

Volume 4|  
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**January  
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# Newsletter

## Happy New Year!

Welcome back to the whole Grove Road community! It has been a wonderful start to 2024 this month, with lots of activities going on. We have had trips, workshops and performances going on, as well as welcoming some new faces to our family school.

The weather has been changing week to week – we had the excitement of snow earlier on in the month, as well as lots of storms! Despite some of the windiest days I've experienced in a long time, we have managed to get through with only a little bit of our new garden grass coming up at the edges!

KS2 have been enjoying their new garden this month – I have seen some impressive agility on the monkey bars and rings, as well as some impressive climbing skills on the frame!

Even though this is a short half term, we still have lots of exciting things happening before the break to look forward to. We keep the live calendar on the website up-to-date with any forthcoming events so that you can see what is happening at a glance.

When it does come, I wish everyone a lovely half-term break and look forward to seeing everyone when we return!

With thanks,

Mrs Grace Beckford  
Acting Headteacher

*"Our family school where all are equally valued"*

## Violet Class Bletchley Park Visit



Violet Class launched into their codebreaking topic this half-term with an exciting visit to the home of codebreaking, Bletchley Park. They were able to get into role as a code-breaker and see some real artefacts of the time, such as an enigma machine and a very impressive vehicle!

## Blue Class National Army Museum Visit



Blue Class enjoyed exploring some of the practical uses of robots – they were able to use some exciting technology and explore how the armed forces rely on robots.



## Yellow Class Animal Handling Workshop



There were lots of animal visitors in Yellow Class this month! The children were able to handle and ask questions about lots of different animals, to help to understand how to take care of them and the special features that they have. All of the children were very brave when handling some animals that they had not touched before!

## Green Class Boston Manor House Visit



Green Class explored the wonderful Hounslow building of Boston Manor House – they looked at the architecture and design of the building and learnt about some of the local history of the area.

## Learning Ladders & Tapestry

For a number of years, we have been using the platform 'Learning Ladders' to complete assessments and track progress of children in Y1-6. We have also been creating parent accounts so that you can follow along with what your child has been learning, as well as access articles and help suggestions for areas of learning.

We still have a high number of accounts that have not been activated, some of which were first set up in 2019.

If you see an email from 'Ladders at Home', please activate your account to be able to access the information. A parent guide will be attached to the newsletter to give you some more information on how to use the platform.

Please also keep an eye out for 'Tapestry' if you are a parent of a child in Nursery or Reception – lots of photos and observations are posted on there for you to share as well as the option to add your own.



## Before School Supervision

The children are more than welcome to use their own class garden before school if they would like to, but as there are no staff members outside at this time to supervise the children, any children in the playground before school must be supervised by a parent or carer.

## Second Hand Uniform

We have seen a lot of use of our second-hand uniform shop this month and are pleased to continue to offer this all year round.

Please visit <https://app.uniformd.co.uk/items/grove-road-primary-school> to browse our selection and make any purchases that you would like.



## Half Term Activities

Hounslow have lots of activities on offer this half term – many of these are free.

Activities include chocolate making, maths scavenger hunts and engineering! Visit [https://fsd.hounslow.gov.uk/SynergyWeb/Activities\\_February\\_Half\\_Term.aspx](https://fsd.hounslow.gov.uk/SynergyWeb/Activities_February_Half_Term.aspx) to see more.



At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many apps which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

## What Parents & Carers Need to Know about

# TIKTOK

AGE RESTRICTION  
**13+**

(certain features are restricted to over-18s only)

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 creative, fun platform for teens to enjoy. Now available in 75 languages, it has more than a billion active users worldwide (as of spring 2022) and is most popular with the under-16 age bracket. In fact, a 2022 Ofcom report found TikTok to be the most-used social media platform for posting content, particularly among young people aged 12 to 17.

### WHAT ARE THE RISKS?

#### AGE-INAPPROPRIATE CONTENT

While TikTok's "Following" feed only displays videos from users someone follows, "For You" is a stream of clips based on their previously watched content. Most videos on a child's "For You" feed will therefore be light-hearted and amusing, but it could potentially surface something unsuitable. TikTok's guidelines prohibit the sharing of illegal or inappropriate content, but the sheer volume of uploads mean they aren't manually monitored and vetted.

18  
CENSORED

#### DAINGEROUS CHALLENGES

Due to TikTok's immense popularity, some young people have unfortunately been influenced by videos challenging them to perform harmful, criminal or even deadly acts. One extreme example was the 'blackout' trend, which encouraged users to hold their breath until they passed out from a lack of oxygen. It led to two families filing lawsuits against TikTok over the tragic deaths of their children.

#### CONTACT WITH STRANGERS

With around 1.1 billion users globally, the potential for contact from strangers on TikTok is high – especially as accounts created by over-18s (or youngsters using a false date of birth) are set to public by default. This not only means that someone's profile is visible to everyone else on the app, it also lets their videos be suggested to others and enables anyone to comment on them or download them.

#### IN-APP SPENDING

TikTok is free, but users have the option to buy TikTok coins, which can be used to purchase emojis in the app. These emojis are then sent as rewards (retaining their monetary value) to other users for videos they've created. Coin bundles range from £9.99 to an eye-watering £99; TikTok's policy is that they can't be bought by under-18s, but it's possible to bypass this with a fake birthdate.

#### ADDICTIVE NATURE

TikTok can be addictive, especially for young people: compulsive repeated use can interfere with sleep patterns and be a distraction from other activities. The platform recently introduced default usage time limits of 60 and 100 minutes for new members under 18 (in the UK, children with TikTok average 102 minutes per day on the app), but these restrictions can easily be removed in the settings.

#### TIKTOK NOW

Introduced in late 2022, the 'TikTok Now' feature lets users post a daily video or photo at the exact same time as their friends. Users receive a synchronised notification at a random time of day, giving them three minutes to take a video or real-time photo. This addition can not only be a distraction to young people but could lead to them inadvertently sharing private content such as their location.

## 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 then, for example, turn on Restricted Mode (reducing the chances of a child seeing inappropriate content); set screen time limits; and manage their child's ability to send messages (and to whom). Children can't alter these settings without parental approval.

#### MAKE ACCOUNTS PRIVATE

Although under-18s will have their TikTok account set to private by default, bypassing this setting is relatively easy. However, parents have the ability to manually set their child's account to private – meaning 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 to access TikTok, you can alter the settings to prevent them from making in-app purchases. We'd recommend that you enable this feature, as it's quite easy for a young person – without realising what they're doing – to spend a significant amount of real money buying TikTok coins so they can unlock more features of the app.

#### DISCUSS THE DANGERS

If your child wants to use TikTok and you're happy for them to do so, it's crucial to talk about the potential risks in this type of app. For example, ensure they understand not to share any identifying personal information – and that they realise they could be exposed to inappropriate content. Thinking critically about what they see on TikTok can help children become generally more social media savvy.

#### READ THE SIGNS

If you're concerned that your child might be spending too much time on TikTok, or that they've been emotionally affected by something inappropriate or upsetting that they've seen, it's important to know how to spot the possible signs. Increased irritability and a lack of concentration are potential red flags, as are failing to complete homework or regularly not eating meals.

#### Meet Our Expert

Carly Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of tech tabloid The Inquirer, Carly is now a freelance technology journalist, editor and consultant.



National  
Online  
Safety

#WakeUpWednesday

[@natonlinesafety](https://twitter.com/natonlinesafety)

[/NationalOnlineSafety](https://facebook.com/NationalOnlineSafety)

[@nationalonlinesafety](https://instagram.com/nationalonlinesafety)

[@national\\_online\\_safety](https://tiktok.com/@national_online_safety)

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 02.03.2023



## School Readiness & Your Nursery Age Child

**NHS**  
Hounslow and Richmond  
Community Healthcare  
NHS Trust

For Advice and Support with your Child's Health and Development. The Health Visiting Team can be contacted via a centralised Administration Hub on [020 8973 3490](tel:02089733490) /  
email: [hrch.hvadminhub@nhs.net](mailto:hrch.hvadminhub@nhs.net)



The Health Visiting Service can support and advise on health and development needs such as:

**Toilet training, Sleep Routines, Healthy eating advice & General Development**



<https://healthiertogether.hrch.nhs.uk>



### **Supporting your Child's Health & Wellbeing while at nursery & school:**

**GP:** Your child needs to be registered with a GP.

**Opticians:** If possible, it is best for your child to have had their first eye test at an optician before starting Reception Class. **Eye tests are free for children at school.** Vision Screening is also offered in Reception class.

**Dentist:** Your child should be registered with a dentist: NHS dentists provide free oral health check-ups and treatment for children under the age of 18.

**Vaccinations:** As part of the UK childhood vaccinations schedule your child should be offered their "pre-school booster and 2<sup>nd</sup> MMR" vaccinations. You can book this with the Practice Nurse at your GP surgery.

Encourage & support your child to develop their independence and be ready for starting school

**NHS**  
Hounslow and Richmond  
Community Healthcare  
NHS Trust



<https://www.pacey.org.uk/working-in-childcare/spotlight-on/beingschool-ready>

<https://www.familylives.org.uk>



Generally, your child should be (or nearly) independent going to the toilet

<https://eric.org.uk/potty-training>

[www.nhs.uk/conditions/baby/babys-development/potty-training-and-bedwetting/](http://www.nhs.uk/conditions/baby/babys-development/potty-training-and-bedwetting/)



Children need a healthy, balanced diet to support their development



[www.nhs.uk/conditions/baby/weaning-and-feeding/what-to-feed-young-children/](http://www.nhs.uk/conditions/baby/weaning-and-feeding/what-to-feed-young-children/)

[www.nhs.uk/conditions/baby/weaning-and-feeding/fussy-eaters/](http://www.nhs.uk/conditions/baby/weaning-and-feeding/fussy-eaters/)

3-5 year-olds need 11-13 hours of sleep a night

<https://thesleepcharity.org.uk/information-support/children/>



Find an NHS dentist:  
[www.dentalchoices.org](http://www.dentalchoices.org)

Find more information:  
[www.nhs.uk/live-well/](http://www.nhs.uk/live-well/)

## Class Emails

We continue to have class mailboxes for you to contact your child's class teacher. These emails are monitored daily but please allow up to 48 hours for a response. For anything urgent, including reporting your child absent, please continue to contact the school office.

Red Class: [red@groveroad.hounslow.sch.uk](mailto:red@groveroad.hounslow.sch.uk)

Orange Class: [orange@groveroad.hounslow.sch.uk](mailto:orange@groveroad.hounslow.sch.uk)

Yellow Class: [yellow@groveroad.hounslow.sch.uk](mailto:yellow@groveroad.hounslow.sch.uk)

Green Class: [green@groveroad.hounslow.sch.uk](mailto:green@groveroad.hounslow.sch.uk)

Blue Class: [blue@groveroad.hounslow.sch.uk](mailto:blue@groveroad.hounslow.sch.uk)

Indigo Class: [indigo@groveroad.hounslow.sch.uk](mailto:indigo@groveroad.hounslow.sch.uk)

Violet Class: [violet@groveroad.hounslow.sch.uk](mailto:violet@groveroad.hounslow.sch.uk)

Gold Class: [gold@groveroad.hounslow.sch.uk](mailto:gold@groveroad.hounslow.sch.uk)

Rainbow Class: [rainbow@groveroad.hounslow.sch.uk](mailto:rainbow@groveroad.hounslow.sch.uk)

## Coming up in February

2<sup>nd</sup> – EYFS Dinosaur Workshop

2<sup>nd</sup> – Indigo Class Tower Bridge Trip

2<sup>nd</sup> – Y5&6 Football Competition

6<sup>th</sup> – Safer Internet Day

8<sup>th</sup> – Blue Class Special Assembly

19<sup>th</sup> – Orange Class MMR Catch-up Clinic

20<sup>th</sup> – Violet Class Humanist Visitor

23<sup>rd</sup> – Whole School Dance Day

28<sup>th</sup> – Yellow Class Lookout Centre Trip

29<sup>th</sup> – Indigo Class Special Assembly

[www.groveroadprimary.co.uk](http://www.groveroadprimary.co.uk)



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