

Dear Families

I hope that you all are well.

As we turn into December and all that Advent brings, we are looking forward to our performances at St Martin's Church next week. Although we are all frustrated that our performances have had to go onto a virtual basis, in the light of the new covid strain and the associated isolation rules for close contacts, it is the most sensible thing to do. Amidst other schools shutting year groups etc due to lack of staff, it would be awful to close parts of the school because high numbers of staff suddenly have to isolate. It's not something that we do lightly, and I'm genuinely sorry for any disappointment.

I look forward to 'seeing' you all online next week at the various performances in St Martin's Church.

Have a lovely weekend!



Upcoming Events

8th Dec 10:30am : EYFS Christmas Performance
 8th Dec 2:30pm: Year 1 & 2 Christmas Performance
 9th Dec 10:30am: Year 3 & 4 Christmas Performance
 8th Dec 2:30pm: Year 5 & 6 Christmas Performance
 10th Dec : Christmas Jumper Day
 10th Dec : Christmas Dinner
 17th Dec : Last Full Day at School
 20th Dec – 3rd Jan : Christmas Holidays
 4th Jan : INSET Day
 5th Jan : Return to School



Health & Wellbeing

Parents and carers can support and acknowledge children's emerging values and morals and individual ways of doing things. Parents can teach children the significance of rules and regulations and support them to develop their negotiation skills. Children enjoy sharing their options and using their skills.

Please visit the [Hillfort Newsletter](#) online to see a list of creative activities that you can use with your child to support their emotional development at home. Play releases lots of feel good chemicals that help us feel calm, steady and connected. If possible, look to do these activities for as much as 20 minutes or more each day.



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Word Millionaires

I would like to offer a huge congratulations to two of our older learners. A massive well done to both Fred S and Jacob H who have become "Word Millionaires" on 'Accelerated Reader'.

They have read voraciously, and we applaud them for that! Well done Fred and Jacob!



Attendance

As we are in the winter months, it is understandable that attendance dips with all of the bugs that can go around a primary school. Ignoring covid absence, I am mindful about recent attendance trends. Over the last few weeks we've seen something of a drop in attendance. I'm sure that this will soon pick up again, but please do lean towards sending children into school on those days when it's 50/50! We will always ring you if your child is unwell and needs to be sent home.

We have also seen an increase in children arriving late to school in the mornings. Please note that the gates open at 8:45 and close at 8:55 and therefore children must be in school before the gate closes. Your support with this is much appreciated.



Late for Pick Up

I also wanted to raise parents' awareness to a slightly different arrangement in terms of picking up children – when parents/carers are late. If the adult is more than five minutes late for pick up (i.e. after 3.45pm), children will be taken to Mr Last's classroom. This is the classroom immediately next to the front reception area. One of the Headship team will be looking after the children rather than teachers having to hang around. Efforts to avoid lateness are greatly appreciated, not least because it can be quite distressing for a child to see all of their friends go home but they're left as the last one. In advance, thank you for this.



Safer Internet

Just a reminder around the excellent website that is <https://saferinternet.org.uk>. This is a really helpful website for helping you to keep your homes and your children safe online. There is lots of advice generally – including 4 tips for how to buy tech for Christmas presents.



Chosen Charities

Our Student Councillors from Key Stage 2 have decided which charities they are going to raise money for this year.

In addition to the one off events, e.g. Pudsey, we will be donating to:

Cornish charity: **Shelterbox**

National charity: **NSPCC**

Global charity: **World Wildlife Fund for Nature**



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Great Game!

After many years, Hillfort has entered a new football team into the South East Cornwall schools mini league and cup competition. On Friday afternoon, the Hillfort football team played their first match against a very strong and established team from Burraton Primary School in Saltash. Burraton's match experience gave them a slight advantage so came out as deserved winners but our team played some really good football and battled hard throughout the match. As this was the first time we had played together as a team, and the weather was terrible, it was a brilliant performance. The children really enjoyed representing Hillfort and can't wait for the next match. Well done everyone!

Thank you also to all of the parents who braved the weather to support the team!



EYFS Welcome Video

We're unable to welcome prospecting parents into the school until the new year, so we hope this video will provide you with a little insight into our Reception classes and outdoor spaces.

Let's make 2022 another full house!

If you have any questions, don't hesitate to call or email the school.

<https://youtu.be/26FnmhdrbDY>



Time2Move Holiday Programme

The Time2Move programme is being delivered by Active Cornwall in partnership with Cornwall Council and is funded by the government [Holiday Activities and Food Programme](#), which funds local authorities to provide FREE holiday club provision, including healthy food and enriching activities, to children eligible for benefits-related Free School Meals.

The Christmas programme is open to all children and young people aged 5 to 16 and activities will mainly take place from Monday 20th to Thursday 23rd December. All children are welcome to attend and it is completely **FREE** to children on benefits-related Free School Meals. All activities can be booked on the programme website at

www.activecornwall.org/T2MHolidayCamps.

Please find attached to this email a letter introducing the Christmas programme and explaining how eligible families can obtain their child's unique code which they will need in order to access their free place.

If you have any queries relating to the Time2Move programme, please visit the Active Cornwall web link above in the first instance.



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The
deadline for
applications is
**15 January
2022**

Starting school September 2022

Applying for a place in a reception class for children born between 1 September 2017 and 31 August 2018

Attending a nursery or pre-school

You will need to apply even if your child attends a school's nursery or pre-school class. Please note that if a school is oversubscribed the fact that a child attends a school's nursery or pre-school, or a local nursery or pre-school, does not automatically guarantee a place at that school. The school's oversubscription criteria will be used to allocate places. Visit our website or contact us for more information.

Information and guidance

Website and application form: www.cornwall.gov.uk/admissions

Email: schooladmissions@cornwall.gov.uk

Post: School Admissions Team, County Hall, Truro, TR1 3AY

Telephone: 0300 1234 101

Need help with your application?

Contact the Family Information Service on 0800 587 8191



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www.cornwall.gov.uk

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it's needed. This guide focuses on one issue of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, tips and tips for adults.

What Parents & Carers Need to Know about AGE-INAPPROPRIATE CONTENT

"Inappropriate" means different things to different people. What's acceptable for one age group, for example, may be unsuitable for a slightly younger audience. Online, young people can chance upon inappropriate content in various ways - from pop-up ads to TikTok videos. The increasingly young age at which children become active in the digital world heightens the risk of them innocently running into something that they find upsetting or frightening. Trusted adults need to be able to help children be aware of what to do if they're exposed to age-inappropriate content.

WHERE IS IT FOUND?

SOCIAL MEDIA
Age-inappropriate content is easily accessible through many social media platforms. For instance, is hugely popular with young people. It is well known for clips featuring sexualised dancing or profanity. Some social media users also express hate speech or promote eating disorders and self-harm, which could cause lasting damage to a child's emotional and mental health.

GAMING
Gaming is an enjoyable source of entertainment, but many popular titles can expose children to inappropriate material such as violence, horror, gambling or sexually explicit content. Playing games unsuitable for their age risks normalising to children what they are seeing. Some games also include in-game chat, where other (usually older) online players often use language that you probably wouldn't want your child to hear or repeat.

STREAMING

The range of video streaming services available online means that users can find almost anything they want to watch on demand. Children are therefore at risk of seeing TV shows and movies which contain nudity, drug and alcohol abuse, explicit language and extreme violence. Unfortunately, these streaming platforms can't always determine that it's not an adult who's watching.

ADVERTS
Online adverts frequently include age-inappropriate content, usually gambling and nudity or partial nudity, although adverts for alcohol or e-cigarettes are also common. Some search engines also feature adverts that are responsive to your search history: so if you've recently looked up a new horror movie, shopped for lingerie or ordered alcohol online, then the ads appearing on screen could reflect this the next time your child borrows your device.

18 Advice for Parents & Carers

TALK IT THROUGH

Embarrassment or fear of getting into trouble can make it difficult for children to talk openly about age-inappropriate content they've watched. Encourage your child they can always come to you if they're troubled by something they've seen online, without worrying about consequences. Before offering advice, discuss what they've seen, how they felt and how they came to find the content in question.

CONNECT, DON'T CORRECT

If your child's been particularly distressed by exposure to content that wasn't suitable for their age, it's important to offer reassurance to prevent them from repeating the same digital mistake. But it's equally vital to help them deal with the emotions that the situation has raised. You could tell them about any similar experiences you might have had at their age, and how you dealt with it.

BLOCK, REPORT, CONTROL

After discussing the problem, you and your child can take action together. This could include blocking any inappropriate sites and reporting any content which violates a platform's rules, to further safeguard your child online. Set up parental controls on internet-enabled devices that they use. This will significantly reduce the chances of your child being exposed to age-inappropriate content in future.

GET SPECIALIST HELP

Age-inappropriate content can potentially have a negative impact on a child's mental health, which is sometimes displayed through changes in their behaviour. If the problem becomes more severe, you might consider reaching out to a mental health professional or an expert in this field who can provide you and your child with the proper support.

STAY CALM

Even though it is obviously difficult to stay rational in a situation where your child has been put at risk, it's essential to think before you react. Your child may well have hesitated to open up to you about watching inappropriate content for fear of disapproval, so being calm and supportive will reinforce the notion that it would be easy to talk to you about similar issues in the future.

Meet Our Expert

Cecily Jorgensen is a registered Counsellor with The Health Professions Council of South Africa, and also a practice offering counselling to children, teenagers and families. Her main focus is creating awareness and helping the community on the mental health pressures of today's world, as well as resources and techniques to understand and cope better.

NOS National Online Safety
#WakeUpWednesday

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