

19.10.2021

# Newsletter



## cashforkids

### Carnival Cake Sale

To help us raise money for our Cash for Kids fund raiser, we are asking if parents and carers could kindly send in cakes on carnival day to sell after school? The money raised will go towards our Cash for Kids Appeal total.

We are extremely lucky as a school to have the support of Rock FM as they often provide for families who are most in-need.

Please donate kindly.

### Prefects

At Kingsfold, prefects are required to show respect towards teachers and pupils because as pupil leaders, this is very important in their duties. Besides, prefects have a bigger role to play in the maintenance of a friendly atmosphere, cooperation, peace, discipline and unity in the school. Prefects are chosen and voted for by the staff.

Our prefects for this year are:

**Jessica, Merdi, Josh, Martina and Skye.**

### Carnival Day

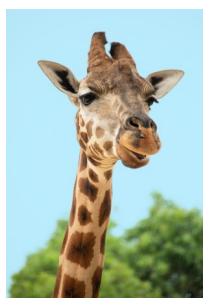
Friday 22nd October



To end our Black history month, we are asking for children to come in beautifully bright clothes, face paint, face / body jewels, feathers, etc.

### South Lakes Wild Animal Park

Reception and Key Stage 1 will be attending a trip linked into their science work on 2.11.2021.



Please provide parental / carer permission via ParentPay where we are asking for a small contribution.

### Digital Leaders

Being a **Digital Leader** helps children develop confidence and **leadership** skills.

The chosen pupils also provide meaningful support to teachers and peers throughout the school on digital matters.

Our Digital Leaders for this year are:

**Anam, Dylan, Georgina, Merdi.**

## #Together

# BINGO

Complete an activity  
and tick it off the list!



Go for gold:  
complete all  
the activities



Super silver:  
complete a  
horizontal or  
vertical line



Brilliant bronze:  
complete one  
activity per line

JUMP up and down in a space 40 times	PLAY musical statues	RIDE a bike, scooter	BALANCE on a part of your body for 60 seconds	JUMP or MOVE over a pillow 40 times	PLAY hide and seek
HOP, JUMP or STAND on the spot for 60 seconds	BALANCE in a plank position	PASS a ball around your waist or head 25 times	BALANCE an object on your head	KEEP a balloon in the air for 60 seconds	PERFORM 50 star jumps
COMPLETE 20 shuttles (running, walking or moving)	SKIP or MOVE for 2 minutes	ROLL a ball across a table 10 times	PERFORM 40 of the same type of jumps	CREATE and complete and obstacle course	THROW or ROLL an object into a target 10 times in a row
DRIBBLE a ball in and out of objects	PERFORM 40 squat jumps / sit forwards	THROW or ROLL a ball against a wall or with a sibling	MOVE and complete 10 laps of your house or garden	PERFORM 40 jumps	PLAY a new game with a sibling, parent or carer
PERFORM 30 push ups	PERFORM dance movements	PERFORM a short fitness workout	PERFORM 30 sit ups or lean forwards	PERFORM a gymnastics routine	INVENT and play a new game



## What parents need to know about

# NETFLIX

**18+**  
The strictest ratings must be 18 or older.



Launched in 1997, Netflix is now one of the world's leading online streaming services, providing users with unlimited access to a huge variety of TV shows and films. It's available on any internet-connected device that supports the Netflix app, from smart TVs and games consoles to tablets and smartphones, and is becoming increasingly popular with a younger audience. This is unsurprising given consumer attitudes are changing more towards video-on-demand (VoD) services. That's why we've created this guide to help parents and carers understand exactly what Netflix is about.

### Inappropriate content

Netflix hosts and produces content for all ages. It has a wide variety of films and TV programmes for young children, teens and adults and its extensive catalogue can provide hours of entertainment. Children can search for almost anything but if they share the same account as an adult, it can also open them up to viewing material that is adult themed or inappropriate. Netflix doesn't check who's watching so children could access films or TV shows that contain violence, nudity or foul language.



### Risk of hacking

With millions of users in over 190 countries, Netflix is often targeted by hackers and phishing scams which try to illicit usernames and passwords to gain access to accounts. If successful, hackers can steal payment details or try to sell your data on the dark web, providing others with the opportunity to profit. Given Netflix doesn't provide 2-factor authentication, it's important to ensure your login details remain secure.



### Binge-watching

With the ability to access Netflix on almost any device, it can be easy to fall into 'binge-watching' TV series, with users finding it difficult to turn it off without knowing what happens next. The autoplay function also means that the next episode usually plays within seconds of the last ending and the Netflix algorithms mean that recommended programmes are very often similar to those you've just watched. This can easily lead to spending hours in front of the TV through the day or staying up through the night, potentially affecting sleep, mood and the ability to concentrate the next day.



### Screen addiction

In addition to binge-watching, the fact that Netflix is available on almost any device with an internet connection means that parents may find it difficult to prize children away from a screen. With a huge collection of children's TV programmes and the latest film titles, children could start watching on the TV, continue on the tablet and finish on their games console. Increased screen time means that they may spend less time learning, playing outside, find it difficult to sleep or communicate less with family and friends.



### Netflix party

Netflix Party is a free extension on Google Chrome that gives users the ability to watch a film or TV show online simultaneously with friends or family in different locations. It also provides the ability to chat to each other during the stream. Users can create a party and send a link to people they want to invite however the link can be copied and distributed further, meaning children could potentially be open to a group chat with people they don't know. It should be noted that Netflix Party isn't an official Netflix product and needs to be downloaded separately to the app.



**National Online Safety**

#WakeUpWednesday

## Safety tips for parents & carers

### Create a Netflix Kids experience profile

One of the biggest advantages of Netflix is the ability to control what content your children can watch. Setting up a Netflix Kids experience profile means that children only have access to TV shows and movies which have been carefully selected for kids. The look and feel of the app is simpler and children can't access any account settings.



### Set maturity ratings & block content

If your child is a little older, parents can create a separate profile to their own and set a maturity rating that means children will see only TV shows and movies that fit that rating. The three categories of rating for the UK are kids (all, U, PG), teens (12, Guidance, Teen) and adult (15, 18, mature, adult). You can also block specific TV shows and movies from individual profiles which means they don't show up in the browse or search results.

### Have an open & honest conversation

Parents can review the TV shows and films that have been watched on each profile under their account. If your child seems upset or shocked by something they have seen or if you are concerned about anything they've viewed, try to talk to them about it and have an open and honest conversation to help understand any concerns.

### Switch off autoplay

Netflix has two autoplay features that can be switched on and off across different accounts and takes effect across all devices. Parents can disable the ability for consecutive episodes to play automatically and for previews to play when browsing. Both can help to limit the amount of time children spend on the app.



### Lock your profile

It's important to keep your own account secure so that children can't freely switch between profiles and potentially access more adult-themed content or change access levels. Parents can set up a Profile Lock PIN which means only they can access their own Netflix account.



### Set screen time limits

Although switching off autoplay will help to stem programmes playing continuously, children can just as easily choose to play the next episode themselves. Whilst Netflix has no options to help limit viewing time, many devices now allow parents to set screen time restrictions, so you can switch off the app automatically when you think they've had enough.



### Meet our expert

Pete Badi is a writer with over 10+ years in research and analysis. Working within a specialist area for West Yorkshire Police, Pete has contributed work which has been pivotal in successfully winning high profile cases in court as well as writing as a subject matter expert for industry handbooks.



### Create a strong password & always log out.

Given that Netflix doesn't use 2-factor authentication, the need for a unique username and strong password is even more important. Try to use a different password to ones you've used before and use a mixture of numbers, letters (uppercase and lowercase) and symbols, with a minimum of 8 characters. Always log out when not using your account so that if your device is lost or stolen, your account remains inaccessible.



SOURCES: <https://www.netflix.com> | <https://help.netflix.com/en/node/264> | [https://www.ofcom.gov.uk/data/assets/pdf\\_file/0023/190616/childrens-media-use-attitudes-2019-report.pdf](https://www.ofcom.gov.uk/data/assets/pdf_file/0023/190616/childrens-media-use-attitudes-2019-report.pdf)