

Herne Bay Infant and Nursery School

Weekly Update

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Issue 4 - Term 1

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Dear Families,

We have had a great week with a visit to the local church to celebrate **Harvest**, with lots of singing and celebration. Thank you to all the families who donated food and supplies to the church to be distributed to families in need.



Our **Summer Reading Challenge assembly** will be taking place on Wednesday, 8th October. So, if your child was awarded a certificate and medal for taking part in the reading challenge over the summer holidays, they can bring them in for the special assembly, where we will celebrate their achievements.

Chartwells visited our school this week and gave an assembly to Year 1 and 2 pupils. They talked about eating a varied and balanced diet to keep ourselves healthy. Next Monday they will also meet with Year R for a Hungry Caterpillar workshop. Chartwells offer tasty, healthy lunches to our pupils every day, following the government guidelines and going beyond, to provide a menu that helps children to develop healthy eating habits. Please [click here](#) to view a leaflet from Chartwells for more information on what they provide for your children.

A balanced diet is vital for children as it provides the necessary nutrients for healthy growth and development, brain function and learning, strengthens their immune system, helps maintain a healthy weight, and reduces the risk of chronic diseases later in life.

If you have chosen to provide a home packed lunch for your child instead of the free school dinners, we would suggest checking out the [Healthier lunch box](#) website. Please click on the link to discover lunchbox tips that will help to provide your child with the daily nutrition they need; even for those who have fussy eaters!

Many of our children are lucky enough to have digital devices or games at home. Our school subscription to **National College** has lots of informative guides and webinars from setting up apps, games and software safely to detailed 'what parents need to know' about apps such as TikTok, Minecraft, Roblox etc... as well as information on how to set up specific devices, such as Amazon Fire tablets, identifying the potential risks and some common trouble shooting solutions.

The National College

If you have not already set up your account for National College you can do so through the following link. To create your account, please click on the link <https://nationalcollege.com/enrol/herne-bay-infant-school> and complete your details. When you're set up, you'll be able to set 'Parent/Carer' as your user type.

Please watch the video available after set up on how to use the site. You can access National College online via any device, including via their app available though both Apple and Google.

We often include the information guides at the end of our newsletters, which have handy tips and guidance from The National College to help support children's wellbeing – whether that's feeling a bit anxious, stressed, or managing life online. Over the next few weeks, we will also be sharing parent information sheets about the most popular platforms children are using, some of which are sadly linked to harmful sexual content. Please do take a few minutes to read them – they're full of practical advice and easy control measures to help keep your child safe, supported and happy when using the internet.

Thank you for your continued support.

Stars of the Week

Year R	Year 1	Year 2
Donaldson Class Grace For amazing retelling of 'The Smartest Giant in Town'.	Jeffers Class Rosie For great ideas in her writing.	Percival Class Huma For great settling back into class and school.
Hendra Class Alice For always being ready to learn.	Ahlberg Class Alyssa For showing resilience when reading to Mrs G.	Shireen Class Maisie For a wonderful effort in Art this week.
Seuss Class Zoe For settling into school life.	Nursery Inkpen Class Harley For being kind and helpful.	Grey Class Alexandra For resilience with all learning and working very hard.



Golden Sticker Winners

Year R	Year 1	Year 2
Donaldson Class Arlee and Bobby	Ahlberg Class George, Barnaby and Luca	Percival Class Somkene and Neve
Hendra Class Noah, Bertie and Remi	Jeffers Class Myla and Harper	Shireen Class Lorenzo, Zeck and Primrose
Seuss Class Arlo and Bonnie		Grey Class Sebastian, Maksymilian and Joseph

As Punctuality Parrot says: success in school begins with showing up! This week our **punctuality winners** of the week are Ahlberg Class. Punctuality Parrot is very pleased. Well done and keep up the good work! Next week look out for an Attendance letter filled with lots of useful information.



The **OPAL Golden Welly Trophy** has been awarded Liam in Shireen class.

Writer of the Week has been awarded to Barnaby in Ahlberg Class.

Well done and keep up the good work.



Dates for your diary

Wednesday	- Grey Class Swimming (see letter for details)
Fri 10th Oct	- Flu vaccinations for pupils
Tue 14th Oct	- Year R Height and Weight screening
Wed 15th Oct	- School Photographer
Fri 17th Oct	- NELFT Coffee morning for parents/carers
Fri 17th Oct	- End of Term 1
Mon 27th Oct	- Start of Term 2
Wed 29 th Oct	- Parent Evening (details to follow)
Thu 30 th Oct	- Parent Evening (details to follow)
Fri 14 th Nov	- Children in Need (details to follow)
Thu 27 th Nov	- Year 1 Trip (see letter for details)
Fri 28th Nov	- INSET day (school closed to pupils)

What Parents & Educators Need to Know about

YOUTUBE

WHAT ARE THE RISKS?

INAPPROPRIATE CONTENT

YouTube is free and can be accessed via numerous devices, even without creating a YouTube account. Some content is flagged as 'age-restricted' (requiring the user to be logged into an account with a verified age of 18), but children can still view some mildly inappropriate content. This can include profanity and violence, which some young users may find upsetting.

CONNECT WITH STRANGERS

YouTube recommends videos related to what the user has previously watched on their account, aiming to provide content that will interest them. This is intended to be helpful but it can also lead to binge-watching and screen addiction – especially if 'auto-play' is active. Users without an account are shown popular videos from the last 24 hours, which might not always be suitable for children.

RADICALISATION

YouTube's algorithm tends to promote content that's getting the most traffic – a lot of which can be quite extreme. This can be fine for harmless topics, but YouTube isn't regulated like television, and that means that conspiracy theories, fake news and hateful ideologies can occasionally surface to warp impressionable minds all too easily. Remember – the more they watch, the more they'll be recommended.

CONNECTING WITH STRANGERS

YouTube is a social media platform which allows people to interact with other (usually unknown) users. Account holders can leave comments on any video they have access to, as well as message other users directly. Connecting with strangers online can potentially lead to children being exposed to adult language, cyberbullying and – in the worst cases – online predators. If a child is creating content themselves, this can increase the likelihood of them becoming a target.

TRENDS AND CHALLENGES

YouTube is teeming with trends and challenges, some of which are fun to watch and join in with. Children often find these immensely entertaining and might want to try them out. Most challenges tend to be safe, but many others may cause physical or emotional harm to children who watch or copy them. The painful 'salt and ice challenge' – where people use these two ingredients to burn their skin – is just one of many examples.

SNEAKY SCAMMERS

The comments sections of popular content creators regularly have scammers posing as that influencer, attempting to lure users into clicking on their phishing links. Scammers impersonate YouTubers by adopting their names and profile images, and often offer cash gifts or 'get rich quick' schemes. Children may not realise that these users aren't who they claim to be.

Advice for Parents & Educators

APPLY RESTRICTED MODE

For older children, Restricted Mode is an optional setting that prevents YouTube from showing inappropriate material (such as drug and alcohol abuse, graphic violence, and sexual content) to underage viewers. To prevent children from changing across age-inappropriate content on the platform, we would recommend enabling Restricted Mode on each device that they use to access YouTube. It's worth also turning the auto-play feature off, to prevent YouTube's algorithm automatically recommending something inappropriate.



TRY GOOGLE FAMILY

Creating a Google Family account allows parents and carers to monitor what their child is watching, uploading, and sharing with other users. It will also display their recently watched videos, searches, and recommended videos. In general, a Google Family account gives a parent or carer oversight of how their child uses sites like YouTube and helps to ensure that they are only accessing appropriate content.



MONITOR ENGAGEMENT

YouTube is the online viewing platform of choice for billions of people, many of them under 18. Younger children will watch different content to older ones, of course. You may want to keep an eye on how children interact with this material – and, if applicable, with content creators – to understand what they're interested in. Remember that creators often share content outside of YouTube, so don't ignore their web presence elsewhere!



CONSIDER YOUTUBE KIDS

It's possible to sidestep most inappropriate content completely via Google's own YouTube Kids app for Android handsets and iPhone. This lets you filter content by 'preschool' (4 and under), 'younger' (ages 5 to 8) and 'older' (ages 9 to 12). This isn't a perfect substitute for personal supervision, as the app's filtering system is automated, and Google can't manually review all videos.

CHECK PRIVACY SETTINGS

YouTube gives users the option of uploading videos as 'private' or 'unlisted' – so they could be shared exclusively with family and friends, for example. Comments on videos can also be disabled and channels that a child is subscribed to can be hidden. If the child is only uploading videos set as 'private', they are far less likely to receive direct messages from strangers.



LIMIT SPENDING

Although YouTube is free, it does offer some in-app purchases. For example, users can rent and buy TV shows and movies to watch. If you'd like to avoid children purchasing content online, limit their access to online payment methods. Many parents have discovered the hard way that a child happily consuming a paid-for series quickly leads to an unexpected bill!



Meet Our Expert

Alan Martin is an experienced technology journalist who has written for the likes of Wired, TechRadar, Tom's Guide, The Evening Standard and The New Statesman.



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