

## This week

- Mon 19 Sep: Flu immunisation forms to be returned
- Thu 22 Sep: Deadline for parent governor nominations, 1.00pm
- Fri 23 Sep: Year 6 FOTC Cake & Cookie Sale

## Dates further ahead

- Mon 26 Sep: European Day of Languages
- Tues 27 Sep: Deadline for photograph orders to be returned
- Thu 29 Sep: 5HG Visit to Willow Farm
- Mon 31 Oct: Application deadline for secondary school Sept 2017

[A full calendar will soon be available on our website](#)

## Notices and reminders

There is [a vacancy for a parent governor on our school's governing body](#). Completed nomination forms should be returned by 1.00pm on Thursday 22 September.

[Flu immunisation consent forms for all Year 3 pupils](#) (whether or not you wish your child to be immunised) should be returned to school by Monday 19 September. The form is available on the latest letters page of our website.

This week is [our Big Write](#). Look out for your Talk Homework which will be available to download from our website.

[Hertfordshire's Armed Forces Covenant has decided to run an art competition](#). Locally-based service personnel will be serving overseas away from their families this Christmas providing help and assistance to people around the world, and they have said how much they appreciate receiving pictures from Hertfordshire children during the Christmas period. To enter, please note the following:

- The picture should be no larger than A3
- Any materials may be used to create the picture
- Please write on the picture 'Wishing you a very Merry Christmas from the Thomas Coram Church of England School.'
- Please write the name, age and class and school on the back
- Entries to Mrs Bruguier by Monday 14 November
- The winning entry will receive a prize for the school

If you think your [child may be entitled to free school meals](#), apply online at [www.hertfordshire.gov.uk/freeschoolmeals](http://www.hertfordshire.gov.uk/freeschoolmeals). Remember that all children use their finger at the canteen tills and nobody can tell who is in receipt of free school meals.

## Recent letters

Last week we sent out these letters which are also available on our website:

- 5HG Visit to Willow Farm
- 5HG Meet the Teacher Evening
- Year 4 2017 Residential Visit to West Runton, Norfolk

## This week's attachments

Today we're attaching:

- Parent eSafety Newsletter
- A quick NHS guide for parents – what to do if your child is unwell

A reminder that for the children's own safety, [jewellery must not be worn in school](#). Plain studs may be worn in pierced ears. For health and safety reasons in some subjects (eg PE, D&T, Science), we may insist that earrings are removed or covered with a plaster supplied from home.

Following the end of the hot weather, pupils should come into school this week [wearing ties as normal](#).

The governors and school council would like to thank you for your cooperation [when parking near to the school](#). Although the vast majority of parents have appreciated this move, we apologise to anyone who has been inconvenienced, but the safety of the children, as always, is our main concern.

# eSafety newsletter



Parent edition

Autumn 2016



## Pokémon Go

Pokémon Go is a new gaming app that has quickly been adopted by millions of adults and children alike. There were 15.3 million tweets worldwide about Pokémon Go in its first week. The new game is different from others before it because it uses the real world as a background through the camera on a user's device. The best way to understand it if you haven't played before is to watch the trailer on the official Pokémon website: [www.pokemongo.com/en-uk/](http://www.pokemongo.com/en-uk/)

Currently on Apple's App store, the age is 9+, yet on Android, there is no age restriction at the moment. Despite this, parental caution is advised, even for teenagers.

Whilst the game is undoubtedly clever, keeps people fit and is apparently very good fun, there are two main physical dangers to children using it. The first is related to awareness. People walk around staring at their screen (you might ask, what's new?) and risk physically harming themselves by not watching where they are walking. The second is related to those who wish to harm children. It is widely believed that the game is susceptible to personal information hijacking and identifying a user's location, although the developer will most likely provide clarification soon, and hopefully provide a solution. More about this can be found from online searches, such as the following from gaming site Nintendo Life.

### The Risks:



- **Meeting people they don't know face-to-face** The game is designed to bring people together. Usually strangers. So you never know who they might meet.
- **There's a physical risk** It's easy to forget to look where you're going with this game, but they need to be careful of where they end up. There are already stories of people being lured to places that aren't safe for children.
- **It can cost a lot of money** There are in-app purchases and other incentives which can cost up to £79.99 (14,500 Pokécoins). Make sure the app's set up without payment options.
- **Access to personal data** Pokémon Go asks for personal information like your child's birth date and email address, which they're asked to enter or receive through social media accounts. Parents have the right to contact the creators to stop them from using their personal information.

(the above risks have been taken from the NSPCC website)



*Continued on the next page*

New terminology such as 'pokestop' or 'pokegym' won't help the current confusion for non-users but fortunately The Telegraph did a good job of explaining things recently <http://bit.ly/The-Telegraph-on-PokemonGo> It seems that either of these being in an inconvenient location can be remedied by visiting the following website and requesting their removal <http://bit.ly/PokemonGo-Request>

If there is an actual Pokémon, the characters which players need to collect, in an inconvenient location, then this seems to be more of a problem. You will know soon enough if this is the case because you might have people knocking at your door who ask to walk over to that spot with their phones. As each Pokémon captured by one person does not disappear and can be captured by others, it means that you could have lots of visitors spotting them on their maps and asking for/demanding entry. The good part

about this is that if your property is not too large, the characters can be caught from a neighbouring property or road. If you have a particularly large garden or premises, this is less likely and people will want to walk up to it. Obviously you can deny access, and for child protection reasons, it is definitely best not to admit random children into your house or garden. So where does that leave you? How do you get this digital character removed from the map which leads players to your house? At the moment, it seems that there is no solution to this. The NSPCC is on the case and hopefully the developers will do the right thing very soon. <http://bit.ly/PokemonGo-open-letter> For now though, be vigilant and keep your eye out online for a remedy to this situation.

**Please read the NSPCC parent guide for more information:**  
<http://bit.ly/PokemonGo-Parent-guide>

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## IT'S NOT OKAY



The 'It's not okay' website and campaign has been put together by Project Phoenix, a collaboration of public and third sector partners.

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### Their aims are to:

- raise awareness of child sexual exploitation
- help people recognise the signs
- encourage people to report it
- provide support to victims and those most at risk

### THINKUKNOW sexting campaign

Thinkuknow are currently running a 'The world changes. Children don't' campaign to increase understanding about sexting. Visit [www.thinkuknow.co.uk/parents/](http://www.thinkuknow.co.uk/parents/) to see their 'Modern Day Romeo & Juliet' video. Check out the other resources on offer while you are there.

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**To find out more about this, particularly with reference to online safety and sexting, please follow this link**  
<http://bit.ly/eSafety-itsnotokay>

## Child safety online: age verification for pornography

The Department for Culture, Media and Sport Sets out the government's response to the consultation on Child Safety Online: Age Verification for Pornography. The consultation sought views on protecting children from seeing pornographic material online. Following its analysis of responses to the consultation, the government intends to bring forward legislation, in the Digital Economy Bill, to establish a new law requiring age verification for commercial pornographic websites and applications containing still and moving images, and a new regulatory framework to underpin it.

Access to online pornography by children is often a concern held by many parents. Following a consultation on Child Safety Online: Age Verification for Pornography, the government intends to introduce the Digital Economy Bill, which will establish a new law to help prevent this access. A new age verification system will soon become a legal requirement for commercial pornographic websites which contain images and videos: <http://bit.ly/Age-verification>



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### Useful websites

**"I want to make it less likely that my children will get into trouble at home when online"**

Find out how to make internet access safer at home on the Internet Matters website: <http://bit.ly/ParentCont>

**"I have found a website that holds illegal content. How do I report it?"**

Report illegal website content here: <https://www.iwf.org.uk>

**"I don't want people to see that when they search on the internet"**

Find out how to ask Google to remove information from their search results here <http://bit.ly/RemInfo>

**For further eSafety advice visit:**  
<http://bit.ly/eSafetyAdviceforParents>

# What to do if your child is unwell



## Care at home

- **Fever** – children’s paracetamol can bring down a high temperature.
- **Vomiting or diarrhoea** – give your child regular sips of water. Avoid solid foods.
- **Ear infection** – ease pain with children’s ibuprofen or paracetamol. Antibiotics won’t help in most cases.
- **Mild stomach ache** – lay quietly, offer sips of water and avoid solid foods for a while.



## Pharmacy

- **Sore throat** – ease discomfort with children’s paracetamol.
- **Cough or cold** – rub decongestant on chest and try a warm honey and lemon drink (aged 1+). Colds should clear up in 5-7 days.
- **Chicken pox** – antihistamines or calamine cream may help with itching.
- **Sticky eyes** – Gently clean eyelids with cooled boiled water and cotton wool. Eye drops from a pharmacist may help.

- High fever which isn’t coming down?
- Symptoms that won’t go away or get worse?
- Worried about your child’s health?

[www.westhertsmedicalcentre.nhs.uk](http://www.westhertsmedicalcentre.nhs.uk)

## Your GP

or go to



Need urgent health advice and don’t know where to go? Open 24/7 and all calls are free. Find advice online at [www.nhs.uk](http://www.nhs.uk)

Call  
**NHS 111**

## Minor Injuries Unit



- No appointment needed
- Cuts, bumps, bruises and sprains
- Broken bones
- Scalds or burns

Located in **Bishop’s Stortford, Cheshunt & St Albans**

## Urgent Care Centre

Open 24/7 at **Hemel Hempstead Hospital** and the **QEII Hospital, Welwyn Garden City**. No appointment needed. Treats all minor injuries and you can also see a GP for minor illness.



- Choking
- Seizure or fit
- A rash that doesn’t fade when a clear glass is pressed firmly against it
- Fainting
- Bleeding heavily

Call **999**

# Find your local NHS service

## Hemel Hempstead Cheshunt

### Urgent Care Centre

**Hemel Hempstead Hospital**  
Hillfield Road  
Hemel Hempstead HP2 4AD  
Open 24 hours every day  
X-rays 9am-10pm

### Minor Injuries Unit

**Cheshunt Community Hospital**  
King Arthur Court  
Cheshunt EN8 8XN  
Open 8am-8pm every day  
X-rays 9am-6pm, Monday to Friday  
11am to 2pm on weekends and  
bank holidays  
Can only treat children aged over  
1 year

## Bishop's Stortford

### Minor Injuries Unit

**Herts and Essex Community Hospital**  
Haymeads Lane  
Bishop's Stortford CM23 5JH  
Open 9am-4:30pm Monday to Friday  
Closed on bank holidays  
Can only treat children aged over 2  
years

## St Albans

### Minor Injuries Unit

**St Albans City Hospital**  
Waverley Road  
St Albans AL3 5PN  
Open 9am-8pm every day  
except Christmas Day  
X-rays 9am-5pm, Monday to Friday  
Can only treat children aged over 2  
years

## Welwyn Garden City

### Urgent Care Centre

**New QEII Hospital**  
Howlands  
Welwyn Garden City AL7 4HQ  
Open 24 hours every day  
X-rays 8am-11pm

## Watford

### A&E/emergency department

**Watford General Hospital**  
Vicarage Road  
Watford WD18 0HB  
Open 24 hours every day

## Stevenage

### A&E/emergency department

**Lister Hospital**  
Coreys Mill Lane  
Stevenage SG1 4AB  
Open 24 hours every day



Unsure which urgent NHS service is right for you?

Call NHS 111, free.

For other NHS services near you, go to [www.nhs.uk](http://www.nhs.uk)

