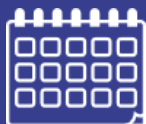




Dates for Your

DIARY



Monday 20th February 2023

Children return to school

Thursday 2nd March 2023

World Book Day

Thursday 23rd March 2023

World Maths Day

Friday 31st March 2023

Children's last day of school

Monday 17th April 2023

Children return to school

Monday 8th May 2023

Additional Bank Holiday

Tuesday 23rd May 2023

Year 6 Kenya trip to Harlow Museum

Thursday 25th May 2023

Year 6 Australia trip to Harlow Museum

Thursday 25th May 2023

Children's last day at school

NEWSLETTER

A message from the Principal



We have had a fabulous start to the spring term and I am sure you will agree that Spring 1 has flown by. We look forward to welcoming the children back to the second part of the spring term on Monday 20th February after a well deserved break.

Before the half term break we heard the devastating news about the earthquake disaster in Turkey and Syria, our thoughts are with all the people and families affected by the tragic news. You are such a caring community and many of you have asked how you can offer your support. If you haven't done so already, and you would like to offer your support, please take a look at these online fundraising websites:

Oxfam:

<https://www.oxfam.org.uk/oxfam-in-action/current-emergencies/turkey-and-syria-earthquake-appeal/>

Disaster Emergency Committee (DEC):

<https://www.dec.org.uk/appeal/turkey-syria-earthquake-appeal>

As many of you already know, we took part in Children's Mental Health Week before we broke up for half term. Children across the Academy took part in a wonderful assembly where we discussed different emotions. During the assembly, Mrs Demetriou told the children she would share some more books which they can borrow from their local library's. There are lots more, however these are some that Mrs Demetriou can recommend:



Finally, we would like to thank the PTA for hosting a fantastic movie night for KS2. It was a great evening and lots of fun was had by everyone who attended. We are already looking forward to seeing what else the PTA have in store for our pupils in the coming weeks and months.

WhatsApp

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 will respond by 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 someone 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 see 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.

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'.

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 55,000 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.

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 screen and tap on the settings.

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.

Top Tips for Parents

National Online Safety

© National Online Safety Ltd
This is not a definitive guide. Please always check with the app's support information to see if your security (and privacy) controls are up-to-date.

www.nationalonlinesafety.com

Safeguarding



Safer Schools App



The Safer Schools App helps to educate, empower and protect children and those responsible with helping to keep them safe as they navigate the world of technology and social media.

The App is designed to support and protect children by educating and empowering them in school and at home. As parents and carers, you will have a tailored version of the app which will empower and educate you to best support the children in your care in the digital world.

The safety hub contains all of the important alerts about new threats and trends online which are sent out by the Safer Schools Team.

In the video hub you will see all of the safeguarding videos posted by the safer schools team.

The alerts hub hosts all of the push notifications which can be sent out by us as a school, or by the Safer Schools Team. This could range from an alert about a new app, or simply a reminder from the school (Make sure that you turn all of your push notifications on when you download the App) Overwhelmed by the sheer amount of different apps and devices out there? Not sure how to help your children stay safe online? Check out the Online Safety Centre to find out how to block, report and set appropriate privacy and safety settings. On the screen it shows an example of how to learn to block someone on TikTok. Simply click on the block button, choose the device you are using, select the social media app and then watch the short video.

The Digital Safety section is a handy reference tool to keep you informed on a range of topics from The Online World to Gaming. The screen recording shows you how to find all the info you need to know on the controversial, yet popular messaging app Kik in the Social Media section.

Want to test your knowledge of the information on the App? Think you know as much as your kids? Try our Quick Quizzes on any of our topics.

If you feel like even more of a challenge – try the Digital Tests section for a more in-depth, multiple choice quiz.

Step 1: Open up your App Store or Google Play and search for 'Safer Schools'

Step 2: Type in your school name – **Kingsmoor Academy**

Step 3: Type in the code – **7740** or Scan the QR Code



National Online Safety



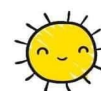


Ayla & Lily - Year 5 - Greece Class;

"We really liked spending time with our friends. It was really fun. The movie was amazing and we really enjoyed the snacks too! We would love to do it again!".

Self-Care & Mental Health for Kids

Share your own feelings to encourage self-awareness.



Find social groups that help them feel like they belong.



Set aside time for low-stress or solo activities.



Focus on articulating feelings.
"I am angry."
"I am sad."

Encourage journaling and diaries.

Practice self-care for yourself to set the standard.



Encourage your child to focus on the moment.

Establish a self-care routine.

Recognize toxic stress events.

BlessingManifesting

Cultivate interests and hobbies.



Essex Fire Museum Open Days
Tuesday 14th February 2023
Sunday 26th February 2023
(10.00am to 4.00pm)



Visits must be pre-booked via:
museum@essex-fire.gov.uk

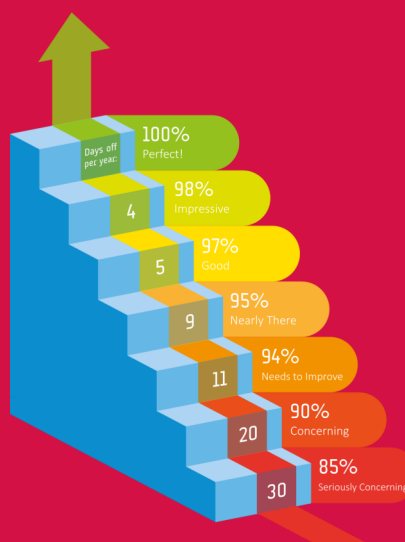
Address: Essex Fire Museum, Grays Fire station,
Hogg Lane, Grays, RM17 5QS

ATTENDANCE

Kingsmoor Academy prioritises attendance and punctuality. We aim to have attendance which meets and exceeds the national average which is 96.7%.

We understand that children can be absent from school due to illness and medical appointments. Please remember to call the school office and report your child's absence to the attendance officer before 9.30am.

Punctuality is just as important as attendance. We have a 'soft start' from 9.45am where children can attend and complete some early morning work. Classroom doors close at 8.55am for registration.



Nationally, attendance in the Autumn Term was 93.5%. Our school attendance was 91.1%. We will be working hard to raise this percentage in the spring term. Attending school daily is vital for children's routines, wellbeing and academic attainment.

Since returning in the spring term, our attendance is 94.4%, we are very pleased with this improvement already. Well done Japan and the Nursery afternoon session who held the highest attendance figures in the last week of school.

Lunch Menu 31/10/22 to 20/3/22

MONDAY

WK1 - Macaroni Cheese or Veg Sausage & Vanilla Ice Cream

WK2—Cheese & Tomato Pizza or Mixed Bean Pasta & Jam Sponge

WK3— Cheese & Tomato Pizza or Veggie Chilli & Strawberry Ice Cream

TUESDAY

WK1— Chicken Tikka Masala or Cheese and Tomato Pizza & Chocolate Sponge with Chocolate Custard

WK2— Chicken Noodle Stir Fry or Sweet Chili Veg Noodles & Banana & Apricot Flapjack with Fresh Fruit

WK3—Sweet & Sour Chicken or Veggie Chow Mein & Fruity Flap Jack Bar

WEDNESDAY

WK1—Roast Turkey or Vegan Sausage Casserole & Oat Cookie With Fruit Slices

WK2—Roast Gammon or Vegetable Pie & Chocolate Ice Cream

WK3—Roast Turkey or Veg Pastry Roll & Fruit Jelly and Custard

THURSDAY

WK1—Beef Bolognese or Veg Bolognese & Apple Crumble with Custard

WK2— Keralan Chicken Curry or Cauliflower and Sweet Potato Masala & Apple & Berry Crumble

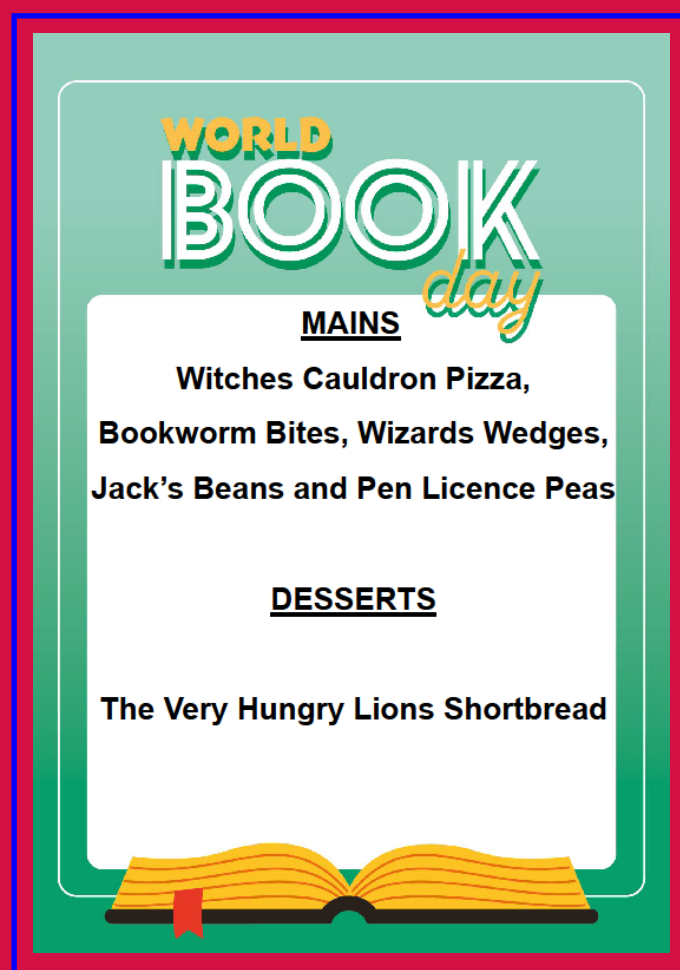
WK3 - Cottage Pie or Veg Cottage Pie & Chocolate Slice

FRIDAY

WK1—Breaded Fish or Quorn dippers & Lemon Slice

WK2 - Breaded Fish or Quorn dippers & Strawberry Frozen Yoghurt

WK3—Southern Fried Chicken or Quorn Dippers & Crispie Crackle Bar



Mental Health Support Teams in Schools West Essex



Online Parent Groups

Helping your Child Manage their Emotions

Suitable for parents of children aged 4-11 years. This course is run over 4 weeks. This will help equip parents with tools and strategies to help their child regulate their emotions.

Monday 20th February 2023
Monday 27th February 2023
Monday 6th March 2023
Monday 13th March 2023

1:30-2:30pm via Zoom

Supporting Teenagers Emotional Wellbeing

Suitable for parents of children aged 12-19 years. This course is run over 4 weeks. This will look at ways to help your teenager manage their emotional wellbeing.

Monday 20th February 2023
Monday 27th February 2023
Monday 6th March 2023
Monday 13th March 2023

5:30-6:30pm via Zoom



Challenging Behaviour (at home)

Suitable for parents of children aged 4-11 years. This course is run over 6 weeks. This will focus on an issue you are experiencing with your child and will work on strategies and ways to help deal with the issue/behaviour.

Thursday 23rd February 2023
Thursday 2nd March 2023
Thursday 9th March 2023
Thursday 16th March 2023
Thursday 23rd March 2023
Thursday 30th March 2023

1:30-2:30pm via Zoom

Child Anxiety

Suitable for parents of children aged 4-11 years. This course is run over 4 weeks. This will help parents work on a focussed issue they are experiencing with their child and work out strategies to help.

Wednesday 8th March 2023
Wednesday 15th March 2023
Wednesday 22nd March 2023
Wednesday 29th March 2023

1:30-2:30pm via Zoom



To access this FREE service you must:

- Have a child attending a school that our Mental Health Support Team (MHST) are currently working with in Harlow, Epping Forest District and Uttlesford.
- Have access to Zoom
- Able to attend ALL pre-planned sessions

If you are interested, please complete the application form by scanning the QR code



If the course you are interested in is not showing, this is because it has reached full capacity of attendees.

We will send you an email to confirm a place on the course along with joining instructions approx. 1 week prior to the course start date. Please check your mailbox regularly including your Junk/Spam folders.

If you have any queries, please contact your area admin:
Harlow - mhstharlow@mindinwestessex.org.uk
Epping Forest - mhsteppingforest@mindinwestessex.org.uk
Uttlesford - mhstuttlesford@mindinwestessex.org.uk

There are limited places available so please book your place as soon as possible.