



The Apple



The weekly news from Isaac Newton School, Grantham

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Dear Parents/Carer

We've had two extremely busy weeks here at Isaac Newton, since our last newsletter. The children are working incredibly hard and they are so excited to talk about their learning. There is a real 'buzz' when walking around school. Our year 6 children have worked so hard this year, so it was no surprise to any of us that they put so much effort into their SATs this week. We are so proud of every single one of them! Thank you for your support with getting them to school on time and for helping them get prepared. Also, thanks must go to our fabulous Year 6 staff team who have worked exceptionally hard getting the children well prepared but without putting them under pressure.

Mr D. Milner
Headteacher

Staff announcement

Mrs Beeby will be leaving us at the end of this half term. She goes with our blessing but we will be very sad when she leaves, having worked for the school over the last four years as SENDco and Designated Safeguarding Lead. Many thanks to her for all her hard work. I know you will all agree that she has made a huge difference to the children's lives at Isaac Newton Primary School. Mrs Beeby will continue in both roles until the end of term. We are advertising for another Assistant Head so that we have the right candidate in place, ready for September 2023.



Dates For Your Diary:

15 th /16 th May	Year 4 Residential at Stibbington
26 th May	Half term
5 th June	Term 6 Starts
6 th June	Class 5 at Ferry Meadows
7 th June	Class 6 at Ferry Meadows
13 th June	Year 5 at Burleigh House
20 th June	Year 5 Knipton Day
26 th June	Class 11 Belvoir Farm Day
27 th June	KS2 Meres Sports Day
28 th June	Class 12 Belvoir Farm Day
6 th July	Year 3 Roman Day
7 th July	Reports out to parents
21 st July	End of the academic year
4 th & 5 th September 2023	INSET days (School closed for ALL pupils)

Bake Sale



On Friday 28th April, we held a bake sale to raise awareness about protecting our planet. The idea came from two year 6 pupils – Soeli and Leah. They are so passionate about the environment that they asked to do a special assembly, organised so £236.25! Thanks to our amazing pupils for coming up with this idea, the staff who helped organise it and to our wonderful community for supporting the children with this!

Sports events



Last week some of our year 5 pupils took part in bikeability training. They arrived on Tuesday with much anticipation mixed in with a few nerves. The first day they rode their bikes on the playground, practising controlling their bikes by completing different turns. The next few days involved on road training, with the children riding on the local roads using their signalling, checking for hazards and following the rules of the roads. They all had a fantastic time, persevered when things got a little tough and certainly faced their fears. We are incredibly proud of the children and we look forward to awarding your badges and certificates!! We have also had some medals donated to us by Mrs Shirley Morton, Grandmother of three of our pupils. These will also be given to the pupils who took part in the Bikeability training! Thank you for your kind contribution.

Year 4 Residential - Stibbington Centre



Stibbington Centre

Year 4 are off to their Residential at Stibbington Centre on Monday and Tuesday of next week. The children and staff attending, are really excited about the visit! There was a meeting yesterday afternoon for parents and carers. If you were unable to attend there is a PowerPoint and a kit list available. Please ask a member of the year 4 team or at the school office for further details!

Art

Year 5 have been trying Screen Printing in Art for the first time. These children from Class 12 have designed and screen printed their own folk art animals.



Home learning

Some outstanding Roman shields. These fantastic shields were both made at home and brought in to school to share with the rest of Mrs Howes' Class!



Kings Coronation

On Friday 5th May, we commemorated the Kings Coronation at Isaac Newton in a variety of ways. We decorated biscuits, researched historical facts about the monarchy and King Charles, made bunting and drew pictures of royal artefacts. The children also had the option of coming to school dressed in something red, white or blue. It was a special day and everyone learnt a great deal about the Coronation which happened on Saturday 6th May.



Safeguarding Update

National Online Safety produce online help guides known as #wakeupewednesday to keep children safe online. The first guide is about iPads. When Apple unveiled the iPad in early 2010, they almost single-handedly rewrote people's idea of what of a portable computing device was capable of – and sparked a tablet revolution. There are several very respectable imitators on the market now, but the iPad remains the standard bearer for tablet computers and still routinely shifts upwards of 40 million units every year. Their immense popularity, of course, has made the iPad a familiar companion for children and young people: an auxiliary TV; an aid for schoolwork; and a blessing on long car journeys. That said, there are still some aspects of Apple's flagship tablet that parents and carers should bear in mind to help protect their child from online risks – as our #WakeUpWednesday guide explains. This guide highlights possible hazards including the risk of age-inappropriate content, physical damage to the device and potential screen addiction. The second guide is about adopting safe and healthy online habits. Every year, Comic Relief goes all out to help people, both in the UK and internationally, who are going through a tough time. In our area of specialism, we at National Online Safety are acutely aware that – for children and young people in particular – many of those difficult moments increasingly originate from and unfold in the digital world.

What Parents & Carers Need to Know about iPADS

Apple debuted the first iPad in 2010, kickstarting the tablet market, and it remains the best-selling tablet to this day. Although Apple doesn't offer a child-specific version, iPads are hugely popular with youngsters due to their ease of use and endless choice of apps. There's a selection of models, with different-sized screens and distinct features – including the standard iPad; the iPad Air; the iPad Pro; and the iPad mini. Thankfully, they all offer parental controls so you can regulate how your child uses the device – and how long they spend on it.

WHAT ARE THE RISKS?

PHYSICAL DAMAGE

While some tablets (such as the Amazon Fire Kids editions) come with rugged shock-proof cases, iPads aren't built for rough and tumble. They're also more expensive than most other tablets, and any damage your child's iPad suffers could be costly to repair. Buying a child-friendly case and screen protector for the device could be a wise move, especially if it's being used by younger ones.

SCREEN ADDICTION

Like most digital devices, tablets have the potential to become quite addictive. You might find your child spending too long staring at their iPad, which could lead to irritability, mood swings and a loss of interest in more important tasks. If this happens, be sure to visit the built-in screen time settings and ensure you limit how long they're able to spend on the device each day.

INAPPROPRIATE CONTENT

18
CONSORTO

Even if it would never occur to your child to go searching online for age-inappropriate sites, apps or information, there's always a possibility that something unexpected – perhaps a video that auto-plays or content incorrectly suggested by an algorithm – could appear on their tablet and upset them. You can help prevent this by adjusting the content settings (see our 'top tips' section below).

SIRI SUGGESTIONS

The parental controls built into iOS (the fundamental operating system of Apple devices) enable you to block access to most age-inappropriate content – but your child could potentially still bypass these restrictions (either accidentally or deliberately) by using Siri, Apple's voice-activated digital assistant. To avoid this, toggle the 'Ask Siri' functions to 'off' in the iPad's settings menu.

Advice for Parents & Carers

ENABLE FAMILY SHARING

Before letting little ones loose on an iPad, it's a good idea to set up Family Sharing, as this lets you utilise the parental controls to manage exactly how your child is able to use the device. You can do this fairly easily by going into the iPad's settings; once there, you'll be able to add an existing Apple account (if your child already has one) or set one up from scratch.

APPLY SOME LIMITS

The 'Downtime' function allows you to tell the iPad to lock itself at certain periods (at mealtimes or before bed, for instance), while 'App Limits' removes access to certain apps once they've been used for a specified length of time each day. The iPad can display a reminder when these limits have nearly been reached, letting your child mentally prepare for the end of their gaming or viewing time.

STOP ACCIDENTAL SPENDING

To empower your child with an increased sense of freedom on their device (without giving yourself something else to worry about in the process) you could enable the iPad's 'Ask to Buy' feature. Whenever your child tries to download or buy an app, game or product, the iPad sends you a request to approve (or deny!) it. This option only becomes available if you've set up Family Sharing.

SET CONTENT AND PRIVACY RESTRICTIONS

The parental controls can stop the iPad from displaying explicit or age-inappropriate content (in apps like iTunes and Safari, for instance) when your child is signed into their account. You'll also be able to restrict the capacity to download and install apps, and you can specify permissions which prevent children from changing the iPad's privacy settings once you've selected them.

TRACK IT DOWN

Just like the iPhone, Apple's iPads have 'Find My' software to help you locate your child's iPad – or indeed, any linked Apple devices that have gone AWOL, including phones, watches and AirPods. If you enable 'Find My' in the settings menu, it will display the last known location of an iPad that's been mislaid, as well as giving you the option to lock a missing iPad that you suspect has been stolen.

Meet Our Expert

Carly Page is an experienced technology journalist with a track record of more than 12 years in the industry. Previously the editor of tech tabloid The Inquirer, Carly is now a freelance technology journalist, editor and consultant.



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Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you – or your child – took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here...

WHAT IS DIGITAL RESILIENCE?



Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times. It's how we respond and adapt to those situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

MAKE POSITIVE LIFESTYLE CHOICES



- 1. Make time for the people and things that make you happy.
- 2. Monitor your screen time and stick to your limits.
- 3. On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.
- 4. Spread some positivity: post good reviews, leave encouraging comments and share good news.

KEEP YOUR HEALTH IN MIND

- 1. Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some revitalising fresh air.
- 2. Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- 3. Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

REACH OUT FOR SUPPORT

- 1. If you have a problem online, don't be afraid to reach out to specialist people or organisations that could help.
- 2. Follow people on socials who have the same values and morals as you.
- 3. You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

PUT SAFETY FIRST

- 1. If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- 2. You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- 3. Another option is to block the person or the account that's causing you a problem – or you could go one step further by totally deleting the app you were using.

GET THINGS CLEAR IN YOUR HEAD

- 1. Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- 2. Think about how it makes you feel when someone sends you a positive or funny message online.
- 3. What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- 4. If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.

Meet Our Expert

Cayley Argentin is a registered counsellor with the Health Professions Council of South Africa, working in private practice to offer counselling to children, teenagers and young adults. She is the founder of Engage Support, a mobile app focusing on mental health awareness with the goal of providing resources and solutions to schools worldwide.



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