

Volume 5|  
Issue 1  
**September**  
**2024**



# Newsletter

## Welcome Back

Welcome back to a new school year at Grove Road!

It has already been a very busy and exciting month at school, with lots of things going on across the school. It was wonderful to see so many people attending curriculum meetings with class teachers and being able to spend some time sharing year group expectations. All information that was circulated is available on the school website, under the different year groups.

We have welcomed lots of new faces to Grove Road this month, including children in many year groups across the school, and of course our new children in Red and Orange Class. It is a pleasure and a privilege to welcome you into our Grove Road family.

I hope you have had a wonderful start to the new school year and I look forward to seeing everyone at the upcoming Harvest celebrations on the 11<sup>th</sup> October.

Best wishes,

Mrs Grace Beckford

Acting Headteacher

## Pastoral Support

Mrs Pires continues to offer pastoral support to all families every morning from the school office, from 9.00am until 10.00am. Mrs Pires is happy to speak on the phone or meet with families to support with a range of issues but also offer advice and signposting to other agencies. To speak to Mrs Pires, please contact her via the school office.



## Parent Governor Vacancy

We currently have a vacancy for a parent governor on our board. Being a school governor is a very rewarding, voluntary position which can allow you to support the school on a strategic level. We welcome nominations from all parents – new and long-standing. If you would like to find out more, please drop into the office to collect an information pack, where we can also put you in touch with an existing governor to find out more about the role entails.



## Classroom Opening Times & Before School Supervision

Teachers have been busily planning activities for children from 8.45am when the doors open so that we have a 'soft start' to the morning. Registers will be taken at 8.55am which is when the main gate will close.

We ask that children do not use the astro to play football or play on the equipment before or after school as there is no adult supervision. Unfortunately, a lot of learning time is lost from sorting out playground disputes during this time. We appreciate your support in ensuring that children enter the classrooms at 8.45am and leave the site swiftly at the end of the day.



## Celebrating Achievements Outside of School

If your child celebrates an achievement outside of school, we would love to recognise this. Examples include: swimming awards, martial arts grading and music exams. Please feel free to email your class mailbox with any photos or recordings and we will try and share these with the wider school.

## New Red & Orange Class!







# October Half Term MULTI-SPORT CAMPS

Skillz4Life Sports Coaching run 'Hounslow Quality Childcare Award' winning multi-sport camps for children during school holidays. Each camp aims to provide children with ultimate fun and an opportunity to learn skills from a variety of different sports and activities where **ALL CHILDREN, of ALL ABILITIES, from Reception to Year 6 are welcome.**

## Venue 1

Hounslow Town Primary School  
School Road, Hounslow, TW3 1QZ

## Venue 2

The Smallberry Green Primary School  
Turnpike Way, Isleworth, TW7 5BF

## When

Monday 28th October – Friday 1st November

## Times & Cost

Normal Day: 9am – 3pm | £20 per day\*  
or £95 for all 5 days **\*\*SAVE £5\*\***

Early Drop-off: 8.30am | +£2.50 per day\*

Late Pick-up: 4pm | +£5 per day\*

**\*5% SIBLING DISCOUNT ON ADDITIONAL CHILD\***

\*Pre-booking required. No bookings can be taken on the day.  
Price is per child, per day.

## Good to Know

- Experienced, friendly, **fully qualified DBS checked and first aid trained staff**
- **Different and exciting sports throughout the week including:** gymnastics, football, archery, cricket, basketball, dance, tennis, dodgeball, hockey, golf **and so much more!**
- Fun arts and crafts, board games and block building activities throughout the week, plus a **Halloween dress up disco on Friday afternoon**
- **Daily certificates awarded to the most improved and player of the day**

**SPECIAL OFFER: All 5 days + early drop off + late pick up for £117.50!**

(equivalent to £23.50 per day – saving £15)

## BOOK EARLY – LIMITED SPACES

To book a place for your child, text our friendly team on **07402 550606** with:

- Child's Full Name • Child's School & Year Group
- Time & Dates Required • Camp Venue Required

**skillz4life-sportscoaching.co.uk**

Tax Free  
Childcare  
Payments  
**ACCEPTED**

Fully  
trained  
**DBS  
CHECKED**  
staff



## Second Hand Uniform

Please visit <https://app.uniformd.co.uk/items/grove-road-primary-school> to browse our selection and make any purchases that you would like. We are also accepting any donations of school uniform that you may have through the school office.

## Class Emails

We continue to have class mailboxes for you to contact your child's class teacher. There is no need to also copy in the office to your emails – this can sometimes confuse the lines of communication. Class inboxes are monitored daily but please allow up to 48 hours for a response. For anything urgent, including reporting your child absent, please continue to contact the school office.

Red Class: [red@groveroad.hounslow.sch.uk](mailto:red@groveroad.hounslow.sch.uk)

Orange Class: [orange@groveroad.hounslow.sch.uk](mailto:orange@groveroad.hounslow.sch.uk)

Yellow Class: [yellow@groveroad.hounslow.sch.uk](mailto:yellow@groveroad.hounslow.sch.uk)

Green Class: [green@groveroad.hounslow.sch.uk](mailto:green@groveroad.hounslow.sch.uk)

Blue Class: [blue@groveroad.hounslow.sch.uk](mailto:blue@groveroad.hounslow.sch.uk)

Indigo Class: [indigo@groveroad.hounslow.sch.uk](mailto:indigo@groveroad.hounslow.sch.uk)

Violet Class: [violet@groveroad.hounslow.sch.uk](mailto:violet@groveroad.hounslow.sch.uk)

Gold Class: [gold@groveroad.hounslow.sch.uk](mailto:gold@groveroad.hounslow.sch.uk)

Rainbow Class: [rainbow@groveroad.hounslow.sch.uk](mailto:rainbow@groveroad.hounslow.sch.uk)



At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](https://nationalcollege.com).

# What Parents & Educators Need to Know about INSTAGRAM

AGE RESTRICTION  
**13+**

follow

WHAT ARE THE RISKS?

Instagram is a highly popular social media platform with over 2 billion active monthly users. The app is continuously updating and adding new features to meet the wishes of its audience, allowing them to upload images and videos to their Instagram feed, create interactive 'stories', go live, exchange private messages or explore and follow other accounts that catch their eye.

## ADDICTION

Many social media platforms, Instagram included, are designed to keep us engaged on them for as long as possible. They encourage scrolling often and scrolling more in case we miss something important – in essence, a fear of missing out. On Instagram, young people can lose track of time when aimlessly scrolling and watching videos posted by friends, acquaintances, influencers and possibly strangers.

## UNREALISTIC IDEALS

Children sometimes compare themselves to what they see online: how they look, how they dress, and the way their life is going in comparison to others on social media. However, most people only share the positives about their lives online and many use filters when sharing pictures of themselves. A constant comparison with unrealistic ideals can lead to insecurity over one's own appearance and lifestyle.

## GOING LIVE

Livestreaming on Instagram allows users to connect with friends and followers in real time. Risks increase if the account is public, because that means anyone can watch the broadcast, which could result in further contact from strangers. Additional dangers of going live include an impulse to act inappropriately to draw more viewers, as well as being exposed to harmful content or offensive language.

## INFLUENCER CULTURE

Social media influencers are sometimes paid thousands of pounds to promote products, services, apps and more. When celebrities or influencers post such content, it often says 'paid partnership' above the post. In April 2024, Ofcom found that over a quarter of children (27%) believed in influencer marketing, accepting their endorsement of products wholeheartedly. So it's perfectly possible for young people to be taken in by this kind of content.

## PRODUCT TAGGING

Product tags allow users to tag a product or business in their post. This tag will take viewers directly to the product detail page on the shop where the item can be purchased. Children may also be encouraged by influencers to purchase products that they advertise.

## EXCLUSION & OSTRACISM

Youngsters are highly sensitive to feeling excluded, which comes in many forms: not receiving as many 'likes' as expected; not being tagged in a friend's photo; being unfriended; not receiving a comment on their post or a reply to a message they sent. Being excluded online hurts just as much as offline. Young people have reported lower moods and self-esteem when excluded in this way, feeling as if they don't belong and aren't valued.

## Advice for Parents & Educators

### AVOID GOING PUBLIC

If a young user wants to share their clothing style, make up or similar and use product tagging to show off the items in their post, they may be tempted to change their settings to public. This leaves their profile visible to everyone, which carries the risk of strangers getting in touch with them. Set a child's account to private and explain the importance of keeping it this way.

### HAVE AN OPEN DIALOGUE

Talk to children about the positives and negatives of social media, including the risks involved and how they can view or create content safely with family and friends. Explain how safety settings will ensure only followers can view them, and why this is so important. Also, if you find a child continuously uses filters on their photos, ask them why and impress on them that they don't need it.

### MANAGE LIKE COUNTS

Due to the potential impact on mental wellbeing, Instagram allows users to hide the total likes on their posts, to prevent people from obsessing over that number in the corner. Users can hide like counts on all the posts in their feed as well as on their own posts. This means others can't see how many likes a person gets. This can be done by going into Settings > Notifications > Posts > Likes > Off.

### USE MODERATORS

Instagram Live has implemented a mechanic called Moderators, meaning that creators can assign a moderator and give them the power to report comments, remove viewers and remove the ability for certain viewers to comment at all. Consider this if a child in your care wants to go live on the platform. It's also recommended to keep devices in communal spaces so you're aware if a child does go live or watch a livestream.

### FOLLOW INFLUENCERS

Following influencers will allow you to monitor what they're sharing as well as being able to discuss anything which you deem inappropriate. Talk to children about who they follow and help them to develop critical thinking skills about what the influencer is trying to do. For example, encourage the child to ask themselves if an influencer is trying to sell them a product when they make a video endorsing it.

### BALANCE YOUR TIME

Instagram has a built-in activity dashboard that lets you control how much time is spent on the app. Make sure children sign in to the platform with the correct age, as Instagram's 'Teen Accounts' afford much more control for parents and carers over how long they can use the app each day. Talk with young users about how much time they spend on Instagram and work together to set a healthy time limit.

## Meet Our Expert

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



#WakeUpWednesday

The National College®

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/instagram-2022>

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## October Upcoming Dates

8<sup>th</sup> – Y5&6 Girl's Football Festival

8<sup>th</sup> – Parent Workshop – Zones of Regulation

10<sup>th</sup> – Hello Yellow Day

11<sup>th</sup> – Harvest Festival – EYFS & KS1 9.15am, KS2 2.45pm

14<sup>th</sup> – PANTS Week

17<sup>th</sup> – Y1 & 2 Football Festival

22<sup>nd</sup> – Blue Class Gurdwara Visit

23<sup>rd</sup> – Primary Cross Country Competition

24<sup>th</sup> – Gold Class Special Assembly 3.10pm

24<sup>th</sup> – Violet Class Egyptian Workshop

25<sup>th</sup> – Gold Class TfL Presentation

25<sup>th</sup> – Black Artist Appreciation Day

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



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