



# School News

01304 611360 [www.eastry.kent.sch.uk](http://www.eastry.kent.sch.uk)  
[headteacher@eastry.kent.sch.uk](mailto:headteacher@eastry.kent.sch.uk)

No. 2

12th September 2024

## DATES FOR YOUR DIARY

### Friday, 13th September - Year 5 Class Worship at 9.00am in the School Hall

Parent and carers of children in Year 5 are invited to join us for their class worship at 9.00am in the school hall.

### Week Commencing Monday, 16th September - Clubs for Term 1 Start

#### Monday, 16th September - Year 2 Parent Information Session

Parents and carers of children in Year 2 are invited to a parent information session in the Year 2 classroom from 3.30pm to 4.00pm where your child's teacher will share with you information about the year ahead.

#### Tuesday, 17th September - Year 4 Parent Information Session

Parents and carers of children in Year 4 are invited to a parent information session in the Year 4 classroom from 3.30pm to 4.00pm where your child's teacher will share with you information about the year ahead.

#### Wednesday, 18th September - Year 1 Parent Information Session

Parents and carers of children in Year 1 are invited to a parent information session in the Year 1 classroom from 3.30pm to 4.00pm where your child's teacher will share with you information about the year ahead.

### Wednesday, 18th September - Year 6 Parent Meeting 'Applying for Secondary School' at 3.30pm in Year 6 Classroom

Parents and carers of children in Year 6 are invited to a meeting in Year 6 at 3.30pm regarding applications for secondary school.

### Friday, 20th September - Year 4 Class Worship at 9.00am in the School Hall

Parent and carers of children in Year 4 are invited to join us for their class worship at 9.00am in the school hall.

## Celebrating Your Child's Achievements

At Eastry we love to join you in celebrating your child's achievements including those outside of school. Every Friday, during our class worship, we take time to celebrate children's successes, whether this be sporting, clubs such as guides/scouts, or any other accomplishments. Details can be sent for the attention of Miss Gillmore to [office@eastry.kent.sch.uk](mailto:office@eastry.kent.sch.uk) or brought in to the school office.

## HEALTH ADVICE/ONLINE SAFETY SECTION

### Parental Controls for Devices

Please see the guide sheet below with some useful tips to help set parental controls on your devices in the home. We have also loaded some instructions and links on to the school website for individual devices. These can be found on our 'Online Safety' page under the 'Parent' tab.

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](http://nationalcollege.com).

# 10 Top Tips for Parents and Educators USING AND REVIEWING PARENTAL CONTROLS

Phones and computers are essential parts of children's lives, but with unfettered internet access comes a multitude of risks. While not foolproof, parental controls can help with this; filtering out inappropriate content, limiting the ability to spend real money, capping screen time and generally making devices safer for young people.

- 1 KNOW THE TYPES**

While parental control software can apply to an entire device, it also pays to know about options on individual apps and websites. TikTok, for example, has Restricted Mode for limiting unsuitable videos, while Snapchat lets you keep an eye on who a child has been talking to. Check the settings of any new app young users want and review your options.
- 2 COVER ALL DEVICES**

Knowing what parental controls cover is crucial, as remaining unaware can run the risk of 'blind spots' in the device's safety measures. Controls on a phone will apply whenever a child's on that device, for instance – but you'll want to ensure that parental controls are set up across any laptops, tablets and potentially other phones, too. Remember, buying a new device may require you to set everything up again.
- 3 DON'T NEGLECT SHARED TECH**

While children often have their own devices, if you have a shared family computer or tablet, for example, you'll need to make sure that's not a weak point in your safety measures. Parental controls for your router, that cover everything connected to your Wi-Fi, are one option – or you can just be thorough with each device and online account. Just ensure that unprotected laptops, phones and tablets are password locked.
- 4 CONSIDER TIME CONTROLS**

Even safe internet content can be harmful if it's viewed in excess. Not only are certain apps addictive enough to distract from other duties, but late-night usage can badly disrupt sleep, which is vital for adolescent brain development. Most parental controls offer some kind of time limit – either blocking access at certain hours or capping the number of minutes it can be used per day – so be sure to consider these.
- 5 BLOCK APP SPENDING**

Seemingly free apps can sometimes include microtransactions: purchases that can be made using real money. While plenty of developers implement these fairly, some companies attempt to manipulate children into paying for additional features or content, which can soon add up to hundreds of pounds if a child gets carried away. Thankfully, iOS and Android's settings allow you to block in-app purchases, preventing any huge bills.
- 6 NO CONTROLS ARE PERFECT**

Parental controls can be very useful, but they're far from infallible. Some unpleasant content can and unfortunately will slip through the net, so remember that setting up these measures isn't a substitute for taking an active interest in young people's digital lives. Talk to them, and make sure they're aware of the risks of the internet as well as its benefits.
- 7 MIND THE GAPS**

There'll undoubtedly be some gaps in parental controls, no matter how thorough you intend to be. For example, if you use router-level parental controls, bear in mind that these won't cover WiFi outside the home. For that reason, it's important to keep an open dialogue with children about the many unpalatable aspects of social media and the web.
- 8 KEEP THINGS SECURE**

Some children can react poorly to parental controls and feel tempted to circumvent them. It's important to ensure that the passwords to these settings remain unknown to children, otherwise they can easily modify the restrictions without you knowing. Similarly, make sure your phone isn't left unlocked and unattended.
- 9 REVIEW CONTROLS REGULARLY**

Parental controls shouldn't be a 'set and forget' deal. Not only can parental summaries provide you with a frequent overview of a child's digital life – to let you spot any warning signs – but companies often add new features, and some of these may be useful to enable (or disable). Regularly checking in ensures that if a child has found a way to wiggle out of the controls, you'll be the first to know.
- 10 KNOW WHEN TO LET UP**

The parental controls you install on a computer for a seven-year-old probably wouldn't be appropriate for a child of 16 – and as young people approach adulthood, bubble wrapping the internet can do more harm than good. Consider relaxing parental controls as children get older, so they can learn to manage the risks of the internet themselves, without so many training wheels.

**Meet Our Expert**

Alan Martin is an experienced technology journalist and the former deputy editor of technology and internet culture website Alphr. Now freelance, he has contributed articles to publications including the New Statesman, CNET, the Evening Standard, Wired, Rock Paper Shotgun, Gizmodo, Pocket Gamer, Stuff, T3, PC Pro, Macworld, TechRadar and Trusted Reviews.

**#WakeUpWednesday**

**The National College®**

[@wake\\_up\\_weds](https://x.com/wake_up_weds) [/www.thenationalcollege](https://www.thenationalcollege.com) [@wake.up.wednesday](https://www.instagram.com/wake.up.wednesday) [@wake.up.weds](https://www.tiktok.com/@wake.up.weds)

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 28.08.2024

## OTHER SCOOOL NEWS

### Nut Free School

Please can we remind you that children must not bring food to school containing any nuts, including sandwich fillings, as we have children in school who have nut allergies,. Thank you for your co-operation.

### New Nursery and Wrap Around Care

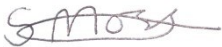
A new nursery and wrap around care provision is opening on the old Bubbles site in January 2025. Find out more on their website including how to register your interest

[https://www.littleexploreraseastry.com/?fbclid=IwZXh0bgNhZWQCMTEAR2mrMFLECBgEFR0ra30QXE8kcg7Jcbvq\\_diUr2RKiNuE\\_zvC3r8GL8YcjMaem\\_qM2XkREhuE0zFhcZFuOPkQ](https://www.littleexploreraseastry.com/?fbclid=IwZXh0bgNhZWQCMTEAR2mrMFLECBgEFR0ra30QXE8kcg7Jcbvq_diUr2RKiNuE_zvC3r8GL8YcjMaem_qM2XkREhuE0zFhcZFuOPkQ) or follow them on their socials.

### After School Clubs

Details of our after school clubs running in Term 1 were emailed and sent out on Tuesday. All clubs starts next week.

Kind regards



Mrs Sarah Moss  
Headteacher

<b>AFTER SCHOOL CLUBS</b>	
<b>Week commencing 16.9.24</b>	
MONDAY	
<b>Poetry Club (3.30-4.30pm)</b>	<b>YES</b>
<b>Creative Station (3.30-4.30pm)</b>	<b>YES</b>
<b>Football Club (3.30 to 4.30pm)</b>	<b>YES</b>
TUESDAY	
WEDNESDAY	
<b>Singing Club (8.00 to 8.30am)</b>	<b>YES</b>
<b>Homework Club (3.30 to 4.00pm)</b>	<b>YES</b>
<b>Multi-Sports (3.30 to 4.30pm)</b>	<b>YES</b>
THURSDAY	
FRIDAY	