



Dear Parents & Carers,

As I handed out Vision Awards, most of them following out theme of **Love**, I was struck by how staff also mentioned the overlap of the other two values- with **Trust** coming up regularly. We want our children to trust adults, trust each other and be trustworthy. Due to the fact that the children have begun this year so well, we feel that we can trust them in widening areas of school life...

I mentioned to the school about welly days beginning again- where the children are allowed to roam the field and enjoy lunchtime, discovering new areas of the grounds (more details below). We have also trusted them to run their games of football at lunchtimes and want to use our wonderful field for as long as possible (again, details below).

I met with our new School Council for the first time today, too. The School Council were voted for by their classmates and two children from each class were elected. They will be trusted to represent the views and opinions of their peers, bring this to our meetings- and also feed back to their classes about decisions made. They are excited to be able to serve in this role- we wish them all the best!



Jim Cascarini – Headteacher

[admin@pilgrimscross.co.uk](mailto:admin@pilgrimscross.co.uk)

Vision Awards	Love	Courage	Trust
Congratulations to all our children who received a Vision Award this week.			
<i>Sycamore</i>	Jireh M		
<i>Maple</i>			Raea F
<i>Hazel</i>		Amiyah B	
<i>Lime</i>	Joseph A		
<i>Chestnut</i>	Louis L		
<i>Elm</i>	Ziva B		
<i>Ash</i>	Evie R		
<i>Beech</i>			Oscar W
<i>Pine</i>		Lola P	
<i>Hawthorn</i>		Aurora M	
<i>Aspen</i>		Emme P	
<i>Juniper</i>	Michael W		

## What we have been learning this week...

### Willow & Oak

We have had an incredibly busy week in Year R. We have been learning the story of owl babies for English and thinking about how this shows our value of love. In phonics we have learnt the sounds "i", "n", "m" and "d". We have also started to learn to read some CVC words for example "sat", "sit", "pan", "map", etc. In maths we have learnt about matching and identifying objects and people that are the same. Finally we have been looking at, and learning about, nests, printing using apples, talking about what we have made in our junk modelling and showing off our newly learnt maths and phonics skills.

Next week we are hoping to make apple crumbles. If your child has a dietary need that we need to know about please could you let us know so we can support this?

The children have really settled well this week into the Year R routine and we are so proud of you all!! Well done Oak and Willow.

### Sycamore & Maple

We have had another great week in Year 1! In phonics we have been recapping phase 3 words and digraphs. We have been trying hard to spell words using our segmenting fingers. In computing, we learnt how to log on. This was very exciting because we had never done this before! In Science, we looked at the activities we do in the different seasons. Thank you for all bringing in your reading books. We will also be sending out some spellings we have been practising this week for you to explore at home. Well done for a fabulous week!

Miss Miners and Mrs Edgington

### Lime & Hazel

In Maths this week, we've been hard at work recapping our place value knowledge from last year before moving on to figuring out flexible partitioning. We used our tens and ones to split numbers up but we realised you don't necessarily have to do it that way! In English we wrote some ideas about how the snails' family were feeling about the snail going on her big adventure, as well as describing one of the places she was visiting! The children showed off their use of conjunctions (and some contractions) in amongst some beautiful expanded noun phrases. Geography this week was all about the North and South Pole and in RE we discussed Harvest around the world. In Art this week we used a little bit of imagination when drawing a map of our journey to school - some people see dragons on their journeys!

Miss Samuel & Miss Lavin



## Chestnut & Elm

Well...it's been an explosive week as in our geography learning we have learnt about the different types of volcanoes! We have also continued to find out about Ratty's home, in a volcano, and began writing a setting description. In maths, we have used resources to make, partition and talk about 3-digit numbers. In art, we have learnt all about 'frottage', the technique of creating texture by doing rubbings and created a textured picture. As part of our PSHE, we have thought about our friends and friendship; and discussed ideas for resolving problems. Keep up the great learning, year 3!

Miss Plaw & Miss Boyce

## Beech & Ash

Year 4 have had another brilliant week! We really enjoyed our experiment using different types of toothbrushes and seeing the effect they have on our teeth. In our English we have begun to write our stories inspired by the book *The Tiger Child*, where we are writing our own version using a different animal as the main character. In maths we have been using our place value knowledge to partition larger numbers and take multiples of ten away. We have also loved learning how to describe people in French, both outward and inward characteristics.

Miss Collier & Miss Allison

## Pine & Hawthorn

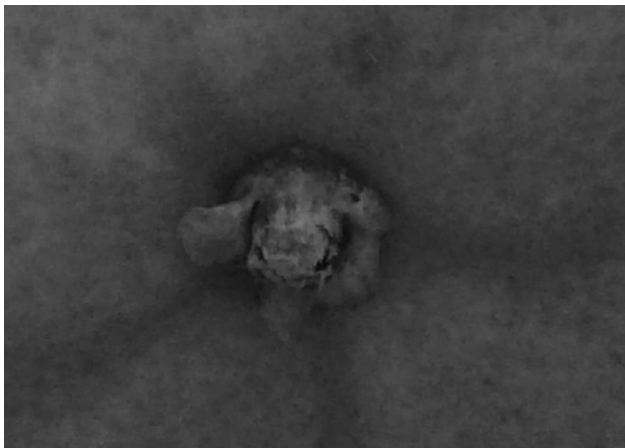
In Year 5 this week we have been focusing on partitioning using part-whole models and place value charts. The children have been developing on their reasoning and problem-solving skills and using mathematical language to provide evidence in their answers. We have also begun our RE learning journey discussing religious freedoms and the children have been contributing sensitive and well-thought out answers. Finally, the children have finished their first big piece of writing for this year, both myself and Mr Dookheran have loved reading each narrative and seeing the children confidently use expanded noun phrases and fronted prepositional phrases to build their scene and provide deep levels of description. Well done everyone in Year 5!

Mr Childs & Mr Dookheran

## Aspen & Juniper

Year 6 have had a busy and varied week and continue to impress their teachers with their role-model learning behaviours! In science, we have been learning about how plants and animals are classified using the Linnaean system. This week we studied the characteristics of cold-blooded vertebrates (fish, amphibians and reptiles) and created a fact file using this information. In art, we have continued our learning journey by looking at abstract photography. We composed our own monochrome images using an i-Pad. Can you tell what our natural subjects were? In English, Year 6 finished the week by writing a narrative based on the picture book 'The Arrival.' They have done a great job of using emotive and descriptive language to retell the events from one character's perspective.

Mrs Cocks, Mr Osmond & Miss Howick



## Breakfast Club

We run a breakfast club every morning, from 7.30am-8.30am. Payments must be made in advance through Scopay, at £5 per session. If you require additional sessions (as we know "life happens"), please put this request, 48 hours before, to [breakfastclub@pilgrimscross.co.uk](mailto:breakfastclub@pilgrimscross.co.uk)

### *Snack and Lunchtimes*

In Years R, 1 & 2 all children are offered a piece of fresh fruit/veg for their mid morning snack. When children reach Year 3 and upwards they have access to the snack trolley which is located on the playground.

If children in these years would prefer to bring a snack from home then we ask that it is a small healthy snack such as fruit/cereal bar/small bread roll – these will be collected each morning and kept with the teacher in the snack tray for children to access at breaktimes.

If your child has packed lunch, and you have put a healthy snack in for breaktime, we will be asking children to place the snacks in the tray in class, so that children do not go back into their lunchboxes until lunchtime. Please let your child know which piece of delicious food is their healthy breaktime snack!

We would like to also bring your attention to the importance of a healthy balanced lunchbox. Lunchboxes are recommended to be based around the Eatwell Guide and contain a good portion of starchy food, fruit and veg, dairy portion, lean meat/fish/eggs and a drink. We understand that children enjoy a treat too but this should be kept at a minimum.

We are a **nut free school** and ask that no items containing nuts are brought in as snacks or in packed lunches. We have a number of children with allergies and thank you for your support with helping us to keep everyone safe.

Below is a link to some recipe ideas for healthy lunchbox ideas

<https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

### *Grab some books!*

We have some books that have been taken off the library shelves. We'd love to give them to a good home. Please come with some cash on Tuesday next week, give a donation- and collect a nice pile of books for your children at home. Everything must go!

### *Football and 'welly days'*

Children in Year 5 & 6 can play football on the field at lunchtime. However **they will need a change of shoes. No shoes, no game...** We don't want their lovely school shoes to get wrecked and also it will stop mud from coming in to the building as the weather changes.

We have fantastic grounds and want the children to use them as much as possible. At lunchtimes, we'd like to re-establish our 'welly days'. On the days that it is your child's PE day, they can also bring in their wellies and go on the field at lunchtimes- see below...

Monday	Year 2 & 4
Tuesday	Year 1 & 3
Wednesday	Year R Welly Wednesday
Thursday	Year 5
Friday	Year 6

### *Attendance*

This week we sent out some further advice about the new guidelines regarding school attendance. We will continue to share information and welcome any questions from parents.

Attendance across the school this year to date is 97.3% which is excellent and we thank all parents and children for their efforts with this.

We are seeing a small amount of children coming in late via the school office. Please remember that the school day starts at 8.30 and that children need to be in class by then ready to start their days.

### *Caring children- thank you!*

I received this lovely email from Mrs Hardy, out Lunchtime Supervisor and wanted to share it with you all..

*I just wanted to let you know what a fantastic job the junior guides from Aspen class have done so far this week. They truly have been amazing and so helpful. They have ALL done a wonderful job in the dinner hall helping the Year R's cut their food, filling their cups, helping them to clear their trays as well as monitoring the corridors guiding both the Year R's out to the correct area and also the 1's and 2's down the library slope and out onto the playground/muga. They have even helped me put away the chairs at the end of lunch- and that is them offering, not me asking!!! It's been lovely to see them nurturing and looking after out little ones in such a loving way.*

*I just thought I would share this with you .....their help has been very much appreciated !!*

*Mrs Hardy*

### *Governor news*

Earlier this week I had the pleasure of being able to share with you the exciting news of the appointment of our new Head Teacher, and we end this week with my writing to you with some further changes here at Pilgrims' Cross. After over a decade serving on the Governing Body, I have taken the difficult but necessary decision to conclude my current appointment and step down as the Chair of Governors at Pilgrims' Cross.

The role of Governor is extremely rewarding, and one that I continue to enjoy as much today as I did when the school first opened. However, increasing work commitments have prompted me to pause and reflect. Something we often hear our excellent teaching & support staff tell the children frequently during their day at school! I feel I owe it to the children and staff of the school to ensure that there is someone in the post that can give it the appropriate level of focus the role requires & deserves, and with the appointment of a strong & substantive Head Teacher in the form of Mr Cascarini, I feel that it is the right time for change.

The Governing Body met on Thursday evening and appointed your **new Chair of Governors, Abigale Churchill**. Abigale has been with the school from its first days, serving on the Governing Body in a variety of roles, most recently as my Vice-Chair, as well as supporting the school in other capacities, for example as the Chair of FOPS. She is already well known & regarded, and knows the school, the children and the wider community very well.

I can think of no better choice than Abigale to work alongside Mr Cascarini to take the school forwards into an extremely bright future.

I would like to publicly say "Thank you" to the staff of the school, who work tirelessly every day, with every child, to ensure that they each get the very best primary education we can offer. (Also, thank you for shepherding my own two children as their journey took them both through our wonderful school from Year R to Year 6!)

But finally, I'd like to say thank you to all of the Parents, Carers and Guardians of the children at our school. Your support for the school, the staff, and the Governing Body is amazing, and I am confident that you will also continue to support in the same way for years to come as our new Chair of Governors takes up her role.

And, if you are interested in learning more about how to get engaged and help with the school, either as a Governor or in another capacity, I can whole heartedly recommend it as an extremely rewarding use of your time!

My best wishes to you all,

Jamie Cockerell  
Outgoing Chair of Governors

**Safeguarding:** Material from TikTok is being viewed more widely- and by younger children. It is now the most-used social media platform. Read this guide to safeguard your child and pick up tips on avoiding potential risks...

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](https://nationalcollege.com).

## What Parents & Educators Need to Know about

# TIKTOK

AGE RESTRICTION  
**13+**

(certain features are restricted to over-18s only)

### WHAT ARE THE RISKS?

TikTok is a free-to-use social media platform that lets people watch and share short videos of up to ten minutes in length. Its memes, trends, and celebrity cameos have made it enormously popular with an estimated 1 billion users worldwide – but its algorithm that surfaces videos based on users' activity can make the app seriously addictive.

### AGE-INAPPROPRIATE CONTENT

While TikTok's "Following" feed only displays videos from users that someone follows, "For You" is a collection based on their previously watched content. Most videos on a child's "For You" feed will probably be light-hearted and amusing, but it could potentially show something unsuitable. What's worse, if they engage with this content, more will follow. TikTok's guidelines prohibit the sharing of illegal or inappropriate content, but the volume of uploads means that they aren't manually monitored.



### DANGEROUS CHALLENGES

Due to TikTok's immense popularity, some young people have unfortunately been influenced by videos challenging them to perform harmful, criminal, or even deadly acts. One extreme example was the "blackout" trend, which encouraged users to hold their breath until they passed out from a lack of oxygen. It led to two families filing lawsuits against TikTok over the tragic deaths of their children.

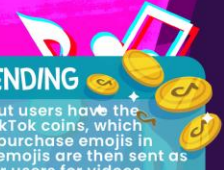
### CONTACT WITH STRANGERS

With over 1.5 billion users globally, the potential for contact from strangers on TikTok is high – especially as accounts created by over 16s (or young people using a false date of birth) are set to public by default. This not only means that someone's profile is visible to everyone else on the app; it also suggests their videos to others and enables anyone to download or comment on them.



### IN-APP SPENDING

TikTok is free, but users have the option to buy TikTok coins, which can be used to purchase emojis in the app. These emojis are then sent as rewards to other users for videos they've created, retaining their monetary value. Coin bundles range from £9.99 to an eye-watering £99. TikTok's policy is that they can't be bought by under-18s, but it's possible to bypass this with a fake birthdate.



### ADDICTIVE NATURE

Like all social networking platforms, TikTok can be addictive. Recent figures show that young people are investing increasing amounts of time on it. In 2024, UK children have spent an average of 127 minutes per day on TikTok – twice as much as in 2020 – according to parental controls company Qustodio. This compulsive usage can interfere with children's sleep patterns – leading to irritability –



### MISINFORMATION AND RADICALISATION

Although the short-form videos on TikTok tend to be more frivolous than the longer ones on YouTube, clips can still influence impressionable minds in a negative way. Not only is there plenty of dangerous misinformation on TikTok, but with Ofcom reporting that nearly a third of children aged 12-15 use TikTok as a news source, you should be wary of extremist material.



## Advice for Parents & Educators

### ENABLE FAMILY PAIRING

Family Pairing allows parents to link their TikTok account with their child's and control their settings remotely. Parents can then turn on Restricted mode (reducing the chances of a child seeing inappropriate content), set screen time limits, and manage whether their child can send messages – and if they can, to whom. Children can't alter these settings without parental approval.



### MAKE ACCOUNTS PRIVATE

Although under-16s will have their TikTok account set to private by default, bypassing this setting is relatively easy. However, parents have the ability to manually set their child's account to private – meaning that their videos won't be visible to strangers, and they won't be able to exchange messages with people who aren't on their friends list.



### LIMIT IN-APP SPENDING

If a child is using an iPhone or Android device to access TikTok, you can alter their settings to prevent them from making in-app purchases. We'd recommend that you enable this feature, as it can be quite easy for a young person to spend a significant amount of real money buying TikTok coins to unlock more features of the app – sometimes without even realising.



### DISCUSS THE DANGERS

If a child wants to use TikTok and you're happy for them to do so, it's crucial to talk about the potential risks in this type of app. For example, ensure that they understand not to share any identifying personal information, and to talk to a trusted adult if they're exposed to inappropriate content. Thinking critically about what they see on TikTok can help children become more social media savvy.



### READ THE SIGNS

If you're concerned that a child is spending too much time on TikTok, or that they've been emotionally affected by something they've seen, it's important to know how to spot the possible signs. Increased irritability and a lack of concentration are potential red flags, as is failing to complete homework, or skipping meals.



### Meet Our Expert

Alan Martin is an experienced technology journalist who has written for the likes of Wired, TechRadar, Tom's Guide, The Evening Standard and The New Statesman.



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## Key dates

- Thursday 5<sup>th</sup> November at 6pm – Parent Tour for Year R September 2025
- Thursday 7<sup>th</sup> November- FOPS Fireworks Evening
- Thursday 14<sup>th</sup> November at 10am - Parent Tour for Year R September 2025
- Wednesday 20<sup>th</sup> November at 2pm - Parent Tour for Year R September 2025
- Friday 6<sup>th</sup> December at 11am - Parent Tour for Year R September 2025
- Friday 20<sup>th</sup> December 2024- INSET Day 3
- Monday 6<sup>th</sup> January 2025- INSET Day 4
- Friday 20<sup>th</sup> June 2025- INSET Day 5

Please check out our website calendar for all relevant dates:

<https://www.pilgrimscross.co.uk/diary/grid/2024/06/>

## SEN Support



# SEP/OCT TIMETABLE

Talks are delivered online via zoom 7pm to 9pm £24 each  
Book online at [facefamilyadvice.co.uk](http://facefamilyadvice.co.uk)

<b>FREE SESSIONS</b>	
<b>Supporting Kids with School Anxiety</b> <b>Introduction to Facing Defiance</b>	<b>26 SEP</b> <b>24 OCT</b>
Understanding Anger	23 SEP
Supporting a Child with ADHD	24 SEP
Understanding the Teenage Brain	7 OCT
Raising Self-Esteem	8 OCT
Decreasing Depression	15 OCT
Anxiety Explained	17 OCT
Understanding Anger	21 OCT
Drug Awareness for Parents	22 OCT
Autism: Improving Communication	28 OCT
Introduction to OCD	29 OCT
Understanding Addictive Behaviour	31 OCT
Improving Family Communication	4 NOV
Raising Self-Esteem	5 NOV

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