

News Update



**THE BAIRD
PRIMARY
ACADEMY**

TERM 5 – 20TH MAY 2022

Dates for the Diary

24.05.22	Skylarks Class Assembly
25.05.22	Celebration Afternoon 2:30pm Classrooms
26.05.22	Year 5 Assembly
27.05.22	Queen's Jubilee Celebrations
27.05.22	Last Day of Term 5
06.06.22	First Day of Term 6
07.06.22	Kingfishers Class Assembly
14.06.22	Sandmartins Class Assembly
16.06.22	Egrets Class Assembly
21.06.22	Sandpipers Class Assembly
22.06.22	Year 6 Prof C Gull
28.06.22	Lapwings Class Assembly
05.07.22	Year 4 Assembly
08.07.22	Pupil reports to parents
12.07.22	KS2 Parent Consultations 2:00 - 6:00pm Main Hall
13.07.22	EYFS/KS1 Parent Consultations 2:00-6:00pm Main Hall
15.07.22	Summer Fundraiser
19.07.22	Reception Assembly



Gold Award Winners



Cygnets: Harry, Imogen
Ducklings: Anastasia
Swifts: Aria
Skylarks: Freddie
Robins: Oscar
Kingfishers: Bethany
Lapwings: Blake
Sandmartins: Leo
Cranes: Arthur, Dylan
Hérons: Alice
Egrets: Bradley
Curlews: Barry
Kittiwakes: Joshua, Neyaz, Jack
Avocets: Nevaeh



Queen's Jubilee Celebrations

We are delighted to be advise Chartwells are offering **every pupil a free packed lunch** for our Friday 27th May Jubilee celebration picnic.

The sandwich choice available is ham, tuna or cheese and there is a vegetarian sausage roll option available with the cheese sandwich.

If you would like to take advantage of this offer, please ensure you access ParentPay and book your meal before midnight on Thursday 26th May.

Thank you to Chartwells for supporting our celebrations!

JUBILEE DAY!

MAINS
A selection of scrumptious sandwiches with your favourite fillings
Pizza whirl, mini sausage roll, carrot and cucumber sticks.

DESSERTS
Jubilee crown cookie

DON'T FORGET! SCHOOL MEALS ARE FREE FOR ALL PUPILS IN RECEPTION, YEAR 1 AND YEAR 2.

PLEASE SPEAK TO YOUR SCHOOL FOR MORE INFORMATION SIGN UP TODAY!

Staff Car Park and Vehicles on Site

Please ensure your children are supervised at all times while you are on site and do not access the staff car park or have contact with any vehicles parked on the academy site.

There have been incidents of damage to vehicles by pupils which is unacceptable.

Parents/carers are also reminded not to drive onto the academy site or use the car park unless authorisation has been granted for exceptional circumstances.

This applies to before and after school hours as well as during the school day.

Thank you for your cooperation.

Need to save money on food bills?

You can cook great food for 50p a portion!



ITALIAN PASTA SAUCE



CHANNA MASALA



MIDDLE EASTERN PILAF

Want to learn how? It's easy, fun, completely FREE, and you can do it at home.



**SAVE MONEY
COOK BETTER THAN THE TAKEAWAY**
Register now: Phone/text/Wepp Jo 07775 210 303
Email Jo on: hastings@bagsoftaste.org
*Free course and ingredients for qualifying participants only

As featured in:

GoodFood
The Observer
delicious. magazine

Class Photo Proofs

We have received the class photo proofs and they look great!

These will be coming home with pupils this week. Please ensure your order form is returned to the academy by Tuesday 7th June.

Reminders

Year 6 Prof C Gull visit - This is a free of charge visit. Please access the event on ParentPay and complete consent and also complete and return the University of Brighton questionnaire by Friday 20th May.

Year 6 Leavers Hoodies - please access and complete on ParentPay by **Friday 10th June**

October Residential Visit - Final instalment of £27.00 due before **Friday 1st July**

Magic Breakfast

As part of our Partnership with Magic Breakfast, cereal will be available next Wednesday 25th May, for anyone in need of help with food over the May half term.

This will be available from 3:00pm outside the main office. (If it is wet, we will postpone this to Thursday).

Safeguarding

If you have any concerns or wish to report or discuss any issues, please email safeguarding@thebairdprimaryacademy.org.uk



TERM 5 – 20TH MAY 2022

Building Brains

The Balance of Life



Secure relationships and interesting experiences help to build our brain and meet our needs.



When we have many of these positive 'sunny' experiences, we see the world in a calm and positive way.

When we experience trauma or have adverse experiences we can see the world in a different way.



When we have had enough 'yellow' experiences, then the 'blue' experiences can be recovered from. It's as if the blue is changed to green because of the yellow underneath, and we develop resilience.



Sometimes things happen that are outside our control and our children experience trauma or very stressful experiences. Sometimes we may look back and wish we could change how things were for them. We cannot change the past but we can change the balance!

By deliberately spending more time with our child to develop the security of their attachment, or by planning in new, positive experiences, we can change the balance! We can help to build the 'yellow' sunny experiences that allow them to cope with the 'blue' stressful experiences.

Help them to build a strong foundation so they can cope with stressors past, present and future!



TERM 5 – 20TH MAY 2022

National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many apps which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about **DISCORD**

AGE RATING
13+

Servers and channels marked as 'NSFW' require users to be 18 or older to join.

Discord is a free app which allows users to communicate in real time via text, video or voice chat. Available on desktop and mobile devices, it was originally designed to help gamers cooperate – but has evolved into a more general networking platform for a range of online communities, discussing topics like TV series, music, Web3 and more. Discord is organised around closed groups, referred to as 'servers'. To join a server, users must be invited or provided with a unique link. It's a space for users to interact with friends, meet others with shared interests and collaborate privately online – but it's also a place where young people can be exposed to risks if the right precautions aren't taken.

WHAT ARE THE RISKS?

CYBERBULLYING

Discord's easy accessibility and connectivity, unfortunately, makes it an ideal place for cyberbullying to occur – especially as audio and video streams disappear once they've ended, meaning that bullying could take place without leaving any evidence. Closed groups can also be created, giving young people the opportunity to exclude their peers or send cruel messages without adult oversight.

DIFFICULT TO MODERATE

Like many private communication apps, Discord's real-time messaging can be difficult to control. The system enables content moderation through each individual server – so different groups can set their own rules for what's acceptable, and some groups may not monitor for unsuitable content. Anything that happens in an audio or video stream is also virtually untraceable once the stream has concluded.

INAPPROPRIATE CONTENT

Discord mainly hosts private groups, making it easier for unsuitable or explicit content to be shared on channels. Pornography, racism and inappropriate language can be found in some groups. Server owners are required to add an age-restriction gate to channels where 18+ content is being shared – but this solution isn't foolproof, as the platform doesn't always verify users' ages when they sign up.

ACCESSIBLE TO PREDATORS

On many chat platforms, users can lie about their age or true identity – and Discord is no exception. Predators have attempted to abuse the platform by using it to contact and communicate with underage users – by initially chatting with a child on an age-appropriate channel, for example. While Discord has improved its safety settings, some users will still try to bypass them for malicious reasons.

CRIMINAL ACTIVITY

Discord does have strict Terms of Service and Community Guidelines to protect its users – but, sadly, not everyone adheres to them. Criminal activity including grooming, hate speech, harassment, exploitative content, doxing and extremist or violent material have all been found on Discord servers over the last two years. In 2020, Discord received almost 27,000 reports of illegal activity on the platform.

Advice for Parents & Carers

REVIEW SAFETY SETTINGS

Discord has a series of safety settings, enabling users to choose who can direct message them or send them friend requests. Your child's experience on Discord will be much safer if the app's privacy and safety settings are configured to only allow messages or friend requests from server members. This will minimise the chances of potential predators from outside the group contacting them.

EXPLAIN AGE FILTERING

While Discord requires users to be at least 13 to sign up, many servers geared towards older users are flagged as NSFW (not safe for work), which indicates they probably contain material that's inappropriate for children. It can be easy to click through settings without properly reviewing them, so ensure your child understands why age filtering is important and that it's there to protect them.

SCREEN OUT EXPLICIT CONTENT

In the privacy and safety settings, Discord users are offered the ability to filter direct messages for inappropriate content: a setting that should be enabled if your child uses the platform. Discord automatically tries to flag images that are explicit, but the setting must be manually enabled for text. If a young user is sent explicit content in a direct message, Discord will scan and (if necessary) delete it.

MONITOR ONLINE ACTIVITY

It's wise to regularly review your child's activity on Discord. This can include checking their safety settings to ensure they're correctly enabled, talking about which servers they've joined and reviewing some of their friends and direct messages. Ask if anything has made them feel uncomfortable or unsafe. Things can change quickly online, so plan routine check-ins and follow up frequently.

DISCUSS GOOD ONLINE BEHAVIOUR

The anonymity offered by the internet often leads people to communicate more openly online and behave differently than they would at school or home. It's crucial to bear in mind, though, that every internet user is still a real person. Talk to your child about the severe and lasting consequences that cyberbullying or exchanging inappropriate material online can have in the real world.

HAVE CANDID CONVERSATIONS

It can sometimes be awkward to discuss topics like grooming, pornography, racism or explicit content with your child – but it's important to ensure they're aware of the harms these things can pose. Talking openly about these subjects is a great way to help your child feel more comfortable about coming to you if they experience an unwanted encounter on Discord (or anywhere else online).

Meet Our Expert

Coral Cripps is a Canadian-born, London-based tech journalist at gmv3.com, a website specialising in all things Web3, gaming and XR (extended reality). With a focus on brands and culture, she researches and writes about the ways that our current innovations – including the metaverse and Web3 – are impacting people, places and things.



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#WakeUpWednesday



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