



St. Francesca Cabrini Primary School

Cabrini News

www.stfrancescacabrini.co.uk

SUMMER TERM - Issue 29: Friday 12th May 2023

THE WEEKLY JOURNAL OF ST. FRANCESCA CABRINI PRIMARY SCHOOL, HONOR OAK, LONDON

Welcome to 'Y2 Healthy Restaurant'

Today in our Science lesson we prepared a healthy meal. We then enjoyed changing our classroom into a restaurant. We invited Year 1 to join us for a special meal. It was delicious!!!



In our lesson we learnt about the importance of a 'Healthy Balanced Diet' and that the word diet means the different foods you eat.



Sam says, "Be at school, be on time!"

Outstanding Attendance this week goes to...

**LIME CLASS -100%
CONGRATULATIONS!**

POLITE REMINDER!

Please remember **to park SAFELY!**

Put child safety before your convenience

Please **DO NOT** mount the pavement and park adjacent to our main gates!!

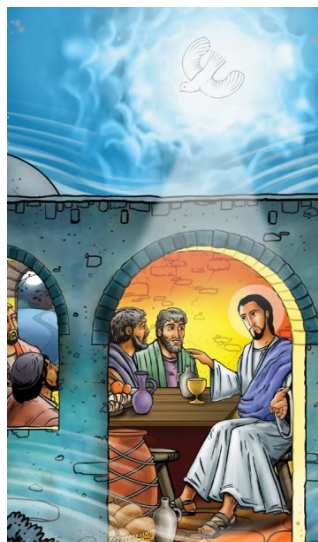
Please **DO NOT** park across the zig-zag lines!!

Please **DO NOT** park across our gates or the driveways of our neighbours!! Thank you.

A Weekly Gift to you and your family from your Catholic School

THE Wednesday WORD

SHARING SUNDAY'S GOSPEL WITH PARENTS & FAMILIES



"The Holy Spirit helps us to view others with fresh eyes, seeing them as brothers and sisters in Jesus, to be respected and loved."

Pope Francis

HELPER

Welcome to 'Y2 Healthy Restaurant' cont...

Y2 Pop-up! Restaurant



We prepared our meal by chopping all the salad ingredients, lettuce, cucumber and tomatoes. We mixed these all together. Then we added chicken.



Everyone enjoyed sharing this healthy meal! We chatted to each other whilst enjoying the lovely food. We understand how important it is to eat healthily and try new foods.



Our Fresh Fruit Salad was delicious! We tried some fruits that we had never tasted before. Yum-Yum!!



IT FEELS
GOOD
TO BE KIND
AT SCHOOL



School of Kindness!

On Thursday Years 1 to 5 took part in a kindness webinar hosted by Greg from the 'School of Kindness'.

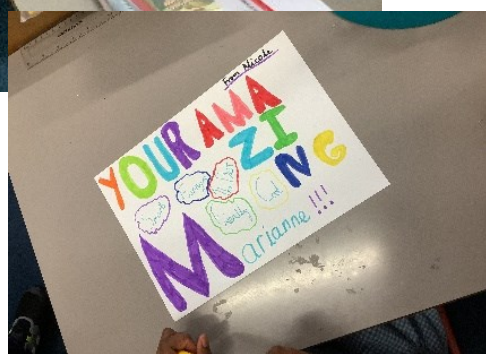
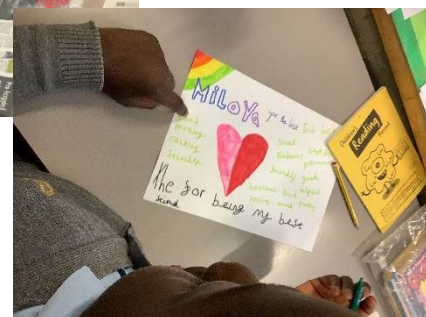
We talked about showing kindness and that by doing so can make ourselves and others feel happy and we can do this for FREE!

The children were given a task to make a card, poster or write a letter to someone else to show kindness in the hope that they would also spread kindness.

The children then gave out their kindness cards and have continued to think of their friends before considering themselves, we hope this kindness carries home too.

Years 1 and 3 enjoyed working together to make cards for our

local bus drivers, which they hope to give out next week when travelling to school with their parents...spreading the kindness we have enjoyed at school beyond the school gates!



Kindness Costs
Nothing, But
Means Everything



What Parents & Carers Need to Know about

TELEGRAM

AGE RESTRICTION
17+

WHAT ARE THE RISKS?

LACK OF AGE RESTRICTION

Telegram has a 16+ age restriction on using the service, while someone is required to be over 17 to actually download the app. Once that's accomplished, however, there's no need to provide further identification. That means there's no guarantee that under 17s aren't using the app – and no way to confidently verify that any other user actually is who they say they are.

POSSIBLE CYBERBULLYING

If your child uses Telegram, they could well be in a group with friends and peers on the app. These groups are managed by admins who can remove the option to post replies – possibly leading to instances of cyberbullying in which the victim has no ability to respond. Messages can be forwarded from groups, too, which potentially opens up images and text being seen by people they weren't intended for.

UNMODERATED CONTENT

Because Telegram relies on users' self-moderation, it can sporadically become a hotbed for illegal or inappropriate content. In the past, the circulation of this material has led to its temporary removal from the App Store. In fairness, the same can be said of several messaging platforms, but Telegram's features (Secret Chats, for instance) certainly present more issues than the likes of WhatsApp.

Telegram isn't new, but it's grown significantly in popularity over recent years, thanks to its secure nature and speedier performance than many of its competitors – including WhatsApp. While Telegram is an excellent app in terms of actual performance, like any messaging platform it brings its own challenges for parents when it comes to feeling confident about children being able to handle their own messaging conversations and contact with the outside world in general. Here's everything that trusted adults need to know about using Telegram safely.

PREMIUM COSTS

Telegram is free to use, but it also offers a premium membership (£4.99 per month or £35.99 a year) which increases download speeds, adds translation features, and increases channel and account limits. If your child has access to your Apple ID or Google Pay details, they may be able to sign up for the premium package without your knowledge.

UNAUTHORISED ACCESS

One of Telegram's major selling points is that it's accessible across multiple platforms. Once the app's been downloaded, users can log in from a phone, tablet or computer. This multi-device availability means increased opportunities for someone else to gain unauthorised access (if your child leaves a computer or tablet at school logged into their Telegram account, for instance).

SECRET CHATS

Telegram offers a feature called Secret Chats, which allows for messages which self-delete after a specified period of time. There are instances where this can be useful (journalists often use Telegram to protect their sources, for example), but for young people it can make it extremely difficult to prove that someone has been abusive or inappropriate towards them on the app.

Advice for Parents & Carers

PRIVACY CONTROLS

If your child wants to use Telegram, we'd strongly suggest using the app's built-in privacy settings to restrict who can see when they were last online, their profile photo, and their phone number. This can be set to 'everybody', 'my contacts' or 'nobody'; we'd recommend either the second or third options, depending on how locked down you want the platform to be.

DISCUSS SECURITY

It's important that your child understands the merits of strong passwords and logging out of devices when they're finished – and the benefits of protecting their personal data in general. This could range from relaxed chats and simple tips like 'don't send your bank details' to how to set up passcodes for Telegram so your child's chats stay secure when they step away from their screen.

REPORT UNSAFE CONTENT

If your child receives private messages which include content that could be considered illegal, unsafe or upsetting, they can of course block the account responsible within the app itself. Be aware, however, that Telegram won't necessarily take any further action unless this offensive content involved a user-created channel, bot or sticker.

USE THE BLOCK FUNCTION

Users can block spam, abusive, or imposter accounts within the app. Blocking stops that account from messaging your child, or viewing their profile and activity. If the user in question is one of your child's peers or friendship circle, it may be worth bringing it to the attention of their school. Also bear in mind that your child can also voluntarily leave a Telegram group at any point if they wish.

PROTECT PAYMENT METHODS

Apple and Google's storefronts offer family sharing options, but it's also worth double-checking your settings to ensure that a password or two-factor authentication option is set up to prevent any unexpected purchases. If your child does pay for a premium Telegram subscription without your consent, Apple and Google have been known to issue refunds in some cases.

Meet Our Expert

Lloyd Coombes is Editor in Chief of gaming and esports site GGRcan and has worked in the gaming media for around four years. A regular visitor to the App Store to try out new tools, he's also a parent who understands the value of online safety. Writing mainly about tech and fitness, his articles have been published on influential sites including IGN and TechRadar.



PREMIUM ACCESS

NOS National Online Safety
#WakeUpWednesday

Source: <https://www.telegram.org/> | <https://www.engadget.com/telegram-explained-2022-103035068.html>



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety



@national_online_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 10.05.2023

Cyber safety, tips & fun!

Headteacher's Award

WINNERS

congratulations!



<i>CLASS</i>	<i>NAME</i>	<i>REASON</i>
<i>Red Class EYFS</i>	Angelica	<i>For being a kind friend!</i>
<i>Orange Class Year 1</i>	Bryanna	<i>Fantastic phonics work!</i>
<i>Yellow Class Year 2</i>	Larissa	<i>For always producing excellent work!</i>
<i>Green Class Year 3</i>	Jacob	<i>Excellent geography skills!</i>
<i>Blue Class Year 4</i>	Patrick	<i>For being a brilliant circuit leader at Switch-On!</i>
<i>Indigo Class Year 5</i>	Mansal	<i>For his positive attitude to his school work!</i>
<i>Lime Class Year 6</i>	David. A	<i>For his hard work and dedication in his studies!</i>

Be the BEST that YOU can be!



Next week's...



...highlights!

What will you be doing next week?

Red Class EYFS	Looking after our class caterpillars and observing how they have changed!
Orange Class Year 1	Holidays and Holydays – Why are they important?
Yellow Class Year 2	Making model cars to test our bridges!
Green Class Year 3	Distributing our 'Kindness' posters!
Blue Class Year 4	Trip to Dulwich College to see the James Caird boat as well as other artefacts from Shackleton's Expedition in 1914.
Indigo Class Year 5	How did children in Ancient Greece live?
Lime Class Year 6	Who were the Mayan's?



Love - Prayer - Trust -

Respect - Excellence