

# APLEY NEWS

## Headteacher Message

I hope you all managed to have a break over half term, I do appreciate what a challenge it has been to juggle your own lives and work with home learning. The Government announcement this week has finally given many of us the news we have been waiting for and **all children can return on 8<sup>th</sup> March** which our staff team are delighted about. Our plans are in place, you should have received a letter today, and our risk assessment is being updated. This will be sent out next week.

We are currently working through the plans for wraparound provision. Unfortunately, there are still tight restrictions in place regarding bubbles and staff mixing whilst we are still in lockdown, so if you are offered a place, please only use this provision if it is a necessity for the 3 weeks and 3 days remaining of this term. The office staff are working through our registers as quickly as they can and we hope to have allocated places by early next week. We do appreciate your patience whilst we finalise the details.

There has been a fantastic response to learning in school and at home again this week. I am really proud of the following children who receive Headteacher awards this week:



Elbie S	Jack A	Thomas W	Jack D	Alfie Irwin
Daniel IV	Harry A	Sydney M	Alexander Z	
Liam A	Arnold A	Ria K	Ashton St	
Alice L	Dexter P	Harry S	Sasha H	Ben Chawner

I'd like to say a huge thank you to **Mr Smith from Amazing ICT** who has donated a fantastic bird box to school. The children in Reception have chosen where they would like it to go and are looking forward to seeing it in use.

Next week, during live lessons, the staff will be sharing what school will be like when we all return on 8<sup>th</sup> March and the children will have opportunity to ask questions. We do hope many of the children can join these lessons to support them with the return to school.

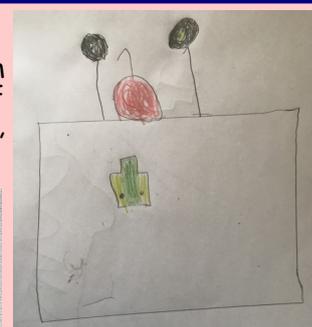
I hope you all have a lovely weekend. If you have any questions, please do not hesitate to contact the school office.

**Mrs Ellen Smith - Headteacher**

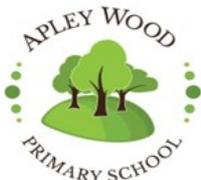


## Excellent Art

We have had some lovely pictures from the **year 2** children for Art Day sent in from home for the newsletter. There are some great ideas and good use of a range of crafting materials to make some fabulous art work. Well done to **Elbie, Jayden, Lucas, Ollie and Scarlett** and thank you for sharing!



**If you have any worries or concerns please do not hesitate to contact the school**



# Lunchtime Supervisors Awards



Congratulations to the following children who have received a Lunchtime Supervisor Award this week.

This week's children have been nominated by our wonderful lunchtime team for some great reasons such as joining in games at lunch time, being kind and caring to others, being positive and making people smile and for being brave!

**Christopher D, Aaron O, Ronny B, Alice L, Ruby A, Rhys E, & Charlotte C**

Well done to everyone who received an award this week!

We had some lovely photos sent in again from **Finlay** base 7, and **Imogen** Base 2, of some of the wonderful activities and learning they have achieved before half term. You have both been very busy!



And **Ross**, year 6, decided to tackle some Science by making slime on 'Wellbeing Wednesday'. Mmmm squidy!





**Miss Cassidy's PE Challenges**

**PE CHALLENGE 15 - BIB REACTION!** Can you get more points than your partner, sibling or parent? Stay light on your feet, focus on the object and be ready to react quickly!

**PE CHALLENGE 16 – Throwing and Catching**

**Items that can be used for this activity:**

- Any sized ball
- Scrunched up piece of paper
- Pair of socks

**Key Points:**

- Keep your eyes on the ball
- Cup your hands
- Bring the ball into your chest

**Challenge 1:**

- Can you throw the ball no higher than your head and catch it with two hands?
- How many times can you do this without the ball hitting the floor?

**Challenge 2:**

- Can you throw the ball no higher than your head and catch it with your right hand only?
- How many times can you do this without the ball hitting the floor?

**Challenge 3:**

- Can you throw the ball no higher than your head and catch it with your left hand only?
- How many times can you do this without the ball hitting the floor?

**Forfeit if you drop the ball:**

- If you drop the ball once complete 5 press ups
- If you drop the ball twice complete 5 star jumps

**PE CHALLENGE 15 – Bib reaction**

**Points**

Throw the pillowcase five times in different directions, high low, middle, left or right of the body make it a challenge.

Each time you catch the pillowcase you get 1 point

If you drop the pillowcase you lose all your points

**Equipment needed:**

You can complete this challenge at home using a

- Tea towel
- Pillowcase
- Light scrunched up t-shirt
- Pair of scrunched up shorts

**Key Points**

Stay light on your feet, on your toes ready

Return to the centre

Try to beat your partner (sibling or parent)

**How to play:**

Stand 3 metres away from your partner

Your partner will throw the pillowcase five times at different heights and directions

You are to react as quickly as you can and try to catch it

**PE CHALLENGE 16 - Throwing & Catching! HOW MANY TIMES CAN YOU THROW AND CATCH THE BALL? Using both hands, your strong hand and weaker hand. Keep your eyes on the ball, GOOD LUCK!!**

**THURSDAY WORKOUT! 4 challenges, working for 1 minute, with 30 seconds rest between each station. If you are feeling tired remember, keep working hard. Can you complete all 4 challenges?**

Well done to all who have taken part. Don't forget to send in photos of you completing your challenges at home and share your triumphs in our newsletter and on twitter.

**PE CHALLENGE 16 – THURSDAY WORKOUT!**

**Challenge 1 - Squats:**

Feet shoulder width apart

Arms out in front of your body

Nice straight back

Bend your knees

**Challenge 2 – Side plank**

Lie down on your side either left or right side

Lift your arm up straight, keep your other arm by your side

Keep your legs together and hold

**Challenge 3 – Lunges**

Start with your feet together

Arms by your side

Move your right leg forward, your knee bent and foot flat on the ground

Your back leg must not touch the floor, your heel raised and toes firmly on the ground

**Challenge 4 – Mountain Climbers**

Into a press up position

Move your knee's towards your chest.

4 challenges

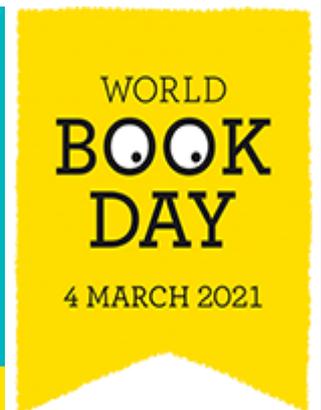
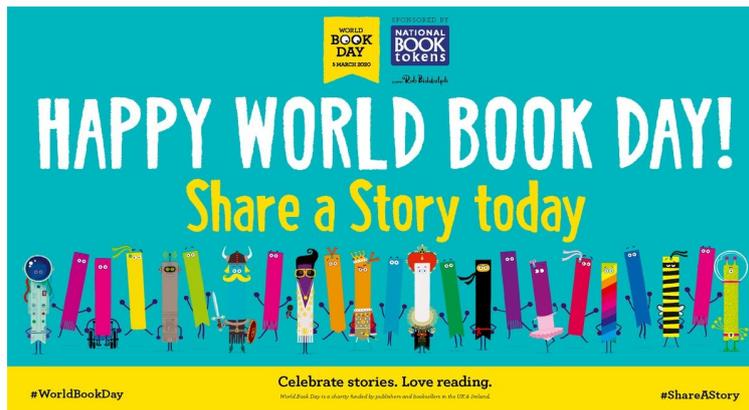
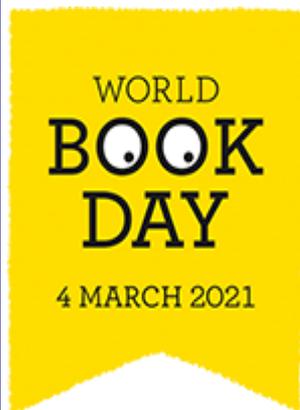
Working for 1 minute

30 seconds rest between each station

**Thursday 4th March is World Book Day**

Check your class's remote learning timetable for that day to see some of the exciting things that you could do. Don't forget to send in photos of anything as we'd love to see them. We also have a great selection of ideas below from Mrs Beardwood which you might want to do about your favourite book. You could also pick a book from Books For Topics to read or listen to and complete an activity about.

You could also follow the link to the World Book Day website (<https://www.worldbookday.com>) where there is a schedule of fantastic live events which will be streamed from Wednesday to Friday next week via the World Book Day YouTube channel. **If your child is in school and wishes to dress up that day as their favourite book character or author then they are more than welcome to and we would love to see your photos from home too.**





### Message from the Chair of Governors

Hello everyone, and I hope this message finds you and your families safe and well.

I usually try to write to you via this newsletter a couple of times a year to update you on the work of the governing body, but what a year we are having this academic year! Many of our children have only had one term in school this year, and for some of them, this has been disrupted due to class bubbles having to self-isolate. For our 'critical worker' and 'vulnerable groups' children who have accessed provision in school during lockdown, they have also suffered disruption due to bubbles having to be closed.

I am taking the opportunity to write to you today to ask for your help and support to keep our children and our school staff as safe as possible ahead of the wider school re-opening from 8<sup>th</sup> March.

**We are asking that you please do not send your children to school if they, or any members of your household are displaying any of the symptoms of Coronavirus, even if symptoms are mild or are those included within the secondary symptoms list. You must keep your children at home and get a test.**

Unfortunately we have had some cases in school since September where family members have been awaiting Covid-19 test results, but children have still been sent into school as they have not been displaying any symptoms themselves. In some cases, children have then gone on to test positive, despite being asymptomatic.

The impact of having to close class bubbles for a school is significant and far reaching, not only for the children having to self-isolate and their parents/carers who then can't go out to work, but also for our school staff and their families, and the difficulties it presents to our Senior Leadership Team in terms of staffing.

We all have a part to play in ensuring, as far as possible, that the wider re-opening of school goes smoothly, and that our children and school staff can enjoy the rest of the academic year with minimal disruption. It will be so positive and exciting for them to all be back together again, but we must continue to be sensible and pay close attention to the Government guidance and to any signs of illness, whether typically symptomatic of Coronavirus or not. **If in any doubt, please keep your children at home, get a test, and telephone or email the school for advice.**

Thank you so much for your continued support, and I for one am really looking forward to seeing and hearing our school come to life again with all children and staff back together. With the gradual easing of the restrictions we will see over the coming weeks and months, it will hopefully mean that the children can begin to get back to some sort of normality during the summer months, but only if we remain committed to doing our bit to help stop the spread of the virus in schools.

With very best wishes,

**Esther McDermott - Chair of Governors**

### Stand Up And Be Counted!

**census2021**

The census is coming, and it's about you. By taking part, you will help inform decisions about the services you and your community need, like doctors' surgeries and new schools.

Without the information you share, it would be more difficult to understand your community's needs and to plan and fund public services.

Whether it's using the data to plan apprenticeship schemes, new bike lanes or nursery spaces, your information makes a difference to the life of every single person in England and Wales.

Census Day is Sunday 21 March. You can fill yours in online as soon as you get your access code in the post. If your household circumstances change on Census Day, you can let The Office for National Statistics (ONS) know.

For more information, visit

<https://census.gov.uk>





### TT Rock Stars Winners

This week's top users for each year group are:

Year 1: Daniel P	Gabrielle U	Emmanuel I
Year 2: Lilah R	Madison S	Lucas P
Year 3: Megan Y	Alfie I	Alyssa H
Year 4: Ruby H	Finlay C	Blanka P
Year 5: Dulcie R	Amirah W	Jackson H
Year 6: Zara H	Pamela O	

Amazing hard work from you all again. Well done!

## Tech Tips

*Read through these top tips to saving your work correctly on the computer.*



- 1. Organise your files carefully so you can find them again to edit or send your work.*
- 2. Try to keep your work in a named folder so it is easy to find your work.*
- 3. When saving your work in the correct folder make sure you give your file a name, so it is easy to find.*
- 4. Always REMEMBER to regularly save you work so you don't lose it!*



### Important Reminder

Please could we remind parents / carers that they are required to wear a mask when they are on school premises and collecting from the hub. They are not permitted to enter the building and must maintain social distancing to protect themselves, staff members and the other children at the Hub. **We appreciate your co-operation.** - Mrs Machin



APLEY WOOD  
PRIMARY SCHOOL

**Apley Wood Primary School**



Knowsley  
City Learning Centres

## Online Safety Newsletter

March 2021

### Omegle

**You must be 18+ to use or 13+ with parental permission.**

Omegle is a social networking/chat website that connects two strangers together for either a text or a video chat. Chats are anonymous unless a user provides this information.

#### What should I be aware of?

- No registration is required to access Omegle (therefore no age verification) and there are no reporting facilities.
- Users are given an option to save the chat's log and share the link. It is always possible for other users to take screenshots of text and video chats.

**We recommend that Omegle is not used by children due to the potential imagery shared and language used which can be particularly explicit.**

Further information is available here:  
<https://www.thinkuknow.co.uk/globalassets/omegle-parents-guide.pdf>



### Instagram update

**You should be over 13 years of age to set up an account.** To create an account, you must enter a date of birth (but this isn't verified). Instagram is used to post photos and videos and users can also DM (direct message), add to their stories (these disappear after 24 hours) and broadcast using IGTV.



#### A guide to Instagram

If your child is using Instagram, then download a copy of 'A Parent's Guide to Instagram' here: <https://help.instagram.com/377830165708421>

#### Wellbeing toolkit

Instagram have collaborated with The Jed Foundation (JED) and Internet Matters to create a toolkit which includes tools and suggestions to make your child's experience of using Instagram more positive. The toolkit is designed to help you start conversations with your child about how they use Instagram. More information can be found here:  
<https://www.internetmatters.org/resources/wellbeing-and-safety-on-instagram-advice-for-parents-and-carers/>

#### Additional Links

More tips from Instagram including how to manage privacy:  
<https://help.instagram.com/154475974694511>

**Ensure that your child knows that they should talk to you or another trusted adult if they have any concerns.**

## Call of Duty

An update

Call of Duty games are predominantly rated 16 or 18+ by PEGI (<https://pegi.info/>), which means you should **be over these ages to play** them. Many of the games receive this rating because they contain **bad language and graphic violence**.

You should also be aware of in app purchases and in game chat.

Further information is available here:  
<https://www.saferinternet.org.uk/blog/parents-guide-call-duty-warzone>

Users of this guide do so at their own discretion. No liability is entered into.  
Current as of the date released 1.3.21.

# Fortnite

## An update

Is your child playing Fortnite? It appears to remain popular, so we thought we'd provide an update for you. **It is rated PEGI 12 for frequent mild violence which means it is not suitable for persons under 12 years of age.**

It is important to remember that when rating games, PEGI do not take into consideration the communication features of a game. Fortnite does include a chat facility, which adds further risks.

### What is Fortnite?

There are different versions of Fortnite, including a free-to-play Battle Royale game (although money can be spent within the game) where up to 100 players compete against each other.

### What do I need to be aware of?

#### Chatting to strangers and inappropriate language:

Fortnite contains voice and text chat. Due to the nature of the game, your child may be chatting to strangers and may hear inappropriate language. Ensure your child knows how to report players for any inappropriate behaviour. More info here: <https://www.epicgames.com/helpp/en-US/fortnite-c75/battle-royale-c93/how-do-i-report-bad-player-behavior-in-fortnite-a3276>.

#### In app purchases:

All users can purchase V-Bucks directly through the game. This currency can be used to purchase items in the Fortnite store so make sure you don't store your payment details within the game/device and restrict purchases. More information about what in-game purchases are can be found here:

<https://pegi.info/page/game-purchases>

#### Addictive nature:

Games such as Fortnite can be addictive. It is important that children play games in moderation and that they continue to exercise and have other interests as well.

### Parental Controls

Fortnite includes several parental controls to help you make it a safer environment for your child including disabling voice chat, filtering language and setting privacy settings. Find out more about parental controls here: <https://www.epicgames.com/fortnite/en-US/parental-controls>. **Also, remember to set up age appropriate parental controls on the device your child is playing on as well.**

We always recommend playing the game with your child so you can see what they are playing and monitor the sort of chat that they are listening to/contributing to. Remind your child that they should talk to you or another trusted adult if they have any concerns.

### Further information

<https://www.common sense media.org/blog/parents-ultimate-guide-to-fortnite>



## Shaun the Sheep Farmageddon Glow Trail App

Get active in your garden or other outdoor space with this updated app from Forestry England which features Shaun the Sheep. You will have to complete challenges and solve puzzles. More information is available here:

<https://www.forestryengland.uk/s/haunthesheep>



## Honk App

Honk is a new messaging app available on iOS devices. Honk state that it should only be used by those over the age of 13+.

The app allows two people to chat, with the other person **being able to see your message as you type it**. You can chat, send images and emojis to each other. There is no send button and there are **only ever two live messages so when a user refreshes the message bubble, the previous message is permanently deleted**.

In settings, you can disable friend requests and select the option to hide from suggestions. You can also view users that you have blocked.

More information is available here including **key safety advice** when using this app:

<https://www.net-aware.org.uk/networks/honk/>