



School News

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No. 29
2nd May 2024

DATES FOR YOUR DIARY



Friday, 3rd May - Non Uniform Day & Cake Sale for the Moonwalk Breast Cancer Charity

On the night of Saturday, 18th May five members of Eastry School staff will be taking part in the Moonwalk Marathon in London. The staff will be raising money for the Breast Cancer Charity. This year the Moonwalk's theme is 'Fiesta!'. Children are invited to come to school on Friday, 3rd May in brighter colours in the fiesta theme for a suggested donation of £1.00. The staff will also be selling cakes on the playground at the end of the school day and any cake donations would be very gratefully received.

All monies raised will be added to the team's fundraising page ;

<https://giving.give-star.com/microsite/walkthewalk/themoonwalklondon2024/team/b3f215b0-534c-423d-bb5d-8e39a4df9535>

THANK YOU TO EVERYONE WHO HAS ALREADY SUPPORT THE TEAM

Friday, 3rd May - Year 2 Class Worship at 9.00am in the School Hall

Parents and carers of children in Year 2 are invited to join us for their class worship at 9.00am in the school hall.

Monday, 6th May - Bank Holiday School Closed

Tuesday, 7th May - KS1 SATs

Tuesday, 7th May - New Fledglings Welcome Meeting at 9.30am in the School Hall

Parents and carers of children starting school in September are invited to join us for our Welcome Meeting being held on Tuesday, 7th May at 9.30am. We look forward to seeing you there.

Thursday, 9th May - Year 3 visit to Kent Life 'Stone Age Day'

We would like to remind parents of children in Year 3 that they need to arrive to school at 8.20am on Thursday and should be back by 4.00pm

Friday, 10th May - Year 1 Class Worship at 9.00am in the School Hall

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

OTHER NEWS

Gardening Equipment, Plants and Large Pots

You may have seen some wooden planters that have appeared in the car park entrance to the school recently. Our Nurture Group are taking part in gardening and are brightening up some areas around the school. They would welcome any donations of gardening equipment, large pots or garden plants. If you feel you can help please let the school office know - thank you.



School Uniform - 10% Discount this Bank Holiday Weekend

Brigade, our school uniform supplier, have 10% off all orders placed online at www.brigade.uk.com via the 'Parents Direct' area of their site. Offer only applies to orders placed online between 00:01 on 04/05/24 and 23:59 on 06/05/24 and excludes postage costs.

Please use promo code 'SPRING24' when completing your order.

HEALTH ADVICE/ONLINE SAFETY SECTION

Smartphone Safety Tips

With Year 6 children moving on to secondary school in September you may be considering, or have already purchased, a mobile phone for your child. With the vast majority of mobiles being smartphones it is important to ensure the settings on these are adjusted to help keep your child safe. We have attached a useful guide produced earlier this year which you may find helpful.

WEBSITE SECTION

Kent Test Free Familiarisation Materials

On the 'Useful Links' page of the school website you will find a link to some free Kent Test familiarisation papers that you might find useful if you are considering your child taking the Kent Test in September.

Kind regards

Mrs Sarah Moss
Headteacher

NO Ballet Club - 7th May

There will be no ballet club of 7th May as Miss Thomas is unavailable.

AFTER SCHOOL CLUBS

Week commencing 6.5.24

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MONDAY	
Cheerleading & Dance (3.30-4.15pm)	NO
Creative Station (3.30-4.30pm)	NO
TUESDAY	
Ballet (3.30-4.10pm)	NO
WEDNESDAY	
Singing Club (8.00 to 8.35am)	YES
Netball (3.30 to 4.15pm)	YES
Multi-Sports Club (3.30 to 4.30pm)	YES
THURSDAY	
Football Club (3.30-4.30pm)	YES
FRIDAY	

SMARTPHONE SAFETY TIPS

for young people

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You may have been lucky enough to have unwrapped a smartphone at Christmas, or you might be eagerly anticipating getting a new one at some point during this year. Whether it'll be your first ever phone or an upgrade on your old model, it's always useful to have a refresher about how to set it up and adjust the settings to keep yourself – and your valuable personal info – safe and secure. We've collected some expert tips to help you enjoy your smartphone in the healthiest way possible.

NEVER SHARE YOUR PASSCODE

Alongside face or fingerprint recognition, your passcode is crucial to unlocking your phone and accessing your apps and personal information. You shouldn't give it out, even to close friends – after all, you wouldn't hand them a key to your house and let them go in for a nosey around! If a friend wants to use your phone, ask them why and make sure you can see what they're doing with it.

RESPECT PARENTAL CONTROLS

If you're allowed to have a smartphone, it's because your parents or carers feel that you're mature and responsible enough to use it safely. They might set controls and boundaries on your device – not to spoil your fun but to help you avoid hazards like too much screen time or costly in-app purchases. Following these rules means you can enjoy using your phone while respecting their wishes.

TALK TO A TRUSTED ADULT

Whether it's to listen to music, play games, create content or chat with friends, using a smartphone should be fun. If you're ever feeling anxious, worried or scared about going on your phone, then something isn't right. It's important not to ignore these feelings; instead, talk to a trusted adult about what's happening and how it's making you feel.

STAY ALERT

Two words: look up. It might sound obvious, but it's so easy to get immersed in what we're looking at or listening to on our phones that we can become unaware of our surroundings – or who might be around us. People often walk with their head down, focusing on their phone, and forget to check for obstacles in their path, cars or other pedestrians coming towards them, which is clearly dangerous.

DEVELOP HEALTHY HABITS

Phones offer a vast amount of content and the chance to chat with friends whenever we feel like it, which can make it difficult to take time away from the screen. If that's something you struggle with, you could try setting time limits on certain apps. Putting our phones down for a while gives us more time to interact with others or do something physical that helps keep us fit and healthy.

IGNORE UNKNOWN NUMBERS

There are some scammers who might call or text asking you to share personal data or to click on a link and provide your details. Some may claim to be from a genuine company, but trustworthy businesses don't spontaneously call or message to ask for your information. It's safest to ignore calls or texts from unknown numbers, and never give your personal details out over the phone.

ONLY USE AGE-APPROPRIATE APPS

Before downloading a new app or game, check what age rating it has. Don't feel pressured into getting a particular game or app just because your friends are using it. If it's intended for older people, there's a definite risk that it could include content (which is violent or frightening, for instance) or language which isn't suitable and may leave you feeling upset or disturbed.

REMOVE TEMPTATION

A good night's sleep is so important for concentration, mood and overall health. Unwinding properly before going to bed – which means not staring at a screen late at night – can often improve sleep quality. Put your phone on charge overnight, but not in your room. This means you'll have a lot less temptation to check any notifications, reply to messages or get caught up scrolling on social media.

THINK ABOUT OTHERS

Watching videos, listening to music or calling someone can all help to pass the time while we're on the bus, waiting in a queue or walking down the street. It's important to remain mindful of other people, though: they might not want to hear your tunes or your conversation. Likewise, if you're calling from a public place then don't forget that anyone could overhear something personal about you.

SWITCH OFF GEOLOCATION

In your phone's settings, you'll be able to disable geolocation for individual apps and photos: this means that people online (including strangers) can't see information about where you are when you share or post a pic. On the subject of images, it's also important to ask permission before taking or sharing a photo of someone – and don't share embarrassing images of your friends with others.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



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