



Launde Newsletter

19 November 2021

Dear Parents and Carers

Thank you to all those who have donated towards Children in Need. The children have all had a wonderful day while learning about this worthwhile cause.

We will update you on the total raised in next week's newsletter.

Christmas Dates

Tickets for all Christmas concerts will be available to purchase the week commencing 22 November. More information on all of these events will come in letters sent by email, so please do check your inbox regularly.

A letter about having a Christmas dinner will be sent by email. This is only applicable to those children who do not currently have hot dinners. Please see below for the date.

Here are the Christmas dates again for your diary:

Monday 6 December – Foundation Christmas Concert 10am

Tuesday 7 December – Year 1 Christmas Concert 10am

Wednesday 8 December – Year 3 Christmas Concert 6pm

Thursday 9 December – Year 4 Christmas Concert 6pm

Friday 10 December – Christmas Jumper Day

Monday 13 December – Year 5 Christmas Concert 6pm

Tuesday 14 December – Christmas Dinner

Wednesday 15 December – Year 2 Christmas Concert 10am

Wednesday 15 December – Year 6 Christmas Concert 6pm

Thursday 16 December – Sleeping Beauty at De Montfort Hall for Years 2 through 6 - 1.15pm performance – children returning to school around 4.30pm

Thursday 16 December – The Gingerbread Man performance in school by Teach It Through Drama for Foundation and Year 1

Friday 17 December – Last day of term

Attendance Award



Our congratulations go to **Swiftwood** and **Cader Idris** for achieving the highest attendance this week.

Diary Dates

Monday 29 November – Warning Zone trip for Cader Idris and the second half of Watership Down

Monday 6 December – Foundation Christmas Concert 10am

Tuesday 7 December – Year 1 Christmas Concert 10am

Wednesday 8 December – Year 3 Christmas Concert 6pm

Thursday 9 December – Year 4 Christmas Concert 6pm

Friday 10 December – Christmas Jumper Day

Monday 13 December – Year 5 Christmas Concert 6pm

Tuesday 14 December – Christmas Dinner

Tuesday 14 December – Flu immunisations

Wednesday 15 December – Year 2 Christmas Concert 10am

Wednesday 15 December – Year 6 Christmas Concert 6pm

Thursday 16 December – Sleeping Beauty at De Montfort Hall for Years 2-6. 1.15pm performance – children returning to school around 4.30pm

Friday 17 December – Last day of term

Tuesday 4 January – first day of Spring Term

Flu Immunisations

Flu immunisations will be taking place on Tuesday 14 December. Please complete the online consent form by visiting: www.leicsandrutlandimms.co.uk

- Select Seasonal Flu
- You will need the code for your school. For Launde Primary School the school code is LE139751

Please note, the consent form needs to be filled in **online**. The nasal spray contains gelatine. There is a gelatine free injection available. Please follow this link for more information:

<https://tinyurl.com/fluprimary>

The Queen's 70th Anniversary Bank Holiday

A letter was recently emailed out regarding Her Majesty the Queen's 70th anniversary as monarch, which is being celebrated with an additional Bank Holiday in 2022.

At Launde we have chosen to take this day on the very last day of term. The last day of this academic year for the children will now be Thursday 7 July.

Anti-Bullying Week

This week has been Anti-Bullying Week across the UK. We believe that kindness is more important today than it has ever been. The isolation of the last year has underlined how little acts of consideration can break down barriers and brighten the lives of the people around us.

This is one of the reasons, that 'One Kind Word' has been chosen as the theme of Anti-Bullying Week. The last year has also seen us using online platforms more than ever, and being kind online is one of the ways in which we can tackle bullying.

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

National Online Safety

#WakeUpWednesday

14 WAYS TO BE KIND ONLINE

Showing kindness online can mean so much to someone else. It is a choice we can all make that helps others, puts people's needs before our own and which can generate feelings of empathy and compassion. Small gestures can have a large impact and often one act of kindness can lead to more, making the world a happier and more positive place. That's why we've created this guide to suggest a few simple 'acts of kindness online' that can benefit people's mental health, support their wellbeing and encourage a more positive approach to engaging online.

- 1. BE POSITIVE**
Post about things that make you happy and that you're thankful for. It could brighten up someone else's day.
- 2. OFFER TO HELP**
Sometimes a friend or family member might post a question online or ask for help with something they can't do themselves. If you know the answer or are able to offer help, provide support and send a response. Something that may be easy for you might be difficult for someone else.
- 3. SHOW APPRECIATION TO OTHERS**
If somebody you know has done something good or shown kindness themselves, thank them for it. It costs nothing and showing them that you appreciate it means so much.
- 4. SHARE FUNNY VIDEOS OR IMAGES WITH FRIENDS & FAMILY**
We often come across funny videos or images online that make us laugh and then we move on. If you found it funny, your friends and family might too. It could help someone else who may be having a bad day.
- 5. LIKE, LOVE & CELEBRATE**
If somebody posts something that you like on social media, like it, love it or celebrate it! It's a small gesture but could mean a lot.
- 6. VIDEO CALL YOUR FRIENDS & FAMILY**
Using apps like Zoom, FaceTime or WhatsApp are great for connecting with others far away and shows you're thinking of them even though you can't physically meet them in person.
- 7. TELL SOMEONE YOU'RE THINKING OF THEM**
We can't always tell how people are feeling online and just dropping somebody a message to ask if they're ok or that you're thinking of them could literally make their day.
- 8. SHARE POSITIVE POSTS**
If you see something online that inspires you, share it with people you know. An inspirational quote, a beautiful photo or a motivational video can lift spirits, improve self-esteem and help make people feel better about themselves.
- 9. HOST AN ONLINE QUIZ**
Video conferencing apps are a great way to get friends and family together. If you know someone who is feeling lonely, host an online quiz and invite them to join in. It could really cheer them up.
- 10. THINK BEFORE YOU COMMENT**
Sometimes thinking before you act can be just as significant as acting in the first place. Showing thought before you comment could stop you posting something hurtful, offensive or negative. It's always better to post positively or post nothing at all.
- 11. BE COMPASSIONATE & UNDERSTANDING**
Being unhelpful towards others and their situation is often an act of kindness and selflessness that gets overlooked. If you notice someone who is upset, drop them a message and offer to listen.
- 12. CONNECT FRIENDS & FAMILY WITH SIMILAR INTERESTS**
You may know two people amongst your friends and family who you trust and know well who have similar interests and likes. Introducing them can be a great way for them to make new friends but remember to always ask their permission first.
- 13. RECOMMEND SOMETHING YOU ENJOY DOING TO OTHERS**
If you enjoy doing something online, such as playing a game, or if you've found a great learning resource, share it with others. Even if you've watched a good film, letting others know can be an act of generosity that brings them excitement or pleasure at a time when they might need it the most.
- 14. PRAISE OTHERS FOR THEIR ACHIEVEMENTS**
Sometimes your friends or family might post something online that they're proud to have done. It might be an exam they've passed, learning a new skill or just completing a task. Either way, it's always kind to recognize hard work and effort through praise and celebration.

Meet our expert
This guide has been written by Anna Bateman, there is passionate about giving prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department for Education, advising them on their mental health green paper.

www.nationalonlinesafety.com Twitter - @nationalonlinesafety Facebook - /NationalOnlineSafety Instagram - @NationalOnlineSafety

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10 Ways You Can SHARE KINDNESS ONLINE

Last year, around one in five young people aged 10–15 in England and Wales admitted experiencing online bullying; most commonly being insulted or sworn at, or having hurtful messages sent about them. To someone who's being bullied, the world can seem like a bleak, negative place – but just one kind word can be a ray of hope: a turning point that brightens their day and refreshes their perspective. That's why 'One Kind Word' is the theme of Anti-Bullying Week 2021. We're supporting this year's event by bringing you ten top tips for beating online bullying by replacing it with kindness.

1 PRAISE WHERE IT'S DUE

Sometimes a friend or relative might post online about something they're proud to have achieved: maybe an exam they've passed, a new skill they've learned or a task they've completed. Celebrate their hard work and determination by being kind enough to praise them for it publicly.

2 REACH OUT

It's not always easy to tell what kind of mood someone is in just from what they post online. Simply dropping somebody a message to say 'hi', to ask if they're OK or to tell them that you're thinking of them could totally make their day.

3 RECOMMEND FUN THINGS

If there's something you enjoy doing online – perhaps you play a particular game, or you've found a really cool site – share it with someone you think will enjoy it. Even recommending a film or TV show you think they'll like can bring a little happiness to someone who really needs it.

4 OFFER TO HELP

Sometimes you might see a friend or family member posting a question online or asking for help with something they can't do themselves. Don't just ignore it – if you can help, get in touch. Something that's difficult for them might be no trouble for you!

5 POST POSITIVELY

Lots of people seem to go online purely to complain about things or be negative. Just because you're communicating online (and not face to face) doesn't mean you can't be positive, though! Post about things that make you happy and that you're thankful for. It could brighten someone else's day.

6 SHOW YOUR APPRECIATION

If somebody that you know has done something positive or shown kindness themselves, go online and thank them with a message or a post. Expressing your gratitude costs nothing and showing someone that you appreciate them will really make them feel good.

7 BE UNDERSTANDING

Showing empathy towards others is an act of online kindness which often gets overlooked. If you notice that someone you know is upset, drop them a message. Sometimes people just need someone else to listen to them and understand their situation.

8 SHARE INSPIRATIONAL POSTS

When you see something online that inspires you or makes you feel happy, share it with people you know. A spot-on quotation, a beautiful photo or an uplifting video can lift someone's spirits and help them to feel better about life.

9 THINK BEFORE COMMENTING

Thinking before we act can be just as important as acting in the first place. Taking a second to consider what you're saying in advance could stop you from posting something negative, hurtful or offensive – even if you don't mean to. It's better to post positively or not post at all.

10 LIKE, LOVE AND ENGAGE

If somebody posts something that you like on social media, don't just scroll past – take the time to like it, love it or leave an appreciative comment! Reacting positively to other people's posts might seem like a small gesture but could mean a lot to them.

Meet Our Expert

Carly Page is an experienced technology journalist with more than 10 years of experience in the industry. Previously the editor of tech tabloid *The Inquirer*, Carly is now a freelance technology journalist, editor and consultant.



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