



Hillcroft Primary School

Friday 17th March 2023

Nurturing children to achieve their personal best

Nurture Inspire Strive

We hope you have had a fantastic two weeks.

We have had a busy time in school, as always, with parents and carers coming into school to help with the Year 1 sewing of puppets – they all look fantastic and thank you to all those who helped! Year 6 performed their assembly to their parents and carers – celebrating their learning from the year and directing and producing it all themselves. Well done!

Year 6 also had their Mayan Workshop, enhancing their learning about their topic. When it snowed, Nursery children created Snow Women to celebrate International Women's Day... so a busy two weeks!



We hope you have a lovely weekend, and will see you all on Monday,
Miss Summers



CELEBRATING 150 YEARS OF HILLCROFT!

This year we are celebrating our 150th Anniversary! As part of our celebration of this we would like to create an Anniversary book – capturing all our community's comments and memories about the school. If you would like to take part in this, please follow the google link below and fill in the form to leave your comment. Please do share this link with anyone you may know who is or has been associated with Hillcroft through the years. We will keep the link open until May half term when we will collate them all and have them published into a book to share!

<https://forms.gle/uNShCo6gzQRK4cvM9>

Key Dates: Please see link to whole school Key Dates calendar:

https://drive.google.com/file/d/1YzpJSc3xTEmsB3rlyJ_Vc13KLl4Uo2K/view?usp=sharing

E-Safety updates!

As part of our continued dedication to ensuring our children stay safe online, Mrs Winsor – Computing and E-Safety Lead – will include an update to useful resources in each newsletter for parents / carers to use at home.

What Parents & Carers Need to Know about TIKTOK

AGE RESTRICTION 13+
Content suitable for children aged 13 and over

TIKTOK is a free social media platform that lets users create, share and watch short videos ranging anywhere from 15 seconds to 10 minutes in duration. The app gained notoriety for its viral dances, trends and celebrity cameos and can be a schedule, fun platform for teens to enjoy. Now available in 175 languages, it has more than a billion active users worldwide (as of Spring 2022) and is most popular in the under-18 age bracket. In fact, a 2022 Statista report found TIKTOK to be the most-used social media platform for teenagers worldwide, particularly among young people aged 13 to 17.

WHAT ARE THE RISKS?

AGE-INAPPROPRIATE CONTENT

While TIKTOK is 'family-friendly', most only a subset of users could be considered 'family-friendly'. Your child's account could be followed by users who may be older, more mature or even adult. These users may post content that is not suitable for children, including sexual, violent, or otherwise inappropriate content. Parents should monitor their child's account and discuss with them the risks of interacting with strangers.

ADDITIONAL RISKS

TIKTOK is a free app, but users have the option to buy TIKTOK coins, which can be used to purchase virtual gifts to send to other users. These gifts can be sold on the black market for real money. Parents should discuss with their child the risks of spending money on virtual gifts and the potential for scams.

ADDICTIVE NATURE

TIKTOK is designed to be addictive. The app uses algorithms to show users content that is most likely to keep them watching. This can lead to excessive use of the app, which can interfere with schoolwork, sleep, and other activities. Parents should discuss with their child the risks of addiction and encourage them to take breaks from the app.

TIKTOK NOW

Introduced in late 2019, TIKTOK has become a major force in the world of social media. It is currently the most popular app in the world, with over 1 billion active users. The app is available on both iOS and Android. Parents should discuss with their child the risks of using the app and encourage them to use it responsibly.

Advice for Parents & Carers

ENABLE FAMILY PAIRING

Family Pairing allows parents to link their TIKTOK account with their child's and control their settings remotely. Parents can make, for example, their child's account private, restrict their child's ability to follow or be followed by strangers, and control their child's ability to send messages (and to receive). Children can't turn these settings off without parental approval.

MAKE ACCOUNTS PRIVATE

Although under-18s can have their TIKTOK account set to private, it's important to ensure that their videos won't be visible to strangers and they won't be able to exchange messages with people who aren't on their Friends list.

LIMIT IN-APP SPENDING

If your child is using an iPhone or Android device for access to TIKTOK, you can limit the settings to prevent them from making in-app purchases. You can also limit their ability to spend money on virtual gifts. It's important to discuss with your child the risks of spending money on virtual gifts and the potential for scams.

DISCUSS THE DANGERS

If your child wants to use TIKTOK, discuss the risks of using the app with them. Discuss the risks of interacting with strangers, the risks of addiction, the risks of spending money on virtual gifts, and the risks of using the app for too long. Encourage them to take breaks from the app and to use it responsibly.

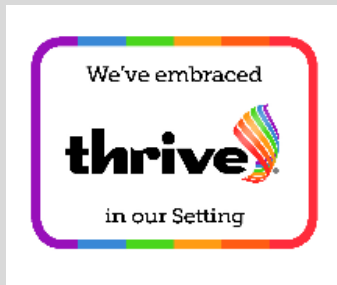
READ THE SIGNS

If you're concerned that your child might be spending too much time on TIKTOK, or that they're becoming addicted, look for signs of addiction. These include: spending too much time on the app, losing interest in other activities, and having trouble concentrating on schoolwork. If you notice these signs, talk to your child about the risks of addiction and encourage them to take breaks from the app.

Meet Our Expert

Curry Page is a experienced technology journalist with a wealth of experience in the tech industry. She is the author of Tech Talk: The Inside Story. Curry is now a freelance technology journalist, writer and consultant.

NOS National Online Safety
#WakeUpWednesday



A message from Mrs Pearson.

Mindfulness / Meditation for children helps them to create a peaceful, safe space within their minds where they can feel happy, relaxed and content. It is a great skill for kids to learn as it helps them face daily challenges. The idea is that when they pay attention to breathing out and breathing in, they start to feel calm inside. This helps them to learn to notice their different feelings, even upsetting ones.

What are the benefits of mindfulness and meditation for children?

- *Increased focus, attention, self – control, classroom participation and compassion
- *Improved academic performance, ability to resolve conflict and overall well-being
- *Decreased levels of stress, anxiety and disruptive behaviour

Why is mindfulness important for children?

Practicing mindfulness can help children notice their emotions and shift to more neutral thinking, like how their breath feels as they inhale and exhale. Being mindful can help children manage their emotions and tackle challenges.

What are the benefits of Mindfulness and Meditation?

Among its theorized benefits are self-control, tolerance, enhanced flexibility, improved concentration, mental clarity, emotional intelligence and the ability to relate to others and one's self with kindness, acceptance and compassion.

Why is mindfulness so important?

Studies suggest that mindfulness helps people manage stress, cope better with serious illness and reduce anxiety. Many people mindfulness reports an increased ability to relax, a greater enthusiasm for life and improved self-esteem.

Here are a few mindfulness/meditation video to show your children.

Helping Kids Focus | Headspace Breathers:

<https://www.youtube.com/watch?v=olmbjjd-rug>

Yes, You Can! | Zen Den Mindful Meditation:

<https://cosmickids.com/video/yes-you-can/>

Three Minutes Body Scan Meditation – Mindfulness:

https://www.youtube.com/watch?v=ihwcw_ofuME

Thought Bubbles! Mindfulness for Children:

<https://www.youtube.com/watch?v=70j3xyu7OGw>

Our Children's Talents and Interests

Well done to all the children below on their fantastic achievements!

Freya – Year 1 – for achieving her badge 6 at Trampolining

Beau – Year 1- for achieving his Green Belt in Karate

Ellie – Year 1 - for learning to swim unaided for the first time and jumping into the pool by herself

Sammy – Year 3 – for being named Player of the Week in his football team

Daniel – Year 2 – for learning to ride his bike unaided

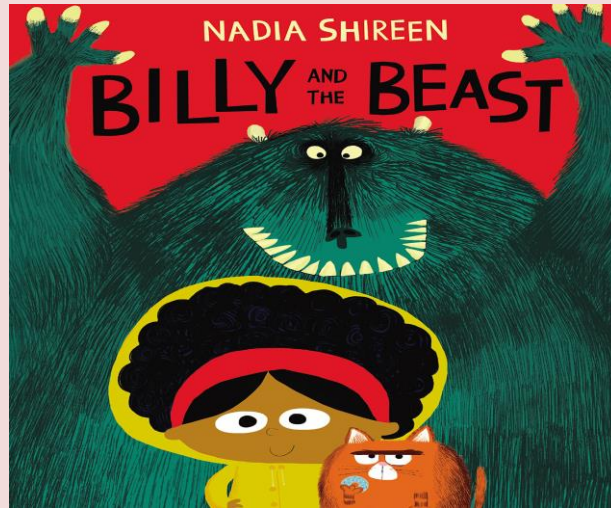
Roman – Nursery – for passing his 2nd grading in Taekwondo



A Reading Community

This week, Mr Jaitly – Year 1 teacher and RE and Global Curriculum Lead – has shared her recommendations. They will be displayed in the front Reception and please do speak to an office member if you would like to borrow one – all are welcome to!

EYFS and KS1



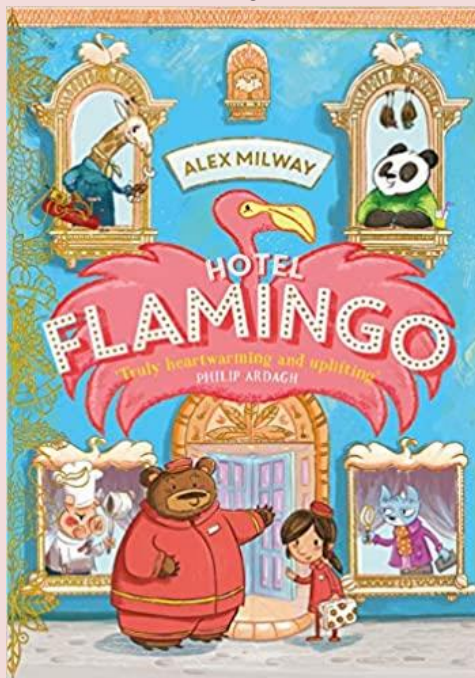
From the author of *Bumblebear*, comes a new hero for our times. Introducing: Billy! Whilst on a lovely walk in the woods, Billy and her trusty sidekick Fatcat hear a terrible rumble... a terrible rumble coming from a Terrible Beast...

He's making a Terrible Soup out of all of Billy and Fatcat's friends!

Luckily, our brave heroine Billy has a trick or two up her sleeve (or in her hair)...

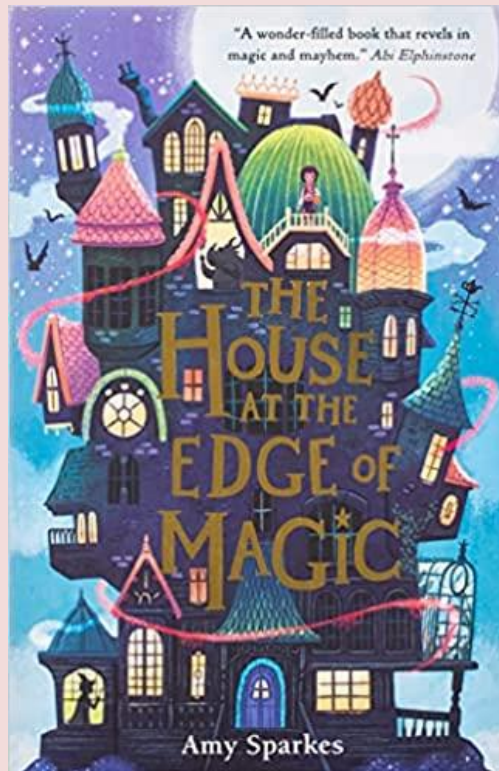
Join Billy on her mission to defeat the Terrible Beast (and save those adorable little bunny rabbits too).

LKS2



When young Anna inherits a dilapidated once-grand hotel from her Great Aunt Mathilde, she's determined to restore it to its former glory. But this is no ordinary hotel - all of her staff and guests are *animals*!

UKS2



Nine is an orphan pickpocket determined to escape her life in the Nest of a Thousand Treasures. When she steals a house-shaped ornament from a mysterious woman's purse, she knocks on its tiny door and watches it grow into a huge, higgledy-piggeldy house.

Reminders and Notices:

Bags to School:

Our next Bags to School collection is on Monday 24th April. If you are having a clear out between now and then, please feel free to drop any unwanted, good quality clothes, shoes, hats, belts, handbags, bedding, curtains and towels either to the front office or hand it to a member of the leadership team on the gate. We will then store this in school until the collection date.

Attendance Notice:

Just to remind parents/carers that if they take their children out of school without authority, they will be liable to receive a penalty notice. Currently the amount payable under a penalty notice is £60.00 per parent/carer per child if paid within 21 days. Thereafter the amount increases to £120.00 if paid between 21 and 28 days. If the penalty notice remains unpaid after 28 days, the Local Authority will consider a prosecution in the Magistrates Court. Please note that penalty notices are issued per parent/carer per child so a family of two parents and two children will receive 4 penalty notices.

Parking Reminder:

Please can we politely remind parents / carers to avoid parking in the entrance way of Hillcroft Court to drop-off and pick-up as residents are unable to then leave or enter the grounds.

Uniform Reminder:

Please can we politely remind parents / carers that the uniform policy – due to E Safety reasons – does not allow Smart watches of any brand to be worn in school. Please do refer to the Uniform Policy on our website, or by following this link:

http://www.hillcroftschool.org/uploads/asset_file/Uniform_Policy_Final_-_22-23.pdf

In other news...

boomkids

**Meet the Experts is back
with a brand new series and
looking for expert children to
take part!**

Does your child have an interesting hobby that they
are extremely passionate about?

Would they like to showcase their talent and
expertise on Channel 5's Milkshake?

We want to hear from entertaining and outgoing children between
7-8yrs old, of all different backgrounds and abilities.

**For more information please email: MTE@boomcymru.co.uk
or call: 07436 097767**

Calls to this number may incur charges. Please contact your provider for more details.
We welcome applications from all sections of the community including from ethnically diverse groups.
The closing date for applications is 1st August 2023
Boom will process your information in accordance with the privacy policy of the company (available on our website)
Due to the high volume of responses, we cannot reply to everyone





SATURDAY 03RD JUNE
2023

SUNNYDOWN SCHOOL

12.00PM - 8PM

CATERHAM. CR3 5ED

II SUNNYFEST 23 II

LIVE MUSIC | GREAT FOOD | FAMILY FUN



JOIN US FOR A FAMILY FESTIVAL,
FILLED WITH AMAZING LIVE MUSIC



BEER/PROSECCO/GIN BAR | PIZZA | BURGERS |
CARIBBEAN FOOD | CAKE | ICECREAM |
BOUNCY CASTLE | MUSIC AND DANCING

RAISING MONEY AND AWARENESS FOR COMMUNITY
MENTAL HEALTH INTERVENTIONS

TICKETS: £10 UNDER 12'S GO FREE
WITH A PAYING ADULT

SCAN THE CODE TO PURCHASE
TICKETS ONLINE OR BUY IN
PERSON AT COMPUTER
SOLUTIONS CATERHAM



Sunnydown School Caterham Cycle Challenge



gusperiscopes

SAFETY . QUALITY . DURABILITY

The Community Needs You!

Between 4th & 12th May, the students of Sunnydown School will be cycling 660km around Kenley Aerodrome.

With your help, we aspire to raise £35,000 to support local schools by providing additional Specialist Mental Health and Wellbeing Practitioner hours for those families in need.

Please help by sponsoring this event - any donations are gratefully received.

www.justgiving.com/campaign/sunnydowncyclechallenge23

For more information email:

cyclescheme@sunnydown.surrey.sch.uk

In May, two students are flying to Australia to take part in The Gibb Challenge and cycle 660km across the remote Kimberley region. This demonstrates how committed we are to supporting the Mental Health of our community.

FRIENDS OF SUNNYDOWN
CORPORATE
GOLF
DAY

DATE

6 JUNE 2023
ARRIVE 10AM
TEE OFF 11AM

INCLUDED:
BREAKFAST ROLL &
2 COURSE MEAL

VENUE

FARLEIGH GOLF CLUB
OLD FARLEIGH ROAD
WARLINGHAM, CR6 9PE

PRICE

£75 PER PERSON
&
£280 PER 4 BALL

EARLY BIRD:
£65 PER PERSON &
£240 PER 4 BALL
(offer ends 31 March)

BUY TICKETS

www.bit.ly/sunnydowngolf2023

SCAN ME



Sunnydown is a small
school in Surrey for young
men with ASD.

Friends of Sunnydown
supports the school and local
community by providing vital
funding where needed.



To bring the parental
community and their
business contacts together
for a day to escape the office
and help raise funds
for the school.

www.sunnydown.surrey.sch.uk