

Calshot This week sees the vast majority of Year 6, as well as a lot of staff, at Calshot Activity Centre for their week of adventure and fun. They are all having a marvellous time and have already participated in activities such as dry slope skiing, climbing, abseiling, a beach study and archery. Some groups have also been out doing a river study in the New Forest as well as learning to cycle in a velodrome. There are a few photos here but there are more that are being regularly updated on our website - the wifi at Calshot can be quite slow and it is a very busy job running a residential, so do bear with us. Please check out www.portwayjunior.co.uk to see just some of the exciting things everyone has been getting up to.



Clubs Our offer for clubs has been emailed out and clubs will start for everyone the week beginning 5 February. The final date for signing up for clubs is Wednesday 31 January so please make sure your requests for clubs are in by that date. We are exploring alternative options for clubs for the future and there is an option for you to share any interest or information you may have on the clubs form too.

PTA Our fabulous PTA have been working hard on some exciting events for this term so please keep an eye out for information about our popular Pancake Breakfast event on Friday 8th March. The following week, on the 14th, will be the PTA's Spring Fling and we'll look forward to seeing you there! We also intend to celebrate the Leap Year with a Pyjama Day next month. Further details will be coming soon.

Miss Windross

Bedtimes & Sleep: Is your child getting enough sleep?

We all know that a bedtime routine is the best way to ensure your child gets enough sleep and recently we have seen a number of children looking very tired in school. As well as the role it plays in brain development, sleep also plays an important role in our brain's day-to-day ability to function. Lack of sleep makes it much harder for us to concentrate and we become forgetful, irritable and prone to being clumsy and making mistakes. Furthermore, scientific evidence shows that the right amount of night-time sleep is just as important for children's development as healthy eating and regular exercise. The BBC parenting website suggests that it is important to limit your child's use of the internet, games consoles and TV in the hour before they go to bed - and ideally not allow children to have any of these devices in their bedrooms. Sleep requirements differ from individual to individual but, in general, a younger child needs more sleep than an older one. Between the ages of five and eleven, your child will need 10-12 hours sleep a night.



If you would like some help / advice on bedtime routines, then pop and see our Family Support Worker, Gemma Sacree. She runs Pop In sessions every Monday morning from 8:45am. There's no need to book, just pop in! Alternatively Gemma can be contacted via the main school office.

Key Dates

Mon 22 - Fri 26 January
 Tue 30 January
 Wed 31 January
 Thurs 1 February
 Thurs 1 February 3:30
 Thurs 8 February 3:30
 12 - 16 February
 Wed 21 & Thurs 22 February
 Fri 23 February
 Thurs 29 February 3:30
 Thurs 21 March
 Fri 29 March - Fri 13 April

Year 6 Residential visit to Calshot
 Bat Class to Iron Age Museum
 Owl Class to Iron Age Museum
 Fox Class to Iron Age Museum
 Meeting for Year 5 parents about next year's residential visit
 Meeting for Year 6 parents about end of year SATS
 Spring half term holiday
 Parent Consultation meetings
 INSET day (school closed to pupils for staff training)
 Meeting for Year 3 parents about Hooke Court residential visit
 PTA Spring Fling
 Easter holidays

Office telephone: 01264 352060

adminoffice@portway-jun.hants.sch.uk
 Office Hours: 8:30-4:30 (4:00 on Fridays)
 Messages can be left on the answerphone outside of these times (or at any time during the day)

INSET Days still to come:
 Friday 23 February
 Monday 3 June

What to do if you think your child has measles and when to keep them off school:

There have been recent outbreaks of measles in London and a large number in the West Midlands. There is a risk of further outbreaks in other areas unless urgent action is taken to increase Measles, Mumps and Rubella (MMR) vaccination take up in areas with low MMR vaccine rates.

Measles spreads very easily among those who are unvaccinated, especially in nurseries and schools. The best protection against measles for children and adults is to get both doses of the MMR vaccine. It is never too late to have these vaccinations.

Hampshire share the following guidance about the symptoms of measles, the best way to protect and what to do if you suspect your child has measles. Click the link below:

[What to do if you think your child has measles and when to keep them off school.](#)



Marking Online Safety Day at Portway

We plan on marking Online Safety Day with some assemblies and workshops on different topics. On February 20th, our Year 3 & 4 children will participate in an assembly on the theme of making 'One Good Choice'. This will include learning how to tell the difference between facts and opinions and knowing how to get help from a trusted adult if they see content that makes them worried or frightened.

On February 20th and 22nd, Year 5 & 6 pupils will take part in a workshop on the theme 'The Power to Choose'. This will include knowing how to manage abusive behaviour online and what to do if others are unkind or if they experience online bullying.

We are looking forward to the valuable learning we'll do in these sessions. Please talk with your children about them at home.

Further information:

PEGI rate Roblox with a Parental Guidance label, this is

<https://corp.roblox.com/parents/>

<https://swgfl.org.uk/resources/checklists/roblox>



What rating is Roblox?

PEGI rate Roblox with a Parental Guidance label, this is because it is difficult to rate due to the huge level of user generated content. It is rated for 'Teens' on Google Play and 12+ on the App store.

What should I be aware of?

Chat Facility - Players can chat to each other on Roblox. You can turn communication off completely or add restrictions, such as only communicate with friends.

Virtual Currency - Players can buy Robux (their virtual currency) to buy in-game upgrades or accessories. For children under 13, you can set the Monthly Spend Restriction in settings.

Game content - as mentioned, users create games so sometimes the content/themes may not be appropriate for your child.

How do I report abuse & block users?

Roblox have a Report Abuse system so show your child how to use it to report inappropriate content as well as how to block other users. There are different ways of doing this depending on the device being used.

How do I set up parental controls & a pin?

Parental controls are available within settings. We recommend that you explore the parental controls available and set as appropriate. You can enable a PIN, which means that changes cannot be made without this pin. You can set up Allowed Experiences, which allows you to select age-appropriate experiences, so your child can only join experiences that match their age. Age categories available are for all, 9+, 13+ and 17+. All experiences are still searchable though. To view content that is suitable for 17+, then a user must participate in a verification process by submitting valid ID

WhatsApp Editing Feature:

You must be at least 16 to use WhatsApp. You may have noticed that WhatsApp have added an editing feature so that you can change messages that you have sent for up to 15 minutes afterwards. Childnet have published a blog outlining what you should be aware of with this new feature.

[How WhatsApp editing feature impacts online safety](#)

EA Sports FC 24

EA Sports FC 24 has been rated as a PEGI 3, which means it is suitable for those over 3. However you do need to be aware that the game does include in app purchases and users can interact with each other.

It was released in September and is a rebranding of the EA FIFA series. It is available to play over a series of platforms.

As players can communicate with each other, your child may be exposed to inappropriate language and there is also the risk of grooming when online interaction takes place. The chat facility can be switched off. Also ensure your child knows how to use the applicable reporting tools.

