



## LISKEARD HILLFORT PRIMARY SCHOOL | 1<sup>st</sup> April 2022



### Upcoming Events

**28<sup>th</sup> Mar – 8<sup>th</sup> Apr** : Easter Egg Competition

**5<sup>th</sup> – 7<sup>th</sup> Apr** : Parent's Evening

**11<sup>th</sup> – 22<sup>nd</sup> Apr** : Easter Holidays

**15<sup>th</sup> Apr** : Good Friday

**18<sup>th</sup> Apr** : Easter Monday

**2<sup>nd</sup> May** : Early May Bank Holiday

**9<sup>th</sup> – 12<sup>th</sup> May** : Year 6 SATs Week

**16<sup>th</sup> – 20<sup>th</sup> May** : Year 3 Residential Week

**24<sup>th</sup> – 26<sup>th</sup> May** : Year 6 Residential

#### RESIDENTIAL REMINDER

Please can you ensure all payments are up to date for your child's residential.

[Hillfort Calendar](#)



### School Clubs After Easter

#### Mondays

- Football with Mr Glass (Year 5 & 6)
- Theatre with the Early Energy Centre (KS2)

#### Tuesdays

- Rugby with Exeter Chiefs (KS2)
- Steel Pans with Selina Jolly (Year 5 & 6)
- Bike Club with Dr Cook (Year 5 & 6)
- Arts & Crafts Workshops (Parents & Children)

#### Wednesdays

- Football with Plymouth Argyle (Year 3 & 4)
- Steel Pans with Selina Jolly (Year 3 & 4)
- Running Club with Miss Harris & Mrs Gale (KS2)

#### Thursdays

- Football with Plymouth Argyle (Year 5 & 6)
- Arts & Crafts with Miss Harrington (Year 3 & 4)

#### Fridays

- Judo with Eva Minarikova (KS2)

[School Club Days & Times](#)



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# Dear Families

Happy April! I hope that you're all well – the weather is lively these last couple of days with snow and sleet. All good bracing stuff!

Competition time! In this newsletter are pictures of two baby guinea pigs who are coming to Hillfort after Easter. Our rabbits have retired, so to join our chickens, Toby the cat and Ralph the dog, we need some names. Please email some suggestions in to [jtruscott@hillfort.org.uk](mailto:jtruscott@hillfort.org.uk), or let class teachers know!

Over the upcoming Easter break Hillfort will once again be a busy place with builders in. The most obvious reason is that we are having a full wet room installed into our aging First Aid facility. This will allow a better experience for anyone unfortunate enough to need First Aid or who needs access to a wet room. As part of our commitment to equality and to treating everyone with dignity, this is a further step.

Can I take a moment to advertise two clubs that you will receive a Google survey for, to complete sign-up:

- Bike club on a Tuesday with myself on the new track is now open to a Yr5 and Yr6. Even if children have done it before and want to carry on, please complete the survey.
- Judo club starts after school on a Friday. Judging by children's reaction to me being thrown in assembly today, we might well have huge demand for this club. We can only accommodate 30 children from Key Stage 2. Please complete the Google survey and we'll see how many we get!

Looking after Easter, there will be some changes to a couple of important aspects of Hillfort life. One will be how we order food. At the moment valuable learning time is lost by spending a period of the day running through the menu. We will be changing this to an online system after Easter. Whilst the new system comes in, we will be ordering additional food to ensure that nobody goes hungry! So, please do keep an eye out for the instructions and we hope that it all goes smoothly. Fingers crossed!

And finally, after Easter we are changing playground arrangements for pick up/drop off:

- We are going to keep the one-way system, but parents to not have to keep walking through – they can pause to speak to teachers;
- As we progressively go back to pre-covid arrangements, teachers will be on hand to discuss any matters at the classroom door;
- Children will still go into the class at the start of the day – they don't have to wait for a bell in the playground.

We think that parents will appreciate the opportunity to from the chance to chat to teachers. Of course, more detailed matters will still need to be booked, but at least it gives parents the opportunity to do a quick 'touch base'.

I do hope that you have a lovely weekend. Personally, I'm looking forward to leading the Sports Academy trip to see Plymouth Argyle FC vs Oxford FC. For someone born in Exeter and a regular Exeter FC supporter, to be going to Argyle is quite the sacrifice! I hope my commitment is appreciated!

Have a good weekend! Looking forward to seeing you all at Parents Evening next week!

Kind regards,

Tim Cook



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Last weekend, Harriet S (Y2) took it upon herself to create a poster about littering and take it around shops in Liskeard to display in their windows. Having learned about littering in school, Harriet had a conversation with the store assistants herself and told them what she was learning in school. A zero waste shop in Liskeard was very impressed and agreed to stick the poster on an empty door so everyone could see it!



### Cross Country Awards

Wednesday night saw the presentation evening for Schools Cross Country League. We had 11 Children complete 3 or more races so qualified for a medal at the presentation. We all looked very smart and proud up on stage receiving their medals. Here's to next year where we hope to have more children qualifying. Year 2, get those running legs ready for Year 3.



### RE: Christianity

As part of the National Curriculum for RE, this term Year 3 have been learning about Christianity. For part of this topic, Grace Kanungha visited year 3 yesterday afternoon to help the children understand the concept of the Holy Trinity. We look forward to welcoming her back to the school on Monday, when she will also talk to the school about how Christians celebrate Easter.



### Mini Football Tournament

On Monday afternoon our football team played two matches at Callington Community College in a mini tournament.

First up was another physical game against Bishop Cornish Primary School who we defeated a few weeks ago. It was very even throughout but they just edged it and we lost the match 4-2. Our next match was against Harrowbarrow Primary School. We raised our game, playing some really good football, winning this one convincingly 5-0.

Another good experience for our new football team. Brilliant effort. Well done everyone.



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## ParentPay Guide to Online Lunch Orders

School lunches will be bookable online after Easter. Therefore, if you don't have an active ParentPay account, please contact the office for an activation letter. Even if your child is in KS1 or qualifies for Pupil Premium Free School Meals these will still need to be booked online. Please see attached to this email – a guide to ordering your child's school lunches online.



## Arts Academy

There is still space within Arts Academy should your child want to join after Easter.

Arts Academy will return after Easter with 3 exciting clubs, including: Theatre on Mondays with The Early Energy Centre; Steel Pans on Tuesdays/Wednesdays with Mrs Jolly; and Arts & Crafts on Thursdays with Miss Harrington.

Sign your child up if they would like to get creative and join the fun - <https://forms.gle/AKJq6Adwxene2VfS6>

(If your child is already signed up to Arts Academy, you do not need to fill in another form. All current members will continue after Easter unless the office are told they no longer wish to take part).



## Bike Club

Bike Club with Dr Cook has now opened up to both Year 5's and 6's! Even if your children have taken part before, please fill in the google survey linked here > <https://forms.gle/8z99XdQK6fGwustDA>



## Judo Club

After the Easter Holidays, Judo club starts after school on a Friday. Judging by children's reaction to Dr Cook being thrown in assembly today, we might well have huge demand for this club. If your child is not successful this term, we will make sure to put them on a waiting list for next term, so please complete the Google survey by next Friday and we'll see how many we get! > <https://forms.gle/XU5k2DEw1aSG3tEc9>



## Guinea-Pig Naming

Competition time! In this newsletter are pictures of two baby guinea pigs who are coming to Hillfort after Easter. Our rabbits have retired, so to join our chickens, Toby the cat and Ralph the dog, we need some names. Please email some suggestions in to [jtruscott@hillfort.org.uk](mailto:jtruscott@hillfort.org.uk), or let class teachers know!



## Easter Egg Competition

It's that time of year again and Mrs Cotterill has already got the tree out in the office!

The Easter Egg competition is back and we're looking for your best creations. Get creative and hand your entries in to either Mrs Cotterill or the office.

Everyone who enters will receive a prize, as well as bigger prizes for 1st, 2nd and 3rd place!

Winners will be announced next week.



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# Stars of the Week

## YEAR R

☆ Kobi N-B ☆

☆ Elsie S ☆

## YEAR 1

☆ Alfie S ☆

☆ Joshua A-C ☆

## YEAR 2

☆ Joshua P ☆

☆ Freya B ☆

## YEAR 3

☆ Victoria K ☆

☆ Evelyn C ☆

## YEAR 4

☆ Poppy O'C ☆

☆ Ziva C ☆

## YEAR 5

☆ Merryn C ☆

☆ Jack S ☆

## YEAR 6

☆ Thomas S ☆

☆ Edie D ☆



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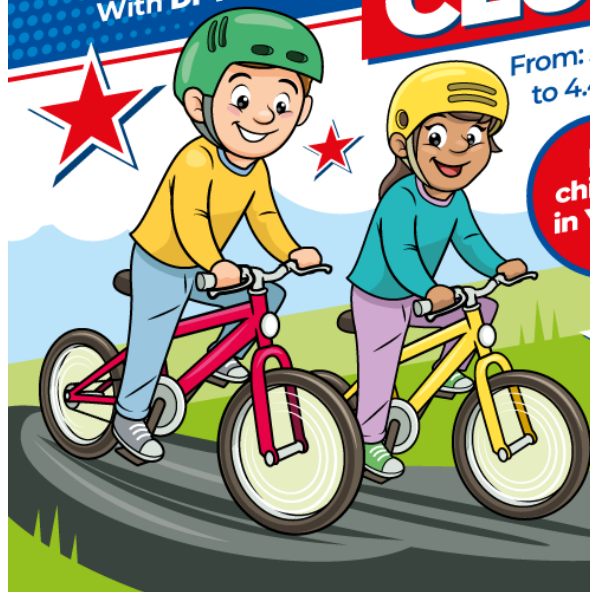


# BIKE CLUB

With Dr Tim Cook

From: 3.45pm  
to 4.45pm

For  
children  
in Year 6



# Arts & CRAFTS CLUB

For  
children  
in Years  
3 & 4

Thursdays  
after school

From:  
3.45pm  
to 4.45pm

With Miss Harrington



Creative FUN!

All 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 is needed. This guide focuses on one of many topics which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

## What Parents & Carers Need to Know about FACEBOOK

With 2.9 billion users, Facebook, owned by the recently rebranded Meta, is the world's most popular social media platform. It encourages interaction with other people by (among other things) adding them as friends, reacting to or commenting on their content, sharing images and videos, posting status updates, joining groups and playing games. Facebook is free, and anyone over 13 can join – but with no age verification, younger children can easily create an account. It's likely your child is already familiar with the platform, even if they don't yet use it themselves.

AGE RATING  
13+

### WHAT ARE THE RISKS?

#### ADDICTIVE NATURE

Facebook's quick reward cycle of likes and comments on shared posts can be highly addictive. It encourages users to keep returning to post things and increases FOMO (Fear of Missing Out), which leads to people checking the app even more frequently and finding themselves endlessly scrolling through content.

#### CYBERBULLYING

A 2021 Ofcom report found that around one in four UK 12-18 year olds had been cyberbullied or teased (intentionally antagonised online). On Facebook, this can happen through direct messages (on Facebook Messenger), hurtful comments on their profiles and posts, pages or groups set up purposely to torment a victim, or exclusion from pages or groups.

#### FUTURE IMPACT

Like most social media platforms, anything posted on Facebook leaves a permanent 'digital footprint'. This can have future consequences for young people. Many universities and employers, for example, now review someone's Facebook timeline during the application process.

#### CONTACT FROM STRANGERS

Just like in the offline world, there are people on Facebook with malicious intentions. Ofcom reports for instance, that 30% of 12-18 year olds have received a friend request from a stranger. This, sadly, can include individuals seeking to take advantage of impressionable youngsters.

#### OVERSHARING

Facebook encourages you to post 'what's on your mind', but children should be wary of revealing too much about themselves online. Users can give away their location by checking in or using Facebook Live, for example, while some photos can also be traced using the data.

#### INAPPROPRIATE CONTENT

Facebook monitors and removes material like hate speech or extreme political views. While adverts on the platform are now restricted from targeting under-18s based on their interests, offensive content isn't always taken down instantly. However, as there's still a risk of children encountering it.

#### VIDEOS AND STREAMING

Facebook Live lets users stream video live to their friends or watch others' broadcasts. Viewers can comment in real time, which is problematic to moderate. Short, user-created clips called Reels can now also be placed on profiles and feeds. These video features could contain inappropriate material or expose children to live streaming of something or someone that they wouldn't normally do.

## Advice for Parents & Carers

### KEEP ACCOUNTS PRIVATE

In the settings area, you can choose whether a Facebook profile is public or private. By for the safest option is to switch your child's to private, so they can only interact with people who they are friends with on the platform. Facebook's settings can also prevent your child's personal information (such as contact details, school name or date of birth) from appearing publicly.

### SAVY SHARING

Make sure your child realises that what they share online with friends can and up being shared again by others. It is important to ask them what they think about what they share with others. Facebook's Audience selector gives them the option to share what they are sharing, whenever a status is updated, photos are uploaded or anything is posted.

### ENCOURAGE SAFE FRIENDING

Facebook can help your child to stay connected with their friends and the things that they care about. However, it's important for them to understand that they should only accept friend requests from people who they know, the key questions to consider are 'Does your child trust them in person?' and 'do they know and trust them enough to feel comfortable accepting them as a Facebook friend?'

### RESPECT BOUNDARIES

Once you've talked about Facebook safety with your child, give them some space and trust them to make smart choices. Make it clear, for them to understand that they should only accept friend requests from people who they know, the key questions to consider are 'Does your child trust them in person?' and 'do they know and trust them enough to feel comfortable accepting them as a Facebook friend?'

### LEAD BY EXAMPLE

Let your child watch you using Facebook – this will demonstrate how it can be used safely and appropriately, reducing the risk of them encountering harmful content themselves. Teach them the habit of thinking before sharing anything online and try to follow the same rules that you set for them – so if you agree time limits on your child's Facebook use, then you should stick to them, too.

### BLOCK AND REPORT

On Facebook, you're able to report harmful content and block particular people or groups so they can't contact your child or harass them. If you notice anything suspicious or harmful on the platform, show your child how to report it. If you notice anything suspicious or harmful on the platform, show your child how to report it. If you notice anything suspicious or harmful on the platform, show your child how to report it.

ALL STARS cricket

DYNAMOS CRICKET

## ECB NATIONAL PROGRAMMES

IN CORNWALL

### ALL STARS AND DYNAMOS LAUNCH

STARTING FROM MAY 6TH

- All Stars (5-8 yr olds) - BOOK HERE [allstarscricket.co.uk](http://allstarscricket.co.uk)
- Dynamos (8-11 yr olds) - BOOK HERE [dynamoscricet.co.uk](http://dynamoscricet.co.uk)

[WWW.CORNWALLCRICKET.CO.UK](http://WWW.CORNWALLCRICKET.CO.UK) **WP Cricket**

### Meet Our Expert

Alex Wright is a former Facebook employee and social media expert with more than 15 years' experience in digital media. He has worked with some of the biggest organisations on the planet and has a vast understanding of how social media platforms work and how they engage their audience.



#WakeUpWednesday