



The Duchy of Lancaster Newsletter

Friday 13th February

News and information for families and the community



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Message from Mr Finney



We teach age-appropriate lessons on online safety and work closely with families to reinforce these messages at home.

Together, we can empower our children to enjoy the benefits of technology while staying protected from potential online dangers.

Find out about keeping your child safe online in this weeks newsletter.

What to talk about



Use the tips below as a guide to support discussions with your child about keeping safe online.

Keep Personal Information Private

Encourage your child not to share personal details like their full name, address, phone number, or school name online.

Think Before You Click

Teach children to be cautious about clicking on links or downloading files from unknown sources to avoid harmful content or scams.

What to talk about

Be Kind and Respectful Online

Remind pupils that online behaviour should be respectful and kind. Cyberbullying or sharing hurtful messages is never acceptable.

Use Privacy Settings

Help your child understand and use privacy settings on apps and games to control who can see their information and communicate with them.

Talk and Report

Create an open environment where children feel comfortable talking about anything online that worries or upsets them, and encourage them to report concerns to a trusted adult



In today's digital world, staying safe online is more important than ever for our pupils.

As technology becomes an integral part of learning and everyday life, we must ensure that children understand how to navigate the internet safely and responsibly.

Online safety is not just about protecting children from harmful content but also about helping them develop positive digital habits, recognise risks such as cyberbullying, and know how to seek help if needed.

At The Duchy of Lancaster Primary School, we are committed to fostering a safe online environment for all pupils.

Drop In for Young people, Parents and Carers

Come and meet a Community Worker at a place near you. They are ready to answer questions/listen to worries and share supportive information, advice and guidance.

You can also call your local Family hub on **01553 669651** and talk to an advisor who will be happy to help. Mon-Fri 9am and 4:30pm

Gaywood Library	3rd February	9:15am - 11:15am	Georgie
Marshland Hall	12th February	1pm - 2:30pm	Georgie
Hunstanton Library Money Matters	3rd February	10am - 12pm	Lex
Hunstanton Library peer support group with REDI	6th February	9:15am - 10:30am	Lex
Kings Lynn library	7th February	10am - 11:30am	Lex
Dersingham Library	19th February	12:30pm - 2pm	Lex
Cornerstone Church South Lynn	24th February	9:15am - 11:30am	Lex
ECFS South Lynn	27th February	9am - 11am	Lex
Swan Parents' Group	3rd February	9:00am-11:00am	Sarah
Downham Market Library	17th February	3:00pm-4:30pm	Sarah
Downham Market Methodist Church-Under 5 Healthy Child drop-in	26th February	9:30am-11:30am	Sarah

You can find out more about our family hubs approach online, just scan this QR code



What's on at the King's Lynn family hub in February...

Find more information



www.norfolk.gov.uk/familyhubs

Mondays

Stephaine from Housing Options on the 9th of February between 10am and 12pm.
Stephaine can support parent/carers with:

- Advice on getting on the housing register.
- Support with applications
- Guidance around housing handing and the process from applying to getting offered your own property.

What is coming up in the next few months:

Join Daniil from SEN Socials and Early Help Community Worker Georgie on the 9th of February 2024 10:30pm to 12:30pm for a cuppa and an informal chat about all things SEND parenting. **No diagnosis needed!** Children are welcome and there will be an activity each session provided by **Voices Through Art!** Please contact senocialsdownham@gmail.com for further information or to request a social story and venue walk through.

Tuesdays

Tilly from Fenway Domestic Abuse Services on the 10th and 24th February between 10am and 1pm.
Tilly can support with:

- Emotional Support
- Practical guidance
- Referrals to other domestic abuse services.

Wednesdays

Breastfeeding Support Group every Wednesday 1pm to 2:30pm

- Peer connection and emotional support
- Expert guidance, advice and practical tips
- Hands-on problem solving around all things breastfeeding

SHPS - Sustainable Housing Partnership Service - Drop-in at the discovery centre every Wednesday 9:20 to 2:00
Assistance with resolving landlord-tenant issues
Support for people at risk of homelessness
Financial help around tenancy costs

Thursdays

Emma from the Department of Work and Pensions on Thursdays between 10am and 2pm.
Emma can support parent/carers with:

- Benefit related queries
- Finances difficulties and debts
- Childcare funding
- Opportunities around training, qualifications, or new skills

Fridays

Anna from the Relocations, Equality, Diversity and Inclusion team will be attending the Family Hub every Friday between 12:30pm and 4:00pm. Anna is able to support parent/carers who have relocated to England from another country and who are struggling with barriers to accessing support for their children SEN or Social emotional and mental health needs.

Kate from Norfolk Community Law Service (NCLS) will be at the Family Hub on Friday 23 January, 12:30-4:00pm. NCLS provides free, independent, and confidential legal advice and advocacy for individuals and families who cannot afford access to justice, focusing on vulnerable or disadvantaged groups. Services include:

- Family law and court support: welfare benefits, debt and money advice, immigration advice, discrimination and employment.

Useful Websites

- UK Safer Internet Centre

A comprehensive resource offering advice, guides, and reporting tools to help keep children safe online. Website:

saferinternet.org.uk

- Childnet

Provides toolkits and practical advice for parents to start conversations about online safety and manage risks.

Website: childnet.com

- NSPCC

Offers expert guidance on online safety, including how to deal with cyberbullying and harmful content. Website:

nspcc.org.uk

- Internet Matters

Age-specific online safety checklists and parental control guides to help families manage children's digital use.

Website: internetmatters.org

- CEOP (Child Exploitation and Online Protection)

Useful Apps

- Google Family Link

Allows parents to manage apps, set screen time limits, and monitor online activity on Android devices.

- Qustodio

A parental control app that helps monitor screen time, philtre content, and track device usage across multiple platforms.

- Bark

Monitors texts, emails, and social media for signs of harmful interactions or content and sends alerts to parents.

- Net Nanny

Provides internet filtering, screen time management, and alerts for inappropriate content.

- YouTube Kids

A safer version of YouTube with curated content suitable for younger children.



Family Hub Drop In

Advice and support for parents and carers of children and young people from conception to 19 (25 for young adults with SEND).

Your local family hubs team are ready to help, and this month your Community Worker, Sarah will be at the following venues ready to listen and support you to find the right help.

Family hubs can help with advice and support with:

- health and wellbeing
- mental health
- parenting
- relationships
- finding activities and groups
- infant feeding
- money and work
- housing
- SEND
- support for dads
- substance misuse
- transition to adulthood
- and so much more...



Date	Time	Venue
06 January	09:00 - 11:00	Swan Parents' Group
13 January	15:00 - 16:30	Downham Market library
20 January	15:00 - 16:30	Downham Market library
03 February	09:00 - 11:00	Swan Parents' Group
17 February	15:00 - 16:30	Downham Market library

CELEBRATIONS



Happy Birthday to

BEN AND OLLIE

Be On Time Bee Winners

BADGERS - 94.8%

SCHOOL - 93.7%

Elephant of Excellence Winners

Positive Points

Green Mercator - 127

Yellow Hillary- 126

Blue Raleigh- 120

Red Goodall- 124



Diary Dates

HAPPY HALF-TERM HOLIDAY

RETURN TO SCHOOL ON
MONDAY 23RD FEBRUARY



Wrap Around Care

EVERY DAY - 07:45-18:00

Our excellent Breakfast Club and
Afterschool Club are open every
day. You can book through MCAS.

Links



SCHOOL WEBSITE

[CLICK HERE](#)



SCHOOL DIARY DATES

[CLICK HERE](#)



DEMAT WEBSITE

[CLICK HERE](#)