



# School News

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No. 17

16th January 2025

## DATES FOR YOUR DIARY

### Friday, 17th January - Year 1 Class Worship at 9am in the School Hall

Parents and carers of children in Year 1 are invited to join us for their class worship at 9.00am in the school hall.

### Thursday, 23rd January - Kent Fire and Rescue Visit to Whole School

### Friday, 24th January - Fledglings Class Worship at 9am in the School Hall

Parents and carers of children in Fledglings are invited to join us for their class worship at 9.00am in the school hall.

## OTHER SCHOOL NEWS

### School Attendance - Term 2

I would like to share with you the attendance figure for the school at the end of term 2 which was 95.1%. This figure is the same as Term 1, and 1.3% down on this time last year. As you know attendance is closely monitored and good attendance has a significant impact on children's achievements in school, on self esteem and forming good relationships with their peers which is why I feel it important to share this information with you termly.

### My Mum 2025

Children in Fledglings, Year 1 & 2 brought home details of 'My Mum 2025' last week. Pictures need to be returned by Monday, 20th January to be forwarded to the Kent Messenger in time for their March publication.

### Class Newsletter

A copy of your child's class newsletter is available to view on the school website on your child's class page which can be found under the 'Learning' heading. On the class newsletter you will find useful information on the terms learning for each subject, important dates ahead, details of Forest School and PE days.

## OTHER COMMUNITY NEWS

### Fully Funded and Free Courses for Parents

Study Smart are offering free, fully funded training courses, held virtually, for parents and carers. For further information, a list of courses available and to book please visit [www.studysmartuk.online](http://www.studysmartuk.online).

## INTERNET/ONLINE SAFETY & WEBSITE SECTION

### Adverse Effects On The Use Of Social Media

Research from one of the biggest social media platforms has shown that compulsive use of social media, specifically on children of school age, has a direct link with Mental Health issues. These include:

- Memory formation
- Conversation skills
- Increased anxiety
- Responsibility
- Connecting with 'Loved one'
- Sufficient sleep

The parent information sheet below may help you and your child to recognise when something they have seen on social media has upset them and what they can do about this. It may also give you some ideas to help support your child in the digital world.

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 of many issues which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

# What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so enraptures young people, but we can still help children to be aware of their mental wellness: recognising when something isn't OK... and knowing what to do about content that upsets them.

- 1. UNDERSTAND THE ALGORITHM**  
Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.
- 2. AVOID THE MAIN FEEDS**  
Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.
- 3. DISCUSS WHAT THEY'VE SEEN**  
Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds: if alarm bells ring, it could be time for a more in-depth talk or to seek support.
- 4. LEARN HOW TO HIDE CONTENT**  
If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.
- 5. SET DAILY LIMITS**  
Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces: involving your child in creating this agreement makes them more likely to stick to it.
- 6. MONITOR THEIR ACTIVITY**  
Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.
- 7. TURN OFF PUSH NOTIFICATIONS**  
Even for adults, it's tempting to check an email or message as soon as the alert sound pings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practise mindful use of tech. Most of us have other things that we need to focus on as a priority – and those notifications will still be there later, when we have more time.
- 8. USE DEVICES TOGETHER**  
Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area at home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.
- 9. ENCOURAGE OTHER ACTIVITIES**  
Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.
- 10. TALK ABOUT PEER PRESSURE**  
Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like offline life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

**Meet Our Expert**  
Shazia Sarwar-Azim is executive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the SEND, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shazia is a Fellow of the Chartered College of Teaching and the author of *The Rainbow Within*, a book which supports children with SEMH needs.

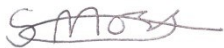
**NOS National Online Safety**  
#WakeUpWednesday

[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) @natonlinesafety /NationalOnlineSafety @nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 30.11.2022

AFTER SCHOOL CLUBS	
Week commencing 20.1.2025	
MONDAY	
Poetry Club (3.30-4.00pm)	Yes
Football Club (3.30 to 4.30pm)	Yes
TUESDAY	
WEDNESDAY	
Singing Club (8.00 to 8.30am)	Yes
The Big Dane Off Club (3.30 to 4.30pm)	Yes
Art & Craft Club (3.30 to 4.30pm)	Yes
THURSDAY	
Harmony Club (3.30 to 4.15pm)	Yes
FRIDAY	

Kind regards



Mrs Sarah Moss  
Headteacher



**ELITE COMMUNITY** Coaching (UK) Limited **2025**  
**FEBRUARY HALF TERM COURSES**

email: elite\_office@aol.co.uk  
 Tel: 07885 982 598  
 www.elite-coaching-uk.co.uk

ALL COURSES HAVE LIMITED PLACES AVAILABLE, SO BOOK EARLY TO AVOID DISAPPOINTMENT

We are excited to be running our Multi Sports Courses & Football at fantastic venues where we will provide various activities such as:

**ATHLETICS CRICKET DANCE FOOTBALL TRI GOLF BASKETBALL**  
**SCOOTERS DODGE BALL INFLATABLES ART AND CRAFTS BIKES**

ALL COURSES ARE NOW BOOKED ON-LINE or USE QR LINK  
[www.elite-coaching-uk.co.uk/holiday-club-bookings](http://www.elite-coaching-uk.co.uk/holiday-club-bookings)

ALL COURSES START AT 9am until 4pm  
 All Courses are for Primary School Children (Year 1- Year 6)  
 EACH CHILD WILL NEED TO BRING FOOTBALL BOOTS / SHINPADS (Football Only) AND APPROPRIATE CLOTHING, PACKED LUNCH AND AT LEAST 1 LITRE OF STILL DRINK (NO - FIZZY)

>> INDOOR AND OUTDOOR FACILITIES AT ALL OUR VENUES <<



**BRICKS AT THE MUSEUM**

RAF MANSTON HISTORY MUSEUM

DATES: 15TH TO 23RD FEBRUARY (HALF TERM)  
 LOCATED: RAF MANSTON HISTORY MUSEUM  
 TIMES: 10 AM - 4PM DAILY

ARE YOU A LEGO ENTHUSIAST? IF SO THEN POP ON DOWN AND ENJOY THE FUN WITH LIKE-MINDED LEGO LOVERS AT OUR ULTIMATE FAMILY FRIENDLY EXHIBITION WEEK! (NORMAL MUSEUM ENTRANCE FEES APPLY)

LEGO FIGURE HUNT  
 SEARCH AROUND THE MUSEUM, FIND THE HIDDEN LEGO FIGURES & WIN A PRIZE... ONLY £1.50

PLEASE CONTACT US ON:  
 INFO@RAFMANSTON.CO.UK OR  
 WWW.RAFMANSTON.CO.UK FOR MORE INFORMATION!

\*SUBJECT TO CHANGE DUE TO UNFORESEEN CIRCUMSTANCES INCLUDING, BUT NOT LIMITED TO: WEATHER CONDITIONS, MECHANICAL BREAKDOWNS AND SHORTAGE OF VOLUNTEERS AND/OR EXHIBITORS.



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