

# Heron's' Moor Academy Newsletter

September 2024



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

## This month's value is respect

Dear Parent/Carer

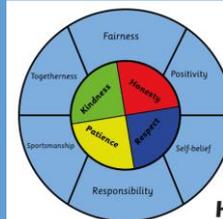
As we have continued to enjoy the September autumnal sunshine over the past couple of weeks, it has been a real pleasure getting to know more of you and your children. I am slowly getting there with names!

On Friday 13<sup>th</sup> September, we held a poetry assembly during which each class performed a poem linked to the 'Journey' book and promoted the theme of 'belonging'. It was wonderful to see the courage that the children showed in getting up in front of the school and performing their class poem

Thank you to those of you who voted for their preferred social media platform...the overwhelming result was for Facebook so we will continue to post pictures from learning and life at the academy as well as useful messages.

Lastly, please join us next **THURSDAY (26<sup>th</sup> Sept) at 8:30am** on the playground for wake n shake with Mr Treloar and Mrs Downs!

Mrs Georgie Tinker



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

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



### Well-being

Every Tuesday our Education Mental Health Practitioner will be joining us at HMA to work alongside us ensuring we are promoting and supporting the mental health of our children and families. Say hello to her on the playground!

Meet our new Education Mental Health Practitioner (EMHP) ...

**Bex**

Hi, I'm Bex (she/her) from the Mental Health Support Team. I'll be working at your school every week.



My role supports the school to look after the mental health and wellbeing of its students, staff, parents and carers.



### Dates for your diary:

- Tuesday 24<sup>th</sup> Sept Orienteering Day
- Tuesday 24<sup>th</sup> September Family workshop Y6
- Weekly mini police sessions Y5
- Friday 27<sup>th</sup> September Phonics meeting for parents
- Tuesday 8th October Y6 Life Skills trip to Create Centre

## Reminders

A polite reminder please to adults driving to school to drop off their children: it is important to NOT park on zigzag lines as they are there to keep our children safe. By showing respect to these road safety rules, we are making sure we all live our school values and are role models to our children.

Please remember to inform our office team of any changes in personal details so we can keep our records up-to-date.



## Academy Council

An academy council plays a crucial role in the governance and oversight of an academy. It provides advice, support and constructive criticism to help the academy achieve its goals. We are in need of 2 parent academy councillors to join the group; if you are interested, please email our operations manager: [shane.hawkings@clf.uk](mailto:shane.hawkings@clf.uk)



## Attendance

Consistent attendance is crucial for your child's academic success and overall development:

**Punctuality:** please ensure your child arrives at school on time every day.

**Absences:** if your child is unwell or unable to attend school, kindly inform the school office by 8:30am

**Appointments:** whenever possible, schedule medical appointments outside of school hours to minimize disruptions to your child's learning.

We appreciate your cooperation and support in helping us maintain a productive and engaging learning environment for all students.



It is the start of a chapter for HMA and that includes our re-launch of the PTA. The PTA helps to create a sense of community and belonging among parents, teachers, and students. By bringing everyone together for common goals and activities, the PTA fosters a supportive and inclusive environment where everyone feels valued and connected.

Our first meeting is **Tuesday 24<sup>th</sup> September at 9am in school** and we would welcome anyone who is interested in supporting in any way possible, be it helping out at discos or sharing fundraising ideas!

The PTA plays a crucial role in supporting school initiatives and addressing the unique needs of Herons' Moor Academy and helps to ensure that our school has the resources and support it needs to succeed.

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

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# Join ParkPlay

Make friends, have fun, get moving – FREE every Saturday morning

#MeetMovePlay



## Castle Batch ParkPlay

Come and meet Rhiannon at Castle Batch, every Saturday from 9.30am

ParkPlay welcomes everyone, so turn up for games, activities, fun – and a community here for you. Register at [park-play.com](http://park-play.com)



Even before lockdowns inflamed the situation, one in every five 10- to 15-year-olds was experiencing bullying online: abusive messages, having rumours spread about them or being excluded from group chats, for example. Through smartphones and tablets, we've used to being able to communicate from anywhere, at any time – but digital devices became commonplace so quickly that it caused a problem: as a society, we haven't properly adjusted to how different they've made life. Our tips can help you to build positive relationships online and avoid some of the potential issues.

### WHAT IS NETQUETTE?

Etiquette is a set of rules to help us interact with others: like a code of respect. People follow this code every day (mostly without even thinking about it) and it can help us decide how to act in certain situations. 'Netiquette' (etiquette on the net – we see what they did there!) is the same, except it's designed to help us interact with others online, which is sometimes a whole different ball game.

- SEE THE OTHER SIDE**  
Usually when we're online, we can't see the other person's body language or tone of voice to give us clues about what we can say to them, or how to say it. Try to think what the situation might be like for them, how they're feeling and whether we should 'do the same thing' if they were actually there with us.
- HIT THE PAUSE BUTTON**  
Without a person physically there in front of us, it's easy to send something quickly – before we've really thought about whether it's helpful or kind. Just because we can do things quickly doesn't mean we should! It's better to pause for a second and think it through, instead of simply reacting.
- MIND YOUR LANGUAGE**  
People have invented loads of different ways to communicate online (emojis, abbreviations like LOL, TMI and so on). Some of these can be triggering to other people (such as using CAPS and ALL CAPS, LIKE YOU'RE SHOUTING!), so it's important to stay aware of the style of language you're using.
- BE SURE BEFORE YOU POST**  
On social networks like Instagram or Facebook, vast numbers of people might see what you've posted, so if that's something negative about a person, it can feel hugely painful for them. If you're ever tempted to post something like that, ask yourself: "do I really need to go public with this?"
- PROTECT YOURSELF**  
Always think very carefully before sharing any personal information with someone else or in a group. Once something's been put online, the sender loses any control over where it goes and who might see it. If you've got any uncertainty at all, it's a good idea to talk to a trusted adult about this first.
- KINDNESS IS CATCHING**  
Negative communication can spread rapidly online, but so can being kind and helpful (this happened quite a bit during lockdowns, for instance). A friendly, positive message can be as well as helping us feel good about ourselves – so share the love!
- WAITING CAN BE HARD**  
When we've sent a message or posted something online, waiting for a reply or for someone to respond can make us anxious. It's helpful to think whether you really have to message or post right now – or if you could wait until a better time when it will cause you less anxiety.
- THE NET LOVES ATTENTION**  
Most apps, games and sites use sophisticated technology that's designed to keep us coming back for more. It's important to keep this in mind when you feel the need to check for your phone, tablet or console – once we understand this fact, it becomes easier to control how we use our digital devices.
- REPLY WISELY**  
Sometimes it's tempting to fire back an instant response to a post or message we don't like: how we respond is important, however – whether we reply privately to the person or on a platform where lots of people will see it, for example, makes a big difference to how whoever is receiving the message will deal with it.
- FORGIVE AND FORGET**  
Even though we try to avoid them, mistakes can – and do – happen online. They can sometimes feel like a bigger deal than they actually are. It's important to remember that we're all only human, and sometimes we mess up. Learn to forgive others and – just as importantly – to forgive yourself.

**Meet Our Expert**  
Dr Cora Francis-Smith is an experienced counselling psychologist who, through her research, specialises in personal, work and educational communications. She consults with businesses and organisations to support positive and effective communication skills, often by considering some of the more hidden aspects of the medium.



**NOS National Online Safety**  
#WakeUpWednesday