

# KEEVIL CoFE ACADEMY NEWSLETTER

## Up-coming Dates:

- 16<sup>th</sup> May – Winter Class Trip to Butterfly World
- 20<sup>th</sup> & 21<sup>st</sup> May – Scarecrow Trail
- 22<sup>nd</sup> May – Acorn Athletics Festival (Years 3/4)
- 24<sup>th</sup> May – Sports Day (9.15am)
- 25<sup>th</sup> May – Winter Class Sharing Worship
- 26<sup>th</sup> May – Last Day of Term 5

## Message from the Head

It has been KS2 SATs this week in all primary schools across the country. I know that opinion can be very divided amongst professionals and families alike, as to whether this is a good system for assessing outcomes of children, schools, Trusts, etc. But that matters little to the Y6 children, who have no choice but to sit the tests. So I want to say a huge well done to all our Y6 pupils who, without exception, have approached the tests very positively this week and have unquestionably done their best. Whatever their ultimate outcomes, we are incredibly proud of each and every one of them. I would also like to say thank you to the Autumn Class team, Mr McCaldon, Mrs Stainer and Mrs Wright, who have gone above and beyond to make the experience as stress-free and enjoyable as possible for the children, including cooking bacon sandwiches for them every morning!

### In our Good Learning Book this week:

**Winter:** Well done to Luca and Cayla for being Stars of the Week and to James who made an excellent job of helping to make a shop.

**Spring:** A big well done to Clara for earning her red handwriting award, Freddie T for earning his yellow award and Skylan for reaching his full pen licence.

**Summer:** Well done to Hester for being a great computer wizard and to everyone who has worked so hard in our Maths after school club (biscuit club).

**Autumn:** Massive well done to all of the year 6 children on completing the SATs tests this week. They all worked incredibly hard and all of the school staff are really proud of them.

I also have some news to share that is both good and bad this week. At this time of year we look towards our Y6 children moving on to secondary school which we know will bring great opportunities and excitement for them, but leaves us with a sense of loss at their leaving. It is with this mix of feelings that I have to let you know that Mrs Draper will be leaving us at half term. She has secured a job as a Family Support Worker within social services at BANES Council. This is a long held dream of hers, and represents a huge achievement to secure such a role. We are delighted for her to be starting this new chapter in her life, but she will be sorely missed in school. She has worked here for 15 years, bringing joy, understanding and so much more to children and staff alike. She will leave a large hole behind us. I am sure that you join with all of us in school in thanking her for all that she has given to us during her time with us, and wishing her well for her new adventure. In the short term her hours will be covered in Summer Class in part by Mrs Baxter, and we will also be welcoming Miss Norris who has been working as a TA in the Y3/Y4 class at West Ashton School to join the Summer Class team 2 days a week. After School Club will be covered by Miss D and Mrs Baxter. We are waiting on the finalisation of next year's budget from Acorn, which will enable us to plan for and recruit a long-term replacement. I will keep you

informed of these plans and other staffing arrangements for next year as soon as I am able to confirm these.

House points			
Kestrels	Ospreys	Buzzards	Harriers
319	319	234	323

## Sports Day – Wednesday 24<sup>th</sup> May 2023 9:15-11:45am Keevil Village Field

Once again we are approaching Sports Day! Everyone is looking forward to the event and taking part in lots of different activities and races. For those of you who are new to the school and haven't attended our Sports Day before, the event takes place at the village playing field; the activities are a mix of races in which the children will compete against other students in both their individual year and class groups, as well as a school 'house relay' that involves children from all classes. There will also be a carousel of activities where the children score points for their individual houses, which will be run by our year 6 children.

Please drop your child off at school at normal time on Wednesday, then make your way down to the field. There will be more information to follow in regards to parking arrangements, but we are kindly being allowed to use Keevil Cricket Ground again to prevent cars from parking on the road. Staff members will organise the children in school and then walk them down to the field, aiming to start the events by 9:30am at the latest. We aim for Sports Day to be finished around 11:45am, so that we can bring the children back to school in time for lunch.



# Keevil Coronation Fun!

Many thanks to FoKS for providing a Coronation gift for all the children.

# Interhouse Competition

ACORN EDUCATION TRUST COMPUTING PRESENTS

THE FIRST

# ACORN ACADEMY AWARDS

YOUR CHANCE TO CREATE AN AWARD WINNING FILM

CHOOSE FROM 1 OF 3 CATEGORIES:

## ORIGINAL NARRATIVE

(YOUR OWN STORY – 3-5mins)

## ADAPTED NARRATIVE

(A STORY TAKEN FROM A BOOK/FILM OF YOUR CHOICE – 3-5mins)

## SHORT NARRATIVE

(ANY STORY OF YOUR CHOICE – 30secs-3mins)

## DOCUMENTARY

(BASED ON ANY SUBJECT OF YOUR CHOICE – 3-5mins)

AWARDS WILL BE GIVEN TO:

- ★ BEST FILM IN EACH CATEGORY ★
- ★ BEST DIRECTOR ★
- ★ BEST EDITOR ★
- ★ BEST SOUND ★
- ★ BEST ACTOR ★

Acorn Education Trust are running a film making competition which will form our Inter house competition. You could enter a film as a group of friends (mixed houses is fine), an independent director or maybe as a family unit at home.

Deliver your film as a video file to Mrs Brown ([lb@keevil.wilts.sch.uk](mailto:lb@keevil.wilts.sch.uk)) by Friday 9th June to enter. Let Mrs Brown which of the four categories above you have chosen.





# Be You Day Retreat

Saturday 20 May, 10am - 4pm

## Young Persons Mental Health and Wellbeing Woodland Retreat

Mental health and wellbeing  
workshops



Sensory area

Mindfulness

Art therapy

Meditation

Relaxation

Yoga

Breath-work

Physical fitness

Massage

Join Debs Clark from Vibes and Minds for a mental health & wellbeing day retreat.

Experience the beauty of nature in the peaceful woodland setting at Found Outdoors in Wiltshire.

All sessions are run by experienced practitioners who are DBS checked and fully insured.

Drinks and snacks are provided.

Suitable for families or individual children.

Child ticket £40  
Parent/carer £15

For more info contact  
debs@vibesandminds.org  
07896 529229

"Grab some time for you and yours"



Book online at [www.vibesandminds.org](http://www.vibesandminds.org)



Found Outdoors, Townsend Woods, Great Cheverell  
Wiltshire SN10 5TW  
[www.foundoutdoors.org](http://www.foundoutdoors.org)

Dear Parents & Carers,

The online world is posing an ever-increasing risk to children, and it is important that schools, parents and carers work together to take an active role in teaching children about online dangers. Learning how to act safely when using the internet is an incredibly important part of safeguarding our children.

We would therefore like to remind you that **Acorn Education Trust** have shown our commitment to protecting our pupils online by working with National Online Safety- providing resources for all parents and carers. This work is being led by Kingdown School.

The resources include Parents & Carers courses (presented by Myleene Klass), online video resources and weekly guides covering a huge range of topics, including:

- Online Relationships
- Fake Profiles & Social Bots
- Online Bullying
- Online Grooming
- Child Sexual Exploitation
- Sexual Harassment & Violence
- Sexting
- Live Streaming
- Online Identity
- Screen Addiction
- Online Challenges
- Overspending
- Social Media Platforms
- Online Gambling
- Radicalisation, Terrorism & Extremism
- Age Inappropriate Content
- Copyright & Ownership
- Hacking
- Fake News
- Online Fraud
- Online Reputation
- Personal Data
- Pornography
- Targeted Adverts & Pop-Ups
- The Dark Web
- Games & Trends

To create your account, please follow this link (<https://nationalonlinesafety.com/enrol/kingdown-school/>) and complete your details. When you're set up, you'll be able to set 'Parent/Carer' as your user type.

You can access National Online Safety online via any device- including via our brand-new smartphone app. To download the app, please go to:

<https://apps.apple.com/gb/app/national-online-safety/id1530342372>

<https://play.google.com/store/apps/details?id=uk.co.nationaleducationgroup.nos>

Alternatively, search for 'National Online Safety' in the App Store/Google Play Store.

Answers to frequently asked questions and customer service can be accessed at <https://helpdesk.thenationalcollege.co.uk/helpcentre> .

Kind Regards,

**Acorn Education Trust**

At National Online Safety, we believe in empowering parents, carers and young people with the information to make informed decisions about online safety with young children, teens and young people. It is essential. This guide focuses on one of many issues which we believe is particularly important for young children, teens and young people.

# Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children, from exams and deadlines to anxiety and mental health struggles. It's quite easy to send messages, make jokes and share online about the things that irritate us, but when we least expect it, you – or your child – look at a message and think "I wish I hadn't sent that". In fact, when you least expect it, you think "I wish I hadn't sent that". To help keep them safe and teach them healthy online habits, we need to develop children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here...

### WHAT IS DIGITAL RESILIENCE?

Digital resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things". It's about being able to bounce back from setbacks. Every time we feel sad, worried, scared or upset at school, it's how we respond that is most important. Digital resilience is about making choices that keep us safe and happy, and about being able to respond to something negative or upsetting. Building your child's digital resilience will help reduce the impact of anything that goes wrong with them, and help them navigate the online world.

### MAKE POSITIVE LIFESTYLE CHOICES

- Make time for the people and things that make you happy.
- Monitor your screen time and stick to your limits.
- On social media, follow people that inspire you – and unfollow the ones who don't.
- Spread some positivity, post good comments and share good news.

### KEEP YOUR HEALTH IN MIND

- Try to factor in regular breaks from screens – identify opportunities for some revitalising fresh air.
- Exercise is as brilliant stress-buster: a little bit of a stroll to your local shop can really work wonders.
- Be strict with yourself about putting your phone away in plenty of time for a good night's sleep, which is essential for staying healthy.

### REACH OUT FOR SUPPORT

- If you have a problem online, don't be afraid to reach out to specialist people or organisations that could help.
- Follow people on social media who have the same values and morals as you.
- You could always talk to a friend or a trusted adult like a teacher or family member for some advice.

### PUT SAFETY FIRST

- If you see something online that's untrustworthy, tell a trusted adult about it as soon as possible.
- You could also report the content to the relevant authority on the site or app that you saw it on, as they can't look into it.
- Another option is to block the person or the account that's causing you a problem – or you could report them to the relevant authority if you've been sexually harassed or doxxed.

### GET THINGS CLEAR IN YOUR HEAD

- Ask yourself what kindness online means to you. Can you be kind or supportive towards you online? What did they do?
- Think about how it makes you feel. Was someone being kind to you, or were they sending you a positive or funny message online?
- What about the opposite? Has anyone been unkind to you online? What did they do and how did it make you feel?
- If someone's behaviour online is bothering you, think about what you can do. If you're not sure, you can take it to a person's being unkind online.

**Meet Our Expert**  
 E-safety programs are designed to work with the needs of children, young people and young adults, so it's important to get support from a professional who understands the needs of your child or young person.

**National Online Safety**  
 #WakeUpWednesday

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# Helping children and young people with MANAGING DEVICE STRESS AND ANXIETY

The internet and advances in the capability of digital devices have afforded us arguably the fastest period of technological and social evolution in living memory: creating opportunities for us to interact with people anywhere in the world, 24 hours a day. It's also, however, blurred safety boundaries and created new pressures for young people, who are often less aware of the hidden hazards. With almost half of 16- to 17-year-olds in the UK using mobile phones every day, it's important to know how to address some of these challenges.

### WHAT ARE THE RISKS?

The increased amount of time spent on our online devices and the way we interact with them has led to a number of risks. There's very little time for sleep, and it's very easy to get into a cycle of doom scrolling. Content can be negative, and it's easy to compare ourselves to others. Children may not have the ability or the support to deal with it.

### PUSHY NOTIFICATIONS

Content is also directed at us through notifications from our apps, emails, text messages, social media, or even our mobile phones. These notifications can be distracting and interrupt our focus. They can also be annoying, especially if they're not relevant to us.

### BLURRED BOUNDARIES

When we're on our devices, it's easy to lose track of time. This can lead to us spending too much time on our devices, which can affect our sleep, our schoolwork, and our relationships. It's important to set boundaries and stick to them.

### LEARN THE BASICS

It's important to know the basics of online safety. This includes understanding how to protect your privacy, how to spot scams, and how to report any concerns. It's also important to know how to deal with any issues that arise.

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### DIGITAL DEPENDENCY

As devices of our lives have become more essential, it's become harder to imagine life without them. This can lead to digital dependency, where we feel we need our devices to function properly. This can affect our mental health and our ability to cope with life without them.

### DISGUSTED DISTRESS

Children often haven't yet developed the emotional resources to deal with the challenges of the digital world. This can lead to distressed distress, where they feel overwhelmed and unable to cope with the challenges of the digital world.

### ANTI-SOCIAL SOCIALS

While social media can be a great way to connect with friends and family, it can also be a source of social isolation. This is where we feel lonely and disconnected from others, even though we're online.

### KEEP CHECKING IN

It's important to check in with ourselves and our loved ones. This means taking time to reflect on how we're feeling and how we're coping. It's also important to check in with our loved ones to see how they're doing.

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All content on this website has been reviewed by experts and approved by the National Cyber Security Centre (NCSC) as part of the National Online Safety (NOS) programme. If you have any feedback, please contact us at [help@nationalonlinesafety.com](mailto:help@nationalonlinesafety.com) or <https://www.nationalonlinesafety.com/feedback>. We will do our best to respond to you as quickly as possible. This guide is for informational purposes only and is not intended to be used as a legal basis for any action.

## Ten top tips for

# STRONGER PASSWORDS

Passwords continue to be the most common way to prove our identity online. A combination of a username and a password known only to the user provides access to our online accounts and data – and hopefully keeps our information safe. But as the volume of data we store online grows, so do the risks of being hacked. We're seeing an increasing volume of usernames and passwords being leaked online, what can we do to keep our data more secure? Here are our top tips for stronger passwords.

### BE UNPREDICTABLE

We often choose passwords that are easy to remember, but these are also the easiest for hackers to guess. Instead, choose a password that is a mix of letters, numbers, symbols and spaces. Avoid using common words, names, or simple patterns like '12345678' or 'qwertyuiop'. Use a password manager to help you create and store strong passwords.

### AVOID GETTING PERSONAL

Many of us use passwords relating to our family, such as children's names. The problem here is that we also typically use the same names for other accounts, such as social media. Hackers can use this information to guess your password. Instead, use a mix of unrelated words and numbers to create a unique password.

### NEW PLATFORM, NEW PASSWORD

When you create a new account on a platform, it's tempting to reuse a password you've used elsewhere. However, if one of your accounts is hacked, the hacker could use your reused password to access other accounts. Always use a unique password for each platform.

### LONGER IS STRONGER

Our passwords are often stored by online services in an encrypted format, but the strength of this encryption, however, depends on the length of the password. The longer the password, the more difficult it is for hackers to guess. Aim for at least 12 characters, with a mix of letters, numbers, and symbols.

### CHECK SOCIAL MEDIA VISIBILITY

Staying up to date with friends and family on social media is part of our lives, but we often share too much information. Check your privacy settings and avoid sharing your location, phone number, or other personal details that could help someone guess your password.

### Meet Our Expert

Meet our expert, [Dr. Sarah Jones](#), who has spent over 10 years in the field of cybersecurity. She has worked for the National Cyber Security Centre (NCSC) and has been instrumental in developing many of the tools and techniques used to protect our online data. She is a frequent speaker at industry conferences and has written several books on the subject.

### 'DOUBLE LOCK' YOUR DATA

It's not just about having a strong password, it's also about how you use it. Enable two-factor authentication (2FA) for all your accounts. This adds an extra layer of security by requiring a second form of verification, such as a text message or a security key, in addition to your password.

### DELETE UNUSED ACCOUNTS

Over time, we accumulate a lot of unused accounts. These accounts are often forgotten about and can be a security risk. Regularly review your accounts and delete any that you no longer use. This reduces the number of potential entry points for hackers.

### TRY PASSWORD MANAGERS

Even though most of us have a password manager, it's important to use one. Password managers can generate and store complex, unique passwords for every account. They also alert you if a password is compromised or if you're using a weak password.

### GET CREATIVE

The British Government's National Cyber Security Centre (NCSC) has a great tip: 'Use a phrase that you can remember, but that is hard for others to guess. For example, 'My cat's name is Fluffy and she has 3 legs' is much easier to remember than 'P@ssw0rd123!'. Use a mix of words and symbols to create a unique and memorable password.

### STAY VIGILANT

The best way to protect your data is to stay vigilant. Be aware of phishing emails and suspicious links. Don't click on links or download attachments from unknown sources. Regularly update your software and operating system to ensure you have the latest security patches.



#WakeUpWednesday

# National Online Safety®

## Download your Free Online Safety App for Parents & Carers



### Be #OnlineSafetySavvy

Keep up with the latest apps, games and tech your children are using, with the worlds most comprehensive online safety app for parents.

### On the National Online Safety app you'll find:

- ✓ Hundreds of online safety guides on the topics you need to know about - from screen addiction, fake news and trolling to hacking, social media influencers and sexting;
- ✓ An online safety training course for parents - developed by our experts and delivered by online safety ambassador Mylene Klass;
- ✓ A user-friendly interface with increased functionality - find exactly what you need, when you need it;
- ✓ The option to get notifications to your phone as soon as new content becomes available - so you can stay up-to-date with the latest online crazes (and risks!);
- ✓ An in-app voting system so you can help determine the subjects you'd like us to cover in future;
- ✓ The facility to personalise your content by favouriting key resources.

### Download the free app today



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