



(Article 10)



If you live in a different country than your parents do, you have the right to be together in the same place.

Friday Letter



9th January 2025

www.billquayprimary.org



Dates for the diary:

Friday 20th February - Break up for half term

Monday 2nd March - Inset day

Tuesday 3rd March - Return to school

Welcome Back

Welcome back and Happy New Year to you all.

Online Safety Newsletter

Please find attached our monthly online safety newsletter.

Year 6 Trip - Monday 12th January

Year 6 will be visiting Royal Grammar School in Newcastle on Monday 12th January to take part in a Lego Robotics event. Please ensure children are at school for registration by no later than 8.40am. Children will require a packed lunch to eat when they return to school. A link to the consent form has been sent to you via email.

Nursery Applications

If you wish to apply for a Nursery place for your child, please follow the link below to submit an application form. Once the form has been received, your child's details will be added to our list and we will contact you during the term before they are due to start to discuss which sessions we can offer.

<https://forms.gle/d7kJFs9sMPL8VxM29>

Swimming Lessons - Year 5

Children in year 5 recommenced swimming lessons this week at Heworth Leisure Centre. As in previous terms, they will be transported to and from Heworth by coach. We politely ask that, if you are able to, each child contributes £2.00 per week towards the cost of the transport which can be paid using the SchoolGateway App. The transport costs £100 per week, so all contributions are gratefully received.

Pupil Progress Meetings (Reception)

Mrs Morton will hold pupil progress meetings on a Thursday morning beginning Thursday 22nd January. Meetings will last around 15 minutes and can be held face to face or by telephone. They are now available to be booked using the link below;

<https://billquayprimary.schoolcloud.co.uk/>

If you have any problems with booking using the system, please contact the school office. For anybody who wishes to receive a telephone call, please let us know in the comment section when booking.

Year 4 - Centre for Life Trip

Year 4 will be visiting the centre for life on Thursday 22nd January to take part in an 'Extreme Materials in Antarctica' workshop and a science centre visit. The cost of this trip is £12.00 per child and can be paid using the SchoolGateway app. A link to the consent form has been sent to you via email.

Term Dates

Please find attached an up-to-date list of term dates for the 2026/2027 academic year.

Choir

For children who attend choir on a Friday evening, rehearsals will recommence on Friday 16th January.



MEET THE UEFA WOMEN'S EURO TROPHY!

THE LIONESSES BROUGHT IT HOME THIS SUMMER - AND NOW IT'S COMING TO DURHAM!

AT DURHAM WOMEN V SUNDERLAND

- GET A PHOTO WITH THE TROPHY
- FREE GIVEAWAYS
- WSL PANINI STICKER SWAP SHOP
- POST-MATCH PLAYER MEET & GREET
- PLUS MUCH, MUCH MORE!

KIDS GO FREE! USE THE CODE FREEKIDS

SUNDAY 11 JANUARY
12PM KICK-OFF
MAIDEN CASTLE, DH1 3SE

SCAN HERE
OR VISIT
DURHAMWFC.TICKETS.EVENTS



An online course to help parents communicate better with each other

Arguing better

Disagreements are a normal part of life, and most couples argue from time to time. The way you approach these conversations can make a big difference to you, your partner, and your children.

Arguing better is a free online course to help you manage difficult conversations, avoid conflict, and improve things for your whole family.

You will learn:

- Where stress comes from and how it can affect you.
- Ways to recognise stress and talk about it.
- How to support each other through difficult times.
- What causes arguments and how to stop them.

To access the course, you will need a smartphone, tablet, or computer, and a good internet connection. It's FREE to use, so you'll just need to create an account with a username and password.

Register at this address
www.oneplusone.org.uk/parent-resources-for-england
or scan the QR code

- *Arguing better* is designed for parents who want to learn healthy ways to deal with stress and conflict.
- The course is online so you can go through it at your own pace.
- You can do it all in one go or save your progress and come back to it later.
- The course will take about 40 minutes to complete, so it's best to give yourself enough time and space to reflect.

oneplusone

TAKE THE PLUNGE INTO WEEKLY LESSONS

Give your child the gift of confidence and safety in and around the water with Better Swim School.

50% OFF INITIAL PAYMENT

Join weekly lessons with Better Swim School and get 50% off your first payment with code **SCHOOL50**.

Better Swim School

Terms and conditions apply. Offer open to new customers only for school children aged between 4 - 12 years. Offer ends on 07/08/2025. Full terms at better.org.uk/offer-terms. Better is a registered trademark and trading name of GLL (Greenwich Leisure Limited), a charitable social enterprise and registered society under the Co-operative & Community Benefit & Societies Act 2014 registration no. 277938. Registered office: Middlegate House, The Royal Arsenal, London, SE18 6SX. Inland Revenue Charity no. XH43398.

BETTER

What Parents & Carers Need to Know about AGE-INAPPROPRIATE CONTENT

"Inappropriate" means different things to different people. What's acceptable for one age group, for example, may be unsuitable for a slightly younger audience. Online, young people can chance upon inappropriate content in various ways – from pop-up ads to TikTok videos. The increasingly young age at which children become active in the digital world heightens the risk of them innocently running into something that they find upsetting or frightening. Trusted adults need to be able to help children be aware of what to do if they're exposed to age-inappropriate content.

WHERE IS IT FOUND?

SOCIAL MEDIA

Age-inappropriate content is easily accessible through many social media platforms. TikTok, for instance, is hugely popular with young people but is arguably best known for clips featuring sexualised dancing or profanity. Some social media users also express hate speech or promote eating disorders and self-harm, which could cause lasting damage to a child's emotional and mental health.

GAMING

Gaming is an enjoyable source of entertainment, but many popular titles can expose children to inappropriate material such as violence, horror, gambling or sexually explicit content. Playing games unsuitable for their age risks normalising to children what they are seeing. Some games also include in-game chat, where other (usually older) online players often use language that you probably wouldn't want your child to hear or repeat.

STREAMING

The range of video streaming services available online means that users can find almost anything they want to watch on demand. Children are therefore at risk of viewing TV shows and movies which contain nudity, drug and alcohol abuse, explicit language and extreme violence. Unfortunately, these streaming platforms can't always determine that it's not an adult who's watching.

ADVERTS

Online adverts frequently include age-inappropriate content, usually gambling and nudity or partial nudity, although adverts for alcohol or e-cigarettes are also common. Some search engines also feature adverts that are responsive to your search history: so if you've recently looked up a new horror movie, shopped for lingerie or ordered alcohol online, then the ads appearing on screens could reflect this the next time your child borrows your device.

18 Advice for Parents & Carers

TALK IT THROUGH

Embarrassment or fear of getting into trouble can make it difficult for children to talk openly about age-inappropriate content they've watched. Remind your child they can always come to you if they're troubled by something they've seen online, without worrying about consequences. Before offering advice, discuss what they saw, how they felt and how they came to find the content in question.

CONNECT, DON'T CORRECT

If your child's been particularly distressed by exposure to content that wasn't suitable for their age, it's important to offer guidance to prevent them from repeating the same mistake – but it's equally vital to help them deal with the emotions that the situation has raised. You could tell them about any similar experiences you might have had at their age, and how you dealt with it.

BLOCK, REPORT, CONTROL

After discussing the problem, you and your child can take action together. This could include blocking any inappropriate sites and reporting any content which violates a platform's rules. To further safeguard your child online, set up parental controls on internet-enabled devices that they use. This will significantly reduce the chances of your child being exposed to age-inappropriate content in future.

GET SPECIALIST HELP

Age-inappropriate content can potentially have a negative impact on a child's mental health, which is sometimes displayed through changes in their behaviour. If the problem becomes more severe, you might consider reaching out to a mental health professional or an expert in this field who can provide you and your child with the proper support.

STAY CALM

Even though it is obviously difficult to stay rational in a situation where your child has been put at risk, it's essential to think before you react. Your child may well have hesitated to open up to you about watching inappropriate content for fear of the consequences, so being calm and supportive will reinforce the notion that it would be easy to talk to you about similar issues in the future.

Meet Our Expert

Carley Jorgensen is a Registered Counsellor with The Health Professions Council of South Africa, and she runs a private practice offering counselling to children, teenagers and families. Her main focus is creating awareness and educating the community on the mental health pressures of today's world, as well as resources and techniques to understand and cope better.



NOS
National Online Safety®
#WakeUpWednesday

<https://www.nationalonlinesafety.com/parents/carers/age-inappropriate-content/> | <https://www.nationalonlinesafety.com/parents/carers/age-inappropriate-content/#faq> | <https://www.nationalonlinesafety.com/parents/carers/age-inappropriate-content/#report>