

The Jottings - 1st May 2026

St John the Baptist C of E Primary School

'Creating new possibilities for our future, with compassion in our hearts and courage on our journey.'



Dear St John's Families,

We've enjoyed another fantastic week at St John's. Our Year 3 children had a brilliant time on their school trip to Fishbourne, returning full of excitement and new learning.

We were also delighted to welcome a representative from the South Downs National Park, who led inspiring sessions on climate change and climate action. The children engaged thoughtfully, and many have already begun thinking about the small, positive changes they can make to support our environment both in and out of school. It has been wonderful to see their enthusiasm for protecting our planet.

With the long weekend in mind, I wanted to share **Bookdrop** with you. Created in partnership with the UK's children's publishers and the Open University Reading for Pleasure team, Bookdrop is a free, half-termly digital newsletter designed to support reading for pleasure at home. Each edition features new books for every age group, author interviews, activities and peer recommendations. You can find the spring term copy using the link below, and the summer editions will follow.

[Bookdrop Newsletter - authorfy](#)

Wishing you a wonderful extended weekend.

Thank you, as always, for your continued support.

Rebecca Livings

Headteacher

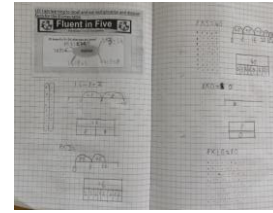
Spotlight on Year 3

In English, we finished publishing our 'how to survive as a Roman soldier' explanations and Mrs Thomson has scanned some to send to Fishbourne for their display area.

In Science, we have designed an investigation to find out the answer to the question, 'Do flowers take in water through their stems alone, their leaves or both leaves and stems?'. We have devised a fair and controlled test and are enjoying observing the changes.

In Maths, we have been using resources, arrays, bar models and calculations to show our understanding of multiplication and division.

Finally, we went on an adventure to Fishbourne Roman Palace and enjoyed Delving more into Roman History. We ended the day on a workshop which saw us grinding flour on a Quern stone, writing on beeswax tablets, creating our own mosaics and even dressing up as a Roman prince and princess. A big thank you to all of the parent helpers who came on the trip.



Attendance Matters

Together, we can make sure every child makes the most of their opportunities and enjoys success.

This Week:

Whole school attendance average: **95.8%** Our target is **97%** - please come and chat with us regarding any attendance issues.

Best Attendance - KS1: Tadpoles 100% KS2: Dragonflies **98.2%**

Best Timekeepers: KS1: Ducks 0 late minutes KS2: Swans 0 late minutes (WELL DONE DUCKS)

Attendance Extra

Did you know...

Even a few days of missed school can have a big impact. Poor attendance doesn't just affect learning — it can make it harder for children to build friendships, develop social confidence and feel settled in school. Over time, it can also influence future opportunities, including work and training.

Every day really does make a difference, and we appreciate your support in helping your child be in school, on time, every day they can.

Please shop at Tesco's and support our school

Every little helps.

It's open, and the containers for the blue tokens are now in place and ready to use. The Tesco stores supporting our fundraising bid are:

- Warsash Locks Heath Express, SO31 9NZ
- Whiteley Superstore, PO15 7LL

Thank you for your support — every token really does make a difference, so please spread the word.

Safeguarding Snippet: Navigating Group Chats

Safeguarding is at the heart of all we do for our young people and the online world is hardtop navigate. In addition to our monthly online safety newsletters (all can be found on our website if you missed it in the jottings), we are also provided online safety videos and this one is about navigating group chats.

Please view by clicking the link below.

<https://www.knowsleyclcs.org.uk/online-safety-monthly-videos/>

What Parents & Carers Need to Know about GROUP CHATS

Occurring through messaging apps, on social media and in online games, group chats are becoming the most popular way that young people engage with their peers online. In a chat, three or more individuals, these groups allow users to send messages, images and videos to everyone in one place, while they are useful for helping friends, people with shared interests or members of a club to communicate and coordinate activities, they can also leave young people feeling excluded and bullied, as well as providing opportunities for inappropriate content to be shared and viewed.

WHAT ARE THE RISKS?

- BULLYING**
Unkind comments or images which are sent privately to an individual can be shared publicly in a group chat allowing and often encouraging others to join in the bullying behaviour. If this content is shared in a group of their peers (especially a larger group), it serves to amplify the hurt, embarrassment, anxiety and isolation that the victim feels.
- EXCLUSION AND ISOLATION**
Private, which chat spaces users will not see. This common issue with group chats can happen in several ways. A person may be excluded from a chat, or instead, the chat may take place on an app which the chat doesn't have access to, meaning they can't be involved. A child can also feel isolated when a group chat is used to discuss or share images from an event that everyone else had been to.
- INAPPROPRIATE CONTENT**
Some discussions in group chats may include inappropriate words, swearing and unsuitable images or videos. These could be viewed by those they do not want to see. Some chat apps have a disappearing message function, so your child may be unable to report something they've seen because it can only be viewed once or for a short time.
- SHARING GROUP CONTENT**
It is important to remember that, since the content of the chat is private between those in the group, not everyone can easily share a message, photo or video with others outside the group or screenshot what's been posted. The risk of something your child intended as private being shared, and potentially going viral is higher if there are people they don't know well in the group.
- UNKNOWN MEMBERS**
Within larger group chats, it's more likely your child will be communicating with people they don't really know. These strangers may be friends of the host, but not necessarily friends of your child. It is wise for young people not to share personal details or any content that they have no control over the messages and images they share after they've got them online.
- NOTIFICATIONS AND FOMO**
A drawback of large group chats is the sheer number of notifications. Even one someone in the group messages, your child's device will be pinged, or alert potentially, this could mean hundreds of notifications a day, not only if they're high frequency, but also if people's text or images are on the screen. Conversation results in increased screen time as they try to keep up with the chat.

Advice for Parents & Carers

- CONSIDER OTHERS' FEELINGS**
Group chats are often an arena for young people to give each other. This should be used to do or say things that are helpful, kind and supportive. Encourage your child to consider how their private might feel if they are posted in this behaviour. If your child does speak a member of their group chat, suggest them to reach out, show empathy and apologise for their mistake.
- PRACTISE SAFE SHARING**
In any online communication, it's vital for young people to be aware of what they're sharing and who might potentially see it. Discuss the importance of not revealing identifiable details like their address, telephone number, school or details that they wouldn't like to be shared in a group, they have control of where it is shared and how it might be used.
- AVOID INVITING STRANGERS**
Sadly, many individuals online hide their true identity to gain a child's trust – for example, to gather information on them, to exchange inappropriate content or to coax them into doing things they aren't comfortable with. Advise your child to understand why they shouldn't add people they don't know to a group chat – and, especially, to never accept a group chat invitation from a stranger.
- GIVE SUPPORT, NOT JUDGEMENT**
Remind your child that they can confide in you if they feel teased or excluded in a group chat. Instead of responding to the person who upset them, discuss their situation and help them to put them back in control by discussing how they'd like to handle the situation. On a related note, you could also suggest your child to speak up if they're in a chat where others are being picked on.
- BLOCK, REPORT AND LEAVE**
If your child is in a chat where inappropriate content is being shared, they have to block the user, report the app or platform and exit the group. If any of this content could be posted to their phone, contact the police. Emphasise to your child that it's OK for them to leave a group chat that they don't feel comfortable being a part of.
- SILENCE NOTIFICATIONS**
Having a phone or tablet bombarded with notifications from a group chat can be a massive irritation and distraction – especially if it's happening late in the evening. Explain to your child that they can still be part of the group chat, but that it would be best for them to turn off or mute the notifications and catch up with the conversation on a time when better suits them.

Walk to School Week

We are excited to take part in this year's **Walk to School Week**, running from **18–22 May 2026**.

Throughout the week, we encourage families to walk, scoot, or cycle to school each day where possible. Even small changes can make a big difference—such as parking a little further away in our 'park and stride' and walking the last part of the journey.

By taking part, you will help to:

- Encourage healthier, more active lifestyles
- Reduce congestion and improve safety around the school
- Support children in developing important pedestrian and road safety skills

We're also planning some exciting activities during the week, which will be announced shortly—so keep an eye out for more details!

We hope as many families as possible will get involved and support this positive initiative.



Sports Day – May 15th

If you didn't see the message regarding sports day and timings...

Timings for the day are as follows:

- **Year R, Year 1 and Year 2:** 9:15 – 10:15
- **Year 3 and Year 4:** 10:45 – 12:00
- **Year 5 and Year 6:** 1:45 – 3:00

PAFS

PAFS News

BOUNCE BONANZA TAKE 2! – 03/07

Back by popular demand – Bounce Bonanza!!

After great feedback and fun PAFS are putting on another Bounce Bonanza for all to enjoy!
Lots of inflatables and games available on the day.

£10 a ticket for anyone using the inflatables, spectators are free, all children need to be accompanied by a parent/responsible

adult.

<https://www.pta-events.co.uk/pafs/index.cfm>

LEGOLAND – 19/06

PAFS have again managed to secure discounted tickets for Legoland on the June inset day – tickets are only £23 pp. Tickets only valid for inset day.

Tickets available for all events on PTA Events – <https://www.pta-events.co.uk/pafs/index.cfm>

Donation Station

Thank you to everyone who has donated to our donation station. With the basket now full, we have taken the proceeds to **Meon Valley Food Bank**

We are now refilling the basket again. If you are able to spare a packet, please drop it into the basket in the foyer.

Thank you for your kindness and support.

Dates for your diary

This term important dates:

5th May - Bank Holiday
6th May - SEND Parent coffee afternoon 2pm - 3pm - Focus on Autism
7th May - Stay & Play 9am - 10am
11th - 14th May - Year 6 SATS
15th May - Sports Day
15th - 16th May - YR 4 Sleepover **6pm - 8am**
21st May - Snuggle Buddy Book Time. Yr R & Key stage 1- 2.30pm - 3pm (Parents Invited)
21st May - Community Hub - School Nurse 2 - 3pm
25th May - Bank Holiday
26th May - 29th May - Half Term
3rd June - 8th July Year 5 Swimming every Wednesday
4th June - Stay & Play 9am - 10am
10th June - SEND Parent coffee afternoon 2pm - 3pm - Focus on ADHD
16th June - Year 5 Trip to Ford Purbrook
2nd July - Shuffle up day. Swanmore Induction Year 6 Induction
3rd July - Year 6 Leavers at Portsmouth Cathedral
14th & 15th July - Year 6 Production Performance
16th July - New Yr R intake Stay & Play
17th July - Community Hub 9am - 10am
22nd - Last Day of Term

Statutory Tests:

- Year 1 Phonics Tests week commencing Monday 8th June 2026
- Year 4 Multiplication Times Table Check 2-week period from Monday 1st June 2026
 - Year 6 SATS Monday 11th May to Thursday 14th May 2026

Inset Days:

1st May 2026
19th June 2026



Please find below the link to access the parent/carer session scheduled for next **Wednesday 6th May 2026 (4pm – 4.45pm)**.

https://teams.microsoft.com/l/meetup-join/19%3ameeting_ZWMzYzRmYTYtMDkONCO0MWQ0LWlyMDctNjYzYzNkZTI0MGJj%40thread.v2/0?context=%7B%22Tid%22%3A%22dcdb1ea5-3b10-49a2-bf8f-5fd59edcd762%22%2C%22Oid%22%3A%225772fa8f-9814-4199-aef2-9195804f833e%22%2C%22IsBroadcastMeeting%22%3Atrue%2C%22role%22%3A%22a%22%7D&btype=a&role=a

Focus: Guide to social media and livestreaming - this will include latest trends and emerging threats and will focus on developing your understanding of social media and livestreaming, the associated risks and steps we can take to support our children.

You do not need to register, you simply click on the link at the above time to access the session. **Cameras and voice/audio will be switched off for all attendees.** Attendees can ask questions by typing in the Q&A box, but this will be explained during the session.

The event will be streamed using Teams. Attendees can watch the live event in:

- **Teams app—desktop (Windows or Mac) or mobile.** (The Teams app is free to download if attendees would like to do that beforehand).
- **If they don't have Teams you can access it via one of the following browsers - Google Chrome, Microsoft Edge or Firefox.**

As a reminder, this session (and all our virtual sessions) will be recorded and will be subsequently shared so if anybody can't make the live session then they can watch it back at a time that is convenient to them.



Online Safety Newsletter

May 2026

FreezeNova (Unblocked games)

FreezeNova unblocked is a website that is free to access and contains a wide variety of games, including shooting, multiplayer and racing games. This site may bypass usual filters, making it easier for your child to access games that you may not want them to play. As there are a variety of games, not all games may be suitable for your child.

There is also FreezeNova Chat, allowing users to chat to their friends and meet new ones. Clearly there are concerns with any online chat facility as there is the potential to view inappropriate content, risk of bullying as well as grooming.

We could not locate any age ratings on this site and there are constant adverts. Childnet have a webpage providing advice on gaming and chat features here:

<https://www.childnet.com/help-and-advice/gaming/>

Would you like to read this newsletter in a different language? You can use the translate tool on our web version: <https://www.knowsleycitylearningcentres.org.uk/may-2026-primary/>

Group Chats

Is your child part of any group chats? This could be on social media, for example on WhatsApp or within games such as Fortnite. If so, it is important that you are aware of the potential risks, which include:

- **Inappropriate content** – there is often a lack of moderation within chat facilities so users could be exposed to content/language that is not suitable for their age.
- **Bullying** – there are many instances where inappropriate/hurtful comments are shared within groups, this could take the form of name calling or body shaming. Bullying can also be in the form of excluding others from the group. These issues often overspill into 'real life'.
- **Strangers** – your child could be added to groups with people they do not know or even with someone that they have previously blocked.
- **Conversations can be shared/screen shot** – make sure your child is aware that anything they share within a group can be shared with others.
- **Sharing personal information** – remind your child to be aware of the information they share with others, including images and location.



How can I help make group chats safer?

- Check the recommended age rating and adhere to them.
- Set up age-appropriate parental controls, suitable privacy settings and set screen time limits.
- On WhatsApp you can do a privacy check, by going to settings, privacy and privacy checkup.
- Show your child how to use any reporting and blocking tools.

What else can I do?

- It is crucial to have regular conversations with your child about the risks outlined above and about what they are doing online.
- Talk about who they are chatting with, encourage them to think carefully about what they send and how it could be perceived by others. **Talk about positivity and not saying anything hurtful. Ask them to think about whether they would say what they are messaging, face to face.**
- Devices should be used in family rooms so you can monitor what they are doing and who they are interacting with.
- Finally, make sure to model good digital behaviour yourself, as children often learn by observing the adults around them.

Further information

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/social-media/chat-apps/>

Roblox - update

What is Roblox?

Roblox is a platform consisting of a collection of games. Players can either create games or play games that other users have created. **As a lot of the content is user generated, not all games will be suitable for your child to view/play.** If your child is playing Roblox, it is **important to monitor**



what your child is accessing as well as set up appropriate parental controls. PEGI rate Roblox with a Parental Guidance recommended label, this is because it is a platform of individual, user generated games.

New Age-Based Accounts

From next month, Roblox will introduce two new age-based accounts: Roblox Kids for users ages 5 to 8 and Roblox Select for users ages 9 to 15. Roblox Kids Accounts (ages 5–8) will be limited to games with a 'Minimal or Mild' content maturity label and all communication is disabled by default. Roblox Select accounts (ages 9 to 15) will be limited to games with content maturity labels up to and including 'Moderate'. By default, Experience Chat is ON and Direct Experience Chat is OFF. The differences in chat are outlined here: <https://about.roblox.com/safety-by-age>

Parental Controls

As part of parental controls, you can manage content ratings, communication, screen-time, and spending limits as well as see which games your child is playing on and who their friends are. Roblox are extending these controls to allow you to:

- Block specific individual games (to age 15).
- Manage direct chat settings (to age 15).
- Approve access to specific games.

It is important to regularly monitor what your child is playing on Roblox and who they are interacting with, even if you have parental controls set up. You can find out more about the new accounts and parental controls here:

<https://about.roblox.com/newsroom/2026/04/introducing-roblox-kids-and-select-accounts>

Further information

<https://swgfl.org.uk/magazine/roblox-releases-updated-parental-controls-and-age-appropriate-experiences/>

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Screen time guidance for under 5s

The Government now advise limiting screen time for young children. They advise avoiding screen time for under 2 years and to try to keep it to less than 1 hour a day for 2-5 years. Best Start for Life have published an article outlining what content is better, how your own screentime affects your child and how screentime can affect your child's development. Find out more here:

<https://beststartinlife.gov.uk/screen-time-under-5s/>

Do you know what 'looksmaxxing' is?

It is the idea of improving and maximising your looks. Internet Matters have published this article, which provides more information on this topic and outlines the risks (including links to the manosphere):

<https://www.internetmatters.org/hub/news-blogs/what-is-looksmaxxing-online-safety-guidance-for-parents/>

PEGI is expanding their age ratings

From June, PEGI is adding new categories. "Newly submitted games will be classified with a broader set of criteria that will focus on content and functionality, such as purchases of in-game content, paid random items, communication features, and features that incentivise players to continue playing." Find out more here:

<https://pegi.info/news/pegi-expands-age-rating-criteria-interactive-risk-categories>

FACE **May 2026 Timetable**
 All regular sessions delivered live online via zoom. 90 minutes long
£24 each or FREE with School Membership
 Book online at facefamilyadvice.co.uk
 Recordings available for 48 hours

School Anxiety	4 May 10am
Understanding Anger	4 May 7pm
Facing Defiance	5 May 10am
Supporting Healthy Screen Use	5 May 7pm
Cannabis and Ketamine Awareness	11 May 10am
Anxiety Explained	11 May 7pm
Introduction to OCD	12 May 10am
What is ACT?	12 May 7pm
Decreasing Depression	18 May 10am
Raising Self-Esteem	18 May 7pm
Supporting Healthy Sleep	19 May 10am
Understanding the Teenage Brain	19 May 7pm
Autism: Improving Communication	25 May 10am
Improving Family Communication	25 May 7pm
Supporting a Child with ADHD	26 May 10am
Understanding Addictive Behaviour	26 May 7pm
FREE Getting a Good Nights Sleep	28 May 7-8pm

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8:30AM - 4:30PM
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 For ages 4 - 13
 9am - 4pm - extended hours available

Venues

- Swanmore College, Swanmore
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- Colden Common Primary School
- Ludlow Junior School, Southampton

*Mini Campers must be both 4yrs old and in Reception Class to access our free camp
 Camp availability varies by venue.

Active Saver Use code **May26AS15** for 15% off exp. Fri 1 May 26

Find out more and book here!



www.activeme360.com/may26

MENTAL HEALTH SUPPORT TEAMS **NHS**

ONLINE PARENT WORKSHOPS

CARE: Coping and Resilience in Education - Friday 24th April (09:30 - 10:30)
 A workshop to help you support your child in understanding and expressing their emotions. It introduces simple, practical strategies to build resilience and manage feelings such as anxiety, sadness, and anger, while helping children feel confident in asking for help when they need it.

Understanding & Managing Your Child's Anxiety - Wednesday 20th May (09:30 - 10:30)
 This workshop offers helpful approaches and strategies for supporting emotional regulation, building routines, and strengthening parent-child communication when children present with challenging behaviours.

Managing Behaviour - Wednesday 6th May (09:30 - 10:30)
 This workshop explores what anxiety is, what keeps it going, and offers practical tools and approaches you can use at home. It provides clear, helpful strategies to build your child's confidence and support them in managing anxious feelings.

We are the Winchester Mental Health Support Team (MHST), and we work closely with children, parents, and school staff to support emotional wellbeing across our partner schools. Alongside offering 1:1 support through school referrals, we also deliver a range of workshops designed to build confidence, understanding, and practical skills around children's mental health. This term, we are pleased to offer a selection of online workshops, open to all MHST schools in the Winchester area. These sessions are designed to be accessible, informative, and supportive for anyone wanting to better understand and help the children in their care.

Sign up to the Winchester MHST Online Parent Workshops



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Pre-School

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WALTHAM CHASE VILLAGE HALL

Monday 4th May '26 | 10AM- 12PM

Tombola

Hot & cold refreshments available

Games & Activities

Face painting & Tattoos

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Please bring cash if possible!

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INSTAGRAM @IGNITEBOX121

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THURSDAY 28TH MAY

09:30-12:30

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TEL: 07875218141

Have a good weekend.
Courage - Compassion - Creativity