



Filey School

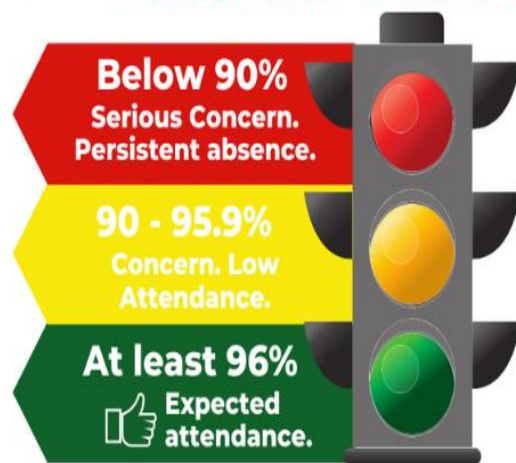
Weekly Bulletin: 20.12.2024

Attendance – 16th to 20th December 2024

Form Group	Weekly Attendance
7BGo	95%
7HGI	94%
7IBa	84%
7KFr	91%
8LTa	83%
8ANu	89%
8SWo	84%
8MBo	84%
9CFo	75%
9AJe	70%
9KBi	77%
9JMo	78%
10JRo	78%
10TAI	83%
10ASw	76%
11LAd	57%
11KPe	74%
11MFr	75%

ATTENDANCE

EVERY DAY COUNTS!



Expected attendance means
having no more than seven
days off this school year!

Attendance

At Filey School, we are committed to providing high quality education and improving outcomes for all our pupils. It is important that your child is frequently attending school, if your child is struggling to attend school or you require any support or guidance, please contact your child's Head of Year.

Ahead of the festive season, here is some advice on Staying Safe and Setting up Parental Controls on New Devices, just in case you need a helping hand.

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.

10 Top Tips for Parents and Educators

SAFETY OVER THE FESTIVE SEASON

The holiday season, marked by Christmas and New Year, brings joy and togetherness but also presents unique safety challenges for children, families and educators. From busy holiday shopping, travelling and family gatherings to managing digital activity during school breaks, staying safe during this period requires heightened awareness. This guide offers practical tips to help families and educators maintain a more secure and fulfilling festive period.

1 MONITOR DIGITAL ACTIVITY

Children spend more time online during school holidays, increasing exposure to potential dangers such as cyberbullying, inappropriate content and online predators. Reducing screen time, avoiding harmful websites and ensuring children engage positively online can be difficult without proper monitoring tools. Set clear boundaries, encourage open discussions about online safety and use parental controls to manage content exposure and screen time effectively. Regular check-ins and positive reinforcement around digital habits encourage safe online behaviour.

2 PRACTICE FIRE SAFETY PROTOCOLS

The incidence of house fires increases during Christmas due to greater use of candles, heaters and electrical decorations. Open flames, electrical overloads and the need for quick responses pose a major fire safety challenge. Ensure smoke detectors are operational, keep fire extinguishers on hand and teach children how to respond in case of a fire emergency. Avoid leaving cooking unattended and use fire-safe candles to prevent mishaps.

3 CREATE TRAVEL SAFETY PLANS

More families tend to travel during the holidays, resulting in busier roads, increased traffic accidents and weather-related hazards. Weather conditions, road fatigue and busy airports can all compromise travel safety. Pack emergency kits and adhere to speed limits. Plan routes in advance and allow extra travel time to avoid rushing and mitigate risks on busy roads.

4 BEWARE OF ALLERGIES

Holiday meals often involve many foods that may contain allergens. Cross contamination, unclear labelling and lack of allergy-friendly options can lead to severe reactions. Communicate any allergy needs to hosts, provide safe food alternatives and carry necessary medications like antihistamines or EpiPens. Teaching children how to advocate for themselves and recognise dangerous foods also contributes to safer celebrations.

5 PREVENT THE SPREAD OF ILLNESS

Cold weather and seasonal socialising can increase the spread of viruses like flu and COVID-19. Crowded gatherings, schools out of session and frequent travel can lead to higher infection risks. Emphasise hygiene, encourage vaccination, disinfect surfaces and isolate symptomatic individuals. Communication with children about proper hygiene practices is essential to reduce the spread of illness.

6 STAY VIGILANT ON THE ROAD

Increased holiday traffic heightens the risk of accidents for both drivers and pedestrians. Distracted driving, pedestrian safety and inclement weather can complicate road safety. Encourage pedestrian safety practices, avoid distracted driving and never drive under the influence.

7 MAINTAIN SAFE DECORATIONS

Festive decorations such as Christmas lights and candles can pose electrical, fire and choking hazards if mishandled. Frayed wires, topping Christmas trees, small ornaments and open flames can be difficult to control, especially in busy households with children. Inspect and maintain decorations, secure Christmas trees, place fragile or small items out of reach and ensure candles are never left unattended. Testing smoke alarms and using flame-resistant decorations can significantly reduce risks.

8 SET BOUNDARIES FOR GIFTS

Some toys and gadgets can present choking, sharp-edge or safety risks, particularly for young children. Ensuring that gifts meet safety standards and are age appropriate can be complex with so many options available. Inspect all toys carefully and ensure any tech devices have parental controls. Setting expectations around safe gift use and discarding packaging that poses a risk also helps to prevent accidents.

9 ADDRESS STRESS & FATIGUE

Holiday pressures can lead to burnout, which affects both physical and mental health. Overpacked schedules and a lack of downtime can cause stress and fatigue, leading to accidents or poor decision making. Incorporate rest, maintain regular routines and seek support to reduce stress. Encourage activities that promote relaxation to create a healthier, happier holiday experience for everyone.

10 DRINK RESPONSIBLY

Alcohol is commonly present at holiday events, raising concerns about safety and supervision. Excessive alcohol consumption can lead to accidents, impaired judgment and lack of supervision for children. Designate responsible adults, limit consumption and provide transportation alternatives for guests. Teaching moderation and modelling responsible behaviour in front of children ensures that celebrations remain positive and secure.

Meet Our Expert

James Whelan is a chartered health and safety consultant with 10 years of experience in promoting family and community safety. Specialising in risk assessment and preventative strategies, he has worked with educational institutions, public health agencies and community groups to deliver safety education and training.



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Source: See full reference list on guide page at: <https://nationalcollege.com/guides/safety-over-the-festive-season>

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Top Tips for SETTING UP PARENTAL CONTROLS ON NEW DEVICES

In children's eagerness to start enjoying new digital gadgets immediately, it can be easy to overlook setting up the type of parental controls that can help to protect them online. If you don't sort those out from the very start, it can be an uphill battle – technologically and psychologically – to impose such controls later. Here's our rundown of what to look for when setting up the various internet-enabled devices that might be lurking under the tree at this time of year.

IPHONE

If your child's lucky enough to be getting their own iPhone, parental controls can help avoid issues like screen addiction and unsuitable content. Go into the settings and scroll down to 'Screen Time'. From here you can customise important settings including time limits on using the device, communication restrictions and content blockers. You can also lock your changes behind a passcode.

ANDROID

With Android devices, Google's Family Link app is your friend. You'll need a Google account – and a separate one for your child, which you should use when first setting up the device. Then, in Family Link on your own device, select 'Add Child' and enter their account details. This lets you specify limits on daily usage, restrict certain apps, block particular content and more.

PLAYSTATION

You can prep for a PlayStation before it's even unwrapped. At my.accounts.sony.com, create an account, then go to Account Management > Family Management > Add Family Member to set up your child's account, which you'll use to sign in on the console. You can restrict the age ratings of the games they can play and who they can talk to. On the PS5, you can make exceptions for any games you think are acceptable despite their high age rating.

IPAD

iPad parental controls are identical to those on iPhones. However, if you've got a shared family iPad and want to ensure your children aren't seeing anything age-inappropriate after you hand them the device, there's a feature called Guided Access (under Settings > Accessibility > Guided Access). With this switched on, young ones can only use the app that's currently open.

XBOX

The Xbox Family Settings app helps you manage which games your child can play (and when). You'll need to set up the console with your own account and then add a child profile. Make sure your account's password protected, so your child can't alter your choices later. You'll be walked through the functions at setup, but you can also reach them manually via Settings > Account > Family Settings.

NINTENDO SWITCH

Download the Nintendo Switch Parental Controls app on your phone, and you'll be shown how to link it to the console. Once that's done, you can limit how long your child can play each day, decide what age ratings are permitted and more. You'll also get weekly updates on how often they've used the device. These controls are accessible through the console itself, but the app is usually easier.

WINDOWS 11 PCS

On Windows 11, account management is key. Set up the device with your own account as the admin. Then go to Settings > Accounts > Family and Other Users and create your child's account (if you've already done this on a previous PC, just log in with those details). Microsoft Family Safety (either the app or the site) then lets you control screen time, what content children can view and more.

CHROMEBOOKS

Chromebooks' parental controls are managed via the Family Link app. Unlike an Android device, however, you need set up the Chromebook with your own account first, then add your child's. Go to Settings > People > Add Person and input your child's Google account details (or create a new account). Your child can then log in, and you can monitor what they're up to via Family Link.

MACS

Like iPhones, parental controls for Macs are managed via the Screen Time settings. Again, the crux here is to set yourself up as the administrator before adding any child accounts. In the settings, look for Users & Groups to create your child's account, then – while on their profile – use the screen time options to place any boundaries around apps, usage and who your child can communicate with (and vice versa).

SMART TVS

Smart TVs typically have their own individual parental controls. One of the most popular brands is Samsung – and on their TVs, you can control the content available to your child. In the Settings menu, under 'Broadcasting', you can lock channels and restrict content by its age rating. Even this isn't foolproof, however: some apps (like YouTube) might still let children access unsuitable material.

Meet Our Expert

Barry Collins is a technology journalist and editor with more than 20 years' experience of working for titles such as the Sunday Times, Which?, PC Pro and Computeractive. He's appeared regularly as a tech pundit on television and radio, including on BBC Newsnight, Radio 5 Live and the ITV News at Ten. He has two children and writes regularly on the subject of internet safety.



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Key contacts for school

If you need to contact school here's a reminder of those key contacts to help you get through to us quickly.

	First point of contact	Email
Families in year 7	Mr Oakley	j.oakley@fi.coastandvale.academy
Families in year 8	Miss Poole	k.poole@fi.coastandvale.academy
Families in year 9	Mr Knowles	s.knowles@fi.coastandvale.academy
Families in year 10	Mr Emmerson	Jo.emmerson@fi.coastandvale.academy
Families in year 11	Mr Emmerson	Jo.emmerson@fi.coastandvale.academy
Attendance	Mrs Herring	m.herring@fi.coastandvale.academy
Reception and general enquiries	Mrs Bestington Mrs Arnell Mrs Walker	admin@fi.coastandvale.academy

Lunch Menu w/c Monday 6th January 2025

Lunch Menu

WEEK ONE – AUTUMN WINTER

(V) vegetarian option
(Ve) vegan option

	Green Earth Monday	Tuesday	Wednesday	Thursday	Friday
STAR DISH	Mexican Vegetable & Mixed Bean Quesadilla, Warm Nachos (V)	Chilli Con Carne & Fiesta Rice Lamb Chilli Con Carne & Fiesta Rice (H)	Roast Gammon with Gravy & Roasties Roast Chicken, Roasties & Gravy Grilled Chicken Sausages, Gravy & Roasties or Mash (H)	Paprika Chicken & Sri Lankan Dhal, Steamed Mixed Rice Paprika Chicken & Sri Lankan Dhal, Steamed Mixed Rice (H)	Sustainably Sourced Battered Fish & Chips or Grilled Sausage & Chips
MEAT FREE	Italian Vegetable & Giant Couscous Stew, Garlic Crostini (Ve)	Chilli Sin Carne & Fiesta Rice (Ve)	Roast Quorn, Gravy & Roasties	Roasted Coriander Sweet Potato, Sri Lankan Dahl & Steamed Mixed Rice	Cheese & Tomato Pizza & Wedges/Chips
GRAB & GO	Vegan Sausage Roll (Ve)	Cheesy Meatball Arrabbiata Toasted Baguette	Brunch Pot	Crispy Pork or Beef Soft Taco	Pepperoni Pizza & Wedges/Chips
PIT 'N' TASTY	Tomato & Basil Pasta	Sweet Chilli Chicken Pasta	Chicken Tikka & Steamed Rice	Sweet & Sour Chicken Noodles	Pasta Arrabbiata
WRAP OR SUB		Mediterranean Chicken	Piri Piri Chicken	Mediterranean Chicken	Chicken Tikka
SIDES	Baked Beans Broccoli Mixed Salad	Baked Beans Fajita Roasted Sweetcorn & Peppers Mixed Salad	Baked Beans Mixed Vegetables Mixed Salad	Baked Beans Garden Salad Sri Lankan Vegetable Salad Wedges	Baked Beans Peas Mixed Salad
THEOBY'S DESSERTS	Vanilla & Cherry Cookie Cup	Jam Bun	Ginger Cake & Custard	Giant Chocolate Cookie	Apple Crumble & Custard

**Wishing all our parents,
carers and students a Merry
Christmas
and a Happy New Year.**



**School re-opens after the Christmas
break on Monday 6th January 2025.**