

20th September 2024



Dear Parents/Carers,

This week in school, we have been focusing on our new Talk for Writing curriculum. In assembly, children talked about how story mapping supports them to retell stories and the various strategies that they use in English lessons to help them with their writing, such as emotion boards and word banks. Ask your child to tell you the story that they are learning at the moment!

Meanwhile, Year 5/6 have been learning about the Highway Code and how to keep safe during Bikeability. On the theme of bicycles, please note that next week is Bike to School week. I look forward to seeing lots of you riding to school. Don't forget to wear your helmets and dismount before you enter the playground.

Also next week, children from Year 3/4 set off for Thorpe Woodlands. If you were unable to attend the presentation at Mendlesham on Monday, you should by now have received copies of all information. Please let the office know if you have any further questions. Have a fantastic weekend!

Sarah King

Online Safety

How to Activate Parental Controls

With most children today having their own phones, computers and other devices, it's vitally important that parents and educators know how to keep young people protected while using them. Between targeted adverts, age-inappropriate content, and other online safety concerns, it can sometimes feel overwhelming to keep on top of.

Parental controls, present on most devices and several apps, can make this job significantly easier—but a certain amount of knowledge is required to use them effectively. This online safety guide will provide you with the information you need to activate and maintain parental controls on children and young people's devices.

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators USING AND REVIEWING PARENTAL CONTROLS

Phones and computers are essential parts of children's lives, but with unrestricted internet access comes a multitude of risks. While not foolproof, parental controls can help with this, filtering out inappropriate content, limiting the ability to spend real money, capping screen time and generally making devices safer for young people.

- 1. KNOW THE TYPES**
While parental control software can range from an entire device, it also pays to know about apps and content that are available. To take, for example, has been tested for filtering inappropriate content. Check that you have an app or child has been talking to. Check the settings of any equipment that you own and review your system.
- 2. COVER ALL DEVICES**
Knowing what parental controls cover is essential, as remaining unaware can run the risk of being taken in by the device's security measures. Controls on a phone will apply whenever or child is on that device, for instance. If you want to ensure that parental controls are set up across any laptop, tablet and potentially other phones, TVs, smartboards, buying a new device may require you to set them up on the device.
- 3. DON'T NEGLECT SHARED TECH**
While children often have their own devices, if you have a shared family computer or tablet, be sure you have parental controls set up on it. A good idea is to have a separate account for each child on your Wi-Fi, set up a guest network or use a separate account. Just ensure that unauthorised access, phishing and malware are prevented.
- 4. CONSIDER TIME CONTROLS**
Even safe internet content can be harmful if it's viewed in excess. Not only are certain apps, websites and content more likely to be used when the device is on, but they can be distracting. Setting time controls can help to manage this, allowing you to set limits on how long a device can be used for each day. It's also possible to set limits on how long a device can be used for each day. It's also possible to set limits on how long a device can be used for each day.
- 5. BLOCK APP SPENDING**
Increasingly free apps can sometimes include in-app purchases, which can be a problem for children. Some apps are designed to encourage in-app purchases, which can be a problem for children. Some apps are designed to encourage in-app purchases, which can be a problem for children.
- 6. NO CONTROLS ARE PERFECT**
Parental controls can be very useful, but they're not foolproof. Some unapproved content can be accessed and some apps can be installed. It's important to be aware of the limitations of parental controls and to have a plan in place for what to do if you find something that you think is inappropriate.
- 7. MIND THE GAPS**
There's undoubtedly a lot of information in parental controls, but it's not always clear what they cover. It's important to be aware of the limitations of parental controls and to have a plan in place for what to do if you find something that you think is inappropriate.
- 8. KEEP THINGS SECURE**
Some children can react poorly to parental controls and that's important to be aware of. It's important to be aware of the limitations of parental controls and to have a plan in place for what to do if you find something that you think is inappropriate.
- 9. REVIEW CONTROLS REGULARLY**
Parental controls shouldn't be a set and forget it. It's important to be aware of the limitations of parental controls and to have a plan in place for what to do if you find something that you think is inappropriate.
- 10. KNOW WHEN TO LET UP**
The parental controls you install on a device are not a one-size-fits-all solution. It's important to be aware of the limitations of parental controls and to have a plan in place for what to do if you find something that you think is inappropriate.

Meet Our Expert
Alan Morrison is an experienced technology journalist and the former deputy editor of technology and internet culture website *Alphr*. Now freelance, he has contributed to a number of publications including *The New York Times*, *NET*, *The Evening Standard*, *Wired*, *Rock Paper Shotgun*, *Gamespot*, *Pocket Gamer*, *BBC*, *ITV*, *ITV News*, *Microsite*, *Techno* and *Trusted Reviews*.

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Earrings during PE

Could we please remind everybody of the National PE Guidance about the wearing of earrings during PE:

*"The National Guidance has always been that **no jewellery should be worn in PE** and that includes swimming and physical activity. It is also not safe to cover earrings / studs / sleepers with tape."*

This is the guidance that we as a school have to follow. It is also in our Home School Agreement that everyone signs on entry to school.

Bikeability

We had the Bikeability Team with us this week to teach the Year 6 and some of the Year 5 children about riding their bicycles safely on the road. The children were split into 2 groups with one group completing the courses on Monday and Tuesday and the second group on Wednesday and Thursday.

Congratulations to all those that took part and passed their Level 1 and Level 2 proficiency tests.

Bicycles/Scooters in the Playground

Could we please remind everybody that bicycles/scooters are not to be ridden in the playground at drop-off and pick-up times.

With parents and young children walking around it is not safe.

Nuts in School

Can we remind everyone that we are a nut free school.

Please check all items in lunchboxes and any snacks that come into school to make sure they do not contain any form of nuts.

We have had several occasions this week where we have had to remove items from lunchboxes etc. as they contain nuts.

Thank you for your understanding in this matter.

Super Learner Certificates

Robin – Sasha, Sapphire
Kingfisher – Valeria, Zeke, Fran
Kestrel – Mary
Owl – Layla
Eagle – Edward

Congratulations to you all

Attendance This Week

As we know, good attendance at school supports pupils' attainment and well-being.

Robin: 96.95%
Kingfisher: 96.41%
Kestrel: 96.52%
Owl: 90.21%
Eagle: 95.51%



Diary Dates

23rd September—Bike to School Week
25th September—Flu Vaccinations
26th September—Yr 3 & 4 Thorpe Woodlands
11th October—Harvest Festival
16th to 22nd October—Book Fair in school
22nd & 23rd October—Parents Evening
24th October—School Disco

28th October—1st November
Half Term
Children Return to School on
4th November

18th November—School Photos

Dinner Menu

Week Commencing 23rd September

Monday

Meatballs and Pasta
Vegetable Frittata
Selection of Salad/Vegetables

Packed Lunch—Baguette
Cheese, Ham or BBQ Sausage
Selection of Salad

Jacket Potato

Treat of the Day

Tuesday

Jumbo Hot Dog
Margherita Pizza
Potato Waffles
Sweetcorn/Salad/Coleslaw

Packed Lunch—Baguette
Cheese, Ham or BBQ Sausage
Selection of Salad

Jacket Potato

Treat of the Day

Wednesday

Macaroni Cheese
Selection of Salad/Vegetables

Packed Lunch—Baguette
Cheese, Ham or BBQ Sausage
Selection of Salad

Jacket Potato

Fresh Fruit Platter

Thursday

Roast Chicken
Cheese and Potato Pie
Yorkshire Pudding
Roast Potatoes
Green Veg, Carrots
Gravy

Packed Lunch—Baguette
Cheese, Ham or BBQ Sausage
Selection of Salad

Jacket Potato

Treat of the Day

Friday

Fish Fingers
Southern Style Quorn Burger in a Bun
Chips
Beans/Sweetcorn

Packed Lunch—Baguette
Cheese, Ham or BBQ Sausage
Selection of Salad

Jacket Potato

Fresh Fruit Platter