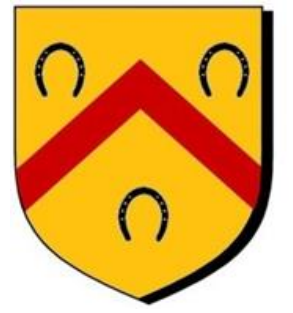




# The Pochin School

## Newsletter 19<sup>th</sup> May 2023

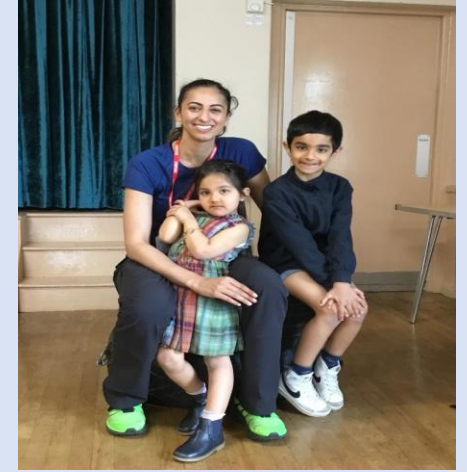


Dear Parents, Governors and Friends,

It has been an exciting week in school. Year 2 pupils took some small SATS tests and worked really hard each day to do their best. Class 1 looked at mini beasts and have started to make their own puppet beasts. Class 2 have planted their bean seeds and some Coronation wild flowers in the garden. Class 3 have learnt and recorded their French song. Class 4 and 5 had a special Question and Answer session with Polar Preet about her time doing a solo trek across the polar region. This was a fantastic opportunity to meet someone who had personally been to the region they have been studying and to ask their own questions. Class 5 really have had a very busy week. They went to LOPC on Monday and had a fantastic time. Please see Laila's account below. They also had another guest in this week, a Science teacher from Wreake Valley Secondary school. He worked with the children to dissect a sheep's heart to help them better understand about the biology of the body. He even brought a treat - eye balls. The children were fascinated at how the eye worked and looked more closely at the different parts that make up the eye.

The whole school enjoyed listening to our guest speaker - Polar Preet in assembly this Friday. We were very lucky to have such an amazing athlete and extraordinary person visit our school! She shared her journey, challenges and rewards as she has tackled a number of physically gruelling challenges while raising money for a variety of charities. She was an inspiration to all. We would like to thank the Girn family for making this possible and supporting the school. If you would like to find out more about Polar Preet please click the link. [Polar Preet - Breaking Boundaries](#)

A number of parents have asked if the school could offer support with their children using iPads safely. Please see below some great tips to help families navigate the world of iPads safely!



### Head Teacher Awards

The following children have worked extremely hard and this has been celebrated by the pupils receiving awards in front of their peers.

Mikhil, Sia P, Shayen, Honey-Rae, Alfie, Aviana

### Diary Dates

#### May

19<sup>th</sup> - PTA Dress down Day  
26<sup>th</sup> - National Endangered Species Day,  
Class 3 fundraising activity  
29<sup>th</sup> - 2<sup>nd</sup> June - May Half term

#### June

5-6<sup>th</sup> - Year 6 Sports and Challenge Days  
6<sup>th</sup> - Governors meeting 4:30pm  
8<sup>th</sup> - New EYFS Parents Meeting 6pm  
22<sup>nd</sup> - Leavers Disco  
27<sup>th</sup> - Sports Day  
29<sup>th</sup> - Reserve Sports Day

#### July

4<sup>th</sup> - Class 4 and 5 Play 2pm and 6pm  
12<sup>th</sup> - Founder's Assembly 2pm

**Attendance Matters** - Our attendance target is 97%  
Our attendance for the week beginning 8<sup>th</sup> May: 96.5%  
Winning class from last week was Class 5 with 100%. Well Done!

Thank you for helping your children get to school when they are able

### Cultures Celebrated within our School

Language of the Month - Portuguese  
British Value of the Month - Individual Liberty  
Pochin Value of the Term - Kindness



### Next week School Dinners 2 main choices with sides, bread and dessert

**Mon**- Chinese Chicken/Chinese Vegetable Noodles  
**Tue** - Chicken Paella /Vegan Paella  
**Wed** - Roast of the Day/Vegan Quorn, Roast Potatoes, Stuffing and Gravy  
**Thur** - Greek Chicken Pita/Spinach & Cheese Parcel with Seasoned Wedges  
**Fri** - Sausage/Vegetarian Sausage with chips  
**Jacket potatoes available, (please email the office by 9am Monday to order for the week ahead)**

Following a really successful visit to the Leicester Outdoor Pursuits Centre, the children in Class 5 were tasked with writing about it for parents and children. Here's Laila's recount.

*"I had one of the best school days ever!" exclaimed Eva when she was asked if she enjoyed her day out at the Leicester Outdoor Pursuits Centre. On Monday, Year 6 travelled to the Leicester Outdoor Pursuits Centre, (LOPC) to celebrate the end of their long, never-ending SATS and had a fun-packed day in store. To start their visit off, they began with archery. "I was so proud to become the archery champion," said Orla, as proud as can be. Although it may not have been everyone's favourite, all the children enjoyed it and were superb. At first the children did practice rounds, then the battles began.*

*A short time after, the class did kayaking- the biggest hit. Many pupils' kayaks capsized like Shanneya, Kristiana and Alex. Numerous people had water fights by splashing their oars in the water and came out drenched. "I really enjoyed having a water fight with Orla!" Frankie said when asked about the kayaking.*

*After devouring their lunches, the children were ready for their final activity, paddle boarding!*



Please click the link below to access the PDF version of the poster to support parents help their children to use the iPad safely.

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 devices 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 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.

### INAPPROPRIATE CONTENT 18 CONSIDERED

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).

### 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.

### 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 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 10 years in the industry. Previously the editor of tech website The Register, Carly is now a freelance technology journalist, editor and consultant.





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#WakeUpWednesday

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