



Quality, excellence and passion

31.03.23

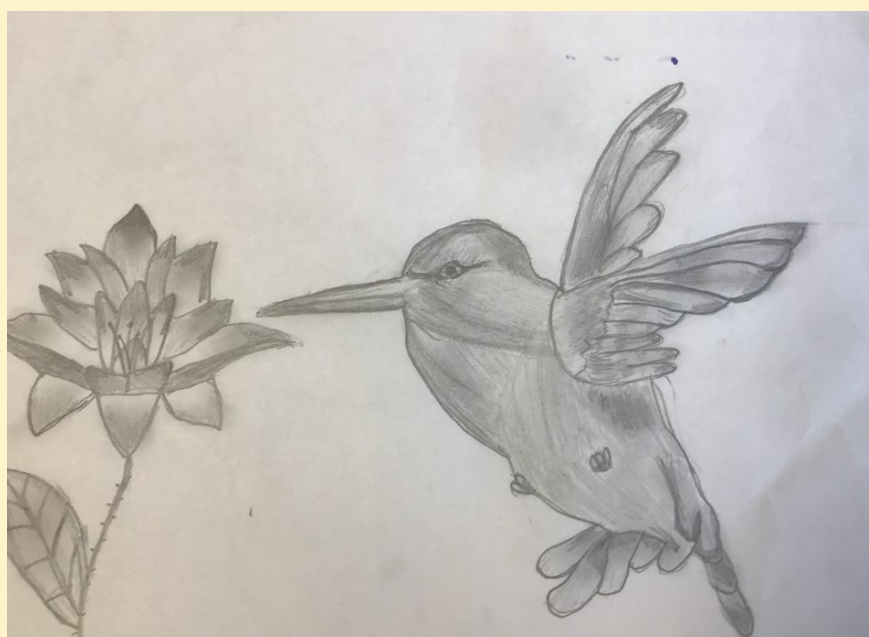
Dear Parents/Carers,

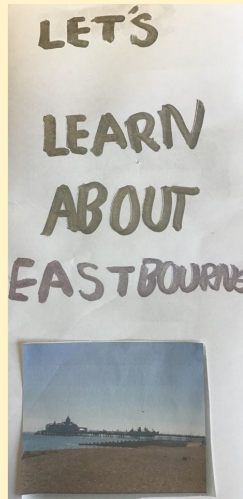
Unbelievably, it is already the end of term 4. The staff and I have been so proud of all the progress that the children have made this term. Only last week, I was visiting children across the school and witnessed the building of lighthouses, pop-up toys, sunset pastel work...the list could go on. Seeing the children actively engaged with these tasks is always so refreshing and reflected their perseverance, teamwork and ambition too.

This week, we have welcomed Miss Siler and her Principal to the school. Miss Siler is a teacher from a school in Colorado and was able to speak to the children about her experiences related to working in a Pansophic School (our school sponsor) abroad. In assembly, the children learned a little more about Colorado and were invited to enter one of three competitions by the end of the week: a colouring activity, a wordsearch or a letter-writing task. We were overwhelmed by the children's efforts and able to issue prizes to winners in assembly. Congratulations to all those who took part in this and to all the children who entered. Mrs Morgan has the opportunity, over the spring holiday, to visit Miss Siler in the Colorado school. We look forward to Miss Morgan sharing her experiences when we all return to school after the spring break.



Competition Entries





## Safeguarding

Should you ever have any concerns about a child and require advice, you are able to contact ChildLine or our school Senior Leadership Team/ some members of our Safeguarding Team: Mrs. Richardson, Mrs. Crees, Mrs. Williams or Mrs. Morgan.

At the end of the newsletter there are two leaflets which provide some details regarding everything you need to know about TikTok and WhatsApp. Do take a look. I hope that you find these leaflets informative in helping keep your children safe online.



## Attendance

Attendance continues to be a focus for the school. At Heron Park we continue to have high expectations related to attendance. Our school target is over 95%. Consistent attendance enables pupils to have the best chance at realising success now and in their futures.

It is equally important that children are in school on time. Just 5 minutes late each day equates to 3 days lost learning across a year.



I do thank you for your commitment in ensuring that the children are in school each day and on time. Maintaining good attendance is very much about a partnership between home and school. Should you need any support in this area, please do contact our Attendance Officer, Mrs. S King.

Class winners:

Bumblebees 97.3%

Oak 97.6%

Horse Chestnut 98%



This week, our School Council represented our setting at Eastbourne Beach working with Plastic Free Eastbourne. The children completed a Beach Clean. They were a credit to the school and certainly worked very hard supporting a cause which is so close to their hearts. We couldn't be more proud.

During each publication of the newsletter it is an utter pleasure to share the work that the children have been completing; this newsletter is no exception with plenty events displayed on the following pages. Do take the time to read about our newly formed PTFA who are already busy coordinating events for the rest of the school year (and beyond) to raise important funds which can be put towards exciting experiences/resources for our children.

All that is left for me to do is wish you all a wonderful spring holiday. Hopefully, the weather will hold out a little and we can all enjoy some much-needed sunshine and warmth. I look forward to seeing you all at the beginning of term 5 and welcoming the children back into school on Monday 17th April. Do take care and enjoy the time with your families.

Kind regards,

Mrs H Crees



Headteacher

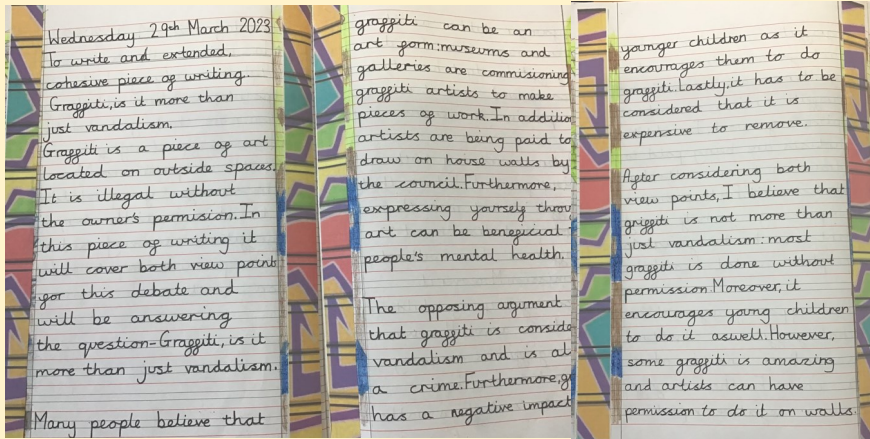


Our new Eco Warriors met this week to discuss future projects in school to help ensure that the school environment is as eco-friendly as possible. They have already put together a competition for the whole-school which will be launched next term. We are incredibly proud of this group of young people who are our ambassadors for the environment.

## Parental Engagement Events

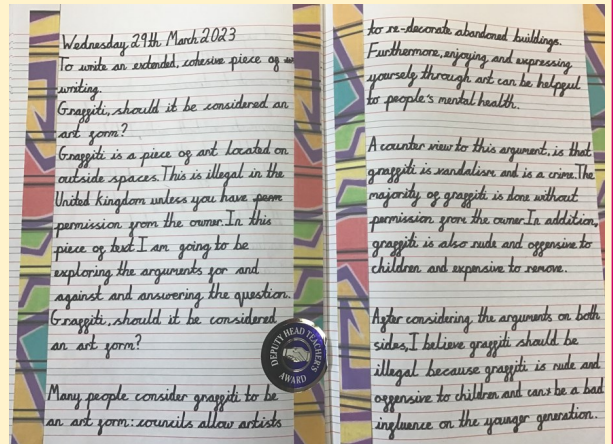
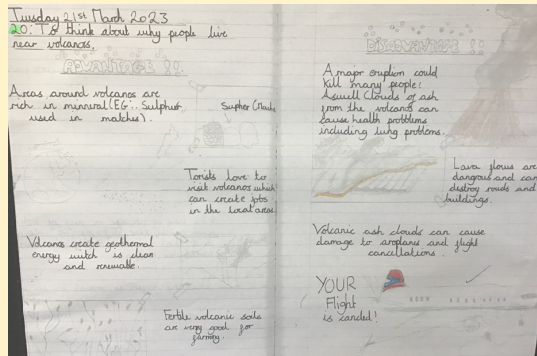
It was an utter delight to be able to welcome you into school over the last two weeks to celebrate your children's work. The children loved demonstrating their learning and collaborating with their adults about how to solve problems in various science experiments. I was extremely impressed with the boat designs in Y1 which were created as a result of the event. I hear that many of the designs did float when tested the next day. As always, I would like to thank you for your support with these events-they mean so much to the children.





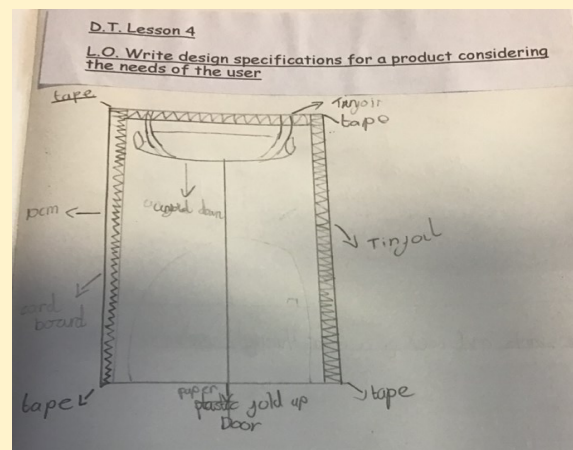
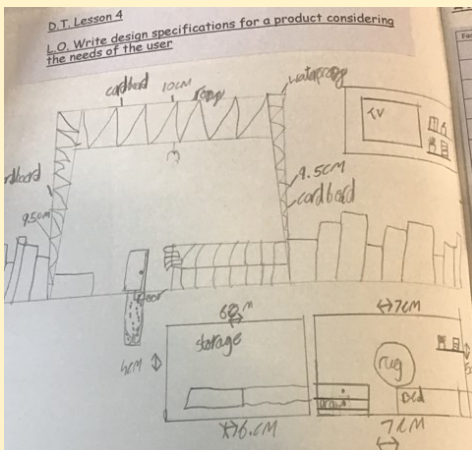
Year 6 pupils have been very busy researching and writing a balanced argument about whether or not Graffiti is appropriate. They have been highly reflective and composed some astonishing arguments which certainly reflect their understanding of our school values.

The children have also been very busy putting together information about why people live on volcanoes. They drew together all their geography skills and understanding throughout the term and are a fascinating read.



## Year 5

Year 5 pupils have been busy developing cam gears within their DT project this term. The children have been designing and building toys that use the mechanism to make them work. This has involved the children using plenty of DT skills across the term. They have certainly demonstrated great creativity and evaluated their designs effectively. A great job! Well done, Year 5.



## Year 4

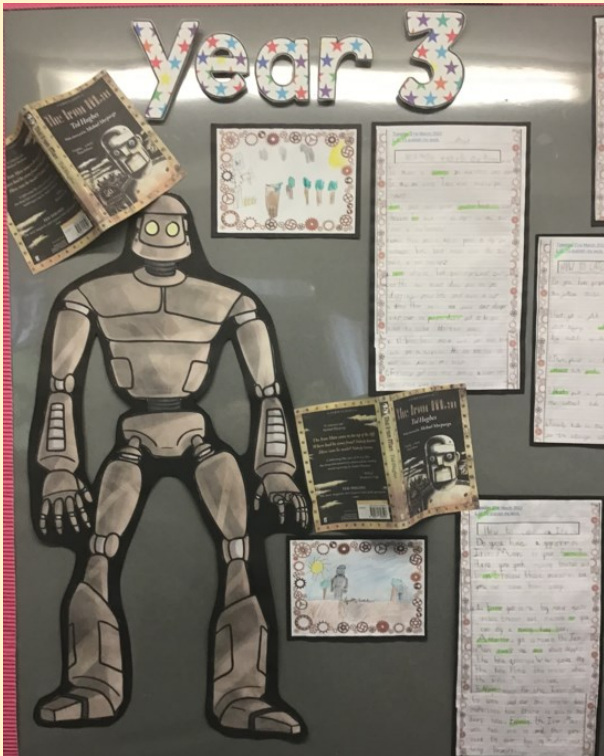
Our pupils have been engineering this week. Using their understanding of circuits, they have developed workable lighthouses as part of their DT project. It has been amazing to see the final structures; they should be very proud of the final designs too. In addition, the children have also been developing their skills related to map reading. Working in teams, they explored the keys used in landranger maps. They certainly developed their teamwork throughout the activity.



## Year 3

Pupils in Year 3 have been conducting various experiments across this term. I arrived in class when they were predicting and testing which materials were translucent, transparent or opaque. The children made many interesting observations and compared their outcomes to their predictions.

All of this learning linked to their exploration of the famous story, 'The Iron Man.' The children have completed some wonderful recounts related to this story, really considering their descriptive language. Congratulations, Year 3.



## Year 2

The children enjoyed a visit to St Peter's Church this week and learned more about the Christian festival Easter (part of their RE learning this term). The children asked some really interesting questions and represented the school beautifully during their visit.

Alongside their RE learning, the children have also built moving vehicles. From design to the final build, pupils have demonstrated perseverance and ambition. We could not ask for more! A huge well done to each member of the class.



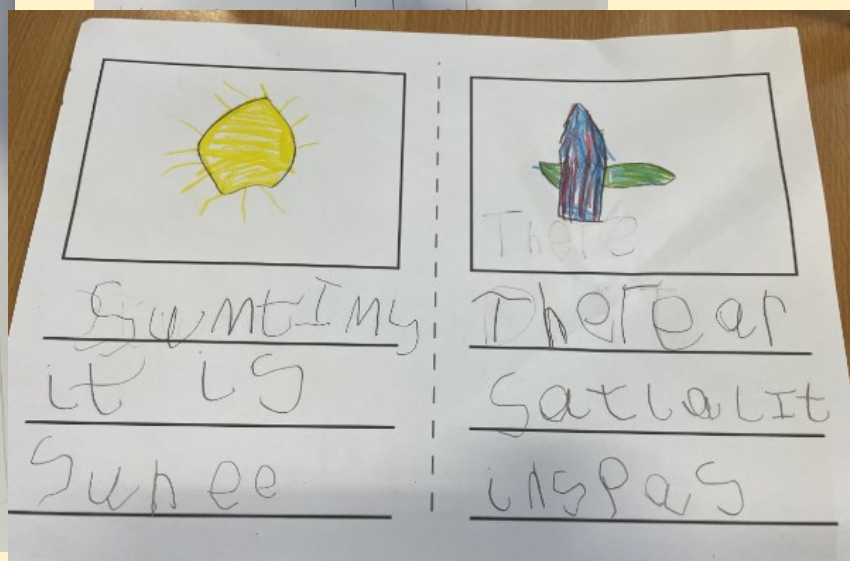
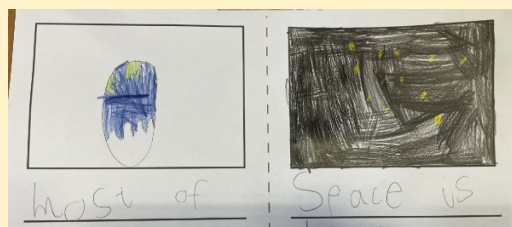
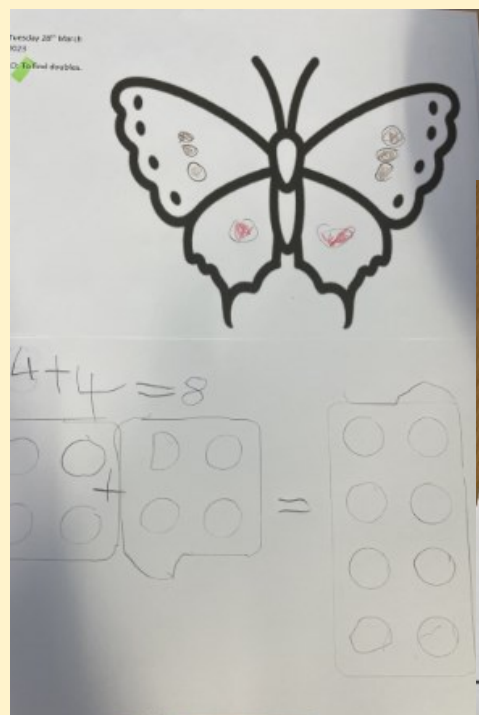
## Year 1



Year 1 children have been busy creating moving pictures in their DT projects this term. They combined their art and craft skills to create marvellous pictures. Across the term, the children have been thinking about working scientifically. They have looked at Archimedes' Principle which is all about exploring what happens to levels when items are placed into water. The children made really thoughtful observations and worked very carefully throughout.

## Reception

Our Reception children have been busy rehearsing a number of skills across this term. They are particularly proud of their work doubling numbers and have also been busy finding out about Space and writing key facts comparing the Earth and Space. I love the sentences that they have composed and look forward to hearing more facts about this important aspect of Science. Congratulations to the children.



## Nursery



Our resident tortoises, Tom and Jerry, made a visit to Nursery this week. The children explored how to look after these wonderful creatures and learned more about their behaviours.

The children have also been exploring numbers and counting the legs on each octopus on screen. Their counting skills have certainly progressed. We are very proud of all the children.



**Would you be able to run a stall at a car boot?**

**Would you be able to run a game at a Summer Fair?**

At Heron Park, we are dedicated to fundraising so that we can purchase items to enhance our children's education. We put on events for our whole community. To do this, we need your help every now and then. Can you help us?

To register your interest, please email your name, email address and phone number to [HPPFA@auroraacademies.org](mailto:HPPFA@auroraacademies.org)

# What Parents & Carers Need to Know about

# WHATSAPP



WhatsApp is the world's most popular messaging service, with around two billion users exchanging texts, photos, videos and documents, as well as making voice and video calls. Its end-to-end encryption means messages can only be viewed by the sender and any recipients: not even WhatsApp can read them. Updates to its privacy policy in 2021 (involving sharing data with parent company Facebook) caused millions to leave the app, but the new policy was widely misinterpreted – it only related to WhatsApp's business features, not to personal messages.



## WHAT ARE THE RISKS?

### SCAMS

Fraudsters occasionally send WhatsApp messages pretending to offer prizes – encouraging the user to click on a link to win. Other common scams involve warning someone that their WhatsApp subscription has run out (aiming to dupe them into disclosing payment details) or impersonating a friend or relative and asking for money to be transferred to help with an emergency.

### DISAPPEARING MESSAGES

Users can set WhatsApp messages to disappear in 24 hours, 7 days or 90 days by default. Photos and videos can also be instructed to disappear after the recipient has viewed them. These files can't be saved or forwarded – so if your child was sent an inappropriate message, it would be difficult to prove any wrongdoing. However, the receiver can take a screenshot and save that as evidence.

### ENABLING FAKE NEWS

WhatsApp has unfortunately been linked to accelerating the spread of dangerous rumours. In India in 2018, some outbreaks of mob violence appear to have been sparked by false allegations being shared on the app. WhatsApp itself took steps to prevent its users circulating hazardous theories and speculation in the early weeks of the Covid-19 pandemic.

### POTENTIAL CYBERBULLYING

Group chat and video calls are great for connecting with multiple people in WhatsApp, but there is always the potential for someone's feelings to be hurt by an unkind comment or joke. The 'only admins' feature gives the admin(s) of a group control over who can send messages. They can, for example, block people from posting in a chat, which could make a child feel excluded and upset.

### CONTACT FROM STRANGERS

To start a WhatsApp chat, you only need the mobile number of the person you want to message (the other person also needs to have the app). WhatsApp can access the address book on someone's device and recognise which of their contacts also use the app. So if your child has ever given their phone number to someone they don't know, that person could use it to contact them via WhatsApp.

### LOCATION SHARING

The 'live location' feature lets users share their current whereabouts, allowing friends to see their movements. WhatsApp describes it as a 'simple and secure way to let people know where you are.' It is a useful method for a young person to let loved ones know they're safe – but if they used it in a chat with people they don't know, they would be exposing their location to them, too.

## Advice for Parents & Carers



### CREATE A SAFE PROFILE

Even though someone would need a child's phone number to add them as a contact, it's also worth altering a young person's profile settings to restrict who can see their photo and status. The options are 'everyone', 'my contacts' and 'nobody' – choosing one of the latter two ensures that your child's profile is better protected.

### EXPLAIN ABOUT BLOCKING

If your child receives spam or offensive messages, calls or files from a contact, they should block them using 'settings' in the chat. Communication from a blocked contact won't show up on their device and stays undelivered. Blocking someone does not remove them from your child's contact list – so they also need to be deleted from the address book.

### REPORT POTENTIAL SCAMS

Young people shouldn't engage with any message that looks suspicious or too good to be true. When your child receives a message from an unknown number for the first time, they'll be given the option to report it as spam. If the sender claims to be a friend or relative, call that person on their usual number to verify it really is them, or if it's someone trying to trick your child.

### LEAVE A GROUP

If your child is in a group chat that is making them feel uncomfortable, or has been added to a group that they don't want to be part of, they can use WhatsApp's group settings to leave. If someone exits a group, the admin can add them back in once; if they leave a second time, it is permanent.

### THINK ABOUT LOCATION

If your child needs to use the 'live location' function to show you or one of their friends where they are, advise them to share their location only for as long as they need to. WhatsApp gives a range of 'live location' options, and your child should manually stop sharing their position as soon as it is no longer needed.

### DELETE ACCIDENTAL MESSAGES

If your child posts a message they want to delete, WhatsApp allows the user seven minutes to erase a message. Tap and hold on the message, choose 'delete' and then 'delete for everyone.' However, it's important to remember that recipients may have seen (and taken a screenshot of) a message before it was deleted.

### CHECK THE FACTS

You can now fact-check WhatsApp messages that have been forwarded at least five times, by double-tapping the magnifying glass icon to the right of the message. From there, your child can launch a Google search and decide for themselves whether the message was true or not.

## Meet Our Expert

Parveen Kaur is a social media expert and digital media consultant who is passionate about improving digital literacy for parents and children. She has extensive experience in the social media arena and is the founder of Kids N Clicks: a web resource that helps parents and children thrive in a digital world.



#WakeUpWednesday

# What Parents & Carers Need to Know about

# TIKTOK

AGE RESTRICTION  
**13+**

(certain features are restricted to over-18s only)

TikTok is a free social media platform that lets users create, share and watch short videos ranging anywhere from 15 seconds to 10 minutes in duration. The app gained notoriety for its viral dances, trends and celebrity cameos and can be a creative, fun platform for teens to enjoy. Now available in 75 languages, it has more than a billion active users worldwide (as of spring 2022) and is most popular with the under-18 age bracket. In fact, a 2022 Ofcom report found TikTok to be the most-used social media platform for posting content, particularly among young people aged 12 to 17.

## WHAT ARE THE RISKS?

### AGE-INAPPROPRIATE CONTENT

While TikTok's "Following" feed only displays videos from users someone follows, "For You" is a stream of clips based on their previously watched content. Most videos on a child's "For You" feed will therefore be light-hearted and amusing, but it could potentially surface something unsuitable. TikTok's guidelines prohibit the sharing of illegal or inappropriate content, but the sheer volume of uploads mean they aren't manually monitored and vetted.

18

CENSORED

### DANGEROUS CHALLENGES

Due to TikTok's immense popularity, some young people have unfortunately been influenced by videos challenging them to perform harmful, criminal or even deadly acts. One extreme example was the "blackout" trend, which encouraged users to hold their breath until they passed out from a lack of oxygen. It led to two families filing lawsuits against TikTok over the tragic deaths of their children.

### CONTACT WITH STRANGERS

With around 1.1 billion users globally, the potential for contact with strangers on TikTok is high – especially as accounts created by over-18s (or youngsters using a false date of birth) are set to public by default. This not only means that someone's profile is visible to everyone else on the app; it also lets their videos be suggested to others and enables anyone to comment on them or download them.

### IN-APP SPENDING

TikTok is free, but users have the option to buy TikTok coins, which can be used to purchase emojis in the app. These emojis are then sent as rewards (retaining their monetary value) to other users for videos they've created. Coin bundles range from £9.99 to an eye-watering £99; TikTok's policy is that they can't be bought by under-18s, but it's possible to bypass this with a fake birthdate.

### ADDICTIVE NATURE

TikTok can be addictive, especially for young people: compulsive repeated use can interfere with sleep patterns and be a distraction from other activities. The platform recently introduced default usage time limits of 60 and 100 minutes for new members under 18 (in the UK, children with TikTok average 102 minutes per day on the app), but these restrictions can easily be removed in the settings.

### TIKTOK NOW

Introduced in late 2022, the 'TikTok Now' feature lets users post a daily video or photo at the exact same time as their friends. Users receive a synchronised notification at a random time of day, giving them three minutes to take a video or real-time photo. This addition can not only be a distraction to young people but could lead to them inadvertently sharing private content such as their location.

## Advice for Parents & Carers

### ENABLE FAMILY PAIRING

Family Pairing allows parents to link their TikTok account with their child's and control their settings remotely. Parents can then, for example, turn on Restricted Mode (reducing the chances of a child seeing inappropriate content); set screen time limits; and manage their child's ability to send messages (and to whom). Children can't alter these settings without parental approval.

### MAKE ACCOUNTS PRIVATE

Although under-16s will have their TikTok account set to private by default, bypassing this setting is relatively easy. However, parents have the ability to manually set their child's account to private – meaning that their videos won't be visible to strangers and they won't be able to exchange messages with people who aren't on their friends list.

### LIMIT IN-APP SPENDING

If your child is using an iPhone or Android device to access TikTok, you can alter the settings to prevent them from making in-app purchases. We'd recommend that you enable this feature, as it's quite easy for a young person – without realising what they're doing – to spend a significant amount of real money buying TikTok coins so they can unlock more features of the app.

### DISCUSS THE DANGERS

If your child wants to use TikTok and you're happy for them to do so, it's crucial to talk about the potential risks in this type of app. For example, ensure they understand not to share any identifying personal information – and that they realise they could be exposed to inappropriate content. Thinking critically about what they see on TikTok can help children become generally more social media savvy.

### READ THE SIGNS

If you're concerned that your child might be spending too much time on TikTok, or that they've been emotionally affected by something inappropriate or upsetting that they've seen, it's important to know how to spot the possible signs. Increased irritability and a lack of concentration are potential red flags, as are failing to complete homework or regularly not eating meals.

### Meet Our Expert

Carly Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of tech tabloid The Inquirer, Carly is now a freelance technology journalist, editor and consultant.



NOS  
National Online Safety  
#WakeUpWednesday



# Weekly menu

Monday	Tuesday	Wednesday	Thursday	Friday
Sweet N Sour Chicken Served With Rice	Pork Sausages Served With Mashed Potato And Gravy	Roast Chicken Served With Roast Potatoes And Gravy	Beef Bolognese Served With Pasta And Garlic Herb Bread Wedge	Breaded Fish Served With Chips
Chinese Vegetable Stir Fry Served With Noodles	Quorn Sausages Served With Mashed Potato And Gravy	Cheese and Potato Puff Served With Gravy	Vegetable Bolognese Served With Pasta And Garlic Herb Bread Wedge	Cheese And Pepper Quesadilla
Jacket Potato with a choice of Baked Beans, Cheese or Tuna Mayo	Jacket Potato With A Choice Of Cheese, Baked Beans Or Tuna		Jacket Potato With A Choice Of Cheese, Baked Beans Or Tuna Mayo	Baked Beans
Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	
Sandwiches, Wraps or Baguettes* Filled With Either Ham or Cheese	Sandwiches, Wraps or Baguettes* Filled With Either Cheese or Ham		Sandwiches, Wraps or Baguettes* Filled With Either Cheese or Ham	
Served With Tortilla Chips and Crudites	Served With Tortilla Chips And Crudites		Served With Tortilla Chips and Crudites	
Lemon Shortbread Slice	Iced St Clements Cake	Chocolate Chip Biscuit	Chocolate Beetroot Cake	Strawberry Ice Cream

**Available daily**

Fresh Fruit, Yogurt and Homemade Bread

\*Baguettes only available for year 5 & 6

17.4.23 02.05.23 05.06.23 26.06.23 17.07.23



# Weekly menu

Monday	Tuesday	Wednesday	Thursday	Friday
Sticky Five Spice Chicken Served With Noodles	Beef Chilli Con Carne Served With Rice	Roast Gammon Served With Roast Potatoes And Gravy	Homemade Beef Lasagne Served With Garlic Bread Wedge	Pork Sausage Served With Chips
Basil and Tomato Pasta Served With Herby Bread Wedge	Chunky Vegetable Chilli Served With Rice	Quorn Roast Served With Roast Potatoes And Gravy	Homemade Mac N Cheese Served With Garlic Bread Wedge	Vegetable Omelette Served With Chips
Jacket Potato With a Choice of Cheese, Beans or Tuna Mayo	Jacket Potato With A Choice Of Cheese, Baked Beans Or Tuna		Jacket Potato With A Choice Of Cheese, Baked Beans Or Tuna	
Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Baked Beans
Sandwiches, Wraps or Baguettes* Filled With Either Ham or Cheese	Sandwiches, Wraps or Baguettes* Filled With Either Cheese or Ham		Sandwiches, Wraps or Baguettes* Filled With Either Cheese or Ham	
Served With Tortilla Chips And Crudites	Served With Tortilla Chips And Crudites		Served With Tortilla Chips And Crudites	
Apple Crumble And Custard	Fruity Jelly	Traditional Iced Topped Sponge Cake	Sultana Rice Crispie Cake	Arctic Roll

**Available daily**

Fresh Fruit, Yogurt, Homemade Bread

\*Baguettes Only Available For Year 5 & 6

24.04.23 15.05.23 12.06.23 03.07.23





# Weekly menu

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Curry Served With Rice And Naan Bread	Shepherds Pie Topped With Mashed Potato	Roast Herb Chicken Served With Roast Potatoes And Gravy	Beef Burger Served With Wedges	Fish Fingers Served With Chips
Sweet Potato Curry Served With Rice And Naan Bread	Lentil And Vegetable Pie Topped With Mashed Potato	Roasted Vegetable Hotpot Served With Roast Potatoes And Gravy	Quorn Burger Served With Wedges	Quorn Vegan Nuggets Served With Chips
Jacket Potato With a Choice Of Cheese, Beans or Tuna Mayo	Jacket Potato With A Choice Of Cheese, Baked Beans Or Tuna		Jacket Potatoes Served With Cheese, Beans Or Tuna	
Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Baked Beans
Sandwiches, Wraps, Baguettes* Filled With Either Cheese or Ham	Sandwiches, Wraps or Baguettes* Filled With Either Cheese or Ham		Sandwiches, Wraps or Baguettes* Filled With Either Ham Or Cheese	
Served With Tortilla Chips And Crudites	Served With Tortilla Chips And Crudites		Served With Tortilla Chips And Crudites	
Fruity Flapjack	Eve's Pudding And Custard	Raspberry Ripple Sponge	Vanilla Shortbread	Chocolate Ice Cream

**Available daily**

Fresh Fruit, Yogurt, Homemade Bread

\*Baguettes Only Available For Year 5 & 6

01.05.23 22.05.23 19.06.23 10.07.23



Sportitude Term 5	Monday	Tuesday	Wednesday	Thursday	Friday
	Lunch				
13:00 - 14:00 or 13:15 - 14:05	<b>Year 1 (both classes)</b>	<b>Year 3 Hedgehogs PPA</b>	<b>Year 6 PPA</b>	<b>Year 4 Foxes CPD</b>	<b>Year 2 CPD</b>
14:00 - 14:55 or 14:05 - 14:55	<b>Year 3 Rabbits CPD</b>	<b>Year 5 Sycamore PPA</b>	<b>Year 6 PPA</b>	<b>Year 5 Horse Chestnut CPD</b>	<b>Year 2 CPD</b>
15:00 - 16:00 CLUB		<b>N.B: Badgers swimming on Tuesdays</b>			

## **Diary Dates:**

### **Term 4**

**Friday 31st March - Last Day of Term**

**Monday 3rd - Friday 14th April - EASTER HOLIDAY**

### **Term 5**

**Monday 17th April –First Day of Term**

**Thursday 25th May - Last Day of Term**

**Friday 26th May - INSET DAY**

### **Term 6**

**Monday 5th June - First Day of Term**

**Wednesday 14th - 16th June - Year 5 Residential trip.**

**Friday 30th June - INSET DAY**

**Monday 3rd July - INSET DAY**

**Friday 21st July - Last Day of Term**