



# News and Information

Date: 4th November 2022

Dear Parents and Carers,

Welcome back! I hope you all had a nice half term and were able to enjoy some time with friends and family.

This half term is packed full of lots of activities and opportunities for the children which we will share with you through the newsletters. Years 5+6 go on their first school trip of the year next week; Year 1 have a Workshop in School; Parents Evenings take place at the end of November and of course we are on the lead up to the Christmas Productions. So a busy half term ahead but with lots of exciting things.

Ms Martin

Headteacher

*"Be a light for other people. Let your light shine and live so that they will see the good things you do and will praise your Father in heaven."*

**Matthew, 5:16.**



**At Bierton, we aim high, achieve success, find our sparkle and shine!**

## Key Dates coming up:

### November

Thursday 3rd—Individual School Photographs

Monday 7th—Years 5+6 Trip to Ufton Court

Tuesday 8th—Year 1 Workshop in school.

Friday 11th— Years 3 +4 Parents DT Session

Friday 11th—Year 4 and Year 1 Led Remembrance Assembly.

Friday 11th—Parents Evening Bookings Go Live

Monday 14th—World Diabetes Day—Paint nails Blue Day!

Tuesday 15th—Year 2 Parents DT Session

Friday 18th—Children In Need

Friday 25th—Progress Reports will be emailed out to parents.

Tuesday 29th - Parents Evening Online

Wednesday 30th—Parents Evening Online

### December

Friday 2nd—Nursery and EYFS Christmas Production

Tuesday 6th—1:30pm KS1 Christmas Production

Wednesday 7th—9:15am KS1 Christmas Production

Wednesday 7th—FOBS Christmas Disco

Friday 9th—Hot Christmas Lunch

## World Diabetes Day

Monday 14th November

Hello, I'm Emilia and I am a type 1 diabetic. I want to raise awareness of diabetes and have asked Ms Martin to allow the children and adults in school to paint their nails blue on **Monday 14th November**.

The charity are holding a #NailingDiabetes challenge and want us to help them turn the UK blue this World Diabetes Day, so that others living with diabetes know they're not alone.

I have included some facts about diabetes for you:

My body doesn't produce insulin. We need this to break down the sugars in our blood. I can get very unwell if my sugar is too high. If my sugar is too low, that is not good either.

What is it like to live with diabetes?

I have to have 4 injections a day and blood tests.

Signs and symptoms of diabetes to look out for (4Ts):

- Thirsty
- Toilet
- Thin
- Tired

I always remember that I can do anything my friends can do, diabetes won't stop me!



## Support for Families

These links will assist if looking for support, whether it is financial, food, social or emotional, there are a variety of services available locally and nationally to help you. Whilst every care is taken to ensure these pages are current and appropriate the internet is ever changing so we apologise if a link no longer works.

### Community Hubs & Foodbanks

#### Aylesbury

**Aylesbury and Various Support Links:** <https://www.aylesburytownchaplaincy.co.uk/about-aylesbury-town-chaplaincy/support/>

**Southcourt Baptist Church:** [https://www.southcourtbaptist.org.uk/SBC\\_NEIGHBOURHOOD.htm](https://www.southcourtbaptist.org.uk/SBC_NEIGHBOURHOOD.htm)

**Aylesbury Vineyard - Make Lunch, Storehouse clothing and furniture & foodbank:** <https://aylesburyvineyard.church/>

**Aylesbury Foodbank:** <https://aylesbury.foodbank.org.uk/>

**Food Cycle:** <https://foodcycle.org.uk/location/foodcycle-aylesbury/>

**Esquires Coffee shop and Church** on Berryfields: [foodbank@churchonberryfields.org](mailto:foodbank@churchonberryfields.org) 07919 332859

**Wendover Free Church:** <http://www.wendoverfreechurch.org.uk/>

**Milton Keynes Foodbank:** <http://mkfoodbank.org.uk/about-the-food-bank/>

**Buckingham Parish Church:** [https://www.bpchurch.uk/Groups/149163/Buckingham\\_Parish\\_Church/Church\\_Life/Community/Community.aspx](https://www.bpchurch.uk/Groups/149163/Buckingham_Parish_Church/Church_Life/Community/Community.aspx)

**St Peter & St Paul's Church, Buckingham:** Provides food for those in need living north of Winslow

[https://www.buckinghamparishchurch.org.uk/Groups/237838/Buckingham\\_Parish\\_Church/Church\\_Life/Community/Buckingham\\_Food\\_Bank/Buckingham\\_Food\\_Bank.aspx](https://www.buckinghamparishchurch.org.uk/Groups/237838/Buckingham_Parish_Church/Church_Life/Community/Buckingham_Food_Bank/Buckingham_Food_Bank.aspx)

**Thomas Hickman's Charity :** 14 Bourbon Street , Aylesbury, HP20 2RS , 01296 318500

Offers small grants to Aylesbury Town residents in need; applications can be made by families to cover expenses such as uniform, school shoes etc. <https://thomashickmancharity.co.uk/>

**Youth Concern** will only help young people under the age of 25 with a connection to Buckinghamshire. They will be provided with a hot meal as well as shelter and advice. <https://www.youthconcern.org.uk/>

**Aylesbury Homeless Action Group:** <http://www.ahag.org.uk/> 01296 435026

**Swan Community Hub:** <https://www.swancommunityhub.org.uk/>

**Bernie the Bernwode Bus:** <https://www.facebook.com/BernwodeBus/>

**Bicester Foodbank:** <https://bicester.foodbank.org.uk/>

**Buckingham Parish Church:** [https://www.bpchurch.uk/Groups/149163/Buckingham\\_Parish\\_Church/Church\\_Life/Community/Community.aspx](https://www.bpchurch.uk/Groups/149163/Buckingham_Parish_Church/Church_Life/Community/Community.aspx)

## Support for Families

### Food, Shopping & Cooking

Kids Eat Free: <https://moneysavingcentral.co.uk/kids-eat-free>

Healthy Living Centre <https://www.healthylivingcentre.com/community-projects/>

Fare Share: <http://fareshare.org.uk/>

Buckinghamshire Disability Service: <https://buds.org.uk/information/>

Transforming Lives for Good – Make Lunch: <https://www.tlg.org.uk/>

Trussell Trust: [Trussell Trust](#)

Connection Support: <https://www.connectionsupport.org.uk/> 01296 484322

Salvation Army: <https://www.salvationarmy.org.uk/homelessness>

Olio Food Sharing: <https://olioex.com/>

Joseph Rowntree Foundation: <https://www.jrf.org.uk/>

Family Lives: <https://www.familylives.org.uk/>

One Can Trust: <https://onecantrust.org.uk/food-bank-collection-points/>

Bootstrap Cook: <https://cookingonabootstrap.com/>

Budget Food Ideas: <https://savings4savvymums.co.uk/>

Meal Planning: <https://savvybites.co.uk/7-day-aldi-budget-meal-plan-dec-21-27/>

Empower to Cook <https://www.empowertocook.co.uk/about>

Too Good To Go: <https://toogoodtogo.co.uk/en-gb/consumer>

How to Spend Less: [Which.co.uk](https://www.which.co.uk/)

Cut Down Grocery Bills: <https://inews.co.uk/inews-lifestyle/money/bills/six-top-tips-to-help-you-save-on-your-grocery-bills-1912670>

## Support for Families

### Finance, Bills and Support

Buckinghamshire Help: <https://www.buckinghamshire.gov.uk/cost-of-living/>

Buckinghamshire Warm Spaces: <https://www.buckinghamshire.gov.uk/cost-of-living/find-a-place-to-keep-warm-welcoming-spaces/>

Government Cost of Living Support: <https://costoflivingsupport.campaign.gov.uk/>

Government Cost of Living Payment: <https://www.gov.uk/guidance/cost-of-living-payment>

Helping Hand: <https://www.buckinghamshire.gov.uk/housing-and-benefits/support-with-food-bills-and-finances/>

Money and Benefits: [Money and benefits | Family Information Service \(buckinghamshire.gov.uk\)](#)

Bucks Family Information Service: [Family Information Service | Buckinghamshire Family Information Service](#)

Food Bank Vouchers and Referrals: [Food Vouchers - The Trussell Trust](#) or speak to [your local Citizens Advice Bureau](#)

UK Bill Help: <https://www.billhelp.uk/>

Family Fund supports families raising disabled and seriously ill children and young people: [Family Fund Support | Family Fund](#)

Home Start: <https://www.home-start.org.uk/>

Confused.com Petrol Prices: <https://www.confused.com/petrol-prices> (requires a registration)

Benefit and Grant Calculator: <https://www.entitledto.co.uk/>

Money Saving Expert: <https://www.moneysavingexpert.com/>

Energy Bill Support Scheme: <https://www.gov.uk/government/news/energy-bills-support-scheme-explainer>

Help with Energy Bills: <https://www.ofgem.gov.uk/information-consumers/energy-advice-households/getting-help-if-you-cant-afford-your-energy-bills>

Money Helper Energy: <https://www.moneyhelper.org.uk/en/money-troubles/dealing-with-debt/struggling-to-pay-your-gas-or-electricity-bill>

Energy Saving Trust: <http://www.energysavingtrust.org.uk/energy-at-home>

Simple Energy Advice: <https://www.simpleenergyadvice.org.uk/>

Better Housing Better Health: <https://www.bhbh.org.uk/>

Buckinghamshire Financial Insecurity Partnership: <https://www.buckinghamshire.gov.uk/campaign/money-problems/>

Turn2Us: <https://www.turn2us.org.uk/>

Step Change: <https://www.stepchange.org/>

Quaker Social Action: <https://quakersocialaction.org.uk/we-can-help/money-finances/made-money/financial-wellbeing/help-cost-living>

Government Advice: <https://www.gov.uk/cost-of-living>

Citizen's Advice: <https://www.citizensadvice.org.uk/debt-and-money/get-help-with-the-cost-of-living/>

Money Helper Mortgages: <https://www.moneyhelper.org.uk/en/homes/buying-a-home/government-help-if-you-cant-pay-your-mortgage>

Shelter: [https://england.shelter.org.uk/get\\_help](https://england.shelter.org.uk/get_help)

Centrepoint: <https://centrepoint.org.uk/what-we-do/housing/>

Homeless Link: <https://homeless.org.uk/>

Government Guidance: <https://www.gov.uk/if-youre-homeless-at-risk-of-homelessness>

Crisis: <https://www.crisis.org.uk/ending-homelessness/about-homelessness/>

BBC Advice and Support: <https://www.bbc.co.uk/news/topics/cljev4jz3pjt>

## Online Safety

### Online safety guide on SENDIT

Sendit is an add-on to Snapchat, not a standalone app: it requires users to have an active Snapchat account, which they then connect to Sendit. It's important that trusted adults realise, therefore, that any risks associated with Snapchat also affect children using Sendit. Within the app, people play question games like 'Truth or Dare' and 'Never Have I Ever': users select a question to share on their Snapchat story for their friends to reply to. All responses are anonymous, although – for paying subscribers – Sendit reveals hints about who sent which messages.

In the guide, you'll find tips on a number of potential risks such as bullying, harassment and grooming.

**At National Online Safety, we believe in empowering parents, carers and trusted adults to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many apps 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.**

# What Parents & Carers Need to Know about SENDIT

Sendit is an add-on to Snapchat, not a standalone app: it requires users to have an active Snapchat account, which they then connect to Sendit. It's important that trusted adults realise, therefore, that any risks associated with Snapchat also affect children using Sendit. Within the app, people play question games like 'Truth or Dare' and 'Never Have I Ever': users select a question to share on their Snapchat story for their friends to reply to. All responses are anonymous, although – for paying subscribers – Sendit reveals hints about who sent which messages.

**Age rating:**  
12+  
Teen  
However, Sendit's own terms and conditions state that it was developed for the 17+ age group.

### WHAT ARE THE RISKS?

#### ANONYMOUS RESPONSES

Anonymity online encourages people to say things and act in ways that they normally wouldn't. They're less accountable, and it's harder to track who sent a message. Research has highlighted that children perceive anonymous messages as being more severe than if the same message had come from a friend. Any app that lets children communicate anonymously should be treated with caution.

#### MENTAL HEALTH IMPACT

Categories of questions such as "Ask me anything" or "Rate me" – coupled with the app's anonymity – mean there is a likelihood of some friends or strangers (if the account is set to 'public') responding in a negative manner. These critical comments (especially if there are several) could ruin a young person's self-esteem – heightening their insecurities and affecting their mental health.

#### MEMBERSHIP COSTS

Currently costing £8.49 per week, Sendit's Diamond Membership offers clues about who sent a particular message, such as their approximate location, the type of phone used and any mutual friends. Membership also provides exclusive names and an ad-free experience. Young people may well be curious to find out who certain messages are from and therefore sign up for membership.

#### BULLYING AND HARASSMENT

Open-ended questions which relate personally to the sender are an opportunity for malicious people to make offensive remarks, which can lead to full-blown bullying and harassment. Additionally, bullies and trolls can hide behind the anonymity that Sendit offers, feeling more powerful and able to intimidate their target – who, by contrast, feels hurt, victimised and helpless.

#### POSSIBLE GROOMING

If your child doesn't have their Snapchat account set to private, or they have previously added strangers as friends, there is a possibility of predators responding to their Sendit questions. They do this in an attempt to gather information about your child – or to initiate a conversation with them, seeking ultimately to form an online 'friendship' and gain the young person's trust.

#### REPEATED ENGAGEMENT

On Sendit, users receive trophies for reaching a particular number of responses, for answering friends' questions and for posting their own. This sense of achievement could incentivise a young person to be active on Sendit more frequently – spending more time on their phone or tablet as they may naturally want to collect all of the trophies, or might be competing with their peers.

## Advice for Parents & Carers

#### ENCOURAGE EMPATHY

If your child has already downloaded Sendit, it might be wise to have a discussion with them about the impact that saying something anonymously online could have on others. Encourage them to think about how they would feel if they were on the receiving end of a particular comment. Reminding them to stop and re-read messages before sending could reduce the number of regrettable situations.

#### TALK IT OVER

Before allowing a young person onto a social networking app, it's a good idea to chat with them about the possibility of receiving hurtful comments. Explain that not everyone online is nice; that people often say things they don't mean; and that posts get misinterpreted. Teach your child not to reply to any offensive users on Sendit and simply block instead them (via the three dots in the top right of the screen).

#### BLOCK IN-APP PURCHASES

Even if you do allow your child to use Sendit, you might want to consider talking to them in advance about whether they really need a membership subscription. Either way, it's probably safest to make sure that in-app purchases are blocked in the settings, or that you have configured your child's device to ask for your approval before making a purchase online.

#### ONLY PLAY WITH FRIENDS

Stress the importance of your child playing Sendit games only with their close friends and not having strangers on their contacts list. This should help to keep the nature of the questions light-hearted – and if the games are being played among a small group, it will be easier for the members to figure out who gave certain answers if someone's been left feeling hurt or uncomfortable by any responses.

#### Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.

**NOS National Online Safety®**  
#WakeUpWednesday

Source: <https://www.getsendit.com/privacy> | <https://www.getsendit.com/terms> | <https://www.sendit-anonymousemail.com/snapchat>

[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) @natonlinesafety /NationalOnlineSafety @nationalonlinesafety

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