



ST CLEMENT'S CATHOLIC PRIMARY SCHOOL NEWSLETTER

Friday 22nd March 2019

JUNIOR CITIZENSHIP EVENT 2019

Our Year 6 children recently attended the Junior Citizen Event at Epsom Racecourse. This was an opportunity for the children to learn directly from the professionals about protecting themselves and their families in different scenarios. Two of our pupils have written the following report;



At the Junior Citizen Event we were joined by the pupils of St. Joseph's. We covered seven areas in total; Wellbeing, Drug Awareness, Fire Safety, Healthy Eating, Internet Privacy, British Transport Police and RNLI. For each topic we were involved in several activities, such as find the safety mistakes and re-enacted escaping from a burning building safely.

The event was held at Epsom Racecourse and we all learnt something beneficial for our future safety; we also enjoyed ourselves and wish we could do it all over again.

Written by Isabella & Matthew

SCIENCE EXPERIENCE

Two of our Year 5 pupils have written the following report about their Science lesson learning about the heart;



Today was a very exciting day. We were very lucky to have Blenheim High School come in and teach us about the heart. They told us it had to be a lamb's heart because it is very similar to a human heart.

Anyway, lets get on to some facts that they told us;

Did you know that half of your heart has oxygen and the other half doesn't?

Did you know that the heart has four chambers?

We had a great morning!

Written by Isabel & Mikey

THANK YOU MR STANLEY!

The Reception team would like to thank Mr Stanley, one of our parents, for all his help to tidy up Reception's Outdoor Learning Area. He volunteered as part of a community project by his employers on Friday 8th March.

We really appreciate all the hard work he put in and the result is fantastic.

MUSIC ASSEMBLY

On Thursday 14th March Chris from the Rock and Pop Foundation came in to give a very entertaining music assembly. Afterwards the pupils wrote about their experience and we have included two of their reports here;

Yesterday I had a great afternoon. I bet you will want to hear about it! It took place in our wonderful hall. We saw lots of instruments. There were electric guitars and the electric guitar is a bit louder than the acoustic guitar. There were even electric drums. Chris let us have a go on the drums and the ukulele. I feel like an actual musician now. Chris has a loop pedal. A loop pedal is a thing where you do a couple of notes on an electric guitar and the loop pedal will keep doing the note you just did. I learnt that being a musician can be really really fun. When I grow up I think I would like to be a person who plays the guitar. It was that interesting and fun to watch I wish there was another one. We even sang some songs.

By Jeanette



Do you want to hear about my excellent afternoon yesterday? Yesterday me and my friends went to the hall and we met Chris from Rock and Pop who showed us some of his instruments. One was called the drum. We learned that the drums have lots of parts. One is called the beat, it is part of your heartbeat. So then we have the cymbal. The cymbals have loud sounds and short sounds.

Some of my friends had a try at the drums. The next thing is the electric guitar. The electric guitar doesn't have a sound hole, it plays with the electricity. There is a loop pedal and when you stamp on it, it will record what you have played. The electric guitar has little magnets to stop the strings falling off. Next is a guitar, a guitar is like a person. It has a head it has a neck and it has a body like us! One of my friends said when you play an acoustic guitar the music bounces in the sound hole and out the sound hole. Last of all it was the ukulele, it was purple, I loved it. It was so fun when I grow up I will learn how to play an instrument

By Marta

The Rock and Pop Foundation provide guitar and drum lessons at St Clement's during the school day. For further information please go to www.rockandpopfoundation.com

SPORTS NEWS



HOCKEY, NETBALL AND TAG RUGBY

Last Wednesday, a group of children from Years 5 and 6 took part in a **'Quicksticks' Hockey Tournament** in the new facility in Old Schools Lane. All the children were super excited and showed off some amazing hockey skills. There was fantastic tactical play, skilful passing and some fabulous goals! The sportsmanship among the players, both for their own team and others was fantastic to see. Well done St Clement's. Hopefully the Surrey Youth Games will see some of our players representing Epsom and Ewell.



On Wednesday this week, we took the **A & B Netball Teams** to a match against St Joseph's. The children were able to show off their improved netball skills such as their footwork, direct passing and moving into space which was great to see. With some fantastic shooting this week, it was the turn of the B team to be victorious! Again, their sportsmanship and encouragement of each other was fantastic! Well done netballers.



The **Tag Rugby Festival** season has come round again and this week it was the turn of Years 3 and 4. We took twenty-four children to Priest Hill yesterday for a fantastic afternoon of tag rugby. The children were all amazing and showed some fantastic teamwork, brilliant tagging and some magnificent tries. Some matches were lost but many were won, giving the children such a boost to put all their efforts into it. All the children were thrilled with the amount of fun they had. There were definitely some tired legs going home last night! Superb afternoon. Well done taggers!



ANCHOR AWARD WINNERS

Congratulations to the following children who received awards at our recent Anchor Assembly;

Year 6	Jake Cook and Angel Dakay
Year 5	Tom Hillier and Callum Daly
Year 4	Sam Cook and Asher Pace
Year 3	Nerisha Fernando and Jasiu Buczek
Year 2	Ellie Andrews and Frankie Palmer
Year 1	Xavier Higgs and Lizzie Stanley
Reception	Malachi and Noah

HOUSE MASS

Lord, make me an instrument of your peace.
Where there is hatred let me sow love.
Where there is injury, pardon.
Where there is doubt, faith.
Where there is despair, hope.
Where there is darkness, light.
And where there is sadness, joy.

O divine master, grant that I may not so
much seek to be consoled, as to console.
To be understood as to understand.
To be loved as to live.

For it is in giving that we receive;
it is in pardoning that we are pardoned;
and it's in dying that we are born to eternal life.

On Tuesday 19th March, St Francis House joined together, from Reception to Year 6, to dedicate the Mass in honour of their patron.

Thank you to Fr Graham for celebrating the Mass for us.

Next House Mass

Our next House Mass is on Tuesday 26th March at 2.15pm for children and families in St Benedict House.



ONLINE SAFETY AWARENESS

On the next page of today's newsletter is a factsheet produced by National Online Safety– it outlines the use of Virtual Private Networks (VPNs) . Although a great privacy tool in the right hands, VPNs can be **very dangerous for children and lets them bypass restrictions** you have on web browsing.

It is a very useful piece of information that is clearly explained, we would urge you to read.

What parents need to know about VPNs

Although a great privacy tool in the right hands, VPNs can be dangerous for children and let them bypass restrictions you have on web browsing.

What is a VPN?

A Virtual Private Network (VPN) is a privacy tool used to hide internet activity from prying eyes. Without a VPN, internet traffic is sent directly from your computer or smartphone, letting anyone in-between you and a website or service that you're accessing (such as a wireless hotspot owner or your ISP) see what you're doing. With a VPN, a secure tunnel is created between your computer or phone and what's known as the endpoint. The endpoint is merely the part of the internet where your connection comes out and can be in the same country as you or located anywhere else in the world.

Using a VPN has two main effects. First, as the tunnel is fully encrypted, nobody between you and the final endpoint can see what you're up to. Secondly, as all of your traffic looks as though it's coming from the endpoint, you can further avoid being tracked and monitored, hiding your real location from everyone.

VPNs have many legitimate uses. For example, running a VPN when on a wireless hotspot or hotel network that you don't trust, gives you additional security. There's also improved privacy by using a VPN, preventing ad networks and the like from tracking you and working out where you live. VPNs are also often used to bypass protections, say watching UK streaming TV when abroad by pretending that you're still in the UK. The way a VPN works means that children can also use VPNs to hide what they're doing and get around any restrictions that you might have in place.



National Online Safety

Publish date: 20/03/19

MEET OUR EXPERT

This guide has been written by David Ludlow. David has been a technology journalist for more than 20 years, covering everything from internet security to the latest computing trends and the smart home. A father of two (a nine-year-old and a six-year-old), he's had to control and manage how his children access online services and use apps.



What are the risks?

There are three main issues with VPN usage by children, potentially affecting their privacy (and yours), and opening them up to seeing inappropriate content.

1) Viewing age-inappropriate content

Parental control tools work by looking at the sites that a child is trying to visit, and then blocking according to a list of what's not allowed. With a VPN, the secure tunnel that's created means that web traffic can't be viewed, so parental controls stop working. Once on the open internet, a child using a VPN can look at anything they like unrestricted. This isn't just at home. Children that are allowed to take devices into school for work purposes can also use VPNs to bypass any filters that have been set up on the school network, too. VPNs can both be in software and via what's known as a proxy website. With a proxy website, a child visits this, then enters in a blocked website address that they want to view. The blocked website is then downloaded and viewed through the proxy, sidestepping any parental protection.

2) Malware infections

Installing any unknown application is fraught with danger, and the same applies to many free VPN applications. In an investigation, it was found that 38% of free VPNs contained malware, with 75% also designed to track activity. By installing suspect software, a child may be opening themselves up to being spied on and their private details being stolen. If you use a shared device with a child, an infection can also affect you. Malware can spread, and there's then a higher risk to other devices on your network. There's a chance that a dodgy VPN will use your computer and internet bandwidth, too. Back in 2015, the free Hola VPN extension was found to be secretly selling its users' bandwidth via another service and, in some cases, users' internet connections were being used for illegal activity.

3) Free VPNs can spy on people

The best commercial VPNs are built around privacy and have strict rules about hiding activity, not spying on users and not logging data. These tools are built for adults who wish to protect their anonymity. Children often go for free VPNs and proxy websites, which have a less strict code of ethics. Many free VPNs have been found to spy on activity, store private information and even sell this data on. When using a VPN like this, dodgy adverts and pop-ups can be inserted into web traffic, beyond the harmful things that your child may already be viewing.

What parents can do

Although the risks might seem entirely different, the protection from VPNs is the same for all of the threats.

Filter VPN sites

Check the parental controls software that you're using to see if there's a filter to block VPN/proxy traffic. If this is selected, it will prevent most known VPNs from working, along with proxy websites.

Block VPN applications

Stopping and removing any VPN applications running on a child's device is a must. If you have parental control software that can restrict application use, make sure that you investigate any application that your child wants to install and block all VPNs. If you've recently enabled any applications, go back and check what they're used for and remove any VPNs that you find. If you don't have software to check what's running on a child's devices, then you should manually check. Searching for an application with VPN in the name is a good idea. Look out for tell-tale signs, too: computers and phones will usually display a different connection symbol when a VPN is connected. You can also use a child's computer to try and view a restricted website to ensure that filtering is still in place.

Monitor your child's online activity

In order to prevent your children from falling prey to inappropriate content, it's important to monitor your child's internet usage and have open and honest discussions with them about their online activities.

Sources:
www.easievpn.com/blog/use-free-vpn-hola-risks-cybercrime/
<http://research.cisco.com/wp-content/uploads/files/105/2016/08/paper-1.pdf>
www.pew.org/article/2020/03/19/popular-hola-vpn-extension-sold-your-bandwidth-for-use-in-a-bomb-attack.html

Free workshops & coffee for parents of children with additional needs



*Speaking up for the
families of children &
young people with
additional needs in Surrey*

Family Voice Surrey
is delighted to
present...

Fit to learn

Charlotte Davies of Fit 2 Learn will talk about how programme of physical exercises, sound therapy and cognitive games can help learning and calm behaviour.

Come ready to get up, move and experience the full range of your own senses!

10-11.30, Thursday 21st
March, Community Hall,
All Saints, Ewell,
KT19 9QY

Dealing with difficult behaviour

Yvonne Newbold, author of the Special Parent's Handbook, will talk about where to start with difficult behaviour.

Yvonne is the mum of three SEND now grown up children who works to help parents and professionals better manage challenging behaviour.

1-2.30 pm Friday
29th March, St.
Barnabas Church,
Temple Road, Epsom
KT19 8HA

Both talks will be followed by tea, coffee and biscuits and a chance for a chat.

Please email becky.r@familyvoicesurrey.org to book
www.familyvoicesurrey.org

MARY POPPINS

& Mary Poppins Returns!

EASTER HOLIDAY WORKSHOP

A 'Practically Perfect'
Performance for the
parents on the final day.



..Dance
..Sing
..Act
..Craft!

Sibling discount!

DATE: Monday 15th - Thursday 18th April 2019

TIME: 9:30-3:00pm

LOCATION: St Clements Primary School, Ewell, Surrey

COST: £100

For children aged 4-11

To book or for further information please contact Christia Aristidou,
Email: info@motiondance.org Call: 07966390622

www.motiondance.org

Supercalifraglisticexpialidocious

Saturday 23 March 2019

1pm to 2.30 pm



The Legions of Rome march into Ewell - enforcing the rule of the Empire. Discover what it was like to be a Roman soldier, having to serve for 25 years before receiving your generous pension - if you survived!

Learn about the weapons and tactics that made the Legions so effective and so feared. Enjoy listening to tales from a legionary of how he trained and fought, and see all his armour and equipment.

£5 per child (includes 1 accompanying adult)

Ruthless Romans



*Kids in
Museums*

Further information available from David Brooks, Bourne Hall Museum,
Spring Street, Ewell, Surrey, KT17 1UF. Tel 020 8394 1734 Email
dbrooks@epsom-ewell.gov.uk

<http://www.epsomandewellhistoryexplorer.org.uk/BourneHallMuseumClub.html>



CATS CLUB ROBOT WORKSHOP

Wednesday 10 April. 10.30-12pm & 1pm-2.30pm. Craft, Art, Technology and Science spend a morning learning about robots, metals and recycling and make a fantastic robot from scrap. £8 each child -£1 sibling discount spaces are limited so please book ASAP



AN AUDIENCE WITH HENRY VIII

Saturday 13 April. 11am-12pm & 1.30pm-2.30pm. The king who was never meant to be. Thrust into the forefront following the death of his brother, King Henry VIII became one of the most iconic of England's monarchs. Enjoy an audience with the King and listen to his tales of court, politics, and his likes and loves. Discover the truth behind his six marriages and just how many people were executed in his reign.

Learn about daily life in Tudor times. Discover what they wore and what they ate and decide if you would like to be invited to attend a banquet. Hear about their popular pastimes and how football was outlawed. Cost £5 per child 1 adult free per child both session are the same.



FLINT KNAPPING

Tuesday 16 April. 11am-12.30pm & 2pm-3.30pm. Learn to shape flints like the ancient Stone Age craftsmen and discover the lost art of making stone tools. As part of a small group under the tuition of master flint knapper, James Dilley, enjoy the

opportunity to make your own authentic Stone Age tool to take home. Learn some of the ancient survival skills needed to live in a hostile environment, where woolly mammoth and sabre toothed tigers roamed freely. There will be an opportunity to buy some replica tools so bring some pocket money if you wish. Children must wear trousers and closed shoes for protection during this activity, other safety equipment will be provided. Children must be 10 years old Cost per child £15, payable in advance. This includes the cost of materials to make the tool which will be yours to keep. For pre-payment please make cheques payable to E&EBC and either post or hand deliver them to Bourne Hall Museum. Places are limited to 15 children per session must be pre-booking



CAVE PAINTING

Thursday 18 April, 11am-12pm & 2pm-3pm. In the deep time of prehistory early men crawled down into the darkest caves and used light from primitive candles to paint pictures of themselves and the animals they hunted. They left behind

a vivid record of their way of life and some clues of what they believed in. Discover how and why these paintings were created. Then by flickering light try to create your own cave painting in our very own 'caves'. Cost £5 per child. Two identical sessions will be run, please book to reserve your place; maximum 16 children.



THE 1919 EPSOM RIOT

Saturday 11th May. 1pm-2.30pm. The attack on Epsom Police Station and the death of Sergeant Thomas Green. Discover what happened in Epsom during WW1 with its crowded Military Hospitals, camps and large numbers of Canadian soldiers in Woodcote Camp waiting to go home. See how events boiled over out of hand during an incident in a local pub, which led to the infamous riot of 1919, the attack on Epsom Police Station and the death of Sergeant Thomas Green.

Further information available from David Brooks,
Bourne Hall Museum, Spring Street, Ewell, Surrey, KT17 1UF.

Tel 020 8394 1734. Email dbrooks@epsom-ewell.gov.uk

www.epsomandewellhistoryexplorer.org.uk/BourneHallMuseumClub.html