

Dear Parents and Carers,

We have fantastic news to start off our newsletter this week, we are pleased to share with you that Mrs Tredgett from Year 4 China has given birth to a beautiful baby girl. Her name is Imogen Daisy Tredgett and both mum and baby are doing well, congratulations Mrs Tredgett! We hope you enjoy every precious moment with your family.

World Book Day has been wonderful today at Kingsmoor, it has been so lovely to see so many children dressed as their favourite book characters and reading their favourite books. We are looking forward to our author visit next week from Grant Strong which will continue to inspire our young writers.

I would like to take this opportunity to address what is currently happening in the Ukraine. We are aware that many Secondary schools are addressing the invasion that has taken place however we do not feel that we should deliver a whole school assembly on this at the moment. If a child does wish to discuss this, our staff are well-equipped to address any concerns that arise, and we have resources that have been provided by the DfE to ensure we provide the correct age-appropriate support.

If your child wishes to discuss anything with you regarding the current situation, Newsround have a video that you could share with your child/children which is titled 'Advice if you're upset by the news.' Here is a direct link if you wish to take a look:

<https://www.bbc.co.uk/newsround/13865002#:~:text=The%20most%20important%20thing%20is,or%20confusion%20to%20go%20away.>

Mrs Lymbouris Acting Principal

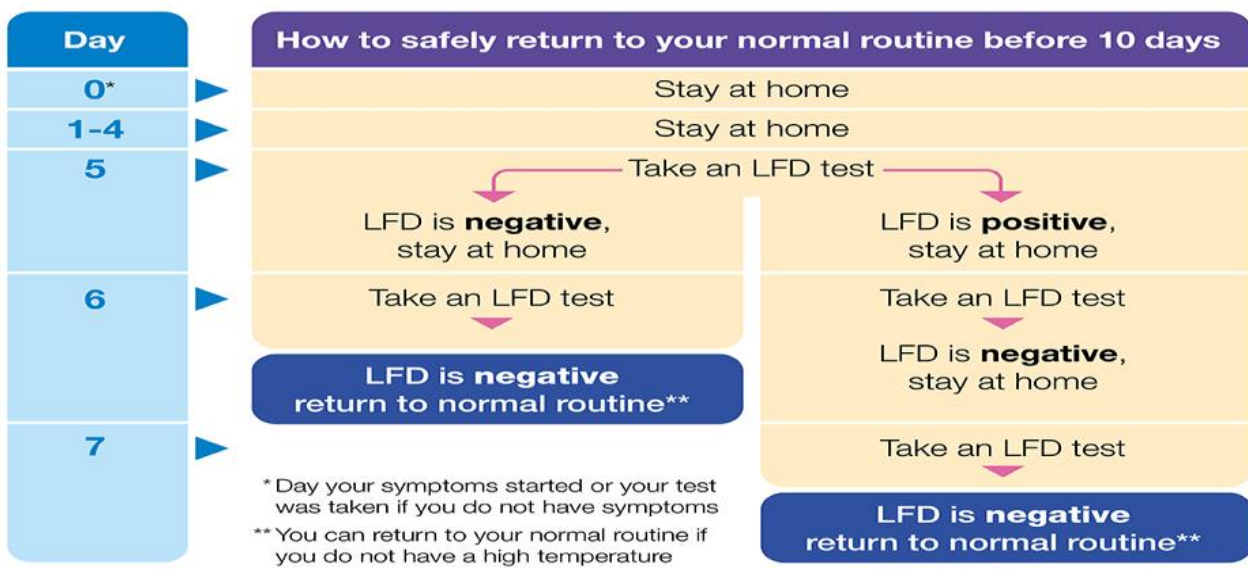
Important Dates:

8th & 9th of
March-Parents
Consultation

18th Mar - Red
Nose Day

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

Please remember
to check your
School Gateway
for important info





Congratulations to Isobel, Olivia and Ahmed in Year 6, who won the Harlow Educational Progress Awards for making outstanding progress between KS1 and KS2. We are very proud of their achievements as they have all worked consistently hard and they thoroughly deserved this award.



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

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many apps which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about

WINK

AGE RATING

13+

Wink is a messaging app which allows children to connect and communicate with other users. In a similar style to Tinder, Wink uses the swipe method for browsing profiles and accepting or declining them. Once two users have accepted each other by swiping on one another's profile, they can then communicate and play games online together. The fact that Wink allows children to share photos, personal information and their location with other users has caused significant concern.

WHAT ARE THE RISKS?

POTENTIAL FOR GROOMING

Wink accounts can't be made private – so when a young person uploads images and shares their social media usernames, it's easier for potential groomers to stalk and locate them online. The fact that children prioritise having an abundance of friends is also a concern: they're more likely to accept someone just to build their friend count – possibly including users with sinister intentions.

ACCIDENTAL OVER-SHARING

Many young people don't consider privacy when they choose to share their social media usernames on their Wink profile. This allows other people to connect with them on multiple platforms, strengthening their online presence and reputation. Some children post photos which reveal aspects of their personal life to other users – showing their house, school, friends and family, for instance.

INAPPROPRIATE CONTENT

Many popular messaging apps contain profiles featuring profanity, nude or semi-nude photos and users openly looking for a "wifey" or "hook ups". Users can send messages anonymously, which engenders a sense of power and freedom. Children often engage in inappropriate behaviour more willingly when it's anonymous, even if it's not the sort of thing they would take part in normally.

CYBERBULLYING

Being anonymous online provides some users with an incentive to bully others through toxic private conversations. Anonymous bullies can send hurtful messages or pressure young people into sending inappropriate content. Being a victim of cyberbullying can result in children becoming depressed and showing low self-esteem. If your child is exhibiting these signs, it's time to step in.

EXCESSIVE SCREEN TIME

Wink encourages repeated engagement through signing in daily, making connections, building up a message 'streak' and publicly sharing stories. The reward is 'gems', which allow users to connect with more people, play games and edit their profile background. This can lead to children spending an excessive amount of screen time on the app, which of course can be detrimental to their health.

Advice for Parents & Carers

DO YOUR RESEARCH

If you do decide to allow your child to have a Wink account – or you find that they already have one – it's vital to talk to them about how to use the app responsibly and keep themselves safe. You could also consider exploring Wink yourself and becoming familiar with the app before letting your child download it, as there are no security settings or parental controls that can be put into place.

OFFER YOUR SUPPORT

While it's not always easy to talk about inappropriate content with your child, it's crucial that they understand the impact of sending or receiving it. They also need to feel that they can speak to you about it without worrying about consequences. Emphasise that, if your child receives any messages that make them feel uncomfortable, they can block the sender and report them to the app.

BE WARY OF SHARING

It's important that your child stays aware of what they're sharing online. Remind them about the importance of not posting personal information like their full name or which school they go to. Many users share their other social media account details on Wink to build their friend count, but we would recommend advising your child not to give strangers multiple avenues to contact them.

DISCUSS LOSS OF OWNERSHIP

It's essential that young people understand that once content goes online, the sender no longer has any control over where it will end up. While your child may feel like they can trust their online 'friend', that person is still a stranger. Even sharing one inappropriate image, for example, could then be used as leverage – as their 'friend' threatens to release it publicly unless the child sends more.

BALANCE SCREEN TIME

Before having a chat with your child about screen time, ask yourself if you're being a positive role model. Get your child thinking about how much time they spend on the app: is it healthy? Is it affecting their offline relationships with people? Is it impacting their mood? If so, you could suggest some activities you can do together which aren't so reliant on digital technology.

BE CAUTIOUS OF NEW CONTACTS

Remind your child that not everyone online is who they say they are, and some users have harmful intentions. If someone on Wink is asking them lots of personal questions or suggests meeting up in real life, these are definite red flags. Encourage your child to ask for help if they're unsure about a particular profile. Remember, the app has a block button: your child shouldn't be afraid to use it!

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.



NOS
National Online Safety®
#WakeUpWednesday





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