

# Matthew's C.E (Aided) Primary School and Nursery Centre



*'I can do all things because Christ gives me strength' Philippians 4:13*

## Friday Feature: 16th January 2026



This half-term we are focusing on the Christian Value of **Courage**



***Be strong and courageous. Do not be frightened, and do not be dismayed, for the LORD your God is with you wherever you go. Joshua 1:9***

### Young Carers Day

"Young Carers Action Day is an annual event, led by Carers Trust, that raises awareness of the challenges faced by young carers and young adult carers.

The theme this year is 'Fair Futures for Young Carers'. The support that this will give will help carers come to terms with their parents or other family members who have illnesses or conditions."

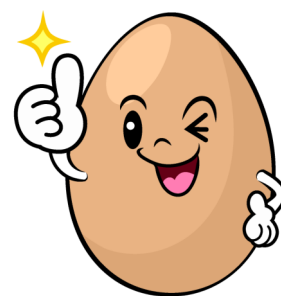
Written by Amelia J and Kaella

### Young Egg Carers

This afternoon every class was given an egg to take care of. It was their job to work together as a class to make sure the egg was cared for.

Rules :

- Cannot be left unattended—must always be with a child
- Every child in the class must have the opportunity to look after the egg
- Cannot be left to get too cold
- Must be kept warm (room temperature)
- Cannot be left to get too hot
- **MUST NOT GET BROKEN**



At the end of the day all eggs were returned to Mrs Wilson. Those classes who returned a perfect egg, demonstrating that they had cared for their egg extremely well, received an extra 10 minutes added to their playtime on Tuesday.



## Weekly Prayer



Dear God

Give me the strength to be kind,  
And to respect everyone and everything.  
Remind me always to use my manners,  
And give me the courage to make the right choices.  
Bless our whole school family,  
And our wider family across the world

Thank you for being with us,  
And helping us in all that we do.

Amen.



## Pupils of the Week



Nursery	Alby
R St Francis	Jamon
1: St Teresa	Ugom
1/2: St Nicholas	Dylan
2: St Joseph	Robin
3: St Cecilia	Luca
3/4: St Sophia	Milana
4: St Kateri	Ala
5: St Thomas	Ashley
6: St Padre	Peniel

## Dinner Money

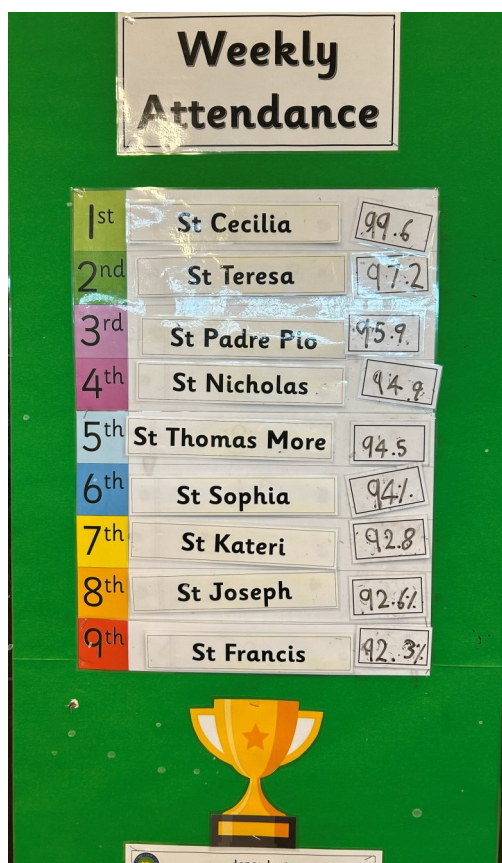
Please can parents ensure that all dinner monies are paid up to date to the end of January before ParentMail ceases.

You will be unable to book clubs after the 31st January on Parent Mail—we will advise how to do this nearer the time.

## Attendance Award



This week the attendance award has gone to — 3 St Cecilia



## Arbor

Everyone should now have received their email invitation to sign up to the Arbor app. So far there is a 56% update.

If you haven't, please let us know, as this will be our main form of communication to parents.

From February, Parent Mail will no longer be in use. It is hoped that the payment application in Arbor will be up and running. If this is not the case then we will temporarily be returning to cash and cheque payments until the system is sorted.

Whilst talking about money, from the 1st February school dinners are increasing in price to £3.05 per day.

## Music Assembly

On Tuesday some musicians from Telford and Wrekin Council performed in an assembly to the children.

If you are interested in your child receiving music lessons then please go to [www.telfordandwrekinmusic.co.uk](http://www.telfordandwrekinmusic.co.uk) for more information.

Lessons are free for those children in receipt of free school meals.



## Future Dates

16th to 20th February	Half Term
30th March to 10th April	Easter Break
4th May	Bank Holiday
25th to 29th May	Half Term
1st June	PD Day
17th July	Break up for Summer



# SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

## A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From climate change to military conflicts around the globe, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

### 1 FIND OUT WHAT YOUR CHILD KNOWS

There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they've seen.



### 2 RIGHT TIME, RIGHT PLACE

Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.



### 3 KEEP IT AGE APPROPRIATE

With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what's happening – but again, do stay aware of their emotional state.



### 4 EMPHASISE HOPE

Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.



### 5 MONITOR REACTIONS

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.



### 6 CONSIDER YOUR OWN EMOTIONS

It's not only young people who find upsetting news difficult to process: adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.



### 7 SET LIMITS

Managing screen-time and content can be difficult even in normal circumstances, but especially in unusual or stressful periods (at the start of the pandemic, for example). It's virtually impossible to keep children away from upsetting content completely, but it's important to try to limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screen-time limits.



### 8 TAKE THINGS SLOWLY

Try not to overwhelm your child with information all at once: instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.



### 9 ENCOURAGE QUESTIONS

Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.



### 10 FIND A BALANCE

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.



### 11 BUILD RESILIENCE

News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.



### 12 IDENTIFY HELP

It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It is essential that children understand that they're not alone, and that help is available if and when they need it.



## Meet Our Expert

Cayley Jorgensen is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp helps give a voice to bystanders by encouraging them to speak up and get the help they not only want but need.



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#WakeUpWednesday

Sources: <https://www.bbc.co.uk/news/health-6047006> | <https://www.childrensblog.org/supporting-your-child-with-upsetting-content/> | <https://www.unicef.org/poweringup/how-talk-your-children-about-conflict-and-war>



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