expose them to unwanted contact or inappropriate language, or apps that might be used to bully or harass others. It's also a good idea to ask them to show you how they use the internet, so you can see what they're doing and what they're seeing.

**BE OPEN AND HONEST, APPROPRIATE TO THEIR AGE**

At various stages, children and young people become curious about adult world. It's important to be open and honest about the risks of the internet, and to be clear about what's appropriate for their age. If your child knows that they can discuss these sensitive subjects with you, they tend to be less likely to go looking online for answers – which can often provide them with misleading information and, in some cases, lead to them consuming harmful content. Don't worry if you don't immediately know the answers to their questions – just find out for yourself and go back to them once you have the facts.

**REMINDE YOUR CHILD THEY CAN ALWAYS TALK TO YOU**

In my role I work with many children and young people who aren't feeling confident to tell their parents about harmful content they've viewed online. In case a lesson to having their device confiscated, longlines to your child that you're always there to listen and help. Reassure them that it's not the device itself, but the content they see on it that's the problem. Children shouldn't be expected to be resilient against abuse or fear that it's their job to prevent it.

**KEEP TALKING!**

The most valuable advice we can give is to keep talking with your child about their digital lives. You could try using everyday situations to ask questions about their online experiences.

**DISCUSS THAT NOT EVERYTHING WE SEE ONLINE IS REAL**

Here, you could give examples from your own digital life of the online world versus reality – for example, those perfect holiday photos which show the perfect house, spotlessly clean, never messy and immaculately decorated. Explain to your child that there are many other aspects of the online world which are also deliberately presented in an unrealistic way for effect – such as someone's relationship, their body, having perfect skin and so on.

**TRY TO REMAIN CALM**

As much as possible, try to stay calm even if your child tells you about an online experience that makes you feel angry or worried. Our reactions sometimes frequently influence the way we talk, so it's possible that your child expects a parent or carer could deliver a child from speaking openly about what they're seeing. Give yourself time to consider the right approach, and perhaps speak with other family members or school staff while you are considering your next steps.

**CREATE A FAMILY AGREEMENT**

Involving your whole household in coming up with a family agreement about device use can be immensely powerful. You could discuss when (and for how long) it's OK to use phones, tablets, consoles and so on at home, what parental controls are for and why they're important, and why it's good to talk to each other about things we've seen or experienced online (both good and bad). Explaining your reasoning will help children to understand that, as trusted adults, we want to make sure they are well informed and kept safe. Allowing children to have their say when coming up with your family agreement can make them far more likely to stick to it in the long term.

**Meet Our Expert**

Andrea Smith, Head of Digital Learning (e-Learning) at National Online Safety, has over 20 years' experience delivering training and advice to schools, colleges, universities and other educational institutions. She is a published author on the subject, and also works as a consultant to the Department of Education on the staff training element of the E-Safety curriculum.

**National Online Safety**  
#WakeUpWednesday

www.nationalonlinesafety.com @nationalonlinesafety

Share of this guide as is at their own discretion. No liability is entered into. Current as of the date of release: 01.02.2023



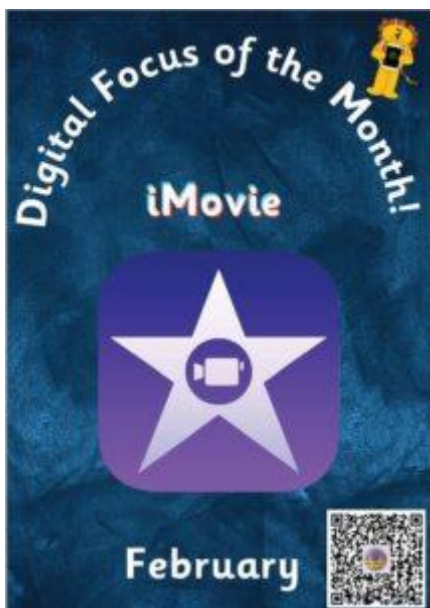
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### **New NL Badminton Sessions**

North Lanarkshire Council's Active and Creative Communities are looking to start a new Badminton session on Friday evenings 6pm-7pm (5-11 year olds) at Sir Matt Busby.

- Please contact Paul Nash
- Email: [nashpa@northlan.gov.uk](mailto:nashpa@northlan.gov.uk)
- Phone: 07581 024335

### **Digital Focus for February**



### **Healthy Sleep Habits for Children - Workshop for Parents**

Educational Psychology Service is offering a programme of virtual sleep workshops which are open to all parents/carers across North Lanarkshire.

These will be hosted on teams, lasting 1.5 hours and those who wish to attend just need to register with the link on their preferred date.

I have attached a leaflet for the first parents session on Thursday 23<sup>rd</sup> February.

The link to register can be found in the attachment below.

[SleepWorkshopDates 22-23](#) [SleepWorkshopParentsFeb2023Leaflet](#)



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## **Children's Mental Health Week**



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## Lawmuir PS

### Children and Young People's Mental Health Week

6<sup>th</sup> - 12<sup>th</sup> of February 2023

At school we will be promoting this week in class. Have a look below for information and activities you may like to try at home.

Please tag us on Twitter **@LawmuirPS** and also **#NLPositiveMentalHealth**

#### MINDFULNESS MONDAY

Activities for primary age children, including parent/carer resources:

- [Primary age activities - Children's Mental Health Week \(childrensmentalhealthweek.org.uk\)](https://www.childrensmentalhealthweek.org.uk/)
- Parents/ carers resources for mindfulness [Calm Spaces - Wee Seeds](#)
- "Ten Tips for Starting Mindfulness" <https://vimeo.com/758671716>
- "Ten for Zen's Easy Guide to Mindfulness" <https://vimeo.com/761043916>
- Martin Stepek, mindfulness- Youtube
- *Connected Kids* – [www.connected-kids.com](http://www.connected-kids.com)
- twitter - <https://twitter.com/ConnectedKids44>
- facebook - <https://www.facebook.com/groups/calmkidsconnectedkids>
- Instagram - <https://www.instagram.com/connectedkids/>
- <https://www.mindful.org/mindfulness-for-kids/>



**Be Safe - Be successful - Be Sensible - Be Smart**

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#### TALKING TUESDAY

Make space in your day for a conversation about mental health. Talking about mental health reduces stigma helping to create supportive communities where we can talk openly about mental health and feel empowered to seek help when we need it.

#### Resources

<https://www.seemescotland.org/seeus/campaigns/time-to-talk/time-to-talk-day-2023/>



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#### WELLBEING WEDNESDAY

Sleep - Sleepio link [Daylight and Sleepio Online Courses - Lanarkshire Mind Matters \(scot.nhs.uk\)](https://www.sleepio.co.uk/)

Sleep Scotland/Gateway to Sleep info [Gateway to good sleep - Sleep Scotland](https://www.gatewaytosleep.scot.nhs.uk/)

Tips for Better Sleep/NHSL leaflet [Resource Details for id 14679 \(durham.gov.uk\)](https://www.durham.gov.uk/resource-details/14679)

Silver Cloud - Resources for parents supporting anxious children & teens

[SilverCloud Helping Children and Teens - Lanarkshire Mind Matters \(scot.nhs.uk\)](https://www.silvercloud.co.uk/)

#### Understanding your teenager's brain (short course)

Find out what happens to the brain in adolescence and how this explains some of the changes you may have noticed in their behaviour.

[Online Learning \(heiapply.com\)](https://www.heiapply.com/) - LANERCH3 - North Lanarkshire.

Ten Tips for Eliminating Stress, Worry and Anxiety" <https://vimeo.com/763336356>



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#### FUTURE FRIDAY

- What's on in your area & where can you find information about mental health. Check out the website:

[North Lanarkshire – Young Scot](https://www.northlanarkshire.gov.uk/youngscot/)

- **Promotion of mental health support**

Headspace app or YouTube videos

[Headspace - YouTube](https://www.headspace.com/)

- **SHOUT** - is a free confidential, anonymous service for anyone in the UK. It won't appear on your phone bill. To start a conversation, text the word 'SHOUT' to **85258**



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**Lunch Menu This Week**

[NLC Primary School Menu](#)

***Upcoming Diary Dates:***

- **Monday 6th February - Sunday 12th February** - Children & Young Peoples Mental Health Week
- **Tuesday 7th February** - Group of pupils to NLC Sustainability Conference at Civic Centre 9am - 11.45am
- **Tuesday 7th February** - Safer Internet Workshop - Bellshill Academy 9.30am - 10.30am
- **Friday 10th February** - P7 Bellshill Academy CSI 1.30pm - 3pm
- **Monday 13th February - 15th February 2023:** School Holiday - School reopens - Thursday 16th February 2023 at 9am
- **Thursday 16th February** - Safer Internet Day
- **Friday 17th February** - P7 Bellshill Academy CSI 1.30pm - 3pm