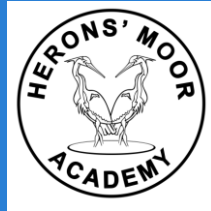


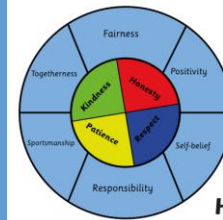
# Heron's' Moor Academy Newsletter

March 2025



[www.heronsmoor.co.uk](http://www.heronsmoor.co.uk)

## This month's value is responsibility



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

I am a  
**Heron's' Moor Citizen**

Dear Parent/Carer

We hope you enjoyed the half-term break; it has been great to see everyone back in school.

The sun came out last week which made Wake n Shake on Thursday a real delight for all!



This week sees us celebrate a Reading Week in school which incorporates World Book Day on Thursday but which highlights the importance of being able to read fluently, with good volume and with great comprehension skills. Each day the children will be taking part in a range of activities to do with reading and the scholastic book fair will be open from 3:20-4:00pm each day for you to come and browse, choose a book and spend the £1 voucher your child has been given.

We look forward to seeing you there!

Georgie Tinker - Principal

## Safeguarding at HMA Mental Health

At Heron's' Moor Academy, mental health and wellbeing is at the heart of our school culture. We believe that good mental wellbeing is a key foundation for children being happy and successful, and so are constantly striving to improve our mental wellbeing offer for our children and families.

Please have a look at our new Mental Wellbeing page on the school website. Over the rest of the year, we will be adding to and updating this page!

We would also like to introduce you to our Mental Health and Wellbeing Team. You can find our poster in the front office:



If you have any questions or concerns around mental health and wellbeing, then please come and discuss with a member of the team or email us:

[healthandwellbeing@hma.clf.uk](mailto:healthandwellbeing@hma.clf.uk)



## Reminders

World Book Day is THURSDAY 6<sup>th</sup> MARCH.

Children are invited to dress up as their favourite book character for the day.

Visit our book fair after school Monday-Friday

3:20-4:00pm in the main hall



## Attendance

It was lovely to see the children return to school on Tuesday. The sun was shining and there was a hint of spring in the air, which is really good news. Term 3 was a bit of a challenge for all of us regarding illness, with some nasty bugs around and consequently attendance rates for the school declined from the really good rates that we had in term 2.

We really hope that we are through the worst of the illnesses and with the improving weather, some fresh air and sunshine our children will be able to spend more time in school and maximise their learning opportunities.

As ever, if your child is feeling a little under the weather, send them in. On most occasions, they perk up a bit once in school as they have something else to think about rather than their cold. If their condition gets worse during the day, we will of course contact you.



### **IMPORTANT NEW PTA MEETING MONDAY 10TH MARCH**

We are excited to re-launch the PTA this term starting with a meeting on Monday 10<sup>th</sup> March 6-7pm here in school. New faces and new ideas is what we are hoping for so that we can really make a difference in fundraising to support our children at Herons' Moor. Without more people involved, we are at risk of losing out PTA.

## Reading Week

Not only are we celebrating World Book Day this week but we are incorporating it into a whole-school reading week.

### **Heron's' Moor Academy - Reading Week Timetable**

Day	Activity Description
<b>Monday</b>	<b>Reading Assembly</b> - Led by Mrs Tinker to launch the week. Plus, one additional activity straight after assembly
<b>Tuesday</b>	<b>Paired Reading Swap</b> - Two classes from the same year group pair up for a shared reading session.
<b>Wednesday</b>	<b>Stop &amp; Read Day</b> - At random times, a bell will ring, and everyone must stop and read for 5-10 minutes.
<b>Thursday</b>	<b>World Book Day Activities</b> - Dress up as book characters, storytelling sessions, and book-related crafts and activities throughout the day
<b>Friday</b>	<b>Teacher Swap Storytime</b> - Teachers move to a different class to read an end-of-day story. Team Talk to have a literary theme (Who is your favourite villain?)

<b>TERM 4</b>			
3 <sup>rd</sup> March	Mon	Mon-Fri	Book Fair
4 <sup>th</sup> March	Tues		Year 4 trip to Wild Place
5 <sup>th</sup> March	Wed		Y6 Dance club – NS Dance Festival at Weston Playhouse
6 <sup>th</sup> March	Thurs		World Book day
21 <sup>st</sup> March	Fri		Red Nose day
24 <sup>th</sup> March	Mon		Tickets available for Easter Egg raffle
25 <sup>th</sup> March	Tues		
26 <sup>th</sup> March	Wed	12.00-15.00	Y6 girls' football at HMA
27 <sup>th</sup> March	Thurs		
2 <sup>nd</sup> April	Wed		Draw tickets for Easter Egg raffle
3 <sup>rd</sup> April	Thurs	2.15pm	Y3/Y4 Raise the Roof performance for parents
4 <sup>th</sup> April	Fri		<b>END OF TERM 4</b>
<b>TERM 5</b>			
21 <sup>st</sup> April	Mon		<b>BANK HOLIDAY</b>
22 <sup>nd</sup> April	Tues	9.00am	<b>START OF TERM 5</b>
23 <sup>rd</sup> April	Wed		
24 <sup>th</sup> April	Thurs		Y4 to St. Briavels
25 <sup>th</sup> April	Fri	9am 2pm	Textile recycling – please bring in donations by 9am Y4 return from St Briavels
5 <sup>th</sup> May	Mon		<b>BANK HOLIDAY</b>
12 <sup>th</sup> May	Mon- Thurs		KS2 SATS week
23 <sup>rd</sup> May	Fri		<b>End of Term 5</b>



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

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.

## WHAT ARE THE RISKS?

### 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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# **IMPORTANT NEW PTA MEETING MONDAY 10TH MARCH**



*Let's come together with fresh ideas and help us plan for the school summer fete and beyond.*

**6-7PM  
AT THE SCHOOL**