

## MESSAGE FROM MR REID

### SETTING AN EXAMPLE AS A DIGITAL PARENT



I have taken the following article from [Vodafone's Digital Parenting](#) guide, which provides useful tips and guidance regarding being a digital role model.

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**"Your actions as a parent are crucial in shaping your child's attitudes and approaches, and this includes how you feel, act and behave with technology. Here is how you can set the right example to help them shape their best digital lives.**

**Children's online experiences are driven and affected by many things: friends and celebrities, emerging apps, tech and trends, interests, education and much more.** But there is one consistent influence on their digital lives that comes from closer to home: you.

**Young people will always pick up habits from the adults in their lives,** so it is important that you set the best example from the start. Here is how you can be a top-notch tech role model.

### UNDERSTANDING THEIR ONLINE WORLD

Children are growing up surrounded by technology and the opportunities that it brings. Understanding the spaces they want to explore – whether it is parental settings available on their social media or chat functions in their online games – will help when managing their safety. You don't have to be a tech genius, but by showing an interest and doing a little homework you can help them explore more safely and respond if they have a problem.

### LEADING BY EXAMPLE

Children generally react well to clear and consistent boundaries – but if you limit their screen time while not monitoring your own, it can send mixed messages. Of course, rules don't always apply to people of different ages, but some simple and fair rules, such as no devices at dinner time or before bedtime, can set a better example to follow.

### SHARING IS CARING

It is important that children and young people understand that some things are not right to share online. One way to help them understand this is by asking them for permission before posting a picture of them on your social media. Perhaps they would rather you didn't, which is their right, and sets a better example for how to consider others before posting or commenting.

### DON'T BE A CRITIC

Even if you don't like the video content they watch, whether toy unboxing or shouting YouTubers, remember that they are watching for a reason: they enjoy it. Unless you are concerned that the content is not appropriate for their age, try to show interest rather than being judgemental about entertainment you perhaps just don't understand.

### OPEN UP ABOUT YOUR OWN DIGITAL LIFE

Your children may not be interested, granted, but show them what you do online: what you read, play or watch. Making them feel a part of your online life, in whichever form that takes, will help them feel it is OK to be open and honest about what they do or want to do. You can also use this to discuss how to manage a healthier digital life: for example, how, when and why you decide to have a screen break.

## 5 PRACTICAL WAYS TO HELP MANAGE YOUR DIGITAL LIFE:

- **Use your 'out of office' message** so you feel less pressure to look at work emails at home.
- Keep your **phone in your pocket or handbag** when you pick the children up from school.
- **Buy an alarm clock** so you don't have your devices in the bedroom.
- **Try breaking up your daily online routines.** For example, don't check Facebook or your favourite sites until your children go to school.
- Try **adding a tech-free day to your calendar.** It's not as hard as it sounds!"

I hope you all have good weekend and enjoy the additional day on Bank Holiday Monday.



# NOTICES



## SAVE THE DATE – SPONSORED SWIM

Please save the date for our annual sponsored swim fundraiser:

Year 3 & 4 - 09 June 2022

Year 5 & 6 - 10 June 2022

We are looking for **10 parents** to help us over these two days—please indicate on [www.schoolgateway.com](http://www.schoolgateway.com) if you are able to help.

(Two sessions each day: 9.00–12.00 and 13.30–15.30)



## CHESS CLUB – HELPERS NEEDED PLEASE!

We are looking for parent helpers who will be able to join Miss Harvey and her team supervising our chess club on Monday afternoons from 3.30–4.15pm. Please [email the office](#) if you are able to help.



## SECONDARY SCHOOL VISITS & ABSENCES

All absences should please be reported **via our website** before 09.00am.

Click on the link and please complete the quick form. [Daily Absence Form](#)



## VACANCIES

Please [click here](#) to see our current vacancies.



## FUTURE DATES

02 May — Bank Holiday

17 May — Science Day

24 May — Year 6 Young Voices Trip

25 May — Platinum Jubilee Celebrations (more information to follow)

25 May — School Disco

26 May — PTA Ice Cream Sale

26 May — Open Afternoon

26 May — End of Term

27 May — Inset Day

# PTA

## PTA QUIZ NIGHT

Note that we have 2 tables left for the Parents Quiz night on the 6<sup>th</sup> of May.

## PARENT VOLUNTEERS NEEDED

### SCHOOL JUBILEE CELEBRATIONS

We are looking for parent volunteers to help with the Jubilee celebrations at school during the afternoon of 25<sup>th</sup> May from 1:30PM.

### RIVERHEAD JUBILEE CELEBRATIONS

We are supporting our local community with an Amherst stall at the Riverhead Jubilee festival during the afternoon of the 4<sup>th</sup> June.

If you are able to help with either of these two events, please get in touch with your class rep or [amherst-chair@outlook.com](mailto:amherst-chair@outlook.com).

## FUTURE PTA DATES

06 May - Quiz Night for Parents

25 May - School Disco

26 May - Ice Cream Sale

08 June - Uniform Sale

14 June - PTA MEETING



# STAR OF THE WEEK

3B	William B
3MW	George B
3W	Katie W
4C	Millie B
4SF	Sydney W
4S	Arthur H

5A	Ethan W
5J	Shalom O
5S	Summer J
6B	Ettie J
6H	Thomas M
6SB	Poppy G

## HOCKEY

Well done to our Year 5/6 hockey team that competed at the **Sevenoaks Hockey Festival** yesterday afternoon. The children played brilliantly and were a credit to the school.

**They qualified for the final**, winning all their matches without conceding a goal. A tightly contested final against Lady Boswell's resulted in them narrowly losing 1-0. Well played **Blake F, Lucas D, Toby W, Ewan S, Bronagh M, Alice M, Olivia W** and **Sofia B**.



## COMMUNITY EVENTS



THE QUEEN'S  
PLATINUM JUBILEE  
BEACON TRAIL  
30<sup>TH</sup> APRIL - 12<sup>TH</sup> JUNE 2022

PROUDLY SUPPORTING  
**welcomes**  
REFUGEES

*You are invited to*

Take part in this historic celebration with the official family story-trail in Sevenoaks. Nearby are 7 whimsical characters to find as they go on an adventure. Not only that but Sir Barnaby Beacon will guide you through the history of The Queen's 70 year reign.

Simply scan the QR codes, displayed at 7 locations nearby, to collect digital stamps. You'll get to choose what happens in the story and see the characters come to life in augmented reality.

Go to the website below to start your free, family adventure.

**Sevenoaks Town Centre**  
**30th April - 12th June 2022**  
***JubileeBeaconTrail.com***

**warners**  
solicitors

SEVENOAKS  
TOWN TEAM

# The Queen's Platinum Jubilee and Riverhead Celebrations 2022

## Calling all Knitters

You may recall the beautiful display of knitted red poppies which decorated the banks of St. Marys Church, created to remember those who died during the First World War.

Ladies of Riverhead and much further afield knitted over 2000 red poppies and we are keen to put those red poppies to further good use by using them as part of the Queen's Platinum Jubilee celebrations this June.

We would like to cover large Union Jack flags with knitted flowers of red, white, and royal or navy blue. These flags will then be displayed in and around Riverhead to mark this happy occasion. We could also decorate the railings with them if we can knit enough in time.

We would welcome your help and ask you to take part in creating these Platinum Jubilee displays by knitting **white and blue flowers**, using the same simple poppy pattern below. Call the number listed if you have difficulty in finding wool and we can drop some off to you.

I am aware that we don't have much time before the event, but I am sure that, as before, between us our keen knitters will be able to provide many, many white and blue flowers to add to the red ones we already have.

Using size 8 needles cast on 60 stitches

**Knit 2, Purl 2 to end. Repeat for a further seven rows**

**Slip 1, Knit 1, Pass slipped stitches over. Complete to end.**

Thread wool through remaining stitches, gather up and sew seam. Sew across centre hole to close gap.

Please drop off completed poppies at either 13 Chipstead Lane, Riverhead or Batchelors Butchers. We can collect if you call us. To allow enough time to create and display the flags the **closing date is 22 May**.

If you have a sewing machine and can help sew together our 'organic' bunting, we would also love to hear from you.

Many thanks in advance for your help and we look forward to seeing Riverhead village look its very best for this momentous occasion.

Shirley Stewart

0771 0553 977



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Age 3+

4:30pm-5:30pm Ballet, Jazz & Tap  
Age 5+

5:30pm-6:30pm Ballet Bootcamp  
Age 8+

Wednesday @ Riverhead Village Hall

Thursday @ The Stag Plaza

CONTACT Miss Abbey via:

[industrydancestudios@gmail.com](mailto:industrydancestudios@gmail.com)

07814915306



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Free To  
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**SPONSORED DOG WALK**

**SUNDAY 29TH MAY 10am to 2pm**

Bring your four legged friends and join us for a walk  
to raise money for our dog kennels

4 walks to choose from to suit all abilities

BBQ and refreshments available

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Registration fee £5 per dog

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[www.foalfarm.org.uk](http://www.foalfarm.org.uk)

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