

Online Safety

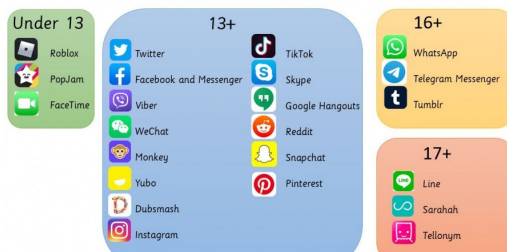
During this lockdown, with many parents working from home and children doing online learning, we find ourselves spending more time than usual online. Now more than ever, it is crucial to have conversations at home with your children about staying safe online whether using on a phone, tablet or computer.

While the internet is a great way for children and young people to stay in touch with their friends, it can also bring risks. It is therefore really important that as parents/carers, we play a key role in helping to keep our children safe online. Please check out the school's website www.chaselanepriamary.waltham.sch.uk for information on internet safety. This can be found under the **Children & Parents'** tabs, then by clicking on **Internet Safety**.

It can be difficult to know how to start talking to your child about what they're doing online or who they might be speaking to. But talking regularly, like you would about their day at school, will help your child feel relaxed and mean that when they do have any worries, they're more likely to come and speak to you.

Please also remember that all social media platforms have an age restriction, and most are unsuitable for children under the age of 13 without parental supervision.

Age Restrictions for Social Media Platforms
What is the minimum age for account holders on these social media sites and apps?



Birthday Wishes

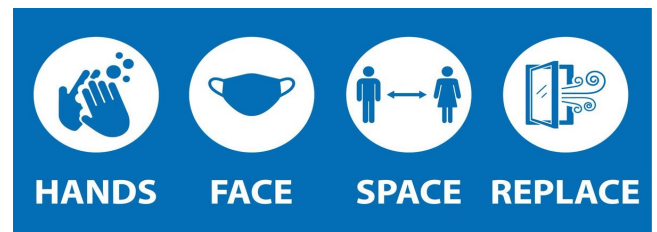


Happy Birthday to everyone who celebrated or will be celebrating their birthday this month. Hopefully next year all birthday celebrations will be extra special.

Things To Do In Lockdown

1. Why not create postcards and send them to your friends and family. Maybe you can create a postcard of places you would like to visit one day or maybe places you have seen on your daily walks.
2. The English touring opera ETO has some great children's singing lessons led by opera singers - which are good fun and you learn a new skill! Check it out: <https://www.youtube.com/watch?v=-FZ1omOejhU&t=2s>

COVID Safety



Mental Health Support

The pandemic has taken its toll on all of us and will have affected us in various ways, whether we realise or not.



It has not been an easy time for any of us and studying from home whilst being in lockdown can bring additional challenges and stresses for children, young people and families. It may be particularly important and difficult to support your child's mental well-being if they have an existing mental or physical condition, a learning disability, autism or are a young carer.

The Waltham Forest website has lots of useful information, guidance and signposting for supporting your child's mental health. For more information, check out the link below.
https://www.walthamforest.gov.uk/content/mental-health-and-wellbeing-0?utm_content=&utm_medium=email

Updated School Term Dates

Chase Lane Primary School and Nursery Unit
Calendar 2020-2021

Spring Term 1

Monday 4th January 2021 - Friday 12th February 2021

Half term holiday

Monday 15th February 2021 - Friday 19th February 2021

Spring Term 2

Monday 22nd February 2021 - Thursday 1st April 2021

Wellbeing Magazine

Here is your free e-copy of Family First magazine, packed full of information to help keep children happy, learning & entertained at home during lockdown. We hope it helps in some way.

Please check out the link below:
https://issuu.com/sevenstarmedia/docs/ff_issue_7_digital211220

Joke of the Month

- A. What is the strongest creature in the world?
- B. The snail, it carries its whole house on its back!

*HOPE IS BEING ABLE TO SEE
THAT THERE IS LIGHT
DESPITE ALL OF THE
DARKNESS*

Desmond Tutu