

**At Enfield Heights Academy, we are KIND, RESPECTFUL, RESILIENT and BRAVE.**  
**We are the Force for Positive Change.**

19<sup>th</sup> May 2023

Dear parents and carers,

A very warm welcome to the News Round Up.

**Mental Health Awareness Week 15<sup>th</sup>-21<sup>st</sup> May**



This week we promoted Mental Health Awareness Week with the children in class by allowing them to chat and discuss anxiety during PSHE lessons.

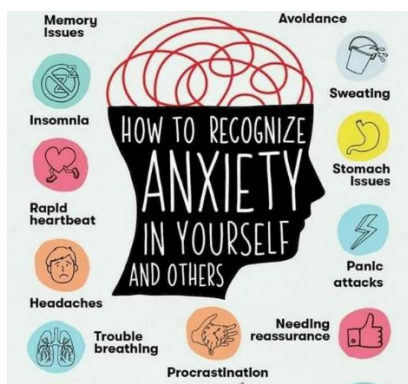
Anxiety is the theme of Mental Health Awareness Week 2023. We reminded the children about Worry Monsters and our new Wellbeing area opposite Year 3 classroom.

Good mental health and wellbeing helps children to learn effectively, cope with day-to-day challenges, and develop into resilient young adults.



A little strategy to try with the children if needed is the 3-3-3 rule for anxiety.

The 3-3-3 rule is a mindfulness technique that's simple enough for children to understand. It asks them to name three things they can see, identify three sounds they can hear, and move three different parts of their bodies.



## Where can I get help and more information?

<http://www.familylives.org.uk/>  
<https://www.childline.org.uk/>  
<https://www.youngminds.org.uk/>  
<https://contact.org.uk/>  
<https://www.barnardos.org.uk/>

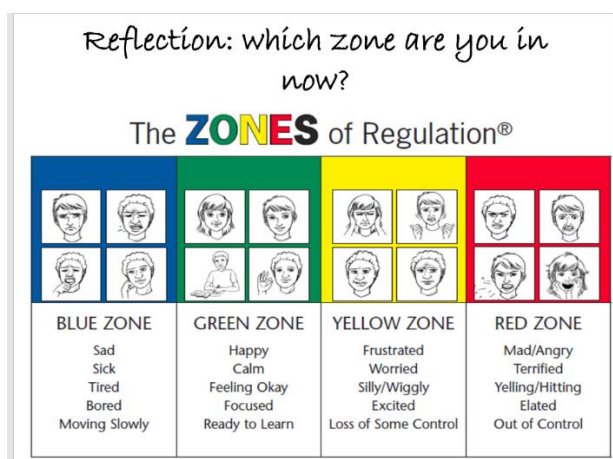
Miss Demir, our SEND HLTA is also our ELSA (Emotional Literacy Support Assistant) and is able to help many children to feel happy and also happier at school. This will help children to reach their potential academically. Miss Demir and Mrs Radmore (our new SENCO) run Lunchtime club to support children during lunch hour, creating a safe space and allowing children to develop new interests.

## 'Community Meet Up'

Our next 'Community Meet Up' coffee morning will be on **Thursday 25<sup>th</sup> May** and thereafter on Thursday 15<sup>th</sup> June and on Thursday 13<sup>th</sup> July. All the sessions will start at 9am so once you drop your child to school, please come to the Church Hall on 396-398 Hertford Road. Please put these dates in your diaries as it would be great to see lots of parents and carers people attending. **The theme for the next session will be Zones of Regulation (Behaviour/Well Being).** Miss Cooper, our PSHE lead, will offer an interesting insight into the zones during the coffee morning.

## WHAT ARE THE ZONES?

The Zones of Regulation is the original framework and curriculum that provides us with an easy way to think and talk about how we feel on the inside and to be able to sort these feelings into four coloured Zones, all of which are expected in life.



Once we understand our feelings and the Zones, we can learn to use tools/strategies to manage our different Zones in order to meet goals like doing schoolwork or other tasks, as well as managing big feelings, and healthy relationships with others.

The Zones have started to make a huge impact on children's learning and behaviour at EHA and we would like parents and carers to learn about them so that they can promote and use the language of the Zones at home.

## Enfield Heights Schools Sports Days - Monday 19<sup>th</sup> – and Wednesday 21<sup>st</sup> June.

Our Sports Days will take place this year on 19th June and 21st June and we are delighted to announce that parents and carers will, once again, be able to come and support their child. Mr Brown will send out more information (exact times and place) in due course.

- Reception - To Be Confirmed
- Years 1, 2 & 3 - Monday 19<sup>th</sup> June (morning)
- Years 4, 5 & 6 - Wednesday 21<sup>st</sup> June (morning)

#### **A special 'junk percussion' workshop - 9<sup>th</sup> June**

On Friday 9<sup>th</sup> June, the children from year 1 to year 6 will be taking part in a special junk percussion workshop with an external facilitator. During their session, they will learn to question whether an item is 'rubbish' or 'reusable' and start to look at the objects around them in a different light to see that rhythm and music is everywhere.

As the hall will be in use all day, every pupil will have to eat lunch in their classrooms, so they will be having sandwiches rather than a hot meal to make this possible. We will be asking class teachers to place their orders by Friday 26<sup>th</sup> May to give our lunchtime staff plenty of notice to prepare the food, so please let your child's teacher know if you'd prefer your child to bring in their own packed lunch. We can't wait for our children to enjoy another exciting out-of-class learning opportunity for music!

#### **School Fete - International Day will take place on Saturday, 1 July**

Our lovely PTA would like to invite you all to come along to our International Day/Summer Fete on Saturday 1<sup>st</sup> July (11am-2pm). This is always one of the highlights of the school year.



Entry is £1 for adults & 50p for children. We're celebrating diversity and culture with a range of fun activities and mouth-watering food. Dress up in your own cultural attire and bring the whole family to enjoy a fantastic day filled with yummy international cuisines, fabulous stalls, and children's musical and dance performance.

More details and a flyer to follow.

Please make sure you save the date in your calendar!

#### **Dates for the diary:**

**Wednesday 24<sup>th</sup> May** at 9am- Year 3 Assembly

**Thursday 25<sup>th</sup> May (9-10am)** - Community Meet Up at GCM Community Church Hall

**Friday 26<sup>th</sup> May** - INSET Day- School Closed

**Monday 29<sup>th</sup> May-Friday 2<sup>nd</sup> June**- Half-term holidays

**Monday 5<sup>th</sup> June** -Summer Term 2 starts -children back at school

**Monday 19<sup>th</sup> and Wednesday 21<sup>st</sup> June**- Sports Days

**Wednesday 28<sup>th</sup> June** at 9am- Reception Assembly (change of date)

**Saturday 1<sup>st</sup> July** -Summer Fete

With my very best wishes,

*Justyna Powne*

Headteacher

## Online Safety For Parents – basics

### Apps to help manage screen-time and content at home:

**Net Nanny:** Net nanny uses Artificial Intelligence to block content before your child sees it. The app enables you to monitor your family's digital habits, limit screen time, and block specific apps and websites.

**Mobile Guardian for Home:** Similar to Net Nanny, you can block apps, websites, and YouTube content. It also enables device tracking and digital curfews for bedtime.

**QTIME:** QTIME is not an app. It is a HDMI attachment for PS4 and XBOX. It plugs in to set up an allowance and a time window each day of the week using your phone app. Once the time is up, QTIME turns the TV screen off automatically.

### App Age limits:

Facebook: 13

Instagram: 13

Twitter: 13

Tik Tok: 13

Messenger: 13

Snapchat: 13

Reddit: 13

Pinterest: 13

WhatsApp: 16

YouTube: 18

Telegram: No  
Limit.

### Online Safety:

When talking about online safety with your family its best to work as a TEAM:

- Talk openly about staying safe online
- Explore their online world together
- Agree rules on what's OK and what's not.
- Manage your family's settings and controls.

Make sure your family is aware of what the risks are in the online space through open discussion. Shame can lead to hiding behaviour, and there is always a solution.

### Reporting and Blocking

- Make sure you know how to report inappropriate behaviour or language, and that your privacy controls are tight. This will look different on every platform.
- If appropriate, have these conversations with your young person so they feel involved.
- Check each Apps' user guidelines, and any additional measures you can take to keep your child's account safe. For example, Tik Tok has a feature where you can link your account with a child's. Watch a video [here](#) on how to do this.

#### Password safety:

- Never share your password
- Make your password difficult to guess- include numbers, capitals, and special characters

Your password should have:

8-16 characters

Contain a mix of UPPER and lower case letters

At least one special character,

And at least one number

#### Managing gaming

Gaming is an important part of many people's lives. It provides opportunities for socialising and community building, as well as engaging and stimulating the brain. Online gaming can provide satisfaction and positive reinforcement, it can build confidence – but that can make it addictive. Escapism and socialisation can also be big factors. Open and mature conversation with the child can help them manage their own time spent gaming and encourage their own sense of responsibility. There is no need to ban gaming completely, but time limitation is beneficial, especially in the evenings as 'blue light' from screens affects sleep hormones.

#### Useful websites:

- [Internet Matters](#) – for resources and advice by age, supporting families online with fake news, cyberbullying and sexting
- [Parentzone](#) – resources and guides on apps and websites be internet legends!
- [Commonsense](#) – search for advice and reviews of media content and websites
- [Childnet](#) – part of the UK Internet Safety Centre

