

news

March 2019



In This Issue

BOX2BFIT	2
Défi Familial	3
Attendance	4
Attendance Prizes	6
Photos on Social Media	4
MOMO Warning	4
British Science Week	6
Year 6 Egyptologists	7
Diary Dates	7
Reception Superheroes	8
The Big Pedal	9
Polegate Library Saved!	9
International Women's Day	10
World Book Day	11
Staff News	12

A STUNNING START TO TERM 4

So Term 4 has got off to a stunning start! The writing journals have been flooding in across the school and I have seen some stunning examples which show the children's passion for writing.

Home learning tasks across the school look equally impressive and are very proudly displayed. Thank you all so much for your terrific support of your children's learning at

home. We recently held Pupil Progress Meetings in which we discuss the progress all children are making in the school and what came across so strongly was the ever increasing support and encouragement you give your children at home with all aspects of their learning. This was commented on by all teachers and I wanted to share this with you and say thank you.

**Read
more
inside**

BOX2BFIT SESSION

Throughout the first day back the children also enjoyed an intense Box2bFit session and so did the staff at the end of the day!

We want our children to be as active as possible and this event really promoted the benefits of exercise.

Some schools run a daily mile and we have considered this in the past but this is not practical for us for a number of reasons and so we introduced skipping last year because we think it offers far more benefits and this year we are purchasing a rope for every child in the school to get them active every day. More details about this will follow later in the term.

According to the British Rope Skipping Association, 10 minutes of skipping can have the same health benefits as a 45-minute run.

- Skipping is a full body workout which uses your abdominals to stabilise the body, legs for jumping, shoulders and arms for turning the rope.
- Skipping is less jolting on your joints than running.
- Skipping helps to improve heart rate and blood pressure.
- It's a good workout for all fitness levels as you can do it at a pace that suits you.
- Skipping regularly improves flexibility.
- It also aids your coordination and balance.
- A regular skipping session improves muscle tone in both the lower and upper body.
- Skipping is a weight bearing exercise so can help in improving bone density.

We know regular physical activity can produce long term health benefits. People of all ages, shapes, sizes, and abilities can benefit from being physically active. The more physical activity you do, the greater the health benefits.

Being physically active can help you:

- Feel better about yourself
- Decrease your chances of becoming depressed
- Sleep well at night
- Move around more easily
- Have stronger muscles and bones
- Stay at or get to a healthy weight
- Enjoy yourself and have fun

Parents watch out for more information. We will be getting you involved in this as well! You might want to start practising!



DÉFI FAMILIAL

Speaking a second language can give pupils a massive head start in many areas of their adult lives.

Not only can it open doors career-wise, it can also introduce them to all kinds of new cultures and experiences. For this reason, learning modern languages is considered an important part of our school curriculum.

To promote the language our pupils study Mrs Barnard and our French team, Mrs Williams and Mrs MacNeill organised a fun family challenge.

Tuesday after the break was family challenge time, this term...languages! We were joined by around 15 Polegate families ready to flex their French muscles!

Children and adults were given three separate tasks to complete in 15 minutes, give or take a minute or two Mrs Barnard may have taken away!!

The first was a Quiz about the country itself, could you answer what the country's nickname is??

Next came a map and atlas game, placing the correct cities in the correct places in France.

Finally, the families were asked to match some French phrases to their English equivalent, the adults even let the children have a go at this one!

Scores were high and competition close...a great session and thank you to all that came, watch this space for another one later in the year!

In today's increasingly globalised world, the benefits associated with learning a foreign language can not be underestimated, and the sooner children start learning, the more successful they are likely to be.



Our football squad recently visited Tollgate for some matches!

ATTENDANCE

Don't forget if you reach our school target of 97% or above you will be entered into the prize draw for a fabulous new bike at the end of the year!

The whole school is currently at: 95.4%

RH = 94%	2H = 96%	5M = 95%
RHi = 96%	2M = 97%	5G = 96%
1Y = 95%	3B = 96%	6M = 96%
1Mc = 91%	3M = 96%	6R = 97%
1C = 94%	4B = 96%	
2A = 96%	4D = 96%	

PHOTOS ON SOCIAL MEDIA

Please can I remind parents not to post photographs that include other children on social media sites such as Facebook.

I want to continue to allow you to take photos of your children in their assemblies and performances because this is really special but I will have to stop this if parents post

photos that include other children onto social networking sites. Please respect the fact that other families may not want their children to appear on the internet.

MOMO

An online trend has been brought to our attention.

This has circulated nationally and globally and has been known to alarm children and parents.

This trend is being referred to as "MoMo" and has been linked to Facebook, WhatsApp and YouTube. Currently, this trend is being well publicised and as part of a measured approach we are providing the following information. Each class has also discussed this with staff telling the children it is not real and reinforcing all our e-safety messages with the children.

It involves people sending a "meme" labelled as a challenge through social

media or through other forms of electronic messaging. This is intended to frighten or intimidate the recipient when they watch it. Some are using the meme as their profile picture and name in order to send messages to other people, making them more anonymous. Please also read the information sheet from the National Online Safety Website about this issue.

Our advice to pupils is never to add people on social media that you do not know, but also not to engage with messages from someone you do know if it is about accepting a challenge of this nature. We fully support the age restrictions applied and would

encourage parents to check devices and social media accounts regularly to ensure settings are appropriate for the age of your child. Please contact us if you are unsure how to do this – no query is too small.

We can assure you that whilst in school and on the school network, such content is filtered and blocked. Social Media apps and messaging are also blocked on school devices. Staff are immediately alerted to any searches or attempts to access filtered content and we will take action in each case.

Please read the 'Need to know' on the next page.

It's important to note that new challenges are arising on the internet all the time. We have created this guide to raise awareness of the issue and offer advice on helping parents to talk to their children about making safer decisions online. See also our '7 conversation starters' guide for more tips on better communication with your child.



Momo is a sinister 'challenge' that has been around for some time. It has recently resurfaced and once again has come to the attention of schools and children across the country. Dubbed the 'suicide killer game', Momo has been heavily linked with apps such as Facebook, WhatsApp, YouTube, and most recently (and most worryingly)... YouTube Kids. The scary doll-like figure reportedly sends graphic violent images, and asks users to partake in dangerous challenges like waking up at random hours and has even been associated with self-harm. It has been reported that the 'Momo' figure was originally created as a sculpture and featured in an art gallery in Tokyo and unrelated to the 'Momo' challenge we are hearing about in the media.

What parents need to know about MOMO



CHILDREN'S VIDEOS BEING 'HIJACKED'

There have been recent reports that some seemingly innocent videos on YouTube and YouTube Kids (such as 'surprise eggs', unboxing videos and Minecraft videos) have been edited by unknown sources to include violence provoking and/or other inappropriate content. Even though YouTube monitor and remove videos that include inappropriate content, clips can be uploaded and viewed thousands of times before they get reported and removed. As a parent, it's difficult to spot these videos as the harmful content doesn't appear until partway through the video.

DISTRESSING FOR CHILDREN

Popular YouTubers and other accounts have been uploading reaction videos, showing their experience of the MOMO challenge. Some of the videos include a disclosure message warning that the content may be "inappropriate or offensive to some audiences" and that "viewer discretion is advised" but these videos are still easily accessed by clicking 'I understand and wish to proceed'. The image of the 'Momo' character can be deeply distressing to children and young people and it's important to note that it may slip through parental settings and filters.

SUGGESTED VIDEOS ON YOUTUBE

Video apps such as YouTube include an 'up next' feature which automatically starts playing another video based on the video just watched. Due to YouTube's algorithm, users are shown 'suggested videos' that they may be interested in. The thumbnails used on suggested videos are purposefully created in a way to encourage viewers to click them. During our research, we found that when watching one Momo related video, we were shown countless other Momo themed videos and other scary content which would be age-inappropriate for children under 18.



**National
Online
Safety**

Top Tips for Parents

TELL THEM IT'S NOT REAL

Just like any urban legend or horror story, the concept can be quite frightening and distressing for young people. Whilst this may seem obvious, it's important for you to reiterate to your child that Momo is not a real person and cannot directly harm them! Also, tell your child to not go openly searching for this content online as it may only cause more distress.

BE PRESENT

It's important for you, as a parent or carer, to be present while your children are online. This will give you a greater understanding of what they are doing on their devices, as well as providing you with the opportunity to discuss, support and stop certain activities that your child may be involved in. As the nature of each task become progressively worse it's also important to recognise any changes in your child's behaviour.

TALK REGULARLY WITH YOUR CHILD

As well as monitoring your child's activity, it's important for you discuss it with them too. Not only will this give you an understanding of their online actions, but those honest and frequent conversations will encourage your child to feel confident to discuss issues and concerns they may have related to the online world.

DEVICE SETTINGS & PARENTAL CONTROLS

Ensure that you set up parental controls for your devices at home. This will help to restrict the types of content that your child can view, as well as help you to monitor their activity. In addition to this, it's vital that you are aware of your device and account settings to ensure your child's utmost safety. For example, on YouTube you can turn off 'suggested auto-play' on videos to stop your child from viewing content that they have not directly selected.

PEER PRESSURE

Trends and viral challenges can be tempting for children to take part in; no matter how dangerous or scary they seem. Make sure you talk to your child about how they shouldn't succumb to peer pressure and do anything they are not comfortable with, online or offline. If they are unsure, encourage them to talk to you or another trusted adult.

REAL OR HOAX?

As a parent it is natural to feel worried about certain things you see online that may be harmful to your child. However, not everything you see online is true. Check the validity of the source and be mindful of what you share as it may only cause more worry.

REPORT & BLOCK

You can't always rely on parental controls to block distressing or harmful material. People find ways around a platform's algorithm in order to share and promote this type of material. Due to this, we advise that you flag and report any material you deem to be inappropriate or harmful as soon as you come across it. You should also block the account/content to prevent your child from viewing it. Also encourage your child to record/screenshot any content they feel could be malicious to provide evidence in order to escalate the issue to the appropriate channels.

FURTHER SUPPORT

Speak to the safeguarding lead within your child's school should you have any concerns regarding your child's online activity or malicious content that could affect them.

If your child sees something distressing, it is important that they know where to go to seek help and who their trusted adults are. They could also contact Childline where a trained counsellor will listen to anything that's worrying them.

The Childline phone number is
0800 1111.



SOURCES:
<https://www.mirror.co.uk/news/world-news/sick-videos-youtube-youtube-kids-14052196>
<http://www.bbc.co.uk>
<https://www.bbc.co.uk/news/uk-northern-ireland-47359623>

www.nationalonlinesafety.com

Twitter - @natonlinesafety

Facebook - /NationalOnlineSafety

Phone - 0800 368 8061

SCIENCE WEEK

British Science Week 2019



Science Week is nearly here!

There are lots of exciting hands-on experiences happening in Polegate Science Week (WB 18.3.19).

Classes are planning on carrying out experiments linked to their topic and the theme of 'journeys'. Here is a sneak peak at some of the additional opportunities that the children will be having during Science Week:

- A Biomedical scientist at Eastbourne Hospital in the haematology/transfusion lab is visiting year 6 to discuss their job role and learn about blood.
- A STEM ambassador is visiting to discuss their role in STEM.
- A group of year 6 girls are visiting St Richards College to complete a science experiment challenge against other schools.

- An Audiologist is visiting year 4. They are also trained in Audiology, Neurology and Perfusion, Physics and Physiological measurement.
- A group of year 5 children are attending a Science Fair competition at Bede's School against other schools in East Sussex.
- A STEM engineer is coming in to talk to the children about "what is engineering"
- Friday 22nd March there will be a Family STEM science challenge event after school in the hall
- There will be a whole school science debate running through out the week

And much more!

YOU CAN GET INVOLVED WITH THIS AT HOME TOO!

Visit the British Science Week website for ideas about experiments and activities you can do at home.

<https://www.britishscienceweek.org/plan-your-activities/activity-packs/>

If you carry out any science experiments at home please send photos to our twitter page or email Miss Ashdown.

It is not too late to get involved with science week-contact Miss Ashdown.

We cannot wait to be scientists!



Year 6 Egyptologists



At the other end of the school Year 6 arrived dressed as Egyptologists ready to solve an investigation. I visited the classes during the day to find they were engrossed in trying to solve a mystery.



Exploring fossils from 500 million years ago with Mr Barber!

DIARY DATES

Monday 4th March
No Pens Day

Thursday 7th March
World Book Day
'Share a Story'

Monday 25th March
Sustrans Big pedal until
Thursday 4th April

Monday 25th March
Environment Week at
Polegate

**Wednesday 27th and
Thursday 28th March**
PFA 'Special person' gifts

Friday 29th March
PFA Disco

Thursday 4th April Opening
of Children's Art Exhibition
at the Towner Art Gallery-
Year 3 will be displaying their
artwork- please go along and see it.

Friday 5th April
INSET day

Tuesday 23rd April
Start of Term 5

Mon 29th April No Pens Day

13th May SATs week

15th May PFA Meeting

20th May Sports Week

Thu 23rd May Swimming Gala

Friday 24th May
Last day of term 5

12th/13th June
Fathers' Day Gifts/ Gifts for
Loved one on sale

15th June Summer Fair

5th July- Quiz Night

Tuesday 23rd July
Year 6 Leavers' Party

RECEPTION SUPERHEROES

We know our reception children are superheroes but on our first day back they actually came in dressed as their favourite super hero. It put a big smile on everyone's face when they arrived in assembly on Monday.



BIG PEDAL IS BACK!

Once again we are registered and will be taking part in this challenge. Last year we did really well as a whole school winning the BMX stunt performance which was incredible.

I am hopeful we can win again this year.

Sustrans Big Pedal is the UK's largest inter-school cycling, walking and scooting challenge inspiring pupils, staff and parents to choose human power for their journey to school.

For the first time, walking will be counted alongside cycling and scooting.

Sustrans Big Pedal will run for 10 days from 25 March to 5 April 2019.

On each day, schools compete to see who can get as many of their pupils, staff and parents cycling, walking or scooting to school. Our best five days will determine your final position, but we will be logging all 10 days.

Please join us to not only get fit and healthy but also reduce traffic around the school. I will be joining the challenge and making sure my bike is ready!



Travel around the body, learning, exploring and getting active

1,695
Schools Registered

542,076
Pupils taking part

POLEGATE LIBRARY HAS BEEN SAVED!

I can share some really exciting news which I know will thrill your children. Polegate library will be re-open. Polegate Town Council have supported the plans for a voluntary group to run the library.

I have received many emails since we heard the sad news originally thanking the children for their efforts to save the library and I thought you might like to see the most recent.

'Yourself, your staff and the children have been such passionate and dedicated supporters of the cause throughout and I am very pleased to tell you that it has paid off!

The Council have agreed to take on and pay the lease for the library in its current building at a reduced rate for the next 3 years, with it being run by volunteers from a local Community Interest Company.

The finer details about how it will be actually done still need to be ironed out, but I'm sure you'll agree that this is a fantastic start and we can finally start planning for the future again!

We certainly do agree, it is a fantastic start and very exciting. A big well done to all those involved in saving the library.

INTERNATIONAL WOMEN'S DAY

International Women's Day
March 8 - #BalanceforBetter



International Women's Day is a worldwide event with a human rights theme, highlighting the social, economic, cultural and political achievements and contributions made by women. It is held annually on the 8th of March.

Across the school classes will look at inspirational women and discover some surprises about some celebrities.

Crisp packet recycling

Please take your empty crisp packets to the school office



WORLD BOOK DAY CELEBRATIONS

WORLD
**BOOK
DAY**

7 MARCH 2019

Our theme this year is 'Share a Story'

Here are some of the ways we are celebrating this year:

Classic Characters

We would like children to consider 'classic' well-known characters from literature and what they like about these book characters.

We are inviting children to either dress up as a character of their choice or to bring in a clue related to their chosen character (for example: a jar of marmalade or a luggage label for Paddington Bear).

On World Book Day, children will guess their classmates 'classic characters' based on their costume worn or the clue they bring in with them to share.

We are not expecting children to dress up for World Book Day as we understand the pressures this can cause some parents, however if your child would like to then they can.

'Book in a Jar' competition

We are running a 'Book in a Jar' competition to celebrate World Book Day.



Children are invited to think about how a favourite book could be represented in a simple jar. A separate letter will be sent home about this with examples and instructions.

All participating entries must be in school on the morning of Thursday 7th March for judging. Winners will be announced on Friday 8th March.

All entries will then be used for a display as part of our World Book Day celebrations.

Stop & Read Klaxon!

Throughout the day we will have a reading klaxon; when this is heard, everyone in school has to stop what they are doing and read!

This includes staff as the klaxon may sound in the middle of a lesson! Please ensure your child brings in a book that they are enjoying reading for this purpose.

World Book Day Reading Breakfast

Our annual World Book Day Reading Breakfast (8:15 – 8:40) and World Book Day Tea Party (3:20 – 3:45) will take part in the hall: make sure you've signed up if you wish to attend!



STAFFING NEWS

Mrs Dedman

I am sure you will join me in wishing Mrs Dedman lots of luck as she starts her maternity leave on Tuesday 5th March!

Take my advice Mrs Dedman enjoy the couple of weeks you have of peace and quiet- we will be thinking of you and can't wait to hear your news!



New Teachers

We are in the process of recruiting an additional teacher for September next week as our numbers continue to grow.

Recruitment is known to be a real issue in the area but we were thrilled to have had a total of 20 applications for the position! I look forward to sharing the successful candidate with you in the next newsletter.

House Points

House Points this term

Hercules **2490**

Orion **2927**

Pegasus **2422**

Phoenix **2305**

CHANGE OF INFORMATION RELATING TO YOUR CHILD

We just wanted to let you know that due to the new GDPR regulations we will not be sending out data collection sheets any more. We do still need to know if there are any changes to information relating to your child.

Changes we need to know about are:

Medical details
(any new allergies, asthma etc)
Change of address, telephone numbers or email address

Keep us informed

It will be up to you to keep us informed and you can do this by emailing the school office office@polegate.e-sussex.sch.uk with any changes or by completing the form which you can find on the download section on our website www.polegateschool.uk

Diary Date

Friday
5th April
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 **940** followers!



Polegate School
Oakleaf Drive
Polegate
East Sussex BN26 6PT
Tel: 01323 482404
Email: 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



Recycled Fashion Show

Friday 29th March 10.30am In the School Hall

During Environment week we will be holding a fashion show and would like children to design and make an item of clothing or an accessory using recycled materials (ideas attached)

If your child would like to take part please let the school office know either by email

(office@polegate.e-sussex.sch.uk) or returning the slip below before Friday 15th March

Parents will be invited to watch – more details will follow nearer the time.



My child would like to take part in the recycled fashion show.

Name..... Class