



Dear Parents and Carers

Hopefully you have all seen the email sent on Wednesday afternoon referring to our positive cases of COVID. We have had an increasing number of both staff and pupils test positive and we are working hard to ensure that we follow all the guidelines and put every measure in place to help prevent a spread, whilst still providing a rich and engaging curriculum. Whilst we are not isolating 'bubbles', we are mindful of reducing indoor contact where possible. The staff are also testing more regularly than the twice weekly routine, and we are taking temperatures too. All the usual safeguards of ventilation, handwashing and masks remain.

Within this newsletter, please look out for information about clubs, Children in Need, school raffle and other events that have taken place.

You will also notice some information around bullying and supporting your child if they are being bullied. It is Anti-Bullying Week next week, and we will use Monday to celebrate our differences, by wearing odd socks. Rather than have an Anti-Bullying Week, at Capel we have 5 special days spread over the year. We find this helps our pupils think about it more regularly and are more likely to be alert to it.

Best wishes
Suzanne Farr

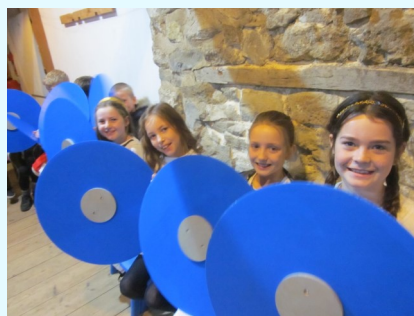
End of Day collection

Please be advised, that if a child is not collected by 3.20pm from their classroom pick-up place, they will be taken to the office to be picked up there. This is because many of the teachers have commitments after school, including clubs and meetings, and have limited time available. If you know you are going to be a few minutes late, please call the office and your child can go straight there, or alternatively, you may wish to use our late pick-up service at after-school club.

Thank you for your help and cooperation.



Year 5 visited Kent Life last week to undertake some workshops to help us learn more about our project, 'Ancient Greece'. Some of our highlights included learning about different battle formations and getting to try these out for ourselves using swords and shields. We also learnt about some of the differences between life now and in the past. Did you know that all Spartan boys had to learn to fight from the age of 7? There was also a difference between how Athens and Sparta ran and this was called democracy and dictatorship.



Upcoming Dates and events

15th November- Odd Socks Day

19th November—Children-in -Need Day

24th November—Science Day

26th November—Own clothes Day

27th November—Christmas Virtual Family Quiz

2nd December—Enrichment Day

6th/7th December—KS1 Xmas production—afternoon performances

10th December—Christmas Raffle

13th December—Christmas Lunch

16th December—Pupils last Day

17th December—INSET day.

4th January—INSET day

5th January—Pupils return to school

CAPEL

Christmas Virtual FAMILY QUIZ

Saturday 27th November

7pm start for children's rounds

Prizes to be won

Dress up to get in the festive spirit

£5 per household

Back by popular demand, Millie Hill (from FOG lockdown quiz fame) will be Quiz Master! Supported by Jo Barwick. Tear off slip to enter – to be returned to the school office with £5 cash payment

Adult name _____ Email address _____

What Parents & Carers Need to Know about NETFLIX

Netflix is a subscription-based streaming service that allows users to watch TV shows and movies on any internet-enabled device that supports the software, such as smart TVs, phones and tablets. The platform's library is large in children consuming on-demand content as many families relaxed their screen-time rules. Netflix's diverse range of programming caters for all age groups – so it's important for parents to recognise the potential risks of children using the service and the measures to help their child enjoy a safe streaming experience.

INAPPROPRIATE CONTENT

Netflix produces and curates an extensive catalogue of content that can provide hours of entertainment as well as educate the young user. However, the adult, but can potentially lead to inappropriate viewing of material of inappropriate content, including nudity, profanity and extreme violence. This can happen easily on shared accounts, as Netflix cannot establish who's watching.

BINGE-WATCHING

Netflix allows users to view shows and movies on any device, which can lead to binge-watching. Binge-watching has become a common habit, especially during the pandemic, due to Netflix's frequently updated content and algorithms which recommend content very similar to what's been watched. Binge-watching can lead to children staying up late, affecting their mood and concentration the next day.

SCREEN ADDICTION

From TVs and phones to consoles and tablets, Netflix is accessible almost any device with an internet connection. With its entertainment connection, watching is extremely difficult to manage children's screen time. The service is now adding games to its app, tempting users to spend even more time on the platform. Screen addiction can distract children from important activities, such as schoolwork, and can impact their socialising, their exercise and sleep by reducing their activities and sleep.

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KEEP ACCOUNTS SECURE

Netflix doesn't use two-factor authentication for a strong password. Your child's Netflix password should be unique (and not one they've used elsewhere) and a minimum of eight characters with a mix of letters, numbers and symbols. Emphasise not to share their login details with anyone and remind them to always log out after using the app – as their account remains accessible, even if their device is lost or stolen.

SET UP PROFILE PINS

Netflix account holders can lock profiles using a four-digit PIN. Doing this can prevent your child from accessing the wrong account and viewing content that isn't appropriate for their age. It's a good idea to set up a PIN for each account on your Netflix app – ideally creating numbers that would be easily guessed, such as dates of birth. Remember not to share these PINs with anyone, including family.

CHECK MATURITY RATING

Netflix warns about content that includes violence, sex, profanity and nudity. These warnings form part of the show or movie's maturity rating. Users can restrict age ratings to avoid children viewing age-inappropriate content. On their profile, open the Profile and Parental Control settings and choose the maturity level for the shows and movies you want to allow.

SWITCH OFF AUTO-PLAY

When a show or movie concludes, Netflix's algorithm will suggest content with similar themes that it thinks your child will enjoy next. The new content that isn't appropriate for their age. Disabling this auto-play feature reduces the possibility of your child being shown something inappropriate and provides a natural break to help prevent them becoming too immersed in Netflix.

CREATE A KIDS' PROFILE

Setting up a Netflix Kids experience profile means your child can only access content which is suitable for children aged up to 10 years. All other content is automatically blocked. This rating can be further restricted via the child's profile settings. Setting up a Netflix Kids experience profile will help to prevent your child from viewing age-inappropriate content.

CHECK VIEWING HABITS

Netflix has tools which enable parents and carers to monitor what their child has been watching. See how viewing history is tracked and how different settings displays a list of what content has been viewed (and when). Parents can also monitor if their child is watching age-appropriate content and can even receive alerts if their child's favourite shows and movies, and why they are there.

Advice for Parents & Carers

Meet Our Expert

Dr Claire Ashworth is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety programmes for schools. She is the author of the book 'Cyber Safety: A Guide for Parents and Carers' and has been involved in research for the Australian Government's eSafety Commissioner on the online behaviour of young people in the UK, USA and Australia.

National Online Safety

www.nationalonlinesafety.com @natonlinesafety /NationalOnlineSafety @nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 10.11.2021

Children in Need 2021



Friday 19th November!

The School Council are organising a fund raising event for Children in Need this year. We have decided to have a

Pyjama Day!

Come to school in your pyjamas and make a donation at the school gates where the School Council Reps will be waiting to welcome you with their yellow buckets!

Please make sure you layer up with extra clothes under your pyjamas and wear socks and school shoes so we can still go outside.



Capel Primary School Christmas Raffle



We have decided not to hold our annual Christmas Fayre this year, but we have decided to carry on with our fantastic Christmas Raffle to raise much needed funds for our school.

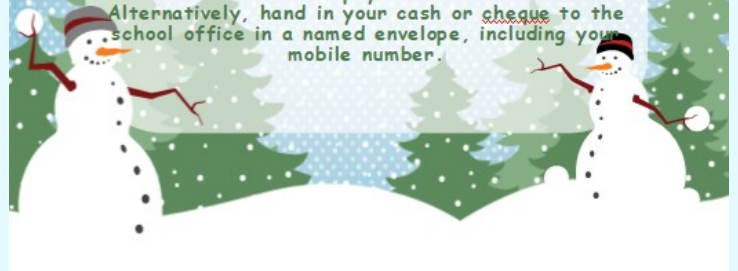
The draw will take place Friday 10th December.

Family Tickets to Port Lympe
£100 Cash
£100 Love to Shop Vouchers
Hampers
Plus many more prizes

Tickets £1.00 Each

Our preferred method of payment is PayPal. To make your payment, login to your own PayPal account and click "send" to: fundraising@capel-tonbridge.kent.sch.uk. Please note your mobile number with your payment. We'll know how many tickets you want to buy from the amount you pay.

Alternatively, hand in your cash or cheque to the school office in a named envelope, including your mobile number.



This year's theme for **anti-bullying week** is - 'One kind word' (this year the week runs from 15th-19th November) with a focus on 'kindness fuels kindness' and 'one kind word leads to another.'

"One kind word can be a turning point. It can change someone's perspective. It can change their day. It can change the course of a conversation and break the cycle of bullying".

As a school we split our anti-bullying week across the school year so that it is a focus that we are regularly revisiting and exploring with the children. Our first of these days will coincide with the national anti-bullying week and will take place on Monday the **15th of November for our ODD SOCKS DAY!** This is a day when we explore and celebrate differences by inviting the children to wear their own odd socks for the day. There will be a focus in each classroom on the day too which explores this theme.

WHAT IS BULLYING?

As a parent you have a vital role to play in helping your child recognise bullying and what you can do together to stop it.

Put simply this means any situation where your child is being deliberately and repeatedly hurt by other people and they find it hard to defend themselves. This could be face to face or online, in school or in the community. It may be physical, or it could be verbal or emotional. For example, your child might be pushed around by others, called names, or be excluded from friendship groups. Children may also target aspects about people they feel are 'different' - this could include disability, race, faith, gender, sex, sexuality, poverty, talent, skin conditions, allergies, or situation at home. Children are influenced by the home, community, and society they grow up in, by the things they see, read, and hear, and the people around them. We all have a role to play in creating communities where children feel safe and valued, where we stand up to prejudice and are united against bullying. Most children will experience or witness bullying during the school years: they may be the target of bullying, may be involved in bullying others, may stand by while others are being bullied or may take positive action to stop bullying.

WHAT ADVICE CAN I GIVE MY CHILD?

Be kind and respectful to others: you have a vital role to play in modelling positive relationships. Your child is always watching you and learning from you. It's important to talk kindly about other people and support your child to be kind and respectful to others, challenge behaviour that is hurtful or offensive and show your child that you reach out to others who may be seen as 'different', lonely or isolated.

Recognise and stand up to injustice: Help your child to understand that throughout history people have not always been treated with kindness and respect. Support your child (in an age appropriate way) to understand prejudice and inequality. There are many good books and resources available on these issues. Make these discussions part of your everyday life. Talk about how they would respond if they were targeted in this way or witnessed behaviour or language that targeted difference and what actions they could take. Be clear that it is never okay for a child to experience prejudice.

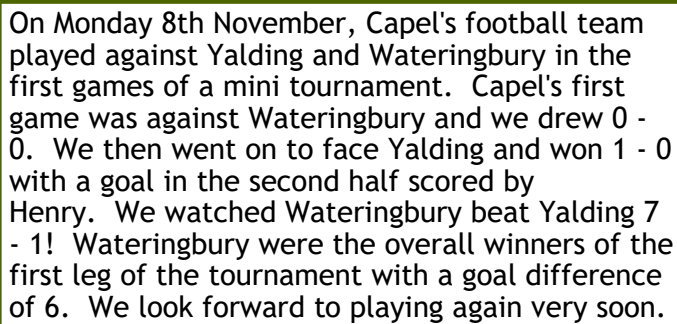
Understand true friendship: you can teach your child the qualities of a true friendship such as kindness, respect, boundaries, laughter, forgiveness, and trust. This will help your child recognise if others are being unkind or manipulative towards them. Encourage your child to be open to friendship rather than insisting on one best friend. Experience shows you can be vulnerable if they decide not to be your friend anymore!

Grow in confidence: we all have times when we feel shy and self-conscious. Some children are naturally more confident than others, others are quieter, and are happy with their own company or the company of a small group of friends. If your child is unhappy and wants help to grow in confidence then talk to the school to see what support they can give (e.g. a buddy or peer mentor system) and consider activities and groups outside of school that might help your child grow in confidence (e.g. sports, Scouts and Girl Guides, arts and drama, martial arts, volunteering).

Role play together how to handle difficult situations: it is likely that your child will experience name calling, will get into arguments and may even be involved in physical fights. Role play together the different options you have in these situations, what you could say or do, and who else could help.

Establish physical boundaries: help your child to understand that their body belongs to them, and that everyone has their own physical boundaries. This means it is not okay to be rough with other people, or to touch, hug or grab them without their consent. It is never okay for someone to physically hurt someone else and children need our help and guidance to learn to give people personal space.

Make sure your child knows who else can help: there may be times, particularly as your child grows older, where they do not always tell you what is on their mind. This could be because they are worried about how you might react, or they do not want to upset or worry you. Help them think about other people in their lives who they can talk to. This could be a friend, a family member, a teacher at school or another adult they know and trust.



On Monday 8th November, Capel's football team played against Yalding and Watringbury in the first games of a mini tournament. Capel's first game was against Watringbury and we drew 0 - 0. We then went on to face Yalding and won 1 - 0 with a goal in the second half scored by Henry. We watched Watringbury beat Yalding 7 - 1! Watringbury were the overall winners of the first leg of the tournament with a goal difference of 6. We look forward to playing again very soon.



All the staff and children held a two minute silence on Thursday, in memory and respect of those men and women who have lost their lives in the defence of our country.

We express our thanks and gratitude to all those, past and present, who keep us safe, both at home and overseas.

Club information : Clubs that take place in smaller rooms with mixed year groups will be temporarily postponed.

Choir—will continue in large hall

Gym / Dance clubs will continue in large hall.

Sewing club—postponed

Games Club—postponed, but will use the hall when available

Football club—will continue outside

Homework clubs—will continue in their class groups

Maypole Dancing—will continue in large hall

The Capel Vision

For every child in our school.

Hopefully you have seen our vision on our website, but in case you hadn't, I wanted to share with you, the important vision for our school. We strive to work towards our vision in we all that we do.

At Capel, we are all committed to working together to achieve our goals.

On our website, you will also be our CARE values and the school's mission.

