



NLS Newsletter

Autumn term 15.12.2023

www.northlancing.w-sussex.sch.uk  twitter.com/nlancingprimary

Diary Dates 2022/2023



Autumn Term 2023- Monday 4th September-Friday 15th December

Spring Term 2024- Tuesday 2nd January-Thursday 28th March

Inset day Tuesday 2nd January 2024

Half term- Monday 12th-Friday 16th February

Summer Term 2024- Monday 15th April-Monday 22nd July

Half term- Monday 27th-Friday 31st May

Inset days Friday 24th May & Tuesday 23rd July



Cut off dates for booking meals via ParentPay

September Cut off Dates

Thursday 15/9 for w/c Monday 26/9
 Thursday 22/9 for w/c Monday 3/10
 Thursday 29/9 for w/c Monday 10/10

October Cut off Dates

Thursday 6/10 for w/c Monday 17/10
 Thursday 20/10 for w/c Monday 31/10
 Thursday 27/10 for w/c Monday 7/11

November Cut off Dates

Thursday 3/11 for w/c Monday 14/11
 Thursday 10/11 for w/c Monday 21/11
 Thursday 17/11 for w/c Monday 28/11
 Thursday 24/11 for w/c Monday 5/12

December Cut off Dates

Thursday 1/12 for w/c Monday 12/12
 Thursday 22/12 for w/c Tuesday 3/1
 Thursday 29/12 for w/c Monday 9/1

Please note when ordering meals for your child: DO NOT book a trips packed lunch. This is only for schools who offer a Chartwells packed lunch for day trips and does not mean that your child will get a packed lunch provided at school.



Christmas Break

It has been a (very!) long Autumn term but your children have worked their socks off- you should be very proud of them. We would like to wish you all a wonderful Christmas and hope you have some fantastic family time with your lovely children. We look forward to seeing everyone back on Wednesday 3rd January 2024.

Thank you

All the staff would like to thank you for your kind and thoughtful presents; we feel thoroughly spoilt!

Online Safety

Many children may receive gifts over Christmas that would take them online for the first time. It is imperative that children know how to stay safe online. Please see the leaflet at the end of the newsletter for advice on how best to set up parental controls on new devices.

Christmas Performances

Your children are awesome! Each and every one of the year group performances- from our Reception nativity all the way up to our year 6s in their final ever Christmas performance showing off their knowledge of Christmas around the world- were utterly brilliant! We are so proud of how they all learned their lines and their dance moves. We had some very enthusiastic dancers! We hoped you enjoyed watching them as much as the children enjoyed performing to you all. We would like to thank you all for coming along and thank our staff for the hard work in preparing the children for this week. We would also like to thank the PTA who provided the mince pies for the parents and sweets for the children.

Attendance Clinics

The attendance clinics and panels will recommence in the new year. If you have any concerns about your child's attendance please do contact the school.

Goalkeeping Course

If you have not already expressed your child's interest for the goalkeeping course run by a specialist goalkeeping coach from Soutwater FC (open to both girls and boys in years 3-6) please let us know via Studybugs as soon as possible. We have only a few spaces left so don't miss out! The course is being held on Wednesday 10th January during school time.

Netball

Huge congratulations go to the North Lancing netball team who performed incredibly well to beat The Globe 14-1 this week. Player of the match (as selected by The Globe) was Harley B.

The team were: Louie L (c), Harley B, Ella B, Lacie T, Poppy-Mae S, Lydia S, Charlie B, James G and Jess B

Thanks go to Izzy C for her fantastic scoring!

Reading

Please make sure your child keeps up with their reading over the holidays- we can not over-emphasise how important it is for children to read every day. Any AR quizzes completed over the holidays will go towards their new target for next term. For the younger ones, Oxford Reading Owl is available all throughout the holidays.

Fond Farewell

It is with very heavy hearts that we must wish Miss DeFreitas a very fond farewell. Miss DeFreitas has been the most amazing member of the North Lancing team for 16 years. Miss DeFreitas started her North Lancing career as a teacher in upper school, transforming the lives of the many children she taught. Still to this day – her ex-pupils contact the school, share their successes and thank Miss DeFreitas for being the one who made a difference. Today, you will all know Miss DeFreitas as one of the SEND team; and no doubt still somebody who really makes a difference. She has the biggest heart and if possible, an even bigger desire to achieve the very best for every child. Sadly, the current climate in the world of Special Educational Needs, the lack of external support and resources and the huge demand for provision makes the role of SENCO an almost impossible job to do – and this job becomes even more of a challenge when you are a perfectionist! Miss DeFreitas is taking a break from education to spend some well-deserved time with her own family and to pursue some interests outside education. She intends to keep in touch with North Lancing and will be back to volunteer and visit. There are not enough words to tell her how amazing she is or to thank her for the difference she has made. We will just have to shout it: THANK YOU MISS DEFREITAS – YOU ARE BRILLIANT! We wish Miss DeFreitas all the luck and happiness she deserves.

Pupil Achievements

Thea M won 4th place individual trampolining medal & a 1st place trophy for fancy dress syncro at PTDA.

Arlo W, Liam E, Marley S, Ethan B, Max C and Henry A all won an Ace Football Academy trophy.
Ethan B achieved his 10m swimming badge.

Joey M earned a 25m Rainbow distance swimming badge and certificate.

Aaliyah W came 2nd in the 6-8yr category club championship trophy. She also earned a ballet exam medal.

What Parents & Carers Need to Know about SETTING UP NEW DEVICES FOR CHILDREN

At Christmas, millions of lucky children will be excitedly ripping the wrapping off new phones, tablets, computers or consoles. However, in the rush to let young ones enjoy their shiny gadgets, many parents neglect to set these devices up safely – increasing the chances of children going online and stumbling across adult content, making expensive downloads or installing unsuitable apps. A little time configuring the device properly can save a lot of anguish later. Here are our top tips to ensure that a dream gift on Christmas morning doesn't turn into a nightmare by New Year.

PASSCODES FOR IPHONE/IPAD

If your child's getting their own iPhone or iPad, you can set parental controls that make it difficult for them to access inappropriate content or download expensive apps. Once the device is set up, go to the Settings app and tap Screen Time, then select Use Screen Time Passcode and enter a passcode. Keep it to yourself so your child can't switch the protection off.

SCREEN TIME SETTINGS ON IPHONE/IPAD

Once you've set a Screen Time Passcode, you can adjust various safety settings. You could, for example, only allow communication with people from the Contacts app, place restrictions on App Store purchases and apply age limits to movies, music and web content. There are many more protective options available within the Screen Time settings section.

FAMILY LINK FOR ANDROID

Parents can manage Android phones and tablets, as well as Google Chromebooks, through Google's Family Link app. This gives your child some independence (and their own Google account) but lets parents monitor which apps are being used, set limits on content and ensure that parental permission is required to install apps. Look for Family Link in the Google Play Store.

ADD A CHILD TO FAMILY LINK

The easiest way to add a child's device to Family Link is to set it up with its own Google account. It's a good idea to create this before they use their new phone, tablet or Chromebook. Once they're logged in, open the Family Link app on your phone, press '+' in the top right and add a new family member using their Google account details. Then follow the on-screen instructions.

FAMILY SHARING ON A MAC

Families using a Mac get similar screen time options to iPhone and iPad users. Again, if you're setting up a Mac for a child, make yourself the main admin and add them as a user. This is handled through Apple's Family Sharing service, which not only allows you to put controls on child accounts but share apps and other purchases with them too. Search 'family sharing' at <https://support.apple.com>.

PLAYSTATION PARENTAL CONTROLS

With parental controls for the PS5, you'll need a PlayStation Network account (as the 'family manager') and the child will need their own account, which they should sign in with on the console. This all needs to be set up in advance, so you might want to do it before the big day. Go to PlayStation.com and search 'family account' for instructions.

DISCUSS IT WITH YOUR CHILD

If you're planning to implement any kind of restriction or protection settings on your child's new device, we'd recommend having a discussion with your young one first about what these controls do, and what they are for. If you try to impose parental controls surreptitiously or with no advance warning, don't be surprised if your child tries to find a way around them.

SET AN ADMIN ON PCs

On Windows PCs and laptops, it's important not to let your child share a general user account or be the main admin on the device. If you're booting up a new family PC or a child's own device, set it up using your own account details and you'll become the admin by default. Then set up children with their own separate account: Settings > Accounts > Family & other users > Add Other User.

SET WINDOWS LIMITS

Once your child's account has been created, a parent admin can go back into the Family & Other Users menu and apply limits to it. These include restricting screen time, the type of games and apps that can be installed, web filters and more. Microsoft also includes reporting tools which, for example, can email you with a weekly summary of your child's activity on the device.

TREAT AN XBOX LIKE A PC

The same control settings you use for a PC can be used to apply parental controls on an Xbox. Again, once your child is signed into the Xbox with their own account, you can then monitor and regulate their activity from a PC or web browser. Microsoft's dashboard allows you to manage voice communication through the console, so you can limit who can contact your child, for example.

INSTALL XBOX FAMILY SETTINGS

If you don't have a PC, but your child does have an Xbox, it might be easier to use the Xbox Family Settings app for iPhone or Android. Here, you can restrict console screen time (particularly handy if the console is in a bedroom), restrict communication and monitor the types of game being played. There's also a feature where you can allocate a spending money for games or in-game purchases.

STAY VIGILANT

It's important to remember that none of these methods is 100% foolproof. Nobody will ever invent flawless filters or parental controls – not least because what's unacceptable to some parents is perfectly acceptable to others. So although devices' parental controls will help to keep your child safe online, they work best side by side with good old-fashioned parental vigilance.

Meet Our Expert

Barry Collins has been a technology journalist and editor for more than 20 years, working for titles such as the Sunday Times, Which? PC Pro and Computeractive. He's appeared regularly as a technology pundit on television and radio, including on Newsnight, Radio 5 live and ITV News at Ten. He has two children and writes regularly about internet safety issues.



National
Online
Safety®
#WakeUpWednesday

SOUTHERN MARTIAL ARTS KIDS KARATE

Confidence
Self Defence
Discipline
Respect
Etiquette
Behaviour
Control
Awareness
Anti Bullying
Co-ordination



努力報酬

STARTING
BACK
5th
JANUARY

North Lancing Primary KARATE CLASS

FRIDAYS,
straight after school finishing at 4.10pm

**Call, text or email to
book your place**

01903 537 272 or 07515 901669
E: southernmartialarts@outlook.com

NO
monthly
costs or
Direct Debits

£ 6
pay as you
go

All non
contact

**For Years
R & up**

New beginners welcome along anytime

Wear your PE kit or similar for the first few weeks

COMMUNITY HUB

★ CHRISTMAS HALF TERM ACTIVITIES.....

Monday 18th

ECO-BUILDING

10.30AM - 12PM - £4.00 P/CHILD

5+ years

Use hand tools to design & build with scrap materials

Book a space via
info@corneratelier.com



Tuesday 19th

CHRISTMAS SANDART

DROP IN BETWEEN 10AM - 12PM

All ages welcome

£3, £4 & £5 Small Medium & Large Sand Art Pictures and Bottles.

Cash Only



Wednesday 20th

FAMILY FRIENDLY CHRISTMAS FILM

STARTS AT 2PM

Join us to watch Nativity! on our big screen.

Refreshments and snacks will be available for a small donation.



Thursday 21st

DESIGN & PAINT A CHRISTMAS CANVAS BAG

DROP IN BETWEEN 10AM - 12PM

All ages welcome

£2 Per Bag

Cash Only



Friday 22nd

CHRISTMAS SPARKLES

10.00PM - 12.30PM - £4.00 P/CHILD

4+ years

Everything is sparkly & seasonal, and recycled.

Create decorations, ornaments, wreaths, cards...

All the usual tools and fun!

Book a space via
info@corneratelier.com



COMMUNITY HUB
LANCING PARISH HALL,
96-98 SOUTH STREET,
BN15 8AJ



/LANCINGPARISHCOUNCIL



Winter Timetable: Parenting Peer Support Group 'Circles'



If you are a parent or care giver to a child or young person and supporting them with their mental health, you may feel alone at times and need some support.

Did you know peer support from others who are experiencing similar situations can help with increasing confidence and learning new skills like coping with challenges? We at West Sussex Mind know how vital it is for people to talk and share their experiences, so we have started Peer Support Group 'Circles' across the county, where you can meet the team and other parents, all with lived experience, who can provide some much needed empathy and understanding.

The Parents Service at West Sussex Mind has lots more to offer:

- Peer Support Groups both during the day (both in person and on-line) and evening (on-line)
- Monthly 'Expert by Experience' Guest Speaker Zoom evening sessions, i.e. Self-Harm, EBSA, Autism and mental health, Masking, Supporting siblings and more . . .
- 1:1 sessions with a Peer Support Worker (who has lived and professional experience). These are in blocks of three and can be delivered at a time convenient for you
- Closed Facebook group; regular newsletters and access to training, e-learning and webinars (on the West Sussex Mind website).

Come and join us at:

ADUR (Lancing)

Lancing Parish Hall, South Street,
Lancing BN15 8AJ

- THURSDAYS - 22/02/24 and 14/03/24
- AFTERNOONS - 12:30-14:00

ARUN (Bognor Regis)

Arun West Family Hub, Laburnum Grove,
Bognor Regis PO22 9HT

- THURSDAYS - 18/01/24 and 21/03/24
- MORNINGS - 10:00-11:30

NORTH (Crawley)

Beebush Family Centre, Dorsten Square,
Crawley RH11 8XW

- TUESDAYS - 02/01/24; 06/02/24; 05/03/24
- MORNINGS - 10:00-11:30

NORTH (Horsham)

i-Rock, Hunt Cafe, Hunt Road, Horsham RH12 2DN

- TUESDAYS - 09/01/24; 20/02/24; 19/03/24
- AFTERNOONS - 13:00-14:30

WEST (Midhurst)

South Downs Centre, North Street,
Midhurst GU29 9DH

- TUESDAYS - 30/01/24; 27/02/24; 26/03/24
- MORNINGS - 10:30-12:00

WORTHING

Methold House (The Annex), North Road,
Worthing BN11 1DU

- TUESDAYS - 23/01/24 and 19/03/24
- MORNINGS - 10:30-12:00

To access the Parenting Service you will need to register with us. If you would like to attend one of our groups, you can drop into a session and then register with the service, or contact us via our Help Point and state you would like a Parenting referral to access the groups. Please call our Help Point Monday to Friday, 10am until 4pm on 0300 303 5652 or email helpoint@westsussexmind.org