

HTL News



Issue 3, 17th December 2021

Message from School Principal

We have come to the end of a long term and we have thoroughly enjoyed the various events that have taken place, to name but a few, Black History week, Journeys Week, Anti-bullying week, Spanish Day, Children in Need, and Christingle. Now, the whole school community is looking forward to a well-earned rest.

The prospect of Christmas cheers us and lifts our spirits away from the cold, dark and depressing weather of the season. On the 15th December in particular, the school looked extra wonderful, with staff and students dressed in all sorts of wonderful Christmas jumpers!

Christmas is a magical time, and this year I have felt extremely privileged to share in the Christmas festivities at HTL. They have been extra special, particularly when I was able to watch the intense excitement on the faces of our EYFS and KS1 pupils during their Christmas productions and the sheer dedication and enthusiasm in which KS2 performed their Christmas concert. Not to mention the Christmas parties that took place across the school that were enjoyed by all. I must also comment on the attention the pupils paid to the assembly led by Bishop Simon on Wednesday 8th December. They all listened really beautifully and he commented on how wonderfully polite and well-mannered our children are.

I am sure that pupils, parents and carers would like to join with me in thanking all of the staff and governors at HTL for their continued tremendous hard work and commitment to the students of our school. Likewise, we the staff, governors and pupils would like to thank all parents and carers for all your support. Last, but in no way least, we thank our pupils – you are indeed some of the best pupils I have ever had the pleasure of working with.

I pray and wish everyone peace and happiness in all homes and families during this holiday season – may we all keep safe and healthy.

I look forward to continuing to work in partnership with you in 2022.

Merry Christmas and a Happy New Year to everyone!

Prayer and Reflection

The leaves have completely fallen from the trees and we have begun to witness the first sign of frost. Once again, we experience a change of season and no matter how many times this happens, we are always full of wonder and amazement with the feeling of hope and expectation for the New Year. At Holy Trinity Lamorbey, we have been learning and observing the changes of seasons both in Science and in Religion. Our Church observes seasons too. They are called liturgical seasons and they do not tell us about the change in weather, rather they help us to see the story of God's salvation unfold. Advent is the first season of the Church year. It is a four week season of hope and expectation, a time of preparation. During this season we prepare for the coming of Jesus into our lives. It is a joyful time where we wait in anticipation by celebrating, decorating our classrooms and homes, singing carols and partaking in gift giving. However, with the lights, parties and presents, it is not always easy to celebrate the true spirit of Advent. Let us take a moment of prayer to appreciate life and offer thanks to all those who have helped us.

Dear Lord,

Thank you for the Advent season as we remember the birth of our Saviour – Jesus Christ.

In this time of joy we remember all the people who give up their time at Christmas, for those who work in church, in shops and restaurants, in hospitals and with the emergency services.

Please keep them safe.

Please be with all our teachers, parents and carers at this busy time. Help the end of term to be a great one – full of fun and give us all a great Christmas holiday.

Let us find the peace we seek.

Amen

From everybody at Holy Trinity Lamorbey, we wish you all a very Happy Christmas and peaceful New Year.

In school

Welcome & farewell to members of staff

We'd like to introduce you to our new members of staff.

Ms Georgakopoulou —Teacher

This term we say goodbye to Mrs. Pearson, Mrs. Waheed and Mrs. Talluri. We wish them the best of luck in their future endeavors.

Hello!

Good bye!

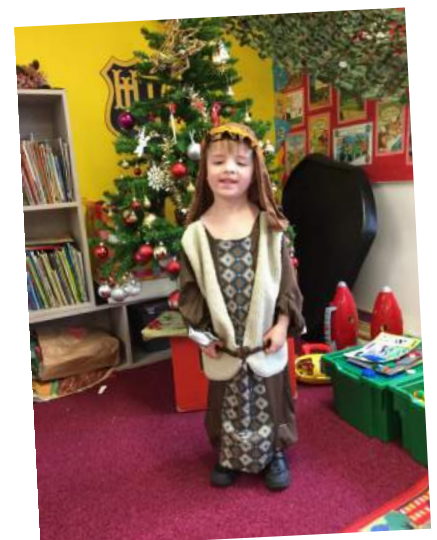


In School

Christmas Nativity and Carol Concert

Even though we had to withdraw our invites to parents due to advice received from the Director of Health from Bexley, it didn't seem to phase the children as they were as excited as ever to perform to the whole school and to their parents in the playground. The children and the staff put in a lot of hard work despite the changes. Watching them practice was a pleasure. We hope you enjoyed watching their renditions in the playground. Feedback from parents was very positive, grateful that they were able to see their children sing their hearts out.

Children also enjoyed their class Christmas parties. A very fitting end to a very long term.



EYFS



As we come to the end of the autumn term, we have been reflecting upon how much the children have matured and developed in this short space of time. It has been a joy to be a part of this stage of their development.

In Nursery, we have been designing and writing Christmas cards to our loved ones. We made special calendars as gifts for them and clay decorations which have decorated beautifully. In Maths we have been working on measure (length and weight). We had a

visit from Father Christmas who came to say hello to us. He also gave us a very special gift. We have also been having lots of fun in our classroom Santa's grotto. Nursery's phonics will continue with the children learning the sounds 'f' and 'e' and finding items starting with these sounds on an interactive whiteboard game. It has been a wonderful experience to see the children engaged in activities that enhance their communication and language skills, their creative development and their personal, social and emotional skills.

In literacy, we have been finishing our Christmas message in our cards. In Maths, we have been working with the children on recognising, creating and describing patterns. We have

been carefully looking at some sheets of wrapping paper that have clear repeating patterns on them. Then children have been making their own wrapping paper with repeating patterns of their own. Our annual Early years production of the Christmas story, "It's a baby" did take place, unfortunately not as we had planned, however we were happy to be able to show parents parts of the story and sing all of our songs.



We would like to thank you for your support. Merry Christmas to everyone, we will see you in the New Year!

KS1—Yr 1



We have had a really exciting time in Year One this half term! We started the term with a walk around our outside environmental area collecting Autumn leaves that we later used in a leaf collage and to create an Autumn kitchen in class. We have also been working really hard on our writing, we read the story 'The Rabbit Problem' and learned all about bossy verbs in order to write instructions on how to bake a yummy cake! We also completed a wonderful piece of descriptive writing and

wrote invitations to a party!

We have also been working hard in Maths where we have learned lots about addition, subtraction and fact families. Finally, we ended our term with a bang! We worked so hard on our Christmas Nativity, we have learned all about Christingle, made our own Christingles and took part in a magical service (thank you to Morrisons and The Children's Society who donated all of the things we needed)

We can't wait to find out what exciting things the New Year will bring!



KS1—Yr 2



This half-term, Year 2 have been working with money! We reviewed coin recognition and were introduced to notes. We had lots of fun spending virtual money on the computers by counting notes and coins and finding different amounts.

In writing, we were introduced to Rosie Revere, a budding engineer who goes on a journey of realising her talents and capitalising on her failures. The children have truly enjoyed studying Rosie's character and being part of her journey. As a

result of this, they have been asked to create a booklet on how Tower Bridge works by the author of the text which they will complete at the beginning of the Spring term.

We ended the half-term with lots of fun Christmas activities including our Nativity performance and a Christmas jumper designing competition. It was extremely difficult to choose an overall winner as many of us are very talented artists. The team chose Sophia for originality of design and execution.



We are really looking forward to all the exciting learning that the Spring term will bring!

Lower KS2—Yr 3



Year 3 have really enjoyed reading the story of The Iron Man by Ted Hughes this half term. They have composed some fantastic diary entries, poems and taken part in performance poetry for the first time. Children have really sympathised with the character and were very pleased when he defeated the Space Bat Angel Dragon and saved the world! To finish off our work on the book, year 3 built their own Iron Men from cardboard, tins, plastic and lots of foil!

They worked really hard and stayed focused on the task, each of them creating a unique and strong Iron Man. Great work Year 3!



Lower KS2—Y4



We have continued linking our learning with Ancient Egypt and created fantastic persuasive posters about encouraging people to visit Egypt. The children included lots of persuasive language and made them eye-catching. Have we persuaded you to book your next holiday to Egypt?

In Maths, we have been learning about measuring length and converting it into different units. We also

enjoyed a day out in the playground where we used trundle wheels to measure the perimeter of different shapes. In Art, the children created beautiful Egyptian collars. We painted them gold and bronze and then added lots of detail using shiny coloured paper and paint. They are worthy of a pharaoh! This month we have learnt the meaning of Advent and are very excited about Christmas. As always, it was wonderful to visit church where Father Mark explained what happens during communion and the children and adults were invited to the front to be blessed. We certainly have some talented artists in Year 4.

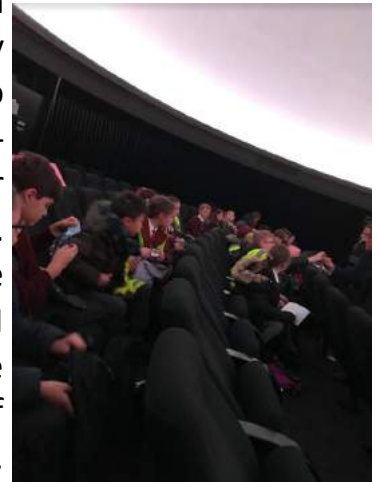


We also enjoyed our last swimming lesson this month. The children have thoroughly enjoyed the sessions and it has been lovely to see them all grow in confidence over the past weeks.

Upper KS2—Yr 5



We have been really busy in Maths this half term. The children have been working hard on prime & composite numbers, squared and cubed numbers, multiplying and dividing by 10, 100 and 1000, as well as calculating the area and perimeter of a shape. This half term has flown by. We have enjoyed it so much already, it's hard to imagine where to begin. In Literacy, we have been reading the story Hidden Figures. It follows four strong, intelligent, black women who were human computers, they pushed themselves to be the best in NASA. We have written letters to a judge, as Mary Jackson, persuading him to allow her to study at an all-white high school, in order to become an engineer.



We have written a diary entry as one of the women who were finally shown respect when they were asked to help run the IBM computers in NASA. The children worked hard to build the vocabulary, including superlatives and a range of punctuation. Our topic this half term has been all about space. The children started with naming the planets and then began focusing on the moon, looking at the different phases and how eclipses work and how you can tell the difference between a solar and lunar eclipse. The children were asked to create a presentation on a given planet to share with Year 3. We consolidated our learning by visiting the Royal Observatory in Greenwich. It was the coldest day of the year, but despite that, the children really enjoyed their day. Their favourite part was sitting in the planetarium and feeling like they were floating through space.



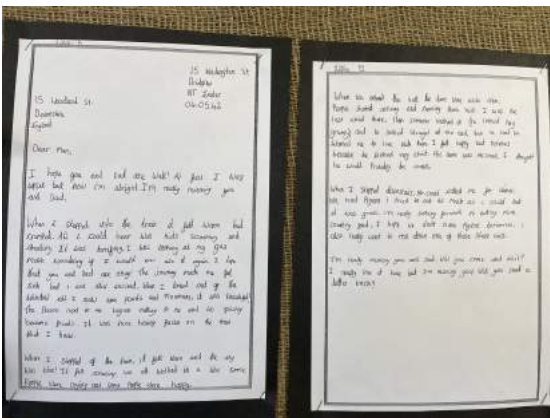
Upper KS2—Yr 6

Year 6 have had a great first term that has been packed with many different things. Firstly, both year 6 classes created and performed their class assemblies, in which the children all put in so much effort to devise the storylines, questions, layout and theme, based on their learning throughout this half term, and those of you that managed to watch it I am sure will agree how well they did in preparing and performing this. Our topic through the half term has been all about World War



Two and the impact of this war. The children have looked at many aspects of the war including the Blitz, night raids and the experiences of children both from Britain and around Europe during this time. They also looked at the role of women in the war, the use of propaganda posters as well as rationing. Unfortunately our planned trip for this

topic had to be postponed to the Maidstone Trenches in lieu of the Belgium trip being cancelled. We hope to be able to fulfil one of these trips, if possible, later in the year. Linking to our topic, we produced many pieces of great writing in Literacy. After a mock evacuation in the hall, we wrote letters home as evacuated children. The children also took on the role of a soldier writing a diary entry after the D-Day landings, as well as creating lighthouses linking to our topic and book "Letters from the Lighthouse".



Fractions have been the topic of the term. They have worked very hard in all areas of fractions, and this was shown in our termly test week where all the children performed to their best in their first test week of the year. I am sure they are all happy to see the back of fractions for a while! Year 6 also completed a total of 6 tests for maths, SPaG and reading.

Lastly, we had our Christmas Carol concert. The children diligently learned the words for their songs to perform in the final week. We all hope you have a wonderful Christmas and a great break! See you in the New Year!

Mass Visit—Yr 1

What does Advent mean?



Year 1 were invited to church to discuss the meaning of Advent. The children offered very thoughtful ideas at the start of the service.

'Advent is about counting dates until Christmas.' George

'We are waiting for Christmas Day.' Sakyine

'Jesus arrives at Christmas.' Jessica

Mother Renata explained to us that Advent is a time of waiting and preparation. It is a time for waiting for Jesus and preparing our

hearts for Him. We apologise for things we have done wrong, we are grateful for Jesus and we say thank you for Jesus coming. We think about the light of Jesus entering the World. The advent wreath, which can be seen in Church and in our school, shows 5 candles which represent love, peace, joy and hope.



Other News

School Council—2021-2022

This year's representatives were chosen by their class. They will be working with Mrs Scudder and senior leaders to improve the school throughout the school year. They are in charge of organising fundraising events and raising money for charity. So far they have raised £285.82 for Children in Need with many more events planned for 2022.



My name is Mirella. I love to play scrabble, I enjoy learning and helping others. I would like to make a school a better place by changing break times.



My name is Adam. I love football, tennis and basketball. I would like more playtime equipment for the children to enjoy.

My name is Splendour and I love maths. I would like all to help improve the classrooms for everyone to use.



My name is Hazel. I love helping out and learning. I would like to make the school a better place to learn.



I am Ivy-Rae and I like drawing. I attend gymnastics club and my favourite apparatus is the trampolines.

Other News

School Council—2021-2022



I am Holly. I am 7 years old and I like drawing, playing Barbies and attend street dance and cheerleading.



Hi, I'm Bella. I am 8 years old and I like playing with my brother. I attend Beavers (soon I will be a cub), gymnastics, dance and swimming club.

My name is Sonnie and I like playing football. I play for Baldon Sports on right wing.



Hi I'm Ernest and I like to learn. I enjoy being a school councillor because I get to make lots of big decisions for charity. We are so lucky because we get to help others to make the right choices. I like exercising and running.

My name is Nathan and I represent the school council and you. I like playing with children from year 6 because they include everyone. You can come to me or the teacher if you need help with anything.

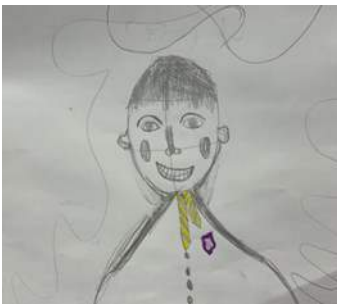


Other News

School Council—2021-2022



Hi, my name is Lucy and I love school so much. My favourite subjects are dance and drama. I can never choose. My best friend is so supportive and caring, and was really proud of me becoming a school council rep. I wanted to be a rep to help raise money for charities (there's a lot of people in need of help in the world) and to raise issues that my class have, and do my best to bring these to the attention of others.



My name is Harry and I really enjoy school. My favourite subject is Art because I'm really good at it. My friends are very patient and were supportive when I campaigned to be school council rep. I wanted to be a rep to help raise money and support my friends.

Hi my name is Riley and I like football. My favourite subject is PE. I love being a school council rep because I want to make my school a better place for everyone.



Hi, I'm Annabel. I love art and English. I also enjoy sign language. I would love being a school council rep because I want to make our school even more amazing.

Other News

School Council—2021-2022



My name is Freddie. My favourite part of school is maths. I want to be on the school council because in year 5 I tried to organise a leukaemia event to support my sister and now I really enjoy organizing charity events.

My name is Trinity-Rose. I like being at school because I have lots of people to support me. The reason I wanted to be on the school council is that I really enjoy helping people address their concerns about the school.

I like being at Holy Trinity because of all the after school clubs that are available to us.



Hello my name is Mirai. I like playing sports and I especially enjoy running. In school my favourite subject is maths because I like solving problems. Other people would say I am kind, helpful and cheerful. I got my excellence award for always having a smile on my face and a positive attitude. I hope to be able to help other children around the school have their voices heard.

Huss is extremely helpful and enjoys working with others. He takes his role, as a school council rep, very seriously and is well liked by his peers.

He is always on hand to support those in need.



Other News

Climate Change Club



Hello, my name is Tolu and I am very concerned about our planet, Earth. In this wonderful school, Holy Trinity Lamorbey, I believe that we can make a change if we work together. I have lots of ideas about how we can make a difference, and I'm sure you do too. I'll be starting an Environmental Action Club with Mrs Masterson. Come and see me if you'd like to find out more about the club and when our first meeting will be.



Other News

Remembrance Day—Poppy Appeal



THANK YOU

FOR SUPPORTING THE ROYAL BRITISH LEGION'S
POPPY APPEAL

Certificate of Appreciation awarded to:
Holy Trinity School

Amount raised:
£438.40

Your contribution helps us to support the Armed Forces community,
past and present.

EVERY **POPPY** COUNTS

Other News

So near, yet so far. Best placed second team just out of reach!



On Friday 3rd December, 7 boys went to an EFL cup tournament hosted by Charlton Athletic. There were 7 groups of 5 teams, with the winners of each group progressing to the knockout rounds. In our first match we lost to Birkbeck 1-0, the boys were very disappointed and felt they did enough to at least draw, if not win the match. “We needed to pass the ball quicker and take our chances.” said a disappointed Freddie.

One of the other teams failed to show up on the day, so all of the other teams in the group were given a 2-0 win by default. The next 2 matches were fantastic. In the first game against Southrise, HTL won 5-1, with Freddie scoring 3 and Kiso and Aydean scoring 2 between them. After going 1 goal down against Christchurch, Kane scored 2 with Freddie and Aydean scoring a further 1 each—a comfortable 4-1 win! We were hopeful to qualify as the best placed second team, but in the end we missed out by a point. The boys were disappointed but played really well and should be very proud of themselves, especially the way they played in their 2 victories. At the end of play, they had the chance to ask a Charlton Athletic first team player, Sam Lavelle, some questions with Divine asking him, “Do you prefer Messi or Ronaldo?” For those of you wondering, his answer was Messi. A big well done to all those who took part.

Did you know?

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one issue of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about AGE-INAPPROPRIATE CONTENT

"Inappropriate" means different things to different people. What's acceptable for one age group, for example, may be unsuitable for a slightly younger audience. Online, young people can chance upon inappropriate content in various ways – from pop-up ads to TikTok videos. The increasingly young age at which children become active in the digital world heightens the risk of them innocently running into something that they find upsetting or frightening. Trusted adults need to be able to help children be aware of what to do if they're exposed to age-inappropriate content.

WHERE IS IT FOUND?

SOCIAL MEDIA

Age-inappropriate content is easily accessible through many social media platforms. TikTok, for instance, is hugely popular with young people but is arguably best known for clips featuring sexualised dancing or profanity. Some social media users also express hate speech or promote eating disorders and self-harm, which could cause lasting damage to a child's emotional and mental health.

GAMING

Gaming is an enjoyable source of entertainment, but many popular titles can expose children to inappropriate material such as violence, horror, gambling or sexually explicit content. Playing games unsuitable for their age risks normalising to children what they are seeing. Some games also include in-game chat, where other (usually older) online players often use language that you probably wouldn't want your child to hear or repeat.

STREAMING

The range of video streaming services available online means that users can find almost anything they want to watch on demand. Children are therefore at risk of viewing TV shows and movies which contain nudity, drug and alcohol abuse, explicit language and extreme violence. Unfortunately, these streaming platforms can't always determine that it's not an adult who's watching.

ADVERTS

Online adverts frequently include age-inappropriate content: usually gambling and nudity or partial nudity, although adverts for alcohol or e-cigarettes are also common. Some search engines also feature adverts that are responsive to your search history: so if you've recently looked up a new horror movie, shopped for lingerie or ordered alcohol online, then the ads appearing on screen could reflect this the next time your child borrows your device.

18 Advice for Parents & Carers

TALK IT THROUGH

Embarrassment or fear of getting into trouble can make it difficult for children to talk openly about age-inappropriate content they've watched. Remind your child they can always come to you if they're troubled by something they've seen online, without worrying about consequences. Before offering advice, discuss what they saw, how they felt and how they came to find the content in question.



CONNECT, DON'T CORRECT

If your child's been particularly distressed by exposure to content that wasn't suitable for their age, it's important to offer guidance to prevent them from repeating the same mistake – but it's equally vital to help them deal with the emotions that the situation has raised. You could tell them about any similar experiences you might have had at their age, and how you dealt with it.



BLOCK, REPORT, CONTROL

After discussing the problem, you and your child can take action together. This could include blocking any inappropriate sites and reporting any content which violates a platform's rules. To further safeguard your child online, set up parental controls on internet-enabled devices that they use. This will significantly reduce the chances of your child being exposed to age-inappropriate content in future.



GET SPECIALIST HELP

Age-inappropriate content can potentially have a negative impact on a child's mental health, which is sometimes displayed through changes in their behaviour. If the problem becomes more severe, you might consider reaching out to a mental health professional or an expert in this field who can provide you and your child with the proper support.



STAY CALM

Even though it is obviously difficult to stay rational in a situation where your child has been put at risk, it's essential to think before you react. Your child may well have hesitated to open up to you about watching inappropriate content for fear of the consequences, so being calm and supportive will reinforce the notion that it would be easy to talk to you about similar issues in the future.



Meet Our Expert

Cayley Jorgensen is a Registered Counsellor with The Health Professions Council of South Africa, and she runs a private practice offering counselling to children, teenagers and families. Her main focus is creating awareness and educating the community on the mental health pressures of today's world, as well as resources and techniques to understand and cope better.



NOS National Online Safety®
#WakeUpWednesday

Sources: <https://www.education.gov.au/documents/about/program/bullying/prevention/inappropriate-content.pdf> | <https://www.safelives.gov.au/education/training-professionals/professional-learning-program/teachers-inappropriate-content-factsheet/> | <https://www.rethink.gov.au/parents-and-carers/2020/04/child-online-media-view-year7.pdf>

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Part of our Online Information Series



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What you need to know about...

SEARCH ENGINES

What is it? 'Search Engine'

A search engine is something that helps you find what you're looking for on the internet. By far the most used and well-known search engine is Google, which powers more than nine out of ten internet searches in the UK, according to Statcounter.com. Search engines can be used to find results such as websites, images and videos, which is where the dangers start to arise.

Know the Risks

Bypassing SafeSearch

Whilst Google has 'SafeSearch', which is designed to filter out explicit content, even by Google's own admission it's not 100% accurate. Inappropriate content can still make it through, even with seemingly innocuous search terms. SafeSearch is very easy to switch off and most teenagers will know how to bypass it.

Accessing blacklisted content

Search engines can be used to access content on sites that are blacklisted by parental control filters. Parental control services should, for example, blacklist the major pornography sites, but search engines might still display images from such sites in their results, without the user having to visit the site itself.

Niche search engines

Google isn't the only search engine out there – there are many niche search engines, some designed specifically to hunt out pornographic or violent content. These aren't always obviously named or blocked by parental control filters, making it difficult for parents to monitor.

Misleading information

Search engines merely reflect what's on the internet – they rarely filter out misleading or dangerous information. A child searching for solutions to a health problem, for example, might be directed to dangerous treatments.

Keep an Eye on...

Browsing habits

Google and other search engines often leave a trail behind them. For example, search terms entered into Google are normally autosaved in the browser. Similarly, a browser history will reveal which terms a child has been entering into search engines, unless they've been using a private browser mode. If there is no browser history for the time your child has been online, then you might ask why.

Accessing VPNs

Although not strictly search engine related, keep an eye out for VPNs being installed on a family/child's device. Although there are legitimate and innocent uses for VPNs, they can also be a sign that a child is attempting to hide their internet activity or access content that is blocked by parental filters.

SafeSearch settings

Check that Google's SafeSearch remains activated on family computer browsers. Click Settings in the bottom-right corner of the Google home page and SafeSearch filters should be the first option at the top of the screen. It may also be wise to implement protective measures on children's personal devices to ensure they don't stumble across something they shouldn't.



Safety tips

Understand the code

There are ways to force Google to always have SafeSearch on, even if a child knows how to switch it off. These require a little bit of tinkering with code on the computers in your household, but Google provide detailed, step-by-step instructions on how to set this up in their support pages.

Set controls

If your child has their own Android or Apple smartphone or tablet and you're worried they're accessing stuff on Google they shouldn't be, you can use Google's Family Link service to place controls on the child's device. As well as SafeSearch, other safeguards such as controls over YouTube, are allowed on Android devices.

Encourage open dialogue

No matter how many technical barriers you put in your child's way, there will come a time when they come across something inappropriate on a search engine so it's important to let them know they can come to you if they find something that upsets them online and not to feel that they will get into trouble for seeing it.

Promote critical thinking

Children place a lot of faith in 'facts' they've found online and often aren't savvy enough to question the sources of information. Explain to children that not everything they read online is true and guide them towards reputable sources of information. For instance, reinforce that they should seek your advice for issues such as medical problems and be wary of what they read online.

Our Expert Barry Collins



Barry Collins has been a technology journalist and editor for more than 20 years, working for titles such as The Sunday Times, Which?, PC Pro and Computeractive. He's appeared regularly as a technology pundit on television and radio, including on BBC Newsnight, Radio 5 Live and the ITV News at Ten. He has two children and has written regularly about internet safety issues over the years.

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10 Ways You Can SHARE KINDNESS ONLINE

Last year, around one in five young people aged 10–15 in England and Wales admitted experiencing online bullying: most commonly being insulted or sworn at, or having hurtful messages sent about them. To someone who's being bullied, the world can seem like a bleak, negative place – but just one kind word can be a ray of hope: a turning point that brightens their day and refreshes their perspective. That's why 'One Kind Word' is the theme of Anti-Bullying Week 2021. We're supporting this year's event by bringing you ten top tips for beating online bullying by replacing it with kindness.

1 PRAISE WHERE IT'S DUE

Sometimes a friend or relative might post online about something they're proud to have achieved: maybe an exam they've passed, a new skill they've learned or a task they've completed. Celebrate their hard work and determination by being kind enough to praise them for it publicly.

2 REACH OUT

It's not always easy to tell what kind of mood someone is in just from what they post online. Simply dropping somebody a message to say 'hi', to ask if they're OK or to tell them that you're thinking of them could totally make their day.

3 RECOMMEND FUN THINGS

If there's something you enjoy doing online – perhaps you play a particular game, or you've found a really cool site – share it with someone you think will enjoy it. Even recommending a film or TV show you think they'll like can bring a little happiness to someone who really needs it.

4 OFFER TO HELP

Sometimes you might see a friend or family member posting a question online or asking for help with something they can't do themselves. Don't just ignore it – if you can help, get in touch. Something that's difficult for them might be no trouble for you!

5 POST POSITIVELY

Lots of people seem to go online purely to complain about things or be negative. Just because you're communicating online (and not face to face) doesn't mean you can't be positive, though! Post about things that make you happy and that you're thankful for. It could brighten someone else's day.

6 SHOW YOUR APPRECIATION

If somebody that you know has done something positive or shown kindness themselves, go online and thank them with a message or a post. Expressing your gratitude costs nothing and showing someone that you appreciate them will really make them feel good.

7 BE UNDERSTANDING

Showing empathy towards others is an act of online kindness which often gets overlooked. If you notice that someone you know is upset, drop them a message. Sometimes people just need someone else to listen to them and understand their situation.

8 SHARE INSPIRATIONAL POSTS

When you see something online that inspires you or makes you feel happy, share it with people you know. A spot-on quotation, a beautiful photo or an uplifting video can lift someone's spirits and help them to feel better about life.

9 THINK BEFORE COMMENTING

Thinking before we act can be just as important as acting in the first place. Taking a second to consider what you're saying in advance could stop you from posting something negative, hurtful or offensive – even if you don't mean to. It's better to post positively or not post at all.

10 LIKE, LOVE AND ENGAGE

If somebody posts something that you like on social media, don't just scroll past – take the time to like it, love it or leave an appreciative comment! Reacting positively to other people's posts might seem like a small gesture but could mean a lot to them.

Meet Our Expert

Carly Page is an experienced technology journalist with more than 10 years of experience 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

Parent's Page



 the
national sleep
helpline

Want to know more about sleep?

ASK US THE
QUESTIONS YOU
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CALL US

03303 530 541



SPEAK TO TRAINED SLEEP ADVISORS
Available Sunday - Thursday
7pm - 9pm

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Parents Page

 www.bexley.gov.uk

Christmas family trail around Danson Lake

Find as many Christmas pictures while walking on the path around the lake as you can!

Wear suitable shoes and dress for the weather

Share a photo of you looking for the pictures on our social media using #DiscoverDanson and let us know how many you find:

 Danson Park Adventures  @DansonAdventure  @DansonAdventure
Bexley Children's University  @BexleyCU  @BexleyCU

If you are a member of Children's University, you can earn a 1 hour stamp for your passport!
Please email your photo and how many pictures you found to Bexley.CU@Bexley.gov.uk

20 December - 3 January
Danson Park, DA6 8HL

FREE



BEXLEY'S WINTER HOLIDAY ACTIVITIES AND FOOD PROGRAMME

Between Monday 20 and Friday 31 December

A free winter holiday club programme in Bexley for children and young people aged 5-16 who are in receipt of benefits-related Free School Meals.

www.bexley.gov.uk/holiday-activities-food-programme

#HAF2021



Save on days out all year round with [Kids Pass](#). Kids Pass allows you and your family to benefit from some fantastic savings at the UK's top attractions, restaurants and cinemas! Because they negotiate exceptional savings, offers are not available to the general public. One membership covers your entire household. 30% off cinemas 7 days a week, kids eat free at thousands of restaurants nationwide and massive savings on UK family breaks. Keeping the kids occupied during the holidays (or at any other time of the year) need not break the bank!

Dates for the diary

Please note all dates below are subject to change based on the most current central and local government advice.

January	
Tuesday 4th January 2022	Pupils return to school
Tuesday 11th January 2022	Year 1 bus trip to Blackfen Library
Tuesday 11th January	Reception 2022 Open Morning
Wednesday 12th January 2022	Year 1 Coffee Morning—9:30am
Monday 17th January 2022	2AS Class Assembly—9:30
Wednesday 19th January 2022	Year 2 Coffee Morning—9:30am
Monday 24th January 2022	2AG Class Assembly—9:30am
Monday 31st January 2022	3CB Class Assembly—9:30am
Monday 31st January 2022	Year 2 bus trip to Blackfen Library
February	
Wednesday 2nd February 2022	Year 5 Coffee Morning—9:30am
Monday 7th February 2022	3CM Class Assembly—9:30am
Monday 7th February 2022	Year 2 Trip to Tower Bridge
Friday 11th February	Last day of term
Monday 14th—Friday 18th February 2022	Half Term
Monday 21st February 2022	Staff Training—school closed to pupils
Tuesday 22nd February 2022	Pupils return to school
Wednesday 2nd March 2022	Year 6 Coffee Morning—9:30am
Thursday 3rd March 2022	World Book Day