

Newsletter

11/02/22

Dear Parents and Carers,

The first part of the spring term has flown by and it has been lovely that we have been able to enjoy brighter and sunnier days recently. It gives me great pleasure to share some lovely news with you all, Mr Getley from Year 6 Australia and his wife have welcomed a beautiful baby girl into their family. Her name is Isla April Getley and she weighed a healthy 8 pounds and 11 ounces. On behalf of everyone at Kingsmoor Academy, we would like to say a huge congratulations to Mr Getley and his family.

On the subject of babies, we will be bidding farewell to Mrs Tredgett (for a little while) from Year 4 China as she goes on maternity leave. Mrs Tredgett's last day is on Thursday 10th February and we wish her and her family the best of luck when the baby arrives. Whilst Mrs Tredgett is on maternity leave, we will be welcoming Mr Brennan into Year 4 China as the main class teacher and he will be supported by Mrs Wise, the class Teaching Assistant as of Monday 21st February 2022.

I just wanted to finish up by sharing an important reminder about online safety. We are aware that there are children who are using WhatsApp on their mobile phones and it has caused some issues within certain classes. Please can I remind parents that since May 2018, the minimum age for using WhatsApp is 16 years old in the UK. Prior to this it was 13 but this was changed as a response to data protection legislation. We have included a poster with this newsletter to provide further facts for parents on WhatsApp.

We hope you all have a lovely break next week and we look forward to welcoming the children back on Monday 21st February 2022.

Mrs Lymbouris Acting Principal

Important Dates:

Inset day-11th
Feb

Half Term - 14th -
18th Feb

World Book Day
3rd March

School Meals
We return to
school after Half
Term on Menu 2

Energizer Y6
Tues, Wed, Thurs,
8.15
From now till the
end of May

Please remember
to check your
School Gateway
for important info



health information



Head lice can be difficult to spot, even when the head is closely inspected. They're very small whitish or grey-brown insects that range from the size of a pinhead to the size of a sesame seed.

The only way to be sure someone has head lice is to find a live louse by combing their hair with a special fine-toothed comb. This is called detection combing. Treatments to get rid of head lice are available to buy from pharmacies, supermarkets and online. You don't usually need to see your GP.

The main treatments are:

- lotions or sprays that kill head lice – these can be very effective, but some aren't suitable for pregnant or breastfeeding women, or for children under two.
- removing head lice with a specially designed comb – this is suitable for everyone and relatively inexpensive, but needs to be repeated several times and can take a long time to do thoroughly

Healthy eating: Food Scanner App (Public Health England)

Healthy eating: Food Scanner App (Public Health England)

The NHS Food Scanner app brings food labels to life and helps you make healthier choices. Simply scan the barcode to see how much sugar, saturated fat and salt is in your food and drink then choose one of the healthier swap suggestions.

The app is part of a healthy eating campaign and the 'scan, swipe, swap' take-home pack has plenty of resources to help encourage children to build healthier habits for life.

Find the resources here: <https://campaignresources.phe.gov.uk/schools/topics/healthy-eating/overview>



Kingsmoor had fun celebrating Chinese New Year, 2022 Year of the Tiger



What time should your child go to sleep?

Why bedtime matters

We all have a biological clock and our circadian rhythms can help us sleep if we honour them by getting to bed at the right time. In addition, maintaining a consistent bedtime (and wake time) helps keep our internal clock 'set' and is a critical part of healthy 'sleep hygiene', according to Harvard Medical School's Division of Sleep Medicine

What Time Should Your Kids Go To Bed?							
	Wake Up Time						
	6:00 AM	6:15 AM	6:30 AM	6:45 AM	7:00 AM	7:15 AM	7:30 AM
Age	Bed Time						
5	6:45 PM	7:00 PM	7:15 PM	7:30 PM	7:30 PM	8:15 PM	8:30 PM
6	7:00 PM	7:15 PM	7:30 PM	7:30 PM	8:00 PM	8:15 PM	8:30 PM
7	7:15 PM	7:15 PM	7:30 PM	8:00 PM	8:15 PM	8:30 PM	8:45 PM
8	7:30 PM	7:30 PM	8:00 PM	8:15 PM	8:30 PM	8:45 PM	9:00 PM
9	7:30 PM	8:00 PM	8:15 PM	8:30 PM	8:45 PM	9:00 PM	9:15 PM
10	8:00 PM	8:15 PM	8:30 PM	8:45 PM	9:00 PM	9:15 PM	9:30 PM
11	8:15 PM	8:30 PM	8:45 PM	9:00 PM	9:15 PM	9:30 PM	9:45 PM
12	8:15 PM	8:30 PM	8:45 PM	9:00 PM	9:15 PM	9:30 PM	9:45 PM

Credit: Wilson Elementary School

We know that sufficient sleep is absolutely vital for a child's health, but recent research has also shown that consistent bedtimes and mealtimes reduce the risk of childhood obesity. One study even found that putting kids to bed early can make for a happier family overall.



The NHS recommend that

Infants from 4 to 12 months should get 12 to 16 hours of sleep (including naps)

Children 1 to 2 years old should get 11 to 14 hours (including naps)

Kids 3 to 5 should get 10 to 13 hours (including naps)

Children 6 to 12 years old should sleep 9 to 12 hours a night

Teenagers should get from 8 to 10 hours of sleep a night

What can we do to get our kids to bed earlier?

First of all, researchers tell us we need to limit screen time before heading to bed. According to the National Sleep Foundation, the blue light emitted from screens can delay the release of sleep-inducing melatonin, increase alertness and reset the body's internal clock to a later schedule.

To be safe, they recommend a digital curfew that would limit the use of TV, tablets, phones and computers to one or two hours before bedtime.

The National Sleep Foundation also recommends a consistent bedtime routine. This could include a pre-bedtime bath or shower and a good book. But whatever you choose to incorporate into your bedtime routine, know that a regular routine can set you and your children up for success. And this can start as early as infancy, so the sooner you can establish a routine, the better!

Having trouble sleeping?

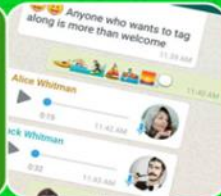
Difficulty getting to sleep is common. Once your child passes their natural "sleep window" their body will produce cortisol and even adrenaline (hormones that stimulate the body). That's why parents will sometimes notice a child's "second wind".

Night waking is often the result of children going to bed too late, as their sleep will not be as sound and they often wake during the night, because cortisol causes poor sleep quality. Strange as it sounds, early morning waking can also occur when a child has a late bedtime. If your child is failing to get enough sleep overall, and is always tired, research suggests it is most likely because their bed time is too late, as children typically don't make up for the missed sleep by sleeping later or napping longer. So while earlier isn't always better, most often it can help ease some of these common problems.

Source: <https://www.medicalert.org.au/news/2018/02/26/what-time-should-your-kids-go-to-bed#:~:text=Children%20to%20years,hours%20of%20sleep%20a%20night>



WhatsApp is one of the most popular messaging apps in the world, with more than 1.5 billion people in more than 180 countries using it to send and receive text, photos, videos and documents, as well as make voice and video calls through an internet or Wi-Fi connection. The free app offers end-to-end encryption, which means that messages can only be read by the sender and the recipient in one-to-one chats, or all members if it is a group chat. Not even WhatsApp can read them.



AGE RESTRICTION
16+



What parents need to know about

WhatsApp

AGE LIMIT CHANGE
Since May 2018, the minimum age for using WhatsApp is 16 years old if you live in the European Union, including the UK. Prior to this, the minimum age was 13, which still applies for the rest of the world. WhatsApp has not yet stated whether it will take action against anyone aged between 13 and 16 who already hold accounts under the old terms and conditions, such as closing their account or seeking parental permission.

SCAM MESSAGES
Occasionally on WhatsApp, people receive spam messages from unauthorised third parties or from fraudsters pretending to offer prizes to 'lucky people', encouraging recipients to click on a link to win a prize. A common scam involves messages warning recipients that their WhatsApp subscription has run out with the hope that people are duped into providing their payment details. Other scam messages include instructions to forward the message in return for a reward or gift from WhatsApp or another person.

FAKE NEWS AND HOAXES
WhatsApp has been linked to enabling the spread of dangerous viral rumours. In India, for example, a number of attacks appear to have been sparked by false rumours shared on WhatsApp.

THE 'ONLY ADMIN' FEATURE AND CYBERBULLYING
Cyberbullying is the act of sending threatening or taunting text messages, voice messages, pictures and videos, with the aim to hurt and humiliate the receiver. The group chat and group video call features are great for multiple people to chat simultaneously, but there is the potential for people to hurt others with their comments or jokes. The 'only admin' feature gives the admin of a group chat greater control over who can send messages. Whilst this can be good for one-way announcements, the group admin has the power to block somebody from responding to an offensive message in a chat, which could result in a child being upset and unable to reply.

CONNECTING WITH STRANGERS
To start a chat in WhatsApp, you need to know the mobile number of the contact you want to speak to and they also need to have the app downloaded. WhatsApp can find contacts by accessing the address book of a device and recognising which of those contacts are using WhatsApp. If your child has shared their mobile number with some-body they don't know, they can use it to get in touch via WhatsApp.

LIVE LOCATION SHARING
WhatsApp's 'Live Location' feature enables users to share their current location in real time to their contacts in a chat, allowing friends to show their movements. The feature, which can be found by pressing the 'attach' button, is described by WhatsApp as a 'simple and secure way to let people know where you are.' Location-sharing is already a common feature on other social apps, including Snapchat's Snap Map and Facebook Messenger and can be a useful way for a child to let loved ones know they are safe. However, if your child is in a group chat with people they do not know, they will be exposing their location.



Top Tips for Parents

CREATE A SAFE PROFILE
Even though somebody would need your child's phone number to add them as a contact, as an extra security measure we suggest altering their profile settings to control who can see their profile photo and status. The options to choose from are 'Everyone', 'My Contacts' and 'Nobody'. We suggest selecting 'My Contacts' or 'Nobody' to ensure their profile is protected.

EXPLAIN HOW TO BLOCK PEOPLE
If your child has received spam or offensive messages, calls or attachments from a contact, they should block them. Messages and status updates sent by a blocked contact will not show up on the phone and will stay undelivered. Blocking someone will not remove this contact from the contact list - they will need to be removed from the phone's address book. To block a contact, your child needs to open the person's chat stream and tap on the settings.

REPORT SCAM MESSAGES
Advise your child not to tap, share or forward any message that looks suspicious or sounds too good to be true. When your child receives a message from an unknown number for the first time, they will be given the option to report the number as spam directly inside the chat. They can also report a contact or a group as spam using the following steps: 1) Open the chat. 2) Tap on the contact or group name to open their profile information. 3) Scroll to the bottom and tap 'Report Spam'.

LEAVE A GROUP
If your child is part of a group chat that makes them feel uncomfortable or has been added to a group they don't want to be part of, use the group's settings to show them how to leave. If someone exits a group, the admin can add them back in once, if they leave again, they cannot be added again.

USING LIVE LOCATION SAFELY
If your child needs to use the 'Live Location' feature to share with you or a friend, advise them to only share it for the amount of time they need to. WhatsApp gives the options of either 15 minutes, one hour or eight hours. However, your child can choose to stop sharing at any time.

DELETE ACCIDENTAL MESSAGES
If your child has sent a message to the wrong chat or if a message they sent has contained a mistake, they can delete it. To do this, simply tap and hold on the message, choose 'Delete' and then 'Delete for everyone'. The app allows seven minutes to delete the message after it has been sent, but it is important to remember that recipients may have seen and screenshot a message before it was deleted.

SET TIME LIMITS
A 2017 study found that by the age of 14 the average child will have sent more than 35,000 texts, 30,000 WhatsApp messages and racked up more than three solid weeks of video chat. Although it is inevitable that your child will use technology, you can still set boundaries. This is not easy, especially since teens use their devices for both schoolwork and free time, often simultaneously.



SOURCES: <https://www.theguardian.com/technology/2018/apr/26/whatsapp-plans-to-lower-age-16-the-mystery-is-how>; <https://whatsapp.com/brand/>; <https://www.independent.co.uk/news/tech/gadgets-and-tech/news/whatsapp-update-latest-india-blocks-forward-messages-app-download-9456011.html>



Lunch Menu Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Meal	Burrito (V) A soft wrap filled with lightly spiced veggies and rice	Allegra's Chicken Filo Pie with Mashed Potato	Roast Turkey with Roast Potatoes and Gravy	Bacon All Day Breakfast Served with baked beans, Scrambled Egg & Potato Wedges	Golden Fish Fingers and Chips
Alternative Dish	Cheese & Tomato Pizza**	Baked Macaroni (V)	Quorn Roast with Roast Potatoes and Gravy (V)	Quorn Hotdog (v) Served with Potato Wedges	Quorn Dippers and Chips (V)
Jacket Potatoes & Salads	Jacket Potato with a choice of fillings A Selection of Fresh Salads Including Lettuce, Cucumber, Tomato, Grated Carrot.	Jacket Potato with a choice of fillings A Selection of Fresh Salads Including Lettuce, Cucumber, Tomato, Grated Carrot.	Jacket Potato with a choice of filling A Selection of Fresh Salads Including Lettuce, Cucumber, Tomato, Grated Carrot.	Jacket Potato with a choice of fillings A Selection of Fresh Salads Including Lettuce, Cucumber, Tomato, Grated Carrot.	Jacket Potato with a choice of fillings A Selection of Fresh Salads Including Lettuce, Cucumber, Tomato, Grated Carrot.
Vegetable	Green Beans Sweetcorn	Peas Broccoli	Carrots Cabbage	Broccoli Sweetcorn	Baked Beans Peas
Desert 1	Raspberry Ripple Ice-Cream	Secret Brownie	Shortbread Biscuit with Fruit Slices	Berry & Peach Oaty Crumble* with Custard	Orange, Sultana & Carrot Slice

Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily

*Fruit Based **Wholegrain ***Oily Fish (V) Vegetarian



Lunch Menu Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Meal	Veggie Bolognese Penne pasta in a yummy tomato and Quorn sauce	Allegra's Chicken Katsu Served with Wholemeal Rice	Roast Turkey with Roast Potatoes and Gravy	Cottage Pie A classic cottage pie with veg and gravy	Golden Fish Fingers and Chips
Alternative Dish	Cheese and Tomato Pizza ** with Dough Balls	Allegra's Oodles of Noodles (V) Veggie Noodles	Creamy Vegetable Pie (V) with Roast Potatoes and Gravy	Mild Chickpea and Potato Curry (V) ** Served with Wholemeal Rice	Tomato Veggie Burger with Chips (V)
Jacket Potatoes & Salads	Jacket Potato with a choice of fillings A Selection of Fresh Salads Including Lettuce, Cucumber, Tomato, Grated Carrot.	Jacket Potato with a choice of fillings A Selection of Fresh Salads Including Lettuce, Cucumber, Tomato, Grated Carrot.	Jacket Potato with a choice of filling A Selection of Fresh Salads Including Lettuce, Cucumber, Tomato, Grated Carrot.	Jacket Potato with a choice of fillings A Selection of Fresh Salads Including Lettuce, Cucumber, Tomato, Grated Carrot.	Jacket Potato with a choice of fillings A Selection of Fresh Salads Including Lettuce, Cucumber, Tomato, Grated Carrot.
Vegetable	Carrot Sticks Cucumber Sticks	Peas Broccoli	Carrots Cabbage	Green Beans Sweetcorn	Baked Beans Peas
Desert 1	Flapjack with Fruit Slices*	Orange Shortbread & Custard	Chocolate Crunchy Biscuit	Fruity Chocolate Brownie	Vanilla Ice-Cream

Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily

*Fruit Based **Wholegrain ***Oily Fish (V) Vegetarian



Lunch Menu Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Meal	Macaroni Cheese (V)	Allegra's Garlicky Chicken and Spanish Spuds	Roast Gammon with Roast Potatoes and Gravy	Beef Burrito A soft wrap filled with fresh beef and rice	Southern Fried Chicken Tasters Lightly seasoned crispy chicken strips and scrummy chip
Alternative Dish	Veggie Sausage and Mash with Gravy (V)	Allegra's Cheesy Peasy Risotto Bake	Quorn Roast with Roast Potatoes and Gravy (V)	Veggie Lasagne served with a bread wedge (V)	Soft Taco and Chips (V)
Jacket Potatoes & Salads	Jacket Potato with a choice of fillings A Selection of Fresh Salads Including Lettuce, Cucumber, Tomato, Grated Carrot.	Jacket Potato with a choice of fillings A Selection of Fresh Salads Including Lettuce, Cucumber, Tomato, Grated Carrot.	Jacket Potato with a choice of filling A Selection of Fresh Salads Including Lettuce, Cucumber, Tomato, Grated Carrot.	Jacket Potato with a choice of fillings A Selection of Fresh Salads Including Lettuce, Cucumber, Tomato, Grated Carrot.	Jacket Potato with a choice of fillings A Selection of Fresh Salads Including Lettuce, Cucumber, Tomato, Grated Carrot.
Vegetable	Peas Carrots	Sweetcorn Broccoli	Carrots Cabbage	Green Beans Sweetcorn	Baked Beans Peas
Desert 1	Oatie Biscuit with Fruit Slices *	Apple and Carrot Yoghurt Muffin*	Strawberry Ice Cream	Chocolate Sponge Cake	Cheese & Biscuits (cheddar portion)

Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily

*Fruit Based **Wholegrain ***Oily Fish (V) Vegetarian