

## FROM ALPHA TO OMEGA



**‘Life in all its fullness’**

(JOHN 10:10)



Weekly newsletter  
Friday 31<sup>st</sup> March 2023

Dear parents and carers,

Thank you for your kind messages following the announcement that I shall be leaving Emmanuel at the end of the summer term. The decision to leave has been the most difficult one but after nearly 11 years at the school, I feel the time is right for a change. Your support, alongside that of the governors, staff and children has meant a great deal, and has reaffirmed to me just how special the Emmanuel community is, and how hard it will be to say goodbye. However, I'm glad to say we still have the summer term to look forward to together!

### **Year 5 Easter Play**

Well done to all our pupils in Years 5 for their brilliant Easter play, which they performed to their parents and carers yesterday. The children delivered their lines with such clarity and confidence and their singing was beautiful. Thank you to Mr Pick and Miss Taylor for all their hard work and thank you to parents and carers for contributing towards the cake sale, which raised £205.50; with all the funds going directly to the Year 5 class.

### **WhatsApp**

Over the last couple of weeks, we have responded to a number of social media incidents in school as children have been sending inappropriate messages to one another via WhatsApp at home. Please help us to support the children by having conversations with your child about their online activity and closely monitoring their use. The information further down in the newsletter should help your discussions and we will share guidelines on other popular apps next term.

### **School meals from April 2023**

The price of school meals will rise from £2.29 to £2.52 from the beginning of the Summer Term.

### **Relationships Education**

After Easter, children in Years 1-6 will be learning about relationships as part of their PSHE learning. To see what your child will be learning and for more information, please visit our website [here](#). For year 5 and 6 parents and carers only, there will be a brief Zoom meeting on Wednesday 19<sup>th</sup> April at 4.30pm to share the specific learning that will happen in these classes. The Zoom link will be emailed when we return to school after Easter and if you cannot attend, the presentation will be uploaded to the school website shortly afterwards.

### **St George's house**

To celebrate St George's Day, which falls at a weekend, children in this house can come to school on Friday 21<sup>st</sup> April wearing red.

### **Mental Health and Wellbeing workshop**

Save the date: Monday 24<sup>th</sup> April - 9am for a 9.15am start in the Omega building hall. All welcome.

We are hosting a mental health and wellbeing workshop and coffee morning with guest speakers from the Home-Start Camden and Islington Services and our school Camden Mental Health Support Team who are

Website: [www.emmanuel.camden.sch.uk](http://www.emmanuel.camden.sch.uk)

Email: [admin@emmanuel.camden.sch.uk](mailto:admin@emmanuel.camden.sch.uk)

based at the Tavistock. Our ELSA, Lorraine Watkins, will be sharing information about our wellbeing offering here at Emmanuel, with particular focus on our whole-school emotions frameworks - the Zones of Regulation and Emotions Coaching - and how you can use these at home. Further information will be shared after the

holidays. You can book by clicking on the link below: <https://www.eventbrite.com/e/emmanuel-mental-health-and-wellbeing-workshop-and-coffee-morning-tickets-603447717367>

### Attendance

Our school target for attendance is 96%. This week, well done to Year 5!

Class	Attendance
Nursery	90.9%
Reception	95.6%
Year 1	95%
Year 2	94.7%
Year 3	91.7%
Year 4	90%
Year 5	97.9%
Year 6	94.1%
School	93.8%

Wishing you and your family a lovely Easter holiday and we look forward to seeing you on Monday 17<sup>th</sup> April.  
Miss Burns and the Emmanuel team

## School visionaries

Congratulations to these children for showing our school vision and values this week:

**From Alpha to Omega - life in all its fullness. (John 10:10)**

Leah and Ewan in Nursery  
Lottie and Alex in Reception  
Nina and Lucia in Year 1  
Martina and Pierre in Year 2  
Beltran and Eric in Year 3  
Cody and Adma in Year 4  
Kayleigh and Natalie in Year 5  
Susannah and Andi in Year 6

## Diary Dates

Monday	Tuesday	Wednesday	Thursday	Friday
17	18	19	20	21
Pupils return to school		4.30 Relationships Education Zoom for Y5 and Y6	Brass lessons begin for Y5 and 6  Y1 rescheduled parents evening	St George's house wear red
24	25	26	27	28
Clubs begin  Royal Albert Hall choir performance		2.30pm Nursery Sharing Assembly to Parents		


**National Online Safety**

### 7 questions to help you start a conversation with your child about online safety

#WakeUpWednesday

**1**

Which apps/games are you using at the moment?

THIS WILL GIVE YOU A GOOD OVERVIEW OF THE TYPES OF THINGS YOUR CHILDREN ARE DOING ON THEIR DEVICES, ALONG WITH THEIR INTERESTS. REMEMBER THAT THEY MIGHT NOT TELL YOU EVERYTHING THEY ARE USING, SO IT IS A GOOD IDEA TO ASK THEM TO SHOW YOU THEIR DEVICE, BECAUSE NEW APPS AND GAMES ARE RELEASED REGULARLY, IT IS IMPORTANT TO HAVE THIS CONVERSATION OFTEN TO ENSURE YOU ARE UP TO DATE WITH WHAT THEY ARE DOING.

**2**

Which websites do you enjoy using and why?

AS IN THE TIP ABOVE, ASKING THIS QUESTION WILL ALLOW YOU TO FIND OUT WHAT YOUR CHILD IS DOING ONLINE, AND ENCOURAGE POSITIVE CONVERSATIONS ABOUT THEIR ONLINE ACTIVITY. ASK THEM HOW THEY USE THE WEBSITES, AND TAKE AN INTEREST IN HOW THEY CAN USE THEM IN A POSITIVE WAY, ALSO ASKING THEM TO SHOW YOU IF POSSIBLE.

**3**

How does this game/app work? Can I play?

SHOW A GENUINE INTEREST IN WHAT THEY ARE DOING. WHILST YOU ARE PLAYING A GAME OR USING AN APP WITH THEM, IT MIGHT HIGHLIGHT SOMETHING THAT THEY DON'T NECESSARILY THINK IS A DANGER TO THEM, IF THEY ACT LIKE THEY DON'T WANT TO SHARE THEIR ACTIVITIES WITH YOU, QUESTION WHY.

**4**

Do you have any online friends?

# What parents need to know about WhatsApp

## AGE LIMIT CHANGE

Since May 2018, the minimum age for using WhatsApp is 16 years old if you live in the European Union, including the UK. Prior to this, the minimum age was 13, which still applies for the rest of the world. WhatsApp has not yet stated whether it will take action against anyone aged between 13 and 16 who already hold accounts under the old terms and conditions, such as closing their account or seeking parental permission.

## SCAM MESSAGES

Occasionally on WhatsApp, people receive spam messages from unauthorised third parties or from fraudsters pretending to offer prizes to 'lucky people', encouraging recipients to click on a link to win a prize. A common scam involves messages warning recipients that their WhatsApp subscription has run out with the hope that people are duped into providing their payment details. Other scam messages include instructions to forward the message in return for a reward or gift from WhatsApp or another person.

## FAKE NEWS AND HOAXES

WhatsApp has been linked to enabling the spread of dangerous viral rumours. In India, for example, a number of attacks appear to have been sparked by false rumours shared on WhatsApp.

## THE 'ONLY ADMIN' FEATURE AND CYBERBULLYING

Cyberbullying is the act of sending threatening or taunting text messages, voice messages, pictures and videos, with the aim to hurt and humiliate the receiver. The group chat and group video call features are great for multiple people to chat simultaneously, but there is the potential for people to hurt others with their comments or jokes. The 'only admin' feature gives the admin of a group chat greater control over who can send messages. Whilst this can be good for one-way announcements, the group admin has the power to block somebody from responding to an offensive message in a chat, which could result in a child being upset and unable to reply.

## CONNECTING WITH STRANGERS

To start a chat in WhatsApp, you need to know the mobile number of the contact you want to speak to and they also need to have the app downloaded. WhatsApp can find contacts by accessing the address book of a device and recognising which of those contacts are using WhatsApp. If your child has shared their mobile number with somebody they don't know, they can use it to get in touch via WhatsApp.

## LIVE LOCATION SHARING

WhatsApp's 'Live Location' feature enables users to share their current location in real time to their contacts in a chat, allowing friends to show their movements. The feature, which can be found by pressing the 'attach' button, is described by WhatsApp as a "simple and secure way to let people know where you are." Location-sharing is already a common feature on other social apps, including Snapchat's Snap Map and Facebook Messenger and can be a useful way for a child to let loved ones know they are safe. However, if your child is in a group chat with people they do not know, they will be exposing their location.



**National  
Online  
Safety**

## Top Tips for Parents

### CREATE A SAFE PROFILE

Even though somebody would need your child's phone number to add them as a contact, as an extra security measure we suggest altering their profile settings to control who can see their profile photo and status. The options to choose from are 'Everyone', 'My Contacts' and 'Nobody'. We suggest selecting 'My Contacts' or 'Nobody' to ensure their profile is protected.

### EXPLAIN HOW TO BLOCK PEOPLE

If your child has received spam or offensive messages, calls or attachments from a contact, they should block them. Messages and status updates sent by a blocked contact will not show up on the phone and will stay undelivered. Blocking someone will not remove this contact from the contact list – they will need to be removed from the phone's address book. To block a contact, your child needs to open the person's chat stream and tap on the settings.

### REPORT SCAM MESSAGES

Advise your child not to tap, share or forward any message that looks suspicious or sounds too good to be true. When your child receives a message from an unknown number for the first time, they will be given the option to report the number as spam directly inside the chat. They can also report a contact or a group as spam using the following steps: 1) Open the chat. 2) Tap on the contact or group name to open their profile information. 3) Scroll to the bottom and tap 'Report Spam.'

### LEAVE A GROUP

If your child is part of a group chat that makes them feel uncomfortable or has been added to a group they don't want to be part of, use the group's settings to show them how to leave. If someone exits a group, the admin can add them back in once. If they leave again, they cannot be added again.

### USING LIVE LOCATION SAFELY

If your child needs to use the 'Live Location' feature to share with you or a friend, advise them to only share it for the amount of time they need to. WhatsApp gives the options of either 15 minutes, one hour or eight hours. However, your child can choose to stop sharing at any time.

### DELETE ACCIDENTAL MESSAGES

If your child has sent a message to the wrong chat or if a message they sent has contained a mistake, they can delete it. To do this, simply tap and hold on the message, choose 'Delete' and then 'Delete for everyone'. The app allows seven minutes to delete the message after it has been sent, but it is important to remember that recipients may have seen and screenshot a message before it was deleted.

### SET TIME LIMITS

A 2017 study found that by the age of 14 the average child will have sent more than 35,000 texts, 30,000 WhatsApp messages and racked up more than three solid weeks of video chat. Although it is inevitable that your child will use technology, you can still set boundaries. This is not easy, especially since teens use their devices for both schoolwork and free time, often simultaneously.





31 MARCH 2023

# PFE HAPPENINGS

## THE CORONATION: ANY EXCUSE FOR A PARTY!

Last week, we promised more information about our next BIG event: The Coronation Party. Well, the info is ready - please see the attached poster and get excited to join in for the fun!



## HAPPY BIRTHDAY, MR P!

Thanks to all who contributed. Mother Helen and PFE co-chair Jo presented the card and gift at church yesterday and the children sang, making for a very touching moment for everyone.

## HAPPY EASTER, KIDS!

The PFE is pleased to once again treat the students! We hope they enjoy the bunny/egg!



## BINGO NIGHT: THE RESULTS ARE IN!

Our recent BINGO night event added £387.46 to our fundraising pot! Another big thanks to Ellias and David's Deli, as well as everyone who came along or volunteered. And congrats again to our winners, including Miss Burns!

Have a safe and lovely break!

JOIN US AT THE EMMANUEL SCHOOL



# CORONATION PARTY

A WEST HAMPSTEAD COMMUNITY CELEBRATION

1 PM on SATURDAY, MAY 13

THE EMMANUEL SCHOOL MUGA

ADMISSION: £3/ADULT, CHILDREN ENTER FREE!

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CLIMBING WALL • OBSTACLE COURSE • GAMES  
BEAUTY BAR • FACE PAINT • GLITTER TATTOOS  
PHOTO BOOTH • FIRE ENGINE • LIVE MUSIC  
CROWN DECORATING & CRAFTS • CANDY FLOSS  
CREPES & HOT DOGS • THE KING'S ARMS BAR  
THE PRINCESS PROSECCO STAND • ICE CREAM VAN  
DAVID'S DELI, OTHER LOCAL BUSINESSES & MORE!

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ORGANISED BY THE PARENTS AND FRIENDS OF EMMANUEL;  
ALL FUNDS RAISED ON THE DAY WILL DIRECTLY BENEFIT STUDENTS.  
WITH THANKS TO OUR GENEROUS SPONSOR:

**Kinleigh Folkard & Hayward**