

Dear Parents & Carers,

Well we had the wettest camping week in history but that couldn't dampen the spirits of the Year 3 & 5 pupils last week as they headed off to Thriftwood Camp



site for adventure & challenges. The biggest challenge of all was packing bags at the end of the week and seeing what colour the clothes were under all the mud...but the children had a lovely time! A huge thank you



to Mr Gibson and all the wonderful staff that kept the children safe, happy and as dry as possible. They really went above & beyond the call of duty in order to help the pupils have amazing fun being Confident, Independent, Curious & Involved!

Don't forget the Macmillan Coffee afternoon to-



day at 3:00pm in the Key Stage 1 playground to help raise money for cancer research. A JustGiving page for raising money for this event can be found at: <https://coffeefundraising.macmillan.org.uk/fundraising/cm23070313>



A personal thank you also to the families that sponsored my Big Hike a couple of weeks back which raised a whopping £1450 for MacMillan. Thank you so much for your support—the blisters were worth it!

A reminder that we will be marking World Mental Health Day on Friday 13th October by wearing yellow in school. We will be talking in class and learning about our mental health and how to help keep ourselves happy & well.



Have a lovely weekend.

Mr Hughes & Mrs Crouch

27 September—3 October
Travelling Book Fair in school

29 September Macmillan Coffee Morning in school 3pm—donations of cakes to be dropped to office please!

29 September Year 1 Forest walk

4 October KS2 SATs meeting

5 October CENSUS day in school

10 October Encouraging Healthy Lifestyles coffee morning in school 9am

10, 11, 17 October Year 6 visit to Gudwara

13 October World Mental Health Day—wear yellow

13 October PTA cake sale after school

20 October Pupil Conference Day in school (school closed to all parents except Nursery)

21 October—29 October
Half term holiday—school closed

Our Value of the month: is...





Thoughtful Thursdays

Our Thoughtful Thursday cupboard is full and ready to go to any families that might need a little support over the coming months.

The food is delicious, long-life and free to anyone that could use it.

In these hard times it is important that we all support each other and also seek out help if we need it— you never know when you will be able to help out someone else one day.

Please see Mr Hughes or Ms Crouch to make a time to come in and collect some food— it would easily help save £30-40 a week which you could then use for other things!

If you are struggling and need some help, please come and see us confidentially.

(Remember that Thoughtful Thursdays continue— please bring in pasta/ rice/ pasta sauces/ baked beans/ jams/ tinned soups or anything long life or bathroom products that could help another family!).

Secondary School Admissions

Year 6 parents! Don't forget that the deadline for secondary school applications is **31 October 2023**

Full details can be found on the London Borough of Redbridge website:

<https://www.redbridge.gov.uk/schools/secondary-school-admissions/>

Please do call the school office or speak to your child's class teacher if you are having problems completing the application.

PTA Cake Sales

Our first playground cake sale is taking place on Friday October 13th at 3.20pm in the KS1 playground. As a reminder, we ask for donations of cakes to be dropped in to the school office or on the gate at drop off on cake sale day. The PTA team set the cake sale up for straight after school, with all cakes priced at 50p each.

Without donations of cakes, these sales can't operate so thank you to all the parents who donate so generously. Last year these sales raised thousands of pounds for our PTA funds—money which enables the school to give our children the best experience possible.

The Biggest Thank you!

A huge thank you from the Year 3 and Year 5 camping teams to all our families who so kindly contributed towards their Camping gifts! Your generosity is really overwhelming.



Healthy Eating at Aldersbrook

Just a reminder, we are a Healthy Eating School and are trying to promote healthy eating routines for life at Aldersbrook. Please do not send in crisps/chocolate bars/sugary fruit rolls or drinks from **Monday to Thursday** each week. Friday is 'treat' day and **one** of these items could be included in packed lunches.

Please remember to send in a water bottle with your child, with their name on it.



Attendance

Please note that we will not be authorising **any time** out of term time for students this year for any holidays.

Families need to book holidays in the **thirteen weeks** of school holidays given. No exceptions will be made this year and you risk losing your child's school place and/or receiving a fixed penalty notice if holidays are intentionally booked in term time.

Every day of learning is important and we can see the gaps in learning that occur when attendance in low or school is missed!

Please see Mr Hughes, Mrs Crouch or Mrs Gritten in the office for further guidance.

Ready to be a Leader?

If you are passionate about one of the areas below, why not apply to be an Ambassador?

Simply write a letter about why you want to be an ambassador and give it to the office or the staff member linked to it and we will be holding interviews for ambassadors soon!

Playground Ambaassador (Mrs Blake)

Learning Ambassador (Mr Hussain)

Heath & Safety (Mr Hughes)

Environment Ambassador (Mrs Mahmood)

Attendance (Mrs Gritten)

School Parliament- class voted (Ms Crouch)

Congratulations to Muhammad in Year 5 who was awarded best bowler from his cricket club for the under 9s this season



Lost Property

Please ensure every item of clothing as well as water bottles, packed lunch boxes etc are all labelled clearly with your child's name & class. With almost 700 children, it is almost impossible to get items returned to people without this.

MOST items that we get in the lost property boxes have no labels or names on them.

Please see the 'Stickins' (<https://www.stikins.co.uk/>) site for labels that are very sturdy and will last through many washes! If you use the Code 292 when ordering, Stickins will make a donation to our PTA.

Christmas photo special offer from Karen Zetter Photography—with percentage of sales coming to the school.

Who doesn't love a Christmas photo shoot! Karen Zetter Photography have put together a great package for Aldersbrook families.

She is offering a photo shoot which consists of family groups, the children together and children individually for the discounted rate of £100 (rather than the standard rate of £150) The school will also receive a very generous percentage of any of these packages sold.

Please look at Karen Zetter Photography on Facebook or Instagram



for more examples of her work. These shoots can be arranged directly with Karen on 0777 423 0111 .





LEYTON ORIENT V DERBY COUNTY
SAT 9TH DECEMBER | 3PM KICK-OFF



**PLEASE COMPLETE BY 3RD DECEMBER 2023*



**CLICK HERE TO CLAIM
YOUR FREE TICKET**

Leyton Orient have given the school 50 FREE tickets to watch them play Derby County on Saturday 9th December.

If you would like to be at the game, please scan the QR code.

Up the O's!!!

Online Safety at Aldersbrook

We take online safety very seriously at Aldersbrook. Our devices in school are monitored with firewalls to protect the content that children can see in school.

However we cannot control what the children are seeing & using at home so we urge parents to be vigilant with children's online behaviour & safety at home too.

We realise this can be tricky to navigate so we would really recommend that you come along to our parent workshop on **27th November run by 'The Two Johns'** who have a wealth of experience helping families to stay safe online. It will run from 5-6:30pm PLEASE SAVE THE DATE as this will be sure to be a popular session! During the day they will also be doing workshops with our pupils & then staff.

We see the anxiety & harm that comes from online bullying— pupils often think that they can say & do things online that will not be traced back to them. Please speak to your child about their online footprint and follow our simple rules to keep themselves & others safe:

- Parents are in control! You have the final say on when & how they use devices and apps.
- Keep a tight check on what pupils are saying online and have open conversations about their online footprint & behaviour.
- No phones charging in rooms overnight. You wouldn't believe the number of Whatsapp groups that have messages being sent from under duvets at 2:00am in the morning.
- Take parental responsibility for allowing your children to use apps that are age appropriate only.
- We live in a digital world and banning or taking devices away will not solve any problems— open & honest discussions with your child will build reciprocal trust..but you do need to be aware of who your child's contacts are in all messaging arenas online to protect your child.



Of course you know my opinion about Whatsapp groups..and I feel even more strongly about pupils using this platform (guidance is for 16 year olds and over to use it). There are many features that leave pupils susceptible to online abuse & safeguarding issues. I have attached a 'Whatsapp User Guide' which is an easy read and outlines some of the dangers that are present when using this platform and ways that parents can make it safer, if you choose to allow your child to use it.

Please see myself, Ms Crouch or Mr Gibson Jnr if you have any concerns or need to support.

What Parents & Carers Need to Know about WHATSAPP

AGE RESTRICTION
16+

In UK and Europe;
rest of the world 13+

...MSG ME...

WHAT ARE THE RISKS?

With more than two billion active users exchanging texts, photos, videos and documents, as well as making voice and video calls, 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. This privacy issue has been in the spotlight recently, as the UK's Online Safety Bill proposes to end such encryption on private messaging; WhatsApp is unwilling to do so and has reportedly considered withdrawing its service in the UK should this legislation go ahead.

EVOLVING SCAMS

WhatsApp's popularity makes it a lucrative hunting ground for scammers. Recent examples include posing as the target's child, requesting a money transfer because of a spurious 'emergency'. Plus a scam where fraudsters trigger a verification message by attempting to log in to your account, then (posing as WhatsApp) call or text to ask you to repeat the code back to them, giving them access.

CONTACT FROM STRANGERS

To start a chat, someone only needs the mobile number of the WhatsApp user that they want to message. If your child has ever given their number out to someone they don't know, that person could then contact them via WhatsApp. It's also possible that your child might be added to a group chat (by one of their friends, for example) containing other people that they don't know.

FAKE NEWS

WhatsApp's connectivity and ease of use allows news to be shared rapidly – whether it's true or not. To combat the spread of misinformation, messages forwarded more than five times on the app now display a 'Forwarded many times' label and a double arrow icon. This makes users aware that the message they've just received is far from an original ... and might not be entirely factual, either.

ONLINE

'VIEW ONCE' CONTENT

The facility to send images or messages that can only be viewed once has led to some WhatsApp users sharing inappropriate images or abusive texts, knowing that the recipient can't re-open them later to use as evidence of misconduct. People used to be able to screenshot this 'disappearing' content – but a recently added WhatsApp feature now blocks this, citing increased privacy.

CHAT LOCK

Another new option allows users to store certain messages or chats in a separate 'locked chats' folder, saved behind a passcode, fingerprint or face ID authentication. The risk here is that this function creates the potential for young people to hide conversations and content that they suspect their parents wouldn't approve of (such as age-inappropriate material).

VISIBLE LOCATION

WhatsApp's 'live location' feature lets users share their current whereabouts, which can be helpful for friends meeting up or parents checking that their child's safely on the way home, for example. However, anyone in your child's contacts list or in a mutual group chat can also track their location – potentially letting strangers identify a child's home address or journeys that they make regularly.

Advice for Parents & Carers ...TYPING...

EMPHASISE CAUTION

Encourage your child to treat unexpected messages with caution: get them to consider, for example, whether the message sounds like something a friend or relative would really send them. Make sure they know never to share personal details over WhatsApp, and to be wary of clicking on any links in messages. Setting up two-step verification adds a further layer of protection to their WhatsApp account.

ADJUST THE SETTINGS

It's wise to change your child's WhatsApp settings (go to 'Privacy', then 'Groups') to specify which of their contacts can add them to group chats without needing approval: you can give permission to 'My Contacts' or 'My Contacts Except ...'. Additionally, if your child needs to use 'live location', emphasise that they should enable this function for only as long as they need – and then turn it off.

THINKING BEFORE SHARING

Help your child to understand why it's important to stop and think before posting or forwarding something on WhatsApp. It's easy – and all too common – for content to then be shared more widely (even publicly on social media). Encourage your child to consider how an ill-judged message might damage their reputation or upset a friend who sent something to them in confidence.

CHAT ABOUT PRIVACY

Some parents like to check in with their child about how they're using WhatsApp, explaining that it will help to keep them safe. If you spot a 'Locked Chats' folder, you might want to talk about the sort of chats that are in there, who they're with and why your child wants to keep them hidden. Also, if your child has sent any 'view once' content, you could discuss their reasons for using this feature.

Meet Our Expert

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



...HEY OSCAR...



National Online Safety®

#WakeUpWednesday

Healthy Lifestyle Session

Date: Tuesday 10 October 2023

Time: 9am or as soon as you drop the children off

For parents/carers of Reception and Year 6 children—please join me for a healthy eating/lifestyle workshop, once you have dropped the children off at school. This workshop will last approx. 35-40 minutes

- Get tips on leading a Healthier Lifestyle
- Learn more about Healthy Eating:
Healthy Breakfast options
Healthy vs Unhealthy snacks
Sugary Drinks
- The importance of Sleep, Exercise and Oral Health
- Find out what activities and support is available in Redbridge for you and your family.



Any queries, please call Anna Woolnough,
Health Improvement Advisor on 0300 300 1579 (Option 1)
or email: anna.woolnough@nelft.nhs.uk

Thank you!

Join us on a meaningful journey! Sarah, Jachin and Elijah are walking to support disabled children in China. Will you sponsor them?

DONATE NOW



1.00 PM 30 SEP 2023
QUEEN ELIZABETH OLYMPIC PARK
JOIN THE WALK
WHATSAPP: 07984475369

BOOK NOW

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PORTER TENNIS

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24th & 25th October 2023

10:00am - 4:00pm

£85 per child

Wanstead Quaker Meeting House, E11 3AU

School Years 1-6

LIMITED SPACES AVAILABLE

Any further enquires to - makemeanartstar@gmail.com

DBS Checked, Safe Guarding & First Aid trained

friends of **A**

Thursday 9 November 2023

St Gabriel's Church, Park Road,
London E12 5HH

Doors open at 6pm, talk starts 7.30pm

Illustrated talk by Jane Skelding
(AHRC Collaborative Doctoral Candidate,
School of Advanced Study, University of London)

Using data from the 1911 and newly-released 1921 censuses the talk will reveal the early social history of these two unique Edwardian estates. There will also be top tips for researching your own house history.

Tickets: £5 on the door
gives entry to prize draw (children free)

HISTORY TOURS OF THE CHURCH - STALLS - REFRESHMENTS

ALDERSBROOK AND LAKE HOUSE:

WHO DO WE
THINK
WE ARE

THE STOW
BROTHERS

LAHP
The LONDON
ARTS & HUMANITIES
PARTNERSHIP

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