



Kenningtons Primary Academy

Today marks the half way point of the academic year !

Our red and pink day is always a success, and this year was no exception. Our year 6 children who championed their chosen charities did an amazing job—what a great way to write and speak for a real purpose.

The children enjoyed voting last week. This is a great way to exercise their democratic right, something we hope they will do for the whole of their lives.

A special well done to **Lacey-Louise** and her chosen charity **The Princess Trust** who received the most votes and are the chosen charity for your donations today.

As usual I am able to tell you about the trips and experiences that pupils have had over the last two weeks

- ◆ **Reception** had a special visitor, the T-Rex dinosaur, as part of their dinosaur workshop.
- ◆ **Year 3** had visitors from the Japanese Society to learn more about Japanese Art. The children learned about the artwork in a Kimono and learnt about origami.
- ◆ **Year 5** were fortunate enough to visit the National Gallery. The Gallery houses over 2000 paintings in it's collection and belongs to all of us. The pupils focussed on the use of light, tone and perspective, and learnt how these have been used by famous artists.

On the INSET day after half term, the teachers will be thinking about subject leadership. We have a visitor in school who will be working with the teachers, helping them to focus on their individual subjects, especially looking at the impact they have had.

I hope you all have an enjoyable half term and that the children return to school ready to learn.

Mrs Sawtell-Haynes



Newsletter. 10th February 2023

www.kenningtonsprimaryacademy.co.uk

13th—17th Feb	Half Term		
Mon 20th Feb	Inset Day (non-pupil Day)		
Tues 21st Feb	Pupils return to school		
Tues 21st Feb	All School	Pancake Day	In School
	Year 5	Taste of Aveley	South Ockendon
Thurs 23rd Feb	Years 4 & 6	The Dogs Trust	In School
Fri 24th Feb	Years 5 & 6	The Dogs Trust	In School
Tues 28th Feb	Year 6	Chelmsford Museum	Chelmsford
Thurs 2nd March	All School	World Book Day	In School
Fri 3rd March	Year 1	Junk Percussion Workshop	In School
Fri 3rd March	Year 6	Height and Weight Measurements	In School

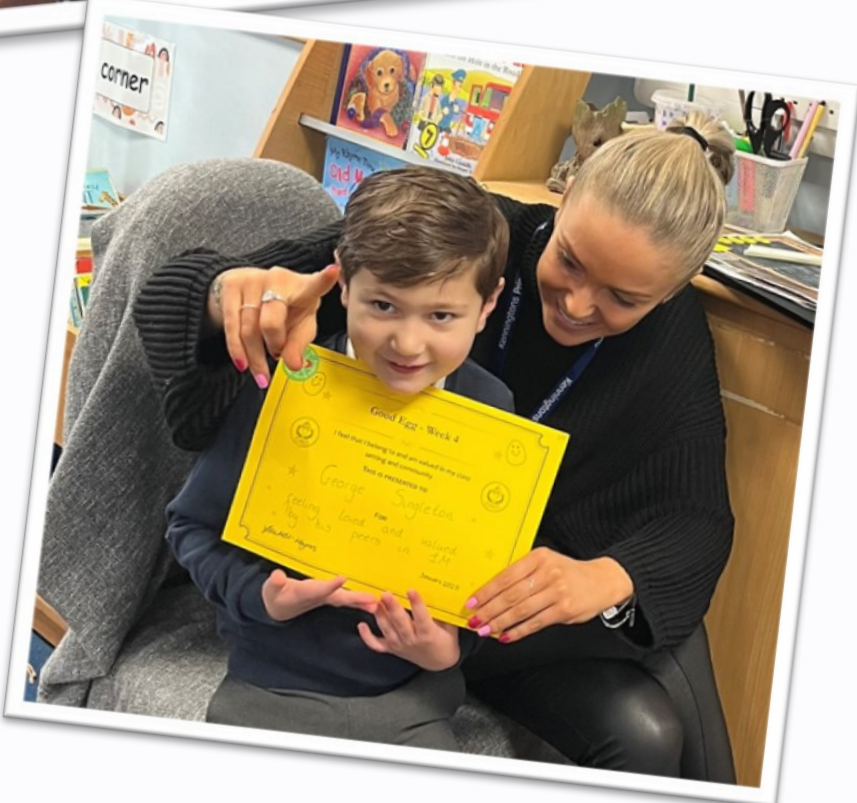


Today we raised £355.81
For The Princess Trust



Headteacher Awards

Week 4: I feel that I belong to and am valued in my class



Week 5: I can work well in a group, cooperating with others to achieve a joint



As Spring time approaches, I am able to start outside projects. I would like to design and make bird houses / baths. If you have any timber that is unused and you would like to donate, please bring it to the school.

We have a Wild Area near our allotment that I would like to seed. I am looking for any flower or plant seed that you may have spare. I will then create some seed bombs for the children to throw onto to wild area which will scatter and grow !

If you have any veggie seeds that are unwanted, please bring them in to school as well.

Thank you !

Martin The Caretaker





Bronze Awards

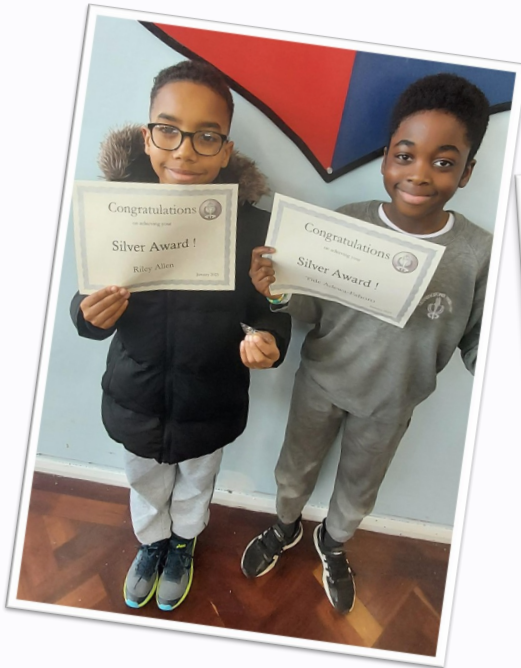




Silver Awards



Congratulations for earning your Pen Licences



Alison - Reading Champion
For working every single lunchtime in the Library helping Mrs Clarke and for going above and beyond what is asked of her.

WC: 21st February 2023

Kenningtons Primary Academy Autumn/Winter 2022 – Week 2

	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Three Cheese and Tomato Pizza served with Potato and Chive Salad	Cheesy Chicken & Bacon Pasta Bake served with Mixed Salad	Roast Chicken Thigh served with Roasted Baby Potatoes, Seasonal Vegetables & Gravy	Ashlyns Beef Burger in a Bun served with a Seasoned Potato Boast and Low Salt & Sugar Baked Beans	Omega 3 Breaded Fish Fingers & Lemon Wedge served with Chips and Garden Peas
Option 2	Mediterranean Vegetable Pizza served with Potato and Chive Salad	Tomato Pasta Bake served with Mixed Salad	Black Eyed Bean & Vegetable Casserole served with Baby Potatoes	Breaded Vegetable Burger in a Bun served with a Seasoned Potato Boast and Low Salt & Sugar Baked Beans	Tri-Colour Pepper and Cheese Wholemeal Stack served with Chips and Garden Peas
Option 3	Baked Baguette with a choice of Cheese, Ham or Tuna Mayonnaise & selection of salads	Jacket Potato with a variety of fillings & selection of salads	Tortilla Wrap with a choice of Cheese, Ham or Tuna Mayonnaise & selection of salads	Jacket Potato with a variety of fillings & selection of salads	Baked Baguette with a choice of Cheese, Ham or Tuna Mayonnaise & selection of salads
Dessert	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or R/S Pineapple Upside Down Cake served with Creme Fraiche	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or R/S Fruit Cookie	Freshly Cut Fruit or Organic Fruit Yoghurt or Frozen Yoghurt

W/C - 7th November, 28th November, 2nd January, 23rd January, 20th February and 13th March

All of our meat is Farm Assured and is locally sourced. Our fish is Marine Stewardship Council approved.

Available Daily...
Jacket Potato with filling
Wholemeal bread
Choice of salads
Water



This QR code can be read by any barcode scanner app on your smart phone to access the allergen and nutritional data.

ASHLYNS
High Laver Hall, Ongar, Essex, CM5 0DU
Tel: 01277 890411/821 Fax: 0871 431 0608
E-mail: info@ashlyns.co.uk www.ashlyns.co.uk

WC: 27th February 2023

Kenningtons Primary Academy Autumn/Winter 2022 – Week 3

	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Cheese and Tomato Pasta Bake served with Homemade Garlic Bread and Mixed Salad	Ashlyns Pork Sausage Toad in The Hole & Onion Gravy served with Crushed New Potatoes & Sweetcorn	Roast Chicken Thigh served with Mini Roast Potatoes and Seasonal Vegetables	Minced Beef Cobbler served with Buttered Garden Peas	MSC Battered Fish Fillet, Lemon & Tartare Sauce served with Chips & Garden Peas
Option 2	Purple Pesto and Cannelloni Bean Pasta served with Homemade Garlic Bread and Mixed Salad	Meat Free Sausage Toad in The Hole & Onion Gravy served with Crushed New Potatoes & Sweetcorn	Roast Quorn Fillet served with Mini Roast Potatoes and Seasonal Vegetables	Vegetable and Lentil Cobbler served with Buttered Garden Peas	Wholemeal Cheese and Tomato Flan served with Chips & Garden Peas
Option 3	Baked Baguette with a choice of Cheese, Ham or Tuna Mayonnaise & selection of salads	Jacket Potato with a variety of fillings & selection of salads	Tortilla Wrap with a choice of Cheese, Ham or Tuna Mayonnaise & selection of salads	Jacket Potato with a variety of fillings & selection of salads	Baked Baguette with a choice of Cheese, Ham or Tuna Mayonnaise & selection of salads
Dessert	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or R/S Creamy Rice Pudding with Wild Berry Coulis	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or R/S Cinnamon Apple Crumble & Custard	Freshly Cut Fruit or Organic Fruit Yoghurt or Soft Scoop Ice Cream

W/C - 14th November, 5th December, 9th January, 30th January, 27th February and 20th March

All of our meat is Farm Assured and is locally sourced. Our fish is Marine Stewardship Council approved.

Available Daily...
Jacket Potato with filling
Wholemeal bread
Choice of salads
Water



This QR code can be read by any barcode scanner app on your smart phone to access the allergen and nutritional data.

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The social media platform is famous for spawning viral challenges which are a big draw for many users. But TikTok has received a lot of flak for allowing potentially dangerous challenges – such as the Skullbreaker Challenge and the Outlet Challenge – to reach popularity on its platform. Although most challenges are fairly harmless, make sure that your child knows not to try ...
parentzone.org.uk

What Parents & Carers Need to Know about TIKTOK

AGE RESTRICTION 13+ (certain features are restricted to over-18s only)

WHAT ARE THE RISKS?

AGE-INAPPROPRIATE CONTENT
 While TikTok's "following" feed only displays videos from users you subscribe to, "For You" is a stream of clips based on their previously viewed content. Most videos are age-appropriate, but it could light-hearted and amusing, but it could potentially surface something unsuitable. TikTok's guidelines prohibit the sharing of illegal or inappropriate content, but the sheer volume of uploads means they aren't manually reviewed and vetted.

DANGEROUS CHALLENGES
 Due to TikTok's immense popularity, some young people have unfortunately been influenced by viral challenges that are potentially harmful. One extreme example was the "blackout" trend, which encouraged users to hold their breath. It led to two fatal deaths of children.

CONTACT WITH STRANGERS
 With around 1.1 billion users globally, the potential for contact from strangers on TikTok is high – and as accounts are created by "over-the-top" users, it's easy to be fooled by "over-the-top" users. This not only means that someone's profile is visible to everyone else on the app, it also lets their videos be suggested to others and enables anyone to comment on them.

ENABLE FAMILY PAIRING
 Family Pairing allows parents to link their TikTok account with their child's and control their settings remotely. Parents can then, for example, turn on Restricted Mode (preventing inappropriate content); set screen time limits; and manage their own ability to send messages (and to whom). Children can't alter these settings without parental approval.

DISCUSS THE DANGERS
 If your child wants to use TikTok and you're happy for them to do so, it's crucial to talk about the potential risks in this type of app. For example, ensure they understand not to share any identifying personal information – and that they realise they could be exposed to inappropriate content. Thinking critically about what they see on TikTok can help children become generally more social media savvy.

MAKE ACCOUNTS PRIVATE
 Although under-18s will have their TikTok account set to private by default, bypassing this setting is relatively easy. However, parents have the ability to manually set their child's account to private – meaning that their videos won't be visible to strangers and they won't be able to exchange messages with people who aren't on their friends list.

LIMIT IN-APP SPENDING
 If your child is using an iPhone or Android device to access TikTok, you can alter the settings to prevent them from making in-app purchases. We'd recommend that you enable this feature, as it's quite easy for a young person – without realising what they're doing – to spend a significant amount of real money buying TikTok coins so they can unlock more features of the app.

READ THE SIGNS
 If you're concerned that your child might be spending too much time on TikTok, or that they've been emotionally affected by something inappropriate or upsetting that they've seen, it's important to know how to spot the possible signs. Increased irritability and a lack of concentration are potential red flags, as are failing to complete homework or regularly not eating meals.

Advice for Parents & Carers

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 Radar The magazine, Carly is now a freelance technology journalist, editor and consultant.

NOS National Online Safety
 #WakeUpWednesday

www.nationalonlinesafety.com
 @nationalonlinesafety @nationalonlinesafety



Tik Tok

TikTok is a video-sharing app. Users can upload and share short videos (up to 60 seconds) of themselves lip-syncing to songs or acting out comedy sketches, and add special effects. They can gain followers

<https://parentzone.org.uk/article/tiktok>



If you have had a 'sort out' in the New Year and have any unwanted, suitable games / toys, we would love them for our Breakfast / After-School Club. Please bring them to the Main Reception.

Bonnygate 4-1 Kenningtons

Goal Scored: Harry

At the weekend Riley competed in the Essex County Championships for swimming and he got in the final for the 100m Breaststroke and came 6th place. This is a huge achievement for Riley and we are very proud of him.



Fabulous Feedback

I just wanted to say a MASSIVE THANK YOU for that. As a local charity that will make such a difference to so many Young People.

Aiding Your Anxious Child



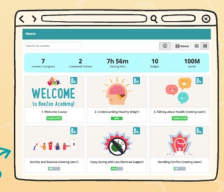
Thursday 24th February
10am - 12pm
Ockendon Children's Centre

**Has your child been struggling with anxiety as a result of the pandemic?
Have you noticed signs of stress as a result of continued uncertainty or constant change?**

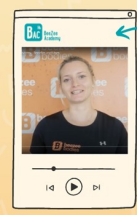
This supportive session will introduce you to the effects of anxiety and some effective coping strategies that can build confidence and promote positive self-esteem.
This Course is for Adults only.

Booking is essential,
Quote course code: 8040C225
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FREE online course for parents to learn how to improve their family's health and wellbeing.



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Work through the courses at your own pace

Get free recipes and other healthy living resources



SIGN UP FOR FREE AT beezebodies.com/academy



To be eligible for this awesome free service, your child will be age 5-15, above an ideal healthy weight and live/ go to school/ be registered with a GP in Thurrock.

HEY, FAMILIES OF THURROCK!

WANT TO LIVE A HEALTHIER LIFESTYLE?



JOIN OUR FREE, FUN, FAMILY-FOCUSED COURSES
TO HELP YOU AND YOUR CHILDREN MAKE
HEALTHY HABITS FOR LIFE!

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