



April 19th 2024

Welcome back to the final term of the year. I hope you had a lovely, restful holiday. Thankyou so much to those of you who managed to attend parents' meetings. We hope you found them useful. We welcome your feedback on the process and how we could do better next time. Please send your comments to admin@allsaints.wokingham.sch.uk

This term is a hard working one for all our children, particularly Years 1, 2 and 6 with Phonic Checks and SATs fast approaching. Assessment week for all children will take place in June and we all look forward to seeing how much progress the children have made since September.

We are trying to improve communication with you so please try to read your emails, parent mail and the website for upcoming information and diary events, of which there are many.

The sun is shining and the ground is drying out. The children are eagerly waiting to play on the fields and we are waiting for the grass to be cut and marked – not long to wait!

Stars of the Week

Congratulations go to:

Jasmin Y1, Darcie Y2, Tamarah Y3, Tamzyn Y4, Lottie Y5, Janie Y5, Nour Y6 and Cara Y6.

This week's school value – Compassion

An additional well done to those children who worked hard on our school value of the week by being kind and offering to help others.

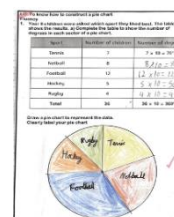
Tamzyn, Tamarah and Darcie.



What has been going on in school this week?

Year 5 have taken advantage of the sunny weather this week and have enjoyed tennis and ball games outside during PE lessons.

Year 6 have settled back into school and are enjoying their new class text, 'Pig Heart Boy' by Malorie Blackman. In English, the week has focused on revising grammar and punctuation. In Maths, they read, interpreted and created pie charts such as the one, by Jagdev in Canada class.



Safeguarding I would like to gently remind you of arrangements should you wish for another adult to collect your child at the end of the day. To keep your child safe, we ask that you give prior permission with a password via email or phone no later than 2.45pm to ensure that this information can be forwarded onto the relevant teachers. You will need to share the password with the collecting adult. Teachers will not release your child unless the password is given. Teachers will also not release your child to their friend until the parent has spoken to the class teacher.

Online Safety See below for a poster giving guidance on using 'Whatsapp'.

Laura Collinson
Acting Head Teacher

'Let Your Light Shine'

Compassion Courage Community Curiosity

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New to our Newsletters – Interesting, affordable, healthy recipes.

I don't know about you, but I remember it being difficult to be creative when cooking with my children and preparing lunch boxes and meals each week whilst making healthy choices on a limited budget. If you feel the same and need some inspiration to encourage your child to eat, read on.

Each week I intend to share recipes that will help you whip up tasty, affordable meals with easy step-by-step recipes. Hopefully, in time, you will be able to share your favourite recipes with us and have them printed in our weekly newsletters!

Courtesy of NHS Healthier Families Recipes Just click on the link [Tasty Recipes](#)

Blueberry and banana muffins recipe

These healthy, fruit-packed snack-sized muffins cut right down on the fat and sugar you get in shop-bought versions.

Prep: 10 mins
Cook: 25 mins
Makes 8 muffins



Ingredients

- 125g lower-fat spread, melted and cooled slightly
- 2 tablespoons semi-skimmed milk
- 1 teaspoon vanilla extract
- 2 eggs, beaten
- 1 ripe banana, mashed
- 50g unsweetened apple purée
- 100g self-raising flour
- 1 teaspoon ground mixed spice
- 50g soft brown or light muscovado sugar
- 75g dried blueberries
- 75g porridge oats

Method

1. Preheat the oven to 180C (fan 160C, gas mark 4). Line a muffin tin with 8 paper muffin cases or squares of baking paper.

2. Mix together the cooled low-fat spread, milk, vanilla extract, mashed banana, apple purée and eggs in a bowl.

To make your own apple purée, simmer a chopped cooking apple in a little water for 5 to 6 minutes until tender. Then simply drain, mash and leave to cool.

3. In a separate large mixing bowl, combine the flour, mixed spice, sugar, blueberries and porridge oats.

4. Slowly tip the wet ingredients into the bowl of dry ones, gently mixing as you go, until combined.

The secret of successful muffins is to avoid over-mixing the wet and dry ingredients.

5. Divide the mixture evenly between the muffin cases, then bake for 25 to 30 minutes, until firm and golden. Remove from the oven and leave to cool on a wire rack.

Next time, try dried cranberries instead of blueberries.

Hummus and salad wrap recipe

Simple to make and fun to eat. Try serving with cherry tomatoes, and some mixed berries with low-fat Greek style yoghurt.

Prep: 10 mins
Serves 1



Ingredients

- 2 tablespoons reduced-fat hummus
- 1 large wholemeal wrap
- 1 small carrot, grated
- small wedge of lettuce, to give 2 tablespoons when shredded

Complete your lunchbox with:

- 5 cherry tomatoes
- 2 tablespoons frozen mixed berries and 3 tablespoons low-fat Greek style yoghurt
- 150ml fruit juice drink (with no added sugar) or 200ml water

Method

1. Spread the hummus over the wrap, then sprinkle on the carrot and lettuce.

If you're using a shop-bought hummus, choose a reduced-fat version. Or make your own – it's easy with our [recipe for creamy hummus dip!](#)

2. Fold opposite edges of the wrap, to keep the filling in, then roll up and cut in half.

For the snack, pop the frozen fruit in a small pot and it will thaw by lunchtime. The kids will love mixing and swirling their yoghurt into it.

What Parents & Carers Need to Know about

WHATSAPP

AGE RESTRICTION
13+

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.

...MSG ME...

WHAT ARE THE RISKS?

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 PRNACY

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.



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Dates for your diary

Date	Event	Information
Thursday 25 th April	Year 6 Parents Evening – Mrs Postlethwaite	Register via reception
Tuesday 30 th April	Year 5/6 Netball Tournament	3:00 – 4:30pm St Crispin's Parents to collect
Monday 6 th May	May Bank Holiday	
Tuesday 7 th May	Swimming Lessons Reception – Y6	Weather Permitting
Monday 13 th May – Thursday 16 th May	Year 6 SATS	Details to follow
Monday 20 th May	Summer Photographs	Class Groups
Monday 27 th May – Friday 31 st May	Half Term Break	No Inset Days either side
Monday 3 rd June	Year4 Multiplication Check	
Monday 10 th June – Friday 14 th June	Year 1 Phonics and Year 2 Re-takes	
Monday 17 th June to Friday 21 st	Year 6 Residential	Details to follow
Wednesday 26 th June	All Schools Transition Day	Details to follow
Tuesday 2 nd July Tuesday 9 th July	EYFS & KS1 Sports Day Reserve	
Thursday 4 th July Thursday 11 th July	KS2 Sports Day Reserve	
Friday 19 th July	Year 6 Leavers Service at All Saints Church	AM Service All welcome – details to follow
Tuesday 23 rd July	Last Day of Summer Term	1:30pm Early Finish