

13th February, 2026



# Wicklewood Weekly

We have reached the end of a very busy first half term of 2026! We have had Year 1 visiting the Sainsbury Art Centre, Year 2 have visited Norwich Castle and Nursery have had a visit from Mini Monsters. We have also had a wonderful assembly led by Starling class, including a Makaton retelling of their class text. We have had Year 3, 4 and 5 Maths cafés as well as welcoming the book fair back into school this week. It has been lovely to see so many of our wonderful families in and around the school sharing our learning with our brilliant children!

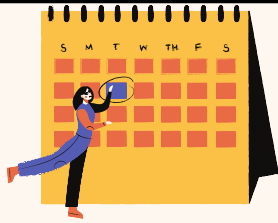
As this half term ends, we are already looking forward to what comes next! We will have more trips, more cafés, and will have our term culminating with our Year 4 residential to Bawdsey Manor.

Sadly, as this half term ends, we are saying goodbye to Mrs Boyce, who is leaving us to embark on a new adventure at another school. We wish Mrs Boyce and our pupil leavers good luck on their next steps!

## WATCHES

If you have given your child an electronic watch to use during the school day, please ensure that it is unable to connect to mobile networks to access the internet, unable to take photos and unable to play games. If pupils have watches with any of this functionality, they should not be brought to school.

We look forward to seeing you all back on Monday 23<sup>rd</sup> February.



Dates:

24 & 25 Feb-Spring term parents evenings

27 Feb-Year 3 Banham Zoo trip

5 Mar-Year 6 Cambridge Zoology Museum trip

5 Mar-World Book Day (dress up as a book character)

11 Mar-Year 5 Norwich Cathedral trip

17 Mar-Year R Gressenhall trip

17 Mar-Whole School Drama Workshops

25-27 Mar-Year 4 Bawdsey Residential

27 Mar-End of term

13 Apr-INSET Day

14 Apr-Summer Term begins



## Friends

Look out for a range of fundraising and fun activities from Wicklewood's Friends over the coming months. The Egg Trail will return for Easter and there will be some exciting changes for Sports Day on Wednesday 20<sup>th</sup> May!

### Office Email

Just a reminder, the school office email is now [office@wicklewoodschool.co.uk](mailto:office@wicklewoodschool.co.uk).

### Donations

Thank you for all the marvelous magazine donations we now have sufficient.

We would love any t shirts, shirts for the children to use to cover up clothes during our arts and crafts lessons. Ages from age 5 up to young adult looking for sufficient for a set for each class.

### Every Day Matters



It is a statutory requirement for children to attend school every day.

This week's winners are...  
**Kingfisher Class with 99%!**

# What Parents & Carers Need to Know about HOW TO COMBAT ONLINE BULLYING

Defined as "ongoing hurtful behaviour towards someone online", cyber-bullying makes its victims feel upset, uncomfortable and unsafe. In the digital world, it has numerous forms – such as hurtful comments on a person's posts or profile; deliberately leaving them out of group chats; sharing embarrassing images or videos of someone; or spreading gossip about them. Cyber-bullying can severely impact a young person's mental health ... so, in support of Anti-Bullying Week, we've provided a list of tips to help trusted adults know what to look for and how to respond to it.

## 1. GET CONNECTED

Playing online games together with your child or connecting with them on social media (providing they're old enough) is not only fun but also an excellent way of establishing some common ground to discuss things you've both seen or done online – as well as keeping an eye on who your child is communicating with in the digital world.

## 2. KEEP TALKING

Regular chats with young people about their online lives are good practice in general, but they can also be an excellent refresher to help prevent cyber-bullying situations. Topics you might want to revisit include why it's important to only connect online with people we know and trust, and why passwords should always remain secret (even from our best friends).

## 3. STAY VIGILANT

Observe your child while they're using technology and just after they've used it. Are they acting normally, or out of character? Possible signs of a problem may include seeming quiet or withdrawn, jumpy or anxious, angry or repeatedly checking their phone. When you feel it's the right time, you may want to check in with them to see if everything is OK.

## 4. MAKE YOURSELF AVAILABLE

If an online bullying incident does occur, it may take a while before your child is ready to open up about what happened. Just gently remind them that they can always come to you with any problems – and that they won't be in trouble. You might also suggest a trusted family member they could turn to, in case they feel too embarrassed to tell you directly.

## 5. BE PREPARED TO LISTEN

When conversations about online bullying do take place, they're likely to be difficult, emotional and upsetting for both you and your child. Actively listen to your child while they're bringing you up to speed, and try not to show any judgement or criticism – even if they haven't dealt with the situation in exactly the way you would have hoped.

## FURTHER SUPPORT AND ADVICE

If you or your child need additional help with an online bullying issue, here are some specialist organisations that you could reach out to.

**Childline:** talk to a trained counsellor on 0800 1111 or online at [www.childline.org.uk/get-support/](http://www.childline.org.uk/get-support/)

**National Bullying Helpline:** counsellors are available on 0845 225 5787 or by visiting [www.nationalbullyinghelpline.co.uk/cyberbullying.html](http://www.nationalbullyinghelpline.co.uk/cyberbullying.html)

**The NSPCC:** the children's charity has a guide to the signs of bullying at [www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/](http://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/) and can be reached on 0800 800 5000

## 6. EMPOWER YOUR CHILD

Depending on their age, your child might not want a parent 'fighting their battles for them'. In that case, talk through their options with them (blocking the perpetrator, deleting the app and so on). By allowing your child to choose the path they take, you're putting them in control but are also demonstrating that you're there to support them along the way.

## 7. REPORT BULLIES ONLINE

Cyber-bullying often takes place through a particular app, social media platform or online game. If this is happening to your child, encourage them to report the offender to the app or game in question – ideally with screenshots to support their complaint. Most games and apps have reporting tools specifically to stamp out abusive behaviour and protect users.

## 8. ENCOURAGE EMPATHY

Protecting themselves online is the priority, of course, but young people should also feel empowered to help if they witness other people falling victim to cyberbullying. Even if they don't feel confident enough to call someone out on their abusive behaviour online, they can still confidentially report that person to the app or game where the bullying occurred.

## 9. SEEK EXPERT ADVICE

Victims of online bullying frequently experience feelings of isolation and anxiety, a loss of self-esteem and potentially even thoughts of self-harm or suicide. If you think that an incident of cyber-bullying has affected your child's mental wellbeing, then seek psychological support for them. There are some useful contact details in the central panel below.

## 10. INVOLVE THE AUTHORITIES

If the nature of any online bullying makes you suspect that your child is genuinely in imminent physical danger – or if there are any signs whatsoever of explicit images being shared as part of the bullying – then you should gather any relevant screenshots as evidence and report the incidents to your local police force.

## 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.



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