

# GOLDFIELD INFANTS' AND NURSERY SCHOOL

Spring Term Newsletter



Friday 19th January 2024

Contact us: [admin@goldfield.herts.sch.uk](mailto:admin@goldfield.herts.sch.uk)



## Happy Birthday

Malachy, Sam, Henry, Max, Martha, Caleb, Louis & Flo



This week we have been talking about our feelings and emotions. We have talked about the 4 Feelings Zones (the Blue, Red, Green and Yellow Zone). We celebrated what makes us the way we are and that we are all unique. We have talked about positive affirmations and mindfulness and celebrated what makes us, us! We use Zones of Regulation at school to develop emotional literacy; the ability to talk about feelings and the experiences that cause them. Talking about how a child is feeling, the experience that has made them feel that way and strategies to help them regulate their emotions are part of our daily conversations. For your information, here are the four zones and some of the feelings associated with them.

Blue: sad, tired, bored, poorly—moving slowly Green: happy, calm, focused, proud—ready to learn Yellow: frustrated, worried, silly/wiggly, excited—some loss of control Red: angry, terrified, elated, panicked—out of control

### REMEMBER, REMEMBER.....

26.1.24	After school	FROGS Movie Night
30.1.24		Seasonal Change– Year 1
31.1.24		Seasonal Change– Year 2
1.2.24	8.30-9am	Sharing Morning
6.2.24		Safer Internet Day
7.2.24	9am	Wellbeing morning
14.2.24		BLP Day
13.2.24		Chinese New Year Dance Worksop
19.2.24-23.2.24		Half Term
5.3.24	3.45-7pm	Parents Consultation
7.3.24		World Book Day
8.3.24		Visiting Speaker to talk to Year 2 about Ramadan
18.3.24-22.3.24		Scholastic Book Fair
27.3.24		Easter Bonnet Parade
28.3.24		End of term– early finish Nursery– 11.30 No lunch clt Reception, 1 & 2– 1.45pm



### Keeping Our Children Safe

The Hertfordshire Safeguarding Children Partnership (HSCP) has been set up so that all agencies and organisations who work with children and young people work together to keep children safe. Call 0300 123 4043 at anytime if you are a child or young person being abused or mistreated; or if you are an adult worried about a young person. Call 999 if you're in immediate danger or a crime is being committed.

### Miss Cooper says



to Luca, Henry, Edward, Harry, Juliette, Natty, Raine, Sasha, Arabella, Lilly, Ollie, Ben and George. Look out for the post!



Smart TVs have become more affordable in recent years, making them readily available to most consumers. These more advanced systems offer numerous features beyond those of a normal television set – chiefly, the ability to access the internet and interface with popular streaming services without the need for a set-top box or other intermediary device.. This increased functionality, however, also brings additional threats to privacy, security and more – as you'd perhaps expect from any device capable of going online. As TV is such a cornerstone of our home lives, these dangers can be uniquely difficult to manage. The guide in this newsletter breaks down the major risks, with tips on helping children to enjoy TV ... stress free. Thanks to the internet, there are now many ways for your children to watch TV, both the old fashioned way on a big screen and via the internet with on-demand programming. Restricting and controlling what your children can watch is harder than ever, but with our help you can make TV safer for your kids and limit the amount that they can watch. The guide in this newsletter, you'll find tips on a number of potential risks such as unrated content, inappropriate content and screen time.

We currently have a vacancy for an After School Cook. [Please click here](#) for further details.

### Amazon Wishlist

Budgets in schools have been getting tighter and tighter over the last few years. We often have parents that ask if there is anything they can do, if they are unable to attend the PTA's fantastic events. As a result, we have created an Amazon wish list, which is available for parents to access and donate anything from the list. This will include items such as pritt sticks, pens, pencils and other stationery. There is no expectation that all parents do this, but if you feel you can help in any way, it would be greatly appreciated. To access our Wish List, please [click here](#).



Thanks to the internet, there are now many ways for your children to watch TV, both the old fashioned way on a big screen and via the internet with on-demand programming. Restricting and controlling what your kids can watch is harder than ever, but with our help you can make TV safer for your kids and limit the amount that they can watch.

## How to manage what your children WATCH ON TV

### TRADITIONAL TV

Traditional TV covers programmes broadcast directly to your TV without having to use the internet. This is the standard way that most of us watch television programmes.

#### BROADCAST TV

Free-to-air broadcast television is delivered via an aerial or satellite to your TV directly or through a PVR that also handles recordings. Most modern TVs and PVRs sold in the last few years will have parental controls, which restrict the content available, requiring a PIN for unsuitable programmes. The exact settings vary by manufacturer, so check your TV or PVR's manual for full details. Parental locks work by checking the rating of a programme as it's broadcast. If a show is unrated or has an incorrect rating, some content may not be blocked.

#### SKY TV

The version of Sky that you have defines the options available to you. If you have a Sky+ HD box, you'll need to press the Services button and select Parental Control & PIN. From here, you can turn on the Family Setting, which gives you the option to remove Adult Channels and content, and requires a PIN to be entered to buy anything or for pre-watershed playback. More granular control allows you to block specific channels, either completely or only after 8pm, requiring a PIN to watch. You can also block programmes based on ratings, although this feature only works for programmes with correct ratings, so some shows may slip through. Sky Q owners have the more powerful Kids Safe Mode, which locks the system to show only kid-safe material. This includes locking the list of viewable channels and filtering recordings to only those suitable for children. Kids Safe Mode can be enabled either on the main box or on the Sky Q Mini boxes that you might have elsewhere in your home.

### INTERNET TV

There are plenty of ways to watch TV online, whether that's via the likes of iPlayer or with streaming video services, such as Netflix and Amazon Prime Instant video. Here, we'll show you how to control each.

#### AMAZON PRIME VIDEO

Amazon Prime Video has Parental Controls available in the Settings section of the Prime Video website. The settings let you set the age range of content that can be watched without entering a PIN: U, PG, 12, 15 and 18. Settings apply to all devices (bar the Xbox 360, Wii U and Fire TV, which have their own settings), but you can opt-out devices of your choosing in the settings. For example, you may not want to have any restrictions on your iPad, which only you use. PINs can also be used to block purchases.

#### NETFLIX

Netflix lets you create profiles for everyone in your house. On the Netflix home screen, if you select Manage Profiles, you can change each one to show different content, defined by age group. Children should be encouraged to use their profiles only, particularly as there's no way to PIN protect adult profiles. However, you can PIN-protect content globally, so if a child does use your profile, they're blocked from watching inappropriate content. Go to Netflix, select Account from the drop-down menu by your name and select Parental Controls. You'll be prompted to enter a PIN, but then can select which content is PIN protected by age range: Toddlers, Older Children, Teens and Adults. You can also PIN protect specific programmes by typing their name in, which could be handy if you feel a programme is unsuitable or a child has been watching it too much.

#### ON-DEMAND PLAYERS

If your children are watching content from on-demand services, such as BBC iPlayer or All 4, you can turn on parental controls for each via the main websites. Controls work across all devices signed into your account. Controls vary by platform. With BBC iPlayer, the parental lock requires a PIN for anything marked as requiring Guidance by the BBC. iTV Hub parental controls let you PIN protect for content with a G-rating (a guidance rating). For All 4, you can choose to protect programmes rated 16+ or 18+. If you use My5, you can set up a PIN to protect against anyone watching G-rated content. For UKTV Play, you can add a PIN to restrict content selecting one of two levels: all content that's rated 15+ or all content that's rated 18+.

## HOW CAN PARENTS MANAGE THEIR CHILDREN'S TV TIME?

Particularly with on-demand content, it can be hard to restrict how much viewing time a child has. However, you can restrict internet time with parental control software, restricting how much time a child can spend online, whether they're using the internet or watching TV shows. Parental control software will generally only work on laptops, computer, tablets and phones. However, if you have parental control software that runs on the router, you can manage other devices, such as a child's smart TV and games console, and restrict time usage on these, too.

### Meet our expert

This guide has been written by David Ludlow, David has been a technology journalist for more than 20 years, covering everything from internet security to the latest computing trends and the smart home. A father of two (a nine-year-old and a six-year-old), he's had to control and manage how his children access online services and use apps.



You may also be interested in our smart home devices guide!

## What Parents & Carers Need to Know about

# SMART TVs

Smart TVs connect to the internet without the need for a set-top box or streaming device, letting users access a range of features through the TV set itself, from on-demand content apps like BBC iPlayer to streaming services such as Netflix, as well as connecting to smartphones and other wireless devices. Most new televisions are internet enabled – so whether you're thinking of upgrading your home viewing system or buying an additional TV for your child's room, it's now even more important to consider the online safety aspects.

### WHAT ARE THE RISKS?

#### AGE-INAPPROPRIATE CONTENT

From Netflix to Disney+ to Prime Video, there is a plethora of streaming services available. While these services offer content catering for younger viewers, they also provide material for more mature audiences. If you don't have parental controls set up on your accounts, your child could find themselves being exposed to shows and movies with adult themes, strong language and violence.



#### INCREASED SCREEN TIME

The array of content available through smart TVs could lead to your child spending excessive amounts of time in front of the screen. Not only can prolonged screen time distract from important activities such as schoolwork or exercise, but experts have also warned that endless hours in front of the box can lead to health problems including obesity, poor sleeping patterns and depression.

#### REMOTE-CONTROL RETAIL

Like many online devices, smart TVs facilitate digital purchases: buying a new app or the latest season of a favourite show, for example. If your child has access to a bank card and isn't restricted by spending controls on the system, they could run up a sizeable bill through a smart TV fairly quickly – especially if they're not quite old enough to fully appreciate the value of money.

#### UNCONVINCING SECURITY

As Internet of Things (IoT) devices, smart TVs can be uniquely vulnerable to attack. Experts warn that internet-enabled TVs tend not to support high-level security software, so you won't always be able to download strong antivirus programmes like you would on a phone or computer. Being targeted by hackers could be deeply upsetting for your child, as well as putting their personal data at risk.

#### A SILENT SPY?

Some smart TVs already collect data on users' viewing habits and then display targeted advertising based on that personal information – while there have also been reports of internet-enabled TVs (and the apps installed on them) being used to 'eavesdrop' on owners. In models with a built-in microphone (for voice activation), third parties could potentially listen in on someone's home life.

#### CONTACT FROM STRANGERS

Many smart TVs can be used for web browsing, social media and live streaming – all of which could allow unknown users to contact your child (or vice versa). If your child engages with these functions of the TV, a stranger could potentially discover their contact information and potentially then use it to obtain even more sensitive personal details, such as your home address.

## Advice for Parents & Carers

#### MAKE IT A FAMILY THING

Family TV time is a great way to model the responsible enjoyment of technology – showing your child how to use the smart TV safely for when they're old enough to watch it independently. You could also take this opportunity to establish some healthy TV boundaries, such as time limits on their daily viewing or how to make sure they're only watching content that's appropriate for their age.



#### SET UP PARENTAL CONTROLS

It's likely that your smart TV has built-in parental controls, which not only let you filter out age-inappropriate shows, movies and games but can also restrict in-app purchasing, so your child can't accidentally spend money through the device. When you've enabled these safeguards, have an open conversation with your child about the reasons, helping them to understand the potential risks.



#### CREATE CHILD PROFILES

Much like with smartphones and tablets, apps can be downloaded onto smart TVs: from free content platforms such as BBC iPlayer to paid-for services like Prime Video. Most of these apps allow you to create a separate account for your child, which has different settings to your own – suggesting more child-friendly material and reducing the possibility of them viewing explicit content.



#### CONSIDER THE LOCATION

If you're concerned about the online safety hazards that a smart TV might pose to your child, you could consider where in your home you put the device. The safest option would be to place the smart TV in a shared family space – so that an adult is usually nearby and able to supervise while your child's watching it – rather than in the relative privacy of a bedroom.



### Meet Our Expert

Clare Page is an experienced technology journalist with a track record of more than 10 years in the industry. Probably the author of just about the only guide to the subject, Clare is now a freelance technology journalist, author and podcaster.



**NOS** National Online Safety  
#WakeUpWednesday