

# GOLDFIELD INFANTS' AND NURSERY SCHOOL

Spring Term Newsletter



Friday 26th January 2024

Contact us: [admin@goldfield.herts.sch.uk](mailto:admin@goldfield.herts.sch.uk)



## Happy Birthday

Harry, Sam, Charlie, Barnaby, Brooke, Tallulah & Georgie





## Is my child too ill for school?

It can be tricky deciding whether or not to keep your child off school, nursery or playgroup when they're unwell. There are government guidelines for schools and nurseries about [managing specific infectious diseases at GOV.UK](#). These say when children should be kept off school and when they shouldn't. If you do keep your child at home, it's important to phone or email the school on the first day telling us that your child won't be in and give them the reason. [Click here](#) to give you further advice.



## REMEMBER, REMEMBER.....

30.1.24		Seasonal Change- Year 1
31.1.24		Seasonal Change- Year 2
1.2.24	8.30-9am	Sharing Morning- Reception, Year 1 & Year 2
6.2.24		Safer Internet Day
7.2.24	9am	Wellbeing morning
14.2.24		BLP Day
13.2.24		Chinese New Year Dance Worksop
19.2.24-23.2.24		Half Term
5.3.24	3.45-7pm	Parents Consultation
7.3.24		World Book Day- Dress up as a book Character
8.3.24		Visiting Speaker to talk to Year 2 about Ramadan
18.3.24-22.3.24		Scholastic Book Fair
27.3.24		Easter Bonnet Parade
28.3.24		End of term- early finish Nursery- 11.30 No lunch club Reception, 1 & 2- 1.45pm


## Keeping Our Children Safe

The Hertfordshire Safeguarding Children Partnership (HSCP) has been set up so that all agencies and organisations who work with children and young people work together to keep children safe. Call 0300 123 4043 at anytime if you are a child or young person being abused or mistreated; or if you are an adult worried about a young person. Call 999 if you're in immediate danger or a crime is being committed.

## Miss Cooper says




to Alfie, Caleb, Arthur, Jack, Jude, Lucy, Marcus, Milo, Matilda and Libby. Look out for the post!

 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. 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. In the guide on the next page, you'll find tips on a number of potential risks such as screen addiction, inappropriate content and hacking attempts.

## Policies

All statutory polices that the school has are on the school website. Please [click here](#) to find them. The [Home School Agreement](#) and the [Relationships, Sex and Health Education Policy](#) have recently been updated.

## Amazon Wishlist

 Budgets in schools have been getting tighter and tighter over the last few years. We often have parents that ask if there is anything they can do, if they are unable to attend the PTA's fantastic events. As a result, we have created an Amazon wish list, which is available for parents to access and donate anything from the list. This will include items such as pritt sticks, pens, pencils and other stationery. There is no expectation that all parents do this, but if you feel you can help in any way, it would be greatly appreciated. To access our Wish List, please [click here](#).

# 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.



### 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.



### 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.



National Online Safety®

#WakeUpWednesday

Source: [www.netflix.com](http://www.netflix.com), [www.oft.gov.uk](http://www.oft.gov.uk), [www.fticons.org](http://www.fticons.org)



[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)



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@nationalonlinesafety

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# 9 MENTAL HEALTH ACTIVITIES TO DO WITH YOUR CHILDREN

 @BELIEVEPHQ

## WORRY TIME

- Set aside a time each day for your child worry. Discuss with your child how long the worry time will be for. In this time your child can write down their worries, discuss them with you or problem solve to overcome them

## THOUGHT CHALLENGING

- Help your child to write down any unhelpful thoughts they that experience. Try to challenge them with your child and come up with more realistic and helpful ones

## ACTIVITY PLANNING

- Create an activity diary with your child and help them to schedule in some pleasurable and achievement related activities

## TALKING ABOUT FEELINGS

- Why not create a time each week where your child can speak to you about their thoughts and feelings

## 3 GOOD THINGS

- Before bed spend some time with your child to identify and write down three good things they achieved from the day

## WELLBEING

- Support your child to look after their wellbeing. Cook healthy meals with them, exercise or play sport with them and make sure they are getting enough sleep

## IMAGERY

- Work with your child to imagine themselves in an imaginary future where everything has turned out in a positive way

## BEING PRESENT

- Help your child to be present and live in the moment. Go for a walk and see how many different things you can both take in with all your senses

## THOUGHT TESTING

- Try setting out some simple activities to help your child test out the validity of a thought.

