



## Weekly Newsletter

**Friday 18th February 2022**

Dear Parents and Carers,

How lovely to end the first half of the spring term seeing so many parents and carers in school, viewing your child's work and discussing their learning. I hope that you were encouraged by their work and how much they are engaging with and enjoying the curriculum. Our aim is to provide a broad and engaging curriculum that is connected and rooted in experiential learning to inspire the children, to enable them to learn in a variety of ways so that they achieve well academically and socially. As restrictions have gradually eased, we have been delighted to welcome the return of visitors, sports fixtures and educational visits to fire up the children's imaginations and supplement the curriculum, and we look forward to those we have planned. These dates will be added to as additional events are planned, specific details of each event or trip (where relevant to you) will be sent in due course:

- 21<sup>st</sup> and 22<sup>nd</sup> March - Iron Age workshop (Y3 - history)
- 3<sup>rd</sup> March - World Book Day (Whole school - reading, literature)
- 10<sup>th</sup> March - Reading Rockets Basketball workshop (Y3 - sport and team skills)
- 14<sup>th</sup> to 18<sup>th</sup> March - Science Week
- 17<sup>th</sup> March - Reading Rockets Basketball workshop (Y4 - sport and team skills)
- 24<sup>th</sup> March - Reading Rockets Basketball workshop (x2 classes in Y5 & Y6 - sport and team skills)
- 31<sup>st</sup> March - Reading Rockets Basketball workshop (x2 classes in Y5 & Y6 - sport and team skills)
- 31<sup>st</sup> March - Science Museum, Winchester (Y4 - science)
- 4<sup>th</sup> April - Life Bus (all year groups - PSHE, health education)
- 9<sup>th</sup> to 13<sup>th</sup> May - SATs (Y6 - end of Key stage two standardised assessment tests)
- 23<sup>rd</sup> May - Roman workshop (Y3 - history)
- 30<sup>th</sup> May to 3<sup>rd</sup> June (half term) - Bikeability
- 1<sup>st</sup> June to 6<sup>th</sup> July - Swimming (Y5 - PE)
- 14<sup>th</sup> & 16<sup>th</sup> June - Father's Day sale (HSCA)
- 9<sup>th</sup> and 19<sup>th</sup> June - Ufton Court visitors to school - (Y4 - history)
- 27<sup>th</sup> & 28<sup>th</sup> June - Robert Mays' transition days (Y6 - preparation for secondary school)
- 11<sup>th</sup> July - Marchants Hill residential - (Y6 - outdoor learning)

There is a much for the children to look forward to in their learning and I am sure they will continue to tackle it with their impressive drive, perseverance, and enthusiasm. They have worked incredibly hard and deserve a well-earned break before returning on Tuesday 1<sup>st</sup> March. Your support, as ever, is fully appreciated, thank you.

Yours sincerely

Mrs L Martin

## INSET Day, Monday 28 February

Remember that school is closed on Monday 28 February for an INSET day. Pupils return on Tuesday 1.

## School Closure due to Inclement Weather

Thank you for your understanding today in response to the rapidly changing weather conditions on Friday 18 February. On the evening of Thursday 17 February, the weather warning for our area was amber and this remained the case until 04:30 on Friday when it was upgraded to red. With this change, Hampshire County Council recommended that all schools close for the day. We advised all parents by listing our closure on the Hampshire School Closures website, sending a text message, and posting on our Facebook page at approximately 7AM.

A small number of parents advised us that our text message was not received. If you have not received a message from us, please check that your mobile device has not categorised the message as 'spam'. We often use text (SMS) messages to communicate urgent information and we are occasionally advised that text messages sent by the school have not been received. Messages are sent to the first priority contact number you provide to us when your child first enrolls, or a revised number when you advise us of a change, including with the Data Collection Sheet that we circulated to all parents in the Autumn term. You might not notice a message from us when the Teachers2Parents app is installed on your device. If the Teachers2Parents app is installed on your mobile device, messages will be delivered to the app and not delivered by SMS. The Teachers2Parents app will only display a notification on your mobile device if you have granted permission for the app to show notifications. If you have not granted permission for the Teachers2Parents app to show notifications, messages will not be displayed and therefore could be missed. To guarantee that you receive all SMS messages from us, we recommend that you remove the Teachers2Parents app from your device, which will result in messages being delivered to you by SMS instead. Whilst the app offers a number of other features, we do not currently make use of these.

Actions we take in the event of a school closure are [summarised on the school website](#).

## Queens Platinum Jubilee Writing and Drawing Competitions

### Ranil Jayawardena's Short Story Competition

To celebrate 25 years of World Book Day, Ranil Jayawardena MP is delighted to announce the launch of his short story competition for primary aged children in North East Hampshire, with the theme of 'the natural environment'.

- Stories should be a maximum of 500 words
- Email your entries to him at [email@ranil.uk](mailto:email@ranil.uk)
- Competition closes on Sunday 27th February
- The winner will receive a fantastic book voucher to further their love of reading

For full details, visit: [ranil.uk/news/world-book-day-2022](http://ranil.uk/news/world-book-day-2022)

### Hook Parish Council Design A Card Competition

Hook Parish Council is looking for some super A4 drawings to enter a competition, with one design to be made into a card to send to the Queen herself on behalf of everyone in Hook and two designs made into plaques that will be placed next to some exciting new Jubilee trees to be planted in a newly created garden in Wellworth Park.



The picture can be anything the children would like to draw to celebrate the Queens Platinum Jubilee. The winning pictures will be decided by the Parish Councillors, therefore we ask that your child brings this with them to school and hands it to their class teacher by **Monday 21<sup>st</sup> March 2022**. The winning picture will have the following text added by Hook Parish Council underneath the design.

- Drawn By (the child's first name and initial)
- Age (child's age)
- Hook Infant School or Hook Junior School
- In honour of HRH Queen Elizabeth II Platinum Jubilee 2022

Please ensure each entry has the following information:

- Child's name and age
- Parental contact details

Please be aware that by entering the competition you are agreeing for your child's work to be put on a plaque/card and that Hook Parish Council then own the copyright of the image and are free to use it anywhere they see fit in future. If you have any queries or would like further information, please feel free to contact the Parish office [amenities@hook.gov.uk](mailto:amenities@hook.gov.uk) or by calling 01256 768 687 ext 202.

## Stars of the Week

Year 3: James K, Jason N, Arian B, Ellis B

Year 4: Phoebe E-H, Taylor-Jane F, Ellie Mai B, Will C

Year 5:

Year 6: Eden R, Sienna C, Alex F, Scott M

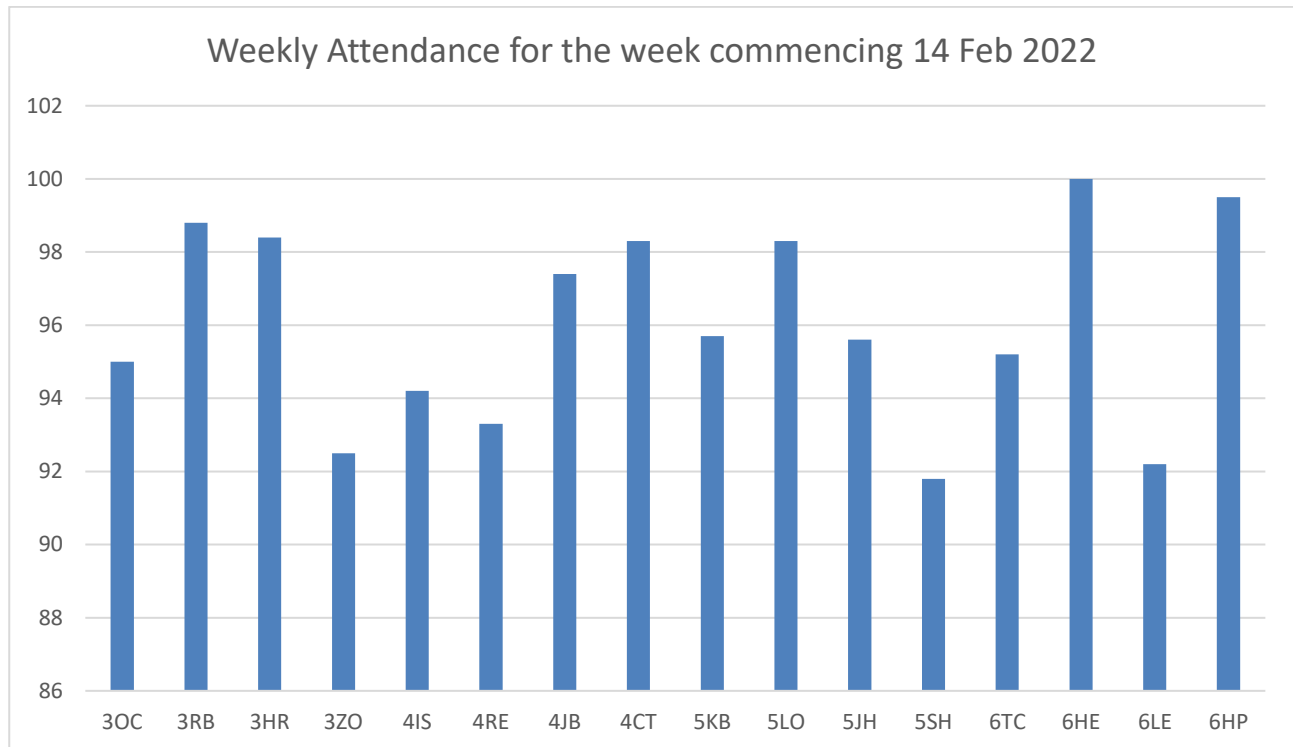
## House Points this week

<b>Austen</b>	161
<b>Brunel</b>	159
<b>Nightingale</b>	154
<b>Wellington</b>	163

**House point winners this week: Wellington**

## Attendance This Week

*Every day counts... Your child's attendance matters!*



Overall attendance this week: 96.1%

### Find out more...

Follow [@hookjunior on Twitter](#) and [visit our Facebook page](#) for more updates and photos.

## Key Dates

<b>21 Feb</b>	Spring Half Term Week
<b>28 Feb</b>	INSET Day
<b>1 Mar</b>	Spring Term 2 – back to school
<b>1 Mar</b>	Pabulum 'Pancake Day' menu
<b>3 Mar</b>	World Book Day
<b>03 Mar</b>	HSCA Bag2school
<b>10 Mar</b>	Gremlin Dance Challenge
<b>10 Mar</b>	Reading Rockets Basketball Workshops
<b>14 Mar</b>	Science Week
<b>17 Mar</b>	Reading Rockets Basketball Workshops
<b>18 Mar</b>	Red Nose Day
<b>19 Mar</b>	HSCA Beer Festival
<b>21 Mar</b>	Year 3 Iron Age Workshop
<b>22 Mar</b>	Year 3 Iron Age Workshop
<b>22 Mar</b>	HSCA Mothers Day Sale
<b>24 Mar</b>	Reading Rockets Basketball Workshops
<b>24 Mar</b>	HSCA Mothers Day Sale
<b>31 Mar</b>	Reading Rockets Basketball Workshops
<b>31 Mar</b>	Year 4 Winchester Science Centre Visit
<b>4 Apr</b>	Life Education Wessex LifeBus visits for the week
<b>5 Apr</b>	3RB and 3ZO Easter Service to Parents, 09:00
<b>6 Apr</b>	3OC and 3HR Easter Service to Parents, 09:00
<b>6 Apr</b>	Governor Day
<b>8 Apr</b>	End of term – 1:30 finish
<b>11 Apr</b>	Easter Break
<b>25 Apr</b>	Summer Term – back to school
<b>27 Apr</b>	Happy's Circus
<b>28 Apr</b>	Happy's Circus
<b>19 May</b>	Class Photos
<b>23 May</b>	Year 3 Roman Workshop
<b>30 May</b>	Summer Half Term Week
<b>8 Jun</b>	HSCA Bag2School
<b>9 Jun</b>	Year 4 Trip to Ufton Court
<b>10 Jun</b>	Year 4 Trip to Ufton Court
<b>14 Jun</b>	HSCA Fathers Day Sale
<b>16 Jun</b>	HSCA Fathers Day Sale

<b>25 Jun</b>	HSCA Gin Festival
<b>27 Jun</b>	Year 6 Transition day to Robert Mays School
<b>28 Jun</b>	Year 6 Transition day to Robert Mays School
<b>11 Jul</b>	Year 6 Residential trip to PGL Marchants Hill
<b>16 Jul</b>	HSCA Summer Fair
<b>21 Jul</b>	End of term – 1:30 finish



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 Edit date: 06/03/19

Instagram is a hugely popular social networking app with over 1 billion snap happy users worldwide. The app, which is accessible on iOS and Android devices, allows users to upload images and videos to their feed, like an online gallery. Images and videos can be transformed with an array of filters to edit the shot before sharing. Anyone with an account can see others' online 'galleries' if their account is not private. To make posts easier to find, users can include searchable hashtags and captions to their uploads. The app has additional features like an 'Explore Page,' which contains videos and images tailored to each user based on accounts and hashtags they follow.



# What parents need to know about INSTAGRAM



## HOOKED ON SCROLLING

Instagram revealed that young users spent a minimum of 33 minutes on the app per day. Many social media platforms, including Instagram, have been designed in a way to keep us engaged on them for as long as possible. Behavioral economist Nir Eyal calls this the 'Hook Model' and the Instagram feed is a great example of this. Children and adults may find themselves scrolling to try and get a 'dopamine release'. Scrolling may become addictive and it can be difficult to stop scrolling until they find that 'something' they are looking for. Children may quickly lose track of time as they get deeper into their Instagram feed.

## SLIDING INTO DM'S

Direct messages (or DM's) on Instagram allow users to share posts, images, videos, voice messages and calls between each other privately (or in a private group). Even if your child's account is set to private, anybody has the option to message them and send them content. If the person is not on your child's friends list, the message will still be sent to their inbox but the user has to accept their request to see the message.

## INFLUENCER CULTURE

Influencers are sometimes paid thousands of pounds to promote a product, service, app and much more on social media. When celebrities or influencers post such an advert, they should add a disclosure somewhere in the post which states that they have been paid for it. Currently, this is well hidden in the hashtags or in the comments of their post, making it unclear that their photo/video is actually an advert. This can be very misleading to young people who may be influenced into buying/seeing something promoted by somebody they admire. Dr Danielle Wagstaff, a psychology professor from Federation University Australia, said that social media and influencer culture can sometimes lead us to 'observe a false sense of what everyone else is doing' and that this 'can definitely have a negative effect on our mental health and wellbeing.'

## DAMAGE TO CONFIDENCE, BODY IMAGE & MENTAL HEALTH

In a recent report by the RSPH, Instagram was ranked the worst for young people's mental health. Using filters on photos on Instagram can set unrealistic expectations and create feelings of inadequacy. Children may strive for more 'likes' by using retouchingly edited photos, judging themselves against other users on the app might threaten their confidence or self-worth. In early 2019, Instagram boss Adam Mosseri promised to ban images of self-harm, following the suicide of 14-year-old Molly Russell, who had reportedly been looking at such material on the platform.

## LIVE STREAMING TO STRANGERS

Live streaming on Instagram allows users to connect with friends and followers in real-time and comment on videos during broadcast, but this feature can be turned off. If your child's account is private, only their approved followers can see their story. It's important to note they may have accepted a friend request from someone they don't know, which means they could be live streaming to strangers. Children also risk sharing content they later regret, which could be re-shared online for years to come. Public accounts allow anybody to view, so we suggest your child blocks followers they don't know. In February 2019, the NSPCC demanded a crackdown on Instagram's 'labeled self-regulation' after it was revealed grooming, and abuse via the app had more than tripled 3,000 cases of sexual communication with children, some as young as 5, took place in 18 months.

**IN-APP PAYMENTS** - Instagram allows payments for products directly through the app. It operates under the same rules as Facebook Payments, which state that if you are under the age of 18, you can only use this feature with the involvement of a parent or guardian.

## EXPOSING LOCATION

Public locations can be added to a user's photos/videos and also to their stories. While this may seem like a good idea at the time, it can expose the location of your child. This is particularly more of a risk if it is on their story, as it is real time. Posting photos and videos is Instagram's biggest selling point. But with sharing images comes risks. A photo which includes landmarks in the area, their school uniforms, street names, house and town tagging in the location of the photo uploaded to Instagram can expose the child's location, making it easy to locate them. If their account is not set to private, anyone can access their account and see their location.

## HIJACKED HASHTAGS

Like Twitter, hashtag are also an extremely prominent tool in Instagram and with that comes dangers for your child. One person may use a seemingly innocent hashtag with one particular thing in mind, and before you know it hundreds of people could be using the same hashtag for something inappropriate or dangerous that your child certainly shouldn't be exposed to.

## IGTV

Instagram TV (IGTV) works similarly to YouTube. Users can watch videos from favourite accounts on the platform, or create their own channel and post their own videos. It's important to note anyone can create an Instagram TV channel and doesn't have to be friends with a person to follow an account and watch their videos. In 2018 Instagram reported and removed some of its TV content which featured sexually suggestive imagery of children. As the feature may encourage spending more time using the app, it's important to set time limits to avoid children's sleep or education being disturbed.

# Top Tips for Parents

## RESTRICT DIRECT MESSAGES

If your child receives a message from somebody they do not know, encourage them not to accept their message request and 'block' this person; this is the only way to stop them messaging your child again.

## LOOK OUT FOR #ADS

In January 2019, the UK's Competition and Markets Authority launched an investigation into celebrities who were posting adverts on social media and not declaring that they were paid for. Influencers must clearly state that they have been paid for their posts, for example using a hashtag like #ad or #sponsored. Teach your child to look out for the signs of a paid post and discuss with them that not everything they see from celebrities is their personal choice and opinion.

## REMOVE PAYMENT METHODS

If you are happy for your child to have a card associated with their Instagram account, we suggest adding a PIN which needs to be entered before making a payment; this will also help prevent unauthorised purchases. This can be added in the payment settings tab.

## SCROLLING

Instagram added a 'you've completely caught up' message in late 2018. This message breaks up the feed and notifies you when you are up to date and there are no more new posts from followers. This feature is enabled automatically, but have the conversation with your child about how much time they are spending on the app and set healthy time limits.

## PROTECT THEIR PERSONAL INFORMATION

Your child may unknowingly give away personal information on their profile or in their live streams. Talk to them about what their personal information is and make sure that they do not disclose anything to anyone during a livestream, comment, direct message or any other tool for communication on the platform, even to their friends.

## USE A PRIVATE ACCOUNT

By default, any image or video your child uploads to Instagram is visible to anyone. A private account means that you have to approve a request if somebody wants to follow you and only people you approve will see your posts and videos.

## FILTER INAPPROPRIATE COMMENTS

Instagram has an 'anti-bullying' filter, which hides comments relating to a person's appearance or character, as well as threats to a person's wellbeing or health. The filter will also alert Instagram to repeated problems so they can take action against the user if necessary. This is an automatic filter, but it can be turned off. Make sure it is turned on in the app's settings.

## TURN OFF SHARING

Even though this feature will not stop people from taking screenshots, it will stop others being able to directly share photos and videos from a story as a message to another user. This feature can be turned off in the settings. We also recommend turning off the feature which automatically shares photos and videos from a story to a Facebook account.

## DON'T FORGET TO BE VIGILANT & TALK TO YOUR CHILD ABOUT THEIR ONLINE ACTIVITIES!





Yoga is a practical technique to develop both body and mind in perfect harmony.

With both physical and psychological advantages including enhanced strength, co-ordination and flexibility, and a developed sense of calmness, relaxation and improved concentration, it's the perfect practice to nurture children's healthy mental, physical and emotional development.



YogaBears' mission is to use yoga to develop the mind, body and soul, creating an holistic sense of oneness within each and every child.



## Nurturing Your Child's Superpowers



We are all born with superpowers and at YogaBears we encourage every child to go at their own superpower pace.

YogaBears is suitable for all children from 3 to 11 years old



A large, fluffy red teddy bear is shown on the left side of the bottom section. The background is a warm orange-red color with abstract patterns.

**YogaBears Hampshire & Berkshire Borders**

For more details please call Jackie on  
 Mobile 07855 585 498 or email [jackiepvyogabears@gmail.com](mailto:jackiepvyogabears@gmail.com) Facebook: YogaBears Hampshire & Berkshire Borders  
 (Covering North Hants, Berks & Surrey Borders)



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# FUTURE IN MIND

Do you care for a child or young person who struggles with their mental health/emotional wellbeing?

Would you like to meet other parent carers and hear from Mental Health Professionals?

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## Hart & Rushmoor CAMHS

### HPCN Parent Carer Sessions

JOIN OUR FRIENDLY, INFORMAL AND UNDERSTANDING GROUP

**Sept 2021 - July 2022**

9th September 2021

14th October 2021

11th November 2021

9th December 2021

13th January 2022

10th February 2022

10th March 2022

12th May 2022

16th June 2022

14th July 2022

11am - 12pm if on Zoom 10am - 12pm if face-to-face

Please email for Zoom Code / Venue

**HAMPSHIRE  
PARENT CARER  
NETWORK**  
enabling voices to be heard



FOR FURTHER INFORMATION, EMAIL  
MARYBALDWIN@HPCN.ORG.UK



[www.hpcn.org.uk](http://www.hpcn.org.uk)

# FUTURE IN MIND



Do you care for a child or young person who struggles with their mental health and/or emotional wellbeing?  
Would you like to meet other parents with similar experiences?  
Would you like to hear about different Mental Health topics each month, presented by a CAMHS Clinician?

## Evening Sessions

8pm - 9pm

Weds 19th Jan

Thurs 17th Feb

Thurs 10th Mar

### WINCHESTER & TEST VALLEY

Wednesdays  
11am - 12pm

12th Jan  
9th Feb  
9th Mar

### BASINGSTOKE

Fridays  
11am - 12pm

28th Jan  
18th Feb  
25th Mar

### HART & RUSHMOOR

Thursdays  
11am - 12pm

13th Jan  
10th Feb  
10th Mar

### EASTLEIGH

Thursdays  
11am - 12pm

6th Jan  
3rd Feb  
3rd Mar

### Havant

Thursdays  
11am - 12pm

27th Jan  
17th Feb  
24th Mar

### FAREHAM & GOSPORT

Fridays  
11am - 12pm

7th Jan  
4th Feb  
4th Mar



**HAMPSHIRE  
PARENT CARER  
NETWORK**  
enabling voices to be heard



SESSIONS ARE TAKING PLACE VIA ZOOM  
DURING THE COVID-19 PANDEMIC.  
FOR LINKS OR FURTHER INFO, EMAIL  
[MARYBALDWIN@HPCN.ORG.UK](mailto:MARYBALDWIN@HPCN.ORG.UK)

**Sept - Dec 2021**