



20th January 2023

Mail on Friday

Redhill Primary Academy and Nursery

Weekly Newsletter

Email us at: parentcontact@redhillprimary.co.uk

Smart Watches

Just a reminder with regards to Smart watches.
To safeguard and protect children, smart watches are not allowed to be worn to school.
Thank you for your cooperation on this matter.

Sports Kits

If your child is attending a sporting event at school and they borrow one of our Redhill sports kits, please can we kindly ask that you give it a quick wash before returning it to school at your earliest convenience.
Thank you.

Poppy Appeal

We have been informed that we raised £400.80
Thank you so much.

Mini Medics After School Club - First Aid for Children Run by Edufit4schools

Dear Parents of Year 4, 5 and 6 Children

We are delighted to inform you that we have organised an after school Mini Medics Course to run for 5 weeks on Friday 28th April, Friday 5th May, Friday 12th May, Friday 19th May and Friday 26th May from 3-4pm.

The course is a very basic introduction to first aid and defibrillation for children and is aimed at children between the ages of 8 and 11. The course is kept at a basic level with no use of confusing terminologies. The course will show complete respect for the child's ability, make it educational and practical, and instil the importance of helping someone who is poorly or injured.

The Mini Medics Course covers these areas: the first aid book and box, primary survey, CPR, recovery position, choking, asthma, treating wounds, slings and bandages and how to use a defibrillator. The children will receive an individual Mini Medics® training pack which will include a fully illustrated 32-page 'First Aid and Defibrillation for Children' book, a unique syringe pen in red or blue and a certificate. The cost of the course is £20 per child.

If you would like your child to take part, please head over to ParentPay to secure your child's place.
Places are limited and are on a first come first served basis.

School Closure and Bad Weather Procedures

We would like to clarify our procedures.

If there is no indication on the school website, school app/portal or council website that we are closed, then the school will be open.

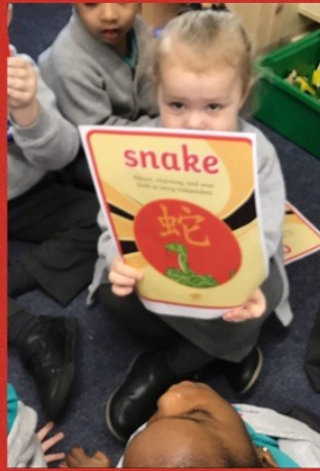
We do not announce that we are open; we only announce when we are closed.

In the event of bad weather and the school having to be closed, parents/carers are asked to check our website at redhill.ttsonline.net, the parent app/portal or the Telford and Wrekin school closures website at www.telford.gov.uk – school closures.

Thank you.



Chinese New Year
Mrs. Evans brought in the Chinese lion. We enjoyed making music with the instruments, while watching him dance. We learnt it was the year of the rabbit.





Instagram is a hugely popular social networking app with over 1 billion snap happy users worldwide. The app, which is accessible on iOS and Android devices, allows users to upload images and videos to their feed, like an online gallery. Images and videos can be transformed with an array of filters to edit the shot before sharing. Anyone with an account can see others' online 'galleries' if their account is not private. To make posts easier to find, users can include searchable hashtags and captions to their uploads. The app has additional features like an 'Explore Page,' which contains videos and images tailored to each user based on accounts and hashtags they follow.

Publish date: 23/05/18
Edit date: 06/03/19



What parents need to know about INSTAGRAM

HOOKED ON SCROLLING

Instagram revealed that young users spent a minimum of 32 minutes on the app per day. Many social media platforms, Instagram included, have been designed in a way to keep us engaged on them for as long as possible. Behavioral economist Nir Eyal calls this the 'Hook Model' and the Instagram feed is a great example of this. Children and adults may find themselves scrolling to try and get a 'dopamine release'. Scrolling may become addictive and it can be difficult to stop scrolling until they find that 'something' they are looking for. Children may quickly lose track of time as they get deeper into their Instagram feed.

SLIDING INTO DM'S

Direct messages (or DM's) on Instagram allow users to share posts, images, videos, voice messages and calls between each other privately (or in a private group). Even if your child's account is set to private, anybody has the option to message them and send their content. If the person is not on your child's friends list, the message will still be sent to their inbox but the user has to accept their request to see the message.

INFLUENCER CULTURE

Influencers are sometimes paid thousands of pounds to promote a product, service, app and much more on social media. When celebrities or influencers post such an advert, they should add a disclaimer somewhere in the post which states that they have been paid for it. Commonly, this is well hidden in the hashtags or in the comments of their post, making it unclear that their photo/video is actually an advert. This can be very misleading to young people who may be influenced into buying/hearing something promoted by somebody they admire. Dr Danielle Wagstaff, a psychology professor from Federation University Australia, said that social media and influencer culture can sometimes lead us to "derive a false sense of what everyone else is doing" and that this "can definitely have a negative effect on our mental health and wellbeing."

DAMAGE TO CONFIDENCE, BODY IMAGE & MENTAL HEALTH

In a recent report by the RSPH, Instagram was ranked the worst for young people's mental health. Using filters on photos on Instagram can set unrealistic expectations and create feelings of inadequacy. Children may strive for more 'likes' by using realistically edited photos. Judging themselves against other users on the app might threaten their confidence or self-worth. In early 2019, Instagram boss Adam Mosseri promised to ban images of self-harm, following the suicide of 14-year-old Molly Russell, who had reportedly been looking at such material on the platform.

LIVE STREAMING TO STRANGERS

Live streaming on Instagram allows users to connect with friends and followers in real-time and comment on videos during broadcast, but this feature can be turned off. If your child's account is private, only their approved followers can see their story. It's important to note they may have accepted a friend request from someone they don't know, which means they could be live streaming to strangers. Children also risk sharing content they later regret, which could be re-shared online for years to come. Public accounts allow anybody to view, so we suggest your child blocks followers they don't know. In February 2019, the NSPCC demanded a crackdown on Instagram's 'labeled self-regulation' after it was revealed grooming and abuse via the app had more than tripled. 5,000 cases of sexual communication with children, some as young as 5, took place in 18 months.

IN-APP PAYMENTS - Instagram allows payments for products directly through the app. It operates under the same rules as Facebook Payments, which state that if you are under the age of 18, you can only use this feature with the involvement of a parent or guardian.

EXPOSING LOCATION

Public locations can be added to a user's photos/videos and also to their stories. While this may seem like a good idea at the time, it can expose the location of your child. This is particularly more of a risk if it is on their story, as it is real time. Posting photos and videos is Instagram's biggest selling point, but with sharing images comes risks. A photo which includes landmarks in the area, their school uniform, street name, house and event tagging in the location of the photo uploaded to Instagram can expose the child's location, making it easy to locate them. If their account is not set to private, anyone can access their account and see their location.

HJACKED HASHTAGS

Like Twitter, hashtags are also an extremely prominent tool in Instagram and with that comes dangers for your child. One person may use a seemingly innocent hashtag with one particular thing in mind, and before you know it hundreds of people could be using the same hashtag for something inappropriate or dangerous that your child certainly shouldn't be exposed to.

IGTV

Instagram TV (IGTV) works similarly to YouTube. Users can watch videos from favourite accounts on the platform, or create their own channel and post their own videos. It's important to note anyone can create an Instagram TV channel and doesn't have to be friends with a person to follow an account and watch their videos. In 2018 Instagram apologized and removed some of its TV content which featured sexually suggestive imagery of children. As the feature may encourage spending more time using the app, it's important to set time limits to avoid children's sleep or education being disturbed.

Top Tips for Parents

RESTRICT DIRECT MESSAGES

If your child receives a message from somebody they do not know, encourage them not to accept their message request and 'block' this person; this is the only way to stop them messaging your child again.

LOOK OUT FOR #ADS

In January 2019, the UK's Competition and Markets Authority launched an investigation into celebrities who were posting adverts on social media and not declaring that they were paid for. Influencers must clearly state that they have been paid for their posts, for example using a hashtag like #ad or #sponsored. Teach your child to look out for the signs of a paid post/advert and discuss with them that not everything they see from celebrities is their personal choice and opinion.

REMOVE PAYMENT METHODS

If you are happy for your child to have a card associated with their Instagram account, we suggest adding a PIN which needs to be entered before making a payment; this will also help prevent unauthorised purchases. This can be added in the payment settings tab.

SCROLLING

Instagram added a 'You've completely caught up' message in late 2018. This message breaks up the feed and notifies you when you are up to date and there are no more new posts from followers. This feature is enabled automatically, but have the conversation with your child about how much time they are spending on the app and set healthy time limits.

PROTECT THEIR PERSONAL INFORMATION

Your child may unknowingly give away personal information on their profile or in their live streams. Talk to them about what their personal information is and make sure that they do not disclose anything to anyone during a livestream, comment, direct message or any other tool for communication on the platform, even to their friends.

USE A PRIVATE ACCOUNT

By default, any image or video your child uploads to Instagram is visible to anyone. A private account means that you have to approve a request if somebody wants to follow you and only people you approve will see your posts and videos.

FILTER INAPPROPRIATE COMMENTS

Instagram has an 'anti-bullying' filter, which hides comments relating to a person's appearance or character, as well as threats to a person's wellbeing or health. The filter will also alert Instagram to repeated problems so they can take action against the user if necessary. This is an automatic filter, but it can be turned off. Make sure it is turned on in the app's settings.

TURN OFF SHARING

Even though this feature will not stop people from taking screenshots, it will stop others being able to directly share photos and videos from a story as a message to another user. This feature can be turned off in the settings. We also recommend turning off the feature which automatically shares photos and videos from a story to a Facebook account.

DON'T FORGET TO BE VIGILANT & TALK TO YOUR CHILD ABOUT THEIR ONLINE ACTIVITIES!



SOURCES

<https://www.nos.org.uk/news/instagram-reveals-young-users-spend-a-minimum-of-32-minutes-on-the-app-per-day>

<https://www.bbc.com/news/technology-45901179>

<https://www.theguardian.com/technology/2018/feb/21/instagram-reveals-how-it-keeps-you-hooked>

<https://www.bbc.com/news/health-46223289>

<https://www.techradar.com/news/social-media/instagram-will-stop-sharing-your-photos-with-facebook>

<https://www.nspcc.org.uk/0to18/child-development/child-development-18-to-25/young-people-mental-health/>

OUR AUTUMN/WINTER MENU

WHO WE ARE

We're Miquill, a small catering business and quite simply, we love food! We were chosen by your school to provide the school meal service.

We want to give every child a nutritious meal that they love to eat. We want to give them a food experience that introduces them to different flavours and cuisines from around the world! Lunchtime is a really important time of the school day - it allows your children to relax and socialise and gives them the energy to get through their afternoon classes. We take pride in making this important part of the day the best it can be.

WHAT WE DO

Miquill is the caterer chosen by your child's school to provide the school meal service.

We provide our school catering teams with menus and nutrition reports that display the nutritional breakdown of calories, protein, carbohydrate etc for each recipe so we know as a team, the menu we provide in our schools supports the dietary needs of children.

We compare the contents of our recipes to children's and teenager's daily recommended intake for calories, protein, sugars and many other nutrients! This method allows us to focus on a balanced approach to nutrition and reach the nutritional targets that are relevant to primary school children.

MENU DEVELOPMENT

Nutrition and quality have always been a priority during recipe and menu development. For example:

- **There is no added sugar in any of our recipes**
- **We have sourced healthier alternatives. For example, the mayonnaise used in recipes is reduced fat and our baked beans are reduced sugar and salt**
- **All sauces are homemade, boosting the number of vegetables in our recipes**
- **The recommended portion size guidelines are followed**
- **Our menu checker makes sure our menus compliance to the School Food Standards.**

DID YOU KNOW ...

Our Shepherdess Pie with carrots contains over 13g fibre per serving from sustainable sources including vegan mince, fresh vegetables and lentils. This provides over half the amount of fibre a child needs in a day!

Our Homemade Beef Burger, wedges and sweetcorn contains 0.6g salt, which is impressive considering an average kids burger and chips meal contains 1.9g per serving.

Avoiding ultra processed products gives us more control over the salt content of our recipes.

Our Margherita Pizza is made using homemade dough and no added fat, salts or sugar, it provides the recommended amount of carbohydrate, healthy fats and protein defined in the School Food Standards and Eatwell Guide.

Our Chicken Tikka Masala recipe uses British chicken thighs and provides your child with a source of zinc, essential for development

0800 043 6604
www.miquillcatering.co.uk
info@miquillcatering.co.uk



NUTRITIONAL ANALYSIS AND COMPARISON TO CHILDREN'S NEEDS

On average, a main meal (main plus dessert) provides over 60% of a child's dietary requirements for protein - this includes the meat free options- demonstrating protein dense, sustainable sources of meat alternatives.

On average, a meat based main meal (main plus dessert) provides nearly 30% of a child's dietary requirements for fibre. This increases to 41% for the vegetarian options. This is significant as only 14% of children meet fibre requirements, despite more emerging research highlighting the benefits of fibre for healthy brains, skin and immune systems.

We align ourselves against the national efforts to reduce salt in children's diet as over 70% of selected main meals meet children's salt target.

Over 80% of selected main meals meet children's total fat target, sources include nutrient dense options providing calcium and healthy fats such as polyunsaturated and monounsaturated.

A variety of fruit, vegetables, grains, herbs, spices and beans in the diet can contribute to good gut health. We know our recipes can provide up to 8 different plants in one meal for example - our spaghetti bolognese.

We are continuously improving our menus and are actively looking to reduce the amount of added salt in our ingredients.

FREE SCHOOL MEALS

The Free School Meals scheme is a fantastic initiative by the Government to ensure that all children are able to eat a delicious, nutritious and filling meal each and every day.

Children in Reception, Year 1 and Year 2 are all entitled to Universal Free School Meals and for pupils in Year 3 and upwards, there is a simple application form if you receive certain benefits. We can provide support through the application process so feel free to get in touch if you have any questions.

Research by the Children's Food Trust showed that school meals are consistently more nutritious than packed lunches, giving the children who eat them a better foundation for good health.

SPECIAL DIETARY REQUIREMENTS

If your child has been advised by a GP or other Healthcare Professional to follow a specific medical diet due to allergies or otherwise, please contact our kitchen team to request a meeting to discuss your options.

All allergen information relating to our menus is available on request.



FARM TO TABLE

Supporting regional farmers!