

AVJS Bulletin: 24th March 2023

Welcome to this week's bulletin and it was great seeing so many of you at the mothers' day afternoon tea sessions this week. We hope that you enjoyed yourselves and the cakes! Don't forget to put your clocks forward by one hour this weekend as we head into our final week of this term.

Please remember that we are a nut free school. We have a number of children who have nut allergies and we do not want to put them at risk. It is easy to forget how many products have nuts in them, so it is really important to check labels when you are preparing your child's packed lunch or snacks, thank you.

Many thanks to you if you have already completed the parent questionnaire. Your views are important to us and we welcome your feedback. If you haven't yet completed it, you have until 10.00am on Monday to do so and you can access it by clicking on the link below.

<https://forms.office.com/e/effSC06ETn>

On Wednesday evening our girls' football team put up a really good effort against The Good Shepherd. It was an exciting match but unfortunately we lost 3-0. Well done to Bea, Billie, Harper, Rose, Millie, Anya, Grace, Verity, Roisin, Maisy and Lara. Our next game is against Ernehale away on Wednesday.

Don't forget that we are holding our Easter Egg competition next week. You can bring your entries in on Monday or Tuesday morning (at the latest) ready for judging later in the day on Tuesday. We are all looking forward to seeing how creative and imaginative you can be!

Just a reminder that if you use Club Vale, the cut off for bookings is midnight on a Thursday for ParentPay. If you pay by voucher, please make sure your forms are in by the end of the school day on the Thursday. Unfortunately, if the deadline is missed we can't always

guarantee a place for your child as we may not have the appropriate staffing levels.

Dates for your diary! Our school games afternoon (sports day) will be held on Thursday, 22nd June – more details will be sent out nearer the date. I can also confirm that the Inset days for next year are as follows: Monday, 4th September 2023; Tuesday, 5th September 2023; Monday, 6th November 2023; Monday, 26th February 2024 and Monday, 3rd June 2024. Woodthorpe Infant School will be having the same Inset days. The holiday calendar can be accessed by clicking below:

<https://www.nottinghamshire.gov.uk/media/3769313/2023-2024-calendar-v2.pdf>

Next term's tuck shop is now open for payments on ParentPay. The cost is £13 and will cover from week commencing 17th April to the end of term week commencing 17th July. Deadline for payments is midnight on Sunday 16th April.

Thank you to everyone who contributed to the Comic Relief appeal last Friday. So far, we have raised £126 but if you would still like to contribute, you can do so by following the link below:

<https://app.parentpay.com/ParentPayShop/Foc/Default.aspx?shopid=10331>

We know that the cost of living crisis is making things difficult for many and the recent increase in interest rates will not help. In an effort to retain the price parents and carers pay for Club Vale sessions we are looking at ways to keep costs to a minimum. We are also wanting to tackle reducing our food waste as we believe good food should not go to waste. When dropping your child/ren off in a morning the Club Vale staff will ask if your child/ren requires breakfast.

If your child has guitar lessons, you can now pay for the summer term lessons on your



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ParentPay account and we ask that you pay as soon as possible, thank you.

Mr Ward and Mr Lindley would like you to know that they still have a few spaces available on their sports camp. The dates with availability are April 3rd, 4th, 5th, 11th and 12th. You can access the booking form on our website or by clicking the link below:

<https://www.arnovale.co.uk/community-news/>

If you need to contact school to let us know that arrangements for your child going home have changed, please contact the office on 0115 9536400 or office@arnovale.notts.sch.uk rather than using ClassDojo or email to contact the class teacher. Teachers may not be able to access their Dojo or email accounts until after the end of the school day and sometimes, they may not be in the class, thank you.

Online Safety

In everyday life, simplicity can be a beautiful thing. In relation to passwords, though ... well, not so much. The password '123456', for example, has featured in data breaches some 23 million times to date. What's more, around five million people still – incredibly – have their password set as just 'password'. On average, that takes a half-way competent hacker less than a second to crack. Sports teams are also best avoided (more than 750,000 hacked UK passwords were some variation on the name of a Premier League football club), as is anything we might accidentally give clues to on social media: family members' names and birthdays, for instance. Check out this week's guide for more password pros and cons.



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Ten top tips for STRONGER PASSWORDS

Passwords continue to be the most common way to prove our identity online. A combination of a username and a password known only to the user provides access to our online accounts and data – and hopefully keeps unauthorised individuals out. As a security measure, though, passwords are relatively weak. People are often predictable in how we choose our passwords, for example – making them less secure. With increasing volumes of usernames and passwords being leaked online, what can we do to keep our data more secure? Here are our top tips for stronger passwords.



BE UNPREDICTABLE

We often choose passwords which are easy to remember, featuring the name of our favourite sports team or favourite film, for instance. Those are predictable passwords. Cyber criminals will routinely try various combinations of passwords relating to sports teams, actors, musical artists and the like – and they often focus on these during major sporting events or around high-profile movie releases.

AVOID GETTING PERSONAL

Many of us use passwords relating to our family, such as children's names or favoured holiday destinations. The problem here is that we also typically post about our holidays and our family on social media – making that information potentially visible to cyber criminals and supplying them with clues which could help them in narrowing down possible passwords we might have set.

NEW PLATFORM, NEW PASSWORD

Where cyber criminals gain access to an online service through a data breach, they often use the data they've stolen to try and access the victim's other accounts. This is because the criminals know that, for convenience, people often use the same password across different services. When we reuse passwords, our security is only as strong as the weakest site where we've used it.

LONGER IS STRONGER

Our passwords are often stored by online services in an encrypted format. In case the service suffers a data breach, the strength of this encryption, however, is dependent on the length of the password you've selected. If your password is only a short one, cyber criminals are significantly more likely to be able to break the encryption and identify your password.

CHECK SOCIAL MEDIA VISIBILITY

Staying up to date with friends and relatives on social media is part of everyday life now. We need to ensure, though, that we limit who can see our posts via each platform's privacy settings. It's also wise to consider what we're posting and if it's really safe to share online. If we restrict what cyber criminals can see, we reduce the chance of them using that information to identify our passwords.

'DOUBLE LOCK' YOUR DATA

It's possible that cyber criminals may eventually discover your username and password, enabling multi-factor authentication (MFA) on your accounts, however, reduces the chance of them obtaining access to your data, as they'd also require a code which is provided via an app, SMS message or email. MFA isn't infallible, but it does definitely provide extra protection and security.

DELETE UNUSED ACCOUNTS

Data breaches occur when cyber criminals gain access to an online service and all the data contained within it – including usernames and passwords. Whenever you stop using a service, it's wise to make sure that you delete your entire account and not just the actual app. If the service no longer has your data, there's zero risk of it being leaked should they suffer a data breach in the future.

TRY PASSWORD MANAGERS

Even though most of us have numerous online accounts to manage these days, it's advantageous to avoid password re-use. Specialist password management software (like Dashlane or OnePassword, among others) can help by storing a different password for every online service that you have an account with: the only one you or child will need to remember is the single master password.

GET CREATIVE

The British government's National Cyber Security Centre (NCSC) recommends the 'three random words' technique. This method helps you create a password which is unique, complex and long – yet which is memorable enough to stay in your mind ("Fourbushes", for example). The NCSC website, incidentally, also offers plenty of other useful information relating to personal cyber security.

STAY VIGILANT

The best way to protect your accounts and your data is to be vigilant and careful. If you receive an email or text message that's unusual or unexpected, treat it as suspicious until you're able to verify whether it's genuine and safe. Starting from a position of vigilance and caution will reduce the likelihood of you or your child being tricked by a malicious email, text or phone call.

Meet Our Expert

A Certified Information Systems Security Professional (CISSP), Gary Henderson is the Director of IT at a large boarding school in the UK, having previously taught in schools and colleges in Britain and the Middle East. With a particular interest in digital citizenship and cyber security, he believes it is essential that we become more aware of the risks around technology, as well as the benefits.

Source: <https://www.Frost.gov.uk/>

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Friday, 31 st March 23	Last Day of the Spring Term
Monday, 27 th and Tuesday, 28 th March	Entries for the Easter Egg competition
Tuesday, 28 th March	Easter Egg competition judging
Monday, 17 th April 23	First Day of the Summer Term
Friday, 21 st April 23	FOAV Quiz Night
Monday, 24 th April 23	Author Tom Palmer in school
Monday, 1 st May 23	Bank Holiday
Monday, 8 th May 23	Bank Holiday
Tuesday 9 th May to Friday, 12 th May 23	Year 6 SATs
29 th May – 2 nd June 23	Half Term week
Monday, 5 th June 23	Inset Day – school closed to pupils
Thursday, 15 th June 23	Y3 trip to Brackenhurst
Thursday, 22 nd June 23	School Games afternoon (sports day)
Thursday, 29 th June 23	Transition Day (Arnold Hill Transition Day 1)
Thursday, 29 th June 23	New Parents Meeting – 6pm
Friday, 30 th June 23	Year 6 Arnold Hill Transition Day 2
Friday, 7 th July 23	Summer Fayre
Friday, 14 th July 23	Year 5 Inspire Day at Arnold Hill
Tuesday, 25 th July 23	Last Day of the Summer Term

