



There will be a newsletter next week, please read this bulletin carefully as there is important information and dates for your diary.

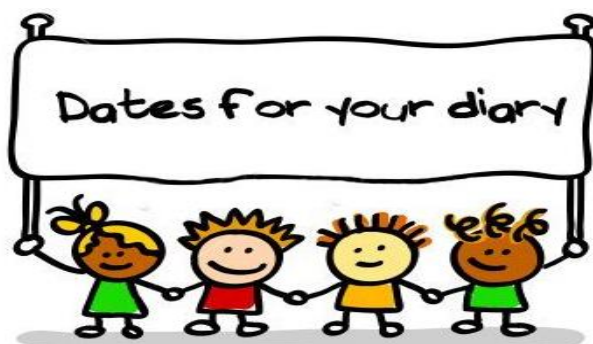
Dates for the Diary

October

- 9th – 9am Rec-Y2 Parents Maths workshop (45mins)
- 10th – Y6 trip to Aylesford
- 10th – Wear yellow for Young Minds Mental Health Day (not Yr 6)
- 17th – 9.15am Harvest Mass
- 22nd & 23rd – 3.30-6.30pm Parent consultation evenings
- 24th – INSET day
- 27th-31st – Half term holidays

November

- 3rd – Return to school
- 12th – 2.30pm Year 5 class mass





Harvest Mass and Donations

As part of our Harvest festival celebrations we will be collecting items for our local food bank. The foodbank have provided us with a list of items that they are in need of but all non-perishable (not fresh food please) items are gratefully accepted. Please see the list below:

Cereals

Long life semi-skimmed milk

Tins of sweetcorn

Beans

Soup

Jam

Tea

Coffee

Washing-up liquid

Toilet rolls

Tins of meat products (corned beef, ham)

Tins of fish products (tuna, sardines, mackerel)

Toiletries (shampoo, shower gel, deodorant etc)

Cleaning products (bleach, bathroom cleaner etc)

Children can bring in their donations from **Monday 6th October until Friday 17th October.**

Please note that our Harvest Celebration Mass for Years 1-6 will take place on Friday 17th October at 9.15am in the school hall – all are welcome.





Parent workshop: Reception, Y1 & Y2 Maths



Parents of children in **Reception to Year 2** are warmly invited to come to a maths workshop led by Maths Lead, Miss Clifford. She will explain the expectations in maths for Reception, Year 1 and 2 and share some of the strategies and resources that we use to teach early maths at Holy Family. You will also get some advice on how to support your child at home.

Please join for this useful and informative session on **Thursday 9th October from 9am**. The workshop will last around **45mins** and will take place in the school hall.

Wear yellow for Young Minds Mental Health Day



On **Friday 10th October** it is Young Minds Mental Health Day. The aim of the day is to raise awareness about mental health amongst young people. As a school we will mark this occasion with a **themed assembly and by asking the children to come to school wearing something yellow alongside their usual school uniform** e.g. socks, hairband, t-shirt.

Please note: **Year 6** children will be visiting Aylesford on this day, as such they must come to school in full, smart school uniform – they will not be taking part in this initiative.

Tonies appeal!

Do you have a TonieBox at home? If so and you have any Tonies characters that are no longer needed, we would love if you could donate these to school for use with our school TonieBox. Please hand any donations into the school office – thank you.





Clubs

Please find below a summary of the clubs which will be running this half term

	Organised by school 3.15-4.15pm No charge <i>Booked via Arbor & queries to school office</i>	Organised by external providers <i>Check sign up details, times and prices for each club</i>
Mon	<ul style="list-style-type: none">Table Tennis Club – Yr 5 & 6	<ul style="list-style-type: none">Tetra Sports Football Club for Yr 1 & 2 – details here or https://tetrasports.magicbooking.co.uk/
Tues	<ul style="list-style-type: none">Book club – Y4 & 5	<ul style="list-style-type: none">Music club KS2 (book and pay through Arbor)
Weds		<ul style="list-style-type: none">Tetra Sports Football Club for all KS2 – details here or https://tetrasports.magicbooking.co.uk/
Thurs	<ul style="list-style-type: none">Card games Club – KS1Maths Reasoning/Problem solving – Yr 5 & 6Arts and Crafts club – Nursery, Reception, Y1	<ul style="list-style-type: none">Music club KS1 (book and pay through Arbor)Everyone Cooks for Y1-Y6 Contact Louise Penn on 07946 303 213 or louise@everyonecooks.co.uk
Fri	<ul style="list-style-type: none">Board games – KS2	<ul style="list-style-type: none">Irish dancing for Y1-Y6 Contact Aislinn on 07716 306 909 or aislinn_b@hotmail.co.uk

All clubs must be booked in advance. Please contact the school office if you have any questions.

01707 375518



Parents and Carers talk about self-harm and recovery

Please join us at an information
session to learn more about
self-harm and get practical ideas
and strategies to help your child
towards recovery

Our guest speaker will be a clinician
who works at *HPFT CAMHS

Where: Online over Zoom.

When: Tuesday 7th October, 7pm to 9pm

* Hertfordshire Partnership University NHS Foundation Trust
Child and Adolescent Mental Health Services

For more information or to book your place:

Call: 01992 58 69 69

Email: contact@carersinherts.org.uk

Go online: www.carersinherts.org.uk/events





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.

What Parents & Educators Need to Know about EA SPORTS FC 26

AGE RESTRICTION
PEGI
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WHAT ARE THE RISKS?

AN ANNUAL RELEASE SCHEDULE

As was the case with the last two EA Sports FC games and the FIFA series before it, the franchise rolls out once a year with updated squads and new features. This can make it expensive to keep up with, particularly when so many dedicated players are keen to get their hands on the latest edition.

VOICE CHAT

Voice chat can be enabled across all platforms, meaning young people can speak to anyone they play with or against. While it can be switched off, some children will no doubt want to speak to their friends while they play. This also means they may encounter strangers much older than them, which can expose them to inappropriate language or behaviours.

IN-GAME PURCHASES THROUGH ULTIMATE TEAM

Ultimate Team is the big draw for EA Sports FC, letting players spend real money on packs that they can open to build a squad of the world's best players. They're not always easy to obtain, and new, improved versions of players will be regularly added as limited-time offerings. Young people could feel pressured into spending money and experience fear of missing out.

SCAMMERS IN ULTIMATE TEAM

Ultimate Team is managed by EA itself, but that hasn't stopped scammers from looking to dupe players out of money and in-game coins. Some scammers sell their accounts, which is a violation of EA's terms of service, while others will 'sell' coins – something the developer is still working to crack down on. Some try to gain access to others' accounts, potentially giving them access to payment information.

POTENTIAL FOR ADDICTION

While EA Sports FC is potentially addictive, thanks to its fast-paced gameplay and mirroring of the real-world skill and glamour of football, Ultimate Team's focus on limited-time rewards and the lottery of winning packs can make it feel closer to gambling than gaming, which may lead to addiction and impulsive spending of money.

Advice for Parents & Educators

PREPARE FOR ANOTHER GAME IN A YEAR

The annual-release cadence aligns with the return of the school year, and can be a great way to incentivise good behaviour at the start of term. If children are applying themselves and preparing for a new year of school, or were particularly well behaved in the summer, EA Sports FC 26 could make a great reward.

LIMIT SPENDING

If you're worried about children accidentally spending real money in Ultimate Team, whether in game or on the EA Sports FC companion app, don't link a payment card to their account. Reclaiming funds can be a mountain to climb, and the dopamine hit of opening flashy packs with slick animations means one purchase can lead to another very quickly. It's also worth adding a prepaid card if you'd prefer them to make their own choices with their budget.

MONITOR VOICE CHAT

As in-game chat is open, be sure to adjust the settings in EA Sports FC 26 to lock it down. If children want to chat with their friends while they play, consider setting up a safe space for them to call, to allow them to play without fear of outsiders.

BE VIGILANT

As with last year, there are ways to keep scammers at bay. Ensure passwords are locked down, and consider using a password manager application to keep them secure. EA will never contact players through the game itself, so be vigilant with incoming messages, and block and report suspected spam. EA will contact players by email if needed, but they will never ask for usernames or passwords. Players should also avoid buying in-game currency from unofficial websites – doing so can lead to accounts being banned and could cost players money in the process.

Meet Our Expert

Lloyd Coombes is an experienced freelance writer and has been working in the gaming and tech industry for seven years. A regular visitor to the App Store to try out new tools, he's also a parent and therefore understands the importance of online safety. He's also a tech and fitness writer and has been published at sites including IGN, TechRadar, and plenty more.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/ea-sports-fc-26>

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