



## Whitchurch Weekly

School News

8th Mar  
2024  
Issue 23

### Meet the Team!

**Name:** Rajia Ahmed

**Role:** Reception Class Teacher



**About me:** I was born in London and lived there for 18 years before moving to Harrow. My family are from Bangladesh and I love visiting and connecting with my roots. I have three children and two grandchildren whom I adore. Being a grandparent is the best role so far! I have been at Whitchurch for 18 years and that is something I am very proud of. I love the school immensely and my classroom is my happy space. I love the sense of belonging and the community feel here at Whitchurch.

**Hobbies and interests:** I am creative and love to sew and paint in my spare time. I enjoy making clothes and love to challenge myself and recycle favourite items into new ones. I enjoy eating out and being a Londoner means I take any opportunity to travel into town. Walking around the busy streets makes me feel nostalgic and brings me memories of my childhood. For my wellbeing I go for long walks and enjoy getting in touch with nature. Sitting in my garden listening to birds chirping helps me to relax. I love a good sunset too, it helps me be thankful and appreciate the world around me. I am also a crazy cat lady too, I love all cats big and small. My cat Tigger is the love of my life!

**Best part about my role:** The best part about my role is seeing the children's happy faces and their love for learning. Every day in school is different, we come across new challenges and new ways to overcome them. As teachers we are able to support children learn and witness their 'lightbulb' moments. The best thing about teaching is definitely the relationships which you develop with the children. There is no doubt that academia is important, but as a teacher, there is a scope to make much more of a difference. The smallest actions may have the biggest effect and I believe it starts here in the early years. We can help to shape and mould little minds and make the world a better place a step at a time.

3SM class  
assembly  
next week

Schools  
Counselling  
Partnership  
coffee morning  
on Wednesday  
at 9am

Please  
remember that  
playground gates  
are now open  
between 8.35am  
and 8.55am

Please  
remember  
to book your  
child's lunches  
via ParentPay



## Dates for your Diary

Monday 11th March

5SK and 5ET visit to  
The British Museum

Wednesday 13th March

Schools Counselling Partnership Coffee Morning (9am)  
Soloists Spring Concert (4pm)

Friday 15th March

2AR visit to Florence Nightingale Museum

Monday 18th to  
Wednesday 20th March

Year 6 Residential Visit to Danbury Essex Outdoors

Wednesday 20th March

HMS String Festival at Harrow Arts Centre  
2KB visit to Florence Nightingale Museum

Thursday 21st March

2SA visit to Florence Nightingale Museum  
Relationships, Reproduction and Health Education  
Parental Workshop (attend 2.30pm or 5pm)

Friday 22nd March

2HD visit to Florence Nightingale Museum

RRHE Parent  
Workshop on  
Thursday  
21st March



## Class Assemblies

12th March - 3SM  
19th March - 1CL  
23rd April - Lions  
30th April - Tigers  
7th May - Leopards  
14th May - Jaguars

Infant Class  
Assemblies  
Tuesdays  
9.05am

21st March - 4SF  
11th July - Year 6

Junior Class  
Assemblies  
Thursdays  
at 9.05am

# STARS of the Week



Well done to our stars of the week, who have been selected for excellent work and demonstrating our school values

This week's Infant Stars

**RRA Tigers** Rebeca  
**RNW Leopards** Maysa  
**RRV Lions** Hannah  
**RPS Jaguars** Aiden

**1ST** Aaron  
**1BP** Amelia  
**1SM** Raeya  
**1CL** Riana

**2HD** Reeva  
**2KB** Kayden  
**2SA** Isla  
**2AR** Whole Class

**3NL** Alessio and Aarav  
**3MS** Sara and Zakariyah  
**3LA** Maria and Jia  
**3SM** Hassan and Sabah

Respect  
 Responsibility  
 Resilience  
 Honesty  
 Generosity  
 Aspiration

This week's Junior Stars

**4BS** Saisha  
**4CM** Elliott  
**4XL** Stavyaa  
**4SF** Lina

**5PA** Umair  
**5SK** Thomasina  
**5SC** Whole Class  
**5ET** Arzo

**6HH** Aliyah  
**6AS** Rehan  
**6EH** Saesha  
**6MO** Jiya

## Class Attendance this week

<b>Nursery</b>	<b>AM</b> 93.5%		<b>PM</b> 87.1%	
<b>Reception</b>	<b>RRA</b> 89.66%	<b>RNW</b> 97.33%	<b>RPS</b> 84.83%	<b>RRV</b> 94%
<b>Year 1</b>	<b>1CL</b> 97.33%	<b>1BP</b> 98%	<b>1ST</b> 97%	<b>1SM</b> 93.79%
<b>Year 2</b>	<b>2AR</b> 93.79%	<b>2HD</b> 97.67%	<b>2KB</b> 99%	<b>2SA</b> 93.23%
<b>Year 3</b>	<b>3LA</b> 95.33%	<b>3MS</b> 97.93%	<b>3NL</b> 93.67%	<b>3SM</b> 94.67%
<b>Year 4</b>	<b>4CM</b> 96.67%	<b>4SF</b> 96.3%	<b>4XL</b> 96.43%	<b>4BS</b> 95.56%
<b>Year 5</b>	<b>5ET</b> 93.45%	<b>5PA</b> 98.67%	<b>5SC</b> 96.9%	<b>5SK</b> 94.81%
<b>Year 6</b>	<b>6AS</b> 97.78%	<b>6EH</b> 97.67%	<b>6HH</b> 97.59%	<b>6MO</b> 100%

This week's Attendance Stars are **6MO!**

Whole School **95.56%**



## Photos on Site

A reminder that parents/ carers and other visitors on school grounds are not permitted to take photos of any displays that contain images of children. Thank you for your support.

## RRHE Parental Workshop

We shall be holding a workshop outlining our approach to Relationships, Reproduction and Health Education on **Thursday 21st March (2.30pm-3.15pm or 5pm-5.45pm)** for parents/carers of children in Reception to Year 6. This session is intended for parents and carers who have not attended previously and would like to find out more.

## LAMDA Sessions



Booking is now open for LAMDA sessions in Years 1 to 5. Please refer to the information sent via School Spider and complete the form if you are interested in applying for a place for your child.

## Whitchurch Cricket Team



We are delighted that our cricket team are the Harrow Borough champions and are now one of the London Grand Finalists in the William Greaves Trophy, the largest primary school competition in the UK. The final will take place at Lord's cricket ground. Well done to all those taking part.

## The Elms Holiday Activity Camp



The Elms are holding an activity camp for children aged 5-12 in the Easter holidays from **Tuesday 2nd to Friday 5th April, 9am-4pm.**

This event is **£34 per child per day.** Early Bird discounts are available if booking by Friday 22nd March. 20% sibling discounts are available when they attend on the same days.

Activities include sports, art and crafts, games and much more. Children should wear comfortable clothing and bring a snack, packed lunch and drink in a refillable container for the day.

Booking hotline: **020 8954 8787** / Book online: [www.theelms.co.uk](http://www.theelms.co.uk)



For more details please see the flyer on the **Support for Families** page of our website: [www.whitchurchprimary.harrow.sch.uk/page/support-for-families](http://www.whitchurchprimary.harrow.sch.uk/page/support-for-families)



# Year Group Highlights

## Stars and our Book Corner

This week Nursery have been learning all about stars. We have been using our imagination to draw how we would catch a star. We also enjoyed World Book Day, dressing up as different story characters and designing our new book corner!



### Nursery

### Year 1

## Room on the Broom

Year 1 had a wonderful time on World Book Day and looked fabulous! We enjoyed the story 'Room on the Broom' and made our own potions using our imagination. We also created some lovely artwork of the witch flying on her broomstick.



## Exercise and Rest

This week we discussed the need to exercise to help us keep fit and healthy and learnt that rest is equally important. We wrote a list of things that help us to relax such as a drink of milk, listening to a story and snuggling with our teddies.

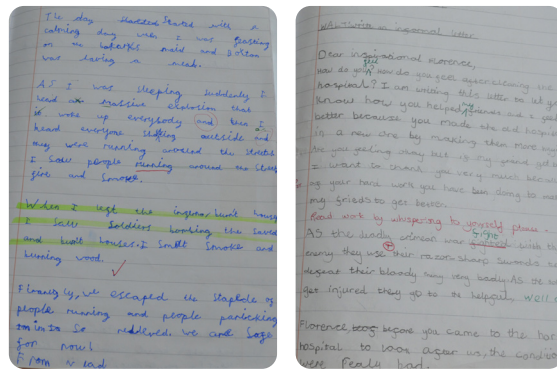


### Reception

### Year 2

## Crimean War

This week in English, Year 2 have been writing a letter as a soldier in the Crimean War. We used a variety of impressive sentence starters, expanded noun phrases and conjunctions to build a vivid picture for the reader of what it was like to be a soldier in the Crimean War.





## Year 3

## Year Group Highlights

### Alice in Wonderland

For World Book Day, Year 3 explored Alice in Wonderland. We enjoyed a range of activities such as creating a missing poster, designing our own Mad Hatter, painting the Cheshire cat, making bookmarks and an Alice in Wonderland inspired maths scavenger hunt!

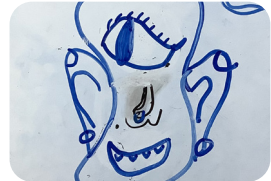
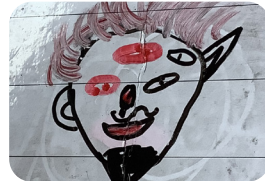


### Characters

Year 4 have had great fun on World Book Day exploring the characters within the story of Peter Pan. We played a game creating our own evil characters who joined the forces of Captain Hook! Take a look at our creations!



## Year 4



## Year 5

### Lent

In R.E. Year 5 have been learning about Christianity and the Easter story. This week we discussed the Christian period of Lent and what this means to Christian people in terms of spiritual practices and fasting.



## Year 6

### Junior Citizen Scheme

This week Year 6 attended an event hosted by TfL Stars. We learnt some very important life skills including travelling safely on public transport, fire safety in the home, basic first aid and what to do in an emergency.



Support for  
Families



Schools  
Counselling  
Partnership

## Protecting Children from Stress

Children often feel more stressed than we realise because they are still developing emotionally and intellectually. They often feel powerless and are under a lot of pressure, with less time spent in nature, less free-play and downtime, and less face-to-face contact.

### How parents and carers can help

It is important to think about your own self-care: slow down wherever you can. Also try to reduce all the activities in their schedule so that they have more downtime to play and to be creative. Physical activity and nature are particularly helpful in reducing stress so try to make sure they can move outside every day. Take the time to listen to your child and make sure you laugh together! It is also important to minimise screen time and maximise connection time with them. Finally, you can monitor and limit the amount of violence and upsetting material they access through video games, the news, and other online media, as this makes them believe that the world is a more dangerous place than it actually is.

### Reach Out

Sometimes we could all do with someone to talk to. If you would like to meet Tom for a confidential and non-judgemental chat about you, your child, or any other worries, he is available on **Wednesdays at 9am-10am**. You can contact Tom on **07799 028 461** or email [tom@schools counsellingpartnership.co.uk](mailto:tom@schools counsellingpartnership.co.uk)



## Wellbeing Coffee Morning

Our Therapeutic Lead Tom from Schools Counselling Partnership will be running a wellbeing coffee morning on **Wednesday 13th March at 9am**. All welcome to attend!

## Brilliant Parents Workshops

Various workshops run from **Monday 11th to 25th March**. This includes a workshop on 'Managing and fighting aggression' at Whitchurch on **Friday 22nd March, 10am-12pm**.



Brilliant  
Parents

For more details and to book a place visit the Support for Families page of our website: [www.whitchurchprimary.harrow.sch.uk/page/support-for-families](http://www.whitchurchprimary.harrow.sch.uk/page/support-for-families)



### HAF in Harrow - Free Easter Holiday Clubs

The Holiday Activities and Food (HAF) Programme is a Department for Education (DfE) funded programme of activities for children eligible for means-tested Free School Meals (FSM). It offers a range of physical and creative activities, including some specialist SEND provisions. The programme also includes free daily nutritious meals.

Free Easter Holiday Clubs are running from **29th March to 12th April**. For more information please see the flyer on the Support for Families page of our website: [www.whitchurchprimary.harrow.sch.uk/page/support-for-families](http://www.whitchurchprimary.harrow.sch.uk/page/support-for-families)



Please also see the Young Harrow Foundation website: [www.youngharrowfoundation.org/haf-programme](http://www.youngharrowfoundation.org/haf-programme)



### Be Kind Online

Online abuse can have a severe impact on people’s lives and is often targeted at the most vulnerable. Cyberbullying has been shown to have a psychological and emotional impact. In order for us to develop empathy for others we sometimes need to move away from fulfilling our own needs and thinking about the needs of others. This is sometimes more challenging online because we cannot see the person, connect with how they feel nor interact face to face.

Please refer to the poster attached to this newsletter for a selection of little reminders for everybody on how to be kind online.



For other useful links please see the Online Safety page of our website: [www.whitchurchprimary.harrow.sch.uk/page/online-safety](http://www.whitchurchprimary.harrow.sch.uk/page/online-safety)



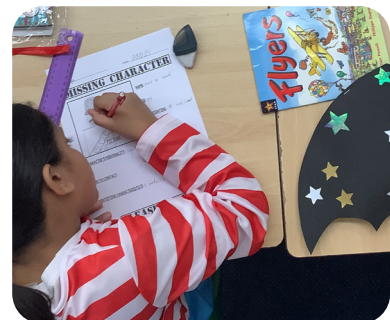
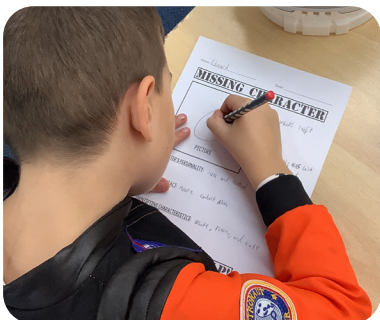


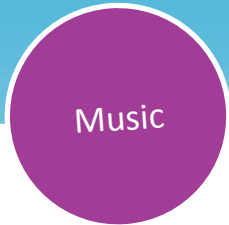
## World Book Day

World Book Day on Thursday was a great success! Children came to school dressed for the occasion as their favourite book characters and enjoyed an action packed day of activities to celebrate our love of reading...

- World Book Day Costumes
- Ready Steady Read - sponsored readathon
- Book exchange - swap one book for another
- Reading buddies - reading partnership across year groups
- Book related activities in each year group
- Book corner competition - reading area revamps
- £1 World Book Day vouchers

Well done to our book corner competition winners (judged by School Council):  
1st - 2HD  
2nd - 3NL  
3rd - 6AS





### Youth for Music Festival at Harrow Arts Centre

What an honour for three of our ensembles to have been invited to perform at the Music for Youth regional festival this week.

Our pupils' musicality, technique and ensemble skills were highly praised by the festival's adjudicators. Special mention was made about our Wind Band's wide range of instruments and sense of ensemble playing, as well as the challenging repertoire, technical efficiency, and beautiful sound of our Guitar Ensemble. The Junior Choir, our youngest performers, impressed the organisers with their stage presence, clarity of diction, contrasting dynamics and vocal power.

Rightfully so, the Music for Youth adjudication concluded: 'Whitchurch pupils, when you go back to your school, tell your Governors that Music at your school is amazing!'

Congratulations to our young musicians and many thanks to our music teachers Mr Hedley, Mr Massey and Mr Voskidis. Special thanks to Whitchurch staff for facilitating the preparations for this trip. Outstanding music making can only be the result of team work.

**Mrs Leutfeld**  
Director of Music



Junior Choir



Guitar Ensemble



### Life Skills - Directions

This week during Life Skills we continued to explore the theme of navigation. We followed a trail of visual arrows and directions, leading us towards the MUGA in the playground. Once we reached our destination we played a fun ball game!

**Miss Tunstall**



# Spring Menu



Salad bar and bread are available daily

## WHITCHURCH PRIMARY MENU

	WEEK ONE 08/01, 29/01, 26/02, 18/03	WEEK TWO 15/01, 05/02, 04/03, 25/03	WEEK THREE 22/01, 19/02, 11/03
<b>MONDAY</b> MAINS	Cheese & Tomato Pizza, Herby Diced Potatoes & Sweetcorn Cheese & Tomato Pizza, Herby Diced Potatoes & Sweetcorn (V) Baked Beans (Ve) Cheese or Tuna Mayo Jacket Potato with Side Salad Fruity Mousse	Macaroni Cheese, Garlic Bread & Garden Peas Macaroni Cheese, Garlic Bread & Garden Peas (V) Baked Beans (Ve) Cheese or Tuna Mayo Jacket Potato with Side Salad Carrot Cookie	Vegetable Curry, Pilau Rice, Naan Bread & Peas (V) Cheese Sub, Herby Diced Potatoes & Peas (V) Baked Beans (Ve) Cheese or Tuna Mayo Jacket Potato with Side Salad Flapjack
DESSERT			
<b>TUESDAY</b> MAINS	Minced Beef & Onion Pie (H), Mashed Potatoes & Broccoli Cheese & Onion Lattice, Mashed Potatoes & Broccoli (V) Spicy Tomato Pasta with Side Salad (Ve) Fruit Tuesday	Tandoori Chicken Shwarma (H), Diced Potatoes & Sweetcorn Vegetable Nuggets, Diced Potatoes & Sweetcorn (V) Neapolitan Pasta with Side Salad (Ve) Fruit Tuesday	Chicken Tikka Burrito Stack (H), Potato Wedges & Side Salad Falafel Wrap, Potato Wedges & Side Salad (V) Spicy Tomato Pasta with Side Salad (Ve) Fruit Tuesday
DESSERT			
<b>WEDNESDAY</b> MAINS	Chicken Sausage Toad in the Hole(H), Roast Potatoes, Sliced Carrots & Cabbage Vegetarian Toad in the Hole, Roast Potatoes, Sliced Carrots & Cabbage (V) Baked Beans (Ve) Cheese or Tuna Mayo Jacket Potato with Side Salad Apple Crumble Cake	Roast Turkey (H), Roast Potatoes, Sliced Carrots & Broccoli Cauliflower Cheese Bake, Roast Potatoes, Sliced Carrots & Broccoli (V) Baked Beans (Ve) Cheese or Tuna Mayo Jacket Potato with Side Salad Jam & Coconut Sponge	Chicken Sausage (H), Mashed Potatoes, Yorkshire Pudding, Sliced Carrots & Green Beans Vegetarian Cottage Pie, Sliced Carrots & Green Beans (V) Baked Beans (Ve) Cheese or Tuna Mayo Jacket Potato with Side Salad Jelly & Fruit
DESSERT			
<b>THURSDAY</b> MAINS	Turkey Bolognese (H) with Spaghetti & Sweetcorn Vegetarian Bolognese with Spaghetti & Sweetcorn (V) Veggie Wrap with Tomato Topping & Side Salad (Ve) Melting Moment Cookie	Beef Lasagne (H), Garlic Bread & Peas Vegetarian Lasagne, Garlic Bread & Peas (V) Veggie Wrap with Tomato Topping & Side Salad (Ve) Cherry Triangle Biscuit	Cajun Chicken (H) & Sweetcorn Pizza, Diced Potatoes & Peas Vegetable Pizza, Diced Potatoes & Peas (V) Veggie Wrap with Tomato Topping & Side Salad (Ve) Orange Drizzle Cake
DESSERT			
<b>FRIDAY</b> MAINS	Fish Fillet with Chips & Mushy Peas Vegetable Burger, Chips & Mushy Peas (V) Baked Beans (Ve) Cheese or Tuna Mayo Jacket Potato with Side Salad Pear & Chocolate Sponge & Custard	Fish Fingers, Chips & Baked Beans Vegetarian Sausage Roll with Chips & Baked Beans (V) Baked Beans (Ve) Cheese or Tuna Mayo Jacket Potato with Side Salad Toffee Apple Sponge & Custard	Fish Cake, Chips & Baked Beans Cheese & Sweetcorn Omelette, Chips & Baked Beans (V) Baked Beans (Ve) Cheese or Tuna Mayo Jacket Potato with Side Salad Raspberry Oat Slice & Custard
DESSERT			

Allergen Information: Menu descriptions may not list every individual ingredient. We are aware of the presence of allergens requiring labelling, so please ask a member of the catering team should you require any more details. Vegetarian options are indicated by the symbol (V).

COOMBS  
CATERING PARTNERSHIP





## Useful Contacts

Headteacher (Mr J Pine)

[head@whitchurchps.co.uk](mailto:head@whitchurchps.co.uk)

Deputy Headteacher (Mr M Thompson-Lawrie)

[deputy@whitchurchps.co.uk](mailto:deputy@whitchurchps.co.uk)

Assistant Headteacher for Inclusion  
(Mrs D Qudsiyeh)

[sendco@whitchurchps.co.uk](mailto:sendco@whitchurchps.co.uk)

Assistant Headteacher for Early Years  
(Miss N Ward)

[nward@whitchurchps.co.uk](mailto:nward@whitchurchps.co.uk)

Assistant Headteacher for Years 1, 2 & 3  
(Miss G Harris)

[gharris@whitchurchps.co.uk](mailto:gharris@whitchurchps.co.uk)

Assistant Headteacher for Years 4, 5 & 6  
(Mrs K Portou)

[kportou@whitchurchps.co.uk](mailto:kportou@whitchurchps.co.uk)

Year 1 Leader (Mrs S Tezel)

[stezel@whitchurchprimary.harrow.sch.uk](mailto:stezel@whitchurchprimary.harrow.sch.uk)

Year 2 Leader (Miss G Harris)

[gharris@whitchurchps.co.uk](mailto:gharris@whitchurchps.co.uk)

Year 3 Leader (Miss N Lakhani)

[nlakhani@whitchurchprimary.harrow.sch.uk](mailto:nlakhani@whitchurchprimary.harrow.sch.uk)

Year 4 Leader (Mrs B Solanki)

[bsolanki@whitchurchprimary.harrow.sch.uk](mailto:bsolanki@whitchurchprimary.harrow.sch.uk)

Year 5 Leader (Mrs K Portou)

[kportou@whitchurchps.co.uk](mailto:kportou@whitchurchps.co.uk)

Year 6 Leader (Miss H Hogberg)

[hhogberg@whitchurchprimary.harrow.sch.uk](mailto:hhogberg@whitchurchprimary.harrow.sch.uk)

Our email addresses are in the process of being updated

If you have any general or learning related enquiries, please speak to the class teacher

If you have concerns about your child's safety or behaviour, please contact a member of our leadership team

Family Liaison (Mrs N Chikhlia)

[nchikhlia@whitchurchprimary.harrow.sch.uk](mailto:nchikhlia@whitchurchprimary.harrow.sch.uk)

Director of Music (Mrs E Leutfeld)

[eleutfeld@whitchurchprimary.harrow.sch.uk](mailto:eleutfeld@whitchurchprimary.harrow.sch.uk)

Music Department

[music@whitchurchprimary.harrow.sch.uk](mailto:music@whitchurchprimary.harrow.sch.uk)

Friends of Whitchurch

[FoW@whitchurchprimary.harrow.sch.uk](mailto:FoW@whitchurchprimary.harrow.sch.uk)

Childcare (Early Birds and Night Owls)

[childcare@whitchurchprimary.harrow.sch.uk](mailto:childcare@whitchurchprimary.harrow.sch.uk)

tel: 07904 428 226

### School Office

Tel: 020 8951 5380

[office@whitchurchprimary.harrow.sch.uk](mailto:office@whitchurchprimary.harrow.sch.uk)



## School Term Dates 2023-2024

### Spring Term 2024

Spring 1st Monday 8 January to Thursday 8 February  
Half Term Monday 12 February to Friday 16 February  
Spring 2nd Monday 19 February to Thursday 28 March

Staff Training Days Friday 9 February (no children in school)

Holidays during term time are **not** permitted

### Summer Term 2024

Summer 1st Monday 15 April to Friday 24 May  
Half Term Monday 27 May to Friday 31 May  
Summer 2nd Tuesday 4 June to Wednesday 24 July

Staff Training Days Monday 3 June (no children in school)

Bank Holiday Monday 6th May

Term dates are posted on the school website



2024-2025 Term Dates can be viewed on the school website  
[www.whitchurchprimary.harrow.sch.uk/page/term-dates](http://www.whitchurchprimary.harrow.sch.uk/page/term-dates)

## LITTLE REMINDERS OF HOW TO

# BE KIND ONLINE

ONLINE ABUSE CAN HAVE A SEVERE IMPACT ON PEOPLE'S LIVES AND IS OFTEN TARGETED AT THE MOST VULNERABLE. CYBERBULLYING HAS BEEN SHOWN TO HAVE PSYCHOLOGICAL AND EMOTIONAL IMPACT. IN ORDER FOR US TO DEVELOP EMPATHY FOR OTHERS WE SOMETIMES NEED TO MOVE AWAY FROM FULFILLING OUR OWN NEEDS AND THINK ABOUT THE NEEDS OF OTHERS. THIS IS SOMETIMES MORE CHALLENGING ONLINE BECAUSE WE CANNOT SEE THE PERSON, CONNECT WITH HOW THEY FEEL NOR INTERACT FACE TO FACE.

THIS GUIDE WILL HELP YOU TO BE MORE CAREFUL ONLINE AND IS SUITABLE FOR ANY ENVIRONMENT I.E. GAMING, MESSAGING AND SOCIAL MEDIA. IT WILL HELP YOU TO UNDERSTAND THE IMPORTANCE OF SHOWING KINDNESS AND HOW TO DEVELOP EMPATHY ONLINE.

### TOP TIPS FOR EVERYBODY

### #WAKEUPWEDNESDAY

#### UNDERSTAND WHAT 'EMPATHY' IS

**EMPATHY** IS THE SKILL OF RECOGNISING, UNDERSTANDING AND CARING ABOUT ANOTHER PERSON'S FEELINGS AND TAKING ACTION TO HELP. THIS IS TRICKIER ONLINE BECAUSE RECOGNISING AND IMAGINING HOW ANOTHER PERSON FEELS IS HARD WHEN WE ARE NOT WITH THEM FACE TO FACE. WHEN WE TRY AND UNDERSTAND HOW SOMEONE FEELS THROUGH WORDS ALONE, IT CAN LEAD TO CONFUSION OR A MISUNDERSTANDING.



#### FEEL, SEE AND UNDERSTAND

IF WE IMAGINE OURSELVES IN THE SITUATION OF ANOTHER PERSON, WE TAKE ANOTHER STEP DOWN THE PATH OF EMPATHY. IT DOESN'T MEAN AGREEING WITH THE OTHER PERSON, BUT IT MEANS **UNDERSTANDING** HOW THEY FEEL. IF YOU FEEL YOURSELF BECOMING DETACHED AND UNCARING PERHAPS DEVELOP A MENTAL PICTURE OF THEM, SO YOU CAN IMAGINE THEM AS REAL PERSON AND NOT JUST A BUNCH OF WORDS. IF YOU KNOW THE PERSON, CONSIDER A VIDEO CHAT OR VIDEO CALL.

#### # DEVELOP SELF EMPATHY

ALTHOUGH WE TEND TO SHOW THE BEST OF OUR LIVES THROUGH SOCIAL MEDIA, THE REALITY IS WE ARE NOT ALL PERFECT. HAVING **EMPATHY** FOR OTHERS MEANS WE NEED TO ALSO HAVE SELF EMPATHY. IF WE UNDERSTAND THAT WE ARE NOT ALL PERFECT, INCLUDING OURSELVES, WE CAN FIND KINDNESS.

#### ★ OFFER HELP ★

ACCORDING TO DR DAN SEIGEL, A CLINICAL PROFESSOR OF PSYCHIATRY, BEING KIND IS REALLY ABOUT RESPECTING EACH OTHER'S VULNERABILITY AND WANTING TO HELP. SO, WHEN SOMEONE IS SHARING THAT THEY ARE STRUGGLING OR FINDING LIFE HARD, OFFER HELP, EVEN IF THE HELP IS A **LISTENING** EAR OR SAYING, 'I CAN UNDERSTAND YOU WOULD FEEL THAT WAY, I'M HERE FOR YOU'.

#### TRY TO ADD VALUE

CONSIDER, BEFORE YOU COMMENT ON A POST OR IMAGE, HOW CAN I HELP THIS PERSON TO LOWER THEIR SADNESS? HOW CAN I ADD SOMETHING TO **IMPROVE** THEIR DISTRESS AND HAPPINESS? SHOWING OTHER PEOPLE'S PAIN AS ENTERTAINMENT AS A WAY TO GET NOTICED OR MORE LIKES DOES NOT ADD VALUE.



#### BE RESPONSIBLE

THINK TWICE BEFORE YOU ACT. CONSIDER, ARE YOU ACTING ON ANGER, FRUSTRATION OR IN A MOMENT OF JUDGING A SITUATION WITHOUT KNOWING THE **TRUTH**? ONLINE, IT IS EASY NOT TO HAVE ALL THE FACTS AND REACT TO A SITUATION WHICH IS BEING PORTRAYED.



#### UNDERSTAND THE **IMPACT** OF YOUR **ACTIONS WORDS**

COMMENTING ONLINE SOMETIMES MEANS THAT WE DON'T ACTUALLY 'SEE' THE IMPACT OF OUR COMMENTS AND WORDS. THIS MEANS IT CAN BE **EASIER** TO DETACH FROM THE CONSEQUENCES OF OUR ACTIONS. UNKIND COMMENTS DO HAVE CONSEQUENCES AND CAN ADD TO SOMEONE'S DISTRESS AND FEELING ABOUT THEMSELVES.

#### DISASSOCIATE FROM PACK MENTALITY

ONLINE, IT IS EASY TO GET CAUGHT UP WITH POSTING **NEGATIVE** COMMENTS BECAUSE EVERYONE ELSE SEEMS TO BE. GET COMFORTABLE WITH STANDING OUT, AND NOT GETTING CAUGHT UP POSTING NEGATIVELY BECAUSE EVERYONE ELSE IS. EVEN IF THIS MEANS STANDING ALONE AND REMINDING OTHER PEOPLE THAT THEIR BEHAVIOUR IS UNKIND, YOUR COURAGE COULD SAVE A LIFE.

## #BEKIND



**National Online Safety**

#### MEET OUR EXPERT

THIS GUIDE HAS BEEN WRITTEN BY ANNA BATEMAN. ANNA IS PASSIONATE ABOUT PLACING 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.



For further info, check out these online resources too

<https://www.themix.org.uk/>

<https://youngminds.org.uk/>

<https://www.mind.org.uk/>

#WAKEUPWEDNESDAY