



Welcome back and a happy new year to one and all.



## West Ham Foundation

West Ham Foundation are offering football sessions at Brittons school, Ford Lane, Rainham on a Monday evening between 5pm and 6.30pm for children aged 8 - 18 years old. Training is split into three groups: PL Kicks, PL S.E.N.D and PL Girls. Sessions are free for those in receipt of Free School Meals (FSM) and they can offer a discount for families who are not in receipt of FSM via their soccer schools website. Please contact [communitysport@westhamunited.co.uk](mailto:communitysport@westhamunited.co.uk) to book your place or to find out more.

## Devices children may have received as Christmas presents.

This advice has been shared with us by the Havering. It can be really difficult keeping up with everything that is online and what risks and issues may affect children of different ages, so on these pages there is some age-related advice and guidance for parents and carers:

Pre-school - <https://www.internetmatters.org/advice/0-5/>

6 - 10 year olds - <https://www.internetmatters.org/advice/6-10/>

11 - 13 year olds - <https://www.internetmatters.org/advice/11-13/>

14 plus - <https://www.internetmatters.org/advice/14plus/>

### **Setting up of devices**

It can be difficult knowing all the different settings that are available on different devices to help protect children, this includes allowing or disallowing chat, friends, spending money, content filters and much more. On these pages you will find the details, as well as non-technical instructions, which will help you understand what is available to you and how to set up your child's devices.

Gaming consoles and devices - <https://www.internetmatters.org/parental-controls/gaming-consoles/>

Smartphones - <https://www.internetmatters.org/parental-controls/smartphones-and-other-devices/>

Broadband and mobile networks - <https://www.internetmatters.org/parental-controls/broadband-mobile/>

Entertainment and search engines - <https://www.internetmatters.org/parental-controls/entertainment-search-engines/>

Other sites parents might find useful for advice are

<https://www.internetmatters.org/parental-controls/social-media/>

### Children's Choice menu

As part of the PSHE curriculum, children learn about democracy and one of the ways as a school we have put this into practice is by children exercising their right to vote from options negotiated by the School Council. The first, hopefully of many, Children's Choice menus launches on Thursday 12<sup>th</sup> January 2023. Children have voted for what appeals to them and are beginning to understand the nutritional breakdown Havering Catering has to work towards for each meal option presented.

In order to try and widen their menu options, School Council members will also take part in a Catering tasting session week beginning the 16<sup>th</sup> January and hopefully some of these dishes might appear on future menus.



**Children's Choice Menu**  
**12th January 2023**

**Beef Burger in a Bun**

**Breaded Fish Fingers**

**Sausage Roll (VE)**

**Curly Fries**

**Baked Beans & Corn on the Cob**

**Arctic Roll**  
(Yoghurt, fresh Fruit, Cheese & Crackers will also be available)

**£2.37**  
**Free for All KS1**

**Delish!**  
by HES Catering

### Year 5 and 6 PE day change

Year 5 PE day will now be on a Monday due to them swimming on a Thursday. Year 6 PE will now be on a Thursday. These changes start from Monday 9<sup>th</sup> January.

### Diary Dates

09.01.23 After school clubs commence

12.01.23 Yr.5 Swimming resumes

28.03.23 Yr. 6 trip to IWM Duxford

### West Ham Foundation HAF programme

The children who attended appeared to enjoy the HAF programme run at the school over the school holidays. Children had the opportunity to meet a professional player from the West Ham United Women's team. We hope to be able to offer this programme again during the Easter holidays so please look out for details.

### Advice received from Havering

Havering have asked parents and pupils to ensure they are doing everything they can to protect themselves and others from the winter bugs that are currently going around. Anyone with a high temperature/fever is advised to remain off school until their temperature has returned to normal, and are fit and well enough to return. Regular handwashing is really important, and coughing or sneezing into a tissue is a good way of preventing the spread of coughs, colds, flu and Covid as well as Strep A infections, which are still circulating.

[Back to school advice issued amid high levels of flu, COVID-19 and scarlet fever - GOV.UK \(www.gov.uk\)](https://www.gov.uk)

### Footpath through Rainham Recreation Ground

If possible, please can we walk in on the left and out on the left. This will allow those arriving at slightly different times easier access to the site.

**H.R. Harrow**  
**Head Teacher**