



WEEK BEGINNING 7TH OCTOBER

Events this week:

Thursday 10 th October	Y3 & Y4 Netball Skills	
Thursday 10 th October	Harvest service	
Friday 11 th October	Mental Health Day – Wear yellow	

Looking forwards: (dates/times may be subject to change)

Monday 14 th October	Year 3 & 4 football festival
Wednesday 23 rd October	Parents Evening
Thursday 24 th October	Individual school photos
	Year 5 & 6 Rugby festival
	Parents Evening

A reminder that the back gate to the school is NOT in use between the hours of 9am and 3pm. Please report to the front gate on Crowthorne Road between these hours.



Head Teacher Award Winners

- Year 1 - Mason F, for always doing the right thing and joining in with class learning
- Year 2 - Emily S, for demonstrating exception kindness towards others
- Year 3 - Thomas E, for aiming high in all of our lessons and actively participating in the lessons
- Year 4 - Harvey R, for showing great kindness and being a good friend
- Year 5 - Tino N, for participating actively in all of our learning this week and showing care to others
- Year 6 - Aimee R, for positivity, problem solving and kindness



PE DAYS

Acorns	Monday and Wednesday
Year 1	Wednesday and Friday
Year 2	Monday and Thursday
Year 3	Wednesday
Year 4	Monday and Friday
Year 5	Tuesday and Friday
Year 6	Tuesday and Thursday

What is Thrive@StMichaels?

Every Wednesday 3-3:45pm in St Michael's Parish Centre (during the school term), we welcome any member of the Easthampstead community to donate, collect, share and reuse items so that all may thrive. **Come along for a brows and refreshments.**



Easthampstead
Parish Church

We will have tables for children's coats & shoes, St Michael's uniforms, toys, books and long-life food items.

We will be collecting donations on Wednesdays 3-3.30pm in the Parish Centre. Please make sure all donations are in good condition and clean.

Want to find out more? Think you can help? Speak to Helen in the Parish Office or Revd Gareth.

office@stmichaelsesthampstead.org.uk

Mothers' UNION
Christian care for families

PRESTIGE SPORTS COACHING

AGE 5-11 YEARS

SPORTS CAMP

28TH OCT-1ST NOV
9 AM - 3 PM
£20 PER DAY
£95 FOR 5 DAYS

WILDRIDINGS PRIMARY SCHOOL

ACTIVITIES

FOOTBALL
BASKETBALL
DODGEBALL
GYMNASTICS
MEDITATION
DANCE
and more!

BOOK NOW:
www.prestigesportscoaching.com

The advertisement features several illustrations: a girl with a cricket bat, a boy with a basketball, a boy with a soccer ball, and a girl with her hands on her head. There are also musical notes and clouds around the main title.

iOS 18 Launch

Apple have recently released their latest operating system, iOS 18. iOS 18 offers lots of new features (some are restricted to newer phones) but one feature that you should be aware of is the ability to now lock and hide apps.

When an app is locked, Face ID, Touch ID or your passcode will be required to open it. This also means that notifications will no longer be shown for that app. Additionally, apps can now be hidden so they can only be accessed through a hidden apps folder that is also locked. This new feature illustrates the need to have regular chats with your child about what they are using their phone for.

Vault (secret) Apps

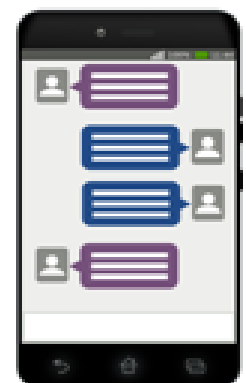
Have you heard of Vault Apps? They are basically secret apps that are concealed by looking like a normal, less conspicuous app. For example, one of these apps looks and works like a working calculator when opened, but when a passcode is entered, it reveals photographs, videos, documents and contacts. One way to prevent your child from using these apps is to ensure parental controls are set up so you can review all app purchases. You can find out more here:

- <https://www.bark.us/blog/find-hidden-apps/>
- <https://www.safes.co/blogs/vault-apps/>

Mobile phones: do you know the risks?

We know that children having access to a smartphone can expose children to risks including:

- Viewing inappropriate content
- Excessive screen time/use, which in turn can affect their mental health and sleep pattern.
- Contact from inappropriate people/grooming
- Cyberbullying
- Spending money on in-app purchases/scams



What effects do mobile phones have on children's mental health?

Compass discuss the research around this important topic, outlining the positive and negative effects that mobile phones have:

<https://www.compass-uk.org/services/compass-changing-lives/what-effects-do-mobile-phones-have-on-children-and-young-peoples-mental-health/>

EE launches Age Guidance

EE has launched age guidance for smartphone usage to improve children's digital wellbeing. In summary, they recommend that children under 11 should use non-smart devices, for children aged 11-13, they advise that if a smartphone is used, then parental controls should be enabled and access to social media restricted. Finally, for 13-16-year-olds they still recommend that parental controls are implemented and appropriate restrictions set up. You can read the full guidance here:

<https://newsroom.ee.co.uk/ee-launches-age-guidance-for-smartphone-usage-in-drive-to-improve-childrens-digital-wellbeing/>

Could you delay when your child is given a smartphone with Smartphone Free Childhood?

The premise behind this movement is that all parents/carers of a class all agree not to give their children smartphones (therefore the level of peer pressure is reduced) for a set time or until a specific age:

<https://smartphonefreechildhood.co.uk/>

What device?

When you think it is the right time for your child to have a phone, then Which? provide an overview of some options available:

<https://www.which.co.uk/reviews/mobile-phones/article/buying-a-first-mobile-phone-best-dumb-phones-and-smartphones-for-kids-aA03C3Y8aTzr>

Instagram: new Teen account features

You must be over 13 years of age to set up an account.

Instagram is used to post photos and videos as well as send direct messages, make voice/video calls and send disappearing messages. Users can also upload to 'Stories' (which disappear after 24 hours), broadcast live and upload reels (short videos).



Teen accounts – NEW feature

Instagram have introduced Teen Accounts to try and create a safer experience for them. With a Teen Account, who they can contact is limited and the content they access will be set to the most restrictive setting to reduce exposure to sensitive content. If a teen would like to override any of these settings, then they will need their parent's permission by setting up parental supervision. These changes will be in place for all new users straightaway so any users that sign up that are under 16 will automatically be given a Teen Account. Existing users will be moved over to Teen Accounts over the next couple of months (in the UK).

Supervision settings – new features

Instagram already offers a supervision facility, but they have added to the features to include:

- The ability to see who your child has messaged in the past week (you will not be able to see the contents of these messages)
- The option to block your child from accessing Instagram at certain times e.g. during school or at night.
- The ability to see what topics your child has chosen to see.

Read the press release from Instagram, which outlines all the upcoming changes: <https://about.fb.com/news/2024/09/instagram-teen-accounts/>

You may not be seeing everything!

Did you know that you can hide your stories and live videos from specific people so your child could be uploading content but restricting your account from viewing it?

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>

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.

More information

- Visit the family centre to learn more about the features available: <https://familycenter.meta.com/uk/>

Learn Through Play with Sesame Street

The Sesame Street website has a whole host of resources, activities, and games from supporting with learning ABCs to discussing tough topics such as grief.

<https://sesameworkshop.org/>

Expert Approved Apps for Learning at Home

On the Google Play Store, you can find a list of expert approved Apps for learning at home suitable for children up to the age of 12.

<https://play.google.com/store/apps/category/FAMILY>

Be aware of what you share

Get Safe Online have produced a set of tips to help you avoid oversharing and outlines what the consequences might be if you do:

<https://www.getsafeonline.org/whatdoyoushare/>

Staying safe online with Google Families

Google have a one stop resource to help you and your family stay safe online. It includes how to set up parental controls and important steps on how to keep your children safe online. You can find out more here:

<https://families.google/>

Where can I get advice and support for my child?



Early years settings, schools and colleges	Local Offer	Family Information Service (FIS)	Information, advice and support service (IASS)	Parent Carer Forum (PCF)
Provides information on where to get additional help if you feel your child requires it.	Provides information about SEND provision expected to be available locally across education, health and social care for children and young people in the borough who <ul style="list-style-type: none"> • have SEN • are disabled, • including those who do not have Education, Health and Care (EHC) plans. 	Provides an impartial information and signposting service relating to childcare and other services that support parents and carers of children and young people up to the age of 20 (25 with additional needs). Works with organisations and professionals who support families.	Provides impartial and confidential information, advice and support about the legal rights of children and young people with special educational needs and disabilities (SEND) to parents and carers and to children and young people themselves.	Provides the chance to be listened to and influence partners to design the services that are needed. Bracknell Forests PCF is an independent group which empowers families to access these services and advocates for inclusion for all.
Where to find it				
Visit your school website	Visit www.bracknell-forest.gov.uk/localoffer	Visit www.bracknell-forest.gov.uk/FIS Or call 01344 353133	Visit www.bracknell-forestiass.co.uk Or call 01344 354011	Visit www.bracknellpcf.com

Bracknell Forest's Family Services Directory and Additional Needs Info Hub (SEND Local Offer)



Providing free, impartial information and advice about Special Educational Needs and Disabilities (SEND) and all other family matters.

- SEND information all in one place - how to access services and support including Education, Health and Care Plans (EHCPs)
- Education, childcare and early years funding
- Leisure and holiday activities
- Advice and support services
- Brokerage service for those struggling to find childcare



Family Information Service: fis@bracknell-forest.gov.uk
01344 353133
www.bracknell-forest.gov.uk/localdirectory



Where can I get help with an EHCP?

Where is my nearest baby clinic?

I'm struggling with my child's behaviour – where can I get help?

How do I apply for childcare funding?



You have been invited to Reading Football Club's 1st Schools and Grassroots Fixture of 2024-25!

When?

Reading vs Crawley Town
Saturday 19th October, 12.30pm kick off

Where?

Select Car Leasing Stadium

How to qualify for the discount and confirm your attendance?

To redeem, please visit <https://ticketing.readingfc.co.uk> and enter the following unique coupon code: **#StMichaelsEasthampstead** in the basket once you have logged in and selected your tickets which will be discounted to the below prices:

13 and Under: £1
17 and Under: £4
18 to 24: £7
65 and over: £7
Adult: £10

How many tickets can we purchase?

There is no limit on the number of tickets you can buy using your unique code.

Important! This offer applies to tickets in the Eamonn Dolan Stand blocks and Y19/Y20 of the Sir John Madejski Stand. Coupon codes are valid up until 4 hours before kick-off.

TICKETS FOR SCHOOLS
TSI WORLD ARE DELIGHTED TO INTRODUCE A NEW INITIATIVE FOR OUR I.T. SERVICED SCHOOLS!
AS TITLE SPONSORS OF THE TSI WORLD BERKSHIRE BEES ICE HOCKEY CLUB, WE HAVE SECURED UP TO 100 FREE TICKETS TO A NUMBER OF UPCOMING MATCHES WHICH ARE AVAILABLE FOR SCHOOL STAFF, PUPILS AND PARENTS TO CLAIM NOW!

Opposition	Match Date & Time	Ticket Request Deadline
Solway Sharks	12.10.24 18:30	07.10.24 23:59
Bristol Pitbulls	20.10.24 18:00	14.10.24 23:59
Hull Seahawks	26.10.24 18:30	21.10.24 23:59
Romeford Raiders	03.11.24 18:00	28.10.24 23:59

TO CLAIM, SIMPLY EMAIL [TICKETS@BEESICEHOCKEY.COM](mailto:tickets@beesicehockey.com) WITH THE SUBJECT 'TICKETS FOR SCHOOLS'.
YOUR EMAIL MUST INCLUDE WHICH GAME YOU WISH TO ATTEND (ONLY ONE REQUEST PER EMAIL ADDRESS)
ALONG WITH THE NUMBER OF TICKETS YOU WOULD LIKE TO CLAIM (MAXIMUM OF 4 TICKETS).
YOUR REQUEST MUST BE RECEIVED BY THE CLUB BEFORE THE 'TICKET REQUEST DEADLINE' LISTED ABOVE FOR YOUR REQUESTED GAME.
SUCCESSFUL APPLICANTS WILL RECEIVE A RESERVATION FOR THEIR FREE TICKETS VIA EMAIL WITHIN 48 HOURS OF THE 'TICKET REQUEST DEADLINE' PASSING FOR THEIR CHOSEN GAME.
RESERVATIONS MUST BE COMPLETED AT LEAST 24 HOURS PRIOR TO THE GAME OR THE SEATS WILL BE RELEASED FOR GENERAL SALE. A RESERVATION MUST BE COMPLETED TO RECEIVE YOUR E-TICKETS FOR THE GAME!

PROUD TITLE SPONSORS OF THE TSI WORLD BERKSHIRE BEES

PARTY LIKE AN ANIMAL

With a TGI Fridays™ Kids Party Package

Get the party started! Ask us for details on our Kids Party Packages

scan here to find out more

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KIDS EAT FREE

Available with our Stripes Rewards App*

*T&Cs apply. Offer available for Stripes Rewards members, with an adult main meal. Offer available for a limited time only. TGI Fridays® management reserves the right to withdraw the offer at any time. Visit www.tgifridays.co.uk for full terms and conditions.