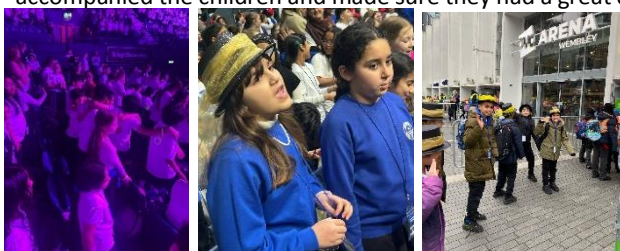


YOUNG VOICES- WEMBLEY ARENA

Brentside choir had an amazing opportunity to perform at Wembley Arena as part of the Young Voices event, alongside 100s of other schools from across London. They spent the day practicing in the arena, before performing a selection of songs to a packed arena of more than 12,000 people! It was an unforgettable experience for our young performers and has fuelled a love of music for them all. A huge thank you to Ms Murphy and Mel for organising, and to the staff who accompanied the children and made sure they had a great day.



4B CLASS ASSEMBLY

It was 4 Blue's Class Assembly this week; where they presented on their class text 'Varjak Paw'- all about friendship and resilience. The assembly was dramatic and creative, and thoughtfully explored the book's important themes.



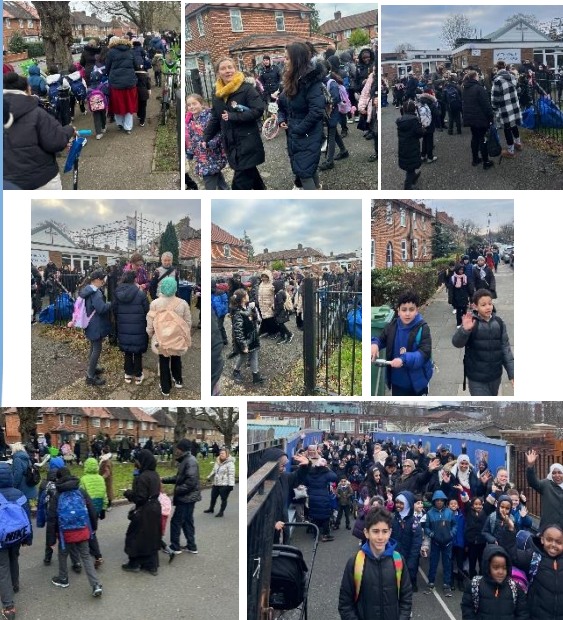
YEAR 4 GUNNERSBURY ROMANS

Year 4 went on a trip to Gunnersbury Park & Museum this week and took part in a workshop all about the Romans. They got to be archaeologists and handle and examine rare original artefacts such as pieces of Roman pottery and tile from the museum's collection, and explore many different aspects of everyday life in Roman Britain – from clothing to food and bathing. Pupils got to dress up and role-play as a variety of characters, including Julius Caesar, Queen Boudicca, and a Roman legionary. Pupils also learned to grind spices in a mortarium, write on wax tabulae with styli, and even recreate the 'testudo' manoeuvre used in battle by the Roman Imperial Army!



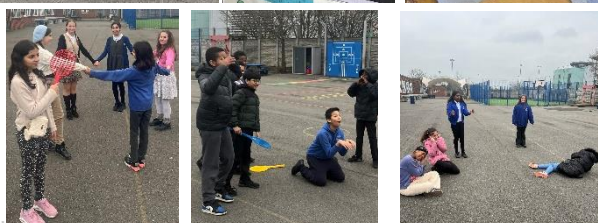
BIG BRENTSIDE WALK

As part of our ongoing commitment to reducing congestion around the school, we took part in the Big Walk before half-term- and introduced the new Park & Stride scheme using the car park at North Hanwell Baptist Church. There was an amazing turnout of families joining the walk to school, and hopefully more people are encouraged to choose to walk some or all of the way to school if able to.



YEAR 6 HISTORY DAY- WW2

Year 6 went back in time to the 1940s as they spent the day imagining that they were evacuees- sent by their families out of London to stay safe from the Blitz during World War Two. Pupils came to school dressed as evacuees, and took part in activities and games that children would have played at the time. They had an interesting day thinking about what it would have felt like to live away from their families.



MESSAGE FROM THE HEADTEACHER

After a half term break, we seem to have returned to some sunshine, lighter mornings and evenings, which has been lovely to lift the mood.

We are officially half way through the academic year and this term we start to see the real progress that pupils are making in their learning. We have scheduled in parents' evening, towards the end of this term, where you can meet with your child's teacher to discuss their progress- soon you will receive a Ping asking you to book an appointment.

Parental support; whether it be attending meetings, workshops, assemblies or helping your child with their homework, all supports your child to be happy, get the best out of school, and form positive relationships.

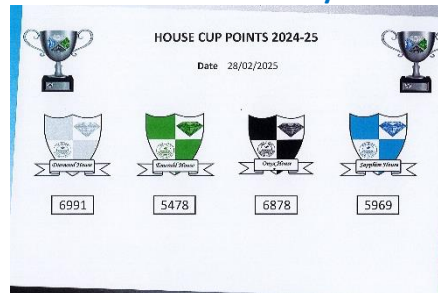
We know that when schools and parents listen to each other and work together, they have a really positive impact on attainment and student well-being. This is why it is so important that we work in partnership with you.

Have a lovely weekend. **Mrs Crosdale**
HEAD TEACHERS AND VALUES AWARDS

Reception Sumaya **Y1** Rofaida **Y2** Kyrie

Y3 Abdi-Rashid & Hadi **Y4** Abdi

HOUSE CUP 2024/5



KEEPING IN TOUCH

Please do not hesitate to email or call us if you have any queries or concerns & we will do our best to answer these for you.

Email: admin@brentsideprimary.ealing.sch.uk

Our school website is an important resource for you.

We update this regularly with information about the school, news and bulletins, and websites that can support you and your family.

<https://www.brentsideprimaryacademy.co.uk/>

UPCOMING EVENTS

06/03 World Book Day

10-14/03 Science Week

12/03 Dress Up as a Scientist

YEAR 1 SENSES

Y1 were learning all about their senses and where on their body these were located, in a fun and practical way.



GARDENING CLUB

The Brentside Nature Area is coming in to bloom thanks to the efforts of Gardening Club, who have been hard at work planting new seeds and getting the garden ready for Spring. Watch this space for some new Friday gardening days, where we will need some parent volunteers to help out!



EALING FOODBANK

If you are struggling, call 0808 2082138 for free to speak to a trained and independent agent confidentially about your circumstances. Alternatively, speak to the school office about making a referral to the foodbank.

EALING CHILDREN'S CENTRES CONSULTATION

"Ealing Council is consulting on proposals to reorganise how early help services are provided from its children's centres in the borough. Early help is an important step towards creating a safe environment for our children and young people to develop and reach their full potential, in their most crucial developmental years, under 5. The proposals aim to improve the early help service offer and make sure that the future services are sustainable and effective.

This means making changes to early help services so that they can be provided from fewer children's centres and additional community venues across the borough's 7 towns. The remaining children centres may be repurposed for other uses. Proposals also include longer opening hours for the children's centres in the future and enhancing the council's digital services such as online parenting workshops.

Your views: We would really like to hear from families about their experience of our service and equally we want to hear from families that are not currently accessing the services and the barriers they experience and how best we can improve our offer. The consultation is open to everyone, whether they have used a children's centre or early help services before or not. **Please read the full consultation document:**

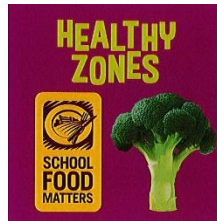
<https://www.ealing.gov.uk/downloads/download/8128/consultation-on-children-s-centre-services-in-ealing/> / easy read

<https://www.ealing.gov.uk/downloads/download/8128/consultation-on-children-s-centre-services-in-ealing>

Then complete a short online survey to say what you think of the proposals:

<https://forms.office.com//pages/responsepage.aspx?id=Q4w6AYeCi0yHixMeMM2589mcEKGuUopln6uOOgWoKn5UQlhPVjA1MkwzRTMOVIExNEZVNDFTRTZDWi4u&fromie=true>

The consultation will close on 27 April 2025."



REASONS WHY CHILDREN ARE CAUTIOUS AROUND CERTAIN FOODS

- Children experience food with heightened senses, meaning the taste, smell or texture of some foods are being processed in the brain as dis-pleasurable
- Children will remember negative food experiences, which can put them off these certain foods going forward
- Developmental stages as well as environmental factors like peer pressure can lead to children rejecting certain foods too

'CAUTIOUS EATING': ENCOURAGING CHILDREN TO TRY NEW FOODS

Eating a varied diet is important for children's health, however this can be challenging and stressful when children are unwilling to eat certain foods!

There are many reasons why children behave the way they do with food so framing these behaviours as 'cautious' rather than 'fussy' better reflects the complexity of the situation..

POSITIVE MESSAGING IS KEY

Focus on why a food is beneficial to eat (how it helps their body and mind) rather than the negative "don't eat unhealthy foods because..."

Also try not to pressure children and allow them to take their time with new foods!

TRY 'TASTE ED' WITH YOUR CHILD!

Taste Ed is a sensory exercise that encourages children to become familiar with foods using their senses.

Try it at home! Introduce a new food to your child and ask them 'what does it look like', 'how does it smell', 'how does it feel' so it becomes less scary to them.

TIPS FOR ENCOURAGING CHILDREN TO TRY FOODS:

- Create a positive dining environment; background music/story OR a calmer more relaxed environment may help them to try new foods
- Role model good eating habits to your children
- Promote appetite; limit snacks between mealtimes
- Don't give up! (research shows it can take children between 10-15 positive experiences with a food before they like it)

ULTRA PROCESSED FOODS (UPF'S)

Ultra-processed foods (confectionery, meat 'products', soft drinks) can be popular with children as they are consistent in how they look and taste every time.

However, these foods are often high in fat, salt and sugar and low in nutrients such as fibre and vitamins so should not make up the majority of your child's diet

Conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalonline.org](https://www.nationalsafecy.org).

What Parents & Educators Need to Know about MARVEL RIVALS

Marvel Rivals launched in December 2024 and amassed a player count of nearly 150,000 in mere weeks. This player versus player (PvP) shooter pocks in a host of recognisable comic-book characters, pitting two teams of six against each other. Despite the game's cartoonish nature, there are several potential risks for parents and educators to be aware of.

AGE RESTRICTION: PEGI 12
Children should only play this game from the age of 12 should play.

WHAT ARE THE RISKS?

- IN-GAME CHAT:** Voice chat allows players to speak to teammates and opponents within the game, but in an unregulated environment, these conversations can become unpleasant. Text chat is equally problematic, as players playing on PC will be shown on the side of the screen. It's important to recognise that potentially inappropriate messages could arrive at any time.
- IN-GAME PURCHASES:** While Marvel Rivals is free, there is an in-game store, selling character skins from recognizable franchises and comic books. The game also includes an in-game store offering a series of exclusive items. These are free to use, but they can't be purchased once the next season rolls around, creating a loss of missing out.
- CONTACT WITH STRANGERS:** With such a huge player base, it's impossible to predict which players will be seen or who they will be speaking to. While you can restrict in-game chat, you can't restrict who they're speaking to.
- FAMILIAR CHARACTERS:** The inclusion of iconic characters might make some levels appear more approachable than other games in the genre, with recognizable heroes and villains like Spider-Man and Venom. This could lead to more self-play from younger players, increasing the likelihood of children playing the game without properly understanding the risks.
- INAPPROPRIATE CONTENT:** The game includes some inhumans and mature themes in the dialogue, with one character's managers to content unsuitable for their age, depicting some adult and family-friendly language. As we mentioned, the content of the in-game chat could also be age-inappropriate, ranging from swearing to mature themes to potentially harmful content.
- VIOLENT CONTENT:** There is no gore in Marvel Rivals, and the violence is depicted in a comparatively cartoonish but still graphic, character-specific way between more traditional superheroes and supervillains, who use more realistic weapons. Given the game's nature as a shooter, this may make some parents and some uncomfortable as some players will be firing these weapons at each other.

Advice for Parents & Educators

- FOLLOW ESRB RATINGS:** The ESRB rating for Marvel Rivals says the game shouldn't be played by anyone under 13. Most content in the game will be okay for parents, but the game does have some violence. However, it's not as graphic as some other games.
- FAMILIARISE YOURSELF:** The game's inclusion of fan-favourite characters like Iron Man and the Hulk, plus its appealing graphics, mean that younger Marvel fans will likely be eager to see what the game is like. Since it's free, consider playing Marvel Rivals yourself to gauge how you feel about in-game chat, inhumans, violence, and the game's overall content.
- MONITOR OR TURN OFF CHAT:** Voice and text chat can both be adjusted within the in-game settings. If you're participating in the game, you'll be able to turn off chat. However, you can't disable both forms of chat in the game's settings. If a child wants to play alone, you can turn off chat in the game's settings. If a child wants to play with others, you can turn off chat in the game's settings. If a child wants to play with others, you can turn off chat in the game's settings.
- DISCONNECT PAYMENT OPTIONS:** Parents should ensure that no payment options – such as debit cards – are linked to the game, to prevent unauthorised purchases and charges. Children can be tempted by enticing in-game offers without fully understanding the costs. Removing payment methods over the game can help reduce the risk of a sense of financial awareness, teaching young people to be careful with their money.

Meet Our Expert
Hoyd Coombes is Games Editor of the Daily Star and has been working in the gaming and tech industry for five years. A transition from the app store to try out new tools, he's also a parent and has played under the hood the experience of online safety. Writing mainly about tech and fitness, he has been published on sites including iDT, Techradar and plenty more.

WakeUp Wednesday The National College

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At the National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalonline.org](https://www.nationalsafecy.org).

What Parents & Educators Need to Know about WHATSAPP

With more than two billion active users, WhatsApp is the world's most popular messaging service. Its end-to-end encryption only allows messages to be viewed by the sender and any recipients: not even WhatsApp itself can read them. The UK's Online Safety Bill proposes to end such encryption on private messaging, but for the time being, this controversial feature remains.

AGE RESTRICTION: 13+

WHAT ARE THE RISKS?

- EVOLVING SCAMS:** WhatsApp's popularity makes it a lucrative hunting ground for scammers. Realistic examples include posing as the target's child, requesting a money transfer because of a spiritual emergency, or asking a friend to help with a large or unexplained purchase by attempting to log in to your account, then posing as WhatsApp's AI chat to ask you to repeat the code back to them, stealing their account.
- CONTACT FROM STRANGERS:** To start a chat, someone only needs the mobile number of the WhatsApp user they want to message. Therefore, if a child has ever given their number out to someone they don't know that person could then contact them via WhatsApp. As a possible fix, the app might be added to a group chat or community (by one of their friends, for example) so someone other than the person they don't know.
- FAKE NEWS:** WhatsApp's connectivity and ease of use allow news to be shared rapidly – whether it's true or not. To combat this, the app's information, messages forwarded more than five times on the app, and forwarded many times, have been disabled on the app. This means users can't forward messages they've just received if a friend or group – and might not be entirely honest, either.
- CHAT LOCK AND SECRET CODES:** In 2023, WhatsApp introduced a feature that lets users lock their chats in separate 'locked chat' folders, covered by their phone's passcode, fingerprint or face ID. There is an additional feature – Secret Codes – where users set a unique password for 'locked chats'. WhatsApp will not access the folder for young people to hide conversations and content they feel their parents shouldn't see.
- VIEW ONCE CONTENT:** The ability to send images or messages that can only be viewed once has led to some WhatsApp users sharing inappropriate material or abusive text. However, this feature can be disabled in their later to use as evidence of misconduct. People used to be able to take screenshots of 'view once content', but a feature called WhatsApp Lock now blocks this, citing protection of privacy.
- VISIBLE LOCATION:** WhatsApp's live location feature lets parents share their location with their children. However, if a child has ever given their number out to someone they don't know, for example, anyone in a user's contacts list can see that group chat and track their location – potentially setting off a panic if a child's name appears in a journey that they make regularly.

Advice for Parents & Educators

- EMPHASISE CAUTION:** Encourage children to avoid unregulated messages with caution: get them to consider whether a message is something a friend or relative would really send them. Make sure they know how to report suspicious messages on WhatsApp, and be wary of clicking on any links in messages, unless you've verified them with a further layer of protection to their WhatsApp account.
- ADJUST THE SETTINGS:** It's wise to change a child's WhatsApp settings to specify which of their contacts can send them a group chat, without needing approval. You can give permission to My Contacts or My Contacts Except... Additionally, if a child needs to use live location, emphasize that they should enable that function for only as long as they need – and then turn it off.
- DISCUSS GROUP CHATS:** Make children aware that there could be members of a group that they don't know well. Encourage them to be cautious about sharing anything in conversations that could be used to identify them in an appropriate way. Make sure they know that it's OK to leave a group chat if it makes them uncomfortable – or feel any other way.
- THINK BEFORE SHARING:** Help children understand why it's important to think before sharing anything on WhatsApp. Encourage them to think about who they're sharing with, and to think about how they're sharing it. Encourage children to think about how they're sharing it, and to think about how they're sharing it.

Meet Our Expert
Clare Sutherland is an online safety consultant, educator and researcher who has developed and implemented outstanding and other safety policies for schools. She has written various academic papers and worked and researched for the Australian Government comparing the use and leaving behaviour of young people in the UK, USA and Australia.

WakeUp Wednesday The National College

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