

Kirkistown Primary School Newsletter

June 2019



Learning together,
building for the future

Parent / Carer Survey

Ahead of the creation of our new School Improvement Plan for the new academic year, you are invited to anonymously provide your views on our school strengths and areas for improvement.

The survey will remain open **until Monday 24 June 2019** and can be accessed by clicking the link below. The survey should take no more than 15 minutes to complete. Thank you in advance for your time:



<https://forms.gle/LnCLqUNpHdSNgE5r8>

Sports Day

Well done to all our children for their performances and great attitudes on Sports Day. We were fortunate to just about have the weather on our side and the children were very well supported by families and members of the local community who even joined in on the fun with their own races. Our thanks go to Miss Taggart for leading this event. More photographs from the day can be seen by following this link: <https://www.kirkistownprimaryschool.com/diary-dates-and-events.html>



Sports Events

We've had a number of teams and individuals out and about representing school recently. Our football and rounders teams have been in action at Glastry College and at Calhame pitch recently. Miss Taggart reports that the boys and girls have conducted themselves superbly and played well as a team. Well done to all the children involved.

Meanwhile, Samuel was selected to represent the North Down and Ards Borough in the Area Cross Country Final at Ormeau Park last month. In a high class field, Samuel battled his way through to finish in the fifties- a very creditable performance indeed. Well done, Samuel.



Collecting children at the end of the day

Children still waiting to be collected ten minutes after the end of the day will be cared for by staff in Kids Club. While we do endeavour to be as helpful and flexible with families as we possibly can be, I am mindful that teaching staff have other school responsibilities to fulfil. Kids Club is available after school on most days at very reasonable rates. Further information can be obtained by contacting the school office.

Summer Fair / PTFA Funds

Thank you to our wonderful PTFA for organising our recent summer fair. Just over £800 was raised and will be used provide a number of additional opportunities and experiences for our children. On behalf of school, thank you to the community for your generous support, to the stallholders, visitors and to Mrs Perry and Mr & Mrs Finegan for organising and hosting the event. Thank you also to the teachers who braved the sponges and super soakers all in the name of good fun.

The following funds have been raised from PTFA events during the 2018/19 academic year:

Halloween Disco	£57.00
Christmas Fair	£1058.60
Bag Pack	£438.00
Movie day	£150.00
Beach clean	£451.00
Summer Fair	£808.00
Sports day	£26.00
Total:	£2,268.60

The funds raised have been used to pay for: the school disco, coach hire for the visit to the pantomime, a selection box for each child, the mixing and mastering of the Christmas single, the artwork for the 'Luna the Psychic Cat' book, our yearly subscription to Purple Mash, our subscription to 'School Money', coach hire for the end of year school trip, and an individual class trip for all children. Once again, on behalf of the school community, I am deeply grateful for the generosity of spirit from the PTFA and the community support of their work.



Online Safety

We were very pleased to recently have been visited by the NSPCC who spoke to our children about keeping safe. This visit was followed by an assembly, led by our Designated Teacher, Mrs Harbinson, and Deputy Designated Teacher, Mr Irwin. The internet is a wonderful tool for young people but can also provide difficulties when accessed without supervision. The National Online Safety team make a number of parental guides and their website can be visited at: www.nationalonlinesafety.com. Their parental guide to Instagram is attached at the very back of this newsletter and gives a good example of the sorts of information you can find on their very useful website.

RNLI Visit

We were thrilled to be joined by Paul Rafferty recently from the RNLI as part of their Drowning Awareness Week. Paul spoke to the children about how to be safe while they are having fun in and around water. I'm sure you'll agree the importance of this message in the beautiful setting afforded by the Peninsula.



Money Matters

Our children also had a recent visit from George and Glen from HMRC. The children learned about a range of different taxes and what they are used for, before being asked what they thought was a fair tax rate. Being good citizens, the overwhelming majority of our children were in favour of higher taxes to provide high quality public services. Our thanks are extended to George and Glen for their time.



Kirkistown Castle Visit

We were delighted to be able to take each of our classes on a visit to Kirkistown castle on Tuesday 04 June 2019. Martin Keery and Dr John O'Keefe from the Department of Communities hosted our visit and acted as tour guides for each of the classes during their visit. The visit was arranged with some assistance from Howard Gregory (Cloughey and District Community Association) to whom we extend our thanks. The children had a fantastic time and were interested to hear many tales regarding the development of the site and the value that particular features provided to those seeking to defend it.

The precise date of the construction of Kirkistown Castle has been debated, but it is traditionally believed to have been built by Roland Savage of Ballygalget in 1622, possibly reusing an earlier site.

The castle comprises of a three storey tower house within the remains of a bawn (fortified enclosed space) and a later barn. There has been gradual subsidence of the tower house over the centuries as its foundations were not built to accommodate the marshy ground. In the late 19th century buttresses and two iron braces were added to halt movement in the walls. The tower has been subjected to numerous alterations over its history and was extensively remodelled in a neo-gothic style in the early 19th century.



School Uniform

Ahead of the new school year, the following page from our school prospectus may be helpful when making purchases.



We believe there are many benefits to the wearing of a school uniform and therefore actively encourage all pupils to do so. The school policy is for full uniform, including P.E kit. Please ensure that all items of uniform are labelled clearly with your child's name.

Physical Education

All classes:

- White cotton round necked t-shirt
- Plain navy tracksuit bottoms or plain navy shorts
- Black pumps / plimsolls or a pair of trainers

Primary 4-7 pupils will take part in swimming lessons for a term each school year.

Hair

Hair should be kept neat and tidy and long hair should preferably be tied back. Appropriate cuts and natural colours of hair are required.

Jewellery

In the interests of safety jewellery should not be worn to school. The only exceptions are a watch and small ear studs, for those who have pierced ears. Children wearing or jewellery will be asked to remove them during school. Ear-studs should be removed during PE activities or fully covered with a suitable plaster.

BOYS

Grey trousers
White polo shirt
School sweatshirt
Grey socks
Black shoes

GIRLS

Grey Pinafore (P4-P7 skirts)
White polo shirt
School sweatshirt
White knee socks
Grey tights in the winter term
Black shoes

Blue gingham dress (summer term only)

Coats and Shoes

Children should have a navy fleece or showerproof coat with school logo or sensible outdoor coat deemed suitable for the weather and for school wear. Children should come to school in suitable black waterproof shoes. Trainers, boots, shoes with heels and 'jellies' are not part of school uniform.

Uniform Suppliers

School uniform may be purchased from the following providers:

David Crawford: 21 Frances Street,
Newtownards BT23 7DW, tel: 07801 343505.

School Days Ltd: 2 High Street, Newtownards
BTY23 4JL, tel: 028 9182 7717.

Diary Dates Red font denotes new dates added since last newsletter

Term dates for the 2019-2020 academic year can be accessed via a document at the bottom of the following page:

<https://www.kirkistownprimaryschool.com/parents-430717.html>

A paper copy of these dates were recently sent home to all school families.

Date	Details
Wed 12 June 2019	P3 – P6 Shared Education Trip to Belfast Zoo- a packed lunch needs to be sent with all children.
Thu 13 June 2019	Football Tournament at Calhame Pitch (Afternoon)
Fri 14 June 2019	P3 & P4 Class Assembly
Tue 18 June 2019	Whole School Trip to Ards Leisure Centre (£5). Children to be collected at 2pm on return to school.
Wed 19 June 2019	P5, 6 & 7 Trip to Airtastic. An online waiver needs to be completed by Mon 17 June 2019.
Thu 20 June 2019	‘Change Day’ – All children will spend time in their new class from 10am to 12noon.
Fri 21 June 2019	Reception / P1 & P2 Class Assembly, Prize Day, School Reports to go home
Mon 24 – Wed 26 June 2019	P6 / P7 Residential at Greenhill
Thu 27 June 2019	P7 Leavers Assembly at 2pm
Fri 28 June 2019	School Finishes for Summer (12 noon)

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Instagram is a hugely popular social networking app with over 1 billion snap happy users worldwide. The app, which is accessible on iOS and Android devices, allows users to upload images and videos to their feed, like an online gallery. Images and videos can be transformed with an array of filters to edit the shot before sharing. Anyone with an account can see others' online 'galleries' if their account is not private. To make posts easier to find, users can include searchable hashtags and captions to their uploads. The app has additional features like an 'Explore Page,' which contains videos and images tailored to each user based on accounts and hashtags they follow.



What parents need to know about INSTAGRAM



HOOKED ON SCROLLING

Instagram revealed that young users spent a minimum of 32 minutes on the app per day. Many social media platforms, Instagram included, have been designed in a way to keep us engaged on them for as long as possible. Behavioral economist Nir Eyal calls this the 'Hook Model' and the Instagram feed is a great example of this. Children and adults may find themselves scrolling to try and get a 'dopamine release'. Scrolling may become addictive and it can be difficult to stop scrolling until they find that 'something' they are looking for. Children may quickly lose track of time as they get deeper into their Instagram feed.

SLIDING INTO DM'S

Direct messages (or DM's) on Instagram allow users to share posts, images, videos, voice messages and calls between each other privately (or in a private group). Even if your child's account is set to private, anybody has the option to message them and send them content. If the person is not on your child's friends list, the message will still be sent to their inbox but the user has to accept their request to see the message.

INFLUENCER CULTURE

Influencers are sometimes paid thousands of pounds to promote a product, service, app and much more on social media. When celebrities or influencers post such an advert, they should add a disclaimer somewhere in the post which states that they have been paid for it. Commonly, this is well-hidden in the hashtags or in the comments of their post, making it unclear that their photo/video is actually an advert. This can be very misleading to young people who may be influenced into buying/wanting something promoted by somebody they admire. Dr Danielle Wagstaff, a psychology professor from Federation University Australia, said that social media and influencer culture can sometimes lead us to "derive a false sense of what everyone else is doing" and that this "can definitely have a negative effect on our mental health and wellbeing."

DAMAGE TO CONFIDENCE, BODY IMAGE & MENTAL HEALTH

In a recent report by the RSPH, Instagram was ranked the worst for young people's mental health. Using filters on photos on Instagram can set unrealistic expectations and create feelings of inadequacy. Children may strive for more 'likes' by using realistically edited photos. Judging themselves against other users on the app might threaten their confidence or self-worth. In early 2019, Instagram boss Adam Mosseri promised to ban images of self-harm, following the suicide of 14-year-old Molly Russell, who had reportedly been looking at such material on the platform.

LIVE STREAMING TO STRANGERS

Live streaming on Instagram allows users to connect with friends and followers in real-time and comment on videos during broadcast, but this feature can be turned off. If your child's account is private, only their approved followers can see their story. It's important to note they may have accepted a friend request from someone they don't know, which means they could be live streaming to strangers. Children also risk sharing content they later regret, which could be re-shared online for years to come. Public accounts allow anybody to view, so we suggest your child blocks followers they don't know. In February 2019, the NSPCC demanded a crackdown on Instagram's 'failed self-regulation' after it was revealed grooming and abuse via the app had more than tripled. 5,000 cases of sexual communication with children, some as young as 5, took place in 18 months.

IN-APP PAYMENTS - Instagram allows payments for products directly through the app. It operates under the same rules as Facebook Payments, which state that if you are under the age of 18, you can only use this feature with the involvement of a parent or guardian.

EXPOSING LOCATION

Public locations can be added to a user's photos/videos and also to their stories. While this may seem like a good idea at the time, it can expose the location of your child. This is particularly more of a risk if it is on their story, as it is real time. Posting photos and videos is Instagram's biggest selling point, but with sharing images comes risks. A photo which includes landmarks in the area, their school uniform, street name, house and even tagging in the location of the photo uploaded to Instagram can expose the child's location, making it easy to locate them. If their account is not set to private, anyone can access their account and see their location.

HJACKED HASHTAGS

Like Twitter, hashtags are also an extremely prominent tool in Instagram and with that comes dangers for your child. One person may use a seemingly innocent hashtag with one particular thing in mind, and before you know it hundreds of people could be using the same hashtag for something inappropriate or dangerous that your child certainly shouldn't be exposed to.

IGTV

Instagram TV (IGTV) works similarly to YouTube. Users can watch videos from favourite accounts on the platform, or create their own channel and post their own videos. It's important to note anyone can create an Instagram TV channel and doesn't have to be friends with a person to follow an account and watch their videos. In 2018 Instagram apologised and removed some of its TV content which featured sexually suggestive imagery of children. As the feature may encourage spending more time using the app, it's important to set time limits to avoid children's sleep or education being disturbed.

Top Tips for Parents

RESTRICT DIRECT MESSAGES

If your child receives a message from somebody they do not know, encourage them not to accept their message request and 'block' this person; this is the only way to stop them messaging your child again.

LOOK OUT FOR #ADS

In January 2019, the UK's Competition and Markets Authority launched an investigation into celebrities who were posting adverts on social media and not declaring that they were paid for. Influencers must clearly state that they have been paid for their posts, for example using a hashtag like #ad or #sponsored. Teach your child to look out for the signs of a paid post/advertisement and discuss with them that not everything they see from celebrities is their personal choice and opinion.

REMOVE PAYMENT METHODS

If you are happy for your child to have a card associated with their Instagram account, we suggest adding a PIN which needs to be entered before making a payment; this will also help prevent unauthorised purchases. This can be added in the payment settings tab.

SCROLLING

Instagram added a 'You've completely caught up' message in late 2018. This message breaks up the feed and notifies you when you are up to date and there are no more new posts from followers. This feature is enabled automatically, but have the conversation with your child about how much time they are spending on the app and set healthy time limits.

PROTECT THEIR PERSONAL INFORMATION

Your child may unknowingly give away personal information on their profile or in their live streams. Talk to them about what their personal information is and make sure that they do not disclose anything to anyone during a livestream, comment, direct message or any other tool for communication on the platform, even to their friends.

USE A PRIVATE ACCOUNT

By default, any image or video your child uploads to Instagram is visible to anyone. A private account means that you have to approve a request if somebody wants to follow you and only people you approve will see your posts and videos.

FILTER INAPPROPRIATE COMMENTS

Instagram has an 'anti-bullying' filter, which hides comments relating to a person's appearance or character, as well as threats to a person's wellbeing or health. The filter will also alert Instagram to repeated problems so they can take action against the user if necessary. This is an automatic filter, but it can be turned off. Make sure it is turned on in the app's settings.

TURN OFF SHARING

Even though this feature will not stop people from taking screenshots, it will stop others being able to directly share photos and videos from a story as a message to another user. This feature can be turned off in the settings. We also recommend turning off the feature which automatically shares photos and videos from a story to a Facebook account.

DON'T FORGET TO BE VIGILANT & TALK TO YOUR CHILD ABOUT THEIR ONLINE ACTIVITIES!



SOURCES: <http://standard.co.uk/news/uk-children-as-young-as-five-are-being-groomed-over-instagram-46080591.html>, <http://edition.cnn.com/2019/03/01/uk/nsppc-grooming-social-media-report-scli-int/index.html>, <http://news.sky.com/story/instagram-grooming-of-children-as-young-as-five-revealed-11631138>, <http://businessinsider.com/instagram-child-grooming-cases-18-23-in-the-uk-4618000>, <http://www.itsmashup.com/2019/02/07/instagram-boss-reveals-really-funny-social-media-tricks/>, <http://socialmediawatcher.com/social-media-tricks-how-to-get-on-instagram-easier-faster>, <http://www.bbc.co.uk/news/technology-46960179>, <http://www.zestfulive.co.uk/news/instagram-check-your-childs-instagram-account-15889294>, <http://www.dailymail.co.uk/sciencetech/article-4754296/Millennials-spend-half-hour-instagram-day.html>, <http://www.munchack.com/news/instagram-hashtag-banned-dictated-to-social-media>, <https://www.facebook.com/watch/?v=20172609357310>, <https://www.rspth.org.uk/about-us/news/instagram-ranked-worst-for-young-people-s-mental-health.html>



Free

Big Summer Read 2019

Keep reading throughout the summer with the Libraries NI Big Summer Read!

To take part visit your local or mobile library from Monday 1 July until Saturday 31 August. It's fun and free!

Keep an eye on the Libraries NI website for more information during the coming weeks.



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www.librariesni.org.uk