



# NEWSLETTER

December 2025



Dear Parents and Carers

As we reach the end of the autumn term, I want to take a moment to reflect on everything our children have achieved. It has been an incredibly busy few months, filled with learning, laughter, and a wonderful sense of community. Throughout the term, our pupils have truly embodied our Chesterfield school values. The curriculum has truly come to life this term through a variety of trips, visits, and workshops. Whether exploring local landmarks or welcoming experts into school, these experiences provide the "spark" that makes learning stick.

Our parent/carer views are very important to us and we would like to thank our wonderful parents and carers for completing the parent survey during the Autumn term parent conference meetings and your continued support. Once again, we have had a very positive result:

**100% of parents strongly agree/agree that their child is happy at school**

**100% of parents strongly agree/agree that their child feels safe at school**

**98% of parents strongly agree/agree that the school makes sure its pupils behave well**

**98% of parents strongly agree/agree that the school sets high expectations**

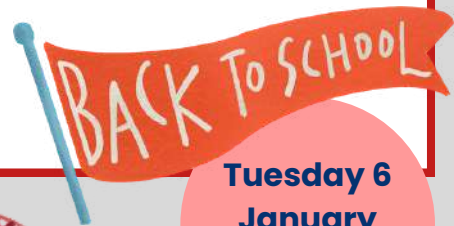
**96% of parents would recommend our school to another family**

## Staffing Update

We are saying a fond goodbye to our Year 2 Anning Class teacher, Courtney. She has been a valued member of our team, and her dedication to her pupils has been exemplary. She will be greatly missed by staff and students alike, and we wish her the very best in her next chapter. We are also bidding farewell to Drita, our Graduate Teaching Assistant and wish her well in her future endeavours. We are delighted to announce that Dawn will be joining us to take over the Year 2 class. We also officially welcome Lydia as the new teacher for Rosen class and Aidan as the new teacher for Faraday class. I am sure you will join me in extending a warm welcome to our Chesterfield community.

I wish you all a peaceful, happy, and restful Christmas break. We look forward to seeing everyone back, refreshed and ready for the new year, when school starts again at **8:45am on Tuesday 6 January 2026.**

With best wishes  
Sarah Roberts  
Headteacher



**Tuesday 6  
January  
2026  
8:45am**



**Kindness**



**Respect**

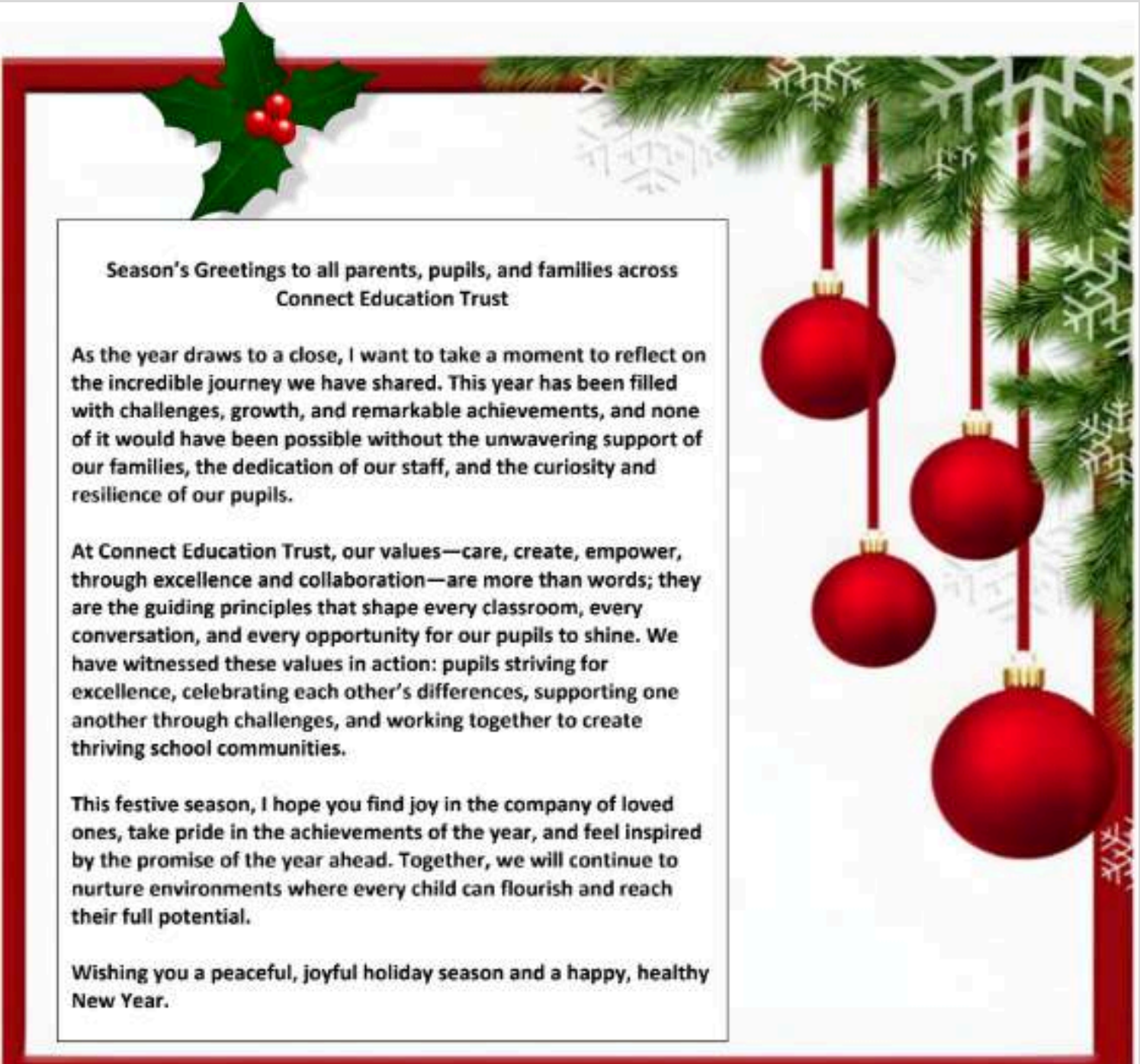


**Resilience**



**Responsibility**





Season's Greetings to all parents, pupils, and families across  
Connect Education Trust

As the year draws to a close, I want to take a moment to reflect on the incredible journey we have shared. This year has been filled with challenges, growth, and remarkable achievements, and none of it would have been possible without the unwavering support of our families, the dedication of our staff, and the curiosity and resilience of our pupils.

At Connect Education Trust, our values—care, create, empower, through excellence and collaboration—are more than words; they are the guiding principles that shape every classroom, every conversation, and every opportunity for our pupils to shine. We have witnessed these values in action: pupils striving for excellence, celebrating each other's differences, supporting one another through challenges, and working together to create thriving school communities.

This festive season, I hope you find joy in the company of loved ones, take pride in the achievements of the year, and feel inspired by the promise of the year ahead. Together, we will continue to nurture environments where every child can flourish and reach their full potential.

Wishing you a peaceful, joyful holiday season and a happy, healthy New Year.

**Warmest Wishes Androulla Nicou - CEO**

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Please also see how we are **Creating Remarkable Futures** for all our children across Connect. <https://heyzine.com/flip-book/ea39dad367.html>

# 2025 VALIDATED KEY STAGE 2 RESULTS

We are thrilled to share our validated academic outcomes for 2025. These final figures confirm what we have seen in the classrooms every day: as a result of consistently great teaching and learning in classrooms across the school, our pupils are making exceptional progress and achieving at the highest levels.

We are incredibly proud to announce that our school is at or above the National Average in Reading, Writing and Maths, at Key Stage 2. This is a significant milestone and reflects the hard work of our Year 6 pupils and the high-quality teaching and support they receive throughout their journey at our school.

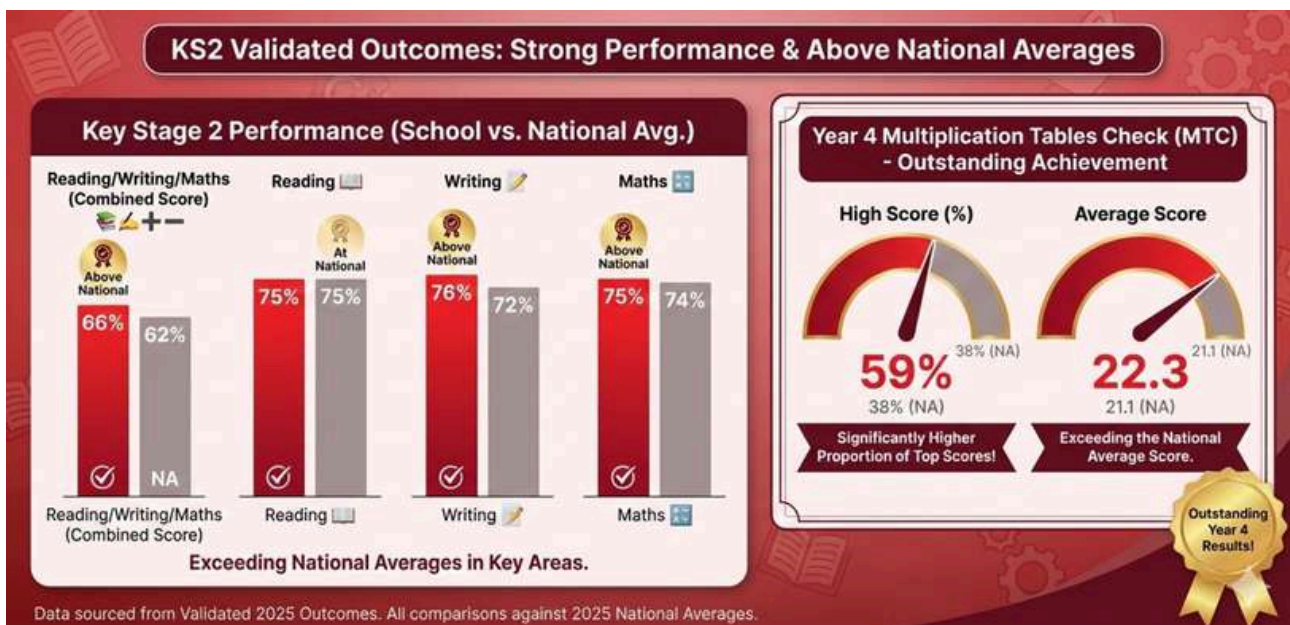
## End of Key Stage 2 (Year 6)

Our pupils excelled across the board, particularly in the Combined Score (Reading, Writing and Maths combined), Writing and Maths where they comfortably outperformed national benchmarks. This success ensures our leavers are exceptionally well-prepared for the transition to secondary school.

## Standout Achievement: Year 4 Multiplication Tables Check

A special mention must go to our 2024/2025 Year 4 cohort (now in Year 5). Their results in the Multiplication Tables Check were truly outstanding, with 59% of pupils achieving a high score, compared to just 38% nationally. Our average score of 22.3 also sits significantly above the national average of 21.1.

## Validated Results at a Glance



These validated results are a testament to the resilience of our students and the strong partnership between school and home. To be at or above the national average at KS2 is an achievement we should all be very proud of.



# UK PARLIAMENT WEEK

## UK PARLIAMENT WEEK

We had a busy and exciting week celebrating UK Parliament Week. To kick things off, we had an assembly from the Parliament Outreach Team who shared an engaging and informative session about how the UK Parliament and democracy works and the importance of making our voices heard. This is following the fundamental British Value of Democracy

Following this inspirational visit, our pupils put theory into practice by participating in our very own Chesterfield School Parliament Elections. The elections were set up just like the real thing, giving the children an authentic experience of the democratic process. Every step mirrored a real election: pupils received official polling cards and cast their ballots in private voting booths to ensure confidentiality. Results were announced after counting

**UK PARLIAMENT WEEK**  
24-30 NOV 2025



## BRITISH VALUES

At Chesterfield, we actively teach and live the Fundamental British Values to help our children grow into responsible, caring, and successful citizens for Modern Britain!

Here's what they mean for us:

- **Democracy (Fair Choices):** Everyone's voice matters! We learn to share ideas, vote for our School Parliament representatives, and understand how our school decisions are made, just like in a big country.
- **Rule of Law (Fair Rules):** We follow class and school rules because they keep us safe and help everyone learn. We understand that laws protect us and everyone in Britain must follow them.
- **Individual Liberty (Freedom to Choose Safely):** We are encouraged to make good choices in our learning and activities, knowing we are in a safe space. We learn about our rights and how to exercise them safely, like choosing which club to join or how to record our work.
- **Mutual Respect (Caring for Others):** We treat everyone with kindness, listen to different opinions, and value what others say, even if we disagree. Respect is woven into all our lessons and playground games.
- **Tolerance (Accepting Everyone):** We celebrate that Britain is full of people from different faiths, races, and cultures. We learn about different beliefs and traditions and respect that everyone is unique.



# FESTIVE CELEBRATIONS



## Christmas Fair

It was wonderful to see so many of our families enjoying the festivities at our end-of-term Christmas Fair. We would like to thank the volunteers who worked tirelessly to make it such a success.



## Christmas Performances

We enjoyed fantastic Christmas performances from all year groups at the end of term. From fabulous performance poetry from Years 3 - 6, to Christmas song and craft sessions from our SRP, Nursery and Year 2 children, to concerts from Reception, Year 1 and our school choir. Thank you to all families who attended to support their children. Through these performances, children are developing their confidence as well as their speaking and listening skills.



## Christmas Lunch

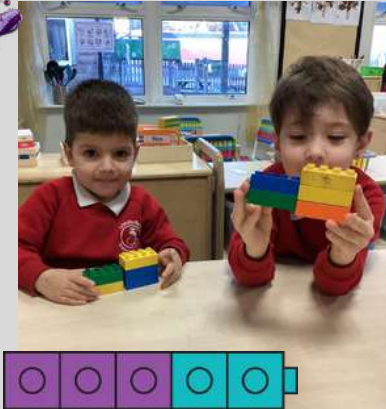
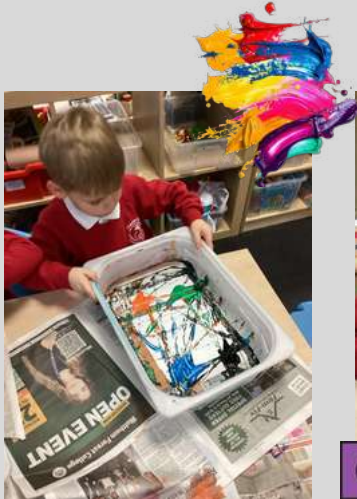
Everyone enjoyed Christmas lunch with their teachers and friends. Children received party hats and sticker - and there was even a visit from Santa!

# NEWS FROM EARLY YEARS



## NURSERY

Nursery had a fantastic time with their families creating beautiful Christmas crafts. We made cards, ornaments and even played with fake snow and the arctic animals. Thank you to all of our families for attending and making this a memorable event for all the children.



## RECEPTION



This half term has been super busy for Reception! We have been looking at Polar explorers, finding out what animals live in the Antarctic, including penguins, their life cycle and their different body parts. In maths, we have focused on making parts of numbers, using lego blocks, cubes and then found the whole number. As a year group we have looked at the importance of personal hygiene and how we can stay healthy with all the winter germs around us, we did an experiment using black pepper (germs), soap and water to show children the importance of using soap when washing hands. We have also started our Christmas activities, including learning the songs for our concerts, salt dough decorations and making performance hats. We have been encouraging writing and mark making by writing letters to Santa and practising our fine and gross motor skills in Santa's workshop, wrapping presents. Our focus in art was a contemporary artist called Megan Coyle, who focuses on upcycling - something we do daily in Early years, using junk modelling to create a polar landscape with a polar animal of our choice.





## YEAR 1

Year 1 created their own fruit skewers during our D&T lessons. The children learned how to select ingredients, use simple tools safely, and follow a step-by-step process to prepare the fruit. They began by exploring a variety of fruits, discussing colour, texture, and taste, before planning their own skewer design. With great care, they practised cutting soft fruit using the “bridge” and “claw” techniques to keep their hands safe. Once prepared, they threaded their chosen pieces onto skewers, creating colourful and nutritious treats.



## YEAR 2

In our Design Technology lessons, we had so much fun designing and making our own healthy food wraps. We enjoyed exploring different combinations! Coriander was a favourite and some of us even liked cheese with banana!

In RE, we made our own advent wreaths when learning about Christianity and the time of Advent, the time leading up to Christmas day.

We also made our own Diya lamps when learning about Diwali and significance of light in religious festivals.



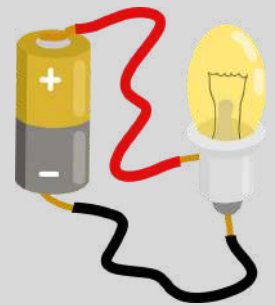
## YEAR 3

Year 3 enjoyed a live workshop in school linked to our learning in science about rocks and minerals. Children used and built on their knowledge about rocks, exploring where they come from and what we use them for. They explored the different types of rocks using 3D glasses and pictures and were challenged to identify them. Pupils then engaged in a live question and answer session with a professional in the field of geology and asked some very thoughtful and insightful questions!



## Year 4

Year 4 have been busy getting hands-on this term! In Science, they explored electricity by successfully making bulbs glow in their own circuits. Their building skills continued in DT, where they made and tested three different types of mechanical cars: a simple chassis, a slingshot car, and a wind-up version. Finally, in PE, the children have been energetic on the field, working hard to improve their passing and shooting skills during hockey.





# YEAR 5

Year 5 had a brilliant trip to our local playground this term, where they looked closely at how the equipment was built and had plenty of fun testing it all out! This inspired them to get creative in DT, using their research to design and build their very own playground models. We have also been enjoying the "fruits" of our labour; after planting cherry tomato seeds back in May, the children have loved harvesting their homegrown crop and even trying them!

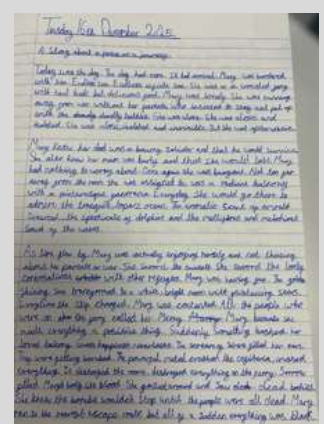
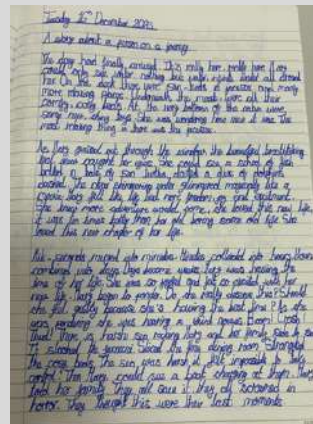


# YEAR 6

This term, Year 6 have been extremely busy learning and have made amazing progress across the curriculum. Their dedication, resilience and positive attitude have truly shone, and we are incredibly proud of everything they have achieved.

In Art, Year 6 focused on the incredibly talented Alma Woodsy Thomas. They drew inspiration from her work by sketching designs influenced by her distinctive style before producing their own vibrant paintings.

In the final week of term, as a reward for their hard work, we came off timetable to enjoy a range of fun and enriching activities. Pupils watched Kensuke's Kingdom and compared it thoughtfully to their own writing in lessons, took part in festive Christmas craft activities, and enjoyed well-deserved class parties. The Year 6 team can't wait to see everyone after the holidays as we continue to watch you shine and reach your full potential.



## PACKHAM AND THUNBERG CLASSES

Kindness Week was extra sweet for Thunberg and Packham classes as they teamed up for a special pancake-making workshop. This session was a wonderful way for the children to put kindness into practice by sharing equipment and patiently taking turns to mix the batter. Throughout the activity, we focused on our communication skills, with everyone doing a fantastic job of using both their voices and signs to say "please" and "thank you" to one another. The classroom was filled with smiles and delicious smells



The signs for 'please' and 'thank you' are actually very similar:

**Please** starts with your fingertips at your chin and moves down in an arc

**Thank you** also starts with your fingertips at your chin and moves forwards towards the person you are thanking



## RAINBOW CLASS

In Rainbow class for our D&T lesson pupils were taught to develop their food-preparation skills by washing, peeling, and cutting a selection of fruits to create a fresh fruit salad. They focused on safe knife handling, accurate cutting techniques, and making choices about flavour combinations before tasting and reviewing their final product.



# Attendance Matters

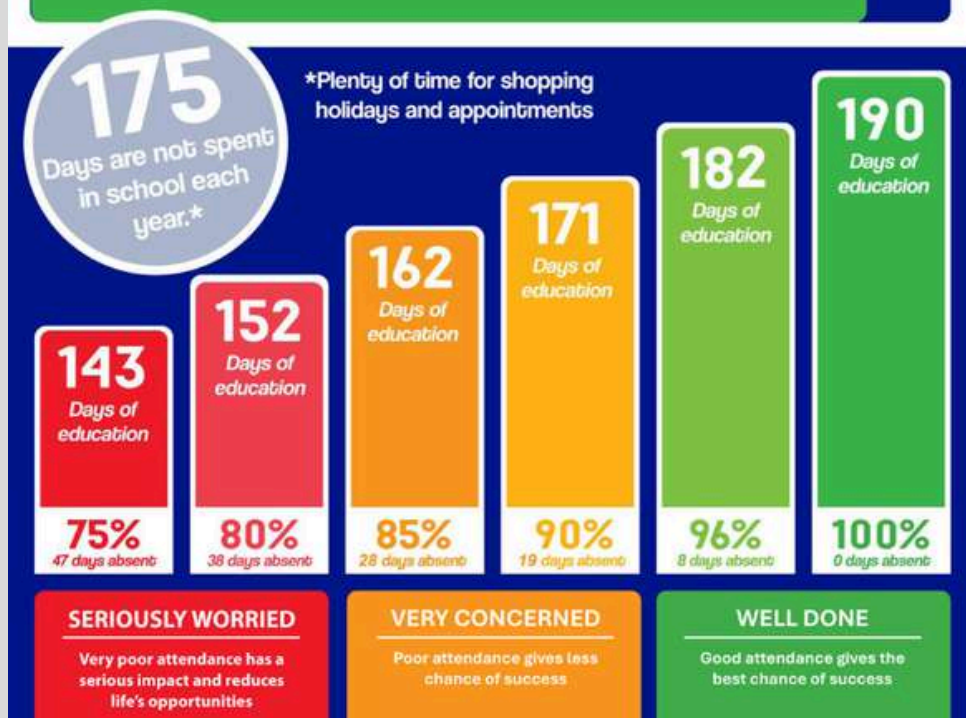
We are committed to working with children and parents/carers to achieve our overall attendance target of 96%. As set out in our attendance policy, we will work with families to identify the reasons for poor attendance and try to resolve any difficulties. Early intervention will be a priority moving forward. Every school day counts.

Unfortunately we are unable to authorise holidays during term time. We understand that emergency situations may arise and if you wish to request a Leave of Absence due to an exceptional circumstance you should make a request to the Headteacher using the 'Request for leave during term time' form. The local authority may choose to issue a fine for unauthorised holidays taken during term time.

## Good Attendance Means:

Target  
96%+

Being in school at least 96% of the time, that's at least 182 days a year.



## Autumn term Attendance

3 September - 19 December

YR	90.6%
Y1	89.8%
Y2	94.1%
Y3	94.3%
Y4	93.9%
Y5	94%
Y6	95.8%

Our Whole-School Attendance Target is 96%



Congratulations to Year 6 for achieving the highest attendance this term!



# The Pantry

ThePantryCatering.co.uk

**TRADING DAYS** — Census Day  
**AT THE PANTRY** — Thursday January 15<sup>th</sup>

**BURGER OR VEGGIE BURGER**  
 with  
**FRIES & CORN ON THE COB**  
 and for dessert  
**CHOCOLATE CAKE**

The Pantry provide our school meals here at Chesterfield. If you have any queries about school lunches, please contact:  
**office@thepantrycatering.co.uk**  
**0208 813 7040**



A huge congratulations to Maureen, our fabulous cook who has been with us here at Chesterfield cooking and serving meals to children for over 40 years! In recognition of this fantastic achievement, Maureen was recently awarded the long service award at a black tie event in London. Congratulations Maureen from the whole school community!

CHESTERFIELD	Date 1 <sup>st</sup> Sep, 22 <sup>nd</sup> Sep, 13 <sup>th</sup> Oct, 3 <sup>rd</sup> Nov, 24 <sup>th</sup> Nov, 15 <sup>th</sup> Dec, 5 <sup>th</sup> Jan, 26 <sup>th</sup> Jan, 16 <sup>th</sup> Feb	Date 8 <sup>th</sup> Sep, 29 <sup>th</sup> Sep, 20 <sup>th</sup> Oct, 10 <sup>th</sup> Nov, 1 <sup>st</sup> Dec, 22 <sup>nd</sup> Dec, 22 <sup>nd</sup> Dec, 12 <sup>th</sup> Jan, 2 <sup>nd</sup> Feb	Date 25 <sup>th</sup> Aug, 15 <sup>th</sup> Sep, 6 <sup>th</sup> Oct, 27 <sup>th</sup> Oct, 17 <sup>th</sup> Nov, 8 <sup>th</sup> Dec, 29 <sup>th</sup> Dec, 19 <sup>th</sup> Jan, 9 <sup>th</sup> Feb
	WEEK 1	WEEK 2	WEEK 3
MONDAY	Beef Lasagne (GL,EG,MI) Sweet Mash Topped Veggie Pie (GL) Tomato Pasta (GL) Jacket Potatoes - Cheese (MI), Beans or Tuna (FI) Sandwiches-Egg (GL,SO,EG), Cheese (GL,MI,SO) or Tuna (GL,SO,FI) Ice Cream (MI) or Fresh Fruit	Beef Pasta Bolognese (GL) Veggie Chow Mein Noodles (GLEG,SO) Tomato Pasta (GL) Jacket - Cheese (MI), Beans or Tuna (FI) Sandwiches-Egg (GL,SO,EG), Cheese (GL,MI,SO) or Tuna (GL,SO,FI) Cheesecake (GL,MI) or Fresh Fruit	Beef Chilli with Rice (GL) Mac 'n' Cheese (GI,MI) Tomato Pasta (GL) Jacket Potatoes - Cheese (MI), Beans or Tuna (FI) Sandwiches-Egg (GL,SO,EG), Cheese (GL,MI,SO) or Tuna (GL,SO,FI) Ice Cream (MI) or Fresh Fruit
TUESDAY	Chicken Tikka Masala with Steamed Rice Pesto Pasta (GL,MI) Tomato Pasta (GL) Jacket Potatoes - Cheese (MI), Beans or Tuna (FI) Sandwiches-Egg (GL,SO,EG), Cheese (GL,MI,SO) or Tuna (GL,SO,FI) Cheesecake (GL,MI) or Fresh Fruit	Potato Topped Fish Pie (GL,FI) Handmade Margherita Pizza with Slaw (GL,MI) Tomato Pasta (GL) Jacket Potatoes - Cheese (MI), Beans or Tuna (FI) Sandwiches-Egg (GL,SO,EG), Cheese (GL,MI,SO) or Tuna (GL,SO,FI) Vegan Fruit Jelly or Fresh Fruit	Pastry Topped Chicken Pie (GL) Handmade Margherita Pizza with Slaw (GL,MI) Tomato Pasta (GL) Jacket Potatoes - Cheese (MI), Beans or Tuna (FI) Sandwiches-Egg (GL,SO,EG), Cheese (GL,MI,SO) or Tuna (GL,SO,FI) Cheesecake (GL,MI) or Fresh Fruit
WEDNESDAY	Chicken Sausage with Mash & Gravy (GL,SU) Vegan Sausage with Mash & Gravy (SO) Tomato Pasta (GL) Jacket Potatoes - Cheese (MI), Beans or Tuna (FI) Sandwiches-Egg (GL,SO,EG), Cheese (GL,MI,SO) or Tuna (GL,SO,FI) Vegan Fruit Jelly or Fresh Fruit	Roast Chicken with Potatoes & Gravy (SU) Buttermilk Wellington (GL,SU) Tomato Pasta (GL) Jacket Potatoes - Cheese (MI), Beans or Tuna (FI) Sandwiches-Egg (GL,SO,EG), Cheese (GL,MI,SO) or Tuna (GL,SO,FI) Fruity Shortbread (GL) or Fresh Fruit	Roast Turkey with Potatoes & Gravy (SU) Cauliflower Cheese Bake with Potatoes (GL,MI,SU) Tomato Pasta (GL) Jacket Potatoes - Cheese (MI), Beans or Tuna (FI) Sandwiches-Egg (GL,SO,EG), Cheese (GL,MI,SO) or Tuna (GL,SO,FI) Vegan Fruit Jelly or Fresh Fruit
THURSDAY	Jerk Chicken with Rice Handmade Margherita Pizza with Slaw (GL,MI) Tomato Pasta (GL) Jacket Potatoes - Cheese (MI), Beans or Tuna (FI) Sandwiches-Egg (GL,SO,EG), Cheese (GL,MI,SO) or Tuna (GL,SO,FI) Chocolate Cake (GL) or Fresh Fruit	Chicken Fajita with Rice (GL) Veggie Curry with Rice Tomato Pasta (GL) Jacket Potatoes - Cheese (MI), Beans or Tuna (FI) Sandwiches-Egg (GL,SO,EG), Cheese (GL,MI,SO) or Tuna (GL,SO,FI) Apple Cake (GL) or Fresh Fruit	Beef Cottage Pie with Mash (GL) Cheese Panini (GL,SO,SE,MI,MI) Tomato Pasta (GL) Jacket Potatoes - Cheese (MI), Beans or Tuna (FI) Sandwiches-Egg (GL,SO,EG), Cheese (GL,MI,SO) or Tuna (GL,SO,FI) Iced Confetti Cake (GL) or Fresh Fruit
FRIDAY	Fish Fingers with Oven Baked Chips (GL,FI) Cheesy Baked Bean (Quesadilla with Oven Baked Chips (GL,MI) Tomato Pasta (GL) Jacket Potatoes - Cheese (MI), Beans or Tuna (FI) Sandwiches-Egg (GL,SO,EG), Cheese (GL,MI,SO) or Tuna (GL,SO,FI) Dessert Bar (GL,MI) or Fresh Fruit	Fish Fingers with Oven Baked Chips (GL,FI) Falafel with Oven Baked Chips (GL) Tomato Pasta (GL) Jacket Potatoes - Cheese (MI), Beans or Tuna (FI) Sandwiches-Egg (GL,SO,EG), Cheese (GL,MI,SO) or Tuna (GL,SO,FI) Dessert Bar (GL,MI) or Fresh Fruit	Fish Fingers with Oven Baked Chips (GL,FI) Veggie Fajita with Oven Baked Chips (GL) Tomato Pasta (GL) Jacket Potatoes - Cheese (MI), Beans or Tuna (FI) Sandwiches-Egg (GL,SO,EG), Cheese (GL,MI,SO) or Tuna (GL,SO,FI) Dessert Bar (GL,MI) or Fresh Fruit

**VEGETABLES, SALAD, BREAD, AVAILABLE DAILY**

**HALAL MEAT SERVED HERE**

BREAD CONTAINS - GL - MI - EG - SO

**ALLERGY KEY**  
 CELERY - CE / GLUTEN - GL / CRUSTACEANS - CR / EGGS - EG / FISH - FI / LUPIN - LU / MILK - MI  
 MOLLUSCS - MO / MUSTARD - MU / NUTS - NU / PEANUTS - PE / SESAME SEEDS - SE / SOYA - SO / SULPHUR - SU

The Pantry are committed to improving the standards of children's meals across every one of our Schools, and fresh, ethically sourced ingredients are used every day across our kitchens.



Autumn Term 2025	
INSET DAY	Monday 1st September 2025
INSET DAY	Tuesday 2nd September 2025
First Day of Term	Wednesday 3rd September 2025
Half Term	Monday 27th – Friday 31st October 2025
Start of Second Half Term	Monday 3rd November 2025
Last Day of Term	Friday 19th December 2025 <b>Finish at 1.30pm</b>
Spring Term 2026	
INSET DAY	Monday 5th January 2026
First Day of Term	Tuesday 6th January 2026
Half Term	Monday 16th – Friday 20th February 2026
Start of Second Half Term	Monday 23rd February 2026
Last Day of Term	Friday 27th March 2026 <b>Finish at 1.30pm</b>
Summer Term 2026	
INSET DAY	Monday 13th April 2026
First Day of Term	Tuesday 14th April 2026
Bank Holiday	Monday 4th May 2026
Half Term	Monday 25th – Friday 29th May 2026
INSET DAY	Monday 1st June 2026
Start of Second Half Term	Tuesday 2nd June 2026
Last Day of Term	Friday 17th July 2026 <b>Finish at 1.30pm</b>

**Tuesday 6 January:** Back to School 8:45am start

**Wednesday 7 January:** Year 6 Geography Field Work visit to Forty Hall

**Thursday 15 January:** Year 6 parents meeting in the main hall

**Monday 9 – Friday 13 February:** Children's Mental Health Week and Year 5 Bikeability Week

**Monday 16 – Friday 20 February:** Half Term

**Monday 23 February:** Back to School 8:45am start

## Online Safety - Tips for Parents/Carers

Families may find the following guides helpful over the festive season. Whether your family chooses a tech-free Christmas, or are using new devices, we wish you all a very happy, and safe, Christmas.

**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.

- IPHONE**  
If your child's lucky enough to be getting their own iPhone, parental controls can help avoid issues like screen restrictions and unauthorised content. Go into the settings and scroll down to Screen Time. From here you can customise important settings including time limits on the device, communication restrictions and content blockers. You can also lock your child's screen to your Apple ID.
- ANDROID**  
With Android devices, Google's Family Link app is your friend. At my account, they can create 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 the 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 unboxed. At my account, they can create an account. Management + Family Management + Add Family Member to set up your child's account, which you'll use to sign in as the console. You can restrict the age ratings of the games they can play and who they can talk to. On the PS4, you can make exceptions for any games you think are acceptable despite their high age rating.
- IPAD**  
iPad parental controls are identical to those on iPhones. However, if you've got a shared family iPad and want to ensure your child doesn't access anything inappropriate when you're not there, 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.
- XBOX**  
The Xbox Family Settings app helps you manage what games your child can play (and when). You'll need to set up your child's account, which you'll use to sign in as the console. Make sure your account's password protected, so your child can't enter your device later. You'll be walked through the functions of setup. But you can also switch them manually via Settings + Account + Family Settings.
- 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 start 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 console. 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 custom screen time, what content children can view and more.
- CHROMEBOOKS**  
Chromebooks' parental controls are integrated into the Family Link app, which on Android devices. However, you need to set up the Chromebook with your own account first, then add your child's. Go to Settings + People + Add Person and set up 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 on their family link.
- MACS**  
Like iPhones, parental controls for Macs are integrated into the Screen Time settings. Again, the trick here is to set yourself up as the computer owner before adding your child's account. Then, in the settings, look for Users & Groups to create your child's account. Once you've got that sorted, use the screen time options to place any boundaries around apps, usage and who your child can communicate with (and vice versa).
- SMART TVs**  
Smart TVs typically have their own individual parental controls. One of the most popular brands is Samsung – and on these TVs, you can control the content available to your child. In the settings menu, under 'Restricted', 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.

**Meet Our Expert**  
Bobby Collins is a technology journalist and author who's covered over 22 years of tech. He's been writing for The Guardian, The Telegraph, The Independent, The Daily Mail, The Express, and more. He's also been featured on BBC, ITV, and Sky News. He's been writing about tech for over 20 years and has covered everything from the first mobile phone to the latest smartphones and smart TVs. He's also been writing about online safety for over 10 years and has covered everything from the first internet browser to the latest social media apps. He's also been writing about online safety for over 10 years and has covered everything from the first internet browser to the latest social media apps.

The National College | National Online Safety | #WakeUpWednesday

@nationalonline\_safety | #NationalOnlineSafety | @nationalonline\_safety | @national\_online\_safety

Version of this guide as of their own discretion. Its liability is entered into. Current as of the date of release: 20.12.2022

**12 Top Tips for Children and Young People to Enjoy a TECH-FREE CHRISTMAS**

The Christmas holidays are a lot more fun for families to enjoy relaxed quality time in each other's company – but with distractions like playing phone notifications, the lure of games consoles and online Boxing Day sales, that can be more difficult than it sounds. Staying off our phones, laptops and tablets, however, can really help us to appreciate the things that genuinely matter at this special time of year. Follow our 12 top tips for a tech-free festive season – Yule be glad you did! Merry Christmas!

- CHRISTMAS CRAFTING**  
Get out the paper, glue and scissors and have a go at paper-making cards or gift tags. You could also research your own decorations to add to uniquely personal touch to the Christmas tree.
- WALK IN A WINTER WONDERLAND**  
Delight in the great outdoors with some gentle walks over the holidays. The family can all strap up warm as you head to your step count and count the other things you see together.
- NATURE QUEST**  
Try to encourage your child to get out of your house. 5. Challenge yourself and your family to find natural treasures that are available at this time of year – like holly or snowdrops, say.
- CAROL KARAOKE**  
Sing your hearts out with a Christmas carol karaoke night. Pick out your favourite carols and enjoy a musical collaboration with family and friends.
- ENJOY A CHRISTMAS STORY**  
Christmas is a perfect time for spending time together in the kitchen for some Christmas cooking. Choose a recipe to cook up a festive treat that all of you can enjoy.
- BE A SEASONAL CHEF**  
Get the whole family working together in the kitchen for some Christmas cooking. Choose a recipe to cook up a festive treat that all of you can enjoy.
- SNOWY SCULPTURES**  
If we're fortunate enough to get a little snow this year, make the most of the opportunity by having a snow-day sculpture competition.
- WANDER DOWN MEMORY LANE**  
Spend some time looking at old photos from Christmas games or family holiday photos while you enjoy relaxing those magical holiday moments.
- GAMES NIGHT GALA**  
Give little extra school nights a bit of a twist with a board game night. Christmas board games and card games have stood the test of time for a reason!
- TRY REFLECTIVE JOURNALING**  
Just open your thoughts, feelings and reflections on the holiday in a notebook or diary – you could use this as a journal for the rest of the year.
- WRAP IT UP**  
Take time to get inventive with some festive gift wrapping. Break out the wrapping paper, scissors and glue to make something up these presents into a creative adventure.
- GOODWILL TO ALL**  
You and your family could spend a day volunteering – perhaps at a local charity or community centre. After all, kindness and thinking of others are part of what Christmas is all about.

**Meet Our Expert**  
Mia is a digital marketing expert and author who's covered over 10 years of tech. She's been writing for The Guardian, The Telegraph, The Independent, The Daily Mail, The Express, and more. She's also been featured on BBC, ITV, and Sky News. She's been writing about tech for over 10 years and has covered everything from the first mobile phone to the latest smartphones and smart TVs. She's also been writing about online safety for over 10 years and has covered everything from the first internet browser to the latest social media apps.

The National College | National Online Safety | #WakeUpWednesday

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# Community Notices



## Flu community catch up clinics

If your child has missed their flu vaccination at school, you can book an appointment for their vaccine at one of our local community clinics.

Winter season is upon us, and with colder weather keeping us indoors and in close contact, it's easier than ever for the flu to spread. Protect yourself, your loved ones, and your community by getting your flu jab today. The flu vaccine is your best defense against severe illness, hospitalisation, and missed work or school. Let's work together to keep everyone healthy this winter.

**Stay Well:**  
Avoid the misery of flu this winter.

**Protect Others:**  
Especially children, the elderly, and those more vulnerable.

**Stop the Spread:**  
Help prevent flu outbreaks in your community.



For our clinic locations and contact details for the Vaccination UK teams please scan the QR code or follow the links below:

<https://www.schoolvaccination.uk/contact>  
<https://www.schoolvaccination.uk/catch-up-clinics>



Online Course

## Stronger Relationships

For parents and other adult carers living together or apart

- Do you want to get some new ideas to help you be an even better parent?
- Would you like to reduce the arguments and disagreements in your family and cope better with stress?
- Would you like to enhance your relationship with your current partner, or improve communication with your ex or the other people helping to raise your children?
- How about learning at a time that suits you?

**6 online sessions**

**6 group discussions**

**Certificate on completion**

**What to expect...**

- Information on strategies to identify and reduce arguments.
- Hear from other parents and carers.
- Downloadable worksheets and hand-outs.
- Videos, quizzes and interactive activities.
- Do sessions at a time that works for you.
- Weekly support from our course experts.

**Topics covered...**

- Healthy adult relationships.
- Identifying and managing disagreements.
- Understanding how conflict affects your children.
- Enhancing parent-child relationships.
- Managing stress, anger and emotions.
- Strategies to resolve conflict and create a parenting agreement

**Group discussion...**

1. Speak to a course expert and get answers to some of the questions you might have.
2. Talk about how the strategies are going at home.
3. Address other difficulties relating to your relationships.
4. Hear from others about what works for them.

To find out more scan QR code or email: [sfscparent@racefound.org.uk](mailto:sfscparent@racefound.org.uk)

# FREE

DONATIONS WELCOME

## IS THAT A CHRISTMAS TREE?

at Myddelton House Gardens

Running from 1 - 23 December, 10:00 - 16:00

Go on the hunt round the gardens to find the perfect Christmas Tree and make your wish!

Plan your visit at [visitleevalley.org.uk/gardens](http://visitleevalley.org.uk/gardens)

Brought to you by  
Lee Valley  
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