

Last week, we had our annual Arts Week with the theme of 'Creation Myths'. Each year group chose a different myth from a range of cultures and regions, and explored this throughout the week through all sorts of creative activities. Each class worked together to create sketch books which captured all of the new skills the children had learned, and they are very impressive to look at! Many of you were able to attend the exhibition which showcased all of the children's work and the children were very proud of what they achieved. We even had a visit from the Mayor! As always, a huge thank you to Ms Bentley and Mrs Grewal (and all the Arts team) for making this such a success for the children.

This week, the children in Nursery visited the Library and explored some of the exciting books there. The library (at The Hub) is open Monday and Thursday 9:00am – 3.00pm, Tuesday and Wednesday 11:30am – 5:30pm and Saturday 9:00am – 1:00pm and you can borrow a range of books for all ages. Also this week, Year 5 put on a wonderful assembly to celebrate Lunar New Year with some excellent acting, reading and singing.

Next week, it is both Children's Mental Health week and Safer Internet Day. One of the themes of this year's Safer Internet Day is "managing influence", and National Online Safety have produced some information for parents about 'persuasive design online', which we have included in this newsletter. They regularly post information about online safety on their Facebook page, and the NSPCC also has further information and support about helping your child to stay safe online: <https://www.nspcc.org.uk/keeping-children-safe/online-safety/talking-child-online-safety/>.



Next week, we will be taking part in **Children's Mental Health Week**.

Children's Mental Health Week is a mental health awareness week that empowers, equips and gives a voice to all children and young people in the UK.

On **Friday 9th February**, we will be having an 'Express Yourself' dress up day! On this day, we are asking children (and staff) to dress up and celebrate what makes them unique. This could be wearing their favourite colour or accessory, wearing an outfit which shows how they are feeling, sharing a favourite hobby e.g. dancing, karate, art, baking etc, having a unique hairstyle or simply coming dressed as themselves. It can be as simple or elaborate as you like!

## Spring 1 value - Determination

Never giving up, no matter what!

Deciding to do something, and then doing it.

**Article 14:** Every child has the right to think and believe what they choose and also to practise their religion.



Issue 10  
2nd February 2024



<b>February—Determination</b>	
W/C 5th Children's Mental Health Week	
7th	KS2 Music Performance with Royal College of Music & UWL
8th	Y2 Mosque Visit
12th	Half Term
<b>February—Equality</b>	
22nd	Y5 Mosque Visit
26th	Y5 Ruby Library visit
29th	Y5 Red Library visit
<b>March—Equality</b>	
4th	Y5 Crimson Library visit
7th	World Book Day
10th	Start of Ramadan
15th	Talent Show
19th	Parents Evening
21st	Parents Evening
22nd	Y1 Easter Assembly
25th	Foodbank Mufti Day
26th	EYFS Easter Fayre
28th	Break up for Easter—Close at 1:30
28th	No Nursery
<b>April—Co-Operation</b>	
15th	Start of the Summer Term
19th	Y4 Eid Assembly
<b>May—Co-Operation</b>	
9th	Y2 Hounslow Urban Farm
W/C 13th KS2 SATs	
24th	Mufti Day—Foodbank
27th	Half Term
<b>June—Kindness</b>	
W/C 17th Sports Week	
27th	Y2 Wetlands
<b>July—Kindness</b>	
1st	Y1 London Trip
2nd	Transition Day
3rd	Y1 London Trip
4th	Y1 London Trip

## Attendance

Good attendance is very important for learning!

Attendance cup winners were:

**Silver 99—98%**

99% Y2 Sky, Y4 Lilac,  
98% Y4 Purple

**Bronze 97—96%**

97% Y4 Lavender, Y5 Crimson,  
Y6 Jet, Rec Apricot

Classes with 100% attendance  
earn a mufti day.





Golden Ticket:

**Awarded for: Good Values,  
Good Behaviour  
26th January 2024**

Amber—Hezel, Abdulsamad	Lilac—Zayena, Harjot
Orange—Maraicha, Jasmaira	Lavender—Elizabeth
Apricot—Malikah	Purple—Abdulrahman
Yellow—Vlad	Crimson—Vihaan, Elmirah
Lemon—Maaira, Isra	Red—Sawera, Gracie-May
Sky—Nashwin	Ruby—Ferzan, Asia
Lime—Afra	
Green—Sarah, Ruth	
<b>Year 6 Staff Room Lunch</b>	
Ebony—Keon, Silver—Hiba, Jet—Alina	



Mrs Bentley held a Creation Myths art workshop with parents during Arts Week. Their creations were displayed in the art exhibition.



**parentgym**  
FOR PARENTS WHO CARE

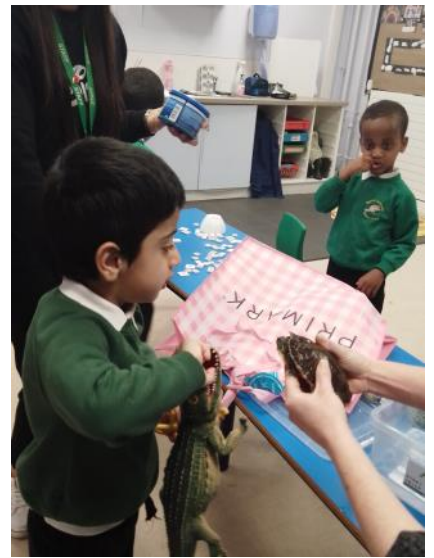
The first Parent Gym session will be on the 8<sup>th</sup> February, starting at 8.45am. Parents are welcome.



We held a BeeZee Bodies Coffee morning on 19<sup>th</sup> January in the Community Space. Morgan came to speak with parents about the Healthy Living courses available for adults and families throughout the borough.



The children in Rainbow had a wonderful arts week. They have had lots of fun creating their special pieces of art.





## Creation Myths Art Exhibition 2024





Nursery parents enjoyed coming to a talk and play session to carry out different activities in the Nursery. Our speech and language therapist, Bhavna Archarya spoke to the parents about the importance of communication and learning through play.



Nursery children enjoyed visiting Beavers library. The children listened to a story, sang songs and looked at different books. A big thank you to all the parents for coming to the library with us.



## Beavers Library @ The Hub

Salisbury Road, Hounslow, TW4 7NW





National  
Online  
Safety

# 7 questions to help you start a conversation with your child about online safety

#WakeUpWednesday



1

Which apps/games are you using at the moment?



THIS WILL GIVE YOU A GOOD OVERVIEW OF THE TYPES OF THINGS YOUR CHILDREN ARE DOING ON THEIR DEVICES, ALONG WITH THEIR INTERESTS. REMEMBER THAT THEY MIGHT NOT TELL YOU EVERYTHING THEY ARE USING, SO IT IS A GOOD IDEA TO ASK THEM TO SHOW YOU THEIR DEVICE. BECAUSE NEW APPS AND GAMES ARE RELEASED REGULARLY, IT IS IMPORTANT TO HAVE THIS CONVERSATION OFTEN TO ENSURE YOU ARE UP TO DATE WITH WHAT THEY ARE DOING.

Which websites do you enjoy using and why?

AS IN THE TIP ABOVE, ASKING THIS QUESTION WILL ALLOW YOU TO FIND OUT WHAT YOUR CHILD IS DOING ONLINE, AND ENCOURAGE POSITIVE CONVERSATIONS ABOUT THEIR ONLINE ACTIVITY. ASK THEM HOW THEY USE THE WEBSITES, AND TAKE AN INTEREST IN HOW THEY CAN USE THEM IN A POSITIVE WAY, ALSO ASKING THEM TO SHOW YOU IF POSSIBLE.



2

3

PLAY AGAIN?  
YES NO

How does this game/app work?  
Can I play?



SHOW A GENUINE INTEREST IN WHAT THEY ARE DOING. WHILST YOU ARE PLAYING A GAME OR USING AN APP WITH THEM, IT MIGHT HIGHLIGHT SOMETHING THAT THEY DON'T NECESSARILY THINK IS A DANGER TO THEM. IF THEY ACT LIKE THEY DON'T WANT TO SHARE THEIR ACTIVITIES WITH YOU, QUESTION WHY.

Do you have any online friends?

CHILDREN CAN FORM POSITIVE RELATIONSHIPS WITH PEOPLE ONLINE, AND THIS HAS BECOME MORE COMMON THANKS TO ONLINE MULTI-PLAYER OPTIONS, BUT THEY MAY NOT FULLY UNDERSTAND THE DIFFERENCE BETWEEN A FRIEND AND A STRANGER. YOU COULD MAKE THE QUESTION MORE SPECIFIC TO YOUR CHILD. FOR EXAMPLE: "HAVE YOU MET ANYONE ONLINE THAT YOU LIKE TO PLAY GAMES WITH?" THEY MAY NOT WANT TO SHARE THIS INFORMATION WITH YOU, SO ENSURE YOU TEACH THEM ABOUT HEALTHY RELATIONSHIPS.



4

5

Do you know where to go for help?



ALTHOUGH YOU MAY BE THE ADULT THEY TRUST THE MOST, SOME CHILDREN STRUGGLE TO TALK ABOUT WHAT HAPPENS ONLINE DUE TO CONFUSION OR EMBARRASSMENT. BECAUSE OF THIS THEY MAY STRUGGLE TO APPROACH THE NORMAL PEOPLE WHO WOULD HELP, SUCH AS YOURSELF OR A TEACHER. HAVE A CHAT TO YOUR CHILD ABOUT EXACTLY WHERE THEY CAN GO FOR HELP, AND HOW THEY CAN REPORT ANY ACTIVITY THAT THEY BELIEVE IS INAPPROPRIATE ONLINE.

Do you know what your personal information is?

YOUR CHILD MAY ALREADY KNOW WHAT THEIR PERSONAL INFORMATION IS BUT THEY MIGHT NOT THINK ABOUT HOW IT CAN BE SHARED. HAVE A CONVERSATION ABOUT WHAT PERSONAL INFORMATION IS AND HOW THIS CAN AFFECT THEM IF IT IS SHARED BEYOND THE INTENDED RECIPIENT. IT IS IMPORTANT THAT YOUR CHILD UNDERSTANDS THE DANGERS OF SHARING CONTACT DETAILS OR PHOTOS, AS INFORMATION SUCH AS THIS CAN SPREAD QUICKLY ONLINE.



6

7

Do you know your limits?

CHILDREN MAY NOT UNDERSTAND THE NEGATIVE IMPACTS OF DEVICE OR GAME ADDICTION. TALK TO THEM OPENLY ABOUT HEALTHY HABITS AND ASK WHETHER OR NOT THEM SPENDING TIME ONLINE OR PLAYING A GAME IS AFFECTING THEIR SLEEP, PERFORMANCE AT SCHOOL OR IF THEY ARE GENERALLY LOSING INTEREST IN OTHER ACTIVITIES. YOU MAY LEAD ON TO ENCOURAGING ALTERNATIVE ACTIVITIES AND DISCUSSING THE INTRODUCTION OF TIME LIMITS WHEN AT HOME.



# What Parents & Carers Need to Know about PERSUASIVE DESIGN ONLINE

## WHAT ARE THE RISKS?

'Persuasive design' refers to the techniques that companies employ to influence our thoughts and behaviours when we're on the internet. These approaches can be spotted on websites, in apps and even as part of some video games. Persuasive design means that this content has been deliberately presented in a way that's intended to encourage you to spend your time or money (or both). These methods often prove highly effective at keeping people engaged and invested for longer than we might expect.

## POTENTIAL ADDICTION

In the digital world, persuasive design can make certain activities more addictive and harder to walk away from: some people may begin to feel anxious or irritated without access to their device or their favourite app, for example. It can also often leave users feeling isolated, as – if they spend most of their time on social media – they may start to find it difficult to talk to other people in real life.

## MENTAL HEALTH CONCERNS

Scrolling online or gaming without regular breaks is proven to be harmful to our mental health. The constant bombardment of news stories (many of them negative), images and influencers' posts can create sensations of unease, uncertainty and FOMO (fear of missing out). Young people can get so immersed in this environment that they become less likely to spot misleading posts.

## PROLONGED SCROLLING

Social media can draw any of us – regardless of age – into a continuous pattern of refreshing our screen, following posts and links down rabbit holes or reading countless comments made by others. This aimless scrolling can eat up time which could have been spent on more productive activities. It could also lead younger users into areas of the online world which aren't age appropriate.

# KEEP SCROLLING

## SENSORY OVERLOAD

Repetitively scrolling, clicking on links or playing games can create an unending stream of new information and visual stimuli. Put it this way: social media isn't exactly renowned as a carefree, chilled-out environment. Such overstimulation can become too much for young people to handle, resulting in sensory overload and causing them to feel stressed, overwhelmed and exhausted.

## COSTLY ADDITIONS

Video games sometimes display offers for downloadable content or loot boxes which can be bought with real money. While these 'microtransactions' temptingly promise to improve a player's gaming experience, most of the time they are money sinks. Young people in particular, excited by the chance of enhancing their game, could spend quite a sizeable sum very quickly indeed.

## PHYSICAL CONSEQUENCES

Hours spent sitting and scrolling means far less time moving around and getting exercise: hardly ideal for a young person's physical health. Additionally, prolonged exposure to the light given off by a phone's screen can lead to eye fatigue and discomfort, especially if viewing it in the dark. Extended phone use before bed can also impact on sleep quality, affecting mood and energy levels over the following days.

## Advice for Parents & Carers

### ESTABLISH LIMITS

Talk to your child about setting some time limits on how long they can use their phone, tablet or console in the evenings or at weekends – or perhaps how often they can go on a specific app, game or website. You could also decide to involve the whole family in creating this shared screen time agreement, making things fair (and healthier) for everyone.

### NIX NOTIFICATIONS

Stop knee-jerk responses at the source by turning off push notifications and alerts. Whether it's a gaming notification or a social media update, these not-so-gentle reminders are designed to catch our attention and lure us back to our device. Switching them off – or even deleting any particularly intrusive apps – can help prevent your child from being reeled back into the online world.

### ENCOURAGE MINDFULNESS

Acknowledging any addiction is key in overcoming it – and compulsive scrolling is no different. If anything mentioned in this guide sounds familiar, it could help to have an honest, open chat with your child about how much time they spend online. Get them to think about how often they scroll through social media aimlessly or habitually open it up whenever they have a spare moment.

### MAKE A CHECKLIST

Considering a list of relevant questions can be an effective way of helping children figure out why they're scrolling on certain sites or consuming particular pieces of content. A checklist can prompt young people to ask themselves if they're learning anything or benefiting from this activity – or if they're wasting their time. Taking a step back can sometimes help us to see things more clearly.

## Meet Our Expert

Rebecca Jennings has more than 25 years' experience in the field of relationships, sex and health education (RSHE), as well as delivering workshops and training for young people, parents and schools. She is also a subject matter expert on RSHE for the Department of Education.



The National College



National Online Safety

#WakeUpWednesday

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& Games!



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## Deep Sea Divers

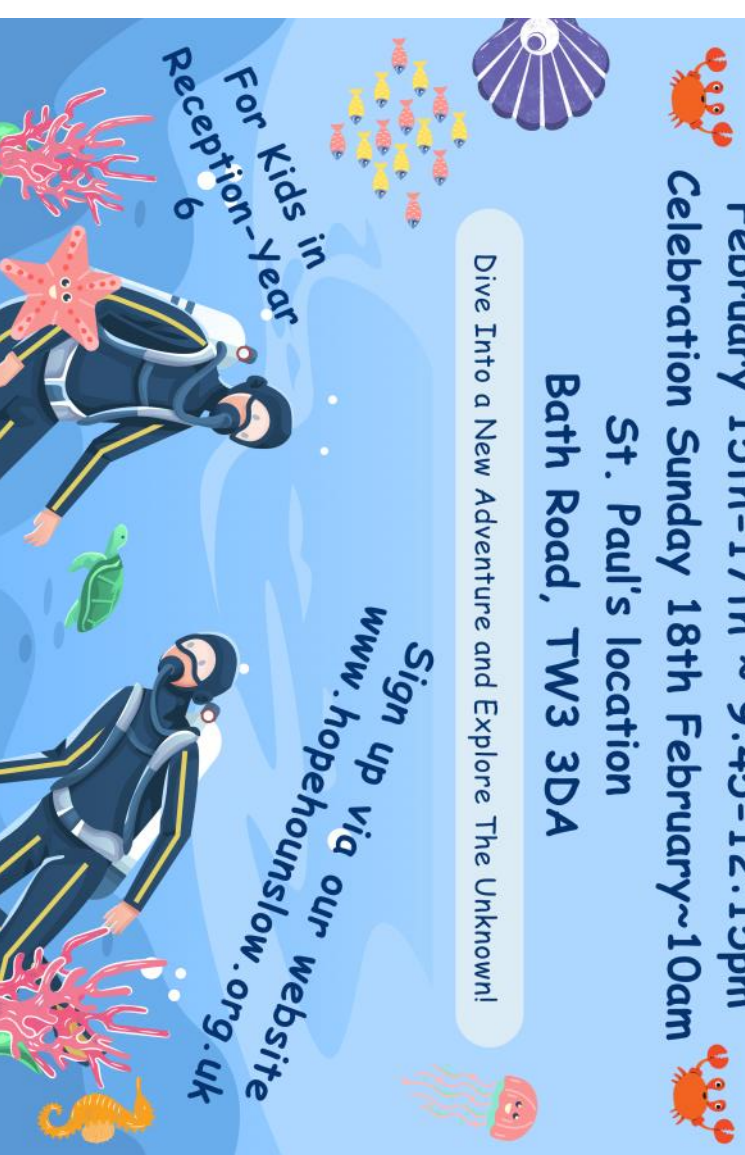
February 15th-17th ~ 9:45-12:15pm  
Celebration Sunday 18th February~10am

St. Paul's location  
Bath Road, TW3 3DA

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Reception-Year 6

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# GOAL!