



22nd October 2021



@PrimaryRobert @SNSPrimary @tbprimary Find us at: [www.bridgesfederation.org.uk](http://www.bridgesfederation.org.uk)

## Healthy Packed Lunch

A healthy packed lunch keeps active children alert and focused as well as give them the nutrition they need everyday.

If your child is having a packed lunch at school please see below for some nut free ideas:

- Fresh fruits
- Crunchy vegetables
- A meat or protein food such as slices of lean meat or an hard boiled egg
- Dairy food such as a cheese stick or slice, grated cheese, milk or yoghurt
- Starch food such as bread, a roll, pita or flat bread, fruit bread or crackers
- Water

## We received a certificate in assembly this week:



for showing creativity!



for being fun and friendly!



for being resilient and responsibility!



## Moving to Secondary School

### Year 6 Secondary School Applications

The deadline to apply online for a place at secondary school for September 2022 is **31st October 2021**. Please Make sure to complete your application by 11.59pm on Sunday 31st October to avoid any disappointment of having a late application.

## Squid Game

It has come to our attention that a number of children have been discussing a Netflix show called Squid Game. This contains graphic violence and is inappropriate for children to watch. It is rated 15 so no primary school age child should be watching it at all. Please ensure your parental settings are in place on all devices and monitor what your children are watching. Please also be aware that children have also used YouTube to access videos of Squid Game.

## Flu Vaccination Dates

Tower Bridge - Monday 1<sup>st</sup> November 2021

Snowsfields- Tuesday 2<sup>nd</sup> November 2021

Please follow the link to complete an online consent form (one for each child) to ensure your child receives their vaccination.

<https://sav.hrch.nhs.uk/flu/2021/southwark>



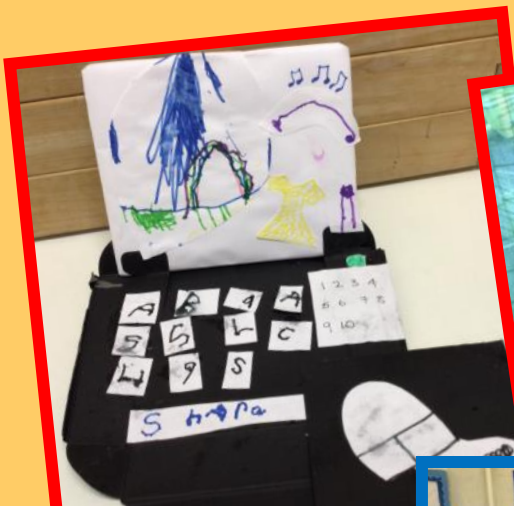
# International Evening at the Bridges Federation

Our theme this year was migration. The children did lots of learning about immigrants and refugees. They had discussions about the reasons why people choose to migrate and mapped out different journeys people may have taken to migrate to the United Kingdom. We learned that migration creates a rich and diverse community where different cultures can be celebrated. Furthermore, each class focussed on an artist who migrated to the UK and created a piece of art inspired by their work. Finally, the children learned songs which reflected our theme and performed them for parents and carers. We also had a special performance by our year six drummers and our school choir.





# Homework Projects



Well done to all our children who have completed their autumn 1 homework project.  
A huge thank you to our parents and carers for supporting the children to produce these masterpieces!



## Attendance and Punctuality

Overall whole school attendance for week beginning 11/10/21: 96.39%

1st Place Attendance: Orange Class

1st Place Punctuality: Red Class and Blue Class



Classes	Absences	Lates	Total Attendance
Year 1—Red Class	13	7	96.00%
Year 2—Orange Class	1	10	99.61%
Year 3—Yellow Class	10	8	96.67%
Year 4 - Green Class	1	8	98.25%
Year 5—Blue Class	7	7	96.67%
Year 6—Purple Class	32	9	96.19%



## Attendance and Punctuality

Overall whole school attendance for week beginning 11/10/21: 94.79%

1st Place Attendance: Green Class

1st Place Punctuality: Green Class



Classes	Absences	Lates	Points
Year 1—Red Class	18	16	125
Year 2—Orange Class	17	8	400
Year 3—Yellow Class	8	19	200
Year 4 - Green Class	3	7	500
Year 5—Blue Class	10	9	450
Year 6—Purple Class	8	10	550



## Attendance and Punctuality

Overall whole school attendance for week beginning 11/10/21: 91.77%

1st Place Attendance: Blue Class

1st Place Punctuality: Green Class



Classes	Absences	Lates	Points
Year 1—Red Class	5	36	175
Year 2—Orange Class	12	20	50
Year 3—Yellow Class	10	10	250
Year 4 - Green Class	12	3	600
Year 5—Blue Class	4 ½	22	450
Year 6—Purple Class	9	8	500



# 5 reasons

## to get your child vaccinated

### 1. Protect your child

The vaccine will help protect your child against flu and serious complications such as bronchitis and pneumonia

### 2. Protect you, your family and friends

Vaccinating your child will help protect more vulnerable friends and family

### 3. No injection needed

The nasal spray is painless and easy to have

### 4. It's better than having flu

The nasal spray helps protect against flu, has been given to millions of children worldwide and has an excellent safety record

### 5. Avoid costs

If your child gets flu, you may have to take time off work or arrange alternative childcare



## Flu vaccine is offered free to:

Children aged  
2 or 3 years old  
(on 31 August of  
current flu season)



All primary  
school-aged  
children



All year 7 to year  
11 secondary  
school-aged  
young people

Children with a  
health condition  
that puts them  
at greater risk  
from flu



This leaflet is for parents and carers of preschool and primary school-aged children. Further information on all eligible children can be found at: [www.nhs.uk/child-flu](http://www.nhs.uk/child-flu)

For children with autism

TALK  
PANTS  
AND STAY SAFE



PRIVATES  
ARE PRIVATE

ALWAYS REMEMBER YOUR  
BODY BELONGS TO YOU

NO MEANS NO

TALK ABOUT SECRETS  
THAT UPSET YOU

SPEAK UP, SOMEONE  
CAN HELP



NSPCC

EVERY CHILDHOOD IS WORTH FIGHTING FOR



# LEARN THE PANTS RULES FOR STAYING SAFE

## **P** RIVATES ARE PRIVATE

Parts of your body covered by underwear are private. No one should ask to see or touch them. No one should ask you to touch or look at parts of their body that are covered by underwear.

Sometimes doctors, nurses, or family members might have to. But they should always explain why, and ask if it's OK first.



## **A** LWAYS REMEMBER YOUR BODY BELONGS TO YOU

It's your body, no one else's. No one should make you do things that make you feel embarrassed or uncomfortable. If anyone tries, tell an adult you trust.



## **N** O MEANS NO

You have the right to say 'no' – even to a family member or someone you love. Remember, you're in control of your body and your feelings are important.



## **T** ALK ABOUT SECRETS THAT UPSET YOU

Secrets shouldn't make you feel upset or worried. If they do, tell an adult you trust. You will never get into trouble for sharing a secret that upsets you.



## **S** PEAK UP, SOMEONE CAN HELP

Talk about stuff that makes you worried or upset. An adult you trust will listen, and be able to help. It doesn't have to be a family member. It can be a teacher or a friend's parent – you can also call Childline on **0800 1111** and someone will always be there to listen. If you find it difficult to talk about, you could write it down or draw a picture instead.



# NSPCC

EVERY CHILDHOOD IS WORTH FIGHTING FOR

NSPCC 2019. NSPCC is a registered charity in England and Wales. NSPCC is a registered charity in Scotland. NSPCC is a registered charity in Northern Ireland.



# What Parents and Carers Need to Know about ... SOCIAL MEDIA SCAMS

On any social media platform, you'll often come across links to genuine-looking websites. They might include an exclusive offer for one of your favourite shops or invite you to complete a quiz in return for a particular reward. In some cases, clicking on these links takes you to a fake website where you are asked to provide your personal details. The whole enterprise is a ploy to capture sensitive details, such as your email address and password, which the scammers then exploit at your expense.

## Clickjacking for fake rewards

Here, the attacker tries to lure you into clicking a link by offering something in return, such as a free gift for completing a survey. However, when the link is clicked, it collects the details of whoever fills out the survey. This might include full names, addresses, phone numbers and email addresses. Scammers could use these to hack into your other accounts or simply sell your data to other criminals.

## Malicious app downloads

Some cybercriminals design software that appears genuine or helpful (and is normally free) but has been created to steal your personal information. There may be a pop-up ad encouraging you to download and install the app. Once the app is downloaded, the attacker can see any personal credentials you enter, and could then use this information for their own gain.

## 'Payment first' scams

Prevalent on sites such as Depop, these scams have spread to Facebook since it added the Marketplace feature. A user lists an item for sale and requests payment up front. Most online stores work this way, but the crucial difference is that scammers ask for payment via PayPal friends and family – not goods and services. This means you can't dispute the payment: the scammer keeps your money, and you never receive the item.

## Threats disguised as quizzes

Most quizzes on social media seem harmless, but many come with hidden threats. When you submit your answers, you're also agreeing to terms and conditions which – in some cases – allow the quiz developer to sell your details to third parties. This puts you at greater risk of phishing attacks and spam advertising emails. It might also give the app permission to use information from your profile.

## Untrustworthy URLs

It's common on social media for URLs in posts to be shortened (to meet Twitter's character count, for instance). This may seem harmless, but it opens an avenue of attack for scammers who may be disguising a malicious link as legitimate. These links can install malware on the victim's device, which could lead to passwords being stolen or even be the precursor to ransomware attacks.

## Angler phishing scams

Using a fake corporate social media account, the scammer pretends to be from customer services. When someone complains about customer service on social media, the fake account messages them asking for their name, phone number and email. If the user provides this info, they are directed to a fake website where they enter their login details. The attacker can then steal their credentials or infect their device with malware.

## Advice For Parents & Carers

### Set strong passwords

Always ensure that your passwords are not easily guessable. Try to use a mix of letters, numbers and special characters so that criminals cannot forcefully get control. You should also change your passwords every so often to provide further protection against your accounts being taken over. If you have any concerns about your account's privacy, change the password.

### Review your privacy settings

Regularly review your privacy settings on social media. You can restrict which parts of your profile can be seen and by who. We recommend making your personal information only visible to friends, which will help to limit the information a scammer could find out about you from social media. It's also safest to only accept friend or follow requests from people that you actually know.

### Protect your personal information

Never enter personal information on unfamiliar websites. If you were redirected to a site from a social media post or an email link, putting in your personal details could give key information away to a scammer. Fraudsters may pose as someone you know to try and get your address or bank details (or your family's). If this happens, block the user and tell your family, so the scammer can't try to deceive anyone else.

### Avoid opening suspicious emails

When you get an email, always check the sender's address before opening it. If it's an unexpected email and the sender is a stranger, mark it as junk (in case they try again in future) and simply delete it. They could be a scammer who's simply seen your email address on your social media profile. Being aware of phishing attacks is the primary method of defence against scam emails like this.

### Choose trusted download sources

Don't download apps or files from unknown sites – instead, use verified and trustworthy sources (such as Google Play or the App Store for download to mobile devices). You can recognise safe sources by their trust seals. The browser address bar on a secure site starts "https" instead of "http". A shield or lock symbol in the address bar also indicates that a site is secure.

### Install anti-virus software

Another key tip is to ensure that you have robust and reliable virus protection installed on any of your devices that support it. Anti-virus programmes will help to insulate you against cyber-attacks by blocking any malicious downloads or detecting any recently downloaded malware and removing it. Update your virus protection software regularly and carry out frequent scans of your device.

## Meet Our Expert

Formed in 2016, KryptoKloud provides cyber security and resilience solutions to its customers. With offices in the UK, the company offers managed service operational packages including cyber security monitoring and testing, risk audit, threat intelligence and incident response.



[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)



@atonlineasafety



/NationalOnlineSafety



@nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 16.09.2021