

Healthy Week

This week the children have thoroughly enjoyed their healthy week with a range of activities and lessons to support their personal, social, emotional and health development. It was sad that the weather halted some of our trips but hopefully these can be rearranged for next week. At the time of going to press the children were heading out for their Sports Day to finish off the week!

Leaver's Mass

On Thursday, our Year 6 pupils joined their friends from the Year 6 classes from our other North Tyneside Catholic Primaries for a special Leaver's Mass at St Columbas Church. It was a lovely celebration of their time in primary school and an opportunity to meet and reflect with new friends ahead of September. Their final Leaver's Mass with St Mary's will take place in school on Wednesday 17th July at 7pm.

School Lunches

Please can parents ensure that all account balances are paid up to date by the end of the school year? Thank you to parents who responded to the new menu orders for September. The form is now closed to allow kitchen staff to place food orders and the form will reopen on the first week of term.

End of Year Reports

We hope you all received your child's end of year report. Please can you ensure that the report slips are returned to your child's class teacher by next week? If you wish to speak to the class teacher about the report, please make an appointment for Monday evening, via the school office.

End of Term Arrangements

Please can we ask that ALL reading books are returned to school next week? We are having an amnesty so please send in any books that you have at home and have a good look under beds and on book shelves! Children will need to bring a large, strong carrier bag to school on Wednesday to take home their exercise books.

Holiday Information

Please find attached and below some information regarding holiday events in North Tyneside and safety information from Northumbria Police.

<https://my.northtyneside.gov.uk/category/1541/what-ease-programme>

<https://www.google.com/maps/d/viewer?mid=1cSIE4KTmFTefTyKs5J7ovotwgGpQQhs&ll=54.27470401096579%2C-1.8406352499999867&z=7>

<https://www.livingwellnorthtyneside.co.uk/>

Dates for your Diary

Monday 15th July – Optional Parents Evening

Tuesday 16th July – Nursery Graduation Concert at 10am

Wednesday 17th July – Year 6 Leaver's Mass at 7pm

Thursday 18th July – Whole School End of Year Mass at 10am

Next week is Zebra week on the school lunch menu

Don't forget to visit our school website for further school information

www.stmarysonline.co.uk

Online Safety #wakeupwednesday

At The National College, our #WakeupWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.org.

What Parents & Educators Need to Know about SHARING INTIMATE IMAGES

An intimate image depicts sensitive – often sexual – content, and sharing these photos or videos is commonly known as ‘sexting’. As of January 2024, it is a criminal offence to distribute any intimate images shared by a third party without consent, with offenders facing prison time. Naturally, misuse of intimate images can lead to emotional distress and reputational damage.

WHAT ARE THE RISKS?

EMOTIONAL DISTRESS

Victims of the misuse of intimate images will experience emotional distress, including self-harm, anxiety, depression and loss of self-esteem. The misuse of images can lead to sexual harassment and a sense of helplessness. This emotional turmoil can affect daily life, academic performance and personal relationships.

DAMAGE TO REPUTATION

Intimate images being shared publicly can severely damage a person's reputation. This can lead to bullying, social exclusion and long-term impacts on personal and professional relationships. If a teenager gets their hands on any intimate images, the fear of reputational damage can often make it difficult for them to disclose to anyone.

PRIVACY VIOLATIONS

Once intimate images are shared online, it can be difficult to gain control where they end up and who else sees them. This loss of privacy can have lasting repercussions, including identity theft and potential online harassment.

FINANCIAL EXPLOITATION

Perpetrators of sexting may demand money from victims under the threat of releasing their intimate images publicly. This can lead to severe financial problems for children and their families, compromising their emotional and psychological stability.

LEGAL CONSEQUENCES

If a child or young person creates or shares intimate images to others – especially adults – this is considered a form of child abuse under UK law, leading to charges of child sexual communication. Although necessary, it's crucial for parents, carers and educators to understand the legal processes and be able to provide proper guidance and support.

TRUST ISSUES

Sharing of intimate images without consent can lead to long-term trust issues. Victims may find it difficult to trust others, impacting future relationships and their ability to form healthy, supportive connections. This erosion of trust can have profound effects on mental health and social wellbeing.

Advice for Parents & Educators

FOSTER A CULTURE OF OPEN COMMUNICATION

It's vital to encourage open communication with children and young people about the dangers of sharing intimate images. Create a safe space where they feel comfortable discussing their online activities and any concerns they may have without fear of judgement. Be sure to respond to any warning information with an attitude of support and learning.

PROMOTE DIGITAL LITERACY

Digital literacy is incredibly important for children and young people to understand how to protect their privacy online. Teach them about secure online practices, such as using strong passwords, enabling privacy settings and recognizing suspicious behaviour. This empowers them to be proactive in terms of their own safety.

EDUCATE CHILDREN ON THE RISKS

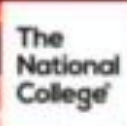
Children and young people often want to understand why certain rules are in place. Educate them about the risks of sharing intimate images online, explaining the reasons for monitoring and other security measures, alongside the potential for abuse, including blackmail, and the long-term consequences that can arise from these actions.

PROVIDE SUPPORT RESOURCES

Ensure that children and young people know where to seek help if they become victims of sexting or any other online abuse. They should identify trusted adults they can talk to and provide them with information about trusted resources like helplines (e.g. Childline) that they can access if they need help.

Meet Our Expert

Isabella Ruse is a safeguarding and neurodiversity consultant with over 20 years' experience working with children, families and adults in education, social authority and mental health settings in the UK and abroad.



Source: See full reference list on guide page or what parents need to know about sharing intimate images