

HEYHOUSES NEWS

Newsletter Autumn Term 2022 November

The Family Hub



Many of you have asked about the new Family Hub which is operating from the Eco Pod on the main site.

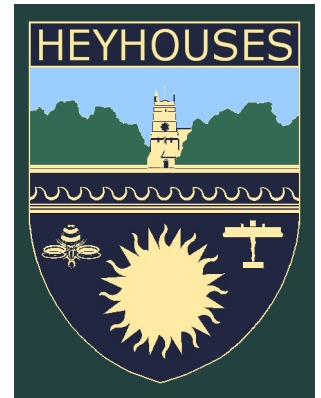
This is a newly established Family Hub serving the local community in Lytham St Annes. Although based in our school grounds, the hub is open to anybody from the

community who would like to access the range of services.

The services we provide include; support, guidance, information, signposting to outside agencies, Infant Massage (I.A.I.M.), parenting advice, food for families, uniform exchange, school & nursery transitions, and 'Cooking on a Budget'.

We also run various groups throughout the week which again include, but are not limited to; parent & toddler stay & play's, baby groups, new to the area groups, retired groups, gardening groups, and coffee and chat drop ins. So much to choose from!

Our aim is to promote a safe place that people can access without any judgement or stigma attached, a place where people can make new friends, promote positive relationships, and receive any help they may need.



"..Many Hands make a House

But many Hearts make our School."

- Heyhouses School Hymn



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The Family Hub

Support Guidance Help Advice

Signposting to outside agencies

Infant Massage

International Association of Infant Massage Qualified

Regular Coffee and Chat Drop In

Uniform Exchange

New to the Community Groups

Cooking on a Budget

School Holiday Activities

Nursery to School Transitions and Settling in Groups

Food donations

“Take what you need, and **give** what you can”



Facebook



Twitter

Clarendon Road North, St-Annes-On-Sea, Lancashire, FY8 3EE



The Family Hub has been simply a dream for many years, so it is wonderful to see it actually exist. Mrs Townsend has worked tirelessly to secure the support of the Governors and the Lytham School Foundation for this project. She has played a key role in its development. We are all delighted that Mr

Jonathan Bailey joined the Heyhouses team to lead the Family Hub and has made such a resounding success of the project in its first term. The number of families accessing the services and enjoying the groups is wonderful to see and epitomises all that we believe is important about Heyhouses. We want to work alongside families in supporting both parents and their children and we want to be a presence for good in the community. Mr Bailey and Mrs Townsend must be congratulated on their achievements to date. We look forward to watching the Family Hub flourish.



DONATION BOX

CANNED FOOD SOAP CANNED FRUIT
TOOTHPASTE DEODORANTS
CANNED PUDDING'S TOOTHBRUSHES
TOILET ROLLS PASTA JELLY
BABY WIPES BABY FOOD NAPPIES
CANNED FISH CEREALS RICE
PASTA NAPPIES SOUP SNACKS FRUIT
FEMININE HYGIENE PRODUCTS
...ANYTHING ELSE...

THANK YOU

Everything we do relies on the kind donations we receive from the community. This could be food, toiletries, uniforms, clothes, Christmas presents plus anything else that a family may need.

Collecting boxes are outside The Family Hub and at both school buildings.

Follow the Family Hub:

Facebook - [FamilyHubFY8](#)

Twitter link – [@FamilyHubFY8](#)

Email - familyhub@heyhouses.lancs.sch.uk

Address - Clarendon Road North, Lytham St Anne's



The National Online Safety service provides great help for parents. This one is about Tik Tok. Please keep your child safe.

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 apps which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about

TIKTOK

AGE RESTRICTION
13+

(certain features are restricted to over-18s only)

TikTok is a free social media platform that lets users create, share and watch short videos ranging anywhere from 15 seconds to 10 minutes in duration. The app gained notoriety for its viral dances, trends and celebrity cameos and can be a creative, fun platform for teens to enjoy. Now available in 75 languages, it has more than a billion active users worldwide (as of spring 2022) and is most popular with the under-16 age bracket. In fact, a 2022 Ofcom report found TikTok to be the most-used social media platform for posting content, particularly among young people aged 12 to 17.

WHAT ARE THE RISKS?

AGE-INAPPROPRIATE CONTENT

While TikTok's "Following" feed only displays videos from users someone follows, "For You" is a stream of clips based on their previously watched content. Most videos on a child's "For You" feed will therefore be light-hearted and amusing, but it could potentially surface something unsuitable. TikTok's guidelines prohibit the sharing of illegal or inappropriate content, but the sheer volume of uploads mean they aren't manually monitored and vetted.

18

CENSORED

DANGEROUS CHALLENGES

Due to TikTok's immense popularity, some young people have unfortunately been influenced by videos challenging them to perform harmful, criminal or even deadly acts. One extreme example was the "blackout" trend, which encouraged users to hold their breath until they passed out from a lack of oxygen. It led to two families filing lawsuits against TikTok over the tragic deaths of their children.

CONTACT WITH STRANGERS

With around 1.1 billion users globally, the potential for contact from strangers on TikTok is high – especially as accounts created by over-18s (or youngsters using a false date of birth) are set to public by default. This not only means that someone's profile is visible to everyone else on the app, it also lets their videos be suggested to others and enables anyone to comment on them or download them.

IN-APP SPENDING

TikTok is free, but users have the option to buy TikTok coins, which can be used to purchase emojis in the app. These emojis are then sent as rewards (retaining their monetary value) to other users for videos they've created. Coin bundles range from £9.99 to an eye-watering £99; TikTok's policy is that they can't be bought by under-18s, but it's possible to bypass this with a fake birthdate.

ADDICTIVE NATURE

Like all social networking platforms, TikTok can be addictive: figures show that young people are investing increasing amounts of time in it. In the UK, children with TikTok spend an average of 102 minutes per day on the app, versus 53 minutes on YouTube. This compulsive repeated use can interfere with their sleep patterns – leading to irritability – and distract them from other activities.

TIKTOK NOW

Introduced in late 2022, the "TikTok Now" feature lets users post a daily video or photo at the exact same time as their friends. Users receive a synchronised notification at a random time of day, giving them three minutes to take a video or real-time photo. This addition can not only be a distraction to young people but could lead to them inadvertently sharing private content such as their location.

Advice for Parents & Carers

ENABLE FAMILY PAIRING

Family Pairing allows parents to link their TikTok account with their child's and control their settings remotely. Parents can then, for example, turn on Restricted Mode (reducing the chances of a child seeing inappropriate content); set screen time limits; and manage their child's ability to send messages (and to whom). Children can't alter these settings without parental approval.

MAKE ACCOUNTS PRIVATE

Although under-16s will have their TikTok account set to private by default, bypassing this setting is relatively easy. However, parents have the ability to manually set their child's account to private – meaning that their videos won't be visible to strangers and they won't be able to exchange messages with people who aren't on their friends list.

LIMIT IN-APP SPENDING

If your child is using an iPhone or Android device to access TikTok, you can alter the settings to prevent them from making in-app purchases. We'd recommend that you enable this feature, as it's quite easy for a young person – without realising what they're doing – to spend a significant amount of real money buying TikTok coins so they can unlock more features of the app.

DISCUSS THE DANGERS

If your child wants to use TikTok and you're happy for them to do so, it's crucial to talk about the potential risks in this type of app. For example, ensure they understand not to share any identifying personal information – and that they realise they could be exposed to inappropriate content. Thinking critically about what they see on TikTok can help children become generally more social media savvy.

READ THE SIGNS

If you're concerned that your child might be spending too much time on TikTok, or that they've been emotionally affected by something inappropriate or upsetting that they've seen, it's important to know how to spot the possible signs. Increased irritability and a lack of concentration are potential red flags, as are failing to complete homework or regularly not eating meals.

Meet Our Expert

Carly Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of tech tabloid The Inquirer, Carly is now a freelance technology journalist, editor and consultant.



National
Online
Safety

#WakeUpWednesday



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: 23.11.2022

THE FAMILY HUB

Cooking on a Budget

We are running a free course for six families on how to cook on a budget. The aim is to teach people how to cook a healthy nutritious meal for a family of four on a budget of £5.

They will learn everything from the preparation to the cooking. This will include, but not be limited to, nutritional & dietary advice and health & safety in the kitchen. Our aim is to promote healthy eating, while giving the family the confidence and knowledge in preparing a healthy meal.

All ingredients are provided FREE

5-week course starting Friday 13th January 9.30am Heyhouses Family Hub

Week 1 - Sausage meat ball pasta

Week 2 - Vegetable Biryani

Week 3 - Potato and Pepper Frittata

Week 4 - Vegetable Chilli

Week 5 - Mixed bean Enchilada



For more information, and to book, please contact us by Email

familyhub@heyhouses.lancs.sch.uk

Facebook [FamilyhubFY8](#)

Twitter [@familyhubFY8](#)



Facebook



Twitter

Clarendon Road North, St-Annes-On-Sea, Lancashire, FY8 3EE



Thank you to Heidi, Oscar, Finlay, Emma, Camilla, Harriet, Max and Lily who laid wreaths on behalf of school and St Margaret's Church.

Lots more Heyhouses pupils and nursery children were present.

Thank you.

Thank you to all the children who represented Heyhouses at the Civic Act of Remembrance. From Nursery through to Year 6, I was very proud of all the children. Well done.





Remembrance wreaths were also laid at St Annes Parish church by Year 6 pupils, Holly and Will.

ADMISSIONS TO PRIMARY SCHOOL 2023

Lancashire County Council's school admissions for children starting primary school in September 2023 has been opened since September. Parents must apply online at

www.lancashire.gov.uk/schools

The national closing dates for applications are:

15 January 2023 for primary applicants

Morning Road Safety

ALL Children in Year 3 and 4 must be brought to the playground and the classroom doors, they must not be left to walk unaccompanied. We have had several distressed children who have been dropped off and told to make their own way into school.

Please walk with your child or ring Breakfast club if you needed earlier provision.
01253 722014

Or email: afterschoolclub@heyhouses.lancs.sch.uk



I can do all things through Christ which strengthens me. Philippians 4:13

Sunday Worship

St Annes Parish Church 10:30 a.m.

St Margaret's Parish Church 10 a.m.

Contact Us

Phone 01253
722014

Option 1

Sir John Alcock
Building Years 1 and
2 are in the Sir John
Alcock Infant building

Option 3

Westall Building

Junior classes and
Reception classes
are in the Westall
building

Option 5

Do YOU want to be a PARENT GOVERNOR?

We currently have a vacancy and are seeking nominations from our parents.

Mrs Geraldine Clarkson has just completed her time as Parent Governor and did a wonderful job during her years in office. She was extremely valuable for her expertise on school and we would like to thank her for all her hard work as a Governor. We now need someone to step into the position she has left.

A whole set of paperwork will be coming home in the next day or two giving you all the information you need to be nominated.

Nominations must be received by Wednesday 7th December at 12 noon.

Ballot papers go out on Monday 12th December and the [ballot will be closed on Monday 6th January at 12 noon](#). Ballot boxes will be in both reception areas near the office hatches.

[The vote will be counted at 1p.m. on 11th December.](#)

Lateness and Appointments

We have an increasing number of children who are late for school on a regular, sometimes daily basis.

Registration takes place at 8:55 a.m. Registers close at 9:05 a.m.

Arriving **after 9:05 a.m.** will be recorded as an **unauthorised absence**, and any time between **8:55 and 9:05 a.m.** will be recorded as **late**. We will obviously not apply this to a one off lateness due to car failure or a family crisis.

Families with a problem of repeated lateness will be receiving a letter and an attendance print out giving them the current situation. Lateness after 9:05a.m. which are unauthorised sessions count in the ten unauthorised absences which could lead to a penalty fine. Some children are now getting close to this number and we will be contacting their parents directly.

Dentist, doctor and specialist appointments will be authorised absences but only with a letter or appointment card. So many appointments of this nature are taken on a Friday from 1 p.m. we have had to ask for formal proof of appointment.

Christmas Family Discos

Infant and Junior discos

will be held on the same night.

Friday 2nd December

4:30p.m.-6:30p.m.

Infant Disco and Father Christmas Visit

Junior Disco

7:30p.m.-9:30p.m.

In the Junior Hall



If you have children of both infant and junior ages you will need to decide which of the discos to attend, no one is able to stay for the full five hours. All families who have attended the first disco will need to go home. Between 6.30p.m. and 7.30p.m. PTA will tidy up and prepare new items and food for the Junior disco. Please support our PTA.

TICKETS WILL GO OUT ON MONDAY

PTA NON UNIFORM DAY Friday 25th November

Thank you for supporting our Non-Uniform Day and thank you for all the wonderful gifts you have sent for the PTA to use in Christmas Fundraising.

**ALL PHOTOGRAPH ORDERS MUST BE
ORDERED ONLINE BY MONDAY.**

www.tempest-orders.co.uk

tel:01736751555

The Snow Globe

The Annual Year 2 Nativity Play is an original script written for Heyhouses called The Snow Globe. The music score has been written by Mrs Powlesland. The children are already rehearsing and will be delighted to perform for parents and friends on:

Monday 5th December at 1:30p.m.

Tuesday 6th December 6:00p.m.

Performances will be held in St Annes Parish Church.

Year 5 are learning the songs too, in order to support as a Choir. Year 5 are expected to attend both performances.



Carol Services

Year 6 children will once again represent Heyhouses at local carol services. Both St Margaret's Parish Church and St Annes Parish Church have invited us to sing. Heyhouses is the church school for both parishes and we feel it is important that our school plays a significant part in linking school and community. Children in Year 6 are expected to attend at least one of the services. Obviously they may attend both!

Carol Services

Festival of Nine Lessons and Carols **Sunday 4th December** at St Margaret's Church at 6p.m.

Carol Service on **Sunday 18th December** at St Annes Parish Church at 6:30 p.m.