

Message from the Deputy Head:

It has been the first week back and it has been a pleasure to see how settled the learners have been. It has also been great to see how engaging the staff have been towards the learners and the positive relationships that have been built. The atmosphere around the school is great and I have witnessed so many positive interactions. Let's keep this up! Well done everyone.



We need to be mindful about the change in weather and to ensure that our learners have adequate clothing for the change in season. It is becoming cold, icy, and dark and we need to ensure that our learners have appropriate clothing.

I would also like to thank everyone who have welcomed me at Forest Approach and all the positive discussions I have encountered.

Have a great weekend

James Hawes
Deputy Head Teacher

Message from the Assistant Head:

Dear Parents/ Carers,

We would like to inform you of temporary changes to guidance regarding COVID testing and to clarify which test should be taken.



If you have one of the symptoms (high temperature, loss of smell/taste, new continuous cough) you must book a PCR <https://www.gov.uk/get-coronavirus-test>

If you have no symptoms continue to test with a LFD test which if positive (asymptomatic) requires the action as outlined below from the 11th January.

From 11th January, people who receive positive lateral flow results for COVID-19 will be required to self-isolate immediately and won't be required to take a PCR test. This is a temporary measure while COVID-19 rates remain high across the UK.

Under this new approach, anyone who receives a positive lateral flow device (LFD) test result should report their result on <https://www.gov.uk/report-covid19-result> and must self-isolate immediately but will not need to take a follow-up PCR test.

In line with the reduced self-isolation approach announced on 22nd December, anyone who tests positive will be able to leave self-isolation 7 days after the date of their initial positive test if they receive two negative LFD results, 24 hours apart, on days 6 and 7. If the LFD test remains positive then they will need to continue isolating until they have two negative tests, 24 hours apart, or until 10 days of isolation has been completed, whichever comes first.

If your child tests positive on a Lateral Flow or a PCR, please notify the school as soon as possible on 01708 343649 or limeacademyforestapproach.office@limetrust.org with the following information:

Student name & Class:
Date of onset of symptoms and what they are:
Date and type of test (LFD or PCR)
A copy of the NHS notification:

We will be encouraging our senior students to wear face masks in the school unless exempt.

Have a lovely weekend

Zuzanna Gromska
Assistant Headteacher

Juniper Class

Here are paintings produced by the learners of Juniper. We worked collaboratively to produce backgrounds for our space displays. Flicking the paint to make the background look like stars, constellations and galaxies was so much fun! We created a lot of mess though!



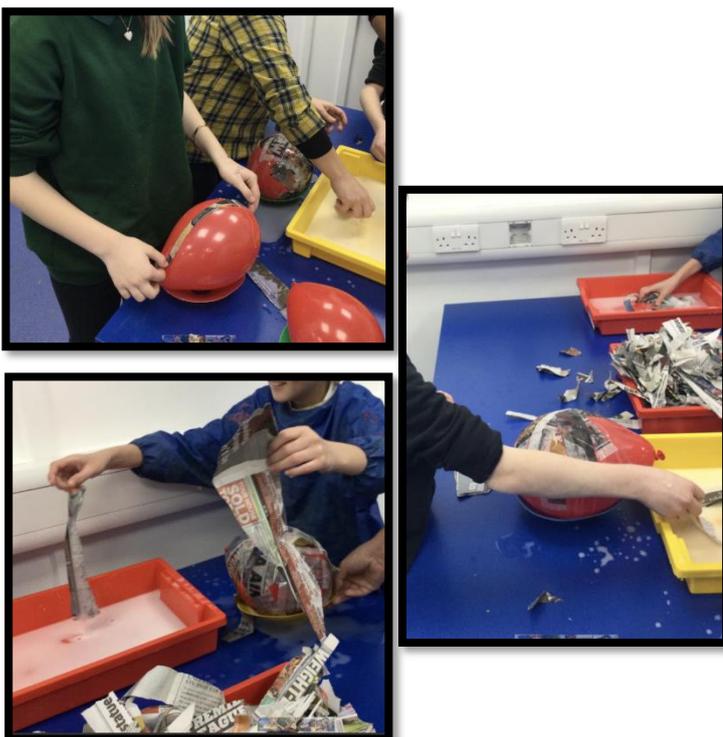
Pine Class

This week in Pine Class we have started to explore our new topic on Space. We have been using Paper Mache to create our own Planets. We have also been using different units of measure to explore the sizes of the Planets in the Solar System.



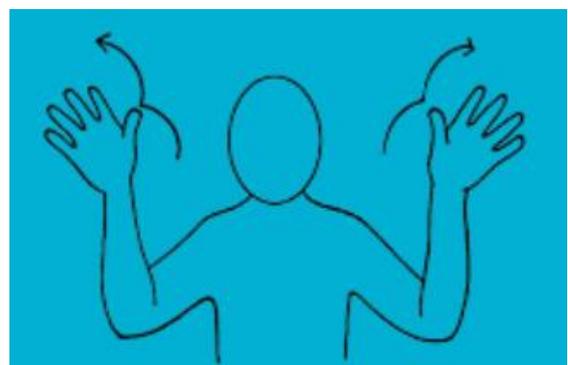
Holly Class

This week Holly class have been looking at the 8 different planets in the solar system, they began to make their own planets by putting papier mache on their balloons.



Makaton Sign of the week

This term we are looking at "space".



Athlete of the Week

Athlete of the Week is Ronnie F in Chestnut class for amazing listening and practicing his routine on the trampoline. Well done Ronnie, you are a star!



Lunch – Week 2

Mon	Fish Fillet Burger Quorn Sausage (V) Curly Fries, Pasta Sweetcorn, Peas, Salad Iced Smoothie, Fresh fruit, Fat free yoghurt, Cheese & Crackers
Tues	Beef Onion Slice Jacket Potato (Cheese/Tuna) (V) Wedges, Pasta Mixed Veg, Baked Beans, Salad Oaty Fruit Crunch & Custard, Fresh Fruit, Fat free yoghurt, Cheese & Crackers
Wed	Roast Chicken Thigh Homemade Cheese Pizza (V) Oven Chips, Pasta Green Beans, Cauliflower. Salad Pancakes & Strawberry sauce, Fresh Fruit, Fat free yoghurt, Cheese & Crackers
Thurs	Beef Chilli con Carne Quorn Sausage (V) Cajun diced potatoes, Rice Broccoli, Carrots, Salad Sultana Flapjack, Fresh fruit, Fat free yoghurt, Cheese & Crackers
Fri	Fish Fingers Cauliflower Chickpea Balti (V) Oven chips, Rice Cauliflower, Peas, Salad Ice cream, Fresh fruit, Fat free Yoghurt, Cheese & Crackers

What Parents & Carers Need to Know about AGE-INAPPROPRIATE CONTENT

"Inappropriate" means different things to different people. What's acceptable for one age group, for example, may be unsuitable for a slightly younger audience. Online, young people can chance upon inappropriate content in various ways – from pop-up ads to TikTok videos. The increasingly young age at which children become active in the digital world heightens the risk of them innocently running into something that they find upsetting or frightening. Trusted adults need to be able to help children be aware of what to do if they're exposed to age-inappropriate content.

WHERE IS IT FOUND?

SOCIAL MEDIA

Age-inappropriate content is easily accessible through many social media platforms. TikTok, for instance, is hugely popular with young people but is arguably best known for clips featuring sexualised dancing or profanity. Some social media users also express hate speech or promote eating disorders and self-harm, which could cause lasting damage to a child's emotional and mental health.

GAMING

Gaming is an enjoyable source of entertainment, but many popular titles can expose children to inappropriate material such as violence, horror, gambling or sexually explicit content. Playing games unsuitable for their age risks normalising to children what they are seeing. Some games also include in-game chat, where other (usually older) online players often use language that you probably wouldn't want your child to hear or repeat.

STREAMING

The range of video streaming services available online means that users can find almost anything they want to watch on demand. Children are therefore at risk of viewing TV shows and movies which contain nudity, drug and alcohol abuse, explicit language and extreme violence. Unfortunately, these streaming platforms can't always determine that it's not an adult who's watching.

ADVERTS

Online adverts frequently include age-inappropriate content: usually gambling and nudity or partial nudity, although adverts for alcohol or e-cigarettes are also common. Some search engines also feature adverts that are responsive to your search history: so if you've recently looked up a new horror movie, shopped for lingerie or ordered alcohol online, then the ads appearing on screen could reflect this the next time your child borrows your device.



Advice for Parents & Carers

TALK IT THROUGH

Embarrassment or fear of getting into trouble can make it difficult for children to talk openly about age-inappropriate content they've watched. Remind your child they can always come to you if they're troubled by something they've seen online, without worrying about consequences. Before offering advice, discuss what they saw, how they felt and how they came to find the content in question.

CONNECT, DON'T CORRECT

If your child's been particularly distressed by exposure to content that wasn't suitable for their age, it's important to offer guidance to prevent them from repeating the same mistake – but it's equally vital to help them deal with the emotions that the situation has raised. You could tell them about any similar experiences you might have had at their age, and how you dealt with it.

BLOCK, REPORT, CONTROL

After discussing the problem, you and your child can take action together. This could include blocking any inappropriate sites and reporting any content which violates a platform's rules. To further safeguard your child online, set up parental controls on internet-enabled devices that they use. This will significantly reduce the chances of your child being exposed to age-inappropriate content in future.

GET SPECIALIST HELP

Age-inappropriate content can potentially have a negative impact on a child's mental health, which is sometimes displayed through changes in their behaviour. If the problem becomes more severe, you might consider reaching out to a mental health professional or an expert in this field who can provide you and your child with the proper support.

STAY CALM

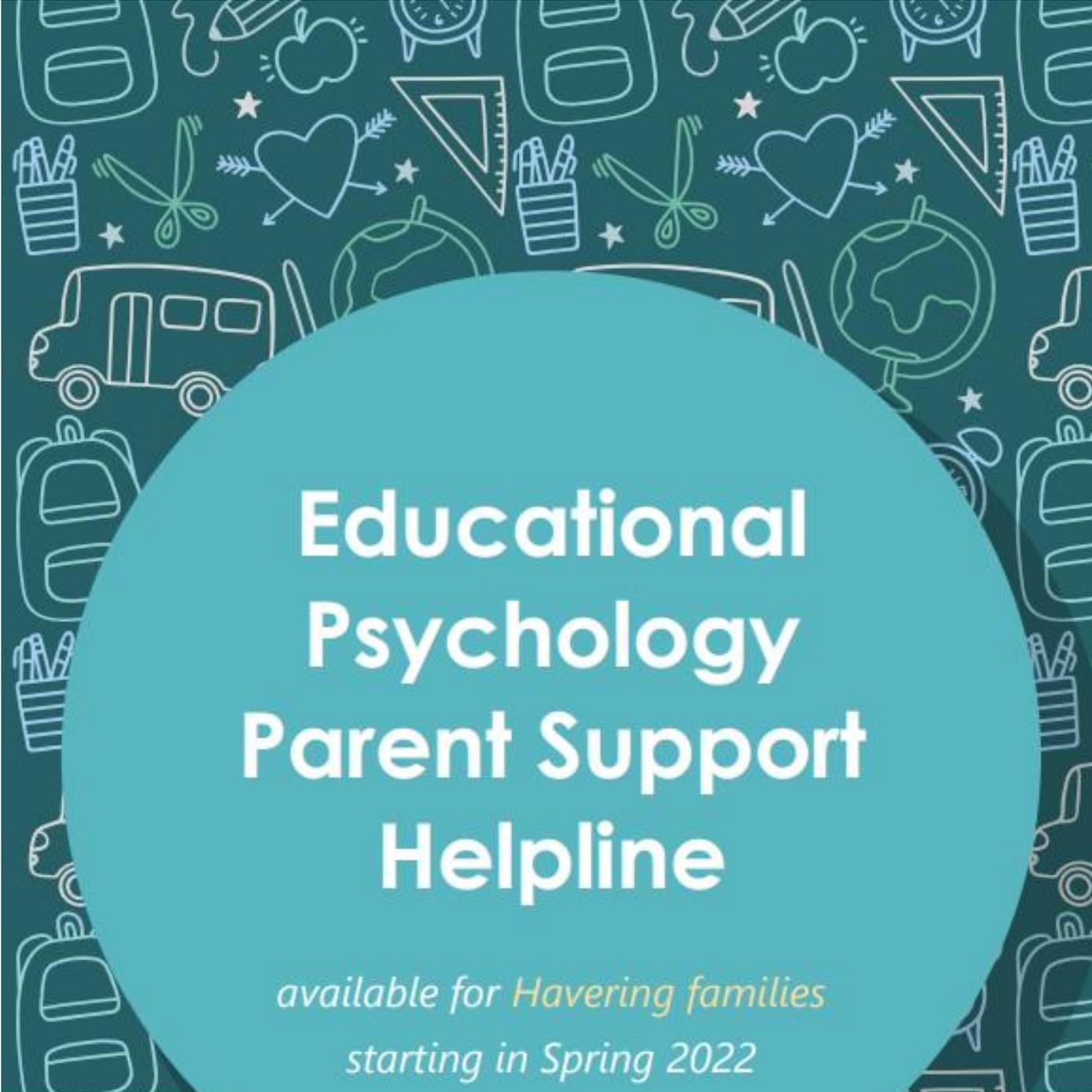
Even though it is obviously difficult to stay rational in a situation where your child has been put at risk, it's essential to think before you react. Your child may well have hesitated to open up to you about watching inappropriate content for fear of the consequences, so being calm and supportive will reinforce the notion that it would be easy to talk to you about similar issues in the future.

Meet Our Expert

Cayley Jorgensen is a Registered Counsellor with The Health Professions Council of South Africa, and she runs a private practice offering counselling to children, teenagers and families. Her main focus is creating awareness and educating the community on the mental health pressures of today's world, as well as resources and techniques to understand and cope better.



Sources: <https://www.nationalonlinesafety.com/documents/about/programmes/44/age-inappropriate.pdf> | <https://www.nationalonlinesafety.com/education/training-professionals/professional-training-programme/age-inappropriate-content-factsheet/> | <https://www.nationalonlinesafety.com/wp-content/uploads/2023/04/child-safety-media-xxx-you-1.pdf>



Educational Psychology Parent Support Helpline

*available for **Havering** families
starting in Spring 2022*



Havering
LONDON BOROUGH



Lime Academy Forest Approach
Putting Learners First



Who are you, and what do you do?

Educational Psychologists (EPs) are professionals who apply psychology (the study of thinking, learning and behaviour) to support the learning, development and wellbeing of children and young people. We work collaboratively with education settings (including pre-schools, schools and colleges) and families to support children and young people aged 0-25. During the Spring 2021 national lockdown, the Havering EP Team set up a helpline to provide parents/carers with general advice and support. We are pleased to be able to continue this service in the new year starting in January 2022.

How does this helpline work?

The helpline is available to all Havering families every other Thursday morning during term time. Calls can last up to 40 minutes. During the session, the EP will ask how you would like to use your time, listen to your concerns and discuss ideas with you to help you consider what to do next.



All discussions are confidential – you can share as much or as little as you like, none of which will be recorded or shared with anybody beyond the meeting unless we feel worried about your / your child's safety. We will offer whatever support we can, and if we feel the discussion or issue goes beyond what the helpline can provide, we will try to signpost you to relevant colleagues or services.

Please note that this is a one-off consultation service that does not result in follow-up work. Your child does not need to be present during the call. It is *not* a referral route into our work within your child's educational settings, and the EP will not undertake any assessments.

What can I talk to the EP about?



Topics or areas that you may wish to discuss could include:

- Supporting your child to maintain positive mental well-being.
- Supporting your child's engagement with learning.
- Concerns about friendships, emotional needs, daily structure and routines.
- Managing behaviours that are challenging.
- Ongoing concerns regarding your child's development.

You may wish to first discuss your concerns with key staff members such as the Special Educational Needs Coordinator (SENCo) in your child's school or educational settings, but this is not a pre-condition for accessing the helpline.

If you are seeking advice regarding an Education Health Care (EHC) Needs Assessment, please refer to the guidance on the [Havering Local Offer website](#), or alternatively you may want to contact the [Havering SENDIASS](#) to seek further information, advice and support with thinking through your options.

How can I book a session?

Sessions need to be booked in advance, and time slots will be allocated on a first-come-first-served basis. Please fill in the booking form on bit.ly/ep-helpline-booking (or scan the QR code on the right) if you wish to request a session.

