

We love a good story!



Welcome to the FEBRUARY 'News from the Top of the Hill' St Kew briefing!

There is, as always, so much to be proud of at St Kew and it is a delight to be able to share these things with you here in this edition of the 'News from the Top of the Hill'.

An unusual start to the month!



Thank you to you all for the support shown to the teaching staff part of the St Kew family today - industrial action is never an easy decision as we appreciate that any change to the school day may be disruptive to you. We are grateful for all of the positive comments parents have made to us at these times - it highlights your understanding that the staff have not taken these decisions lightly.

Bedtime Reading

What a delight it was to have so many children staying at school for our Bedtime reading session last Friday! With books, biscuits and hot chocolate a plenty - for all - we spent an hour being entertained by our wonderful world of books! There's nothing better than getting lost in a world of fiction or finding out new facts about the World and life around us.



As we begin to get our library into ship shape, we will be inviting you to enjoy this space with your child with some of our much loved reading sessions with your children. For those of you who have not experienced this before, we will be opening up our library (on set days / sessions) after school for you to read and enjoy some time with your children - with biscuits and hot chocolate for the grown ups too! Watch this space for dates and times coming soon.

Festivals and Competitions

Our festivals calendar is starting up again with the promise of 'better weather', so please do look out for letters coming home from time to time inviting your child to take part. Please do return these to us as soon as possible, as numbers need to be confirmed in advance with the organisers. Cross Country, Football and Bench ball start us off this term!

Year 5 & 6 residential

We are so excited to be able to share the news that we have managed to secure a booking for a residential trip to Canoe Cornwall, near the beautiful environment of Trelissick, for our Year 5 & 6 pupils in June. We will be going with the children from Upton Cross, who we work closely with, and hope that as many of you as possible are able to send your children. Letters out later today!

Random Act of Kindness Day

This awareness day is during half term this year - please see page 26 for some ideas that you might like to have a go at on this day and others across the year!

Please do not hesitate to pop in if you have any questions or ideas to share!

We want you to be part of the St Kew family.

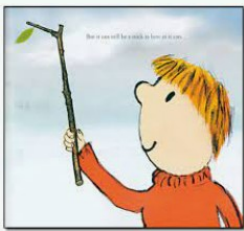


Newton Class

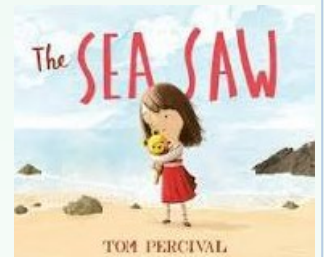
As we whizz along towards the end of this term, we have been delighted by the progress of the children in Newton Class!



They delight us on a daily basis and we have seen such progress in their phonics and reading skills in particular. Our new Letters and Sounds teaching programme (how we teach the order of sounds) has vastly increased the children's ability to read words - the skill they want to be able to do the most! We would like to thank you all so much for helping to support this at home - we know that lots of you read to your child every night, or at least as many as you can manage in busy families, and practice the sounds and tricky words that your child has in their book bag pouch. This helps so much!!!! There will be more sounds and word cards coming home next week for you to enjoy practicing over half term and beyond.



We are drawing our 'Are all places the same?' topic to a close next week and are looking forwards to our next topic after half term: 'Nature and the Environment'. We will be using the books 'Stanley's Stick' by John Hegley and 'The See-Saw' by Tom Percival to help us with our learning.



This term we have been thinking about our world and the children have been learning about their place in it - they know that we live in Cornwall and that Cornwall is part of England, which in turn is part of the UK. We have been comparing the countryside to the town and will continue this comparison as part of our 'environment' study next term. We have been learning the names of the 4 countries of the UK and the seas / oceans that surround it - see how many of these your children can remember.



Next term our science focus will be materials and their properties - we will look at what many of our everyday items are made of and why: don't be surprised if the children come home looking at items around the house and start sorting them!

In art we will use nature to inspire us and make observational drawings of things we see in our natural environment. We may even get inspired by Andy Goldsworthy with some art using natural materials. Watch your stones and flowers get moved around the house and garden as children create these at home as well!!!!

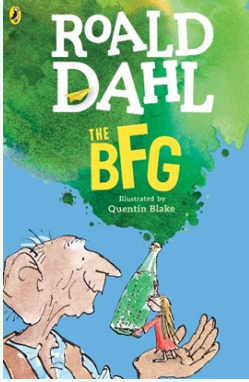


Please continue to send your child in with a coat every day so that when it gets chilly, as it does in early Spring, we can still take our learning outside as much as possible. Wellies should be in school every day and water bottles sent in so the children can stay hydrated throughout the school day - helping their brains to learn at their peak!

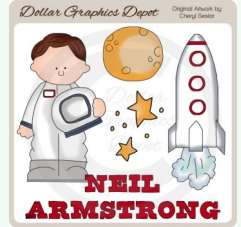
As always, please ask if you have any questions or queries about any aspect of your child's school life - we are always here to help!

Mrs Osman, Mrs Murray and the Newton Class Team

Armstrong Class



What a great start to our Spring term! Our topic for this term is A Twist in the Tale. We have just come to the end of our writing based on Goldilocks and the Three Bears where the children created recipes, wrote diary entries and wrote a recount of the traditional tale. It has been so lovely to see such great progress in the children's stamina for writing since September. Our next stimulus for writing is The BFG by Roald Dahl. This classic by Dahl is full of outrageous humour and plenty of jokes that children will love. We will use this story to write character descriptions, recounts, and our own fantasy narratives.



In Maths, we will be developing our multiplication and division skills. The Year 2s will be multiplying and dividing by 2, 5 and 10 and using these to read scales. The Year 3s will begin to multiply and divide 2-digit numbers by 1-digit numbers. Year 4 will be multiplying and dividing by 1 and 0 and multiply up to 3-digit numbers by 1-digit. By the end of Year 3, children should be able to recall facts for the 3, 4 and 8 times tables please keep practicing on TTRockstars at home too.



In Art, we are studying Monet. The children have learned how Monet used light and colour in his artwork and created their own interpretations of The Houses of Parliament painting. Next, we will look at how Monet used paints to show light reflecting on water.

In Science this term, we are learning about plants. We have started to identify the different parts of trees and flowers and discussed their functions. We will explore the germination process and set up tests to understand what plants need to grow well.

In French, we have been describing our favourite colours. Armstrong Class have been able to use their knowledge of colours to speak and write phrases in French. For our RSHE learning, we have been focusing on Dreams and Goals. The children set themselves a challenge and worked as a team to achieve their goal. We will continue to focus on working as a team to achieve an end goal this half term.



J'ADORE



J'AIME



JE N'AIME PAS



JE DÉTESTE

Spellings and times tables homework will continue to be handed out on Fridays ready to be collected the following Friday. Please make sure you have a pair of wellies in school for outdoor learning (these need to remain in school for the duration of the term). Everyone will also need to bring a water bottle with them every day. We will continue to change reading books on Fridays so please only send book bags in then. The children's PE days will continue to be on Tuesdays and Thursdays, and they need to come into school wearing their sports clothes on those days.

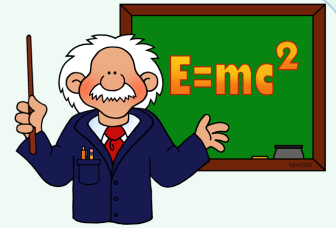
If you have any questions regarding anything at all, don't hesitate to speak to one of the 'Armstrong Class' team.

Miss Taylor and the Armstrong Class Team

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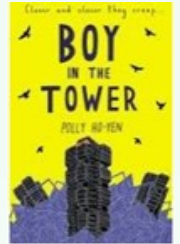
Einstein Class

Einstein Class joined the rest of the school on a very special outing to the 'Theatre Royal' in Plymouth at the start of this term. The children were delighted to be seated very close to the stage and enjoyed getting squirted with water pistols by the cast as well as feeling the



heat from the flames and getting a shout out to St.Kew from Shane Richie. They have subsequently written some fantastic reviews of the show. We had a memorable day out, including our lunch at Trethorne and a bonus play in the grounds.

Our new topic for o term is 'Utopia vs Dystopia'. The children have started reading the dystopian text 'The Boy in The Tower' by Polly Ho-Yen and were immediately hooked. Although a work of fiction, many of the places are real and the children have enjoyed locating them and going on to street view to see a very different environment to that of St.Kew. We have had some really interesting discussions around the text and the children have been writing in the style of a journalist. They have also written a formal letter in role as the head of their own school - watch out Mrs Murray!



We have been looking at 'Dreams and Goals' as our RSHE topic. The children began by setting their own personal goals and then looked at the steps they needed to take in order to achieve them. They then considered the issues that others in the world face and their own dreams for the world.

In science, the children have completed an initial assessment on the topic 'Earth and Space'. It has inspired many and it is great to see learning that has happened at home coming into school so early in the term. Well done!

In RE lessons the children have been considering : What matters most to Humanists and Christians? We have been identifying and explaining beliefs about why people are good and bad and answering the questions: 'Who is a Humanist?' and 'What codes for living do non-religious people use?' In music we have listened to and appraised the pop ballad 'Make You Feel My Love' sung by Adele. In PE lessons we have been learning the skills involved in playing hockey with our Plymouth Argyle coaches and working on our levels of fitness in our second session. We have an opportunity for some of our children to be trained as playground leaders which is very exciting.



Homework comes home every Monday, handwriting on one side with 10 spellings to learn, to be assessed on the following Monday. The reverse has times tables to complete in less than 3 minutes. The sums not completed in the time given, they need to finish in another colour.

If you have any questions regarding homework or anything else please come and speak to one of the 'Einstein Class' team.

Mrs Watson and the Einstein Class Team

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Parent Consultations

During March we will be holding our next Parent Consultation evenings where we will be sharing with you the progress your child / children have made towards the targets discussed in November.

It is really important that all parents attend as your child's future academic success can be enhanced by your attendance. These meetings give you the opportunity to ask any questions that you might have about how to support your child at home and to find out a little more about their work in class.

The parent consultations will be held on Tuesday 21st and Thursday 23rd March.

Once again you will be able to book your 'slot' online with eSchools. Bookings will open on Monday 6th March and will close on Friday 17th March. Please book your appointment as soon as possible to ensure you get the time most convenient for you.

We look forward to seeing you all.

Please see the link below for a little video on how to book an appointment, ready for the 6th March when they launch!

[Parents Evening - Booking an Appointment - YouTube](#)

A yellow sticky note with the handwritten text "Don't forget parents evening!" in black ink. The note is slightly tilted and has a drop shadow effect.

Recruitment News



I would like to thank you all for welcoming Emily so warmly to the St Kew team - she has been working very hard at learning the ropes and making the office her own and I know that lots of you have appreciated how this is working.

I am delighted to let you know that we have appointed Tammy Chadwick to the post of Teaching Assistant at St Kew.

Tammy comes to us with lots of experience in working with Nursery children and we are delighted to be able to appoint her to the team. We look forward to bringing her on board as soon as all checks have been completed.

We will be interviewing next week for another Teaching Assistant to join our team and I look forward to being able to update you when we know more!

Reading is FUNdamental

Many of you would have heard this phrase at school or seen it on the website! Reading is the key to all other things in life and being able to read helps us to access everything else in the curriculum.

At the most recent 'Tea with Miss' session, we shared the benefits of being in a Multi-Academy Trust (MAT) with other schools and one of the (most boring) benefits is always seen as money! However, we know how to do things well at St Kew, and the money side has become FUN!

We have been able to access some accelerator funding and this allowed us to purchase 1632 books titles for children to be able to bring home to read!!!!

We are so excited! Mrs Murray's office is full of them - she has been busy sorting them into boxes (when she has a spare 5 minutes) and there are too many for the boxes we have - which makes us even more excited!!!

These books will be used to supplement the books that are sent home to children in the younger years of the school (those that are on our phonics scheme and learning to read) but please don't think the older children have been forgotten - you might have spotted the growing books in the library window - these are for the older children to read and the librarians will be 'covering' these in the next week or so, once the covers have been delivered.

Year 6 pupils will be helping us to choose more texts 'specifically for them' at the Age-related expectations so that they can have these as well as the ones they freely choose and the wonderful PTA are keen to continue to support this!

We will need full parental support in looking after and returning books to ensure our stocks remain full.



eSchools

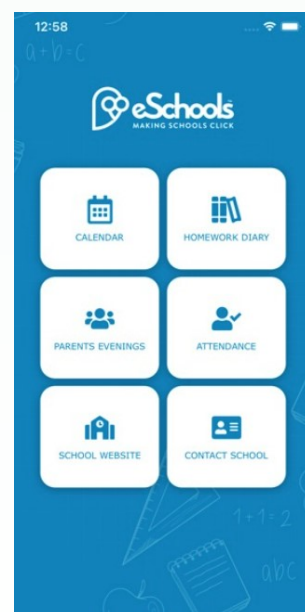
As you know, eSchools is how we communicate messages and letters to our parent family. This system allows us to send messages and emails to you, using the details on our Data system.

After a review of this from the eSchools team, they have identified that 60 parents at St Kew have not downloaded the app, and therefore, every time we send you a message the school gets charged.

Please, please can we ask that you all download the app so that we can save the pennies? This will also ensure that you get the messages that we send out and do not miss any of the news we need to share with you.

From today, you will see posters around the school with the QR code on for you to download the app to your phones.

Many thanks for your help and support on this.



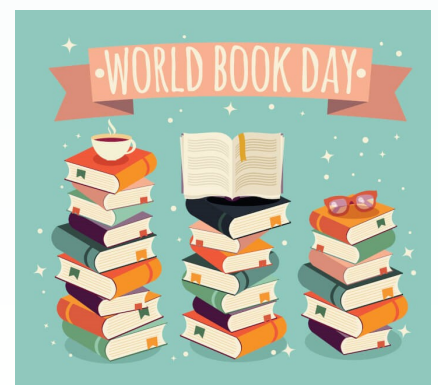
It's that time of year again folks... World Book Day is coming and this is your advance notice!



On Friday 3rd March we would like to invite all children to take part in our World Book Day celebrations to celebrate our love of all things reading. We are so proud of how much reading our children do when they are in school and we have been impressed by the reading that many have been doing at home - reading rewards are regularly collected from Mrs Murray's office! With that in mind, we'd like to have some fun on this day and remind ourselves why we all love books so much!

It would be wonderful if your child / children could dress up as part of the celebrations, but please do not worry if you don't have a specific costume - it's usually more fun to have a go at making your own!

The PTA would like to encourage you to share, swap and help to make this year and will be letting you know about a 'making day' in the near future, when parents can get together at school to make a costume for their child - sharing resources to get the job done!



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Good attendance

We hope that this will explain to you some of the systems we have, explain some of the Government guidance we refer to and have to follow and also help you understand the reasons we communicate with families about attendance in the way we do.

First and foremost, we know that good attendance leads to good outcomes for our pupils. Below you'll see a really useful chart that shows the amount of absence, how this correlates to outcomes and how this links to the expectations of our Trust and the Government who make it clear that attendance at school, now more than ever, is important and a legal requirement.



We know that lots of families have been, and continue to be, affected by bouts of seasonal illnesses and this of course affects the attendance level of your child. However, it's our duty to ensure that parents are fully aware of their child's level of attendance percentage. We recognise that illnesses are a factor in concerning levels of attendance but we also know that if attendance is good moving forward, the percentage of time present will increase and no longer be a concern.

Reporting absence is part of our safeguarding measures and ensures that we know exactly where each pupil is every day. When absent, calls must be made to the school before 8:40am (when school opens to pupils). If you leave a message, earlier than this, please ensure you leave some detail about the illness or absence, the child's name and class. This needs to be repeated on each day of the absence as without this, we will need to call you to confirm the absence as part of our safeguarding procedures.

Good attendance means... being in school at least 95% of the time or 180 to 190 days



As attendance is so important, we'd much rather children were sent in to school feeling a bit 'under the weather' and then we call you if they start to feel worse. They often pick up when with their friends and having school work on their minds.

Every minute of learning at school is utilised, so please ensure your children are able to be in their classrooms by 8.55am, ready to learn, as learning begins at this time for all pupils.

Governor Corner

The last time I wrote a piece for the newsletter we were all looking forward to Christmas and the holidays, that time has whizzed by and we are now heading to valentines day and our February half term!

January has been very busy in school for everyone and as governors we try our best to support where we can. I was part of the team helping with the recent pantomime trip to Plymouth, a long day for both children and helpers but very enjoyable for everyone. It was great to see the children out and about in the community, looking out for each other and being very respectful to others - except for the evil witch who got the boos she deserved! The interaction of the school throughout the pantomime was wonderful to see, the children having the confidence to join in with the singing, shouting and dancing - I am sure they were very tired on return home.

Confidence and belief in yourself need nurturing, school is not just about reading, writing and passing exams and that is why the PHSE curriculum is important, currently the topic is dreams and goals - I am hoping that your children are enjoying exploring theirs.

As always, we are looking for more people to join us as governors - please see the advert and feel free to talk to us for more information. Have a good restful half term. Looking forward to the spring and warmer weather!

Nicky Harley
Community governor



A Fond Farewell

A very unusual time has presented itself at St Kew today... we are having to say goodbye and good luck to 3 of our families - a never heard of before, event!



The Wilcox-Piner family have decided that the journey from Launceston to St Kew is just too much on a daily basis and therefore have secured places for Mason, Natalia, Brodi and Harley at a school nearer to home. We know the children will appreciate more time in bed each morning! We wish them the best of luck in their new school

Bella and her mum are moving house and therefore, schools. We will miss them both and hope that they are very happy in their new home!

And last, but by no means least, Claire North has decided to home educate Flo currently and so we have had to send them 'good luck' messages as well.

We know that they have all had a fantastic time of Discovering, Learning and Developing at St Kew and know they will continue to learn more in the next part of their schooling careers!

Sleep

Many of our parents have been asking for tips on children sleeping. A good bedtime routine is key to good sleep (as we all know!) and you can find some useful tips for this below.

How to sleep better for children: tips

1. Set up a bedtime routine

A regular bedtime routine starting around the same time each night encourages good sleep patterns. A bedtime routine of bath, story and bed can help younger children feel ready for sleep. For older children, the routine might include a quiet chat with you about the day then some time alone relaxing before lights out.

2. Relax before bedtime

Encourage your child to relax before bedtime. Older children might like to wind down by reading a book, listening to gentle music or practising breathing for relaxation. If your child takes longer than 30 minutes to fall asleep, your child might need a longer wind-down time before turning the lights out to go to sleep.

3. Keep regular sleep and wake times

Keep your child's bedtimes and wake-up times within 1-2 hours of each other each day. This helps to keep your child's body clock in a regular pattern. It's a good idea for weekends and holidays, as well as school days.

4. Keep older children's naps early and short

Most children stop napping at 3-5 years of age. If your child over five years is still napping during the day, try to keep the nap to no longer than 20 minutes and no later than early afternoon. Longer and later naps can make it harder for children to get to sleep at night.

5. Make sure your child feels safe at night

If your child feels scared about going to bed or being in the dark, you can praise and reward your child whenever they're brave. Avoiding scary TV shows, movies and computer games can help too. Some children with bedtime fears feel better when they have a night light.

6. Check noise and light in your child's bedroom

Check whether your child's bedroom is too light or noisy for sleep. Blue light from televisions, computer screens, phones and tablets suppresses melatonin levels and delays sleepiness. Bright light in the hour before bedtime can have the same effect on young children.

It helps to:

- turn off devices at least one hour before bedtime
- keep screens out of your child's room at night
- dim the lights an hour before bed for children of preschool age and younger.
If your child uses a night-light, choose a dim, warm-coloured globe, rather than a bright, white, cool-coloured globe.

7. Avoid the clock

If your child is checking the time often, encourage your child to move the clock or watch to a spot where they can't see it from bed.

8. Eat the right amount at the right time

Make sure your child has a satisfying evening meal at a reasonable time. Feeling hungry or too full before bed can make your child more alert or uncomfortable. This can make it harder for your child to get to sleep. In the morning, a healthy breakfast helps to kick-start your child's body clock at the right time.

9. Get plenty of natural light in the day

Encourage your child to get as much natural light as possible during the day, especially in the morning. Bright light suppresses melatonin. This helps your child feel awake and alert during the day and sleepy towards bedtime.

10. Avoid caffeine

Caffeine is in energy drinks, coffee, tea, chocolate and cola. Encourage your child to avoid these things in the late afternoon and evening, and don't offer them at these times.

For those of you who would like to know how many hours children need to sleep for, there is a useful table below.

How much sleep?

Age	Recommended	May be appropriate	Not recommended
Newborns <i>0-3 months</i>	14 to 17 hours	11 to 13 hours 18 to 19 hours	Less than 11 hours More than 19 hours
Infants <i>4-11 months</i>	12 to 15 hours	10 to 11 hours 16 to 18 hours	Less than 10 hours More than 18 hours
Toddlers <i>1-2 years</i>	11 to 14 hours	9 to 10 hours 15 to 16 hours	Less than 9 hours More than 16 hours
Preschoolers <i>3-5 years</i>	10 to 13 hours	8 to 9 hours 14 hours	Less than 8 hours More than 14 hours
School-aged Children <i>6-13 years</i>	9 to 11 hours	7 to 8 hours 12 hours	Less than 7 hours More than 12 hours
Teenagers <i>14-17 years</i>	8 to 10 hours	7 hours 11 hours	Less than 7 hours More than 11 hours
Young Adults <i>18-25 years</i>	7 to 9 hours	6 hours 10 to 11 hours	Less than 6 hours More than 11 hours

Important Dates for the rest of this term:

Key Stage 2 Cross Country: 7th February

Girls Football Festival: 8th February

Wear Red for Air Ambulance: 9th February

PTA Disco: 9th February

INSET Day: 10th February

Bench ball Festival: 22nd February

PTA Meeting: 24th February

Sports for Schools visit: 13th March (further details to come)

Key Stage 2 Cross Country: 14th March

PTA Mothers day pop up shop: 17th March

Parent Evenings: 21st and 23rd March

Year 3 & 4 Football Festival: 22nd March

Girls Football Festival: 29th March

PTA Cake Sale: 30th March

End of Term: 31st March

**Half Term: 13th -
17th February**



Easter Holidays: 3rd - 14th April

**EASTER
HOLIDAYS**



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What Parents & Carers Need to Know about

ROBLOX

PEGI RATING
7+

Roblox is one of the most popular video games on the market. By 2020, the game's makers were claiming that more than half of children in the USA play it. As a 'sandbox' title, Roblox offers a huge amount of creative freedom: it lets players create their own gaming experiences with the Roblox Studio to build custom levels and games, which can then be shared with other players online. Roblox fosters creative thinking and enjoys a robust online community of fans.

WHAT ARE THE RISKS?

CONTACT WITH STRANGERS

Roblox encourages players to communicate online (including a group chat facility). This could expose children to risks such as scammers, online predators, harassment, griefers and more. The in-game chat has some filters, but isn't perfect: players can still send harmful messages to others – such as general hostility – while predators can reach out to children directly.

ONLINE DATERS

These are also called 'ODers' and are quite common in Roblox. An ODer is an individual who joins a game with the intention of finding someone to date online – and eventually meet in person. Such online dating is against the Roblox community guidelines, but this usually doesn't deter ODers. Some player-built Roblox game worlds have even been designed with online dating specifically in mind.

PUBLIC SERVERS

Roblox has private or VIP servers which allow people to play exclusively with their friends, but this costs money. Most Roblox players will instead be on public servers that anyone can join. Servers can host games which focus on all kinds of aspects, including direct player interaction. Some games and servers, therefore, will put children more at risk of contact from strangers than others.

IN-APP PURCHASES

Roblox is actually free to download and play, but bear in mind that there are some hidden costs. Players are encouraged to make purchases in the game, for example, using real money. People can also buy extra Robux (the in-game currency) to spend on cosmetic items in the game, and some private or VIP servers also have a cost.

Advice for Parents & Carers

SET PARENTAL CONTROLS

Roblox comes with several parental control options, which are explained well on the game's official website. It's essential to enter the correct date of birth for your child, as that allows Roblox to automatically apply the appropriate chat filters. The game also allows parents and carers to set monthly spending restrictions and monitor their child's account.

DISABLE PRIVATE MESSAGING

Roblox's private messaging function raises the risk of children being contacted by people they may not want to speak with – potentially leading to bullying, harassment, toxicity and scam attempts. The game allows you to disable messages from anyone who hasn't been added as a friend on your child's account.

PRIVATE SERVERS

If your child has some genuine friends to play Roblox online with, paying for a private or VIP server decreases the risk of contact from strangers. Even then, however, some players could invite other people – who might not necessarily be child friendly – into the private server. If your child is a Roblox fan, it's important to talk with them regularly about who they are playing the game with.

MONITOR SPENDING

If they don't understand they're using real money, it's easy for children to accidentally spend a sizeable amount in the game. Using parental controls to place limits on their spending will help avoid any nasty financial surprises. Ensuring that you have two-factor authentication on your payment accounts also makes it harder for your child to spend money inadvertently.

DEALING WITH STRANGERS

At some point in their development, your child will need to learn how to deal with strangers online. Show them how to block and report any users who are upsetting them or asking uncomfortable questions. Talking to them about what's OK to discuss – and what they should never tell a stranger online – will help them understand how to communicate with other people online safely.

Meet Our Expert

Clare Godwin (a.k.a. Lunawolf) has worked as an editor and journalist in the gaming industry since 2015, providing websites with event coverage, reviews and gaming guides. She is the owner of Lunawolf Gaming and is currently working on various gaming-related projects including game development and writing non-fiction books.



NOS National Online Safety®

#WakeUpWednesday

Sources: <https://www.theverge.com/2020/11/11/2333431/roblox-over-half-of-us-kids-joining-virtual-parties-fortnite>
<https://corp.roblox.com/parents/>

St Kew Governor Vacancy



Governor Vacancy

The Governors of St Kew ACE Academy are looking for new community governors to join our proactive team. We are very proud to be governors of this thriving primary school, which aims to do the best for every child at the school.

What time is needed?

Governors need to stay in the loop and there are a number of papers, reports and emails to read. There are two meetings a term to attend, usually in the evening, between 4.30 and 6.30pm, and governors also visit the school to help them to perform their duties.

Who can be Governor?

Anyone! Governors come from a wide range of backgrounds, but the one thing they have in common is they care enough to make a difference. No previous experience is required as you will receive a full induction and have mentor support.

What do I do now?

If you would like to help this school continue to be the best it can be, please contact Pip Campbell, Chair, on

pcampbell@kernowlearning.co.uk

You can also find additional information on the St Kew Academy website:

stkew.kernowlearning.co.uk



What Parents & Carers Need to Know about FACEBOOK

AGE RATING
13+

With 2.9 billion users, Facebook, owned by the recently rebranded Meta, is the world's most popular social media platform. It encourages interaction with other people by (among other things) adding them as friends, reacting to or commenting on their content, sharing images and videos, posting status updates, joining groups and playing games. Facebook is free, and anyone over 13 can join – but with no age verification, younger children can easily create an account: it's likely your child is already familiar with the platform, even if they don't yet use it themselves.

WHAT ARE THE RISKS?

ADDICTIVE NATURE

Facebook's quick reward cycle of likes and comments on shared posts can be hugely addictive. It encourages users to keep returning to post things and increases FOMO (the Fear Of Missing Out), which leads to people checking the app even more frequently and finding themselves endlessly scrolling through content.

CYBERBULLYING

A 2021 Ofcom report found that around one in four UK 12–15-year-olds had been cyberbullied or trolled (intentionally antagonised online). On Facebook, this can happen through private messages (on Facebook Messenger); hurtful comments on their profiles and posts; pages or groups set up purposely to torment a victim; or exclusion from pages or groups.

FUTURE IMPACT

Like most social media platforms, anything posted on Facebook leaves a permanent 'digital footprint'. This can have future consequences for young people: many universities and employers, for example, now review someone's Facebook timeline during the application process.

CONTACT FROM STRANGERS

Just like in the offline world, there are people on Facebook with malicious intentions. Ofcom reports, for instance, that 30% of 12–15-year-olds have received a friend request from a stranger. This, sadly, can include individuals seeking to take advantage of impressionable youngsters.

OVERSHARING

Facebook encourages you to post "what's on your mind", but children should be wary of revealing too much about themselves online. Users can give away their location by checking in or using Facebook Live, for example, while some photos can also be traced using file data.

INAPPROPRIATE CONTENT

Facebook monitors and removes material like hate speech or extreme political views, while adverts on the platform are now forbidden from targeting under-18s based on their interests. Offensive content isn't always taken down instantly, however, so there's still a risk of children encountering it.

VIDEOS AND STREAMING

Facebook Live lets users stream video live to their friends or watch others' broadcasts. Viewers can comment in real time, which is problematic to moderate. Short, user-created clips called Reels can now also be displayed on profiles and feeds. These video features could contain unsuitable material or allow children to be cajoled into doing something on camera that they wouldn't normally do.

Advice for Parents & Carers

KEEP ACCOUNTS PRIVATE

In the settings area, you can choose whether a Facebook profile is public or private. By far the safest option is to switch your child's to private, so they can only interact with people who they are friends with on the platform. Facebook's settings can also prevent your child's personal information (such as contact details, school name or date of birth) from appearing publicly.

ENCOURAGE SAFE FRIENDING

Facebook can help your child to stay connected with the people and the things that they care about. However, it's important for them to understand that they should only accept friend requests from people who they know. The key questions to consider are "has your child met them in person?" and "do they know and trust them enough to feel comfortable accepting them as a Facebook friend?"

LEAD BY EXAMPLE

Let your child watch you using Facebook – this will demonstrate how it can be used safely and appropriately, reducing the risk of them encountering harmful content themselves. Teach them the habit of thinking before sharing anything online and try to follow the same rules that you set for them – so if you agree time limits on your child's Facebook use, then you should stick to them, too.

SAVVY SHARING

Make sure your child realises that what they share online with friends can end up being shared again by others. It's important that they think about what they share online and who they share it with. Facebook's 'Audience Selector' gives users the option to filter who sees what they are sharing, whenever a status is updated, photos are uploaded or anything is posted.

RESPECT BOUNDARIES

Once you've talked about Facebook safety with your child, give them some space and trust them to make smart choices. Make it clear, however, that you're always open to discussing social media if they need to. In the early stages, you could occasionally review your child's social media activity with them to put your mind at rest – but take care not to become reliant on checking it every night.

BLOCK AND REPORT

On Facebook, you're able to report harmful content and block particular people or groups so they can't contact your child or view their profile. Before they start spending serious time on the platform, show your child how these features work and explain why they might need to be used. Facebook's Bullying Prevention Hub offers advice on dealing with harassment on the platform.

Meet Our Expert

Alex Wright is a former Facebook employee and social media expert with more than 15 years' experience in digital media. He has worked with some of the biggest organisations on the planet and has a vast understanding of how social media platforms work and how they engage their audience.



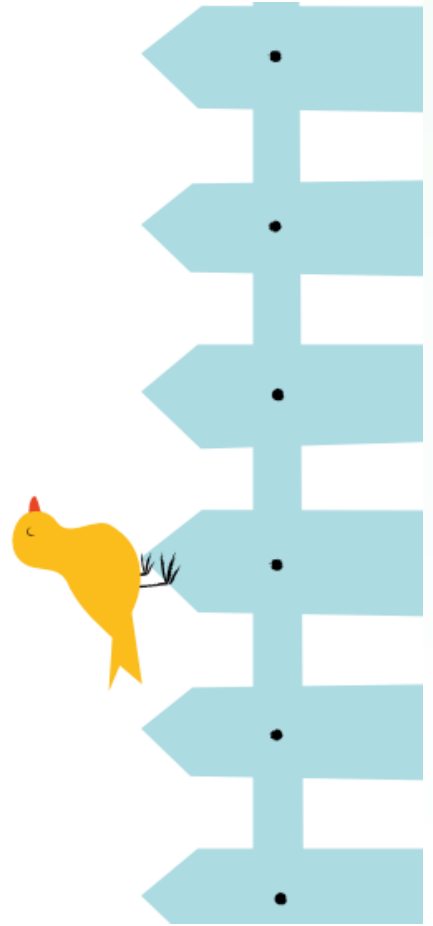
NOS National Online Safety®
#WakeUpWednesday

How can I set boundaries?

All children need love, guidance and to have rules and boundaries. Rules and boundaries help families to understand how to behave towards each other, and what's OK and not OK. But the best way to go about this will vary based on your child's age and stage of development. All children are different and develop and reach milestones at different rates.

You can find more UK-wide information at

[nhs.uk/conditions/baby/babys-development](https://www.nhs.uk/conditions/baby/babys-development)



Top tips...

for all ages

- Keep guidance simple and consistent.
- If your child is behaving in a way you don't want them to, clearly explain what you want them to do instead.
- Be available and make time for your child, so they will come to you when they feel something is wrong or they are upset.
- Keep talking and listening to your child even if at times it feels like a challenge. Start listening from a very early age and set a pattern for life.
- Review family rules as your child gets older and recognise the different needs of children living at home. For example, you shouldn't expect the same from your 12-year-old as you would from your four-year-old.
- Get support from friends and try any good ideas they have found helpful.
- If you are struggling and feel things are getting out of hand, get advice from your GP, a health visitor, or your child's teacher.

for babies – toddlers

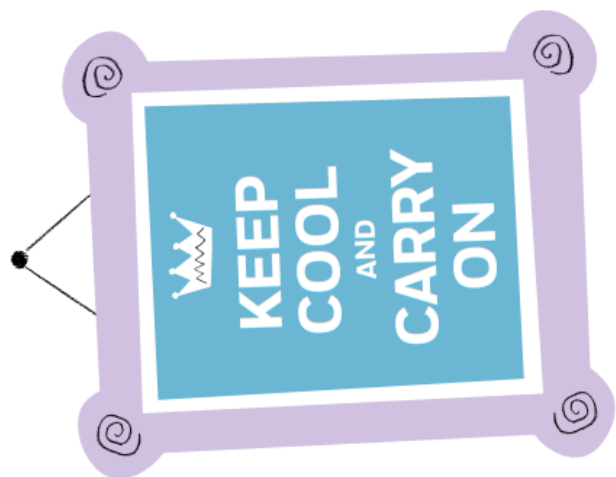
- Introduce boundaries from an early age.
- Reflect to your child that you know how they may be feeling – for example, saying "I know you're frustrated," if your child is struggling to do something.
- Share your own feelings if you find it helps to relieve your stress – for example, "I know you're tired but I'm tired too."
- Try to avoid using orders and ultimatums.

for school age – teenagers

- Be willing and give your child opportunities to show they can be trusted.
- Avoid criticism wherever possible. If your child has done something wrong, explain that it is the action and not them that you're unhappy with.
- Try to avoid getting trapped in petty arguments. There are rarely any winners!
- Consider ways to negotiate or offer choices as your child gets older.

Keeping your cool

It's important to find ways to relieve your stress and manage if you're feeling upset or angry. Lots of things, not only children's behaviour, can make us feel stressed – from family relationships to managing a work-life balance, health, housing, poverty, unemployment and much more. You want to be the best parent you can, but being stressed is stressful!



When stress takes over, it can make you lose your temper and say or do things you later regret. You might find yourself saying something hurtful or smacking your child. Living in a stressful home can also impact on your child's feelings and healthy development. But you can avoid this by managing stress and anger.

• Accept support

This may be from your family, a friend or by using online forums. Knowing that there are other parents in the same situation can be a great encouragement.

• Make time for yourself

This may involve doing things like exercising or listening to music. It can be as simple as a long soak in the bath, watching a film or going for a walk. If you live with a partner, agree a way to make sure you both get time off.

• Get help

This is a positive step to take and not a sign of weakness. If you're feeling stressed and anxious all the time, seek some outside advice. A range of difficulties may get in the way of being a parent and it's important to get help. Talk to your GP or health visitor, or call the NSPCC helpline on **0808 800 5000**.

• Be as prepared as possible

Parenting can of course be stressful at certain times, so consider ways of dealing with this in advance. For example, if your child gets bored and irritable on long journeys, or waiting for things like doctor's appointments, take a couple of books or activities to keep them busy.

• Don't overlook success

If you have coped well with something difficult, be proud of what you've achieved. Celebrate your children's successes too.

Look after yourself

Being a parent or carer is so important. While it's common to feel less needed as children get older, or to feel more like a taxi driver or cleaner, you are the person your child will look to for help. Finding time for yourself is something you shouldn't overlook or feel guilty about. It may take planning but having a break can help you to be the best parent you can be.



**Cornwall
Cricket**



**SCAN THE QR CODE
TO REGISTER**



GIRLS CRICKET 2023

REGISTER TO PLAY!

OPEN TO AGES 7-18 | ALL ABILITIES WELCOME

**FOLLOWING THE REGISTRATION PHASE ALL PLAYERS WILL BE GROUPED
INTO GEOGRAPHICAL TEAMS TO PLAY FIXTURES IN THE SUMMER**

**CONTACT KELLIE WILLIAMS FOR MORE INFORMATION:
wgdo@cornwallcricket.co.uk**

Discover Learn Develop

I've been
feeling.....
can we talk?

Make space in your
community for a conversation
about mental health
Talk, Listen, Change Lives

time to
talk day
02/02/23

#TimeToTalk



In partnership with



Discover Learn Develop

#TimeToTalk



Use this bingo card to help start conversations and get your friends, family, community and colleagues talking about mental health.

Click and complete four actions this Time to Talk Day.

Make space in your day for a conversation about mental health this Time to Talk Day.



In partnership with **OP**

Play your favourite sport and chat about how sport can affect mental health	Have a conversation online about mental health	Have a conversation in person about mental health	Talk to a young person about mental health	Display a Time to Talk Day poster on a community noticeboard
Share a #TimeToTalk day post on social media	Create a picture/cartoon about mental health and share it	Talk about how money worries can impact mental health	Tell someone you know that it's Time to Talk Day	Name three films or books that portray mental health problems responsibly
Run a mental health myth busting quiz	Tell your local community group about Time to Talk Day	time to talk day 02/02/23		Share something you've learnt about mental health
Ask someone 'how are you?' twice, and listen to their answer	Talk about mental health with a friend over a coffee	Do something relaxing/recharging with others	Share your top tips for talking about mental health	Share your top tips for talking using #TimeToTalk
Find a community group to join	Name two celebrities that talk about mental health openly	Tell three people about Time to Talk Day today	Finish the sentence 'It's time to talk because...'	Set a mental health resolution for #TimeToTalk

Helping Hands News

It's been a fairly quiet month for the PTA (a bit of catch up time after a hectic December!) but we have some lovely events on the horizon to look forward to.

Firstly, as you may have already heard, we have said goodbye to Tara Quinney as Chair of the PTA. Tara has put in so much hard work, effort, time and dedication in the last few years and we are so very grateful for everything she has done and will miss her presence and guidance on the committee. Also moving on is Emma as our secretary and again we wish to express our thanks for her hard work and support.

As a committee we are currently in the process of working out 'who will be who' as we move forward but are excited for all the challenges and events that lie ahead.



A big date for the diary in February is the Valentines Disco on Thursday 9th Feb (the day St Kew breaks up for half term) - this is open to all pupils (including Little Learners). Please see the poster in the newsletter / on social media / around school for further details. Don't forget to sign up either in person in the playground or online (details to follow). We can't wait to see all those dance moves again...

As you all know all the money that the PTA raises goes back into supporting and building upon our children's education and enjoyment of time at St Kew - a great recent example is the £700 that the PTA contributed towards the New Year's

panto trip. Without your support we simply couldn't do it and so we are very grateful to everyone.

As usual please do feel free to have a chat with any one of us if you wish to get involved and come and lend a hand with anything.

Paul, Kayna, Chevi, Linzi, Lauren, Sophie, Michelle, Amanda, Carla & Chantelle.



FREE ENTRY

VALENTINES DISCO

Thursday
9th February

3PM TO 5.15PM

HOT DOG DRINKS AND
CRISPS PROVIDED

DONATIONS WELCOME

ST KEW PTA CHARITY NUMBER 1060224

#PARTYTIME

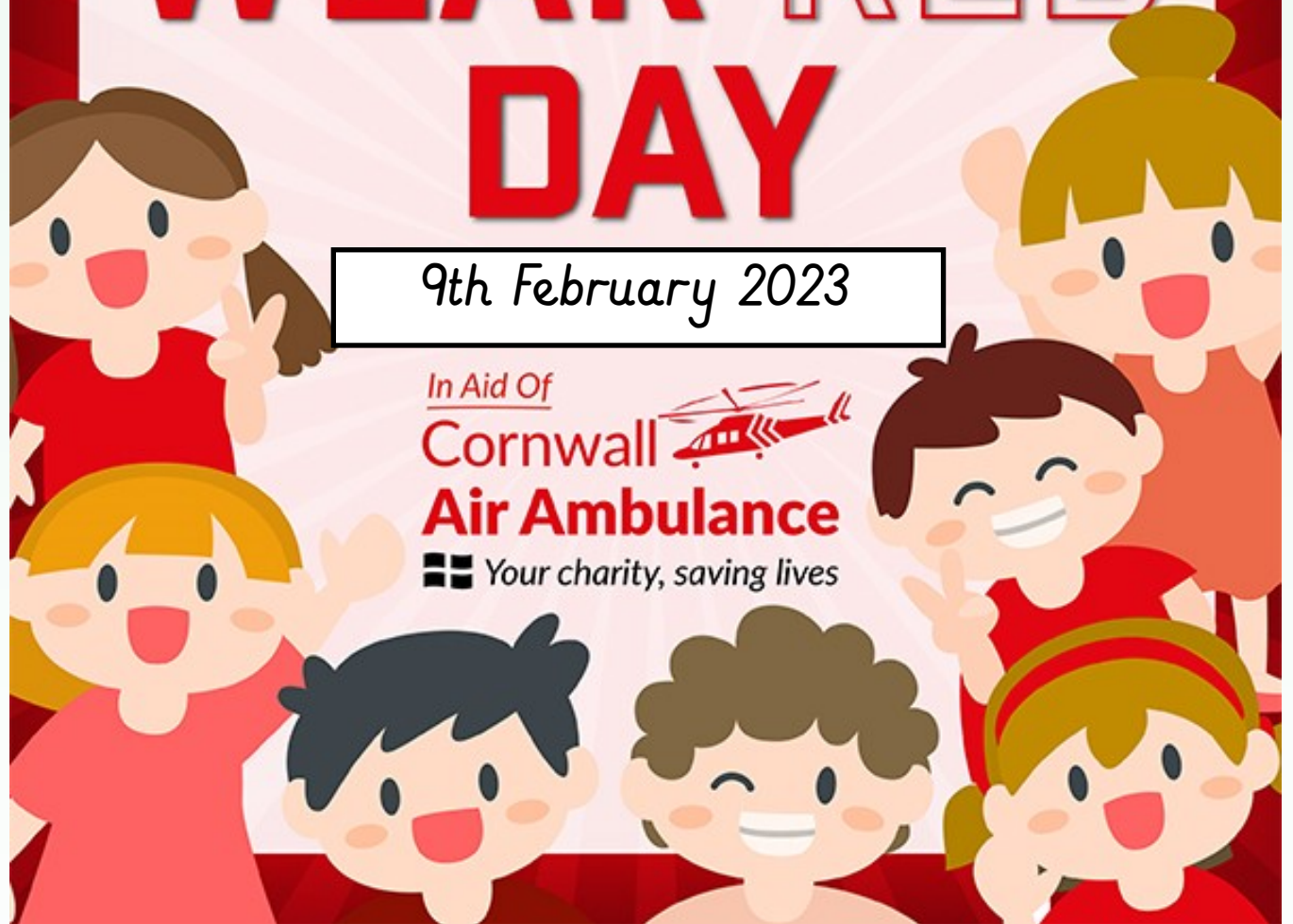
Discover Learn Develop

»»SAVE THE DATE««

WEAR RED DAY

9th February 2023

In Aid Of
Cornwall Air Ambulance
Your charity, saving lives



Cornwall Air Ambulance
Your charity, saving lives

Help your crew continue to save lives in Cornwall & the Isles of Scilly

Discover Learn Develop

Friendly February 2023

MONDAY



6 Get back in touch with an old friend you've not seen for a while

TUESDAY



7 Show an active interest by asking questions when talking to others

WEDNESDAY

1 Send a message to let someone know you're thinking of them

THURSDAY

2 Ask a friend how they have been feeling recently

FRIDAY

3 Do an act of kindness to make life easier for someone

SATURDAY

4 Invite a friend over for a 'tea break' (in person or virtual)

SUNDAY

5 Make time to have a friendly chat with a neighbour

13 Smile at the people you see and brighten their day

14 Tell a loved one or friend why they are special to you

8 Share what you're feeling with someone you really trust

9 Thank someone and tell them how they made a difference for you

10 Look for good in others, particularly when you feel frustrated with them

11 Send an encouraging note to someone who needs a boost

12 Focus on being kind rather than being right

20 Make a plan to connect with others and do something fun

21 Really listen to what people say, without judging them

15 Support a local business with a positive online review or friendly message

16 Check in on someone who may be struggling and offer to help

17 Appreciate the good qualities of someone in your life

18 Respond kindly to everyone you talk to today, including yourself

19 Share something you find inspiring, helpful or amusing

27 Call a friend to catch up and really listen to them

28 Give positive comments to as many people as possible today

22 Give sincere compliments to people you talk to today

23 Be gentle with someone who you feel inclined to criticise

24 Tell a loved one about the strengths that you see in them

25 Thank three people you feel grateful to and tell them why

26 Make uninterrupted time for your loved ones



ACTION FOR HAPPINESS

Happier · Kinder · Together

SHARE A SNACK.



GIVE OTHERS THE BENEFIT OF THE DOUBT.



DRINK A GLASS OF WATER.



DONATE BLOOD.

PICK UP LITTER.



READ WITH A CHILD.



COMPLIMENT WITH RECKLESS ABANDON.



ACKNOWLEDGE SOMEONE WHO DESERVES PRAISE.

THANK A TEACHER.



USE A REUSABLE WATER BOTTLE.



SUPPORT LOCALLY OWNED BUSINESSES.



OPEN DOORS FOR OTHERS.

SMILE.



RANDOM ACTS OF KINDNESS DAY

FRIDAY, FEBRUARY 17TH



SHARE YOUR FAVORITE SONG WITH SOMEONE.



TEXT SOMEONE A POSITIVE MESSAGE.



PLACE ENCOURAGING STICKY NOTES IN PUBLIC AREAS.



LEAVE AN EXTRA BIG TIP.



ENCOURAGE A FRIEND.



GIVE AN UNEXPECTED GIFT.

GO FOR A LONG WALK.



MAKE KINDNESS THE NORM!

RANDOMACTSOFKINDNESS.ORG



CELEBRATE SOMEONE ELSE'S ACCOMPLISHMENT.



PUT AWAY YOUR PHONE AND LISTEN WITH YOUR HEART



SEND A THANK YOU NOTE

LAUGH UNTIL YOUR BELLY HURTS.



LOVE WHO YOU ARE.



RANDOM ACTS OF KINDNESS FOUNDATION®

Discover Learn Develop

Autumn Winter 2022 Cornwall

- Added Plant Power
- Vegan
- Wholemeal

Available Daily:

- Freshly cooked jacket potatoes with a choice of fillings (where advertised)
- Bread freshly baked on site daily
- Daily salad selection





ALLERGY INFORMATION:

If your child has an allergy or intolerance please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One					
31/10/2022	Option 1 Chicken Pie with crispy potatoes	Beef Bolognaise served with Garlic Bread	Roast Chicken with Stuffing, Roast Potatoes and Gravy	Mac and Cheese	Breaded Fish with Chips
21/11/2022	Option 2 5 Bean Chilli with 50/50 rice	Veggie Lasagne served with Garlic Bread	Veggie Toad in the Hole with Roast Potatoes and vegi. gravy	Chinese Vegetable Curry	Cheese and Potato whirl with Chips
12/12/2022	Vegetables	Seasonal Veg of the Day	Seasonal Veg of the Day	Sweetcorn Roasted Peppers	Peas Baked Beans
9/1/2023	Dessert	Fruit Jelly	Fresh Fruit and Yoghurt Station	Peaches and Ice Cream	Apple Flapjack
30/1/2023		Banana sponge and Custard	Or a choice of Yoghurt & Fresh Fruit available daily		
27/2/2023					
20/3/2023					
Week Two					
7/11/2022	Option 1 Cheese and Broccoli Pasta bake	Pork Sausages with Mashed Potato and Gravy	Roast Gammon, Roast Potatoes, Stuffing and Gravy	Quirky Bird Chicken Fillet or Quorn Fillet	Fishfingers with Chips
28/11/2022	Option 2 Falafel with Lemon and Herb Cous Cous	Vegan sausages with Mashed potatoes	Crunchy Topped Veg Bake served with Roast Potatoes	With Potato Wedges and Salads	Cheese and Bean turnover with chips
19/12/2022	Vegetables	Seasonal Veg of the Day	Seasonal Veg of the Day	Roasted Veg Sweetcorn	Peas Baked Beans
16/1/2023	Dessert	Apple Sponge and Custard	Fresh Fruit and Yoghurt Station	Chocolate Yoghurt and Mini Shortbread	Oaty Cookie
6/2/2023			Or a choice of Yoghurt & Fresh Fruit available daily		
6/3/2023					
27/3/2023					
Week Three					
14/11/2022	Option 1 Cheese and Tomato Pizza with crispy potatoes	Sweet and Sour Chicken served with 50/50 rice	Roast Turkey, Roast potatoes and gravy	BUILD A BURGER Beefburger in a bun or a Veggie Burger in a bun served with Potato Wedges	Breaded Fish with Chips
5/12/2022	Option 2 Vegetable enchiladas with 50/50	Vegan Bolognaise with garlic bread	Roast Quorn served with Roast Potatoes and Gravy	Seasonal Mixed Vegetables	Cheese & Tomato Quiche with Chips
2/1/2023	Vegetables	Seasonal Veg of the Day	Seasonal Veg of the Day	Raspberry Jelly and Mandarins	Peas Baked Beans
23/1/2023	Dessert	Chocolate Shortbread	Fresh Fruit and Yoghurt Station	Or a choice of Yoghurt & Fresh Fruit available daily	Iced Sponge
20/2/2023					
13/3/2023					

September 2022 M 5 12 19 26 Tu 6 13 20 27 W 7 14 21 28 Th 1 8 15 22 29 F 2 9 16 23 30 Sa 3 10 17 24 Su 4 11 18 25					October 2022 M 3 10 17 24 31 Tu 4 11 18 25 W 5 12 19 26 Th 6 13 20 27 F 7 14 21 28 Sa 1 8 15 22 29 Su 2 9 16 23 30					November 2022 M 7 14 21 28 Tu 1 8 15 22 29 W 2 9 16 23 30 Th 3 10 17 24 F 4 11 18 25 Sa 5 12 19 26 Su 6 13 20 27				
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Key:

	School Holiday
	Bank Holiday
	Term Time
	Inset Day

Term dates summary:

Autumn Term 1: 05 September – 21 October 2022 (35 days)
 Autumn Term 2: 31 October – 16 December 2022 (35 days)
 Spring Term 1: 03 January – 10 February 2023 (29 days)
 Spring Term 2: 20 February – 31 March 2023 (30 days)
 Summer Term 1: 17 April – 26 May 2023 (29 days)
 Summer Term 2: 05 June – 25 July 2023 (37 days)

TOTAL = 195

Bank and public holidays 2022/2023

Christmas Day	25 December 2022	Good Friday	07 April 2023
Boxing Day	26 December 2022	Easter Monday	10 April 2023
Bank Holiday (in lieu of 25 Dec)	27 December 2022	May Bank Holiday	01 May 2023
New Years Day	01 January 2023	Spring Bank Holiday	29 May 2023
Bank Holiday (in lieu of 1 Jan)	02 January 2023	Summer Bank Holiday	28 August 2023