



Autumn Term 2021

Newsletter 9



The Value of the Month for November is to understand our Rights & Responsibilities

Rights and responsibilities help to make communities better...
it means being dependable, making good choices, and taking accountability for your actions.

What's happening next week...



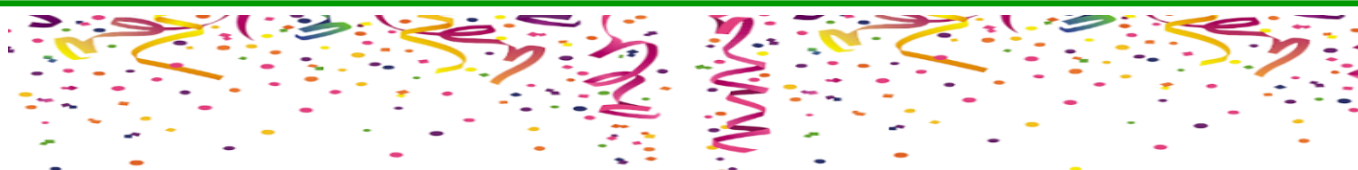
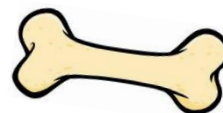
Monday 15 th	
Tuesday 16 th	9.15am PTFA Zoom Meeting
Wednesday 17 th	
Thursday 18 th	Y5 Gym
Friday 19 th	Children in Need

COMING SOON...

Dog Chew Competition

Buy your dog's chews in time
for Christmas.

Watch out for order forms coming
home soon!



Sumdog.com Maths Week England Contest

Well done to everyone who got involved in the Sumdog Herefordshire Maths Contest this week.

We are very proud of you all!

Congratulations to **Class 4** who came **72nd** out of **3,635 classes** and a total of **25,536 children**.

Look out for the next contest coming soon!





Children in Need

Friday, 19th November 2021

Walford Nursery & Primary School will be fundraising for Children in Need by holding a non-uniform day on **Friday, 19th November 2021**.

Children are invited to wear their own clothes or to rummage through their dressing-up box and dig out their spotty clothes and costumes, including spotty socks or even don a pair of spotty Pudsey ears.

The recommended donation is £1 for this very worthy cause and donations can be made using the following link:

<https://app.parentpay.com/ParentPayShop/Foc/Default.aspx?shopid=4941>

Look out on Twitter (@WalfordSchool) for photos and videos of this event.



TOGETHER
WE CAN
support BBC
Children in Need

Win £500 for your school,
with Fancy Dress Friday
and BBC Children in Need

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to...

**Poppy (Y6) who achieved 'Star of the Week'
at Flipz Gymnastics for always trying hard and making good progress!**

Isla (Y6) for winning the Dance trophy this week!

Alisha (Y5) for achieving her Grade 1 Gymnastics certificate!

Piper (Y1) who was awarded her first Swimming Badge!

**Sophia (YR) who took part in a TRY-athlon during
Rugby Tots – she did some fantastic throwing and catching!**



**Well done, everyone!
We are all very proud of you!**

Hereford Healthwatch's New Mascot Unveiled

After a lengthy wait, as a result of Covid restrictions, Ottilia, a pupil in Year 6 and winner of the Healthwatch Design a Mascot competition, finally met the life-sized version of her design. Much to the delight of the whole school, Harry Healthwatch introduced himself to key stage 2 pupils, explaining the important work carried out by the Healthwatch team.

Ottilia received a mini version of her design and every pupil in the school received Healthwatch goodies. The competition was launched at the end of last year and invited every primary school-aged pupil in Herefordshire to take part. The final judging panel consisted of a Youthwatch team at John Kyrle High School alongside Healthwatch staff. Local artist, Rebecca Harrison, made the final impressive mascot, Harry Healthwatch.

Huge congratulations to Ottilia, a very worthy winner!



November 2021	Monday 1 st	8.50am	Children return
	Friday 19 th	9.00am	Wear Your Spots – Children in Need
December 2021	Wednesday 1 st	1.30pm	Children's Christmas Fayre
	Friday 3 rd	9.00am	Santa Safari
	Friday 10 th	12.00pm	Christmas Jumper Day AIP Christmas Lunch
	Monday 13 th	2.00pm	Y5/Y6 Carol Service
	Tuesday 14 th	10.00am	Pantomime
	Wednesday 15 th	1.45pm	Nursery / KS1 Christmas Concert
	Thursday 16 th		
	Friday 17 th	3.05pm	EYFS, KS1 & KS2 Christmas Parties End of term

NB: All afterschool clubs will finish at 4.10pm on Wednesday 24th November in order for staff to undertake their annual statutory Child Protection and Safeguarding Training.

We apologise for any inconvenience caused.

What Parents & Carers Need to Know about

NETFLIX

Netflix is a subscription-based streaming service that allows users to watch TV shows and movies on any internet-enabled device that supports the software, such as smart TVs, phones and tablets. The pandemic saw a surge in children consuming on-demand content as many families relaxed their screen-time rules. Netflix's diverse range of programming caters for all age groups – so it's important for parents to recognise the potential risks of children using the service and the measures to help their child enjoy a safe streaming experience.

INAPPROPRIATE CONTENT

Netflix produces and curates an extensive catalogue of content that can provide hours of entertainment. If they share the same user account as an adult, this can potentially lead to children accidentally viewing all manner of inappropriate content, including nudity, profanity and extreme violence. This can happen easily on shared accounts, as Netflix cannot establish who's watching.

BINGE-WATCHING

Netflix allows users to view shows and movies quickly and easily without adverts or interruptions, making excessive screen time a concern. Binge-watching has become more common during the pandemic, due to Netflix's regularly updated content and algorithms which recommend content very similar to what's previously been enjoyed. Marathon viewing sessions can lead to children staying up too late, affecting their mood and concentration the next day.

SCREEN ADDICTION

From TVs and phones to consoles and tablets, Netflix is available on almost any device with an internet connection – making it extremely difficult to manage children's screen time. The service is now adding games to its mobile app, tempting users to spend even more time on the platform. Screen addiction can distract children from important activities like schoolwork and socialising, and can impact their health by reducing their exercise and sleep.

HACKING ATTEMPTS

With millions of users worldwide, Netflix is often targeted by hackers who try to steal usernames and passwords to gain access to people's accounts. If successful, they can then steal payment details or try to sell stolen personal data on the dark web, providing other criminals with a profitable opportunity. Netflix also doesn't provide two-factor authentication, making the hackers' task that little bit easier.

CONTACT FROM STRANGERS

Netflix's Teleparty feature became popular during lockdown periods as it allows users from different households (friends and relatives, for example) to synchronise when they watch content. It requires an access link to be sent to the people you wish to invite: the link, however, can also be distributed to people you don't know. A text chat feature enables interaction with the other users in real-time: this represents a risk to children if a stranger gains access to the Teleparty.

Advice for Parents & Carers

KEEP ACCOUNTS SECURE

Netflix doesn't use two-factor authentication, so a strong password is vital. Your child's Netflix password should be unique (not one they've used elsewhere) and a minimum of eight characters with a mix of letters, numbers and symbols. Emphasise not to share their login details with anyone and remind them to always log out after using the app – so their account remains inaccessible, even if their device is lost or stolen.

SET UP PROFILE PINS

Netflix account holders can lock profiles using a four-digit PIN. Doing this can prevent your child from accessing the wrong account and viewing content that isn't appropriate for their age. Try setting a PIN for each account on your Netflix app – ideally avoiding numbers that would be easily guessed, such as dates of birth. Remember not to share these PINs with anyone, including family.

CHECK MATURITY RATING

Netflix warns about content that includes violence, sex, profanity and nudity. These warnings form part of the show or movie's 'maturity rating'. Users can restrict age ratings to avoid children viewing age-inappropriate content. On their profile, open the Profile and Parental Control settings and choose the maturity level for the shows and movies you want to allow.

18

CENSORED

CREATE A KIDS' PROFILE

Setting up a Netflix Kids experience profile means your child can only access content which is suitable for children aged up to 12 years. All other content is automatically blocked. This rating can be further restricted via the child's profile settings. Setting up a Netflix Kids experience profile will help to prevent your child from viewing age-inappropriate content.

HELLO
my name is
OSCAR

SWITCH OFF AUTO-PLAY

When a show or movie concludes, Netflix's algorithms select content with similar themes that it thinks your child will enjoy next. This new content starts automatically after a 10-second countdown. Disabling this auto-play feature reduces the possibility of your child being shown something inappropriate and provides a natural break to help prevent them becoming too immersed in Netflix.

CHECK VIEWING HABITS

Netflix has tools which enable parents and carers to monitor what their child has been watching. Selecting 'Viewing Activity' in each profile's account settings displays a list of what content has been viewed (and when). This can reassure parents that their child is watching age-appropriate content and can open avenues for discussing your child's favourite shows and movies, and why they like them.

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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#WakeUpWednesday

Sources: www.netflix.com | www.about.netflix.com | www.comingsoon.net



www.nationalonlinesafety.com



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How to Set up PARENTAL CONTROLS for APPS iPhone

Apple devices come with built-in apps already available: Mail, FaceTime and Safari, for example. However, you can choose which apps and features appear on your child's device and which ones don't. You can also manipulate the features in Game Centre to enhance your child's safety and privacy when playing games, as well as blocking iTunes or App Store purchases if you wish.



How to Restrict Built-in Apps/Features

- 1 Open Settings
- 2 Tap Screen Time
- 3 Tap Content & Privacy Restrictions
- 4 Tap Allowed Apps (you may need to toggle this to 'on' at the top)
- 5 Enable or disable the apps you wish to appear (or disappear) on your child's device

How to Restrict Game Centre

- 1 Open Settings
- 2 Tap Screen Time
- 3 Tap Content & Privacy Restrictions
- 4 Tap Content Restrictions (you may need to switch the toggle at the top to the 'on' position)
- 5 Scroll down to Game Centre
- 6 Choose between Allow, Don't Allow, or Allow with Friends Only in the settings for each feature

How to Restrict iTunes & App Store Purchases

- 1 Open Settings
- 2 Tap Screen Time
- 3 Tap Content & Privacy Restrictions
- 4 Tap iTunes & App Store Purchases
- 5 Select Allow or Don't Allow for each feature (you can also lock these settings with a password)

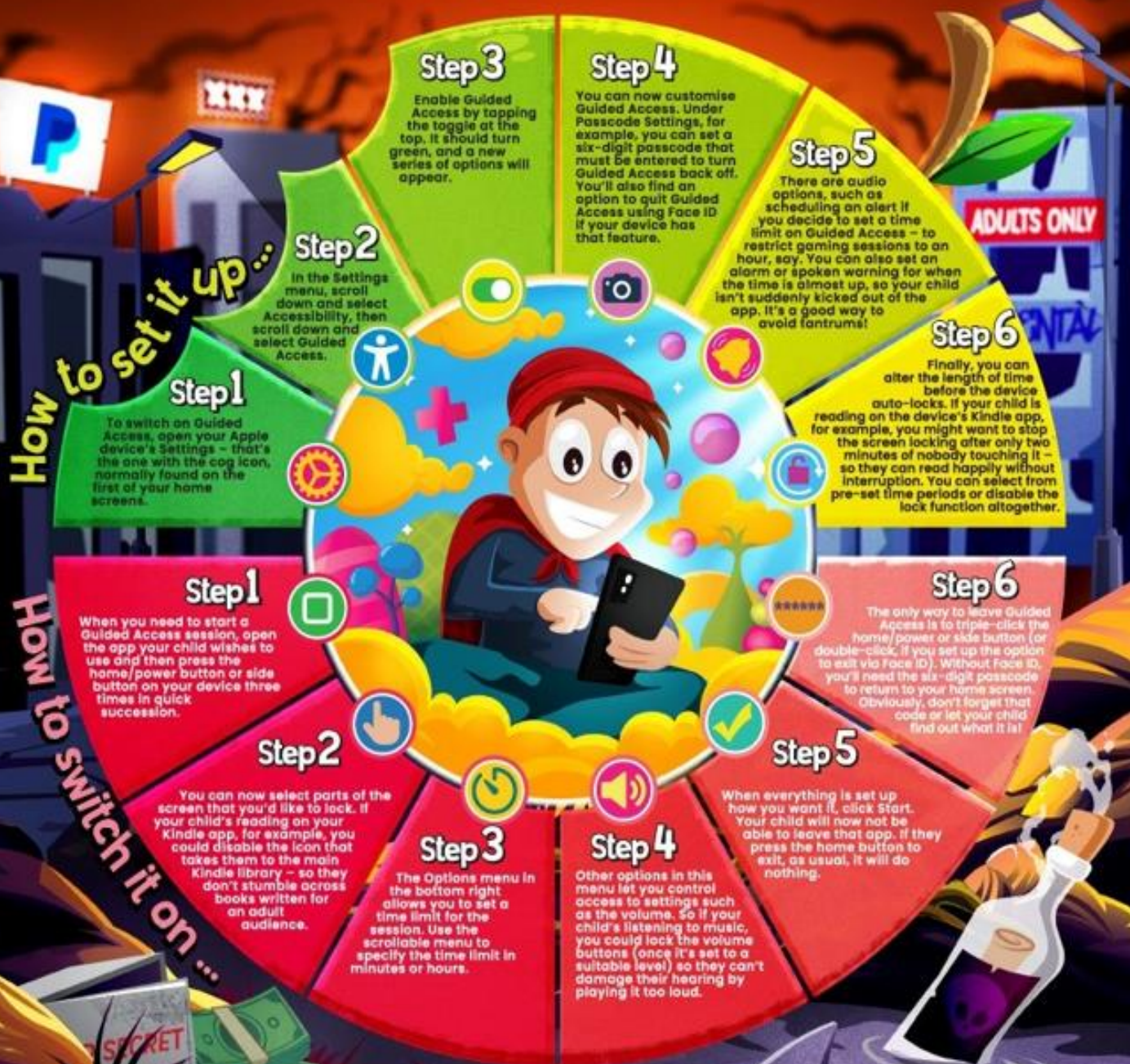


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www.nationalonlinesafety.com

What Parents and Carers Need to Know about APPLE GUIDED ACCESS

iPhones and iPads don't offer separate user accounts. So when you hand your Apple device to a child to play a game or watch a video, you're also handing them access to your email, the web, messaging and numerous other apps through which they could accidentally do something regrettable.

Apple Guided Access solves this potential problem by letting you restrict the iPhone or iPad to one particular app whenever your child uses the device. If they try and leave that app, they will be asked for a password or Face ID, meaning they can't access anything they shouldn't elsewhere on the device. Here, we show you how to find and set up the Guided Access feature, so you can confidently let your child borrow your iPhone or iPad.



Meet Our Expert

Barry Collins has been a technology journalist and editor for more than 20 years, working for titles such as the *Sunday Times*, *Which?*, *PC Pro* and *Computeractive*. He's appeared regularly as a technology pundit on television and radio, including on *Newsnight*, *Radio 5 Live* and the *ITV News at Ten*. He has two children and has written regularly about Internet safety issues.



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SOURCES: <https://support.apple.com/en-gb/HT202872>



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How to Set up PARENTAL CONTROLS for APPS Android Phone

On Android phones, restricting access to particular apps usually requires going onto Google Play. From there, it's fairly easy to navigate your way through the settings to manage the parental controls and authentications relating to any apps on the device. These features can prevent your child from downloading or buying anything unsuitable for their age. Updated versions of apps or games that your child has already installed may occasionally contain something inappropriate, so we've explained how to stop those, too.



How to Block App Downloads (This Also Disables In-app Purchases):

- 1 Open Google Play Store
- 2 Tap the profile icon in the top right
- 3 Tap Settings
- 4 Scroll down to the Family section and tap Parental controls
- 5 Toggle 'Parental controls are off' to 'Parental controls are on'
- 6 Create a PIN and tap OK
- 7 Confirm your PIN and tap OK again
- 8 Tap Apps & Games
- 9 Set the age limit you wish to set
- 10 Tap Save to apply your changes

How to Stop Auto-updates

- 1 Open Google Play Store
- 2 Tap the profile icon in the top right
- 3 Tap Settings
- 4 Tap Auto-Update Apps
- 5 Select 'Don't auto-update apps' and then tap Done

Restricting Apps Through Google Family Link

- 1 Open Google Play Family Link for parents
- 2 Tap the three horizontal lines in the top left
- 3 Select your child's account
- 4 Tap Manage
- 5 Tap Controls on Google Play
- 6 Tap Apps & Games
- 7 Select the age limit you wish to set



A young girl with brown hair tied back, wearing a dark green school uniform with a crest on the chest, sits at a light-colored wooden table. She is smiling and looking towards the camera. On the table in front of her are two wrapped gifts. The gift on the left is wrapped in brown paper and features a hand-drawn illustration of a tree and a house, with the word 'MERRY' written vertically. The gift on the right is wrapped in red paper with a pattern of Santa Claus faces and the word 'GIRL' in a black box. In the background, there is a white chair, a wooden door, and a window with a blue sky view.

FIRST EDITION
NOVEMBER 2021

JOSH'S SCIENCE AMBASSADOR NEWS

IN HALF TERM I WENT TO THE EDEN PROJECT WHERE I LEARNT ABOUT SUGAR, RUBBER, VANILLA AND THE CACAO INDUSTRY. DID YOU KNOW THAT THEY CUT CHANNELS IN THE TREES TO COLLECT THE RUBBER?

I ALSO LEARNT THAT WE SHOULD TRY NOT TO USE PALM OIL AS IT MEANS THEY CUT DOWN HABITATS OF ORANGUTANS AND OTHER ANIMALS.

WE FOUND PINEAPPLES GROWING FROM PINEAPPLE CUTTINGS - THEY WERE SO TINY

WE ALSO WENT CRABBING WHICH IS REALLY GOOD FUN. WE CAUGHT REALLY BIG ONES. I FOUND OUT THAT CRABS PREFER STINKY FISH HEADS TO RAW BACON BUT THEY ALSO LIKE CHEESE.

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PLEASE NOTE...

THE ARRIVAL TIME FOR WREATH MAKING HAS CHANGED TO 7.00PM.



New Ways November 2021

MONDAY



1 Make a list of new things you want to do this month

TUESDAY



2 Respond to a difficult situation in a different way

WEDNESDAY

3 Get outside and observe the changes in nature around you

THURSDAY

4 Sign up to join a new course, activity or online community

FRIDAY

5 Change your normal routine today and notice how you feel

SATURDAY

6 Try out a new way of being physically active

SUNDAY



7 Be creative. Cook, draw, write, paint, make or inspire

8 Plan a new activity or idea you want to try out this week

9 When you feel you can't do something, add the word "yet"

10 Be curious. Learn about a new topic or an inspiring idea

11 Choose a different route and see what you notice on the way

12 Find out something new about someone you care about

13 Do something playful outdoors - walk, run, explore, relax

14 Find a new way to help or support a cause you care about

15 Build on new ideas by thinking "Yes, and what if..."

16 Look at life through someone else's eyes and see their perspective

17 Try a new way to practice self-care and be kind to yourself

18 Connect with someone from a different generation

19 Broaden your perspective: read a different paper, magazine or site

20 Make a meal using a recipe or ingredient you've not tried before

21 Learn a new skill from a friend or share one of yours with them

22 Find a new way to tell someone you appreciate them

23 Set aside a regular time to pursue an activity you love

24 Share with a friend something helpful you learned recently

25 Use one of your strengths in a new or creative way

26 Try out a different radio station or new TV show

27 Join a friend doing their hobby and find out why they love it

28 Discover your artistic side. Design a friendly greeting card

29 Enjoy new music today. Play, sing, dance or listen

30 Look for new reasons to be hopeful, even in tough times



ACTION FOR HAPPINESS

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