

**April 2017**



**Thank you Mrs Harris**

Mrs Harris who works for Spec Savers has kindly donated Hi Viz jackets to us.

## In This Issue

Year 1 Writing Journals	2
Staff News	2
Go Kart	3
Diary Dates	4
Great Work	4
Exceptional Writing	5
PFA News	6
Sports News	7
Football News	8
Playground Issues	9
Writing Journals	10
Attendance	13
Healthy Eating	14
Card Making	15
E-Safety Info	16

## OUR SPORTS SUCCESS

We have had a great term of sport for our various teams. Thank you to everyone who came to support our teams this term!

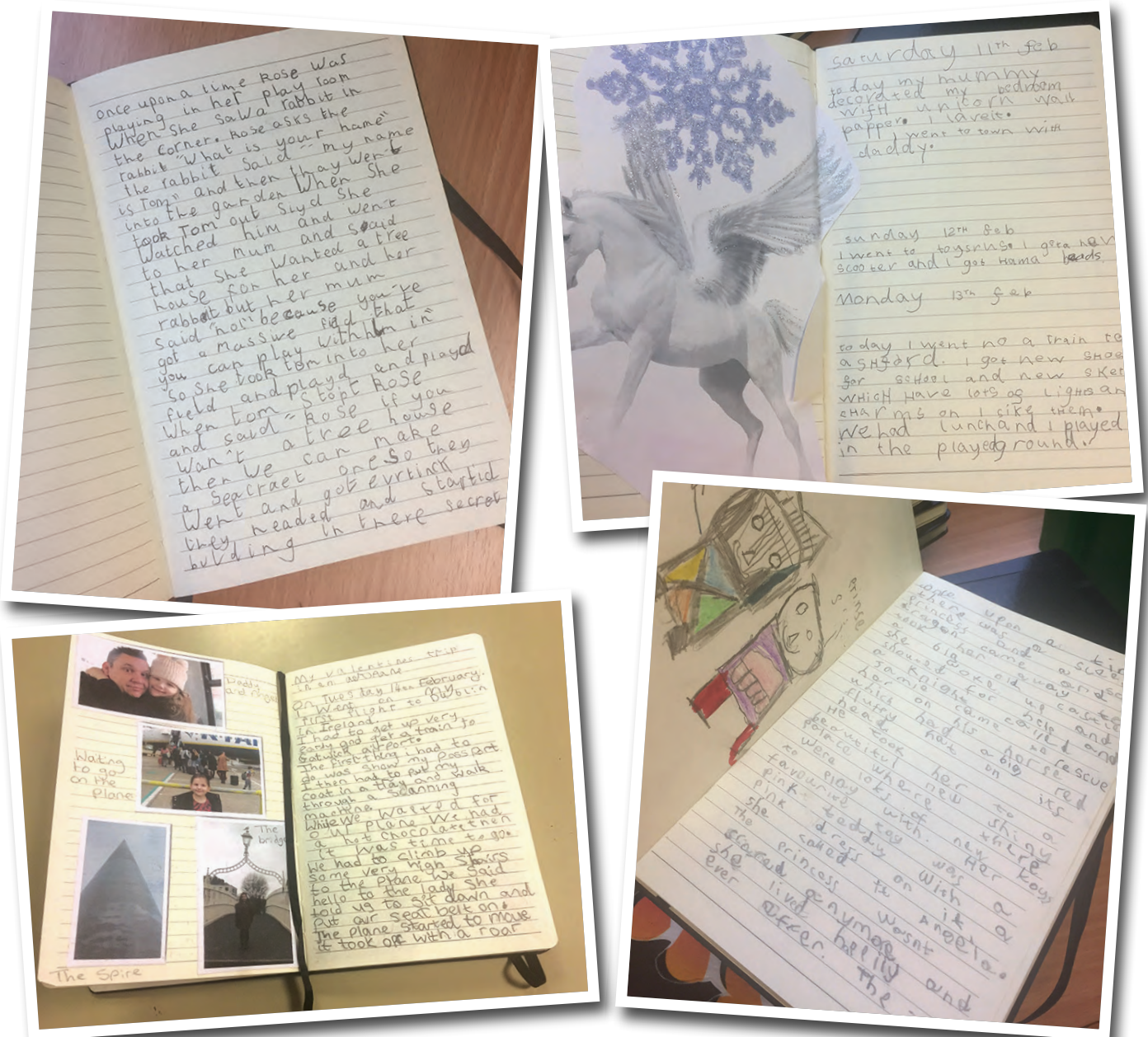
Look inside for more photos and news.



# YEAR 1 WRITING JOURNALS!

What a fabulous start to these really special books - Well done Year 1 and thank you to parents for helping make them look so special!

Every term the writing journals from each class are looked at by their teachers and they send the very best to our subject leader. Every term there is a winning writing journalist.



## NEED SOME LUNCH IDEAS?

If you need some lunch ideas please click on the link below

[http://firststepsnutrition.org/pdfs/Packed\\_lunches\\_Web\\_version\\_Mar\\_2015.pdf](http://firststepsnutrition.org/pdfs/Packed_lunches_Web_version_Mar_2015.pdf)



## STAFF NEWS

### New Deputy

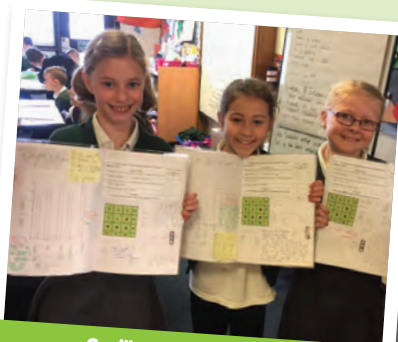
I am delighted to inform you that we appointed a new deputy headteacher on Friday.

We were able to shortlist some exceptionally strong candidates which is a real challenge for East Sussex schools in this current climate.

We are thrilled that **Gill Dalloway**, an assistant headteacher at Grovelands has been appointed and will start in September.

### Maternity cover for Mrs Barnard

We have appointed a really enthusiastic teacher, Miss Whelan to start in September to cover Mrs Barnard's maternity leave.



Smiling after algebra?  
Really challenging themselves!



These Reception mathematicians came to dazzle us with they calculations

## THANK YOU

Mrs Cloake donated massive bags of books to support World Book Day.

## GO KART EVENT

Yet again we raced our Buzz Go Kart against other schools at Plumpton College - he was not quite driving without limits! To be kind he was a little slow. Our drivers were fabulous and highly skilled. They showed brilliant team work and made us all very proud. We have a wonderful trophy on display for taking part.



Y5 Go Kart good to go



Getting ready for the first slalom race.

## NEW PARENT WORKSHOPS

### Exciting new parent workshops open to you!

We are offering any interested parents a series of workshops which will be delivered by tutors from Sussex Downs College.

The first set are all about card making parent sessions- 12th /19th/26th June and run from 9-11am and then following this we are offering cooking on a budget - 15th May /22nd May - at the same times again 9-11am.

More information will follow.

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## DIARY DATES

31st March  
INSET DAY - CLOSED

Tuesday 18th April  
Start of term 5

Wednesday 19th April  
Interim reports go home

Friday 28th April  
PFA School Disco

Week beginning Mon 8th May  
Year 6 SATs week

Mon 22nd May  
Key Stage 2 Sports Week!

Wednesday 24th May  
KS1 Sports Day

Thursday 25th May  
KS2 Sports Day

Thursday 25th May  
Polegate School swimming gala  
at the Sovereign Centre

Friday 26th May  
Come in and see your child's  
'Wonderful Work'

Friday 26th May  
Last day of term 5

Monday 5th June  
Start of term 6

Tuesday 6th Friday 9th June  
Year 6 French residential trip

Tuesday 27th June  
Year 6 academic Challenge day  
at Eastbourne College

Tuesday 4th July  
Change over day, a chance for  
pupils to spend time in their new  
classes.

Tuesday 11th July  
Polegate School's own film  
premiere night!

Wednesday 12th July  
Polegate School's own film  
premiere night!

Thursday 20th July  
Come in and see our 'Wonderful  
Work'.

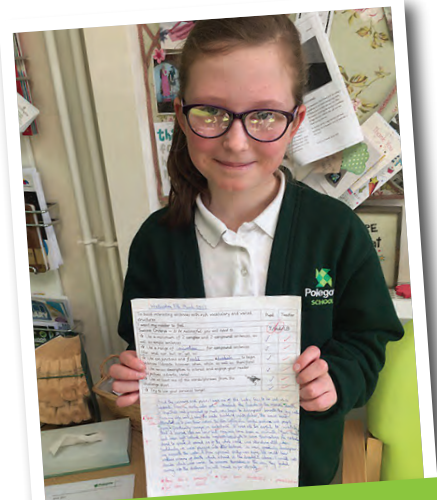
Friday 21st July  
The last day of term 6- How did  
this happen so quickly!

Back to school on  
Tuesday 5th September!

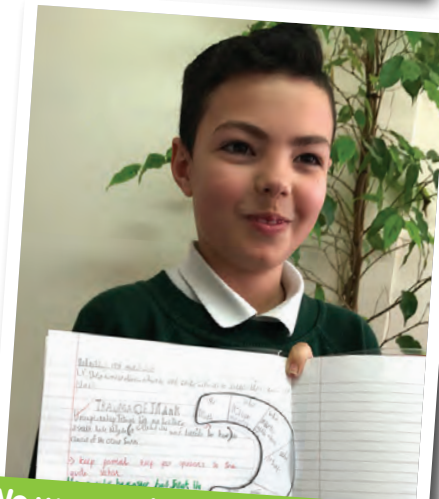
## GREAT WORK



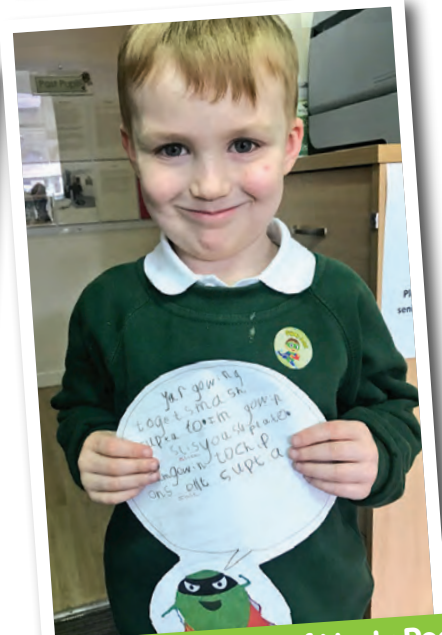
News reporter Finlay!



Great writing Amy, well done.



We were so impressed by Aston's writing today. A well composed newspaper report.



I've written a story of Nasty Pea vs Super Potato. Who will win?



Watch out for the iceberg!



Toby is now an expert on Space. Great homework Toby.

# EXCEPTIONAL WRITING

Just take a moment to read the fabulous quality of writing being produced in school by our pupils! This inspiring and moving piece of writing was produced by Amy in Year 4. It just had to be included in this newsletter and shared.

Wednesday 8th March 2017

To build interesting sentences with rich vocabulary and varied structures.	Pupil	Teacher
I want my reader to feel...		
Success Criteria – to be successful, you will need to:	T/Ind/LB	
★ Use a minimum of 2 complex and 2 compound sentences, as well as simple sentences.	✓	✓
★ Use a range of <u>conjunctions</u> for compound sentences (for, and, nor, but, or, yet, so)	✓	✓
★ Use conjunctions and <u>fronted adverbials</u> to begin sentences (despite, however, when, while, as well as, therefore)	✓	✓
★ Use senses description to interest and engage your reader (adjectives, adverbs, verbs)	✓	✓
★ Use at least one of the words/phrases from the challenge sheet.	✓	✓
★ Try to use your personal target.	✓	✓

Amid the screams and panic, I was one of the lucky few to be sat in a lifeboat. From my eerily calm spot, I witnessed the Queen of the ocean's death. A ship, that had promised so much, now began to disappear beneath the icy water. From my safe seat, I saw the inside twinkling lights flicker, the brave band attempting to play their violins, the stern lifting in a horrific fashion and people trying to frantically escape on deckchairs. It was all too awful to watch, that it seemed like an hour but may only have been a minute. Men that had been left behind made hopeless attempts to save themselves. As nobody dared to speak, it seemed as if the whole world was standing still, when suddenly we were plunged into utter darkness. She was gradually disappearing beneath the water. A once special ship was dying. We could hear endless screams of death which echoed in the dreadful silence. I could not decide what was worse: the screams themselves or the way they faded away into the distance. They will haunt me for eternity.

★ Amy this is amazing!! ★ High level vocabulary + punctuation  
★ Semi colons → colons.

# ACTIVE KIDS

Reminder - we are collecting the Active Kids vouchers from Sainsbury's again this year. There is a box at the office for you to post any you may have. Thank you



# GOOD LUCK DAISY

## The Dance World Cup in Germany

Daisy Lawrence in year 4 has the opportunity to take part in a Dance World Cup in Germany in June. Daisy's dance club – Shining Stars has qualified to represent England. There are 47 countries competing so this is an amazing experience for her.

**We wish you all the best Daisy!**

# PAST PUPIL NEWS

A former pupil Pascal Bailey who attends Sussex Downs College took part in the Royal Opera House Design Challenge and won the set design prize!

Sussex Downs scooped three out of five top prizes as well as a highly commended award. Colleges from throughout the UK entered the competition to reimagine Madame Butterfly this tested their design skills as they had to develop their vision for the production.

# DINNER MONEY

**We still have several parents not paying for school meals on the day.**

Lunches should be booked and paid for via [www.parentpay.com](http://www.parentpay.com).

If you don't have your activation code to do this please speak to Kerry in the office.



# PFA NEWS

**Behind the scenes Polegate School's PFA is incredibly busy raising much needed funds for the children at Polegate School.**

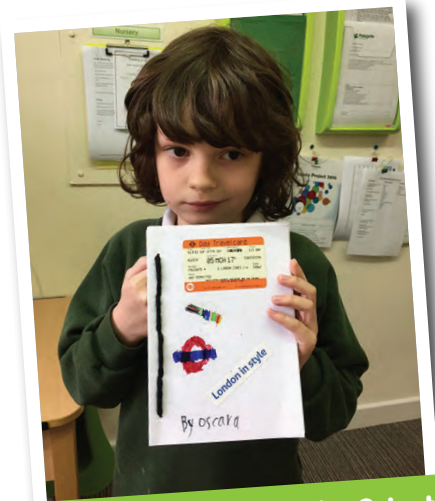
They are always keen to welcome new faces to meetings and always need more help at events so if you are keen to get involved then please do contact them.

Next year we would like to offer the children in year 4 the chance to learn to play the Ukulele instead of the recorder but to be able to do this we need to purchase these musical instruments and without the invaluable work of the PFA we would not be able to buy these extras that enhance what we do.

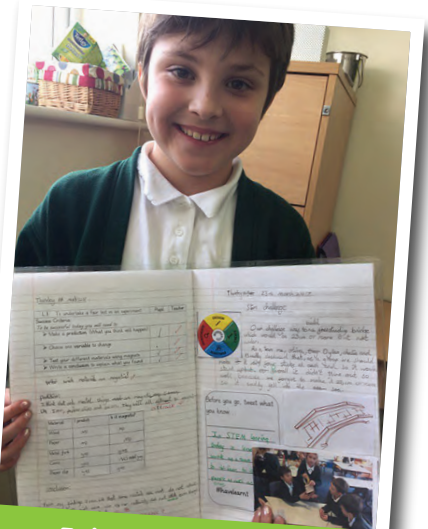
I would like to thank the PFA personally for the Mother's Day gifts, without this I know I would not have got a present on Sunday! Once again it was very successful and I know the children love having the independence to be able to select and buy a surprise gift!

**The PFA have planned another disco in April, more details to follow.**

The PFA are hoping to provide parents with refreshments at the next sports days. If you are free to help and make teas and coffees at the Infant sports day then PLEASE get in touch. The Infants have their sports day on Wednesday 24th May. At the moment they have no volunteers for this event.



**Planning a trip to London? Just ask our resident expert Oscara who has a brilliant travel guide!**



**Fabulous Science work Jessica!**

## GREAT WORK 6M!



**6M are very proud of their work!**



**Jacob created a very persuasive advert for his homework this week. We could almost be tempted to book a room on the Titanic. Almost...!**



# SPORTING SUCCESS!



Superb netball played today taking 3rd place out of 10 teams



Our Year 5 Hockey Team



Our Year 6 Hockey Team



Our UniHoc team! Played and behaved brilliantly!

## SWIMMING

Our talented swimmers took part in the annual swimming gala at the Brighton University pool and came a joint second!



## UNILOC

### Eastbourne Area School Unihoc Tournament Heron Park Primary Academy 23rd March 2017

After much anticipation and excitement the first Unihoc competition for lower-juniors took place last week at Heron Park School. With 7 schools participating, each school had 6 games to play in the opening round, with semi-finals and finals deciding the eventual winners. With high hopes and great hockey skills, we won our first game against Shinewater 4-1. We then were narrowly beaten by Pevensey & Westham 2-1. The next game against West Rise ended 4-1 to us so we were very hopeful of lifting the newest of the Eastbourne Schools PE Association titles!! However 2 draws against Willingdon and Heron Park and another loss to Langney (2-0

despite valiant efforts from everyone on the pitch) meant a place in the semis was in the balance. During a well-earned break we were looked after very well by Heron Park staff and children – we even met their giant tortoise, their rabbits and even a very impressive lizard! Back to business – we didn't make the final 4 so our dreams of winning the cup were dashed. The team that beat us 2-0, Langney, were crowned champions and we will look forward to playing them at some point in the future for a rematch!

**Team;** Jack Selby, Alfie Hanmore, Sam Stephens, Alex Gunter, Issy Gunter, Leah Barber, Lucas Perkins and Dylan Nye.



# FOOTBALL NEWS



Our young footballers at the Ocklynge Tournament



Our Boys A Team Winners



Our Football Girls at Heron Park

## Football News

### Year 5/6 Development Squad Football Tournament at Ocklynge - Saturday 18th March

Our Development squad put in some great performances at the recent Ocklynge tournament, beating Oaklands 2-0 and drawing with Parklands to reach the semi final against hosts Ocklynge. We played some good football against Ocklynge, with numerous efforts on goal and even a missed penalty. But it was a day when our luck was against us and despite being the stronger team, we conceded a goal and the final score of 1-0 put an end to our cup dream! Stafford were the eventual and well-deserved winners of the competition.

**Team:** Cavan O'Donoghue, Curtis Lynam, Max Bateman, Reece Taylor, Toby Hunt, Aaron Booth, Ted Hornby.

### Girls Football League Matches @ Heron Park 23rd March

Last week the girls travelled to Heron Park after school to play two of their league games. The first, against Langney saw a much-improved team performance since their beginning-of-the season friendly against Willingdon. The girls worked hard to keep a clean sheet but despite some great individual runs towards the Langney goal they were unable to score at the other end so it remained 0-0 after full time.

Our second game against Heron Park was just as exciting but this time both teams managed to put one in the net. After many fantastic runs and near misses, Annabelle scored a well-deserved goal and the game ended 1-1.

**Team:** Annabelle Wood, Anya Selby, Jasmin Jose, Ellie-Jai Simms, Imogen Powell, Ella Doe, Reanna.

### Boys A Team League Game vs Stone Cross.

We hosted Stone Cross in our most recent fixture in the Eastbourne Schools League and we were expecting a tough game against a team that has had similar results to us so far. However, we made a strong start and were soon ahead by a couple of goals. It was a very solid performance with a positive mix of some individual skill and good teamwork, leading to a impressive final score of 7-3.

**Team:** Billy Knight, Joshua Akehurst, Leo Groombridge, Fletcher Sheppard, Tyler Wood, Barnaby Ward, Vinny Russo, George Fenton.

**Thank you to everyone who came to support our teams this term!**



# PLAYGROUND ISSUES BEFORE & AFTER SCHOOL

**We have had an increasing number of incidents before and after school while children are in their parents care. Please can I ask you to help us keep your children safe: watch what they are doing and where they are in the school grounds.**

This may seem a really obvious request but we have had parents lose their children before school! We have children coming in with injuries caused on equipment before the school day has even started which is not the best start to their day!

The Reception team have politely requested that children don't touch their outdoor equipment which is set up ready for the start of lessons.

Whilst we do of course want children to arrive at school promptly and not arrive late the school gates will not open before 8.30am. The doors open at 8.45 and the register is taken promptly at 9am. This allows plenty of time for the children to make their way to the classroom. We have always had a 'no ball policy' on the junior playground because of the number of younger siblings that can and have been accidentally hit. The playground is too busy and there is no supervision at this time. We have noticed that balls are being brought on to the infant playground now and this has also resulted in an accident last week which could have been quite serious.

Thankfully it wasn't. We do not have the space and ideally children should be

brought in as close to 8.45am as possible and sent straight in to the classroom without needing to wait around. We will be enforcing the no ball policy on all playgrounds before and after school. The children do get plenty of opportunities to play with equipment at break and lunch when they are supervised and it is safe to do so.

If you feel your child needs to play before school please do make use of the play park.

Could we also remind parents that scooters should not be ridden on school grounds. We have many complaints from parents about near misses involving scooters!

**Thank you for your support with this.**

## LOVELY PARENT COMMENT

**I just wanted to say a little thank you. I thoroughly enjoyed being in assembly this morning and seeing my child get his star of the week award, it was very special.**

As I sat there seeing the lovely encouraging way the children were being rewarded, it gave me a little chance to reflect and I thought about how this was probably the last time I would be in an assembly at Polegate school.

I feel so lucky that both my children have had such an excellent primary education. Just like I couldn't ask for more of my son (for getting awarded for an excellent attitude to learning and working incredibly hard), I also as a parent, couldn't ask for more of a school. In every way Polegate school has helped both of them to flourish and be the best they can be. So thank you so very much, the efforts of everyone there are hugely appreciated.

**With kind regards and enormous thanks**

## TIMES TABLE ROCKSTAR

**[www.ttrockstars.com](http://www.ttrockstars.com)**

**Every child in the school has a log in and password to this site. It is designed to help children have rapid recall of their times table in a really fun, engaging way!**

There was a lot of excitement in the classes that I have seen using it!

The biggest recommendation is from my own son. Maths has not been his favourite subject and least of all times tables but he told me, 'I love it!' and also says, 'It is the best thing ever!' I have not been able to get him off this website since he started. There is a real buzz around the school about learning times tables which is brilliant!

The government will be introducing a new test in 2019 for year 6 pupils to assess their times table knowledge. We knew it was coming and it has now been confirmed.



# WRITING JOURNALS

Writing Journals at Polegate School are used as an important tool to instill an enjoyment for writing and author ownership for all of our pupils.

**All Writing Journals are viewed as a personal collection of writing for every individual child – a means for them to express themselves and explore a variety of creative writing opportunities.**

We encourage the children to fill their pages up with exciting and interesting pieces of writing. We tell them that these special pages are their chance to be creative and share something that they enjoy writing about. We set an expectation that all Writing Journals should be full of things that is fun, interesting or thoughtful to read. Above all else, we embed the idea that our pupils should use their writing to inspire other people.

Writing Journals are available for all children from Year 1 to Year 6. Pupils receive their Writing Journal in Year 1 and it travels with them through every year and every key stage whilst they are with us. Many past pupils have told us that they are still writing in their journals today, which demonstrates how much the opportunity has been valued by our pupils!

The purpose of the Writing Journal is to create a personal space and creative outlet for all children – they take ownership of the pieces of writing they create; they are the author who decides what they will write and how to present it. By doing this, we believe that children develop a greater appreciation for writing.

**When are the Writing Journals expected to be used?**

Journals are expected to be used termly across the whole school to promote writing regularly:

- Class teachers will sometimes set Writing Journal tasks for their pupils to complete **(at least 1 per term for KS1/KS2, 1 every fortnight for Year 6).**
- At the end of every term, children take home their Writing Journal with the expectation that they complete at least one piece of writing during the holidays, ready to share when they return.
- Throughout the school year, there will be competitions set with the task to be completed and shared in pupils Writing Journals. These competitions can be either part of a school contest or as part of a wider national competition.

As well as this, all teachers encourage their pupils to write **as much as they want** in their Writing Journal. Any pieces created are expected to be things that the children feel inspired to write about and that they want to share. At times this may be pages of a detailed narrative story; other times it may be a post-card from a place they have visited. The choice is up to the children as the Writing Journal ultimately belongs to them.

**What happens to Writing Journals when they are in school?**

All classes have a special Writing Journal display where the children's pieces are featured. These are easily accessible so that they can be enjoyed and shared by their peers. It also means that visitors to the school and other staff members also have the opportunity to read the children's work. By displaying the Writing Journals we are demonstrating to the children that we value their writing

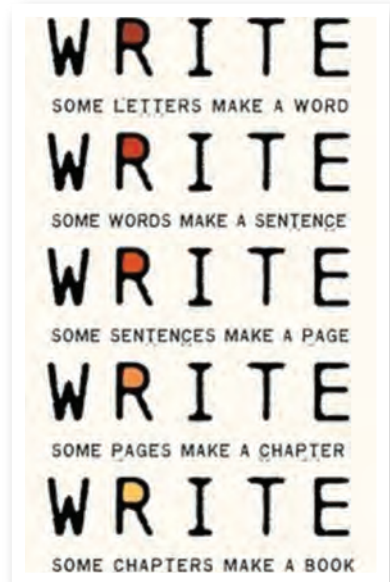
and that the things they choose to create are important.

**How does my child benefit from having a Writing Journal?**

The Journals give our pupils an outlet for creativity: they have the chance to explore a range of writing and choose topics/interests that they feel inspired by. This allows them to practice their general writing skills and develop their own confidence. We have found that the Writing Journals, when regularly used, are invaluable in supporting children with their progress in writing within lessons and school.

All children have the opportunity for their work to be displayed which helps them value their own writing and feel inspired by the pieces of writing created by others.

At the end of every term, each class teacher nominates one child from their class to be their Writing Journalist of the Term. Nominees are rewarded with a special certificate that is then displayed in their class for the duration of the next term.





## What type of writing can my child complete in their Writing Journal?

It is entirely up to your child! We encourage our pupils to explore a range of writing styles and different text types in their Writing Journals. The Writing Journals are an excellent way for children to be imaginative and experiment with their writing.

**They may choose to write...**

### FICTION

- Descriptive narratives
- Short stories
- Scripts
- Myths
- Fables/moral stories
- Poetry
- Songs
- Personal letters
- Invitations
- Journal/diary entries
- Retellings
- Character profiles
- Character postcards

### NON-FICTION

- Biographies
- Interviews
- Newspaper articles
- Reviews
- Reports
- Persuasive arguments
- Advertisements
- Instructions
- Sports commentaries
- Travel guides
- Informative leaflets
- Explanations
- Coding
- Formal letters

# There are so many different possibilities!

## Presentation Expectations

We have high expectations for all work across our school and this also applies to Writing Journals: we expect that pupils try their hardest with every piece of writing that they do. We encourage children to consider their reader and the idea that they want them to enjoy their work so their writing must be presented neatly and of the highest quality.

All pupils have the opportunity to select the type of writing that they wish to create and to decide how to present this in an imaginative and interesting way.

## Teacher Set Tasks

At times throughout the school year, your child's class teacher will set a writing task to be completed in the Writing Journal. This can range from using an image or illustration; a sentence or sentence opener; a topic idea or scenario, with the idea being that the task set will interest the pupils and encourage them to write.

Children will still have the opportunity to select the style of writing and to decide how to present their work for the task set.

**Some examples of tasks that have previously been set:**

#### Further Writing Journal Ideas

Choose one of the starter ideas below for a piece of creative writing in your journal. You could use the idea as an opening to your piece of writing or to inspire your work.

Consider what **type** of writing you will do – a diary entry? Letter? Poem? Song? Short story? Newspaper article? Choose something that you will be interested in writing.

- Peeking out from the sand was a beautiful green glass bottle that had been washed up on the shore.
- It was a wild, dark, stormy night ...
- "Can you help me?" he said. "I think I'm lost."
- There was a sudden knock upon the door.
- Lay fingers gripped my arm in the darkness.
- The eyes in the painting follow him down the corridor.
- It was there and then it had gone, why was floor?
- Bleary-eyed, I went downstairs for breakfast, furniture had gone...
- The lights flickered and then went off, the we knew it wouldn't be the last time...
- Three of us. We were the only ones left, the
- The man in black fled across the desert.
- It was the day the moon fell.
- I hadn't seen the door before. It wasn't the handle.
- It was spring 2016 when I first realised I could

We can't wait to see what you have created for your journal.



Year 6 Writing Journal Task – Set: 23/09/2016  
Due: 07/10/2016

Use the image below to inspire a piece of writing for your journal. Think about how you can use the image to create and develop your ideas. Be creative with your writing!

You may want to use the image to create...

- A detailed narrative/descriptive passage (you could write as the narrator or in role as the human!)
- A diary entry
- A newspaper report
- An interview
- A poem



Use language and varied sentences effectively to interest your readers and make your writing detailed.

We will be sharing our work in class and selecting examples to display.



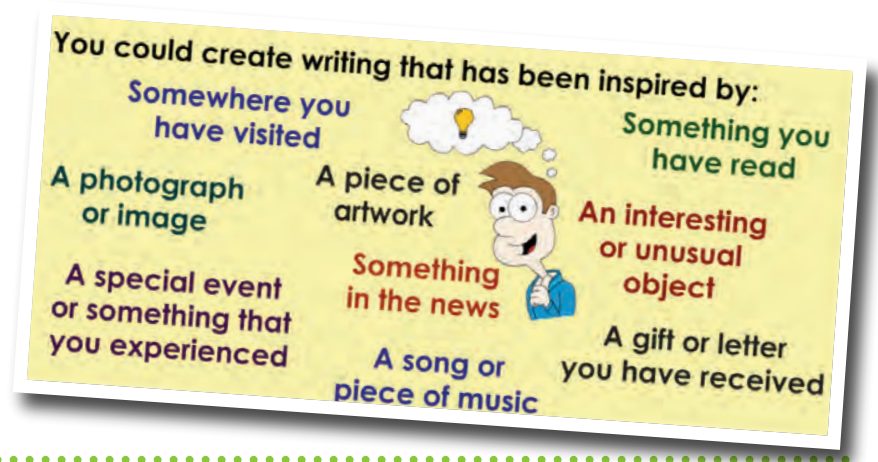
# Independent Tasks

**Children will always have the opportunity to create their own pieces of writing based on things that they feel personally inspired by.**

We remind them that every writer needs to find inspiration in order to produce creative and interesting writing.

They may choose to use an interesting image or prop to support their writing, or create a sentence that they think would be interesting to include.

Alternatively, we remind them that some of the best pieces of writing can come from the unlikeliest sources:



## How can I support and encourage my child to use their Writing Journal?

**Encourage your child to use their Writing Journal regularly - if they have been sent home then there is an expectation that they are meant to write something in them.**

Below are some activities that you can complete together to inspire writing:

- Collect interesting images and illustrations that they could write about
- Be a magpie – collect ‘interesting’ vocabulary from things that you read together which your child can try to include in their own writing
- If you visit somewhere, then collect a postcard, ticket stub, programme, tour leaflet, etc which your child could use to write about their personal experience
- Create a bank of interesting sentences that could be used in writing. Encourage your child to select one and create a piece of writing that includes that sentence somewhere in their work
- If your child has really enjoyed reading something recently then encourage them to use this to inspire their own piece of writing – it could be an interview with a character, a description of a setting, rewriting the ending – the possibilities are endless!
- Discuss current debate focuses in school – what could your child create as a piece of writing that is inspired by this?
- Create characters and use these within writing – What do they look like? How do they move? How do they talk? What are their interests? What habits do they dislike? What is their most prized possession and why? Where do they live?
- Explore a theme or key word and the possible writing tasks that could be completed, then choose one to use.

**E.g. “Lighthouse”**

- The diary entry of a lighthouse keeper
- Instructions on how to keep the lighthouse working
- A song or poem about the lighthouse
- A story that takes place inside the lighthouse
- A newspaper article about the lighthouse saving ships



# Our exciting new Attendance Campaign

**Generating miles wealth couldn't be easier, and the more miles you earn, the more rewards and benefits you can enjoy!**

Attendance miles can be redeemed for a variety of rewards and can be earned through coming to school every day! The more you attend the greater the rewards

The idea came about through a conversation with a parent and evolved. I feel really positive about this because it rewards individuals and is achievable for everyone.

We are starting from attendance at 95% because that is the minimum we expect and the prizes gradually get better as attendance levels increase. There are 3 stages 95% 97% 100% top prize. School council will decide the prizes but they could be pencils, pens, wristbands, notepads. A prize will be awarded for each child with attendance at each level. So get earning as we will be calculating attendance at the end of the term.

**We are also continuing with our class incentive: Forest School afternoon to encourage team effort.**

## Class figures

**Overall school attendance is currently at 96.8%. Our school target this year is 97%.**

RH	= 97%	2M	= 96%	4M	= 98%
RP	= 97%	2B	= 97%	5R	= 96%
RJ	= 96%	3B	= 98%	5GK	= 96%
1A	= 96%	3W	= 97%	6M	= 95%
1N	= 98%	4EM	= 98%	6O	= 98%

## 97% is our target

### Diary Dates

**Friday  
31st March  
INSET DAY**

### Archive



You can read all the previous newsletters on our website.

### Twitter

**Be the first to  
hear the news.  
Follow us on Twitter.  
We now have 734  
followers!**



Polegate School  
Oakleaf Drive  
Polegate  
East Sussex BN26 6PT  
Tel: 01323 482404  
Email: [info@polegateschool.co.uk](mailto:info@polegateschool.co.uk)



## Feedback

We'd love to hear your feedback and any new ideas you have. Please send us your thoughts via the contact us page on the school website:

**[www.polegateschool.co.uk](http://www.polegateschool.co.uk)**

Designed by Prowork: [www.prowork.co.uk](http://www.prowork.co.uk)





**Polegate School are excited to offer this  
opportunity to all Parents  
Free Healthy Eating on a Budget Course  
for Parents and Carers**

**Monday 15th, 22nd May**

**9:00—11:00**

**In The Studio at Polegate School**

Come and learn how to make nutritious lower cost meals that  
your family will eat, that will help to keep them healthy.

Demonstration and hands on where possible.

To book your place on this free course please come into the  
office to sign up for this exciting opportunity.

Places will be limited.



**Polegate School are excited to offer this  
opportunity to all parents**

## **Free Card Making Course for Parents and Carers**

**Monday 12th, 19th, 26th June**

**9:00—11:00**

**In The Studio at Polegate School**

Learn to make greetings cards with a difference. Over three sessions the course will look at different techniques: pop-up cards, using recycled materials and printing. This is a hand on course, at the end of which you will be able to take home your unique designs.





# E-safety tips for parents of primary school children 6-10 Year Olds

## Checklist

### ✓ Put yourself in control

Make use of the parental controls on your home broadband and any internet-enabled devices. You can find out how at your broadband provider's website or by visiting [internetmatters.org](http://internetmatters.org).

### ✓ Search safely

Use safe search engines such as [swiggle.org](http://swiggle.org) or [kids-search.com](http://kids-search.com). Safe search settings can also be activated on Google and other search engines as well as YouTube. You can find out more at [google.co.uk/safetycentre](http://google.co.uk/safetycentre).

### ✓ Agree boundaries

Be clear what your child can and can't do online - where they can use the internet, how much time they can spend online, the sites they can visit and the type of information they can share. Agree with your child when they can have a mobile phone or tablet.

79% of 7-11 year-olds said they would tell their parent or carer if something worried them online.



Childnet, Have your Say (2013)

### ✓ Explore together

The best way to find out what your child is doing online is to ask them to tell you about it. Put the family computer in a communal area so you can see what sites they're visiting and share with them.

### ✓ Check if it's suitable

The age ratings that come with games, apps, films and social networks are a good guide to whether they're suitable for your child. The minimum age limit is 13 for several social networking sites, including Facebook and Instagram.

Know this stuff matters,  
but don't know where to turn?

Internet Matters is a free online resource for every parent in the UK. We'll show you the best ways to protect your children online – with information, advice and support on all the big e-safety issues.

**internet  
matters.org**

## Learn about it:

Teach your child some simple rules

- Make sure your child knows not to share personal information like their phone number or email address online
- Only talk to real life friends or family if they are on sites with a social media element like Moshi Monsters or Club Penguin
- Use privacy settings wherever they exist to keep their information private
- Be a good online friend and don't say nasty things even if it's just a joke
- Use secure and legal sites to download music and games
- Check attachments and pop ups for viruses before they click or download anything
- Use Public Friendly WiFi when they're out and about to filter inappropriate content

## Talk about it:

Tips for a meaningful conversation

- Start conversations when your children won't be embarrassed, for example in the car going home from school
- Ask them for advice on how to do something online and use this as a conversation starter
- Make sure they know they can come to you if they're upset by something they've seen online
- Be sensitive and praise them when they share their online experiences with you
- If your child comes to you with an issue, stay calm and listen without judging them
- Talk about online grooming as you would stranger danger and explain that people they meet online might not be who they say they are



## Deal with it:

You can find out where to get help and advice on the Take Action page of [internetmatters.org](http://internetmatters.org), where we include information on how to report problems – and which relevant organisations and agencies to turn to.

On this page, we also provide information on how to deal with any specific issues you may encounter with your child; such as finding inappropriate content and cyberbullying.

### Stay safe at secondary school

Exposure to some of these issues increases when children move up to secondary school so make sure your child is prepared – find out more with our pre-teens age guide at [internetmatters.org/ageguide10-13](http://internetmatters.org/ageguide10-13)

**internet  
matters.org**