



Castle Acre Newsletter for week ending 10th January 2025

The Nar Valley Federation of Church Academies

Executive Headteacher: Mrs Anne Neary
Web: www.narvalleyfederation.co.uk

Dear Parents/Carers,

Welcome back and Happy New Year! It might be finger numbly cold but the sun is shining. I believe these are my favourite kinds of days - a great excuse to wear warm, comfy clothes, go out for a brisk walk and then return to sit in front of a roaring fire with a hot chocolate.

We have had a lovely start back to the term. It is so nice to see everyone again and have many of the children wanting to tell me snippets of their learning or things they have been up to. I thank all of you for your support, especially over the past few weeks.
Mrs Spaul

Upcoming Events for w/c 13/1/25

See Diary Dates for details.....

Tues 14th - Mini Medics course at school for Year 4 & Year 5.

Wed 15th - 3.15pm, Premier Sports' Gymnastics Club (Rec - Y6)

3.15pm ICS KS2 Football Club (Y3-6)

Reminders and Information.....

Please ensure your child has their wellies in school for wet weather and don't use other kinds of footwear as they tend to get wet feet and we don't want any cases of trenchfoot... Thank you for your help.

Before School Care is available Mon - Fri from 8am to 8.40am at £2 per session. **After School Care** is available Mon - Fri 3.10pm to 4.30pm at £6 per session.

Tuck Shop - Wednesday and Friday morning break - 40p per day

Attendance Awards w/e 10/1/2025

Class	%
Rowan	95.00
Whitebeam	100.00
Oak	98.28

The winner of the Attendance Award this week is Whitebeam Class with 100%, Well Done!





AWARDS



The Nar Valley Federation of Church Academies

Rowan Class

Award	Goes to...	For..... 
Reader of the week 	Mia	reading beautifully with Mrs Bramley
Writer of the week	Tyler H	practising his writing during independent learning
Mathematician of the week	Tobias	creating his own scoring system when playing maths games 
Shining Light	Noel Indy	showing kindness and helping his friends. helping others when they are hurt
Reads at home	Arly	10 reads

Whitebeam Class

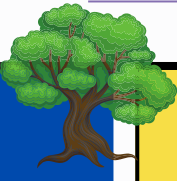
Award	Goes to...	For.....
Reader of the week	florence	reading aloud the end of our class novel to the class
Writer of the week	Leon	super labels that he added to a picture
Mathematician of the week 	Mason H	working really hard in maths
Shining Light	Elijah Ella	both demonstrating all our school values
Tackling Tables 	None this week	
Reads at home	None this week	
Pen Licence	None this week	






AWARDS

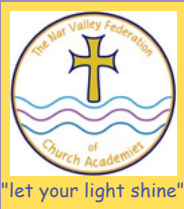


The Nar Valley Federation of Church Academies



Oak Class

Award	Goes to...	For.....
Reader of the week	Roxanne	a great summary of "The Explorer"
Writer of the week 	Jess	finding fantastic vocabulary from "Tiger in a tropical storm"
Mathematician of the week	Cain	a super explanation of column addition
Shining Light	Molly Holly Lola G	being kind and caring to everyone. being kind and caring to everyone. being kind and caring to everyone.
Tackling Tables 	Steele Teddy Charlie Molly Lola P Rosanna Jess Pearl	Blue - division Blue multiplication Red - missing numbers Red - division Red - multiplication Purple - addition Blue - superstar Green - missing numbers Blue - multiples, Green- multiples 
Reads at home	Max Rosanna Molly Holly	Gold star - 100 reads Silver and gold stars - 75 and 100 reads Blue star - 25 reads Gold star - 100 reads
Pen Licence		



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Help with online safety::



The CEOP website, run by the National Crime Prevention agency, gives helpful advice about when and how to report your concern.

<https://www.thinkuknow.co.uk/parents/Get-help/Reporting-an-incident/>



See these links for further information, games and tips:

https://www.thinkuknow.co.uk/4_7/
https://www.thinkuknow.co.uk/8_10/
<https://www.thinkuknow.co.uk/parents/>

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Safeguarding.....

A recent article in the safeguarding press that you may find interesting is it is impossible not to notice that children are accessing devices and going online for more time, and from a younger age - especially since the Covid-19 pandemic. Recent research from Ofcom (2023) highlighted that 87% of 3-4-year-olds go online (an increase from previous years' data), with 92% of children in this cohort watching videos on streaming sites such as YouTube. When children go online, they are most likely to be using a tablet (75%), but in this report, parents suggest that 25% of 3-4-year-olds own a mobile phone.

With children accessing online devices earlier, it should be unsurprising that they are now also being exposed to risks from a younger age. Risks such as struggles with emotional regulation, overstimulation, being overweight due to increases in sedentary activity, experiencing bullying, accessing inappropriate content and taking sexual images. With regards to the latter, a 2023 report from the Internet Watch Foundation found that the biggest increase in concerns of children being coerced into taking sexual imagery of themselves, is within the 7-10-year-old group, where there has been a 360% increase of such concerns compared to the previous year's data. Most of this imagery (76%) is created without an abuser physically present, meaning children are usually using a device alone in their bedroom - a place where parents would consider children to be safest. Frightening statistics. But this post isn't about creating fear and panic. We are NOT urging you to lock away all your devices. Accessing the internet can be beneficial for children in many ways and is a consistent part of all of our adult lives. Instead, we think knowledge is power, and that both early years professionals and parents, should be proactive in understanding the risks, and putting in place measures that protect children, and promote safe, healthy and fun online activity. Adults should manage and curate children's first online experiences, rather than leaving this to chance.

When should children start going online and using devices? Ultimately this is for parents to decide, however we know that in the first 5 years of a child's life the focus should be on developing their communication, language, physical skills and emotional development. As such, the World Health Organisation recommends children should "sit less and play more". They recommend no sedentary screen time for under 2-year-olds. For children aged 2 - 4 years, a maximum of 1 hour per day sedentary screen time is recommended (but less is better). The main reason for this is that there is much more developmental benefit when children spend their time engaging in things like physical activity, social interactions and exploring literature with an adult, compared to being passive and sedentary in front of a screen. Having said this, we are also realistic and acknowledge that many parents do allow their young children access to online devices, and so we hope the guidance below will help you to support the child and their parents as best as possible.

What do I need to know if young children are going online?
Apps, games, devices, sites. It can all feel quite overwhelming and intimidating. But there are some very basic and key principles outlined below that will help you to create a positive culture around online activity:

- Not all content/tech is equal. Decide what devices/apps/games/websites you want children to use and when is the right time to start accessing them in your setting/home. What are the benefits of children using these? Try and offer a varied digital diet (i.e. not all sedentary and passive consumption) including things that promote physical movement and other key areas of child development. Use of devices should not replace activities that promote healthy child development. In Early Years settings, ensure that you share your approach with colleagues via your policies and procedures so there is a consistent approach.
- Learn about the tech you want children to use before allowing them access. You don't have to be an expert, but it is important to know about any age restrictions and also about any parental settings that you can put in place to protect children. Controls can be put in place on individual sites, games and apps as well as on devices themselves for things like the amount of time spent online. The following LGfL webpage may help, <https://www.lgfl.net/parents/parents-keeping-your-under-five-safe-online/>. On this page you will find links to great information from Internet Matters and Common Sense Media. Consider what training you and your colleagues may want to access to improve your understanding of online safety.
- Talk to children about their online activity as you would about other areas of their lives. Find out what they enjoy. Talk to them about how it makes them feel. These initial conversations will help to create open and honest dialogue with children, so that as they get older, they will hopefully feel comfortable talking to and confiding in adults, if things go wrong.
- Where possible engage with children when they are using technology, to make it an active rather than passive process. Talk to them about what they are doing/watching/playing. Talk about any skills they are using. Be interested. Ask them to show you what they are doing. Extend their online interests and learning when they are not on the device.
- Monitor children's activity and role model positive and safe use of technology. Recognise the learning opportunities that arise when using technology e.g. if an advert pops up, or if you have to enter a password. Talk to children about what these things are. Monitoring is essential in both the home and early years settings.
- Agree ground rules. How long will they spend on the device? When will devices be used in the day? Where should devices be used in the home/setting? What happens at the end of the screen time? What should they do if something makes the child feel worried or sad?
- Support and engage with parents. With so many children in the early years accessing online devices at home, it is important that early years professionals help parents to understand the key principles above about facilitating safe use of technology. What resources can you provide and signpost to? How can you be proactive with this?

Take a look at our advice for EYFS settings about digital media use and online safety [here](https://www.lgfl.net/parents/parents-keeping-your-under-five-safe-online/).

Message from the Executive Headteacher....



Please see the attached Welcome back Spring term letter.

Further Info

If you are interested in finding out more about keeping children safe online, have a look at the following links:

- Our dedicated page about online safety in the early years - <https://eysafe.lgfl.net>
- SafeResources, LGfL - <https://saferesources.lgfl.net>
- "Safeguarding children and protecting professionals in early years settings: online safety guidance for practitioners", DfE - <https://www.gov.uk/government/publications/safeguarding-children-and-protecting-professionals-in-early-years-settings-online-safety-considerations/safeguarding-children-and-protecting-professionals-in-early-years-settings-online-safety-guidance-for-practitioners>
- "Internet Safety", DfE - <https://help-for-early-years-providers.education.gov.uk/safeguarding-and-welfare/internet-safety>
- ParentSafe, LGfL - a portal with resources specifically for parents about online safety, <https://parentsafe.lgfl.net>
- Keeping your under 5 safe online, CEOP - <https://www.thinkuknow.co.uk/parents/articles/keeping-your-under-five-safe-online/>

London grid for Learning article.

Friends of Castle Acre School (FOCAS).....

Have you got your tea towel yet?? They are available from the school office, £5 each or 2 for £9.

Your online shopping can raise free donations for Friends Of Castle Acre School, Kings Lynn! Whether you're buying Black Friday deals, Christmas presents or your weekly food shop, your shopping at over 8,000 retailers can support us. Sign up to #easyfundraising via the link for free, and we'll get a £5 bonus when you raise your first £5. Sign up now: <https://join.easyfundraising.org.uk/friends-of-castle-acre-school-librarybusproject/sjvzqs/c2s/N5Znntup/Q3248/facebook/>

Prayer for the Week....

Dear Lord,

Thank you for peace in the World and the people who support me.

Amen

By: Charlie



Thank you as always for your support and partnership,



Head of School
Castle Acre C of E Primary Academy



Executive Headteacher
Nar Valley Federation of Church Academies
Castle Acre, Narborough and Sporle C of E Primary Academy