

# SJIIM Weekly Update

## 14 October 2019



### Brother Paul's Lasallian Reflection

*It's little things that make great things possible.* (John W. Marriot)

Since we started our reflection on our International Lasallian Days for Peace, we have reminded ourselves that peace is possible by taking our own small steps.

The small steps that I can contribute is to make others happy, Give without expecting anything in return, spread optimism and joy, listen actively, maintain a cooperative attitude, do not judge, put myself in others' shoes.

In your moments of mindfulness, focus on the following quotation;

*Many little people, in many little places, doing little things can change the world.*  
(Eduardo Galeano: *The Book of Embraces*)

Yours in De La Salle,  
Brother Paul



### CATHOLIC CORNER

As we approach the end of the first half term, we feel proud of the work that our children have accomplished in terms of the wonderful personal prayer books that they created. Our students have learned about the importance of prayer and about how to build prayer into their daily lives.

#### **Simple ways to pray**

- Keep prayer time short and simple, unless anyone insists on going on for longer.
- Choose a different family member or friend to pray for every day.
- Say thank you to God for one of the meals you eat each day.
- If you hear tragic news, get into the habit of asking God to bless that situation, for example: 'God, please bless those people who have suffered in the earthquake' etc.
- If someone in the family talks about a difficult situation, pray for this person.
- Lots of people like routine and ritual, so feel free to pray the same family prayer(s) at the same time every day.
- Remember you can pray anywhere.

*I will continue O my God to do all my actions for the love of you. Father in heaven, God of love, all I have and am is yours. Grant that I may become a living sign of your compassion in this world. Amen.*



# Safe School Update: This week: Snapchat



Snapchat is an app for sending photos and videos (known as 'Snaps'), and text messages. The 'Stories' feature lets users share photos or videos with all their contacts at once. Snaps disappear after being opened, usually within seconds. Stories disappear after 24 hours. Images and messages aren't automatically saved on phones. The minimum age to use Snapchat is 13, but it's easy to sign up if you're younger.

## What's the problem?

- There's a 'high' risk of seeing sexual content, and of bullying
- Your child's location could be shared automatically with their contacts, which could put them in danger if they have strangers as 'friends' on the app
- There's a risk of children being 'groomed' by strangers into sharing pictures and information about themselves. Gangs also use apps to groom and recruit children

## 4 steps to help your child use Snapchat safely

### 1. Tell your child to only use it with real friends

Anyone could pretend to be a child or teenager online, so encourage your child not to talk to people they don't know in real life.

### 2. Use privacy settings

By default, only 'friends' your child has added on Snapchat can contact them directly and see their story or location, so encourage your child to keep those default settings.

To check and change the settings:

- Tap the person icon in the top-left of Snapchat, then the cog in the top-right. Scroll down to 'Who Can ...' and tap the relevant options
- Under 'Who Can See My Location', choose 'Ghost Map' to turn location sharing off
- Under 'Who Can See Me In Quick Add' you can stop your child's profile from being suggested to strangers as a potential 'friend'

### 3. Talk to your child about 'sexting' and being careful about what they share

Even though images disappear in Snapchat, they can be screenshotted and then shared – outside of the original sender's control. So, remind your child to think carefully about the images they share, and with who. Before they share anything, tell them to ask: "would I be happy for other people to see this?"

In particular, make sure your child knows **not to take, share or view naked or sexually explicit pictures of themselves or another child, either voluntarily or if asked to by someone else.**

This is known as 'sexting' and is illegal, even when the person doing it is a child. It can also be distressing for a child to be a victim of sexting, or to see an inappropriate image that someone else has shared.

### 4. Make sure your child knows how to use reporting and blocking functions

- To report a Snap or Story, press and hold on it, tap the flag, then explain the problem
- To remove or block a friend, swipe to the right to go to the 'Friends' screen, then tap and hold on the person's name. Tap 'More', then choose 'Remove friend' or 'Block'

## What can I do about online bullying?

- Encourage your child to talk to you if someone says something upsetting or hurtful to them
- Look for signs they may be being bullied, like being afraid or reluctant to go to school, feeling nervous, losing confidence or becoming distressed and withdrawn, or losing sleep
- Tell our school about **any** bullying your child experiences

## There are also few ways you can save images and messages as evidence:

- Use another device to, quickly, take a photo of the image or message (this is the only way you can save the image without other people knowing)
- Tap on the message, quickly, to save it (other people will know, from the grey background)
- Take a screenshot, quickly (the person who shared it will get a notification)
- Change your 'delete' settings to save messages for 24 hours – tap the 3 grey lines in the chat you want to keep, then 'Delete chats...'. Select '24 hours after viewing'
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## What can I do if I think my child is being targeted by a gang?

Share your concerns with our school immediately. Be alert to changes in your child – such as having new unexplained possessions, changing friendship groups, behaviour and mood changes, unexplained injuries



# Elementary School Update

## Half term Break

School will be closed for half term and for Deepavali from Monday 21 to October 28. We look forward to welcoming the children back on Tuesday 29 October.

## Deepavali

We wish all our families who are celebrating Deepavali a wonderful celebration. Our school celebration of this festival will take place on November 1st. All ES children are invited to join in the celebrations by wearing traditional dress on this day.

## Spelling Bee

The first half-term ended on a high note with our Spelling Bee in the auditorium yesterday. All children represented their houses by taking part in a kahoot quiz where they had to recognise correctly spelt words with both accuracy and speed. Tension and excitement were high as the students used the virtues of cooperation and determination to try to secure victory for their house.

After the quiz, the expert spellers got a chance to compete for their house by spelling words individually. It was a fantastic effort by all these children and clear that they had been working extremely hard on their spelling lists at home.

Ms Witz and Ms Ho have put a lot of pictures from the event onto Class Dojo.

After three highly competitive competitions, Ms Witz tallied the scores and the champions of the 2019 SJIM Spelling Bee are **JAIME**. Congratulations **JAIME**.

## **DATES FOR YOUR DIARIES:**

### **TUESDAY 3 DECEMBER SOCIAL MEDIA SAFETY INFORMATION SESSIONS**

We will be running parent information sessions for parents regarding on-line safety. After many conversations with parents it has become clear that parents would like further information on this very important area. Our children can be at risk from social media and, as adults, we need to do everything to keep this to a minimum. We will be running 3 identical workshops at different times during the day. (8am, 2pm and 6pm) We would like to encourage every family to be represented at one of the sessions. We will be advertising the sessions after half term but please put the date in your diary!

## **Christmas Concerts**

Tuesday 17 Dec - all of Year 1 and 2 plus String Ensemble at 9am.

Tuesday 17 Dec - all of Year 3 and 4 plus Concert Band at 4pm.

Wednesday 18 Dec - all of Nursery and Reception plus Piccolo Singers at 9am.

Wednesday 18 Dec - all of Year 5 and 6 plus Cantabile Singers at 5.30pm.

# Useful Links



[ES Student Absence Form](#)  
[HS Student Absence Form](#)



[HS Parent Calendar 2019/20](#)  
[ES Parent calendar 2019/20](#)



[HS Staff Email 2019/20](#)  
[ES Staff Email 2019/20](#)



[October 2019 Menu](#)  
[November 2019 Menu](#)  
[Term 1 meal charges](#)



[Update from University & Careers Counselor](#)



[PSG Update](#)  
[PSG Coffee morning](#)



[Music Website](#)



[Sports Website](#)