



Dates for Your

**DIARY**



Monday 30th January 2023

Reception Phonics Meeting 9.10

Thursday 9th February 2023

Children's last day of school

Friday 10th February 2023

INSET Day

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

# NEWSLETTER

## A message from the Principal



Welcome back and a very Happy New Year to you all. We have had a great start back to the spring term and the children have settled back into routine really well.

I would like to take this opportunity to thank all parents and carers who completed the surveys that we sent you before the Christmas break. All your feedback has been taken onboard and we are already taking action to further meet your requests and needs. For example, a number of you requested even more after school clubs and I am sure you will agree that we were able to implement this for you swiftly with 17 clubs on offer for the first part of the spring term. Many of you also attended the sewing workshops with your children that were delivered by Mrs Everest, and we were overwhelmed by the extremely positive feedback for this. We hope to deliver more parent workshops again in the near future for you.

We had a very exciting week here last week at Kingsmoor Academy. We had 15 teachers from across Europe visiting us to take part in an Erasmus+ project called 'Playing with new words'. The project focused on evaluating the effectiveness of games when learning and promoting language acquisition. More information about this can be found in our local online newspaper 'Your Harlow'. Feel free to follow the link to read more about this: <https://www.yourharlow.com/2023/01/24/kingsmoor-academy-welcome-teachers-from-across-europe/>

It is Children's Mental Health Week from 6th—12th February 2023. Our Mental Health Lead, Mrs Demetriou, will be organising some sessions for our teachers to deliver to our children during this week. We recognise that mental health is an extremely important attribute for both adults and children and we want to provide our children with strategies to be able to manage problems we may encounter in our lives.

Finally, a reminder from me that children must wear the correct school uniform every day. Children are not permitted to wear hoodies and branded clothing. We will be sending out more detailed communication about uniform expectations in the near future.

Wishing you all a lovely week ahead.



# TIK TOK

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 games which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

## What Parents & Carers Need to Know about CALL OF DUTY: MODERN WARFARE II

The Call of Duty (CoD) series is a worldwide gaming phenomenon, with millions of copies sold every year. While 2022's release, Vanguard, wasn't quite as well received, this latest entry – Modern Warfare II – has so far proved a massive commercial success. A sequel to the recent Modern Warfare reboot (and not to be confused with the original Modern Warfare 2, from back in 2009), the game is an online shooter which features – unsurprisingly – extreme violence, rendered in realistic graphics. Amid the explosions and political nature of the plot, there's much for parents to be aware of.

**AGE RATING**  
PEGI 18

**WHAT ARE THE RISKS?**

**VIRTUAL VIOLENCE**  
Like most of its predecessors in the franchise, Modern Warfare II carries on its age rating from PEGI (the Pan-European Gaming Information system, which assesses games' content for suitability). This means players will encounter – according to PEGI's wording – depictions of 'gross violence, apparently motiveless killing, or violence towards defenceless characters'.

**OFFENSIVE CHAT & MESSAGING**  
Most CoD players are likely to spend the majority of their time on Modern Warfare II in online multiplayer mode. This entails competing against – or cooperating with – strangers on the online battlefield. The fast-paced, cut-throat world of CoD means that communication through the game's voice chat and direct messaging often turns heated and aggressive, which may upset younger players.

**IN-GAME PURCHASES**  
Modern Warfare II follows the 'battle pass' model of games like Fortnite. For a fee – usually around £10 – each 'season' (every three months or so), players will be invited to complete extra challenges to earn new weapons and equipment. Different tiers of battle pass (costing more money) enable them to achieve this more quickly, while items can also be purchased from the in-game store.

**RESPECT THE AGE RATING**  
Based on accurately recreating combat situations, Call of Duty games are unapologetic in their portrayal of war. Limbs are shot off and explosions send gore flying, while the previous Modern Warfare featured a lengthy interrogation and torture sequence. With Modern Warfare II offering the same style of brutal realism, it's worth reiterating that the PEGI 18 age rating is there for a reason.

**SET SPENDING LIMITS**  
If your child is likely to be tempted by buying that 'must-have' weapon or item, consider removing your bank details from the console or computer to prevent indiscriminate spending – and an unwelcome bill. Pre-paid cards could be an option for in-game purchases, allowing you to control how much your child can spend in advance – and helping them learn the basics of budgeting.

**CLOSE OFF COMMUNICATION**  
Unless they're playing with their real-life friends, it may be worth closing communication channels if your child plays Modern Warfare II. There's less of a team focus than in many other online combat games and therefore no real need to interact with strangers. Call of Duty fans can be intensely competitive, so even a single action by your child could provoke a barrage of abuse from strangers.

**TRY OTHER MODES**  
If it seems that your child only ever plays Modern Warfare II in multiplayer, you could try out the Spec Ops mode with them – formulating strategies while enjoying each other's company. You could also play multiplayer together, taking it in turns to ensure regular breaks. Another alternative is the game's campaign mode, featuring bespoke missions and scenarios which follow an overarching plot.

**Meet Our Expert**  
Uyol Coomes is Games Editor of technology and entertainment website *Deardot* and has been working in the gaming media for three years. A long-time gaming enthusiast, he is also a parent and therefore a keen advocate of online safety. Writing mainly about tech and fitness, his articles have also been published on influential sites including *IT* and *TechnoRadar*, among others.

**NOS National Online Safety**  
#WakeUpWednesday

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## National Online Safety



# 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





# KS2 Movie Night!

PTA

PG

PRESENTS

## SING

Tuesday 7th February - 16:30-19:45

£3 (including Pizza, Popcorn and a drink)

Bring your sleeping bags/blankets/ cushions and get cozy!

Dresscode—Onsies/Pj's

Tickets on sale before and after school

Mon 23rd-Weds 31st Jan

The PTA have been working extremely hard to organise more events for our children. We are pleased to share that the next event will be a KS2 movie night which is taking place on Tuesday 7th February. Details about this event can be found on the flyer attached. Tickets for this event will be on sale from Monday. We look forward to seeing lots of KS2 there. The movie night is for children in Years 3, 4, 5 and 6.

On Thursday 19<sup>th</sup> January children from KS2 attended the o2 to perform with the Young Voices choir. There were lots of different schools there and a total of 8755 children singing. The children had lots of fun singing and dancing during the performance and they had the opportunity to join Heather Small who was the special guest this year to sing her hit song 'Proud'. This was recorded during the rehearsal and a charity single with this recording will be released to support the children's mental health charity 'Place2Be'. Details of how to buy this will be given once we have more information. The children really did Kingsmoor proud, with even the coach driver commenting on how well they behaved on the coach there and back, even after being stuck on the coach for over 2 hours due to the Blackwall Tunnel closure. Well done to all of the children, more information about how to take part in next years Young voices performance will be given in the next academic year.

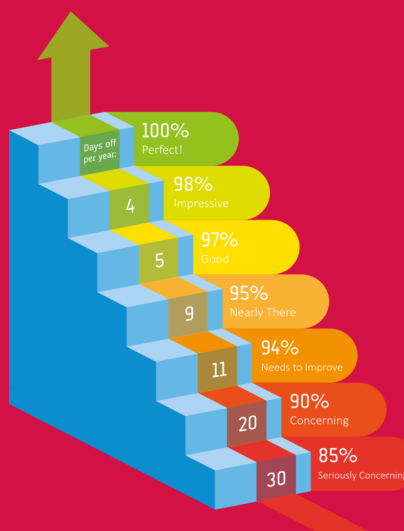


## ATTENDANCE

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 8.45am 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 Year 3 with the highest attendance of 95%.



# 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

## Nursery & Reception Parents

### Free Healthy Start Vouchers for Families

Check if you qualify for [Free Healthy Start Vouchers](#).

With Healthy Start, you may be able to get free vouchers every week to spend on milk, fresh and frozen fruit and vegetables, and infant formula milk. You can also get free vitamins for yourself and your child/ren. If you are pregnant and/or have children under the age of four and are on benefits, you could qualify.

## Health Information

### Health tips for winter weather



Wrap up warm when you go out, and make sure that your shoes have a good grip.



Use a hot water bottle or an electric blanket to stay warm in bed – but not both.



Wear multiple layers of clothes when you can, rather than a single bulky layer. This will help you retain body heat.



Make sure you're receiving all the help to heat your home that you are entitled to.



Have at least one hot meal a day, and try to drink hot drinks regularly. Keep active – try not to sit still for more than an hour indoors.



Keeping an eye out for elderly relatives and neighbours and supporting them in the cold weather can help them Stay Well This Winter.

### Speaking to your local pharmacist



If you start to feel unwell, even if it is just a cough or cold, get advice from your pharmacist before it gets more serious.



Many GPs and pharmacies will close over the holidays, so it can be helpful to pick up prescription medications before the Christmas holidays start.



Speak to your pharmacist about over-the-counter medicines you should have in stock to help get you and your family through the winter season.