

22nd March 2024



Mail on Friday

Redhill Primary Academy and Nursery Weekly Newsletter

Email us at: parentcontact@redhillprimary.co.uk

Happy Easter

The Easter holidays begin next week.
They run from Monday 25th March until Friday 5th April.
We return to school on Monday 8th April.
We hope that you all have a wonderful Easter break.

Year 5 History Walk

This week, year 5 have completed a walk of the local area as part of their local studies block in history and geography. We looked for evidence of the history of Priorslee on our way round, stopping at some key areas which we have been learning about this term, including Priorslee Hall (part of the university campus). We were even lucky enough to have a visit from one of the local residents, Bob, who came out of his house to talk to us about his life in the mines when he was younger. It was a fascinating morning out!

Eco-Warriors

Well done to the eco-warriors who took part in the Junior Street Champion Schools Litter Picking Contest. They were given 1 hour to collect and sort as much litter as possible and did a fantastic job!

**Junior
Street
Champions**



The Big Plastic Count

**THE BIG
PLASTIC
COUNT
11-17 MARCH**

Well done to the following children who took part in 'The Big Plastic Count' and submitted their data.
Ezra, Ella, Viren, Gabriel, Serena, Ellie, Harry, Zia, Kacey, Amelia, Kaitlin, Rafael.

Small Playground - End of Day

Please can we remind you that children, at pick up time, should not be playing on or with the play equipment. This includes the mud kitchen. This is because it is set up for the learning of the reception children during the school day and sometimes planned activities can be spoilt.

Thank you for your understanding.

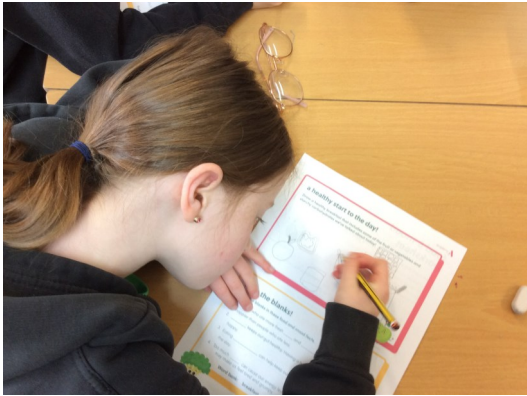
Fairtrade Committee

The Fairtrade Committee are holding a fairtrade bake sale on 17th April. This will be a cashless sale and payments will need to be made on ParentPay. We suggest a donation of £1. If you would like to donate some cakes or cookies to form part of the sale, we would gratefully accept them on Tuesday 16th and Wednesday 17th April. Please list down any allergens on your donations.

Healthy Lifestyles Week

Children and staff at Redhill have had a fantastic week taking part in Healthy Lifestyles Week. During the week, we have focused on three aspects to help support physical fitness, mental fitness and how to maintain a balanced diet. The week started with an NHS assembly around healthy steps we can all take in order maintain a healthy lifestyle: planning our meals ahead of time, eating 5 fruit or vegetables a day and snacking smartly. Over the week, children took part in various classroom activities centred around mindfulness and personal safety. To finish the week, the children were visited by Fit4Kids who ran a fitness workshop for all children from Nursery to Year 6.

Please see below for some photos of the children during the week.





During Healthy lifestyles week in EYFS, we learnt how to stay fit and healthy!

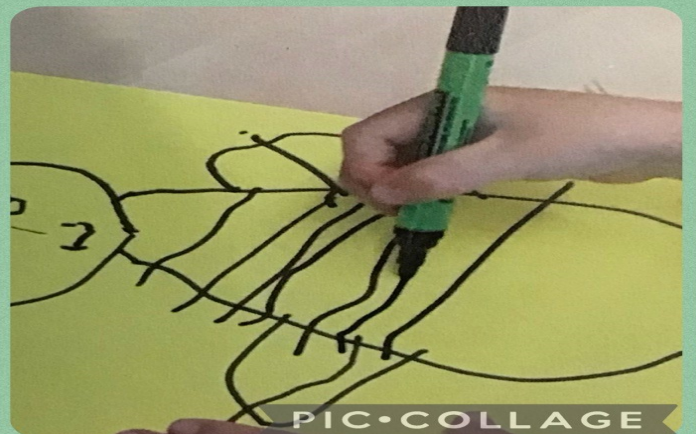
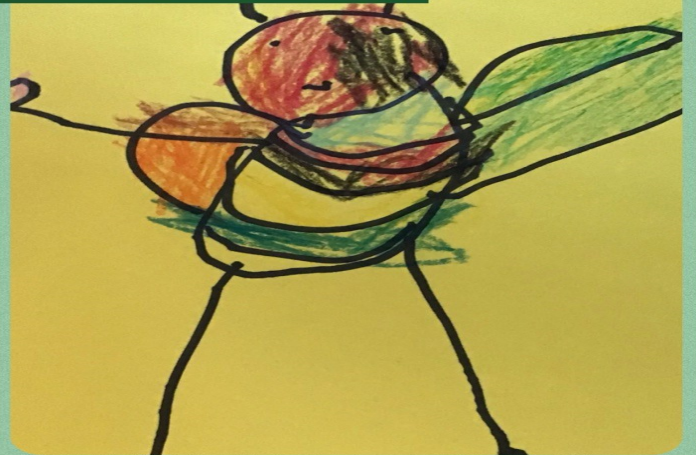
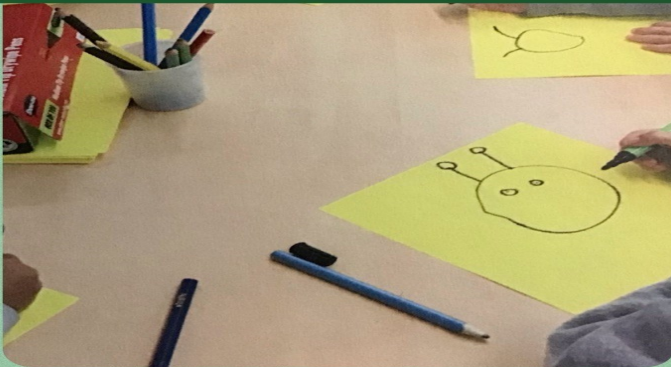


Better Health Let's do this



PIC•COLLAGE

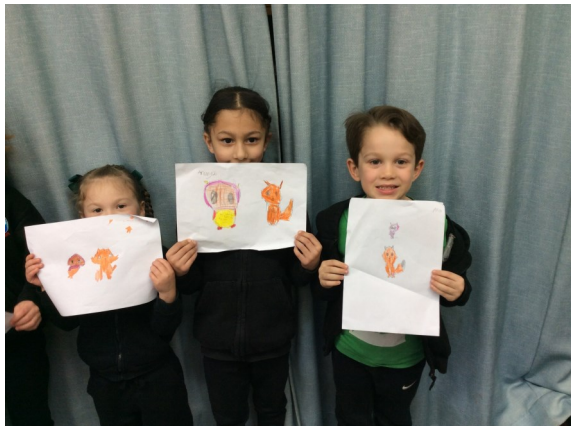
During Healthy lifestyles week in Nursery we drew a dancing bee to show the benefits of mindfulness. The children focused for a long period of time to draw their dancing bee from the video. The outcome was amazing!



PIC•COLLAGE

Healthy Lifestyles Week - Year 1

This week, we have completed a range of activities linked to living a healthy lifestyle. We took part in a healthy eating workshop where we learnt about how exercise affects our body and how much sugar was in different foods. We looked at how we could practise mindfulness and completed a mindfulness drawing of an owl. We learnt all about how we could keep safe online, before looking at what we should do if we are ever in an emergency situation where we need to call for help.

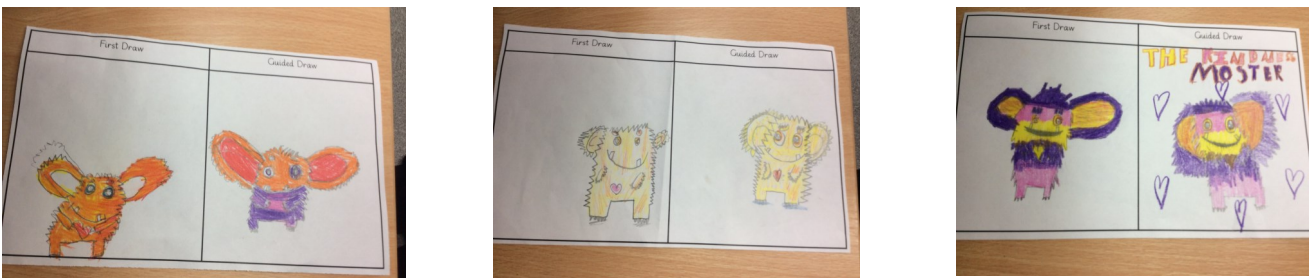


Healthy Lifestyles Week - Year 2

Year 2 have really enjoyed the activities they have taken part in for Healthy Lifestyles Week. They have learnt how to make an emergency phone call. They then did some role play to practise what they had learnt.



They also took part in a mindfulness drawing tutorial where they had a go at drawing their very own kindness monster.



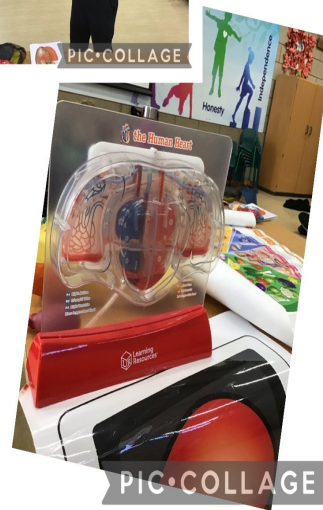
To end the week, Year 2 took part in a great workshop with Fit4Kids. They learnt about the Eatwell Plate and sugar content in different foods that we eat. To end the session, they looked at the benefits that exercise has on our heart.



Healthy Lifestyles - Year 3



Year 3 have used a food scanner today to find out how we can make healthier food choices when we are shopping.



Big Walk and Wheel

We would like to thank all of those who supported and participated in
The Big Walk and Wheel 2024

The travel council have worked hard to promote this to all children in school and the enthusiasm we have seen throughout the school has been just amazing.

The children really enjoyed taking part in this event and it was lovely to see so many getting involved and learning about the benefits of active travel.



The winning classes who had the most children taking part are...

Mrs Williams Year 2

Miss Williams Year 5

Well done everyone!

**Better
Health**

Let's
do this

NHS



Healthy Steps

Want your family to be healthier and happier without spending a fortune? Step this way...

Are you worried about your family's sugar intake? Or finding it hard to eat well on a budget? Maybe you're struggling to get the kids to eat their fruit and veg?

Healthy Steps helps families take small steps to improve their health and wellbeing.

Take our quiz, and sign up to receive tailored weekly emails giving you easy and practical ways for the whole family to eat better and move more.

To make sure the information is right for you, the programme starts with a quiz which helps you decide which topic – reducing sugar, 5 a day, or meal planning – is most relevant.

Small steps that add up

Healthy Steps is perfect for you if you have primary school-age children. So whether it's cutting back sugar, being better at meal planning or hitting your 5 a day, we have an eight-week programme to support you. You'll get simple tips from nutrition experts and other parents, Disney themed games and budget-friendly recipes delivered weekly to your inbox.

Take your first step today

Sign up at www.healthysteps.uk
Or scan the QR code below





Online Safety Newsletter

March 2024

Managing Screen time from Internet Matters

Are you worried your child has too much screentime or would like more advice on how to support your child in managing their screen time? Internet Matters have a wealth of information on their website to help support you.

This first link discusses how to get the most out of screen time and how to talk to your child about screen time based on their age:

- <https://www.internetmatters.org/issues/screen-time/protect-your-child>

This second link provides advice on how to tackle too much screen time and what the signs of too much screen time might be:

- <https://www.internetmatters.org/issues/screen-time/deal-with-it/>

This final link provides a guide on how to balance screen time:

- <https://www.internetmatters.org/resources/creating-a-balanced-digital-diet-with-screen-time-tips/>



Fortnite Battle Royale

Fortnite Battle Royale is rated PEGI 12 because it features moderate violence which means it is not suitable for persons under 12 years of age.

It is important to remember that when rating games, PEGI do not take into consideration the communication features of a game. Fortnite does include a chat facility, which adds further risks.



What is Fortnite?

There are different versions of Fortnite, including Battle Royale, which is free to play (although in-app purchases are available). In Battle Royale up to one hundred players compete against each other.

What do I need to be aware of?

- **Chatting to strangers and inappropriate language:** Fortnite contains voice and text chat. Due to the nature of the game, your child may be chatting to strangers and may hear inappropriate language. Ensure your child knows how to report players for any inappropriate behaviour.
- **In app purchases:** All users can purchase V-Bucks directly through the game so make sure you don't store your card details within the game/device and restrict purchases.

Parental Controls

Fortnite includes several parental controls to help you make it a safer environment for your child including disabling voice chat, filtering language and setting privacy settings. Also, remember to set up age-appropriate parental controls on the device your child is playing on.

Further information

Virgin Media outline how to set up the different parental controls available: <https://www.virginmedia.com/blog/parental-controls/gaming-fortnite>

Does your child need a mobile phone?

If you are thinking about giving your child their own phone, then you might find this article from Family Lives useful as it discusses things you need to consider:

<https://www.familylives.org.uk/advice/primary/health-and-development/does-your-child-need-a-mobile-phone>

Instagram

You will probably know that Instagram is used to post photos and videos, but did you know that it can also be used to message, voice/video call and send disappearing messages? Users can also upload to 'Stories' (which disappear after 24 hours), broadcast live and upload reels (short videos).

You must be over 13 years of age to set up an account. To create an account, you must enter a date of birth (but it is not verified). *When you set up an account for users under 16 years old, the account is set to Private. This is the recommended setting so that your child approves who follows them and sees their content.* Even if your child's profile is private, their bio (at the top of their profile) can still be seen by everyone. Check they have not included personal information here e.g. they should not be wearing their school uniform in their photo.

Instagram includes several privacy settings, so go through these with your child and ensure they are set appropriately. Settings include:

- Messages/Group chats – set who can message you/add you to groups.
- Story replies – you can turn this off or choose who can message you.
- Hidden words – turn this option on to hide comments/messages that may be offensive. You can also add your own custom words or emojis.

Make sure your child understands that there is a risk that content they upload can be shared with others without their permission as other users can screenshot it.

Supervision

You can set up supervision on your child's (aged 13-17) Instagram account. This gives you access to a set of tools including the ability to see who they follow/who follows them, how much time they are spending on Instagram, set a time limit and view accounts your child has blocked. Your child can also share when they have reported anything to Instagram with you. Learn more here: <https://help.instagram.com/658522825492278>

Safety Features

Ensure your child knows how to report posts and people, how to unfollow and block people, delete and turn off comments. View here: <https://help.instagram.com/269765046710559>

Quiet mode

Your child can activate quiet mode, so they do not receive notifications (to provide less distraction whilst studying and at night time).

How can I keep my child safe on Instagram?

The NSPCC have published a blog with everything that you need to know: <https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-safety-blog/keeping-children-safe-on-instagram/>

More information

- Visit the family centre to learn more about the features available: <https://familycenter.instagram.com/>
- Download a parent's guide to Instagram: <https://help.instagram.com/299484113584685>

Do you need help managing your child's device?

You can use Google Family Link or Apple Family Sharing to help you depending on your child's device.

Google Family Link

This is a parental control app from Google that lets you:

- See activity reports showing how long they spend on each app.
- Approve or block new app downloads.
- Set screen time limits.
- Find their location (using their device).

You will need to download an app and then decide appropriate settings.

<https://families.google.com/familylink>

Apple Family Sharing

You can set up Family Sharing in the settings of your device. Family Sharing allows you to:

- Share Apple subscriptions.
- Share purchases from the App Store.
- Approve what children purchase/download.
- Limit screen time.
- Share locations and find devices.

<https://www.apple.com/uk/family-sharing/>

Monitoring Apps (paid for)

In addition, there are apps that you can pay for that you may find provides a better solution for you. Whilst we cannot recommend a specific product, these are some examples that you could review and test using a free trial:

- Norton Family: <https://uk.norton.com/products/norton-family>
- Qustodio: <https://www.qustodio.com/en/>
- Family Time: <https://familytime.io/>

Y99 chat - Information for Parents

Y99 is an online chat room service from India that lets people anonymously chat with others. It mimics the chat rooms of the 1990s and early 2000s. Users only need a username to talk with others. Users can then enter chat rooms to talk with strangers via text or voice, or they can share photos and links to videos.

Is Y99 safe for kids?

Y99's safety features are minimal. It includes reporting and blocking features but little else.

The site doesn't have clear age requirements to use the site. However, its privacy policy states that it does not 'knowingly' collect personal information from children under 13.

This does not mean the site is appropriate for children over the age of 13. In fact, it might mean the opposite. Y99 might collect personally identifiable information from anyone aged 13 or older.

Additionally, it's easy for users to click on the wrong thing and end up following an ad.

While Y99 does feature some age-restricted rooms for 'teens only', a user need only lie about their age to gain access. It's impossible to know for sure that users in the chatroom are teenagers.

For the above reasons and other potential issues, we recommend those under the age of 18 to avoid using Y99. Instead, they should use more well-established communication platforms and social network sites.

A note from the Friends of Redhill Primary Academy



✉ redhillfriends@outlook.com

📘 <https://www.facebook.com/redhillfriends/>

Chocolate Hampers!

Chocolate Hampers! Our Chocolate Hamper Prize Draw is live on PTA Events right now! Children can wear Mufti to school in exchange for chocolate on Friday 19th April. This donated chocolate will then be turned into fabulous hampers by the Friends! Ticket sales for the hampers and other prizes are online only and end on the 24th April – the draw will be held on the 25th, and prizes given out on the 26th! Good luck!

The friends would like to wish everyone a very Happy Easter and a relaxing break!

The Friends

Upcoming Events 2024

MARCH 14 5.30pm PTA Meeting	MARCH 22 King Cone Ice Cream Van	APRIL 19 Mufti Day Bring in an item of chocolate
APRIL 25 Chocolate Hamper Prize Draw	JUNE 26 End of Year Discos	JUNE LAST WEEK Leavers Hoodies
JULY 11 Year 6 Prom	JULY 19 King Cone Ice Cream Van	

Scan the QR code to book tickets to events
Dates are subject to change

Chocolate Hamper Prize Draw

Friday 19th April - Mufti Day - children to bring in an item of chocolate for the winning hampers

Thursday 25th April - Draw will be held
Friday 26th April - All prizes will be given to children

Prizes include a large Easter egg, £10 voucher for Paint & Create at Apley Farm Shop, as well as 24 chocolate hampers

Tickets cost £1

Buy tickets at PTA events at <https://www.pta-events.co.uk/friendsofredhillprimaryacademy/> or scan the QR code

THE FRIENDS OF REDHILL PRESENTS

HOLLYWOOD YEAR 6 PROM

Thursday 11th July, 5pm - 7pm
Tickets £8

Price includes decorations, disco, buffet, and a special prom treat to go home with

Tickets available to purchase by scanning the QR code or visiting <https://www.pta-events.co.uk/friendsofredhillprimaryacademy/>

Turn your daily shopping into everyday magic for us with easyfundraising

You shop, brands donate to our school. It won't cost you any extra!

easyfundraising
Help us make a difference when you shop. Visit www.easyfundraising.org.uk

Download on the App Store | GET IT ON Google Play

- 1 Visit www.easyfundraising.org.uk
- 2 Sign up and search for us
- 3 Your favourite brands donate to our school whenever you shop with them

Shop with 7,500+ brands including: