

# 2nd February Newsletter



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@hoolecofe



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## Message from Headteacher

February at last! January has been a long month but, as usual for our school, it has been full of magic moments. We have started the year with so many things to be proud of:

- Year 6 learners completing their Bikeability qualifications in difficult weather conditions showing perseverance and enthusiasm;
- Our cross-country runners being awarded so many gold, silver and bronze medals for their efforts in the series of races before Christmas;
- Our Year 6 boys' team scooping gold in the Cross Country team series;
- The array of school after school clubs re-starting with children engaging in sports, arts, languages, dance and choir activities with our clubs offer being extended further by collaboration with external partners such as Chester University and All Saints' Church;
- The conduct and behaviour of every member of our school family during our wonderful day out at Chester Zoo;
- Third place in the recent athletics competition against tough local competition;
- The engagement of our Year five students in Viking Day;
- Success of our staff, Miss Foy, Miss Wilson and Miss Taylor, in achieving qualifications and certificates;
- Tremendous response to our Attendance competition and the Attendance Slam Dunk;
- Older children mentoring and supporting younger children to let their lights shine in many different ways;
- Unprecedented interest in our school for Reception places in 2024. We have hosted several tours and open evenings for prospective families, adding additional events to cater for the huge interest our school.

Another huge success is the outcome of our Environmental Health inspection last week. Our school kitchen was awarded five stars in recognition of systems for food preparation, food storage and cleanliness. Congratulations and thank you to our school cook, Mrs Sue Stokes, and her team for their diligence in maintaining such exemplary standards.

# Message from Headteacher Continued

## **Governors' Update**

We are delighted to have a full governing body in place with highly skilled and experienced governors supporting the work of our school. In addition to Tom Williams, the latest parent governor to join us, other recent recruits are Councillor Adam Langan and ex-PCSO Keith Bartlett. Councillor Langan's area of responsibility is Cheshire West & Chester Children's Services. Keith Bartlett is a great friend of our school who still works with us in support of our pupils and the local community, despite his retirement last year.

Governors show a consistent and unfailing commitment to the success of our school. Governors attended a safeguarding training session on 23rd January led by an external safeguarding consultant to ensure that they are fully informed about national and local safeguarding developments.

## **Certificate Success**

Miss Taylor has let her light shine this week. She has attended two-day training on Mental Health First Aid. Miss Taylor now joins Mrs Robertson and Mrs Williamson in being qualified mental health first aiders. We are so lucky to have this capacity in our school family.

## **Medical Appointments**

Where possible, we ask that appointments for routine check-ups, for example, with dentists and opticians, are made outside the school day or at weekends, where possible.

Where your child does have a medical or hospital appointment which falls within the school day, it is better to bring them into school for their morning mark before they go for the appointment. If a child has an appointment at 9.45am, for example, and does not come into school until after their appointment, their percentage attendance would be affected by the missing morning mark.

## **Slam Dunk**

We try to find as many ways to reward children in as many ways we can. We are running our Attendance Slam Dunk this half term for Year 2 - 6. It is called Slam Dunk because it is based on a basketball match.

Each week, teams with strong attendance go through to the next round. The two classes with the least strong attendance are put onto the bench. This means they do not progress to the next week's round.

Currently the following classes are still in the competition: 2EI, 3WK, 4K and 6R with 2C, 3U, 4SJ, 5M, 5S and 6B in the bench.

However, over coming weeks, the teams on the bench with the highest attendance will go back into the Slam Dunk competition as Wildcards. This means that they will still be eligible to win the competition and win the grand prize of an afternoon of activities the winning class chooses. We are looking forward to seeing who re-enters and who will be crowned victorious!

# Children Mental Health Week

Children's Mental Health Week is a mental health awareness campaign that empowers, equips and gives a voice to all children and young people in the UK. Launched in 2015, the week exists to empower, equip and give a voice to every child in the UK. This year's theme is My Voice Matters. Every child has the right to express their views, feelings and wishes in all matters affecting them, and to have their views considered and taken seriously.



In school we do this by:

Promoting mindfulness through activities such as yoga and meditation, breathing exercises and clubs such as Zentangle club.

Holding whole school votes when important decisions need to be made.

Writing letters of Gratitude

Promoting resilience development

Providing a safe place to seek advice and support

Celebrating success, achievements and progress

Talking openly about mental health to remove the taboo around it- not just one-off assemblies or PSHE lessons.

Building trusting and empathic relationships with all our pupils and their families through Pastoral Care and Meet the Teacher sessions.

PSHE Lessons

Preparing for life beyond primary school by building confidence and self-esteem through school sleep-overs, residential trips and Bikeability training

Pupil feedback forums

Clubs and opportunities for children to develop their skills, find new talents and try new experiences

Empowering children and young people can have a positive impact on their health and well-being. For example, children and young people who feel that their voices are heard - and that what they say makes a difference - have higher levels of self-efficacy and self-esteem. They also have a greater sense of community - and as people become empowered, they can work together to create positive changes for themselves and for others.

Miss Carter wrote a wonderful Mental Health and Well-being Toolkit guide, containing simple relaxation and breathing techniques. You can find it on the school website, along with all her breathing technique videos by visiting, [www.hooleprimary.co.uk/page/building-character/84911](http://www.hooleprimary.co.uk/page/building-character/84911)

Miss McDonald produced some incredibly relaxing and calming activity videos including a bedtime meditation and a 15 minute yoga session. Again, you can find them on the school website by visiting, [www.hooleprimary.co.uk/page/wellbeing/75023](http://www.hooleprimary.co.uk/page/wellbeing/75023)



# Safer Internet Week

The beginning of February marks Safer Internet Week. Thousands of organisations get involved to promote the safe, responsible and positive use of digital technology for children and young people. Over the next week, we will be providing families with guidance to help ensure your all safe when using the internet or playing online games.

## What Parents & Carers Need to Know about WHATSAPP

WhatsApp is the world's most popular messaging service, with around two billion users exchanging texts, photos, videos and documents, as well as making voice and video calls. Its end-to-end encryption means messages can only be viewed by the sender and any recipients: not even WhatsApp can read them. Updates to its privacy policy in 2021 (involving sharing data with parent company Facebook) caused millions to leave the app, but the new policy was widely misinterpreted – it only related to WhatsApp's business features, not to personal messages.

### WHAT ARE THE RISKS?

**SCAMS**  
Fraudsters occasionally send WhatsApp messages pretending to offer prizes – encouraging the user to click on a link to win. Other common scams involve warning someone that their WhatsApp subscription has run out (aiming to dupe them into disclosing payment details) or impersonating a friend or relative and asking for money to be transferred to help with an emergency.

**DISAPPEARING MESSAGES**  
Users can set WhatsApp messages to disappear in 24 hours, 7 days or 90 days by default. Photos and videos can also be instructed to disappear after the recipient has viewed them. These files can't be saved or forwarded – so if your child was sent an inappropriate message, it would be difficult to prove any wrongdoing. However, the receiver can take a screenshot and save that as evidence.

**ENABLING FAKE NEWS**  
WhatsApp has unfortunately been linked to accelerating the spread of dangerous rumours. In India in 2018, some outbreaks of mob violence appear to have been sparked by false allegations being shared on the app. WhatsApp itself took steps to prevent its users circulating hazardous theories and speculation in the early weeks of the Covid-19 pandemic.

### POTENTIAL CYBERBULLYING

Group chat and video calls are great for connecting with multiple people in WhatsApp, but there is always the potential for someone's feelings to be hurt by an unkind comment or joke. The 'only admins' feature gives the admin(s) of a group control over who can send messages. They can, for example, block people from posting in a chat, which could make a child feel excluded and upset.

**CONTACT FROM STRANGERS**  
To start a WhatsApp chat, you only need the mobile number of the person you want to message (the other person also needs to have the app). WhatsApp can access the address book on someone's device and recognise which of their contacts also use the app. So if your child has ever given their phone number to someone they don't know, that person could use it to contact them via WhatsApp.

**LOCATION SHARING**  
The 'live location' feature lets users share their current whereabouts, allowing friends to see their movements. WhatsApp describes it as a "simple and secure way to let people know where you are." It is a useful method for a young person to let loved ones know they're safe – but if they used it in a chat with people they don't know, they would be exposing their location to them, too.

## Advice for Parents & Carers

[CLICK HERE](#)

### CREATE A SAFE PROFILE

Even though someone would need a child's phone number to add them as a contact, it's also worth altering a young person's profile settings to restrict who can see their photo and status. The options are 'everyone', 'my contacts' and 'nobody' – choosing one of the latter two ensures that your child's profile is better protected.

### EXPLAIN ABOUT BLOCKING

If your child receives spam or offensive messages, calls or files from a contact, they should block them using 'settings' in the chat. Communication from a blocked contact won't show up on their device and stays undelivered. Blocking someone does not remove them from your child's contact list – so they also need to be deleted from the address book.

### REPORT POTENTIAL SCAMS

Young people shouldn't engage with any message that looks suspicious or too good to be true. When your child receives a message from an unknown number for the first time, they'll be given the option to report it as spam. If the sender claims to be a friend or relative, call that person on their usual number to verify it really is them, or if it's someone trying to trick your child.

### LEAVE A GROUP

If your child is in a group chat that is making them feel uncomfortable, or has been added to a group that they don't want to be part of, they can use WhatsApp's group settings to leave. If someone exits a group, the admin can add them back in once; if they leave a second time, it is permanent.

### THINK ABOUT LOCATION

If your child needs to use the 'live location' function to show you or one of their friends where they are, advise them to share their location only for as long as they need to. WhatsApp gives a range of 'live location' options, and your child should manually stop sharing their position as soon as it is no longer needed.

### DELETE ACCIDENTAL MESSAGES

If your child posts a message they want to delete, WhatsApp allows the user seven minutes to erase a message. Tap and hold on the message, choose 'delete' and then 'delete for everyone.' However, it's important to remember that recipients may have seen (and taken a screenshot of) a message before it was deleted.

### CHECK THE FACTS

You can now fact-check WhatsApp messages that have been forwarded at least five times, by double-tapping the magnifying glass icon to the right of the message. From there, your child can launch a Google search and decide for themselves whether the message was true or not.

### Meet Our Expert

Parven Kaur is a social media expert and digital media consultant who is passionate about improving digital literacy for parents and children. She has extensive experience in the social media arena and is the founder of Kids N Clicks: a web resource that helps parents and children thrive in a digital world.

## National Online Safety

#WakeUpWednesday



# 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  
CENSORED

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



**NOS** National Online Safety  
#WakeUpWednesday

Further resources you may find helpful in supporting your child online are:

- Tips, advice and guides for parents and carers from the UK Safer Internet Centre ([www.saferinternet.org.uk/parents](http://www.saferinternet.org.uk/parents))
- Advice for parents and carers from Childnet ([www.childnet.com/parents-and-carers](http://www.childnet.com/parents-and-carers))
- The school website has a wealth of information; [www.hooleceprimary.co.uk/e-safety](http://www.hooleceprimary.co.uk/e-safety)



# WORLD

# BOOK

# DAY

We are celebrating World Book Day this year on **Friday 8th March**. We are asking all pupils to come to school dressed up as a word. This is known as a vocabulary parade!

There are lots of ideas online about simple costumes.

Please ensure that your child's costume includes a piece of card with their word clearly written on it and if possible, a 'child friendly' definition of the word.

Each class will take part in some creative vocabulary activities to encourage pupils to explore and experiment with some of these new words. There will also be prizes for the most inventive costumes! Look at these fantastic costume ideas!







# A VIKING INVASION!

There has been a Viking invasion in Year 5 this week!

Olaf the Viking sailed across the North Sea after hearing fantastic reports about our school. He shared with us tales of his life, his travels and battles that he has had.

He taught us how to form a shield wall to protect ourselves during a battle and even 'treated' us to a duel! We also learned about the many realms of the Yggdrasil and we produced some beautiful artwork.





A stylized illustration of a young girl with dark skin, wearing a light blue school shirt with a white collar and a dark purple pleated skirt. She has a red headband and is holding two yellow books. She is standing on the left side of the image.

**NHS**

**9 out of 10**

unvaccinated children  
can catch measles  
if someone in their  
class has it

**Check your child is up  
to date with their  
MMR vaccinations**

# Parents' Evenings

Parents' Evenings for this term will take place before the February Spring Term break.

<b>Year group</b>	<b>Class teacher</b>	<b>Date of Parents' Evenings</b>
Reception	Mrs Jeffs – Team RJ	Monday 12 <sup>th</sup> February Wednesday 14 <sup>th</sup> February
	Miss Macdonald – Team RM	Monday 12 <sup>th</sup> February Wednesday 14 <sup>th</sup> February
Year 1	Mrs Watkins-Smith – Team 1WS	Monday 12 <sup>th</sup> February Wednesday 14 <sup>th</sup> February
	Miss Hildebrandt – Team 1H	Monday 12 <sup>th</sup> February Wednesday 14 <sup>th</sup> February
Year 2	Miss Carter – Team 2C	Monday 12 <sup>th</sup> February Tuesday 13 <sup>th</sup> February
	Mrs Inns & Mrs Elston – Team 2EI	Thursday 8 <sup>th</sup> February Monday 12 <sup>th</sup> February
Year 3	Mrs Kelly & Mrs Walsh – Team 3WK	Wednesday 7 <sup>th</sup> February Wednesday 14 <sup>th</sup> February
	Mr Underhill – Team 3U	Monday 12 <sup>th</sup> February Thursday 15 <sup>th</sup> February
Year 4	Mrs King – Team 4K	Wednesday 14 <sup>th</sup> February Thursday 15 <sup>th</sup> February
	Mrs Jones and Mrs Stirk – Team 4SJ	Wednesday 14 <sup>th</sup> February Thursday 15 <sup>th</sup> February
Year 5	Mrs Salisbury – Team 5S	Tuesday 13 <sup>th</sup> February Wednesday 14 <sup>th</sup> February Thursday 15 <sup>th</sup> February
	Mrs Millington – Team 5M	Tuesday 13 <sup>th</sup> February Wednesday 14 <sup>th</sup> February Thursday 15 <sup>th</sup> February
Year 6	Miss Rennocks – Team 6R	Tuesday 13 <sup>th</sup> February Thursday 15 <sup>th</sup> February
	Miss Buckley – Team 6B	Tuesday 13 <sup>th</sup> February Thursday 15 <sup>th</sup> February

Parents/carers may book appointments via the school website [www.hooleceprimary.co.uk](http://www.hooleceprimary.co.uk) or via the School Spider app.

If you would prefer a telephone consultation at the time you have booked, please contact the School office via email to [admin@hooleceprimary.cheshire.sch.uk](mailto:admin@hooleceprimary.cheshire.sch.uk). Unless we hear from families, we will assume that parents or carers are attending in person.

Please do not bring children for the appointments where possible.

# Letting Their Light Shine

Elliot was awarded a First Kicks trophy and a medal for his spectacular football skills.

Oliver was Star of the Week in Drama club! Watch out Hollywood!

Daryna is an incredible ice skater and was awarded FIRST place in a recent competition.

Heidi showed determination has reached level 10 in her gymnastics!

Ruhaani gave tremendous effort and achieved her Stage 1 in swimming!



## Sports News

Chester FC Women is pleased to offer school families the opportunity to access free tickets for their next two matches!

The team are playing Northwich Vixens on Sunday 4th February and Preston North End on Sunday 11th February, with both games kicking off at 2pm at the Leap 76 Stadium, Bumpers Lane, Chester CH1 4LT.

This offer allows free admission for children and parents or carers to one or both of these games. To take advantage of the offer, parents or carers just need to register at the below link:

<https://form.jotform.com/240283026221342>

This season the club entered an exciting new chapter when it was announced Chester FC Women would be playing at the Leap76 Stadium, further raising the profile of women's football in Chester. The women's and girls' programme now includes almost 200 players across the first team, development squad and Under 18s team, an FA Emerging Talent Centre for U10s-U14s, a Girls Development Centre for ages 8-16 and Wildcats sessions for ages 5-11.



# Let's celebrate!

The following children received a class honour for letting their light shine this week!

Imogen W

Daisy R

Sharon V

Ivy M

Harri J

Chloe G

Brady D

Ella W

Elmina A

Bobby L

Amy V

Ruby R

Leo J

Olivia P

Harry M

Nifemi I-O

Olivia E

Tabby P

## Birthdays



Musa, Olivia E.  
Trixie, Ayan,  
Faya, Zayn,  
Alice L and  
Kiefer



Many happy returns  
to all our birthday  
buddies!

We hope you enjoy  
your birthday book!



**COMIC  
RELIEF**

# Non-uniform Day Friday 15th March

Children are invited to wear their own clothes in return for a donation to Comic Relief. Please make a donation via the School Gateway if you can.

We are supporting Comic Relief on Friday 15th March, raising funds for families less fortunate than ourselves. Children are invited to wear their own clothes and we are asking families to donate if they can.

## Key Dates

5-9th February	Children's Mental Health Week
8-15th February	Parents' Evenings
12th February	Year 5 Trip to Queens Park High
16th February	INSET Day (school closed to pupils)
19-25th February	Half-term Holidays
26th February	School re-opens
5th March	Reception Vision and Hearing Tests
7th March	Year 4 Roman Trip
8th March	World Book Day
11-15th March	Science Week





AGES:  
5-11y/o  
GIRLS

# WILDCATS GIRLS FOOTBALL

The fun way for girls ages 5-11 to get involved in football, meet new friends, build confidence and get active!

🕒 Wednesdays 5pm - 6pm (term time only)

📍 King George V Sports Hub, Blacon  
CH1 5BD

£3 per session  
Please note advance booking is essential for these sessions

EMAIL: [community@chesterfc.com](mailto:community@chesterfc.com)  
PHONE: 01244 560580 / 07308 477055



AGES  
7-15

# CHESTER FC GOALKEEPING ACADEMY

Specialist group coaching sessions for young keepers of all abilities and experience levels.

🕒 Wednesdays 5pm - 6pm

📍 King George V Sports Hub, Blacon  
CH1 5BD

£4 per session  
Please note advance booking is essential for these sessions

EMAIL: [community@chesterfc.com](mailto:community@chesterfc.com)  
PHONE: 01244 560580 / 07308 477055



# GIRLS PLAYER DEVELOPMENT CENTRE

AGES:  
8-16

Supporting young female players to reach their potential with quality coaching in a fun, development-focused environment

🕒 Fridays 5pm - 8pm

📍 King George V Sports Hub, Blacon  
CH1 5BD

£5 per week  
Please note advance booking is essential for these sessions

EMAIL: [community@chesterfc.com](mailto:community@chesterfc.com)  
PHONE: 01244 560580 | 07308 477055



AGES:  
7-15

# JUNIOR PAN DISABILITY FOOTBALL

Fun, inclusive football coaching for young people aged 7-15 with a sensory, learning or physical disability.

🕒 Tuesdays 5pm - 6pm

📍 Goals Soccer Centre, Talbot Way CH1 4LT

£4 per session  
Please note advance booking is essential for these sessions

EMAIL: [community@chesterfc.com](mailto:community@chesterfc.com)  
PHONE: 01244 560580 / 07308 477055



# CHESTER FC MINI KICKERS

AGES:  
Children in  
Reception,  
Year 1 &  
Year 2

Fun football sessions for children aged 3-7 designed to develop core skills and fundamental movements.

🕒 Saturdays 9:30am - 10:30am (term time only)

📍 Goals Soccer Centre, Talbot Way  
CH1 4LT

£4 per week  
Please note advance booking is essential for these sessions

EMAIL: [community@chesterfc.com](mailto:community@chesterfc.com)  
PHONE: 01244 560580 / 07308 477055

