

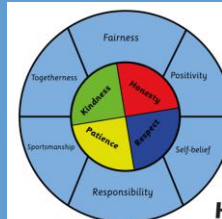
Heron's' Moor Academy Newsletter

February 2025



www.heronsmoor.co.uk

This month's value is togetherness



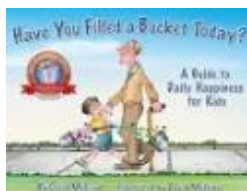
I am kind.
I am respectful.
I am patient.
I am honest.

I am a
Heron's' Moor Citizen

Dear Parent/Carer

At last, it is February and the mornings and evenings are seeming lighter as we make our way into the last week of Term 2.

Our value this month is 'togetherness' and we began this by coming together in school to recognise Children's Mental Health week. We had a whole school assembly to discuss 'know yourself, grow yourself' and shared the book 'Have you filled your bucket?'



It is also safer internet day this Tuesday (11th Feb) and here is a useful link for those of you whose children have phones and access to the internet via other devices to help you support our young people to stay safe online.

<https://saferinternet.org.uk/guide-and-resource/parents-and-carers>

We are looking forward to another busy week in school and would like to wish you all a happy half term when we get there! Children are back in school on TUESDAY 25th February.

Georgie Tinker - Principal

Safeguarding at HMA



Children have been discovering how getting to know who they are can help them build resilience, grow and develop.

Last Thursday was also Time to Talk Day. The day was all about creating supportive communities by having conversations with family, friends, or colleagues about mental health. We all need to look after our mental health and by talking about it we can support ourselves and others.

Throughout the week, children and adults have been wearing green in recognition of the international sign Mental Health Awareness.

Children have spent 5 minutes each day doing something to do with mental wellbeing. Things like mindfulness, yoga, enjoying a book around wellbeing as well building confidence and finding your voice have been very useful.

Reminders

We would like to remind you of the importance of ensuring that your children wear the correct PE uniform for their physical education classes. Wearing the appropriate clothes not only promotes a sense of unity and discipline but also ensures the safety and comfort of all students during physical activities.

Additionally, we kindly request that students bring bags that are appropriately sized for our pegs and cloakrooms. Oversized bags can cause storage issues and make it difficult for all students to store their belongings neatly and securely.

Nursery Applications

We have places in our excellent Nursery for September 2025. If you have a child who has their 3rd birthday before September 2025 or know somebody who is looking for a Nursery place, please collect and complete an application form which is available from the school front office, alternatively we can email the forms to you, just call us on 01934 441901.

All children are entitled to 15 hours FREE childcare and education starting the term after their 3rd birthday.

In addition, some children may also be entitled to 30 hours FREE childcare and education depending on their circumstances (see gov.uk).

Our Nursery offers flexible sessions- children could start as early as 8am and finish at 3.30pm. We provide water, milk and fruit daily and we also offer hot meals for children.

The Nursery is part of our successful Foundation Stage where children thrive by learning through play.

If you would like to visit, please contact the Front Office Tel 01934 441901.



Attendance



Being in school is important to your child's academic achievement, wellbeing, and wider development. There is evidence to suggest that regular school attendance is a key mechanism to support children and young people's educational, economic and social outcomes. Schools can facilitate positive peer relationships, which contributes to better mental health and wellbeing.

Attendance at school is crucial to prepare young people for successful transition to adulthood, and to support their longer term economic and social participation in society. There is also evidence that the students with the highest attendance throughout their time in school gain the best GCSE and A level results.

Research has found that pupils who performed better both at the end of primary and secondary school missed fewer days than those who didn't perform as well.



Thank you to our PTA for funding new storage and equipment for our reception children. They are loving the provision!



Principal: Mrs. Georgina Tinker NPQH BA Hons | Vice Principal: Mr. David Beesley NPQH, BSc.Hons

Hérons' Moor Academy, Highlands Lane, Locking Castle, Weston-super-Mare, Somerset, BS24 7DX

T: 01934 441901 E: school@heronsmoor.co.uk www.heronsmoor.co.uk

TERM 3			
11 th Feb	Tues	All day	Y5 trip to Caerleon
13 th Feb	Mon	All day	Y5 Bikeability
14 th Feb	Tues	AM PM	Y5 Bikeability Y4 Bikeability
14 th Feb	Fri		END OF TERM 3
TERM 4			
24 th Feb	Mon		INSET DAY
25 th Feb	Tues		START OF TERM 4 Parents evening
26 th Feb	Wed	8:30am	Wake and shake
27 th Feb	Thurs	3:30-6:30	Parents Evening
3 rd -10 th March	Mon- Fri	3:20-4:00	Scholastic Book Fair
4 th March	Tues	All day	Y4 trip to Wild Place
5 th March	Weds		Y6 dance club – North Somerset Dance Festival at the Playhouse
6 th March	Thurs		World Book Day
21 st March	Fri		Red Nose Day
24 th March	Mon		Tickets available for Easter egg raffle
2 nd April	Tues		Draw tickets for Easter egg raffle
3 rd April	Thurs		Raise the Roof Performance to parents
4 th April	Fri		END OF TERM 4

SCHOLASTIC TRAVELLING BOOKS

FREE BOOKS FOR YOUR SCHOOL WHEN YOU BUY AT THE BOOK FAIR!

COME TO THE BOOK FAIR

DATE: _____

A POP-UP BOOK-STORE WITH HUNDREDS OF BOOKS FROM JUST £2.99

NEW FINDING BEAR £7.99

NEW GEORGE WEINER GEORGE AND THE MINI DRAGON £6.99

NEW DOG MAN BIG TIM BEGINS £12.99 £9.99

NEW DORK DIARIES £7.99

NEW PAMELA BUTCHER DIARY OF A FUTURE BILLIONAIRE £7.99

NEW My Bum is SO CHEEKY! £6.99 £2.99

NEW NINJAGO THE DRAGON CATCHER £8.99

NEW BEASTIE BROS £6.99

NEW £8.99

LAST YEAR YOUR SUPPORT HELPED DONATE £5.3M IN FREE BOOKS TO SCHOOLS NATIONWIDE

Ages 2+

NEW £7.99

NEW £7.99

NEW £4.99

NEW £6.99

NEW £6.99

NEW £6.99

NEW £7.99

NEW £6.99

NEW £7.99

NEW £7.99

Ages 6+

NEW £8.99

NEW £3.99

NEW £7.99

NEW £2.99

NEW £6.99

NEW £10.99

NEW £8.99

NEW £7.99

EVERY BOOK YOU BUY EARNS FREE BOOKS FOR OUR SCHOOL

What Parents & Educators Need to Know about MENTAL HEALTH & WELLBEING APPS

WHAT ARE THE RISKS?

When looking at options for supporting a child's mental health, the sheer volume can be overwhelming. There are many wellbeing apps available, but unfortunately not all are trustworthy. It's important to evaluate which resources are suitable, reliable and effective. This guide lets you know what to consider before installing such an app, to determine just how useful it's going to be.

QUALITY & RELIABILITY

Mental health apps can be a useful starting point when looking for wellbeing advice and strategies and can be a useful extension to the in-person services available. However, they aren't a substitute. Information on the quality of some of these apps is scarce. They may look cute and child-friendly, but have they been designed by a mental health professional? Furthermore, do they have research to back up their content?

PLACE RESPONSIBILITY ON CHILDREN

Some apps add the words 'kids' or 'children' to their title or use cartoon icons to make them more appealing to young people. When signing up for some of these apps, some will speak to the parent directly, saying something along the lines of "Your child is good to go. Let them take it from here". It's important to remain involved in the child's mental health journey, so regular check-ins are recommended.

DISREGARDING APPROPRIATE SUPPORT

Young people who feel anxious and have trouble sleeping may download a mindfulness app to help. While this is a good strategy initially, it's not addressing the root of the problem. A child could simply try managing these symptoms themselves (as opposed to speaking out and seeking professional help), which could potentially worsen their anxiety in the long run.

LACK OF PERSONALISATION

Mental health or wellbeing apps are useful tools for the short term, teaching users several helpful habits to manage their condition – such as keeping an illness diary, improving nutrition and practising mindfulness exercises. As every person is unique – and children especially will grow and develop in different ways – these apps struggle to tailor themselves to users' individual needs. For example, many apps don't distinguish between the ages of users and can offer extremely generic advice.

DATA SECURITY

As with any other app – not just those for mental health and wellbeing – it's wise to check out the privacy policy before downloading it. Some of these applications may share data with third parties for numerous reasons (such as targeted advertisements), and if a user is sharing personal and sensitive information within the app, they probably don't want it ending up elsewhere without their consent.

IN-APP PURCHASES

Many apps will provide their most basic features for free but will require you to pay for other aspects – such as a more tailored experience or access to additional resources. This could be a one-off fee or a regular subscription. Consider whether this is actually required. Is it benefiting the child, or could they receive the same support from a medical professional?

Advice for Parents & Educators

CHECK THE CREDIBILITY OF THE APP

Before you download a mental health and wellbeing app, investigate the developers. Have they consulted with qualified mental health professionals to create their resource? Also check whether the app is affiliated with any government or mental health organisations, as these are solid indicators of legitimacy. Reviews can also be a useful signpost to the app's quality. There are many good apps out there, but there are just as many that miss the mark.

SEEK PROFESSIONAL SUPPORT

Trusted mental health and wellbeing apps designed by qualified, reputable organisations can be used alongside the personalised advice and support of fully trained professionals. These apps should never be considered a substitute for counselling or other tailored medical help. If you have real concerns about a child's mental wellbeing, you should seek appropriate advice from a suitable source, such as their GP – or Childline, who can be contacted by calling 0800 1111.

READ THE PRIVACY POLICY

Look into the app's terms of service – especially its privacy policy. Do so by yourself first, then go over it with the child who is considering using the app, to ensure they know what data will be collected and how exactly it will be used. Use all of this information to make an educated decision on whether or not to download that particular app.

ENCOURAGE OPEN COMMUNICATION

Mental health and wellbeing apps can be useful for writing down feelings, tracking your own health and other such activities. These can help if the problem is short-term and temporary – such as a child getting stressed about approaching exams – or if you're currently waiting for professional support. Nonetheless, it is important that children aren't solely reliant on the app and have a safe space to talk about their feelings and experiences in the real world.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



The National College®

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/mental-health-apps>

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