



ASPIRE

# St. Bernadette's Newsletter

W/B 15th May 23 - every fortnight



## Prayer & Liturgy

### **In the Gospel this week...**

In this week's Gospel we hear about Jesus' preparation to return to heaven. Even as He tells the disciples that He is about to leave them, He reassures them that He is not leaving them alone. This reassurance and His resurrection are the reasons we can be hopeful.

### **In the Gospel next week...**

We hear how Jesus knew that every moment He should focus on His Father; His purpose and will is to be united with His Father and ours is to follow His example.



Please click [here](#) to view the Wednesday Word for this week.

During this month of May, the children have been taking part in daily devotions to Our Lady.



## **Upcoming events- Save the Date**

### 18th May

Mass for Ascension Day will take place at 2pm in church. All parents welcome.

### Whit Holidays

School closes for Whit on Friday 26th May  
School reopens on Monday 12th June

### 12th-16th June

Year 1 Phonics Screening Check

### 15th June

Year 1 Assembly  
All Year 1 parents welcome

### 19th - 23rd June

Year 4 Multiplication Check

### 29th June 2023

School Photographs

### 13th July

FS1 Assembly  
All FS1 parents welcome

**Whole School Attendance Week**  
**beginning 08/05 - 12/05/23 -94%**

**Well done to Class 6**  
**They achieved 100% attendance.**  
**They have a non-uniform day on**  
**Friday 26th May**





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## Safeguarding/E-safety

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

### 10 top tips for safely using SMARTWATCHES

Kids love gadgets, and smartwatches – available to buy from as little as £20 online – make a tempting gift. As with any type of mobile technology, though, smartwatches can pose risks to children unless they're used safely. Receiving unwanted calls, cyber-stalking and distracting a young person when they're crossing the road are all known risks associated with smartwatches. However, these devices can bring plenty of benefits for children and parents alike – so let's examine the pros and cons of smartwatches.

#### AVOID CHEAP OPTIONS

A quick search online yields a torrent of cheap smartwatches for kids, costing as little as £20. It's wise to avoid this bargain basement tech: it tends to deliver a poor experience with inferior battery life, and it's hard to have faith in the software's safety. There have been cases of smartwatches being hacked to track or contact children; stick to known brands who have a reputation to protect.

#### CONTROL CALLING

Many smartwatches have the facility to make or take calls. As with a phone, you may want to restrict who your child can call – or be called by. On Apple Watches, you can select trusted contacts who are allowed to ring your child, while other watches' controls vary hugely. Some need to connect to a linked phone for calls, so you may be able to block unknown contacts via that device instead.

#### BEWARE HIDDEN COSTS

For a smartwatch to allow calls independently (that is, without being connected to a phone via Bluetooth), it will need its own mobile data plan. This might take the form of a tiny SIM card that you slot into the watch – or an eSIM, where the physical card is replaced by software settings. Either way, this will incur an additional monthly cost that you'll need to factor into any buying decision.

#### ENABLE FAMILY SHARING

Apple Watches aren't cheap, but they do offer superb safety features – allowing parents to control calls, messages and emails on the device, as well as a location tracking system that can send alerts if kids wander beyond pre-set boundaries. Their SOS function enables children to contact emergency services instantly if they're in trouble, which simultaneously also alerts parents and carers.

#### MAKE THEM COOL FOR SCHOOL

Some schools have banned smartwatches, as pupils have been using them as substitute phones. If your child's school does permit them, some devices can be set to prevent distractions in class. For example, Apple's Schooltime feature turns their watches into ordinary time-keeping devices during school hours. The display changes in this mode, showing teachers that it isn't being used for other purposes.

#### TRACK ITS LOCATION

Both Apple and Android devices have apps which allow you to track a smartwatch's location. They can also initiate an audio alert – avoiding those cushion-hurling panics when a treasured device can't be found at home. If you're planning to track your child's location via their watch, make them aware of that in advance. You could even make it a condition of them getting the watch in the first place.

#### THINK 'SAFETY FIRST'

Smartwatches are often worth hundreds of pounds, which can make young people wearing one a target for thieves. Advise your child to keep the watch hidden in public (when possible) and not to resist if muggers demand their watch. If you manage to track a stolen device, pass that information to the police: location data isn't always accurate, so you could end up wrongly accusing someone.

#### STORE MEDICAL INFO

Devices including the Samsung Galaxy Watch and Apple Watch can store the owner's medical details (such as their blood group and any pre-existing medical conditions), potentially giving emergency services access to vital information in a crisis. These devices also have 'hard fail' detectors, which send a text message to selected contacts along with a map showing the wearer's location.

#### USE THEM AS MOTIVATION

If you're worried your child's spending too much time slumped on the sofa staring at screens, smartwatches are great fitness trackers and can be a powerful incentive to get moving. Some devices will alert the wearer if they've been inactive for a long time and encourage them to do some exercise. Many watches record the user's daily step count and measure other health metrics.

#### BE MINDFUL OF BEDTIME

Many smartwatches offer sleep tracking, which some (usually older) children use to justify wearing them to bed. However, that also presents a temptation to message friends or check social media late at night, even if their phone is downstairs. Unless there's a valid reason not to, you could encourage your child to remove the watch in the evenings and ensure the charger stays in a different room.

#### Meet Our Expert

Barry Collins has been a technology journalist and editor for more than 20 years, working for titles such as the Sunday Times, What?, PC Pro and Computeractive. He's appeared regularly as a technology pundit on television and radio, including on BBC Newsnight, Radio 5 Live and the ITV News at Ten. He has two children and writes regularly about internet safety issues.



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#WakeUpWednesday

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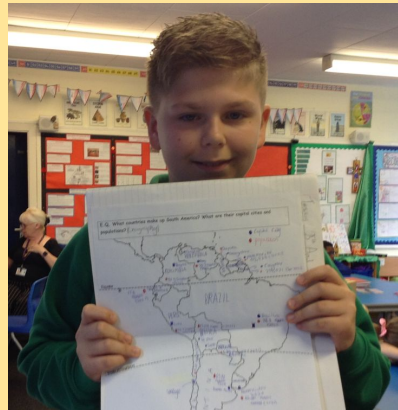
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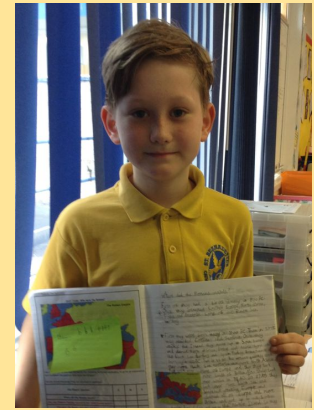
## Geography at St. Bernadette's



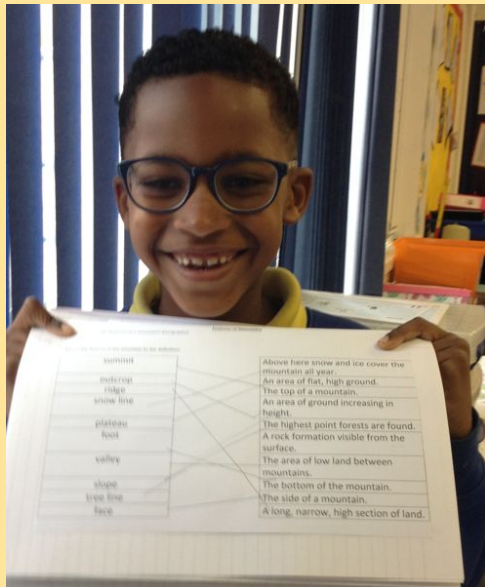
Reya and Cillian love learning new things about the world and discovering new places.



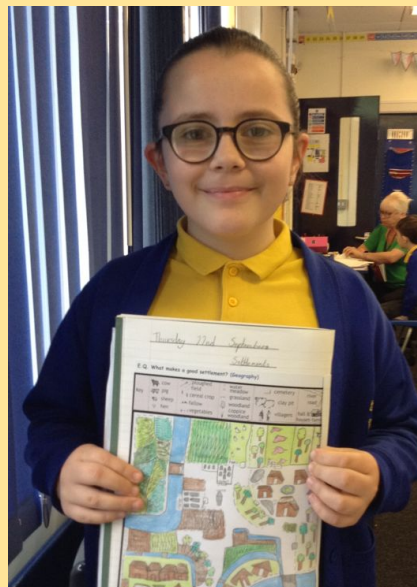
Olek really enjoys learning about, using and creating maps.



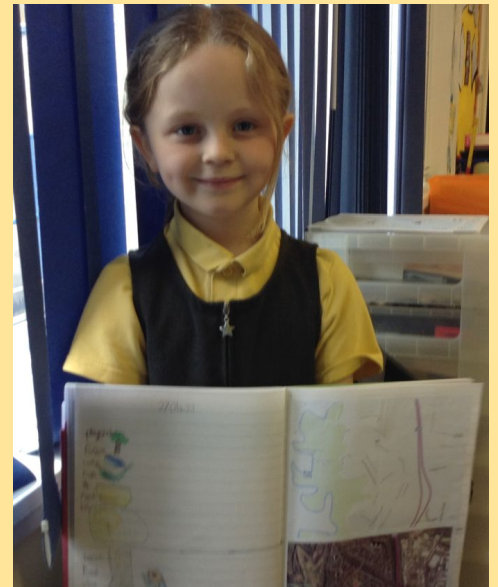
Oscar has enjoyed using maps and atlases to see how far the Roman Empire spread.



Gabriel has liked learning about mountain ranges and their different physical features.



Poppy liked creating her own map of a settlement, using symbols and creating a key.



Millie-Ann has enjoyed looking at different maps and finding the physical and human features on them.