

PE TIMETABLE W/B MONDAY 8TH JANUARY

Each week, please ensure your child wears appropriate PE kit to school on their class' PE day.

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Y6ER	Y3SK + SK's Maths Y6RD	Y3MR + MR's Maths Y5GB	Y5GG Y5CH	Y6SS Y4KT Y4OS Swimming

PERIPATETIC MUSIC LESSONS

We are pleased to be able offer peripatetic music lessons on clarinet, saxophone and flute. The lessons will take place during the school day and will be delivered by Kate Hartley from Sheffield Music Hub. If you would like to sign up for music lessons or find out more, please visit <u>https://www.sheffieldmusichub.org</u> and

follow the links to 'Music Lessons in Schools'.

(Please note that guitar lessons may appear as an option but are not currently available.)

MENU FOR W/B MONDAY 8 TH JANUARY								
WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			
MAINDISH	Pepperoni pizza served with wedges	Chilli con carne served with rice	Roast Chicken served with mashed potato, Yorkshire pudding and gravy	All Day Breakfast	Proper fish and chips served with chunky chips and tomato ketchup			
VEGETARIAN MAIN DISH	Margherita Pizza served with wedges	Macaroni cheese	Roast Quorn fillet served with mashed potatoes	Quorn All Day Breakfast	Cheese flan served with chunky chips and tomato ketchup			
ACCOMPANIMENTS	Garden Peas & sweetcorn Salad Bar	Sweetcorn Salad Bar	Cauliflower and cabbage Salad Bar	Steamed Broccoli Salad Bar	Mushy peas Baked Beans Salad bar			
DESSERTS	Flapjack	Fruit sponge 5	Lemon shortbread	Chocolate sponge and custard	Treacle Sponge			
FRESH FRUIT OR YOGHURT	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt			
JACKET POTATO AND STREET FOOD	Jacket potato	Jacket potato	Jacket potato	Jacket potato Cheese and ham panini served with wedges	Jacket potato			

INDOOR ATHLETICS

Earlier this week, our Indoor Athletics squad participated in the Links Sports Partnership Final at All Saints School, having progressed through the first round of the competition against local schools. The squad gave yet another impressive performance to be crowned Links Partnership winners!

The squad now progresses to the Sheffield City Finals which take place at the English Institute of Sport on Tuesday 16th January (10am-12noon). Parents are very welcome to come along to cheer the team on.



EVENTS NEXT HALF TERM								
Jan 8	9	10	11	12				
Read Around the World: Set off on your journey towards your 3rd destination				Spelling Bee: Word list for Round 1 to sent home				
				Y4OS Swimming				
Jan 15	16	17	18	19				
	Sportshall Athletics Competition			Y4OS Swimming				
Jan 22	23	24	25	26				
				Y6 Crucial Crew				
				Y4OS Swimming				
				Y6 Robinwood 2024: Second Instalment Due (£108)				
Jan 29	30	31	Feb 1	2				
Spelling Bee: Round 1	Spelling Bee: Round 1	Spelling Bee: Round 1	Spelling Bee: Round 1	Y4OS Swimming				
				Y5 London 2024: Final Instalment Due (£100)				
Feb 5	6	7	8	9				
Children's Mental Health Week	Read Around the World: Earliest arrival		Spelling Bee: Semi- Finals	Y4OS Swimming				
	at your 3rd destination			Non-Uniform Day (£1)				
	Safer Internet Day							
For events further ahead, please check our <u>school calendar</u> on our website.								

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 issues which we believe trusted adults should be aware of. Please visit nationalcollege.com for further guides, hints and tips for adults.

Top Tips for SETTING UP PARENTAL CONTROLS ON NEW DEVICES

In children's eagerness to start enjoying new digital gadgets immediately, it can be easy to overlook setting up the type of parental controls that can help to protect them online. If you don't sort those out from the very start, it can be an uphill battle – technologically and psychologically – to impose such controls later. Here's our rundown of what to look for when setting up the various internet-enabled devices that might be lurking under the tree at this time of year.

INCORRECT

TRY AGA

PARENT

IPHONE

If your child's lucky enough to be getting their own iPhone, parental controls can help avoid issues like screen addiction and unsuitable content. Go into the settings and scroll down to 'Screen Time'. From here you can customise important settings including time limits on using the device, communication restrictions and content blockers. You can also lock your changes behind a passcode.

ANDROID

With Android devices, Google's Family Link app is your friend. You'll need a Google account – and a separate one for your child, which you should use when first setting up the device. Then, in Family Link on your *own* device, select 'Add Child' and enter their account details. This lets you specify limits on daily usage, restrict certain apps, block particular content and more.

PLAYSTATION

You can prep for a PlayStation before it's even unwrapped. At my.account.sony.com, create an account, then go to Account Management > Family Management > Add Family Member to set up your child's account, which you'll use to sign in on the console. You can restrict the age ratings of the games they can play and who they can talk to. On the PS5, you can make exceptions for any games you think are acceptable despite their high age rating.

IPAD

XBOX

iPad parental controls are identical to those on iPhones. However, if you've got a shared family iPad and want to ensure your children aren't seeing anything age-inappropriate after you hand them the device, there's a feature called Guided Access (under Settings > Accessibility > Guided Access). With this switched on, young ones can only use the app that's currently open.

NINTENDO SWITCH

Download the Nintendo Switch Parental Controls app on your phone, and you'll be shown how to link it to the console. Once that's done, you can limit how long your child can play each day, decide what age ratings are permitted and more. You'll also get weekly updates on how often they've used the device. These controls are accessible through the console itself, but the app is usually easier.

WINDOWS 11 PCS

On Windows 11, account management is key. Set up the device with your own account as the admin. Then go to Settings > Accounts > Family and Other Users and create your child's account (if you've already done this on a previous PC, just log in with those details). Microsoft Family Safety (either the app or the site) then lets you control screen time, what content children can view and more.

CHROMEBOOKS

Chromebooks' parental controls are managed via the

Controls are managed via the Family Link app. Unlike an Android device, however, you need set up the Chromebook with your own account first, then add your child's. Go to Settings > People > Add Person and input your child's Google account details (or create a new account). Your child can then log in, and you can monitor what they're up to via Family Link.

MACS

Like iPhones, parental controls for Macs are managed via the Screen Time settings. Again, the crux here is to set yourself up as the administrator before adding any child accounts. In the settings, look for Users & Groups to create your child's account, then – while on their profile – use the screen time options to place any boundaries around apps, usage and who your child can communicate with (and vice versa).

SMART TVS

The Xbox Family Settings app helps you manage which games your child can play (and when). You'll need to set up the console with your own account and then add a child profile. Make sure your account's password protected, so your child can't alter your choices later. You'll be walked through the functions at setup, but you can also reach them manually via Settings > Account > Family Settings. Smart TVs typically have their own individual parental controls. One of the most popular brands is Samsung – and on their TVs, you can control the content available to your child. In the Settings menu, under 'Broadcasting', you can lock channels and restrict content by its age rating. Even this isn't foolproof, however: some apps (like YouTube) might still let children access unsuitable material.

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Meet Our Expert

Barry Collins is a technology journalist and editor with more than 20 years' experience of working for titles such as the Sunday Times, Which?, PC Pro and Computeractive. He's appeared regularly as a tech pundit on television and radio, including on BBC Newsnight, Radio 5 Live and the ITV News at Ten. He has two children and writes regularly on the subject of internet safety. The National College Nos National Online Safety® #WakeUpWednesday





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