



Dates for Your

**DIARY**



22nd & 23rd November 2022

Reception Tours

Thursday 24th November 2022

Year 2 SATS parent meeting

29th & 30th November 2022

Reception Tours

7th December

Christmas Bazaar

13th & 14th December

Year 1&2 Nativity

5th December

Nursery Sing along

Thursday 8th December

Football Fiesta Menu— see school

Gateway

9th January 2023

SATs Meeting—Year 2

13th January 2023

Phonics Screening Meeting Year 1

20th January 2023

Multiplication Tables Check Meeting Year 4

8th May 2023

Additional Bank Holiday

# NEWSLETTER

## A message from the



Dear Parents and Carers,

I would like to start by sharing some lovely news with you, our very own Mrs Skinner (our Vice Principal and Year 6 teacher), has given birth to a beautiful baby girl. Her name is Daisy and she weighed 6lb 6oz. Mrs Skinner and her daughter are back home with their family and all are doing well. I am sure you will join me in congratulating them on their wonderful news. We can't wait to meet baby Daisy!

We have been extremely proud (as always of our children) who have shown how kind caring and respectful they always are over the recent weeks. We celebrated Black History month, Anti Bullying Week, Remembrance day and Children In Need to name a few, and throughout we have seen our children demonstrate their empathy and respect. This was also noticed by the Primary Director of Education during her recent visit and she stated that it was a pleasure being at Kingsmoor Academy.

I would like to thank the PTA for all their hard work with organising the Spooky Disco for the school. The children had a blast and we raised lots of money which will go towards our pupils needs in the future. The PTA are also now busy organising the Christmas Bazaar which will be held on Wednesday 7th December 2022 after school. We hope to see you there.

Miss Lymbouris

Principal

**You and your child may also be interested in joining 'The Kids Kindness Club' where they can earn kindness badges and read about how they can make a difference to the lives of others. Follow this link to find out**

**more:** <https://schoolofkindness.org/kids-club>



# Online Bullying

# 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



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 issues 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 HOW TO COMBAT ONLINE BULLYING

Defined as "ongoing hurtful behaviour towards someone online", cyber-bullying makes its victims feel upset, uncomfortable and unsafe. In the digital world, it has numerous forms – such as hurtful comments on a person's posts or profile, deliberately leaving them out of group chats; sharing embarrassing images or videos of someone; or spreading gossip about them. Cyber-bullying can severely impact a young person's mental health – so, in support of Anti-Bullying Week, we've provided a list of tips to help trusted adults know what to look for and how to respond to it.

- 1. GET CONNECTED**  
Playing online games together with your child or connecting with them on social media (providing they're old enough) is not only fun but also an excellent way of establishing some common ground to discuss things you've both seen or done online – as well as keeping an eye on who your child is communicating with in the digital world.
- 2. KEEP TALKING**  
Regular chats with young people about their online lives are good practice in general, but they can also be an excellent refresher to help prevent cyber-bullying situations. Topics you might want to revisit include why it's important to only connect online with people we know and trust, and why passwords should always remain in secret (even from our best friends).
- 3. STAY VIGILANT**  
Observe your child while they're using technology and just offer them a nudge if they're acting normally, or out of character? Possible signs of a problem may include seeming quiet or withdrawn, jumpy or anxious, angry or repeatedly checking their phone. When you feel it's the right time, you may want to check in with them to see if everything is OK.
- 4. MAKE YOURSELF AVAILABLE**  
If an online bullying incident does occur, it may take a while before your child is ready to open up about what happened. Just gently remind them that they can always come to you with any problems – and that they won't be in trouble. You might also suggest a trusted family member they could turn to in case they feel too embarrassed to tell you directly.
- 5. BE PREPARED TO LISTEN**  
When conversations about online bullying do take place, they're likely to be difficult, emotional and upsetting for both you and your child. Actively listen to your child while they're bringing you up to speed, and try not to show any judgement or criticism until they haven't dealt with the situation in exactly the way you would have hoped.
- 6. EMPOWER YOUR CHILD**  
Depending on their age, your child might not want a parent 'lighting their candles for them'. In that case, take through their options with them (blocking the perpetrator, deleting the app and so on). By allowing your child to choose the path they take, you're putting them in control but are also demonstrating that you're there to support them along the way.
- 7. REPORT BULLIES ONLINE**  
Cyber-bullying often takes place through a particular app, social media platform or online game. If this is happening to your child, encourage them to report the offender to the app or game in question – ideally with screenshots to support their complaint. Most games and apps have reporting tools specifically to stamp out abusive behaviour and protect users.
- 8. ENCOURAGE EMPATHY**  
Protecting themselves online is the priority, of course, but young people should also feel empowered to help if they witness other people falling victim to cyber-bullying. Even if they don't feel confident enough to call someone out on their abusive behaviour online, they can still confidentially report that person to the app or game where the bullying occurred.
- 9. SEEK EXPERT ADVICE**  
Victims of online bullying frequently experience feelings of isolation and anxiety, a loss of self-esteem and potentially even thoughts of self-harm or suicide. If you think that an incident of cyber-bullying has affected your child's mental wellbeing, then seek psychological support for them. There are some useful contact details in the central panel below.
- 10. INVOLVE THE AUTHORITIES**  
If the nature of any online bullying makes you suspect that your child is genuinely in imminent physical danger – or if there are any signs whatsoever of explicit images being shared as part of the bullying – then you should gather any relevant screenshots as evidence and report the incidents to your local police force.

**FURTHER SUPPORT AND ADVICE**  
If you or your child need additional help with an online bullying issue, here are some specialist organisations that you could reach out to.  
Childline: talk to a trained counsellor on 0800 1111 or online at [www.childline.org.uk/get-support/](http://www.childline.org.uk/get-support/)  
National Bullying Helpline: counsellors are available on 0845 225 5767 or by visiting [www.nationalbullyinghelpline.co.uk/cyberbullying.html](http://www.nationalbullyinghelpline.co.uk/cyberbullying.html)  
The NSPCC: the children's charity has a guide to the signs of bullying at [www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/](http://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/) and can be reached on 0800 800 5000

**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

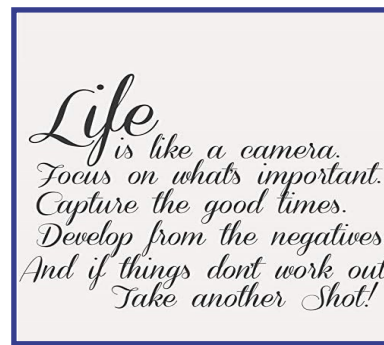
[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) @natonlinesafety /NationalOnlineSafety @nationalonlinesafety

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# Club Timetable Oct 22 - Dec 22

	Monday	Tuesday	Wednesday	Thursday	Friday
After School	<b>Drama –Years 1 &amp;2</b> <b>Football Years 3,4,5,6</b>		<b>Arts &amp; Crafts- Years 1 &amp;2</b> <b>Funky Fingers – Y1&amp;2</b>	<b>Book Clubs-Y1&amp;2</b>	
After School	<b>Dance –Years 3,4,5,6</b> <b>TT Rockstar - Years 3,4,5,6</b>		<b>Board Games- Years 3 &amp; 4</b> <b>Cricket Years 4,5,6</b>	<b>Netball-Years 3,4,5,6</b>	

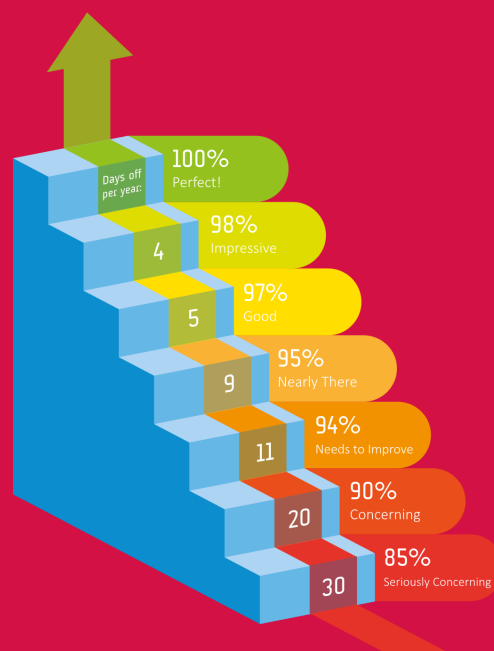


## ATTENDANCE

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.





## 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 Bolonese & 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



## 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.