

# THE BRENTSIDE BULLETIN



Friday 24<sup>th</sup> January 2025

Issue: 101

## YEAR 6 TRIP: RAF MUSEUM

Year 6 visited the RAF Museum in Hendon this week, to tie in with their History topic of WW2. They enjoyed learning about the fascinating exhibits, trying on RAF uniform, and taking part in an interactive workshop with an air raid warden in a bomb shelter to show them what life would have been like back in the 1940s. Pupils had a great day out, and learned lots about their topic and all the efforts that went into keeping people safe during WW2.



## YOUNG WRITERS COMPETITION

Our KS2 pupils had the opportunity to enter the Young Writers short story competition- and an amazing number were picked to be published in their Young Writers anthology. How fantastic that Brentside is now home to so many soon-to-be-published authors!



## NURSERY LEARNING

Nursery have been doing some wonderful learning and exploring recently. While learning about shapes they went on a learning walk all around the school to see what different shapes they could find in the environment. And while studying their topic on jungle animals, they created some lovely art and even went on a safari!



## UPCOMING EVENTS

28/01 Eco-Refill Shop

07/02 NSPPC Number Day

## SPRING ART DAY

Our pupils have created some beautiful work for the first Art Day of 2025. Each year group studied an artist from throughout history and produced their own work based on this. These included quilt stories inspired by Faith Ringgold in Y1, and self-portraits inspired by Frida Kahlo in Y5. We have no doubt some of this new artwork will take pride of place in our Brentside Art Gallery very soon.



## WORLD RELIGION DAY

It was World Religion Day last week, with each class studying and exploring a different religion and story from this religion. Year 2 even got hands on and made diva lamps from clay while learning about the Hindu story of Rama and Sita.



## MESSAGE FROM THE HEADTEACHER

Happy New Year to you all! The Spring term is well underway here at Brentside, with impressive learning taking place and many exciting events planned: look out for more details of these soon.

I was very pleased to read recently that 'Kindness' was chosen as the Children's Word of the Year for 2024, following a survey by Oxford University Press (OUP) of more than 6,000 children across the UK. More than half of children (61%) said kindness was their chosen word of the year. 'Kindness' is, of course, one of our school values here at Brentside; I hope our pupils continue to show this value to everyone, and to themselves, in their all their interactions both in and outside of school. Wishing you all a happy and kind weekend.

Mrs. Crosdale

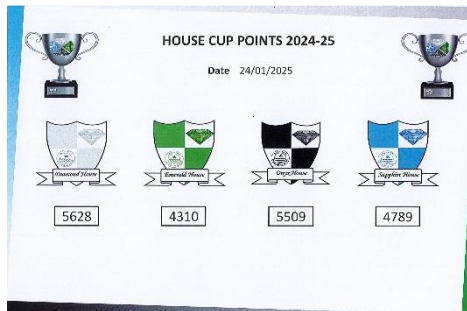
## HEADTEACHER/VALUES AWARDS

Y1 Sham

Y2 Iago, Ruby

Y3 Hadi, Parsan, Reon

## 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](mailto: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/>

## PE HOLIDAY CLUB AT BRENTSIDE- FEBRUARY HALF-TERM

Brentside Primary's PE Teacher Mr Pierce is running a holiday camp over February half term from Monday 17th February to Friday 21st February 2025. The camp is taking place at the school, however it is not run by the school, it is run by Mr Pierce and his company 'Delivering PE'. The camp will offer a variety of sports and activities and is available for pupils in Year 3, Year 4, Year 5 & Year 6. The camp runs from 8am to 4pm at a cost of £30 per day. A sibling discount is available (see eventbrite link for details) For further information and how to book, please use the below link

<https://www.eventbrite.co.uk/e/february-half-term-sports-camp-with-mr-pierce-tickets-1153781755289?aff=oddtcreator>

**FEBRUARY HALF TERM SPORTS CAMP WITH MR PIERCE**

Open to all pupils in Year 3-6 at Brentside Primary Academy

Come and join Mr Pierce for a week of fun and games daily from 17th-21st February 2025

£30 per day (sibling discount available)  
Packed lunch required (break time fruit provided)

- Wide variety of sports and activities offered
- Qualified coaches
- Fun games to develop individual skills and team building skills

Registration: 8am via Brants Walk entrance W7 1BU  
Dismissal: 4pm via Brants Walk entrance W7 1BU

**BRENTSIDE PRIMARY ACADEMY**  
Kennedy Road, Hanwell W7 1JL

<https://www.eventbrite.co.uk/e/february-half-term-sports-camp-with-mr-pierce-tickets-1153781755289?aff=oddtcreator>

Phone: 07700687864  
Email: [deliveringpe@hotmail.com](mailto:deliveringpe@hotmail.com)

## 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.

## SKILLS BUILDER

Think of one person each day you can say something kind to, perhaps you could give them a compliment, say thank you or give them some encouragement.

Think about how you will deliver this message. Will you tell them in person or write it down?

**Extension:** Keep a journal of all the kind words you've shared throughout the week and how they were received.

### Staying Positive

#### Reflection Questions

**Getting Started:** How does this activity make you feel?

**Intermediate:** How could you use this activity to feel more positive when something goes wrong?

**Advanced:** How could this help you to look on the bright side of something?

**Mastery:** When might you have to support others to stay positive?

Children's Multi-Activity
CHISWICK • EALING • FULHAM  
HAMMERSMITH • UXBRIDGE

# HALF TERM Holiday Camps

**17th-21st  
February 2025**  
**7.45am-6pm  
& 9am-5pm**

For all camp dates, venues and to book your place please visit [www.aktivacamps.com](http://www.aktivacamps.com)

Ofsted Outstanding Provider

Aktiva Camps is an OFSTED outstanding registered children's day camp. Providing an extensive range of sports and activities for children to enjoy, Aktiva offers children between the ages of 4 and 12 a safe, fun and friendly holiday camp environment. We encourage children to try new things, building their confidence and broadening their experience™ each and every day. Our programmes are designed to be high energy, full of variety and most importantly fun! Your child(ren) will return home with memories, home-made souvenirs and having formed new friendships.

**HALF TERM CAMPS AT:**  
Belmont Primary, St Mark's Primary, John Locke Academy, Mount Carmel West Acton, Wendell Park Primary, Brackenbury Primary

**Building confidence and broadening experience™**

**FULL WEEK SESSIONS**  
Short Day: 8am to 5pm - £176  
Full day: 7.45am to 6pm - £200

**DAY SESSION**  
Short day - £44 Full day - £50  
Childcare vouchers accepted

**Lots of fun and exciting sessions to keep children active and engaged.**  
**ARTS & CRAFTS WORKSHOPS** - Van Gogh's Starry Night, Kandinsky Circles, Thomas Brass Art, Kahlo Self-Portraits  
**STEM CHALLENGE WORKSHOPS** - Towersley Construction, Kusama Rooms, Colour Departments  
**SPORTS** - Football, basketball, netball and tennis, Dance and archery.



Easy Online Booking:  
[www.aktivacamps.com](http://www.aktivacamps.com)  
Email: [bookings@aktivacamps.com](mailto:bookings@aktivacamps.com)



All 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 [nationalcollege.com](http://nationalcollege.com).

## What Parents & Educators Need to Know about HEALTH & FITNESS APPS

### WHAT ARE THE RISKS?

Physical wellbeing apps are useful tools for monitoring and improving our health. They allow us to balance nutrition, set goals, track our activities and sleep patterns, and motivate us to exercise. Nonetheless, there have been some reported drawbacks; this guide outlines some of these concerns and explains how to use fitness apps safely.

### WHAT ARE THE RISKS?

Adults tend to associate online videos with YouTube – but among teens, TikTok is king. The app provides a stream of short clips tailored to users' interests, based on what they've already watched. Around half of British children use TikTok, and while much of the content is benign, Ofcom considers it the app where youngsters "were most likely to encounter a potential harm".

#### LACK OF PERSONALISATION

Many apps take a one-size-fits-all approach, failing to account for the varying ages and abilities of children. For example, while some will have different physical needs to a child of 10, they can cause unrealistic expectations and an exercise which may be too advanced for younger children or too simple for older ones.

#### DATA AND PRIVACY CONCERNS

Fitness and wellbeing apps tend to collect a lot of personal information from their users, including names, location, date of birth, details of their physical health and more. It's worth keeping in mind that some of these apps may sell this data to third parties. We advise that any app you use should have a clear privacy policy and that you should read this before using the service, to ensure you understand how your data is used and how it is protected.

#### NOT DEVELOPED BY EXPERTS

Some fitness and wellbeing apps are developed by people in the field – but developing will have different physical needs to a child of 10. This can cause unrealistic expectations and an exercise which may be too advanced for younger children or too simple for older ones.

#### ADDITIONAL COSTS

While many fitness apps are free to download, the initial content is quite basic. Users will only receive more content (such as new workouts, nutrition advice or a personalised plan) by signing up to a subscription or paying for extra features. This can incentivise users to spend money on the service – a cost which can quickly mount up.

#### REDUCED INTERACTION WITH OTHERS

Physical wellbeing apps can remove the social and interactive elements which physical activities can offer – for instance, meeting people at fitness classes, at the gym or during any other such activities. Research has found that young people generally dislike this aspect of fitness apps, suggesting that they would rather exercise in the company of friends or other like-minded individuals.

#### DEPENDENCY ON THE APP

While physical wellbeing apps can help motivate young users to manage their fitness, there is a possibility that – without being used regularly – users may become dependent on the app. Young people may also become obsessed with tracking their exercise, health and eating habits; this can have negative effects on their mental and emotional wellbeing.

### Advice for Parents & Educators

#### EXERCISE AND SOCIALISE

Highlight the importance of children enjoying fitness activities with family and friends, rather than always exercising alone. Emphasise as the fun they can have by interacting with others rather than solely relying on an app to motivate their regime. Remind them of the importance of staying active, as well as the benefits of doing so with company.

#### REVIEW THE APP FIRST

Before allowing someone under 18 to install a fitness and wellbeing app, check its age rating, read its reviews and scroll through its data policy, to ensure its suitability for younger users. You could also try it yourself to see if it's appropriate for the child's particular needs and decide if you're comfortable with them using it. Ensure that any privacy-compromising features – such as location tracking – are disabled.

#### PROMOTE POSITIVE BODY IMAGE

While we want children to be active and healthy, we must also ensure they don't become fixated on their appearance and diet. Encourage them to be active for health and wellbeing, rather than for appearance. Encourage them to be active for health and wellbeing, rather than for appearance. Encourage them to be active for health and wellbeing, rather than for appearance.

#### USE PARENTAL CONTROLS

As with all apps, it's important for parents to familiarise themselves with any content on the app and to use its parental controls. These can be used to restrict screen-time limits, disabling or capping in-app purchases, and managing social aspects or features which aren't age-appropriate. By setting these controls, you can help to ensure a child is getting a safe experience.

### Advice for Parents & Educators

#### ENABLE FAMILY PAIRING

Family Pairing allows parents to link their child's account to their own's, and control settings remotely. Parents can turn on Restricted Mode (reducing the chance of a child seeing inappropriate content), set screen-time limits, manage account privacy and manage whether their child can send messages – and if they can, to whom. Children can't alter these settings without parental approval.

#### BLOCK IN-APP SPENDING

If a child is using an iPhone or Android device to access TikTok, you can turn their settings to prevent them from making in-app purchases. We'd recommend enabling this feature, as it can be quite easy for a young person to spend a significant amount of real money buying TikTok coins to unlock more features of the app – sometimes without even realising.

#### DISCUSS THE DANGERS

If a child wants to use TikTok and you're happy for them to do so, it's good practice to discuss the potential risks. Ensure that they don't share any identifying personal information, and that they never agree to a friend request if they're worried by interactions on the app. With more teens using TikTok for news, it's also worth talking about misinformation and propaganda, and how to identify it.

#### READ THE SIGNS

If you're concerned that a child is spending too much time on TikTok, or that they've been emotionally affected by something they've seen, it's important to know how to spot the signs. Look out for a loss of concentration and a loss of interest in other activities, or a loss of interest in other activities. The intensity with which they use the app may also indicate that they're using it to avoid other things.

### Meet Our Expert

Dr Claire Dethlefsen is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies in schools. She has written various academic papers and carried out research for the Australian Government comparing internet use and setting behaviour of young people in the UK, USA and Australia.

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/wellbeing-fitness-apps>

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/tiktok>

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## What Parents & Educators Need to Know about TIKTOK

### WHAT ARE THE RISKS?

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#### AGE-INAPPROPRIATE CONTENT

While TikTok's following feed only displays videos from familiar creators, for a lot of children, the content is user-generated. This means that while most content is benign, there is a risk of encountering inappropriate content. The app's algorithm is designed to show content that is likely to be engaging, which can lead to children spending more time on the app than they intended. This can be particularly concerning for younger children, who may not have the maturity to understand the implications of such content.

#### CONTACT WITH STRANGERS

With more than 1.5 billion users globally, the potential for contact from strangers on TikTok is high – especially as accounts created by over 16s (or younger people using a fake date of birth) are not as easily identifiable. This means that not only is someone's profile visible to anyone who searches for it, but it also allows users to contact and engage with anyone who follows or interacts with their content.

#### BODY IMAGE AND DANGEROUS CHALLENGES

According to Ofcom, most online harms for users are body image-related for girls (promoting unhealthy eating, body shaming and self-harm) and for boys, some are related to the app's 'challenges', which encouraged users to hold their breath until they passed out from a lack of oxygen. This can be particularly concerning for younger children, who may not have the maturity to understand the implications of such challenges.

#### MISINFORMATION AND RADICALISATION

Although the short videos on TikTok tend to be more lighthearted than the longer ones on YouTube, clips can still influence impressionable minds in a negative way. Not only is there a lot of dangerous misinformation on TikTok, but users are also likely to be exposed to extremist content, which can lead to radicalisation.

#### IN-APP SPENDING

TikTok is free, but users have the option to buy TikTok coins, which can be used to purchase gifts for content creators. Coin bundles range from £3.99 to £99.99 per purchase. While this may seem like a small amount, it can be quite easy for a young person to spend a significant amount of real money buying TikTok coins to unlock more features of the app – sometimes without even realising.

#### ADDICTIVE DESIGN

With its constant stream of eye-catching videos, TikTok can be addictive to young people. The app's algorithm is designed to show content that is likely to be engaging, which can lead to children spending more time on the app than they intended. This can be particularly concerning for younger children, who may not have the maturity to understand the implications of such content.

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### Meet Our Expert

Alan Keen is an experienced technology journalist who has written for the likes of Wired, TechRadar, Tom's Guide, The Evening Standard and The New Statesman.

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/tiktok>

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