



WEEK BEGINNING 9TH SEPTEMBER

Events this week:

Monday 9 th Sept	Ranelagh Admissions Information Meeting	Parish church @ 4pm. Doors open from 3:30pm.
Tuesday 10 th Sept – Thursday 12 th	Bikeability for yr 6	
Thursday 12 th Sept	PTA Welcome to parents	@3:30pm in the hall.
Friday 13 th Sept	KS2 Celebration Assembly, Parents Welcome	@9am in the school hall

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

Monday 16 th	Meet the teacher for years 2 and 3 (Classrooms 3:30pm)
Tuesday 17 th	Meet the teacher for years 1 and 4 (Classrooms 3:30pm)
Wednesday 18 th	Meet the teacher for year 6 (Classroom 3:30pm)
Friday 20 th	Meet the teacher for year 5 (Classroom 3:30pm)
Monday 23 rd	KS2 Eucharist Service
Thursday 26 th	Flu immunisation years R - 6
Friday 27 th	KS1 Celebration Assembly Parents Welcome
Friday 4 th October	Family Learning Session Reception (Acorns) 9am in the school hall

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.

Booking is available for the following Clubs with Prestige.

Monday – Hockey

Tuesday – Basketball

Wednesday – Girls football

Thursday – Football Team

<https://www.prestigesportscoaching.com/services-4>

Message from Mrs Johnson:

Dear families of St Michael's,

Welcome back.

It is wonderful to see so many happy faces each morning this week, children AND parents! The classes have settled well this week and behaviour, and attitudes have been excellent across the school, so a fantastic start to the year; long may it continue.

We look forward to another busy but successful year and look forward to welcoming you into school for a range of events and activities.

Best wishes

Caroline Johnson

Medication:

Please note that we no longer hold any stocks of paracetamol or ibuprofen in school, you may be asked to come into school to administer this to your child if necessary.

Anyone with a long-term medical need for pain relief should contact the school office to arrange for an IHP to be completed so that we can administer this.

First Aid:

Some parents may already have been notified of incidents through our online first aid record keeper, Medical Tracker. Please be reassured that if we are concerned we will still call you to inform you of any more serious incidents.

School Calendar:

As you will be aware, communications with school are now through the school email system. Our school website includes a calendar which will show you when things are happening through the year and the weekly newsletter also contains details of upcoming events. So, please do use these to help you plan your visits and any time off you may need to book.

Request for a donation:

We are in need of a tablet to record First Aid incidents on the playground at break and lunchtimes and wondered if anyone had an old one which we could repurpose? If so, please contact the school office. We would be happy to contribute financially towards it – but a brand new one is just beyond our already stretched budget!

Equipment:

Please, please, please ensure that EVERYTHING you send into school with your child (and expect to it to come home again) is named, either with a label or indelible marker.

At the end of the summer term, I made several trips to the recycling centre throwing away hats, coats, jumpers, lunchboxes, water bottles and more, all of which had been left behind and were unnamed. It was genuinely heartbreaking to see so much go to waste.

Generally, if an item is named we reunite it with its owner eventually. Unnamed items will be left outside the main entrance on Fridays, however if these are not collected, they will be "recycled".



Head Teacher Award Winners

- Year 1 - Freya, for a great start back and displaying all of the school values
- Year 2 - Mikayla, for beautifully modelling our school expectations every day
- Year 3 - Parker, for going above and beyond in setting the school expectations in the first week
- Year 4 - Taylor – for a fantastic start to Year 4 and The Den
- Year 5 - Blake – for a fantastic attitude to learning and respectfulness towards adults and other pupils
- Year 6 - Florence, for such a successful start to Year 6!



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

PTA POP IN

Thursday 12th September 2024

8.50am - 10am

In The School Hall

**Come along for a hot drink and a cake,
meet other parents, some of the PTA, and
ask any questions you may have.**



What is Thrive@StMichaels?



Easthampstead
Parish Church

From 18th September, every Wednesday at 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.

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 Wednesday 4th & 11th September between 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

Need app ideas?

Internet Matters have curated a list of age-appropriate apps depending on what your aim is when your child is spending time online:

Skill Building apps:

If you would like to help your child develop a new skill, then you might find some useful ideas here:

<https://www.internetmatters.org/resources/skill-building-apps-guide-for-kids/>

Apps to keep your child entertained:

These apps are organised into age groups so you can find an app that is suitable for your child:

<https://www.internetmatters.org/resources/13-great-apps-to-keep-your-kids-amused-in-the-school-holidays/>

Apps to help get your child active:

Again, these apps are organised by age group:

<https://www.internetmatters.org/resources/apps-guide/apps-to-help-kids-get-active/>

Wellbeing apps:

These apps are organised by topic such as sleep aids or managing anxiety and will help your child develop an understanding of how to look after their own wellbeing:

<https://www.internetmatters.org/resources/wellbeing-apps-guide-for-kids/>

Social Media Algorithms

What is an Algorithm?

Algorithms influence what we see on social media platforms and predicts what type of content we are most likely to interact with, thereby keeping us online for longer. The algorithm uses information such as who you follow, what you have searched for and what you have watched, liked or shared to determine what it thinks most interests you, to then show you this content more, for example, in the explore tab on Instagram.



What do I need to know?

Whilst there are benefits to algorithms, for example it means we tend to see content that does interest us, unfortunately there are negatives as well. They can lead to increased screentime as we continue to see things that interest us. Secondly, it can lead to users being shown large amounts of inappropriate content which can exacerbate negative body image or heighten access to misogyny content. It can also lead to 'echo chambers' where you are only seeing content that relates to your opinion rather than seeing a balanced viewpoint.

The Family Online Safety Institute discuss algorithms in more detail as well as tips for you to help your child, such as how to reset their algorithm:

<https://www.fosi.org/good-digital-parenting/how-to-talk-to-your-kids-about-social-media-algorithms>

WhatsApp: chat lock/secret code

You must be at least 13 years old to use WhatsApp. Did you know that you can lock chats as well as apply a secret code setting? If a user locks a chat, then the chat will appear at the top under locked chats but cannot be viewed without your device password or biometric (face id/fingerprint). Furthermore though, a user can apply an additional setting to hide the locked chat (so it does not appear in their chat list and can only be accessed via the search bar). Whilst this feature adds privacy, it can make it difficult to monitor what your child is doing on WhatsApp, which is why it is important to have regular chats with your child.

Snapchat

What is Snapchat?

Snapchat is a social media app used for messaging and sharing photos and videos. **You must be 13+ to sign up.** Users can send messages (snaps) to others that can only be seen for a set time e.g., 10 seconds and users can also upload snaps to stories, which disappear after 24 hours.

What should I be concerned about?

Risks of using Snapchat include your child viewing content that is not appropriate for them, location sharing and contact from strangers.

NEW safeguarding features

Snapchat have recently announced their newest features to help protect 13-17-year-olds. The features include seeing a warning message if they receive a chat from someone who has been blocked/reported by others. Also, if a teen blocks a user, it will also now block any future friend requests sent from accounts created on the same device (to reduce the potential of bullying). **These two features are available to users aged 13-17-year-olds, this is one of the reasons why it is always important for your child to sign up with their correct date of birth, so they can benefit from such features.** You can find out more as well as about the other new features here: <https://values.snap.com/news/new-features-to-help-protect-our-community?lang=en-GB>

Family Centre

Family Centre is a set of parental controls designed to help you see what your child is doing when using Snapchat. You must have your own Snapchat account to set it up. Family Centre allows you to see who your child is friends with, who they are communicating with (not the contents of conversations though) and who your child has sent messages, photos or videos to in the last week. You will also be able to report any accounts that you are concerned about as well as restrict sensitive content. Snapchat have published a safety checklist to help support conversations about how to use Snapchat safely: <https://parents.snapchat.com/parental-controls>

Safety tips

Please make sure the appropriate privacy settings are set up on Snapchat and your child knows how to block and report other users if necessary: <https://help.snapchat.com/hc/en-gb/articles/7012343074580-How-do-I-change-my-privacy-settings-on-Snapchat>

More information

Parent Zone have published a short 5-minute guide here: <https://parentzone.org.uk/article/snapchat>



Check in on an iPhone

On iOS 17, you can use check in to let others know when you have arrived at a destination. When using check in, it monitors your journey and notifies the other person when you arrive at your destination or if you are not progressing as you should.

You can also use it to specify a period of time so if you are meeting somebody new then you can set a timer and if you don't end the Check In before this time then the other person is notified.

You can find out how to use this feature here: <https://support.apple.com/en-in/guide/iphone/iphc143bb7e9/ios>

Discussing distressing news

Following on from the recent awful events in Southport, INEQUE Safeguarding Group have published an article to help you when discussing distressing news with your child. The article also includes a downloadable resource that children can read when news becomes overwhelming for them.

Find out more here: <https://ineqe.com/2024/08/02/discussing-distressing-news-events-with-children>

Family Quiz for Online Wellbeing Tips

The NSPCC have created a quiz that can be completed as a family to help you have discussions together and find out about the NSPCC's top tips for positive online wellbeing.

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-wellbeing/positive-online/quiz/>

Supporting Your Children Workshops

To book a space please email your full name to

Inge.Taylor@bracknell-forest.gov.uk

These sessions are universal (not specific for SEND) and for adults supporting not the children themselves so **please arrange childcare if needed**

Each course is a **standalone 2-hour session** - please be aware that spaces are offered on a **first come first served basis** and parents should not just turn up.

Once you have completed an enrolment form your space will be confirmed

Please only book onto the sessions if you are going to be able to attend to avoid other parents missing out on the opportunity to have a place or let me know if you can no longer attend.

Helping children to overcome anxious thoughts and worries.

A 2-hour session looking at:

- What happens when children become anxious?
- Impact current events have had on children's mental health.
- Techniques for helping children deal with their fears / worries.

Thursday 26th September 2024

@ Bracknell Open Learning Centre

Monday 7th October 2024

@ Bracknell Open Learning Centre

Managing Behaviour in a Positive Way

A 2-hour session looking at:

- Gain insight into your parenting style / relationship with your child.
- Learn or revisit positive ways of managing behaviour!
- Strategies to deal with unacceptable behaviours.

Monday 16th September 2024

@ Bracknell Open Learning Centre

Tuesday 5th November 2024

@ Bracknell Open Learning Centre

Supporting Children to get a Healthy Night's Sleep

A 2-hour session looking at:

- The different sleep issues facing our families.
- Tips on how to get a good night's sleep.
- Help children develop good sleeping habits.

Monday 9th September 2024

@ Bracknell Open Learning Centre


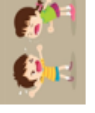
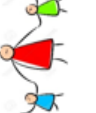


Thursday 17th October 2024

@ Bracknell Open Learning Centre

Parenting pre / early-teens in a Positive Way (aged 10 – 13)

A 2-hour session looking at:

- Gain insight into the impact of your parenting style!
- Positive techniques for managing older children's behaviour.
- Boosting your relationship and communication with your child.

Wednesday 2 nd October 2024 @ Bracknell Open Learning Centre	6.30 – 8.30 pm
Encouraging Resilience – Keep Calm and Bounce Back A 2-hour session looking at:	
<ul style="list-style-type: none"> • How to build your child's natural resilience. • Encouraging your child's positive social skills. • Encouraging children out of their comfort zone and not to give up. 	
Monday 30 th September 2024 @ Bracknell Open Learning Centre	9.30 – 11.30 am
Wednesday 23 rd October 2024 @ Bracknell Open Learning Centre	6.30 – 8.30 pm
Reducing Sibling Rivalry A 2-hour session looking at:	
<ul style="list-style-type: none"> • Encouraging a more harmonious sibling relationship • Learn / revisit techniques for children to cope with being a sibling. • Boosting children's emotional literacy 	
Tuesday 17 th September 2024 @ Bracknell Open Learning Centre	6.30 – 8.30 pm
Thursday 7 th November 2024 @ Bracknell Open Learning Centre	9.30 – 11.30 am
Single Parent, Separated and Blended families – supporting children to cope with different family dynamics. A 2-hour session looking at:	
<ul style="list-style-type: none"> • Different family dynamics and how they can work. • Parental conflict resolutions • Being the best parent that you can be for your child 	
Tuesday 24 th September 2024 @ Bracknell Open Learning Centre	9.30 – 11.30 am
Supporting a smooth secondary school Transition (Yr 5/6 parents) A 2-hour session looking at:	
<ul style="list-style-type: none"> • What the transition involves • The positives and concerns of transitioning to a new setting • Boosting your child's ability to have a smooth transition 	
Please let me know if you would like to go on the waiting list for future sessions	
Supporting a smooth transition from Year R to Year 1 and beyond (not school specific) A 2-hour session looking at:	
<ul style="list-style-type: none"> • What's involved in transition from reception to year 1. • The best ways to support the transition. • Boosting your child's resilience to cope with the change 	
Please let me know if you would like to go on the waiting list for future sessions	



King's Academy Easthampstead Park



Open Morning Tours



**9th September 2024
to
20th September 2024**
Booked appointments only
at 9.30am - 10:20am.



If you require a tour with a member of the SEN
Team please book your tour on either
19th or 20th September 2024

To book a tour, please telephone
reception on 01344 304567 or contact us
via email at info@kgaeasthampstead.uk



King's Academy Easthampstead Park



Year 6 Open Evening



17 September 2024
Booked appointments
only from 4.30



Complete the form below to book
your appointment.

Click here to book your evening tour

