



Kenningtons Primary Academy

It has been another busy two weeks at Kenningtons. It feels as if almost every day classes are out on trips or we have expert visitors into school.

Year 6 have been continuing with their Self Defence classes – I know that they have been enjoying this unique school experience.

Year 5 had a very late night on Monday at the O2, performing as part of the Young Voices Choir. This used to be an experience that we offered exclusively to the choir, but this is now part of the Year 5 curriculum. This means that this opportunity is offered to a wider group of children. I was lucky to be part of this trip. It was a pleasure to see the joy and pride in the children. I know I might be a bit biased, but the children were the best behaved there! Thank you to all the staff that came with the children and gave up their evening – it was a very late night, especially for a Monday!

Year 2's trip was linked to the history curriculum. They visited Charter House to meet Queen Elizabeth 1. This really brought their history learning to life.

Year 1 were lucky enough to have a Great Fire of London workshop in school last week. The pictures of their children studying and using the artefacts looked great. Another example of children being real life historians.

Reception children took part in a Chinese New Year workshop this week. They tasted Chinese food and learnt some traditional Chinese dances.

Mrs Harris took several of our Year 5 and 6 Athletes to the Borough Sportshall Athletics event. Our children were placed 4th overall. All of the top 3 schools were big schools of 3, 4 and 5 form entry. I am therefore declaring us the winners of the two form entry schools!!

Please remember to follow the school Facebook page. Jenny makes sure that photos are shared with you and it is good to get feedback.

Just a reminder that the teachers in the NEU may be taking strike action on Wednesday 1st February 2023. I will endeavour to inform you on Monday as to which classes will be closed, but please remember that by law teachers do not have to inform me of their decision to strike until the day of the action. Please make sure that you check your parentmail account in the morning on Wednesday to check for any last-minute changes.

Finally, a big thank you to all of the parents who completed the Parent Questionnaire. The results were overwhelmingly positive. It is wonderful for staff and governors to know that you think we are doing a great job and that 95% of parents would recommend our school. It does make me sad however that the very small minority of parents who answered the questions negatively, continue to send their children to our school, when perhaps a school with a different ethos would suit them better. I will be sending you further analysis of the results over the coming weeks.

Newsletter. 27th January 2023

www.kenningtonsprimaryacademy.co.uk

Breakfast Club

After School Club

Book your child in via the ParentMail App and the funds will be taken from your ParentMail account.



Red & Pink Day
Friday 10th February

Mon 30th Jan	Year 3	Japanese Workshop	In School
Thurs 9th Feb	Reception	T-Rex Dinosaur Visit	In School
	Year 5	National Gallery	London
Fri 10th Feb	All School	Red & Pink Charity Day	In School
	Year 2	Sports Hall Athletics	Basildon Sporting Village
13th—17th Feb	Half Term		
Mon 20th Feb	Inset Day (non-pupil Day)		
Tues 21st Feb	Pupils return to school		





Headteacher Awards

Week 2: I can identify, recognise and express a range of feelings



Week 3: I have a range of strategies for managing my worries and other uncomfortable feelings





Bronze Awards

Silver Awards



Congratulations Luke for earning your Pen Licence



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: 30th January 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 Fian 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.

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: 3rd February 2023

Kenningtons Primary Academy Autumn/Winter 2022 – Week 1

	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Macaroni Cheese served with Homemade Garlic Bread & Broccoli Florets	Mild Chicken Curry served with Braised Rice and Caramelised Sweetcorn	Roast Chicken Thigh, Sage & Onion Stuffing, Gravy served with Roast Potatoes, Cabbage and Cauliflower	Italian Beef Bolognese served with Wholemeal Spaghetti Carrot & Pea Medley	MSC Battered Fish Fillet Lemon & Tartare Sauce served with Chips, Low Salt & Sugar Baked Beans
Option 2	Leek & Mushroom Macaroni Cheese served with Homemade Garlic Bread & Broccoli Florets	Spinach and Sweet Potato Dahl served with Braised Rice and Caramelised Sweetcorn	Vegetable & Chickpea Pasty served with Roast Potatoes, Cabbage and Cauliflower	Italian Vegetable & Lentil Bolognese served with Wholemeal Spaghetti, Carrot & Pea Medley	Ratatouille & Chickpea Wholemeal Wrap served with Chips, Low Salt & Sugar Baked Beans
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 Banana FlapJack	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or R/S Chocolate Sponge and Custard	Freshly Cut Fruit or Organic Fruit Yoghurt or Soft Scoop Ice Cream

W/C - 31st October, 21st November, 12th December, 16th January, 6th February, 6th March and 27th 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



Tik Tok

A National Online Safety, website is an engaging parents, carers and teachers of adults with the information to help an informed conversation about online safety with their children, should they feel concerned. This guide focuses on several major apps which are software tools of adults should be aware of. Please visit www.nationalonlinesafety.gov.uk for further guidance, National Online Safety.

What Parents & Carers Need to Know about TIKTOK

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

TikTok is a free social media platform that lets users create, share and watch short videos ranging anywhere from 15 seconds to 10 minutes in duration. The app gained notoriety for its viral dances, trends and celebrity cameos and can be a creative, fun platform for teens to enjoy. Now available in 75 languages, it has more than a billion active users worldwide (as of spring 2022) and is most popular with the under-16 age bracket. In fact, a 2022 Ofcom report found TikTok to be the most-used social media platform for posting content, particularly among young people aged 12 to 17.

WHAT ARE THE RISKS?

AGE-INAPPROPRIATE CONTENT
While TikTok's "following" feed only displays videos from creators you follow, the "For You" feed is a stream of clips based on their previously watched content. Most videos on a child's "For You" feed will therefore be 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 monitored and vetted.

IN-APP SPENDING
TikTok is free, but users have the option to buy TikTok coins, which can be used to purchase emojis in the app. These emojis are then sent as rewards (retaining their monetary value) to other users for videos they've created. Coin bundles range from £5.99 to an eye-watering £99; TikTok's policy is that they can't be bought by under-18s, but it's possible to bypass this with a fake birthdate.

DANGEROUS CHALLENGES
Due to TikTok's immense popularity, some young people have unfortunately been influenced by videos challenging them to perform harmful, criminal or even deadly acts. One extreme example was the "blackout" trend, which encouraged users to hold their breath until they passed out from a lack of oxygen. It led to two families filing lawsuits against TikTok over the tragic deaths of their children.

ADDICTIVE NATURE
Like all social networking platforms, TikTok can be addictive. Figures show that young people are investing increasing amounts of time in it. In the UK, children with TikTok spend an average of 102 minutes on the app, versus 53 minutes on YouTube. This compulsive repeated use can interfere with their sleep patterns, leading to irritability – and distract them from other activities.

CONTACT WITH STRANGERS
With around 1.1 billion users globally, the potential for contact from strangers on TikTok is high – especially on accounts created by users (ie for youngsters using a false date of birth) or set to public by default. 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 or download them.

TIKTOK NOW
Introduced in late 2022, the "TikTok Now" feature lets users post a daily video or photo at the exact same time as their friends. Users receive a synchronised notification at a random time of day, giving them three minutes to take a video or real-time photo. This addition can not only be a distraction to young people but could lead to them inadvertently sharing private content such as their location.

Advice for Parents & Carers

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

MAKE ACCOUNTS PRIVATE
Although under-16s 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 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.

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.

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.

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 Inquirer, Carly is now a freelance technology journalist, editor and consultant.

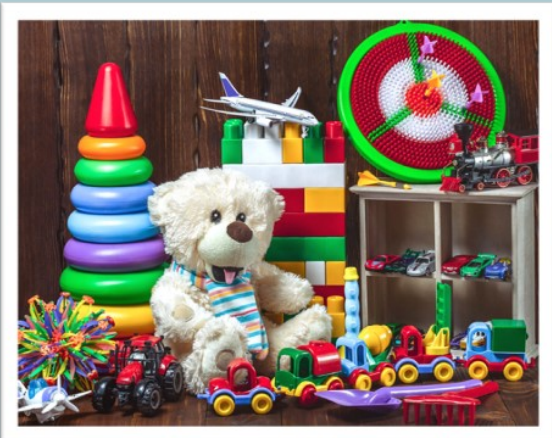
NOS National Online Safety
#WakeUpWednesday

www.nationalonlinesafety.com @nationalonlinesafety /NationalOnlineSafety @nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered in to. Current as of the date of release: 28.10.2022

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 ("fans") and browse other people's videos.

<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.

Thurrock Adult
Community College



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

Call: 01375 372476 Email: TACC@Thurrock.gov.uk



Thurrock Adult Community College

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