



Wallace Fields Junior School Newsletter

Friday 2nd February 2024



UPCOMING DATES

- **Monday 5th February 2024** - Selected Year 5 and 6 Swimming
- **Wednesday 7th February 2024**
 - Second Hand Uniform Sale
 - No Netball Squad Training
 - Year 5/6 Girls Football Fixture at home 3.15pm -4.15pm - More information on SPOND
- **Thursday 8th February 2024** - PTA Valentines Disco 4.30pm -5.45pm
- **Friday 9th February 2024**
 - Selected Year 3 and 4 Boys Football Tournament at Auriol School. Pick up WFJS at 12.40. Finish 3pm
 - Sponsored Walk forms due into school
 - Break for half term - usual finish time 3.25pm/3.30pm. Return Tuesday 20th February 2024

[Click Here¹](#) for Upcoming Events

[Click here²](#) for School Calendar and to Subscribe to Calendar

HEAD'S UPDATE

Welcome to additional positive play staff: A warm welcome to Mr Will Balcombe to the lunchtime team. Some of the children will know Mr Balcombe from 'JAG', our excellent wraparound care. He is a very enthusiastic and a sporty person who is joining our positive play team. These staff encourage games and activities during lunchtime and introduce new ideas for having fun at break. Mr Balcombe will be working with Mrs White who leads the positive play. Together they ensure that the children are active and enjoying their free time and they also purchase play equipment, including replacements for any broken equipment to ensure it is always available.

Firewall and Online Monitoring at School: It might be worth knowing that the school has a very rigorous approach ensuring online safety for the children here. We have a very efficient firewall and a very powerful monitoring programme called SENSO that also flags up when children try inappropriate searches. Obviously some of the flag ups are erroneous - such as the word 'bomb' when researching Britain in the 1930s in Year 6, however, other flag ups work well and children are identified by their log in and the time and location is noted. This will lead to a direct meeting with a member of the safeguarding staff team and the child to discuss why the child had typed in inappropriate language and usually incurs a week of accompanied use of the Chromebook computers as a reminder not to search rude or nasty words. The children know the system exists and this works well in protecting the children from unsuitable content and preventing the searching of

¹<https://wallacefields-jun.surrey.sch.uk/events>

²<https://wallacefields-jun.surrey.sch.uk/calendar>

inappropriate websites or words. Incidentally the SENSO system is working all the time and includes all computers and so staff are also monitored.

Farewell to Olwin: The Resident Liaison Group is a group that meet with me once a term to discuss community issues and we promote a link between the local residents (exclusive of parent residents) to secure a mutually beneficial relationship. Sadly we are saying farewell to Olwin Macarthur who is stepping down after many years in the group. We wish her all the very best in the future and we are thankful for all her helpful input to the group.

School Dinners: Twelve15 are our dinner providers and unfortunately Mrs Rodford, the head cook, has been off following surgery. Getting the lunches through is a delicate balance of timings and so the remaining staff have been keeping it going. Some options and timings have been changed for the time being however the company have said things will be back to normal after the half term. Dinners are at an all time high and the three week menu is healthy and popular. Please do direct your suggestions and ideas to Twelve15 or email the office and we will pass them on. Thank you for your understanding.

Head Teacher's awards January 2024

Year 3	Year 5	Year 6
Harper DB	Abby X	Alexis R
Laurence K	Andy W	Beau BG
Maddie S	Ciaran Y	Ben LO
Nyla H	Demir S	Charlie J
Rory B	Edith T	Daniel P
Sam W	Ella V	Edgar C
	Freddie B	Emily D
	John G	Evie B
	Josh T	Henry M
	Lalana S	Kaspar Q
	Momin A	Katie M
	Naomi W	Lucy L
	Oz Y	Luke F
	Poppy B	Natalie W
	Sabina P	Shivansh M
	Sam S	Sophie B
	Sean M	Sylvie E
	Woody M	
	Zach W	

THIS WEEK

Year 5 French Fashion Show

As our theme in French for Spring 1 is clothing, Year 5 took part in a **French Fashion Show on Monday, 29th January**. The Year 5 children modelled their fashion collections for either winter, spring, summer or autumn.

Bravo to both Year 5 classes who really strutted their stuff and brilliantly described what they were wearing during the French fashion show. Thank you to the parents who ensured that clothing was brought in.

<http://twitter.com/statuses/1752727238871486951>

Year 3 and 4 Girls Football Tournament - Friday 2nd February 2024

Well done to all the Year 3 and 4 children who took part in the girls football tournament this afternoon, Friday 2nd February 2024, at Auriol Junior School. We will publish the match report next week.

Please can the football players take their kit home and return it washed to the School Office on Monday ready for the next match. Thank you

IMPORTANT NEWS

INSET DAY - Monday 19th February 2024

Please don't forget that there is an INSET day on **Monday 19th February 2024** when school is closed for staff training and a very important mid year review of our school development targets and plans. Pupils return to school on Tuesday 20th February 2024. The next INSET day is Friday 24th May 2024.

Second Hand Uniform Sale - 7th February 2024



WALLACE FIELDS
JUNIOR SCHOOL

SECOND HAND UNIFORM SALE



**PLEASE BRING YOUR UNIFORM DONATIONS TO
THE OFFICE THIS WEEK!**

Option to Change Child's Meal Preference

As we approach the end of this half term, you have the option to change your child's meal preference. Please only complete this form by Wednesday 7th February 2024 if you wish to make a change. If your child requires a special diet, please can you also complete and return the attached form below by Wednesday 7th February. This form can also be found directly on our website under Parents/Meals. Please can you settle your child's account and any outstanding balances if applicable. If you wish your child to continue with a School Lunch after half term, your child's balance for this half term must be paid by Monday 5th February.

Click [here](#)³ to change lunch preference. Thank You The School Office

³<https://forms.gle/nJ3ZJmtuY3dtPMQe8>



SPECIAL DIET REQUEST FORM

School/Academy		
Child's Name	Class	Year Group
Please specify dietary requirements		
Medical - Allergy		
Medical - Intolerance		
Medical - Coeliac Disease		
Religious - (e.g. Hindu)		
Ethical - (e.g. no meat, fish)		
For safety reasons, it is not possible to cater for pupils with airborne allergies given the facilities available in school kitchens. We offer several Special Diet Menus and follow a matching process to align a pupil's need with one of our Special Diet Menus. We offer Vegetarian, Egg Free, Dairy Free, Vegan, Soya Free, Allergy Aware menus and a menu made without ingredients that contain Gluten. See our website Menu - Twelve15 (twelve15.co.uk)		
Please tick which of the allergens (if any) should be excluded		Please tick or insert other dietary exclusions
Wheat/Gluten	Sesame	Vegetarian
Peanuts	Fish	No Pork
Tree Nuts	Crustaceans	No Beef
Celery	Molluscs	Vegan
Mustard	Soya	Other
Eggs	Sulphites	
Milk	Lupin	
Chickpeas	Legumes	
Is the food hypersensitivity significant or life-threatening?		
Yes <input type="checkbox"/> No <input type="checkbox"/>		
If YES and the allergy does not pertain to NUTS school to arrange a meeting with the parent and Twelve15 Operations Team Leader to agree an appropriate Special Diet Menu		
Agreed Twelve15 Special Diet Menu		
Meeting Date	Signed	
The following is required for medical diets only and should be copied by the School/Academy representative (who signs below) from the pupil's Care and Treatment Plan. N.B. This is essential to avoid misinterpretation.		
Emergency procedures for use of a preloaded adrenalin injection, where is it kept and who is to administer?		
Local arrangements for identification of child agreed and emergency procedure in place?		
Signature Parent	Print Name	Date
Signature School/Academy Representative	Print Name	Date
Signature Twelve15 representative	Print Name	Date

This form should be held with the child's Care and Treatment Plan within the School/Academy office and a copy passed to the team Twelve15 kitchen.

March 2023 For more information please visit –



GDPR - Special Diet Request Form

Special Diets is an area of School/Academy meals provision where personal data of pupils is provided before any special diet can be safely served. This information can include the pupil's name, name of School/Academy, name of class, parent name, medical information, and photograph of the child. This information is given willingly and with consent from the parent / guardian. Personal data is not stored by any member of Twelve15 central teams but held locally at the School/Academy for operational reasons.

Please be assured all information is held in accordance with data security and data retention policies and most importantly is held with the sole purpose of attending to pupils dietary needs to ensure the health and safety of the children and young adults to whom meals are served.

- Pupil photographs on kitchen walls:**
Photographs are not displayed in public view; they are provided with consent from the parents and placed in a discreet place behind the counter so only visible to catering staff.
- Pupil photographs in folders:**
Photographs may also be stored in folders within the kitchen or catering office. These are stored in a secure manner and only available to the catering staff.
- Pupil photographs in dining hall**
Some School/Academies choose to use photographs and detail dietary requirements on a child's place mat. Please check with your School/Academy if this practice is in place.
- Allergy information including special diet request form and medical notes:**
All special diet pupils should have a special diet request form, along with any medical correspondence, submitted before a special diet can be served. This information is provided with consent from the parent and stored in a secure folder within the kitchen or catering office and School/Academy office.
- Retention of Personal Data**
The data referred to will be retained only for the purposes of providing a special diet and will be confidentially disposed of when no longer required for this purpose.

Further information on how we ensure compliance with GDPR can be found at

<https://www.surreycc.gov.uk/council-and-democracy/your-privacy>

Surrey County Council (Twelve15) use the following allergens in the kitchens where food is prepared for pupils [celery, cereals containing gluten, crustaceans, eggs, fish, lupin, milk, molluscs, mustard, nuts, peanuts, sesame seeds, soya, and sulphur dioxide (sometimes known as sulphites)]. We have formulated a number of Special Diet Menus.

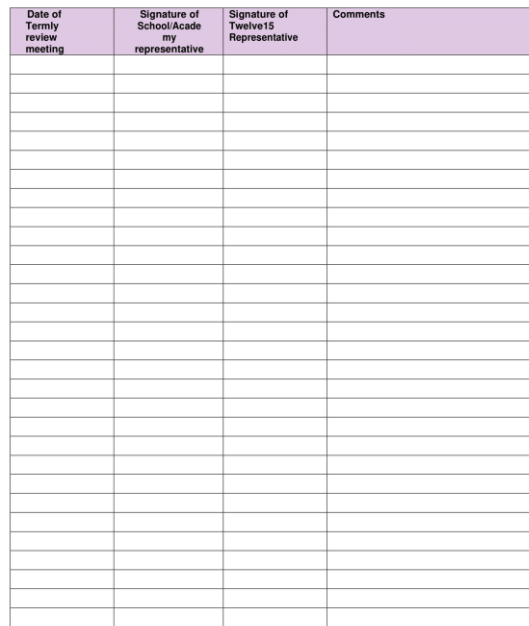
We work very closely with our suppliers and use Nutritional Analysis (Food Labelling software packages) to identify allergens in line with current legislation. Our Staff are trained in all aspects of Food Safety and allergen control.

Consumers that have food allergies and intolerances should be aware that during food preparation some food and crockery may be contaminated by any of the 14 major allergens. Whilst every effort is made to avoid cross contamination by following the procedures outlined in our Assured Safe Catering Procedures Manual for instance two-stage cleaning and separate utensils we cannot guarantee an allergen free meal.

I confirm that I have read and understood the above:

Signature Parent	Print Name	Date
Signature School/Academy Representative	Print Name	Date
Signature Twelve15 representative	Print Name	Date

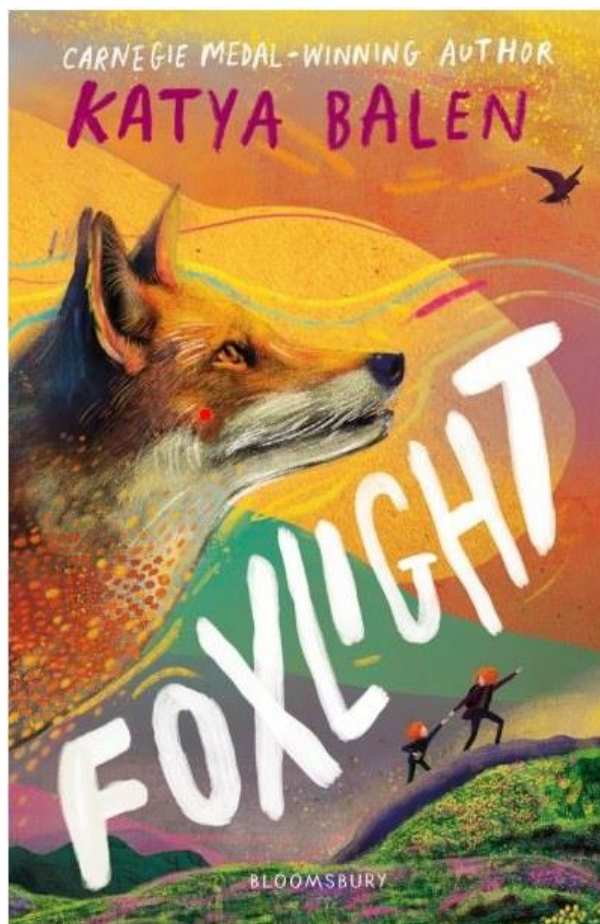
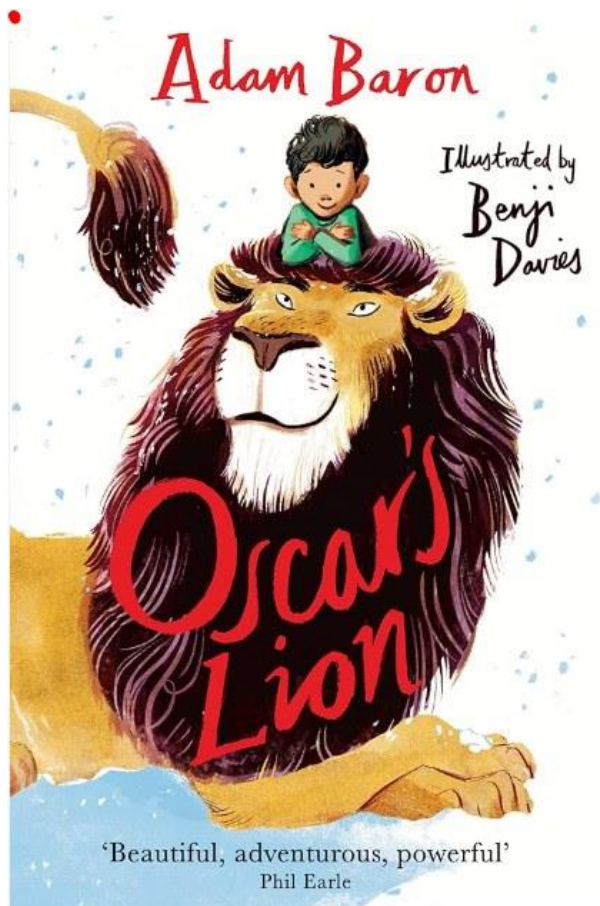
March 2023 For more information please visit –

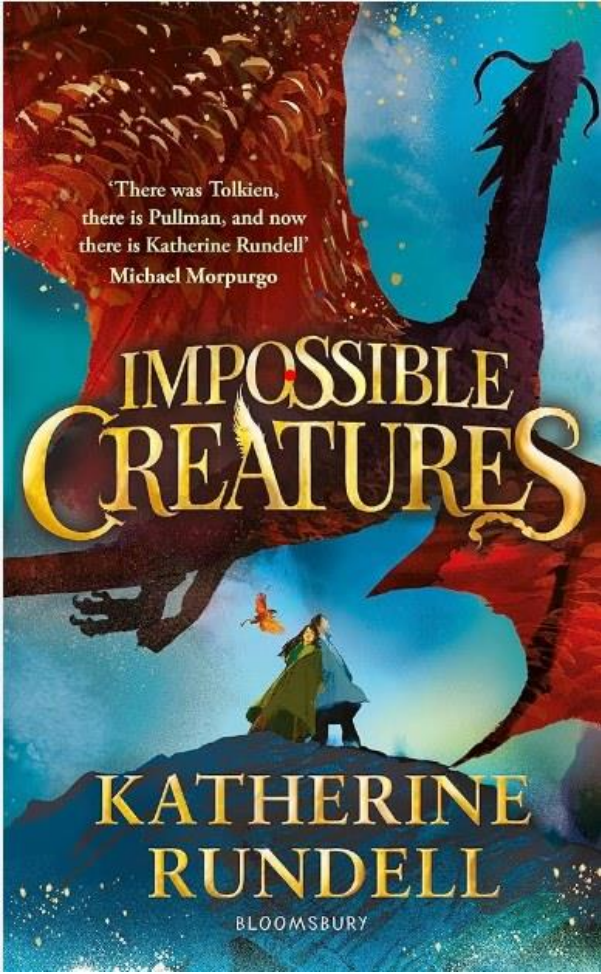


The Year Group Book of the Month

The year groups books for this month (January) are:

- Year 3: "Oscar's Lion" by Adam Baron and Benji Davies
- Year 4: "Foxlight" by Katya Balen
- Year 5 - "Impossible Creatures" by Katherine Rundell
- Year 6 - "Howl's Moving Castle" by Diana Wynne Jones



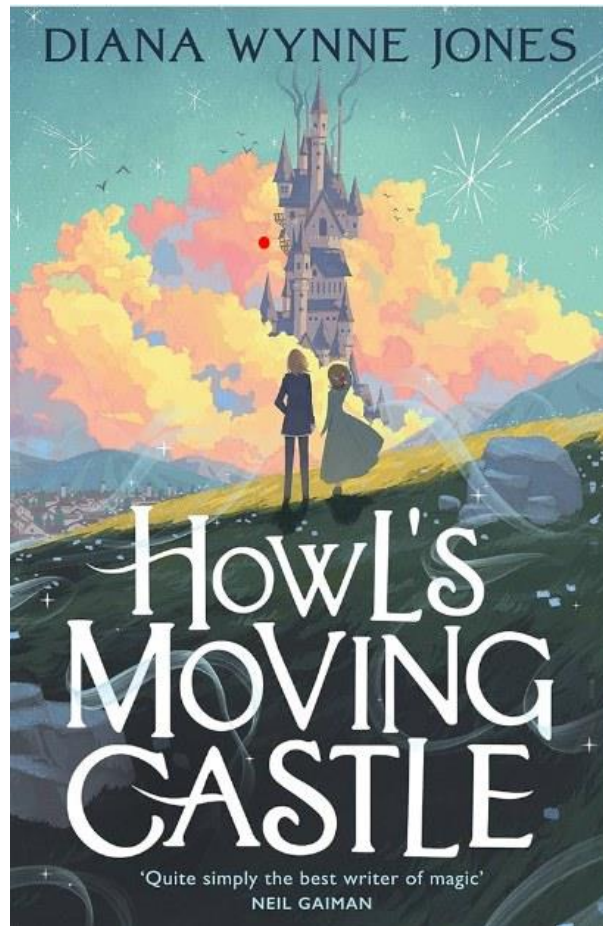


'There was Tolkien,
there is Pullman, and now
there is Katherine Rundell'
Michael Morpurgo

IMPOSSIBLE CREATURES

KATHERINE
RUNDELL

BLOOMSBURY



PTA Valentines Disco - Thursday 8th February 2024

Valentines Disco for the children is selling really well and we can't wait for DJ Findlay's playlist for the kids to boogie and play games to. Get your child's ticket via PTA Events: <https://www.pta-events.co.uk/wfjspta>



ALL WEATHER PITCH SPONSORED WALK FUND RAISER

We ask that all sponsorship be paid online via a Crowdfunding page by the end of the half term.

<https://www.crowdfunder.co.uk/p/all-weather-pitch-sponsored-walk>

Please return all sponsorship forms to the school office and make your donations by Friday 9th February 2024. Any donations are highly appreciated.

Each class has been challenged to work as a team to walk, jog or run a certain VIRTUAL distance and be sponsored to raise funds for the all weather pitch. **Year 3 are walking/running 53 miles to Brighton., Year 4 are walking/running 61 miles to Portsmouth, Year 5 are walking/ running 70 miles to Cambridge, and Year 6 are walking/ running 80 miles to Dover.**

The children will be given the opportunity each week during the Weekly Mile and at the start of each games lessons to complete as many laps of the playground in a designated time. Their laps will be counted, converted to a distance and recorded. All pupils will have 3 weeks to complete the challenge. Each child will be contributing to the class total and you will be sponsoring the entire class as a whole unit. If you or anyone in your community wishes to sponsor your child's class, your child has been sent home with a sponsorship form or you the form is below.

EVENT DETAILS

DATE:
Friday 2 February 2024

TIME:
Daily 7:30am to 7:30pm

LOCATION:
United Kingdom

DAILY CAP:
1 hour per player

Have you got any unused or unwanted books?

Thank you for the kind donations that parents/carers have already brought into school. We still appreciate more unused or unwanted good quality books for 7 to 11 year olds for class book corners and the library. Please bring them in to School Office. Thank you!

Uniform Reminder - Tights Or Socks

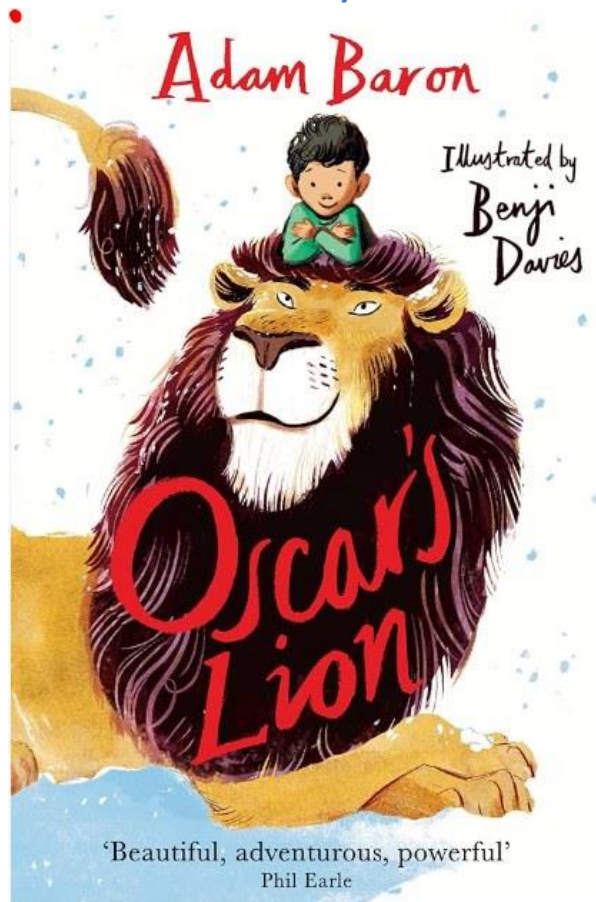
A new fad is creeping in of dark tights with white socks over the tights. Please note this is contrary to the school uniform. Children should wear either socks or tights and not both. For the details about our uniform see our school website by clicking [here](#)⁴.

Update on Year 5 and 6 Choir for Playhouse Festival

Thank you to all those Year 5 and 6 choir members who have expressed interest in taking part in the Epsom and Ewell Music Festival on 26th and 27th March 2024. We had more responses than places available. Mrs Johnstone has emailed the organisers to ask if any other schools aren't bringing their full quota whether we could bring a few extras. The reason they cap numbers is due to fire regulations and health and safety. She was hoping to have had a response before allocating days as we would love to invite all of those wanting to attend. She is chasing the organisers and will wait a few more days for a reply before making our plans.

YEAR 3

Year 3 Book of the Month - "Oscar's Lion" by Adam Baron and Benji Davies



⁴<https://wallacefields-jun.surrey.sch.uk/parents/uniform>

YEAR 3 AND 4

After School Rugby Club Extended to Year 3 and 4

The after school rugby club has been extended to include Year 3 & 4 children after the Spring half term holiday. If you are interested in your child attending on Tuesdays 3.30-4.30pm from 20th February to 19th March 2024 then please contact Mr Sellars on csellars@mail.com. The club costs £35 for the half term. Places will be allocated on a first come first served basis.

YEAR 3 AND 4 TAG RUGBY!

Tuesdays 3:30-4:30 term time only

£35 for the half term.

First session- 20th February

Last Session -19th March



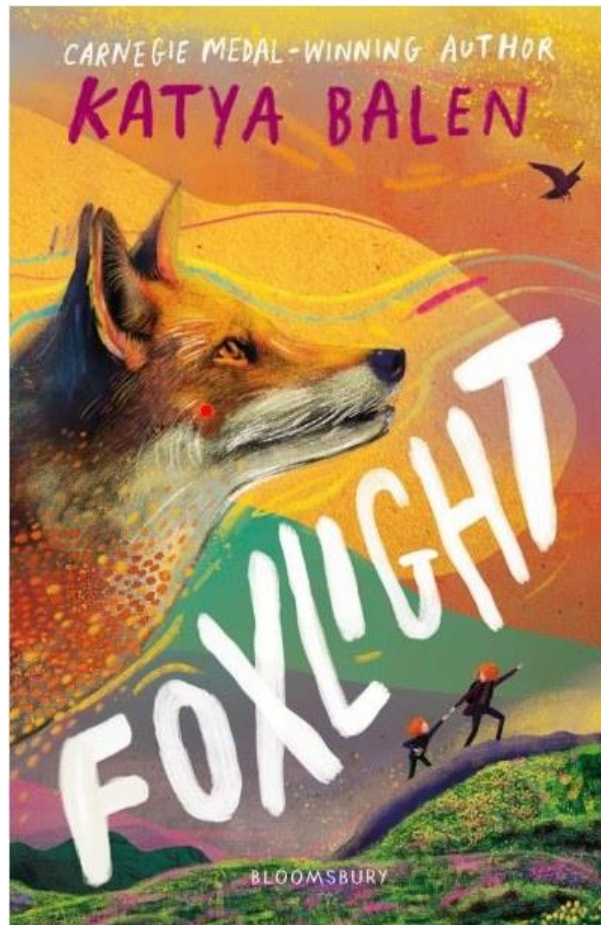
Participants must bring warm sports clothing, football boots and waterproofs.

To register your interest please contact Chris with your child's name, class, contact number and any medical requirements at csellars@mail.com

The club operates on a first come first served basis

YEAR 4

Year 4 Book of the Month: "Foxlight" by Katya Balen



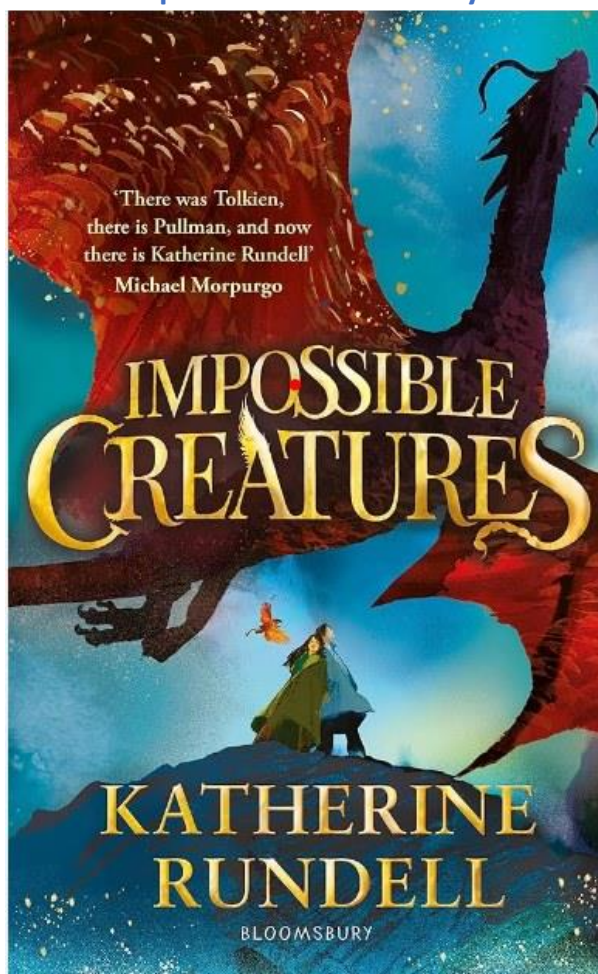
Year 4 – Residential Trip to Ufton Court 7th – 8th May 2024

Please make a note of the following instalment dates:

- **2nd instalment of £75 due 2nd February 2024**
- 3rd instalment of £75 due 15th March 2024

YEAR 5

Year 5 Book of the Month - "Impossible Creatures" by Katherine Rundell



Year 5 Date For Your Diary

Year 5 Music Assembly - Tuesday 12th March 1.15pm (Parents of performers are invited to attend)

If your child would like to take part in the music assembly, auditions will be taking place during the Year 5 music lessons on **Tuesday 5th March 2024**. Please ensure your child brings their instrument and music on this day ready to perform. Parents of children selected to perform will receive an email.

Year 5 – Residential Trip to Marchants Hill 7th to 10th May 2024

Please make a note of the following instalment dates:

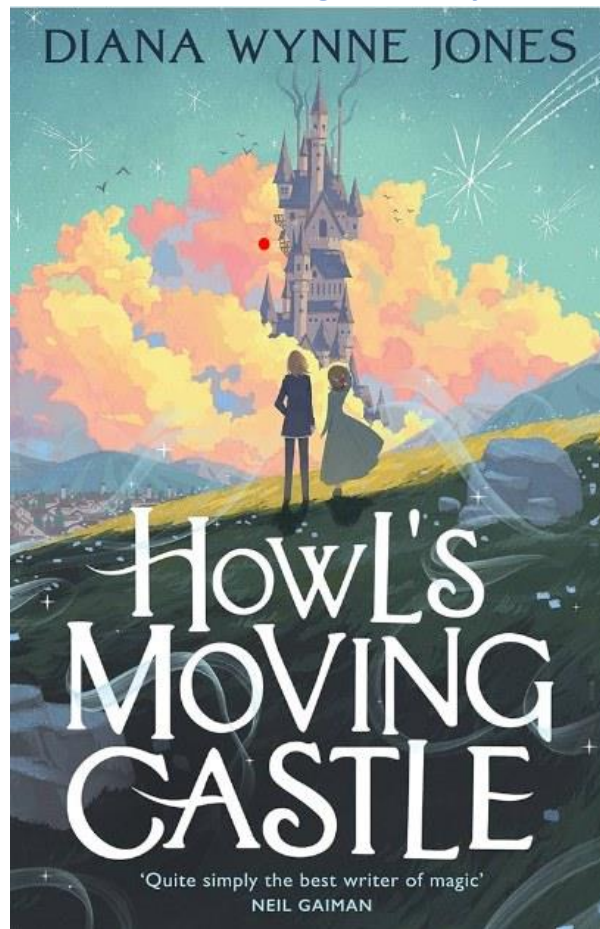
- **3rd instalment £115 due 26th January 2024**
- 4th instalment of £110 due 1st March 2024

Year 5 and 6 Swimming

The chosen children will continue swimming on Monday mornings. Parents have been informed. **Lessons will continue on the following dates: 5th February, 26th February, 4th March and 11th March and 18th March 2024 . Voluntary donations of £50** have been requested and this can be made via Scopay. Please remember to pack swimming costume/trunks and a towel for each Monday as we leave sharply at 8.55am.

YEAR 6

Year 6 Book of the Month - "Howl's Moving Castle" by Diana Wynne Jones



Year 6 Junior Citizen Scheme 26th February 2024

A letter has been sent to parents/carers with details of our forthcoming trip to Epsom Downs Racecourse for the Junior Citizen event on **Monday 26th February 2024**. In order to cover the cost we do ask for a voluntary contribution of **£11.50** payable via Scopay.

If your child is currently taking part in the swimming course on Monday mornings, then they will miss the swimming for this week only and join the rest of year 6 for Junior Citizen. If you have already paid for swimming, an adjustment will be made to your contributions when we continue swimming in the Summer term.

Year 6 Date for Your Diary

Year 6 Music Assembly - Tuesday 27th February 1.15pm (Parents of performers are invited to attend)

If your child would like to take part in the music assembly, auditions will be taking place during the Year 6 music lessons on **Thursday 22nd February**. Please ensure your child brings their instrument and music on this day ready to perform. Parents of children selected to perform will receive an email.

PTA AND FUNDRAISING

WFJS PTA

Garsons
Growing since 1871

VALENTINES WEEK
To celebrate Valentines week the childrens will be receiving a small gift to let them feel the love and know how special they are.

GROWING WITH SCHOOL SCHEME
SUPPORTING BUDDING HORTICULTURALISTS
We are delighted to announce that we have partnered with Garsons Farm in Esher as part of their Growing with Schools Scheme. They have generously donated a huge selection of seeds, herbs, vegetables and flowers for the Gardening Club to get growing this term.
As well as a £50 donation towards equipment. Their head gardener and team will be on hand to offer advice and support to future projects.
Thank you Garsons!

NEW PURCHASES
The PTA have purchased complete class sets of headphones and torches to support science and music lessons.

Get all tickets here
pta-events.co.uk/wfjspta

UNIFORM SALE
From pick up on Wednesday 7th February
Please bring any donations to the office by Tuesday

COMEDY NIGHT!
Friday 15th March
The acts have been confirmed and the tickets are live!
Join us for a night of laughs!
Tickets available via PTA Events

MOTHERS & SPECIAL PERSONS DAY
Friday 9th March
Mother's Day gift shop is now available online via PTA Events

VALENTINES DISCO!
It's party time. Tickets are still available via PTA Events. A great afternoon of fun includes arts & crafts, snacks, drinks and lots of dancing

GET IN TOUCH: Got an idea or want to get involved? Drop us a line
✉ wfjspta@gmail.com facebook.com/groups/wfjsp

PTA Comedy Night

Wallace Fields Junior School welcomes the return of the infamous Comedy Night. This is a popular event and an excellent selection of circuit comedians will be bringing the mirth along for a fun evening (adults only). Bring your sense of humour and get ready to laugh. Funniest tickets in-town are now available to book via pta-events.co.uk/wfjspta⁵

Doors open at 7:30pm on **Friday 15th March 2024** First drink and bar snacks included WFJS PTA.

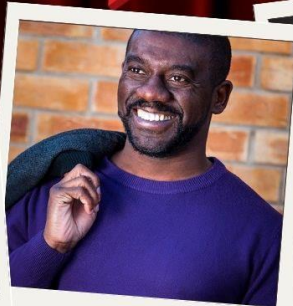
⁵<http://pta-events.co.uk/wfjspta>

WALLACE FIELDS
JUNIOR SCHOOL
PTA PRESENTS

COMEDY NIGHT



ABI CARTER SIMPSON



GERRY K



MIKE MCLEAN

FRIDAY 15TH MARCH
DOORS OPEN AT 19:30

**£20 TICKET INCLUDES YOUR
FIRST DRINK & BAR SNACKS
ADULTS ONLY**



GET YOUR TICKETS AT:
WWW.PTA-EVENTS.CO.UK/WFJSPTA



Mother's & Special Person Day

On Friday 8th March
the children will be
celebrating Mothers /
Special Person Day.

Children will be given a
special gift to bring
home.

Please make a payment
of £3 per child in
advance to:

pta-events.co.uk/wfjspta

Reminders and News

French Homework

The optional Linguascope practice for this week is as follows:

- Year 3: Linguascope E/Couleurs
- Year 4: Linguascope B/Moi et ma famille/Description du visage
- Year 5: Linguascope B/Moi et ma famille/Les vêtements 1 et Les vêtements 2
- Year 6: Linguascope B/L'alimentation/Les légumes

Artistic Adults Needed to Create Mural

Mrs Curran is looking for volunteers who would like to paint a mural on the climbing wall at the school. Any adults who are artistic and would like to be a part of this project, please contact Mrs Curran via office1@wallacefields-jun.surrey.sch.uk⁶

Join the Exciting Globo Kidz Camp this February Half Term Camp at Wallace Fields Junior School!



After an extremely successful October Camp, we are thrilled to announce an action-packed and exhilarating February Half Term Camp at Wallace Fields Junior School! Get ready for a week full of sports, games, and endless fun for your children.

Date: 12th February – 16th February 2024.

At our camp, your child will have the opportunity to participate in a wide range of sports and activities. From football to table tennis, netball, invasion games to glow dodgeball, and even laser tag and nerf wars, we have something for everyone!

Our experienced and enthusiastic coaches will guide the children through various sports drills, skill-building exercises, and exciting team games. They will not only have a blast but also develop their teamwork, coordination, and sportsmanship skills.

To register your child for this fantastic February Half Term Camp, simply visit our website www.globokidzcamp.co.uk⁷ or give us a call at 07725021035. Spaces are limited, so don't miss out on this incredible opportunity!

We can't wait to welcome your child to the Wallace Fields Junior School Half Term Camp, where they will make new friends, learn new skills, and create unforgettable memories. If you have any questions or require further information, please do not hesitate to reach out to us.

Best regards,

⁶<mailto:office1@wallacefields-jun.surrey.sch.uk>

⁷<https://www.globokidzcamp.co.uk/>



Action-Packed Breakfast & After School Clubs

SUPER SPORTS • POWER TEAMS • GLOBAL KIDS
CREATIVE INVENTORS • BRAIN BOOSTERS • ZEN MASTERS

Fun packed multi-activity clubs for every child!

- ✓ A BIG DOSE OF FUN BEYOND THE SCHOOL DAY
- ✓ MAKE NEW FRIENDS ACROSS ALL AGE GROUPS
- ✓ DELIVERED BY A TEAM OF EXPERTLY TRAINED PROFESSIONALS
- ✓ KEEP ACTIVE AND IMPROVE WELLBEING
- ✓ EXPLORE CREATIVITY AND A RANGE OF INTERESTS
- ✓ HEALTHY BREAKFAST & NUTRITIOUS AFTER SCHOOL SNACK AVAILABLE EACH DAY

**SCAN HERE TO
FIND OUT MORE &
BOOK NOW!**



0333 577 1533
junioradventuresgroup.co.uk

Ofsted
Registered



Wellbeing and Safeguarding



4-Week Family Links Parenting Programme with Home Start



Do you feel you are always nagging, and no one is listening? Is there more anger and tears, than fun and laughter? Home Start will be holding a Positive Parenting workshop based on the Parenting Puzzle 10-week programme. This 4-week workshop introduces positive strategies to guide and teach children, using praise, encouragement, and empathy, to build self-esteem, confidence, and cooperation. It helps you deal with the challenges of parenting so that you can have a calmer, happier life.

Booking is essential. Please call 020 8337 7310 Option 1

or Email: cc.office@ewellfamilycentre.com

- When? Tuesdays 10.00 – 12.00, 27th February – 19th March 2024
- Where? Ewell Family Centre, Riverview Road, West Ewell, KT19 0JP



At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to help us informed conversations about online safety with their children, should they need it. This guide focuses on one of many topics which we believe is an essential subject for parents of young people. Please visit our national website for further advice, tips and top 100 rules.

What Parents & Carers Need to Know about WHATSAPP

With more than two billion active users exchanging texts, photos, videos and documents, as well as making voice and video calls, WhatsApp is the most popular messaging app worldwide. It's a free, encrypted, end-to-end service that allows you to communicate with friends and family. However, it's important to be aware of the risks associated with using WhatsApp, especially for children and young people. This guide aims to help you understand these risks and how to protect your child from them. It covers topics such as: scammers, contact from strangers, fake news, chat lock, visible location, chat about privacy, and adjusting settings.

WHAT ARE THE RISKS?

EVOLVING SCAMS

WhatsApp is a popular app used for communicating with friends and family. However, it's also a common target for scammers. Scammers use various tactics to trick users into giving them access to their accounts or money. This can happen through phishing emails, fake WhatsApp accounts, or by impersonating someone you know. It's important to be aware of these risks and to take steps to protect your child from them.

CONTACT FROM STRANGERS

WhatsApp allows users to add contacts from their phone's address book. However, it also allows users to add contacts from a list of phone numbers. This means that strangers can find your child's WhatsApp account and contact them. It's important to be aware of this risk and to take steps to protect your child from it.

FAKE NEWS

WhatsApp is a popular app for sharing news and information. However, it's also a common target for fake news. Scammers use WhatsApp to spread false information, often with the aim of causing panic or fear. It's important to be aware of this risk and to take steps to protect your child from it.

CHAT LOCK

WhatsApp has a feature called 'chat lock' which allows users to lock their chats with a password. This is a useful feature for protecting your child's privacy. However, it's important to be aware of the risks associated with using chat lock. For example, if your child forgets their password, they may lose access to their chat.

VISIBLE LOCATION

WhatsApp has a feature called 'visible location' which allows users to share their location with their contacts. This is a useful feature for staying safe. However, it's important to be aware of the risks associated with using visible location. For example, if your child shares their location with someone they don't know, they may be at risk of being tracked or kidnapped.

CHAT ABOUT PRIVACY

WhatsApp has a feature called 'chat about privacy' which allows users to share their privacy settings with their contacts. This is a useful feature for staying safe. However, it's important to be aware of the risks associated with using chat about privacy. For example, if your child shares their privacy settings with someone they don't know, they may be at risk of being tracked or kidnapped.

ADJUST THE SETTINGS

WhatsApp has a number of settings that you can adjust to protect your child's privacy. These include settings for who can contact your child, who can see your child's status, and who can see your child's location. It's important to be aware of these settings and to take steps to adjust them to protect your child.

Advice for Parents & Carers ...TYPING...

EMPHASISE CAUTION

Encourage your child to treat unexpected messages with caution. If they receive a message from someone they don't know, or a message that seems suspicious, they should not click on any links or download any attachments. They should also be encouraged to report the message to you.

THINKING BEFORE SHARING

Help your child to understand why it's important to think before sharing anything online. Encourage them to consider the consequences of sharing information, and to only share information that is safe and appropriate. They should also be encouraged to think about the privacy of others when sharing information.

MEET OUR EXPERT

Dr Helen Marshall is a senior lecturer in child protection and safeguarding at the University of Bedfordshire. She has over 20 years of experience in child protection and safeguarding, and is a member of the National Child Protection Conference. She is also a member of the National Child Protection Conference and the National Child Protection Conference.

National Online Safety
#WakeUpWednesday

Source: <https://www.nationalonlinesafety.com/whatsapp>

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At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to help an informed conversation about online safety with their children. Should they have the need. This guide focuses on the risks of young people who believe trusted adults should be aware of. Please visit [nationalonlinesafety.com](https://www.nationalonlinesafety.com) for further guides, news and tips for adults.

What Parents & Carers Need to Know about PERSUASIVE DESIGN ONLINE

Persuasive design refers to the techniques that companies employ to influence our thoughts and behaviours when we're on the internet. These approaches can be spotted on websites, in apps and even as part of some video games. Persuasive design means that this content has been deliberately presented in a way that's intended to encourage you to spend your time or money (or both). These methods often prove highly effective at keeping people engaged and invested for longer than we might expect.

WHAT ARE THE RISKS?

POTENTIAL ADDICTION

In the digital world, persuasive design can make certain activities more addictive and harder to turn away from: some people may begin to feel anxious or irritable without access to their device or their favourite apps. For example, it can also often leave users feeling isolated, as if that spend most of their time on social media - they may want to feel difficult to talk to other people in real life.

MENTAL HEALTH CONCERNS

Scrolling online or gaming without regular breaks is proven to be harmful to our mental health. The constant bombardment of news, images and influencers' posts can create a sense of an unrealistic and perfect world. This can lead to feelings of inadequacy and FOMO (fear of missing out). Young people can get so immersed in this environment that they become less likely to spot misleading posts.

PROLONGED SCROLLING

Social media can draw us in by using a pattern of refreshing our screen. Following posts and links down rabbit holes or reading comments and replies can be addictive. These endless scrolling can be so time-consuming that it can be spent on more productive things. It can also lead to users being so immersed in the online world that they can't stop scrolling.

SENSORY OVERLOAD

Repetitively scrolling, clicking on links or playing games can create an unending stream of new information and visual stimuli. For a young person, this can be very overwhelming as a constant stream of new information can become too much for young people to handle, leading to sensory overload and causing them to feel stressed, overwhelmed and exhausted.

COSTLY ADDITIONS

Video games sometimes display offers for downloadable content or loot boxes which can be bought with real money. While these microtransactions 'temporarily' promise to improve a player's gaming experience, most of the time they are money sinks. Young people, in particular, are very susceptible to purchasing these items. Spending quite a bit of money can very quickly add up.

PHYSICAL CONSEQUENCES

Hours spent sitting and scrolling means less time moving around and getting exercise. Prolonged use of a phone can also lead to eye strain, neck pain and discomfort, especially if viewing it in the dark. Extended phone use before bed can also impact on sleep quality, affecting mood and energy levels over the following days.

Advice for Parents & Carers

ESTABLISH LIMITS

Talk to your child about setting some time limits on how long they can use their phone, tablet or console in the evenings or at weekends - or perhaps how often they can go on a specific app, game or website. You could also decide to involve the whole family in creating this shared screen time agreement, making things like (and boundaries) for everyone.

ENCOURAGE MINDFULNESS

As technology and addiction is, it's in oversteering it - and combating scrolling is an effort. If anything mentioned in this guide sounds familiar, it could help to follow our tips. When you take your child about how much time they spend online, ask them to think about how often they scroll through social media content or how often they open up whenever they have a spare moment.

NIX NOTIFICATIONS

Stop those 'peek' responses at the source by turning off push notifications and alerts. While it's a good idea to catch our attention and lure us back to our device, turning them off or at least silencing any particularly intrusive apps - can help prevent your child from being pulled back into the online world.

MAKE A CHECKLIST

Considering a list of relevant questions can be an effective way of helping children figure out why they're scrolling on their phone or consuming particular pieces of content. A checklist can prompt young people to ask themselves if they're feeling anything of wellbeing from this activity - or if they're wasting their time. Taking a step back can sometimes help us to see things more clearly.

Meet Our Expert

Robyn Jenkins, National Online Safety's parent experience lead, shares her top tips for parents and carers. As an experienced parent, she's got plenty of advice on how to help your child stay safe online. Visit [nationalonlinesafety.com](https://www.nationalonlinesafety.com) for more tips and advice.

The National College | **National Online Safety** | **#WakeUpWednesday**

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BRING IT TOGETHER

Come and join our friendly group for a coffee, cake and a chat.
Little ones welcome.
Meet other parents with SEN children for some helpful tips, tricks and support.

LET'S SUPPORT EACH OTHER



BY BRINGING IT ALL TOGETHER!



Starting back from 9th January
Tuesday Afternoons at Ewell Family centre
1.30pm – 2.30pm

Contact cc.office@ewellfamilycentre.com or 0208 337 7310 for inquiries

HOME START
Epsom, Ewell & Banstead

Surrey
Children's Partnership

COMMUNITY NEWS

CAVE PAINTING

Thursday 15 February

11am-12pm & 2pm-3pm

Bourne Hall Museum
Kids Club
bringing history alive



In the deep time of prehistory early men crawled down into the darkest caves and used light from primitive candles to paint pictures of themselves and the animals they hunted.

They left behind a vivid record of their way of life and some clues of what they believed in. Discover how and why these paintings were created.

Then by flickering light try to create your own cave painting in our very own 'caves'

Cost £5 per child. Two identical sessions will be run, please book to reserve your place; maximum 16 children.

Contact: David Brooks, Bourne Hall Museum, Spring Street, Ewell, Surrey, KT17 1UF. Tel 020 8394 1734.

Email dbrooks@epsom-ewell.gov.uk

Myths, gods and monsters

Saturday March 9

1pm to 2.30pm

Bourne Hall Museum
Kids Club
bringing history alive



Think myths, gods and monsters are things of the past;? Learn how they pop up everywhere from brand names to days of the week. We look at cosmic turtles, the Norse gods, and the Odyssey, with storytelling and poems from all over the world. You can take part in the popular World Cup of Mythological Monsters, and choose the victor of several rounds of monster fights. It's a fun way to learn about the origins and evolution of legendary dragons, yetis, gorgons, the sphinx, the minotaur and the bunyip, a creature originally from Australian Aboriginal mythology but now part of Australian culture.

£5 per child. Contact:

David Brooks, Bourne Hall Museum,
Spring Street, Ewell, Surrey KT17 1UF
Tel 020 8394 1734.

Email

dbrooks@epsom-ewell.gov.uk



Poetry Workshop With Liz Ison
Tuesday 6th February 11:00

Find out how you can make poetry part of the daily rhythm of the day, week and year - and share how you integrate poetry into your life. You are invited to join an informal session with poetry anthologist Liz Ison to explore what poetry means to us.

We'll look at ways to get into poetry, how to overcome barriers and explore the power of reading together and reading aloud. This is a free event.



To book your place sign up at the desk or email
epsom.library@surreycc.gov.uk



Struggling to stay warm this winter?



Come and join us for
Warm Wednesdays

10am - 3:30pm

Hot drinks & stay cosy

12 noon - 1:30pm

Hot soup and roll

3:30 - 6pm

Family after-school club

with games, kid's entertainment & evening meal

Plus! One-stop advice café every week. See over for details...



all completely.


FREE

- Simply drop in, no booking required
- Wednesdays from 1st November to 13th March
- Epsom Methodist Church, Ashley Road, KT18 5AQ



Based on the Touchstone Pictures Motion Picture
"Sister Act" written by Joseph Howard

Additional Book Material
DOUGLAS CARTER BEANE

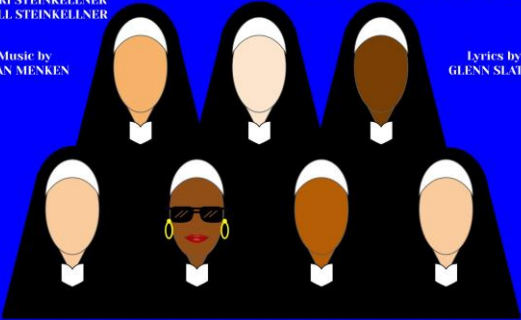
 **ROSEBERY SCHOOL**
presents...

SISTER ACT
THE MUSICAL

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CHERI STEINKELLNER
& BILL STEINKELLNER


Music by
ALAN MENKEN

Lyrics by
GLENN SLATER



7-9 February 7pm
St Paul's Church, Howell Hill
Northey Avenue, Cheam

£12 Adults
£8 Children
[CLICK HERE](#)
Or scan the QR code
for online ticket
sales.



Original Production Developed in Association with Peter Schneider & Michael Reno and Produced by Stage Entertainment World Premiere
Produced by Pasadena Playhouse, Pasadena CA and Alliance Theatre, Atlanta GA. Sheldon Epps, Artistic Director Susan V. Booth, Artistic
Director Lyla White, Executive Director Tom Pechair, Managing Director Tom Ware, Producing Director

Collect your
**FREE
TREE**

EWELL LIBRARY
Saturday, 3rd of February
9:30am-1:30pm

By planting a
tree you will be
contributing to
**Surrey's Greener
Future**

Supporting
Surrey County
Council's 1.2 million
Tree Strategy - a tree
for every one of
Surrey's residents

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