

6th January 2023



# Mail on Friday

## Redhill Primary Academy and Nursery

### Weekly Newsletter

Email us at: [parentcontact@redhillprimary.co.uk](mailto:parentcontact@redhillprimary.co.uk)

#### Welcome Back

We hope that you had a lovely Christmas break.  
Happy New Year to you all and welcome back to school.

#### A Valued Me



Thank you for all your support with the value for our second half of the autumn term, which was Friendship. Throughout November and December, children learnt the importance of a good, caring friend and how we can demonstrate friendly behaviour inside and outside of school.

Our 'A Valued Me' core value for our first half term of Spring is **Responsibility**.

What is Responsibility?

1. Being responsible for a job or person/people.
2. Taking care of things at school or home.
3. Helping others when they need help.
4. Being someone a person can rely on.

Suggestions for parents to work with children at home:

1. As a parent, what is your job? What are you responsible for at home and/or in the workplace?  
How do you feel when you do a good job?
2. Think about when you were little and started to do things. What made you feel proud of yourself?  
What attitude is most productive in helping children take pride in their achievements?
3. Allow your children to help you with easy household chores. Have fun showing them how to do things.
4. Set aside 20 minutes when everyone helps 'make our house shine'. Allow them to help with preparing food in the kitchen, wipe something down, sweep, set the table etc. Make sure you assign something at which they will be successful. Note what they are doing and praise them for being so helpful and such a good helper. Notice when your child is being fair and affirm that positive action. Notice when your child is making an effort at a new self-care skill and praise him or her. At times, this requires allowing them to do something alone and prompting and praising, rather than more quickly doing it yourself. Verbalise what they did and that they're being responsible, taking care of themselves.
5. Make a chart of responsibilities to record each family member's responsibilities. Make sure you help your children see the contribution they make to family functioning. Be sure to increase responsibilities as children grow and mature.
6. Model responsibility to the community e.g. vote, give blood, take part in neighbourhood meetings etc.  
Point out how these activities are contributing to the community.

Thank you for your continued support.

#### Save the Children

We raised £296.50 for Save the Children (Christmas jumper day.)  
Thank you for all of your support.

### Special Change to the Menu - 19th January 2023

On 19th January, we have a menu change, so please add the change to your diaries.

Thursday 19th January is school census day.

On this day, we provide information to the DfE which dictates how much funding the school receives.

As you know, the more funding we receive, the better provision we can provide for the children.

One of the key funding categories is how many children stay for Universal Free School Meals (UFSM) on census day.

All children in Reception, Year 1 and Year 2 are entitled to a free meal (hot dinner, jacket potato or sandwich) every day. Some parents choose not to take this offer and supply their children with a packed lunch. We always try to ensure that on census day one of the more popular meal choices is available.

This census day will see the kitchen providing a Chinese New Year menu - see the flyer below for further details.

Please remember there is also the school sandwich which you can pre-order or the option to have a jacket potato; these are also very popular for many children.

We would like your help to try and encourage your child to take up the UFSM offer and if at all possible, try it out on Thursday 19th January.

Thank you.



### The Friends AGM

The friends are holding their AGM next week, on Thursday 12th January at 6pm, in the school hall and we would love to see you there.

This is your opportunity to come and see for yourself how we create the most incredible events for our pupils to raise unbelievable amounts of money to give our children the best possible experiences at this great school of ours.

We have several vacancies that need urgently filling, so if you've ever wanted to become more involved or if you just want to come along and bring your suggestions, please join us over a cuppa.

We look forward to seeing you there.

### Beginning and End of the Day

Please can we remind parents that children should not be playing on the school playground equipment at the beginning or end of the school day.

Please leave the premises when your child has been collected as the after school clubs and the annex start to use the playground and we need to ensure the children's safety and lock the gates. Thank you.

### Reception Places 2023-2024

If you have a child born between 1 September 2018 and 31 August 2019, they are due to start primary school in September 2023.

You can apply for a reception class place **until 15 January 2023**.

You will need to apply to the Local Authority in which you live, but you can apply to schools outside of your Local Authority area should you wish.

If your child is attending nursery, they must still apply for a school place.

There is no guarantee of a place at the school even if a child has been attending their nursery or pre-school.

More information is available at [www.telford.gov.uk/admissions](http://www.telford.gov.uk/admissions) around school allocations and oversubscription criteria.

### Term Dates

Term dates have been updated on the website which take into account the addition of the extra bank holiday in May for the King's Coronation.

### Online Safety Warning

Spotify is a digital music, podcast, and video service that gives you access to millions of songs and other content from creators all over the world. However, we have been made aware of how people/ children can message through Spotify and can be at risk to grooming. You can't send messages on Spotify but people are communicating by creating empty public playlists with the title being the message they want to send. They then share that playlist with their intended recipient. Through this very public channel, children have been asked to share personal information and photographs. The only way to share these images, is to create another blank playlist with the photograph posted as the artwork for the playlist and therefore also the thumbnail.

These are not private messages so it is out there for anyone to see.

It is not a social media platform that is typically known to be a risk for children, so we thought this information was useful to share.

### Joke or Reading in an Unusual Place Competitions

Please can we remind children that any entries for the joke or reading in an unusual place competitions need to be handed in by Monday 9th January.

Winners will be announced in the following week's Mail on Friday.

We are looking forward to receiving the entries.

### Roblox and Rainbow Friends Guidance

We are aware some children are playing this and thought it would be useful to inform parents of what this game involves.

What is Rainbow Friends?

Rainbow Friends is a Roblox horror experience.

In Rainbow Friends, you play as an unnamed child who has been kidnapped during a school trip to an amusement park called Odd World. From the moment of your capture, you must survive five nights in the strange location that's entirely empty of life except for you and the Rainbow Friends (horror-like monsters).

The game is similar to later FNAF titles, as well as popular Slenderman-like horror experiences in which you have to complete small quests inside of a map filled with nightmare-fuel characters. They advertise as being teeming with jumpscare, and the developer regularly adds new ways of frightening yourself as you try and escape from Odd World.

### Back to School Advice

It has been recommended that we send the following link out to parents/carers.

We hope that you find it helpful.

<https://www.gov.uk/government/news/back-to-school-advice-issued-amid-high-levels-of-flu-covid-19-and-scarlet-fever>

Disney+ is the latest big player in the TV streaming market. The global brand has released its own subscription-based streaming service to rival that of competitors such as Netflix, Amazon Prime and Apple TV. As the name might suggest, it's designed to be family friendly, with content restricted to PG and PG-13 (UK equivalent 12a). It can be streamed on pretty much any device - mobile phones, tablets, PC's, TVs and games consoles - and features a huge library of classic Disney titles. Below, we've highlighted a few tips for parents to consider to ensure that their children get the most enjoyable experience out of the service.

## 5 TOP TIPS FOR PARENTS

# DISNEY+

### 1 Create a strong username & password

On its release in the US, Canada and Netherlands in November 2019, Disney+ was dogged by allegations of being hacked. Many users complained that their account details had been stolen and blamed Disney+ security. To date, Disney+ has confirmed there was no data breach from their end. As Disney+ doesn't use 2-factor authentication, anybody who potentially hacks your username and password could also access your credit card details. Therefore, it's important to create a unique username and a strong password that isn't used for other sites. Always use a mixture of letters (upper and lowercase), numbers and symbols and try to ensure the minimum length is 8 characters.

### 2 Monitor your child's usage

Whilst the ability to stream on almost any device capable of connecting to the internet might seem great at first, parents may also want to exercise a little bit of caution. Parental controls on Disney+ are quite limited and there are no settings to help with screen time or usage, so it can be easy for children to binge watch, particularly given the amount of content available. Apple, Google and Amazon devices all provide options to limit children's screen time so parents can manage how long their child uses the app.

### 3 Enable 'Kid's Profile' mode

Although Disney+ is billed as family friendly, there is still an option to enable a 'kid's profile' which removes all PG and PG-13 rated content. This adds an extra level of safety if you're still concerned that your child may watch something that could be deemed too 'intense' for their age. Setting up a kid's profile also switches off autoplay which means the next video in any series won't automatically play once one episode has finished. It should be noted though that children can easily switch between accounts themselves given there is no security required to get into profiles.

### 4 Double check for films with 'outdated cultural depictions'

The Disney+ service includes programs and movies that go back to the 1920s and which have been left in their original format, with their original content. Some of this programming contains cultural insensitivities and depictions that were included in the original show, but Disney would never include them now. For example, cultural stereotyping, the representation of minority groups or character portrayals which may be deemed racist. For this reason, viewers are made aware through a warning message stating "This program is presented as originally created. It may contain outdated cultural depictions." Whilst Disney do their best to highlight any such content, it's always worth discussing these issues with your child if they raise any queries.

### 5 Sit back and enjoy!

Above all else, Disney+ is designed to be family friendly and there is very little, if any, adult-themed content available for children to stumble across. The library of films and programmes can range from all-time classics to the latest Hollywood blockbuster and it can be a great avenue for parents and children to sit down together, ready the popcorn and enjoy some great family friendly entertainment.

## Meet our expert

Pete Badh is a writer with over 10+ years in research and analysis. Working within a specialist area for West Yorkshire Police, Pete has contributed work which has been pivotal in successfully winning high profile cases in court as well as writing as a subject matter expert for industry handbooks.



**NOS** National Online Safety®  
#WakeUpWednesday

SOURCES: <https://www.disneyplus.com/> | <https://www.nationalonlinesafety.com/blog> | <https://www.theguardian.com/uk/2019/nov/16/disney-accounts-warning>

## GOING OUTSIDE IN WINTER

When going outside, the cold temperature and cold winds are less obvious hazards but before you go out, there are other tips to bear in mind.

### Diaping safe starts at home

#### 1. BEFORE YOU GO OUT TO PLAY

Make sure you've had something to eat and drink to fuel your fun.

#### 2. WRAP UP SAFE AND WARM

#### 3. TELL AN ADULT WHERE YOU ARE GOING

#### 4. TAKE SOME WATER TO STAY HYDRATED

If you're going to be out for a long time.

### Wrap up safe and warm

#### 1. WEAR LOTS OF LAYERS OF CLOTHING

(not just a t-shirt and a big coat)

#### 2. WEAR A BRIGHTLY COLOURED COAT

So that cars and other people can spot you easily.

#### 3. WEAR A HAT TO KEEP YOUR HEAD WARM

#### 4. DON'T FORGET YOUR FINGERS AND TOES

Wear some nice thick gloves and socks.

#### 5. WATERPROOF BOOTS AND COATS WILL KEEP YOU DRY



## EFFECTS OF THE COLD

We all get a little chilly when we're out in the cold, but we need to make sure that we don't get too cold as this could cause frostbite and hypothermia.

### What is frostbite?

Frostbite is when your skin gets so cold that it starts to become damaged.

### Look out for these signs of frostbite:

- Your skin may turn pale or even greyish or bluish, and have a waxy look
- Your extremities (fingers, toes, nose, lips or ears) may feel numb
- Your skin may feel frozen or stiff, or may even feel itchy or burnt
- In serious cases, there may be blisters on the skin
- It might feel painful when your extremities start to warm up

### What is hypothermia?

Hypothermia is when your body gets so cold that it is not able to work properly. People become hypothermic when their body temperature (not the outside temperature) drops from 37°C to 35°C.

### Look out for these signs of hypothermia:

- You may start shivering
- You may feel tired or sleepy
- You may feel confused, not understand what's going on, or find it difficult to remember things
- You may slur when you talk
- Your skin might feel cold

## Winter WATER SAFETY

In winter, more people who are walking or running alongside water fall in and drown than in any other season.

Slippery paths, patches of ice and a lack of daylight can make being near water more dangerous than in the summer months. If you fall into the water, the cold temperatures make it difficult for you to control your breathing, to use your hands to climb out and can even cause you to have a heart attack.

So, follow our safety tips to make sure that your winter walks are enjoyable and safe.



### KEEP BACK FROM THE EDGE

When walking alongside water keep back from the edge.



### ONLY USE WELL LIT AREAS

Time your walks to make the most of the daylight. If you need to walk in the evening only use well-lit areas or take a route not alongside water.



### KEEP DOGS ON THEIR LEADS

Keep dogs on their leads when near ice and don't throw sticks or toys onto the ice.



### TEACH CHILDREN NOT TO GO ON TO THE ICE

Teach children not to go onto the ice under any circumstances.



### DON'T GO ON THE ICE TO RESCUE A DOG

Don't go onto ice or into the water to rescue a dog, move to somewhere that the dog will be able to climb out and call them towards you.



For more information visit [riaa.org.uk](http://riaa.org.uk)

RYA  
Royal Yachting Association

## SNOW, ICE AND WIND CHILL

- Ice** is just frozen water. Water freezes when the temperature reaches 0°C or colder
- Steam** forms if the cloud is below 0°C. When the cloud is cold enough, the water in the cloud turns into ice instead of rain and the tiny ice crystals stick together to make snowflakes
- Wind chill** is the extra coldness that you feel when cold wind blows past your skin. The stronger the wind, the faster your body loses heat and the colder you feel

### Walking on snow and ice

No matter how well the snow and ice are removed from pavements and car parks, there will still be areas that are slippery and icy.

## ALWAYS FOLLOW THE WATER SAFETY CODE

Whenever you are around water:

### STOP AND THINK

Look for the dangers. Always read the signs.

### STAY TOGETHER

Never swim alone. Always go with friends or family. Only swim where there is a lifeguard.

In an emergency:

### CALL 999 OR 112

Shout for help and phone 999 or 112.

### FLOAT

If you fall in, float or swim on your back. Throw something that floats to anyone who has fallen in the water.

## WHAT TO DO WHEN THINGS GO WRONG

Many drowning accidents happen in water when people fall through ice. Here's some information about how to stay safe.

### NEVER WALK ONTO THE ICE

The ice could crack at any time!

Water under the ice is extremely cold, it will take your breath away if you fall in. You can't swim in ice cold water.

If you fall through, you could drown!

### WHAT DO I DO IF...

#### Someone else falls through the ice?

Shout for help and call 999 (or 112) for the emergency services.

#### Stay off the ice

Don't risk falling in yourself!

If they can't climb out, tell them to stay where they are

Throw something that floats for them to hold on to, like a life ring or even a football!

Wait for the emergency services, and encourage the person in the water to hold on

#### A pet falls through the ice?

Keep calm and call for help. Encourage your pet to swim to safety, towards you or shallow water.

#### Stay off the ice

Don't risk falling in yourself!

#### You think that you might be getting frostbite?

Warm the area by wrapping it in warm clothing or placing it next to warm skin (for example, if it's your fingers that are cold, put your hands inside your jumper). Ask an adult to check the area to see if you should go to the doctor.

#### Never risk the affected area

#### Someone gets hypothermia?

Call 999 (or 112) for the emergency services

Remove any wet clothing

Cover them in blankets and spare clothing

If possible, wrap them in a waterproof layer as well

But make sure that this doesn't cover their face!

If they are able to swallow properly, give them warm (not hot!) food and drink

Make sure that they go to hospital.



## TOP TIPS

- WALK CAREFULLY AND REMEMBER THAT ALL NETS OF DARK AREAS OR PAVEMENTS COULD BE SLIPPERY AND Icy
- WEAR BOOTS WITH LOTS OF GRIP
- BE EXTRA CAREFUL WHEN GETTING IN AND OUT OF CARS AND BUSES (NEVER JUMP)
- ONLY WALK IN SAFE AREAS - CUTTING ACROSS PILES OF SNOW AND ICE COULD BE DANGEROUS
- NEVER WALK ONTO ICE ON A POND, LAKE, CANAL OR RIVER (THERE ARE ALWAYS WEAR AREAS THAT YOU COULD FALL THROUGH)