

### International Women's Day

Last Friday was International Women's Day. This week, we had a special assembly in which we thought about, and celebrated, women's achievements and discovered why it is important to raise awareness about discrimination and to take action to drive equality. Here are just some of the inspirational women we have discussed:



Marie Curie



Rosa Parks



Jane Austen



Malala Yousafzai

### Ramadan Mubarak!

Warm wishes to all our families at this special time. This week we invited a visitor, Osman from the South Woodford Islamic Centre, to lead a special assembly about Ramadan. We would like to thank Osman, for his time. The children enjoyed hearing and learning about Ramadan!

Next week we will develop our learning about Eid further during class time.



### Reception Sock Puppets

The Reception children have been reading the story 'Too Much Stuff' by Emily Gravett in literacy this week. They have been thinking about how we can reduce, reuse and recycle. With this idea in mind, they have re-used old socks to create their own animal sock puppets. As well as being a fun activity, they have used their fine motor skills, imaginations and creativity in their learning.



### Philosophy Friday

Have a go at this question at home with a grown-up!

**Would you rather be as small as an ant or as big as an elephant?**

**Why?**

### DIARY DATES:

**Stay & Play**  
21st March

**Victorian Dress-Up Day**  
22nd March

**PTA Easter Egg Hunt**  
28th March



## Attendance Bear

The Attendance for this week is as follows:

**1st** Penguin 98%

**2nd** Giraffe, Koala and Panda 97%

**3rd** Turtle 96%

Well done everyone!



## Nursery Library Visit

The nursery children visited the fantastic children's section at South Woodford Library this week. They enjoyed choosing books and listening to stories and we even borrowed some books to bring back to nursery. Don't forget that the library is free to use and you and your child can borrow books to take home and share together.



## Healthy Meal Design Winner

Congratulations to Ava in Jaguar class who was the winner of our Healthy Eating Design Competition!

Our Year 2 children have been learning about healthy eating and the children designed a healthy meal as part of their Science topic.

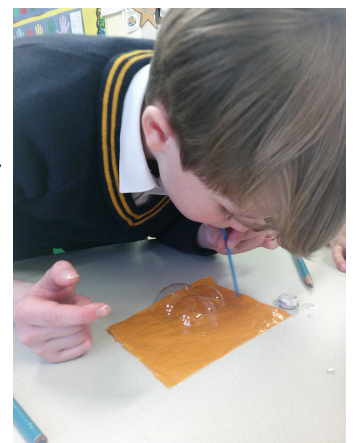
The entries were judged by our chef, Bev.

Ava created a delicious meal plan, consisting of cheesy fish pasta, couscous, chopped fruits and vegetables, with fruit salad and biscuit for dessert!



## Year 1 Bubble Experiments

Year One have worked hard to devise some questions they wanted to answer all about bubbles. This week they used their skills in scientific enquiry to answer one of them by investigating which materials would hold a bubble and which would pop them. They made a prediction about what they thought would happen and then tested different materials - some children even managed to blow a bubble on their table!



## Nursery Stay & Play

Growing Together: Every Day In Every Way

Spend some time playing with your child in Nursery! Nursery are hosting a Stay and Play on **Thursday 21st March**.

Morning session 8:45 – 10:00 am

Afternoon session 1:00 – 2:00 pm

(from 12:45 pm for parents of afternoon children)

Please remember not to use mobile phones while on-site. Younger children are welcome but must be kept with you.



## Victorian Dress-Up Day

Remember that next Friday (22nd March) is our special dress-up day.



We are celebrating our 150th year and we are working together alongside our PTA to organise a number of exciting events over the year.

This event will include the nursery, infants and junior school children and we are asking that the children come to school dressed as pupils would from the Victorian era.



Please do not feel pressured to buy expensive costumes. It is time to be creative and use what you can find at home. As part of the day, we ask that pupils bring a penny to school as they would have back in 1874. We are both looking forward to this wonderful opportunity to learn about life at Churchfields in the past and celebrate our history.

Please see the letter sent on Thursday 1st February for more information.



## E-Safety Tip of the Week!

### E-Safety Workshop

Thank you to all of the parents and carers who attended our informative e-safety workshop and technology drop-in session at school this morning. We hope that you found the materials useful and that your takeaway resource pack can provide further support at home. We will be putting a copy of the resources on the school website so that any parents and carers who were unable to make the session, or who wish to refer back to the slides, are able to do so. In the meantime, if you have any concerns about e-safety or require further assistance, please do get in touch with Miss Williams, our Computing Champion and Deputy Designated Safeguarding Lead (Online Safety).



### Online Safety for Under 5s

Please see attached an informative poster about online safety for children under the age of 5.

**NSPCC**



internet  
matters.org

**Be Internet Legends.**



Phone: 0208 505 0386

Website: [www.churchfieldsinfant.com](http://www.churchfieldsinfant.com)

E-mail: [admin@churchfieldsinfants.redbridge.sch.uk](mailto:admin@churchfieldsinfants.redbridge.sch.uk)



# ONLINE SAFETY FOR UNDER 5s

## 10 Top Tips for Parents and Carers

According to Ofcom's most recent research, a significant proportion of children are already online by the time they start school, with 17% of 5-year-olds owning their own mobile phone and 50% using messaging platforms. As becoming familiar with technology is generally encouraged in younger children – and has been essential for education during the pandemic – it is crucial that trusted adults recognise both the benefits and the risks of infants and toddlers using digital devices. We've compiled our top tips to help the under-5s start their online safety journey.

### 1 USE DEVICES TOGETHER

This lets you monitor and control what your child is using the device for. It also provides the interaction that supports children's understanding of what they're seeing – allowing them to ask you questions, and so on.

PARENT CODE:  
\*\*\*\*\*

### 6 BLOCK IN-APP PURCHASES

If your child uses a device that's linked to a payment method (such as a bank card), use the parental controls to block buys from app stores, as well as in-app purchases. That will prevent your child from accidentally spending money while on your device.

### 2 ACTIVATE PARENTAL CONTROLS

Most digital devices have built-in parental controls that can limit the type of content children have access to. If your little one uses any device (even borrowing yours), it's a good idea to explore what controls the device has and enable them whenever they have access to it.

### 7 CHOOSE SAFE APPS AND SITES

There are some fantastic apps and platforms that are specifically designed to be safer for children. Always check the PEGI age rating before downloading an app, and test it yourself before allowing your child to use it.

### 3 MANAGE SCREEN TIME

This can be tricky, especially if your child is interested in a certain video, app or game. Try to agree on some ground rules and get your child into a routine which includes certain times of the day when they go without devices.

### 8 INVOLVE THE FAMILY

If your toddler has older siblings, it's likely that *their* rules for device use will be different – and that they'll access content that isn't appropriate for younger ones (a particular worry if they share devices). Encourage the whole family to be good role models and help little ones stay safe online.

### 4 TALK ABOUT BEING SAFE ONLINE

Just like we teach children about being safe in the real world, we need to educate them about how to stay safe online. Use age-appropriate language to help them understand, and plenty of hand gestures can reinforce what you're telling them.

### 9 IF IN DOUBT, ASK

The easiest way to find out what your child is doing online is usually just to talk about it with them. Developing an open dialogue at an early age helps them grow up feeling able to talk to you about their digital life – providing opportunities to intervene if you're concerned.

### 5 SET A GOOD EXAMPLE

Children often learn by watching and copying those around them, and using digital devices is no exception. When you're around your child, try to follow the same rules that you've set for them. Let them see you balancing your time online with interacting with people in real life, too.

### 10 SUPPORT CREATIVE & ACTIVE PLAY

Physical and creative activities are important for a child's wellbeing, and there are plenty of ways to incorporate technology into that. For example, you could encourage games that require physical movement; dance and sing along to songs your child loves; and follow step-by-step crafting videos.

### Meet Our Expert

Konstantina Moustaka is a professional development and EYFS coordinator at an 'outstanding' nursery school in London. She has been working as a nursery and early years practitioner, both in the UK and internationally, for the past 16 years.



National  
Online  
Safety®

#WakeUpWednesday

