



Dear Parents and Carers,

A huge thank you for all your support on Tuesday and Wednesday this week, our staffroom was filled to the brim with lovely cards and treats and it was really wonderful to know you were all behind us. Our 'visitors' were very impressed with our children, during our feedback they said they were 'delightful' and of course we agree! I would also like to thank all of our wonderful staff, they are incredible!

I hope you have noticed all the online safety pages in previous newsletters, Mr Chandler has been adding these to help you keep your child safe online. As a parent myself, I understand the concerns and worries we all have around gaming and social media and it is imperative that we stay up to date with the safety measures we can put in place. I also urge you to check your child's phone daily and make sure you are fully aware of what they are accessing. If you haven't already, I would suggest you watch the Emma and Matt Willis documentary 'Swiped: The School That Banned Smartphones' on Channel 4, it was a real eye opener!

This afternoon the hall was a buzz of excitement as Year 4 and Year 6 took part in their dance lesson. This half term they are being run by a dance coach to inspire the children and upskill the teachers. The children have been focusing on dance choreography and using movement to convey emotions and ideas. Year 4 children told me 'we have learnt about reaction and actions, mirroring and matching and cannons. We then put it together to finalise our routine of being a spy!' Year 6 were creating a piece using body percussion rhythm using jumps and claps, I'm excited to see the finished performance in a couple of weeks.

Have a great weekend.
Mrs Cracknell

SAFE

We move around school in a safe manner. We follow instructions to keep ourselves safe. We keep hands, feet and unkind words to ourselves. We use equipment safely. We stay safe online. We talk to an adult if we feel unsafe.

READY

We wear correct uniform. We arrive at school on time. We have our equipment ready. We show that we are listening and ready to learn.

RESPECT

We listen when others speak and we respect the property of our friends and the school. We have an understanding of others cultures and beliefs. We respect that everyone have a right to learn.

Kindness

Generosity

Excitement

Learning together

Enquiring minds

Courage



Upcoming Events

2024
2025

February

Thursday 6th	EYFS play and stay
Friday 7th	Parent tour for Nursery 2025 at 10am
Wednesday 12th	Parent tour for Nursery 2025 at 2pm
Thursday 13th	Great fire of London workshop - Y2
Monday 17th - Friday 21st	Half term
Monday 24th	Inset day
Thursday 27th	Informal photo day

April

Friday 4th	End of term - Finish at 1:15pm
Tuesday 22nd	Back to school
Tuesday 22nd	St Albans Cathedral visit - Y4

March

Monday 10th	Balanceability
Wednesday 12th	Balanceability
Monday 17th	Egyptian Workshop - Y3
Monday 17th	Anglo Saxon Workshop - Y5
Monday 31st	Rock Steady Concert



Online Safety

There has been a lot about TikTok in the news recently especially about it being banned in the US and then the former US president Joe Biden giving a 90-day reprieve. At the moment we don't have this issue in the UK and TikTok can be downloaded. According to Google TikTok has 3.7 million active users in the UK who engage with the app for an average of 41 minutes a day. The largest percentage of TikTok users in the UK fall in the 10-19 age group. A recent report by Ofcom (Children's Media Use and Attitudes Report 2024) highlighted that four in ten (39%) of all 8-17-year-olds upload their own videos to online platforms, with TikTok remaining the most popular app for this purpose.

TikTok is a video-sharing platform where you can watch and create videos, and livestream. The app has an age-rating of 13+. From a casual glance TikTok can look like a lot of fun. Apart from the possibility of data being used by the Chinese government what are the potential dangers of TikTok?

TikTok can be a creative outlet for young people as it allows them to learn about video editing and discover new interests. However, it can be easy for children and young people to come across inappropriate content on the app. Because TikTok uses algorithms to show users new content, **it's easy for young people to come across inappropriate or upsetting videos**. The platform also has communication features that allow users to privately message each other **which could put your child at risk of being contacted by someone they don't know**. (NSPCC)

Your child should not have their own TikTok account. If they do then you need to check the settings. There are six security settings that can help you to keep TikTok safe for your child and prevent them seeing anything that might worry or upset them:

1. Family Pairing
2. Private account
3. Restricted mode
4. Comment filters
5. Direct messages
6. Daily screen time

For more information on the above settings please go to the [NSPCC webpage](#) about guidance on how to navigate TikTok.

TikTok has some really useful information on their [Guardian's Guide webpage](#). On the following page there is a helpful guide for parents produced by the National College. This clearly outlines the risks of TikTok. If you'd rather listen to this guide as a podcast click [here](#).

What Parents & Educators Need to Know about

TIKTOK



WHAT ARE THE RISKS?

Adults tend to associate online videos with YouTube – but among teens, TikTok is king. The app provides a stream of short clips tailored to users' interests, based on what they've already watched. Around half of British children use TikTok, and while much of the content is benign, Ofcom considers it the app where youngsters "were most likely to encounter a potential harm".

AGE-INAPPROPRIATE CONTENT



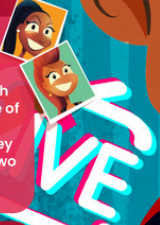
While TikTok's Following feed only displays videos from familiar creators, For You is a collection based on a user's previously watched clips. Most of these videos will probably be inoffensive, but the app *could* potentially show something unsuitable. If children then engage with this content, more like it will follow. TikTok's guidelines prohibit the sharing of illegal or inappropriate content, but the huge number of uploads means that a small amount inevitably slips through.

CONTACT WITH STRANGERS



With more than 1.5 billion users globally, the potential for contact from strangers on TikTok is high – especially as accounts created by over-18s (or young people using a fake date of birth) are set to public by default. This means that not only is someone's profile visible to everyone else on the app, it also suggests their videos to others and enables *anyone* to download or comment on them.

BODY IMAGE AND DANGEROUS CHALLENGES



According to Ofcom, most online harms for teens are body image related for girls (promoting unhealthy eating, body shaming and so on) and dangerous stunts for boys. Both are prevalent on TikTok. One extreme example of the latter was the 'blackout' trend, which encouraged users to hold their breath until they passed out from a lack of oxygen. This led to two families filing lawsuits against TikTok over the tragic deaths of their children.

MISINFORMATION AND RADICALISATION

Although the short 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 Ofcom reports that nearly a third of 12 to 15-year-olds use TikTok as a news source – so you should be wary of misogynistic, racist or conspiracy-themed material shaping how they see the world.

IN-APP SPENDING



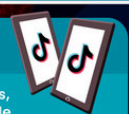
TikTok is free, but users have the option to buy TikTok coins, which can be used to purchase gifts for content creators. Coin bundles range from £9.99 to an eye-watering £99; while that may not sound appealing, the app still generated £7.9 billion in user spending in 2023. TikTok's policy is that under-18s can't make in-app purchases, but it's possible to bypass this with a fake birth date.

ADDICTIVE DESIGN

With its constant stream of eye-catching videos, TikTok can be addictive to young brains. In 2024, UK children spent an average of 127 minutes per day on the app: that's twice as much as in 2020. Excessive use can interfere with young people's sleep patterns – often leading to irritability – and distract them from other, healthier activities. The instantly skippable nature of bite-size videos may also impact children's ability to maintain focus.

Advice for Parents & Educators

ENABLE FAMILY PAIRING



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

BLOCK 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 enabling 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



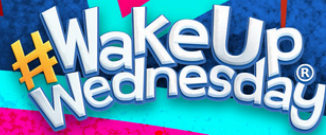
If a child wants to use TikTok and you're happy for them to do so, it's good practice to discuss the potential risks. Ensure that they don't share any identifying personal information, and that they know to talk to a trusted adult if they're worried by interactions on the app. With more teens using TikTok for news, it's also worth talking about misinformation and propaganda, and how to identify it.

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 signs. Increased irritability and a lack of concentration are potential red flags, as is failing to complete homework or skipping meals. Remember, the parental controls are there for a reason, and it's never too late to introduce limits.

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.



Source: See full reference list on guide page at: <https://nationalcollege.com/guides/tiktok-2025>



Parent Online Safety

Dear Parents/Carers,

The East Herts Mental Health Support Team (MHST) will be delivering a 'Parent Online Safety Workshop' at Hollybush Primary School. Presentation will include:

- Current Issues
- Common difficulties parents are experiencing with their children.
- Different strategies to help including, helping with conversation to keep children safe online.
- Establishing boundaries

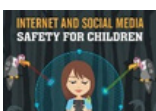
Date	Topic	Location
Tuesday 4th February 9am	Parent Online Safety	Hollybush Primary School

Please click the below link to book free tickets to this 'Parent Online Safety' event:

<https://www.eventbrite.com/e/parent-online-safety-workshop-tickets-1216572092879?aff=oddtcreator>

MHSTs were, created as part of the Government's scheme to increase mental health support to young people. The team works directly in schools offering a range of early intervention including 1:1 work with parents, pupil groups, workshops in all aspects of wellbeing, including behavioural support, anxiety, & emotion regulation,

If you would like any more information, please do speak to Ms Smail, the school's SENCO.



Clubs

Click on the club name for link to book

Matt's clubs can be booked via the office or by emailing
mattogilviecoaching@aol.com

MONDAY

Rock Steady (during School day)

Reception - Story Club 12 - 12:30 pm - Sign up on Arbor

KS2 - Drama club 12:30 - 1 pm - Sign up on Arbor

Art club - <https://www.jam-arts.com/book-online>

TUESDAY

Year 1 - 6 Karate - 7:45 - 8:30 am

Years 1 - 5 Multisports with Matt Ogilvie Coaching 3.15pm - 4.15pm

THURSDAY

Musical theatre - 12:30 - 1 pm - sign up on Arbor - Year 2 - 6

Year 1 - 6 Dance Club 3.15pm - 4.15pm

FRIDAY

Ballet - 12:15 - 12:45 pm - sign up on Arbor - Nursery, Reception and Year 1

Year 4 - 5 Football with Matt Ogilvie Coaching 3.15pm - 4.15pm

Year 1 - 6 East Herts Gymnastics 3.15pm - 4.15pm

Sports News

Our PE lessons are fun and engaging as usual with a wide range of sports being learned and practised with Years 4 and 6 having the privilege of being taught dance by an expert teacher, Jess

Our Year 6 Sports Ambassadors Katie and Toby have had some training and are delivering Rapid Fire Cricket and Speed Stack sessions at lunchtimes to keep all the children fit, active and co-ordinated.

The football team unfortunately suffered a disappointment in the Hope Cup after a pulsating game against Millmead. After quickly going 2-0 up, we rested on our laurels a bit and let Millmead back into the game and allowed them to take a 3-2 lead. Amazingly, we managed to equalise with little over a minute to go but while we were still celebrating, Millmead managed to nick the winner. The team were obviously disappointed but they did themselves proud. Fortunately this defeat allows us to enter the Plate competition where we hope to go all the way.

It has been a very sporty start to the year here at Hollybush. We kicked off in the second week with a Martial Arts Day, where Chris from Freestyle Martial Arts led workshops for all classes in the art of self defence. The children really enjoyed being put through their paces and getting rid of some of their excess energy on Chris' kick paddles.

I had a wonderful time taking some children to the Key Steps Gymnastics competition at Allenbury Sports and Social Club. I was so impressed by the children's body control and the dedication they showed in memorising their routines. They all did themselves proud and came away with some special awards for their performances.



Uniform

- All items should be unbranded and without any logo's other than the Hollybush logo.
- Children should bring a suitable coat and a water bottle every day, whatever the weather. We are outside in all weathers!
- Hair longer than shoulder length must be tied up in a hair band in school colours.

Formal uniform

White polo shirt

Grey Trousers
Grey skirt
Grey pinafore
Grey shorts

Bottle green round necked jumper
Bottle green cardigan

Black shoes

White / black or grey socks

Active uniform

Black plain Tshirt
Black logo Tshirt
White plain Tshirt

Tshirts should be round necked not polo shirts

Black jersey tracksuit bottoms
Black jersey shorts
Black cycle shorts
Black skort
Black leggings

Black zip through hoodie
Black hooded jumper

Black plain trainers

Swimming

Swimming hats MUST be worn for swimming lessons.

UNIFORMS MUST NOT BE MIXED AND MATCHED!!

IF YOUR CHILD IS WEARING ACTIVE WEAR IT MUST BE WITH A ROUND NECKED T-SHIRT AND A BLACK HOODIE / ZIP UP

IF YOUR CHILD IS WEARING FORMAL WEAR IT MUST BE WITH A POLO TOP OR SHIRT AND A GREEN JUMPER

Reminders

School starts at 8:45am

Fordwich Rise Gate entrance

The drive gate opens at 8:40 for Nursery, Reception and Year 1. Siblings of children in these year's may also enter through this gate.

Welwyn Road Gate entrance

Children in Year 2 and above

If your child arrives after 8:45am they will need to enter via the Office and will be marked as Late.

HOLIDAYS & MEDICAL APPOINTMENTS

The School will not grant any leave of absence for holidays during term time unless there are exceptional circumstances. Holidays will otherwise be classed as unauthorised absence from school.

Non urgent appointments such as dentist & doctors appointments MUST be made outside of school hours where possible.

Outstanding debts

Please can parents ensure owed balances on meals, wrap around care and nursery session are cleared promptly.

Lunches

Please ensure you select your child's lunch via the Arbor app prior to 8am.

Pre selecting lunches is now compulsory

[Link to lunch menu on website](#)

Please do not park across the driveways of the houses neighbouring the school.

	PE	Swimming	Forest School
MONDAY	YEAR 1 YEAR 5		YEAR 1
TUESDAY	YEAR 1 YEAR 2 YEAR 3 YEAR 5 YEAR 6		
WEDNESDAY			YEAR 2
THURSDAY	YEAR 2 YEAR 4		NURSERY RECEPTION
FRIDAY	NURSERY RECEPTION YEAR 3 YEAR 4 YEAR 6		YEAR 3 YEAR 4

Check out our class pages for information on what your child is learning this Term!
[Link to Class Pages](#)

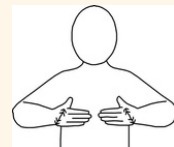
AT OUR SCHOOL WE FOLLOW HOLLYBUSH RULES

SAFE



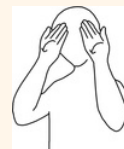
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RESPECT



We listen when others speak and we respect the property of our friends and the school. We have an understanding of others cultures and beliefs. We respect that everyone have a right to learn.

WE ARE LEARNING

THE HOLLYBUSH WAY



THE HOLLYBUSH WAY



Lovely Lining Up

We face forwards
We keep our hands to ourselves
We line up silently

Magical Manners

We say please and thank you
We say 'good morning'
We hold doors open for people
We knock before entering rooms
We say 'excuse me' before speaking to a grown up

Super Sitting

We sit calmly and sensibly
We keep our hands to ourselves
We face the adult
We use our magnet eyes (if we can)
We use our eager ears for listening to our adult

Wonderful Walking

We walk quietly
We walk sensibly
We face the direction we are walking in
We keep our hands to ourselves

Delightful Dinners

We use our Magical Manners
We use our Lovely lining up
We use our Wonderful walking
We use our Super sitting
We talk quietly with our friends

Peaceful Playtimes

We use our Wonderful walking to and from the classroom
We use our Magical Manners
We remember our school values