



13th December 2024

Dear Families

Did you enjoy it? Thank you for supporting us and the children by coming along in great numbers to watch the Christmas performance. We love seeing grandparents, aunts & uncles, older & younger siblings and family friends along with parents! The financial contributions help us to continue to offer a full day out at the theatre, working alongside professional technicians etc.

We hope you enjoyed the mince pies and songs downstairs afterwards too - thank you Richard for arranging.

We attach the programme to this newsletter, for reference, in the unlikely event that you are unsure what it was all about...

In preparation for our performance, on Wednesday the children enjoyed watching a Cinderella pantomime at school - oh yes they did! Thank you Rainbow Theatre for coming along to Heamoor School to perform.

Only one week of term left to go. We have some nice things planned including ~~double-Maths~~ a film afternoon and Christmas lunch prepared by Dave and the team next Thursday.

We are changing phone providers next Thursday - we expect there to be a seamless transition but should you struggle to get hold of us on the phone, then try email and, if it's really urgent, you could phone Heamoor School.

There are no photos this week. We took so many fabulous pictures yesterday that we need time to do them justice - check again next week!

Stars of the Week

Choughs: River - for phenomenal Fred talk and blending in phonics. Wow!

Puffins: Ayana - for superb enthusiasm for learning - you're always wanting to know more and complete everything to an exceptionally high standard. Well done!

Attendance (Year To Date)

95%

Choughs = 95%

Puffins = 95%

The Romans in Britain—a short timeline of what actually happened (there were no aliens...probably...)

55 BCE – **Julius Caesar** shows up with soldiers, big plans and a fancy haircut. He lands in the southeast, fights a bit and leaves because of “bad weather” (and Britons who won’t stop throwing things).

54 BCE – Caesar tries again. He wins a few battles, collects some tribute and decides, “That’s enough conquering for now,” before heading back to Rome.

43 CE – **Emperor Claudius** gets serious about Britain. He sends a proper army, complete with war elephants, because nothing says “conquest” like elephants in Kent. This time, the Romans take over. Claudius stays for 16 days, declares victory and then leaves to show off in Rome.

50 CE – The Romans start building **baths, roads and villas**. The Britons aren’t too sure about the baths at first. “Why do we need to sit in hot water when there’s perfectly good rain?” they ask. But soon, Roman luxuries start catching on.

60-61 CE – **Boudica**, the warrior queen of the Iceni, leads a fiery rebellion. She burns Londinium (London), St Albans and Colchester to the ground. “That’ll teach them!” she says. But the Romans regroup and defeat her. The rebellion ends but Boudica’s legend lives on.

80 CE – **Roman amphitheatres** pop up and the Britons are introduced to gladiator fights. “So you sit in a circle and cheer while people fight? Hmm... could be fun!”

122 CE – **Emperor Hadrian** visits Britain and thinks, “This northern bit is far too wild!” He orders **Hadrian’s Wall** to be built, stretching 117 km to keep out the Picts (and maybe sheep). The Britons are impressed but the Picts just climb over it.

200 CE – **Bathhouses** become the place to be. Britons, some now fully Romanised, hang out in togas, gossip and debate philosophy while soaking in steamy water.

367 CE – **The Barbarian Conspiracy** happens. The Picts, Scots, Saxons and others team up to attack Roman Britain. Chaos ensues and the Romans scramble to defend their territory.

410 CE – **Emperor Honorius** sends a letter saying, “Sorry, Britannia, you’re on your own!” The Romans pack up, leaving behind roads, baths, walls and their coins—but not their soldiers. The Britons wave them off and get back to their roundhouses, woad and a bit of peace (for now).



Thank you to everyone who has helped get this brilliant show ready. From scenery to costumes, every part looks magical! Special thanks to Ruth for wonderful choreography and to John Brolly for inspiring the magic! Thank to Holly for the sensational prop making! Thank you to Ms Gilroy for making the togas and Miss Trembath for the Roman helmets and fire! Finally, a huge thank you once again to the Acorn Theatre for this wonderful opportunity to perform on their beautiful stage!

We wish you all a Merry Christmas and a Happy New Year!

A Brief History of the Romans in Britain

by St Levan Primary School...and the Romans...



Look out! Lord Overlord is back... and this time, he’s nice! Or is he? With a short temper and some alien minions looking far too busy polishing their spaceships, we shall have to wait and see...

Meanwhile, the Romans are tired of lounging around their fancy villas and have decided to invade Britannia. “We’ll bring civilisation!” they declare, as they march in perfect lines. But the Celts, happily dancing and singing in their roundhouses, aren’t too thrilled about having their peaceful woad-painted lives interrupted.

With Romans arriving from the southeast and aliens hovering above, Britannia is about to become a very chaotic place indeed!



Thursday 12th December 2024
Acorn Theatre Penzance

Cast

The Aliens:

Evil Overlord

Calum

Alien sidekicks

Theo

Astrid

Alice

Sadie

Holly

Summer

Flora

The Romans (plus many other characters!)

Julius Caesar

Freya

Emperor Claudius

Aila

The Britons

(who are also briefly aliens near the start)

Reggie

Taya

Ben

Riv-

er

What do you want to tell us about the play?

Céleste: This one is wild!

Regan: It's really good – there are some rude bits!

Rosalee: I like the dancing at the end...just wait!

James: I like being a Roman poet and making ridiculous poems!

Holly: It's hysterical!

Theo: I will be Koopa Troopa or Koopa the Quick!

Rae: I'm really excited for this play. It's just sooooo silly!

Alice: It's been fun to rehearse! I like acting!

Bertie: I like how there are a lot of props this year!

Summer: I've loved rehearsing the Christmas play. It's just so much fun!

Oscar: Prepare for every eventuality for this play!

Flora: Lord Overlord reckoned he was as evil as it gets...step aside Lord Overlord...step aside....

Beau: It's really fun and it's really chaotic!

Astrid: It's a thoroughly St Levanish play – there has been nothing quite like it in the history of the universe!

Calum: Be prepared for strange smells...

Jack: This one is really funny!

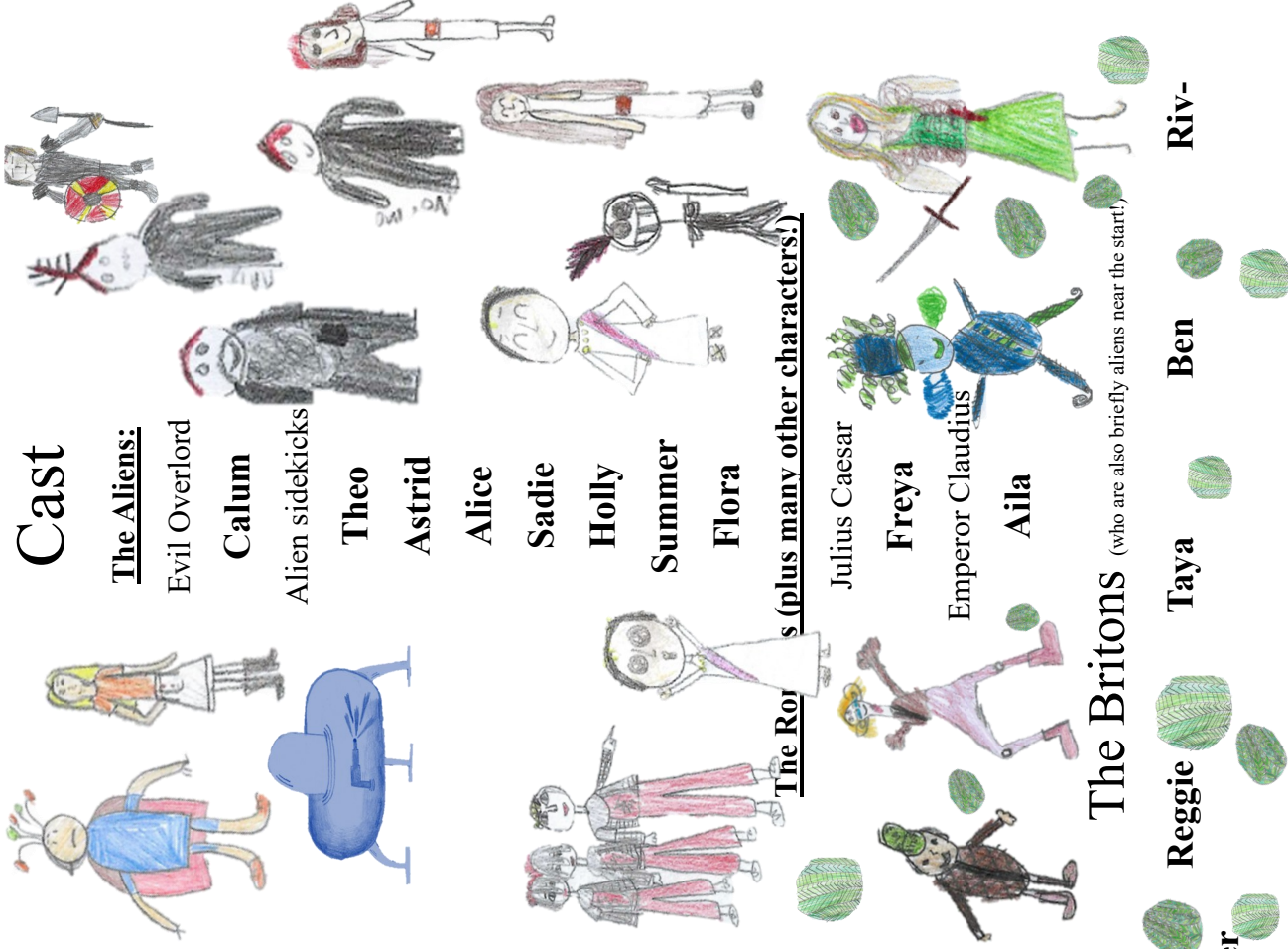
Aila: Erm...Being in charge of an empire is fun – you get to be sooooo bossy!

Freya: I love grapes...I love this play!

Alanya: An historical extravaganza...kind of...

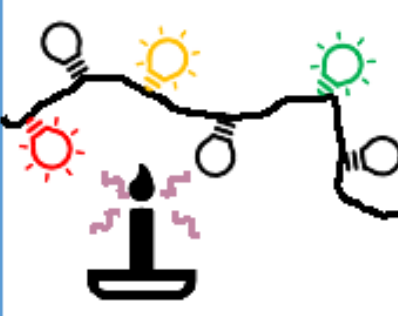
Sadie: It's a great play and it's 100% factual...ish!

Oliver: I really like being a king because it's really fun and I like being bossy.



Autism at Christmas

Things to consider




Some decorations can cause sensory overload



Agree on decorations that are comfortable for your family



Surprises can be overwhelming



Set boundaries with family and friends on Presents (quantity, content and presentation)




Socialising can be exhausting



Create a safe space to go to recover from overwhelm



Changes to routine can be challenging




Agree on a plan in advance. A Visual schedule can be helpful



Too much change at once can be upsetting



Decorate gradually for an easier transition



Expectations can be difficult to navigate



Discuss expectations and make a plan.

Diary Dates**2024 - 2025**

Term	Autumn
Event	Date
Swimming (Year 3 & 4)	Tue 17/12/2024
Christmas lunch (children and staff)	Thu 19/12/2024
Last day of term (finish at 1.30pm)	Fri 20/12/2024
Term ends	Fri 20/12/2024

Term	Spring
Event	Date
Term starts	Mon 06/01/2025
Back to school	Mon 06/01/2025
Swimming (Year 5 & 6)	Tue 14/01/2025
Swimming (Year 5 & 6)	Tue 21/01/2025
Height & Weight measurement (Reception & Y6)	Wed 22/01/2025
Swimming (Year 5 & 6)	Tue 28/01/2025
Children's Mental Health Week starts	Mon 03/02/2025
Swimming (Year 5 & 6)	Tue 04/02/2025
Children's Mental Health Week ends	Fri 07/02/2025
Swimming (Year 5 & 6)	Tue 11/02/2025
Safer Internet Day	Tue 11/02/2025
Last day before half term	Wed 12/02/2025
INSET day	Thu 13/02/2025
INSET day	Fri 14/02/2025
Half term starts	Mon 17/02/2025
Half term ends	Fri 21/02/2025
First day back after half term	Mon 24/02/2025
Swimming (Year 5 & 6)	Tue 25/02/2025
Swimming (Year 5 & 6)	Tue 04/03/2025
St Piran's Day	Wed 05/03/2025
World Book Day	Thu 06/03/2025
Swimming (Year 5 & 6)	Tue 11/03/2025
School camp starts	Mon 17/03/2025
School camp ends	Wed 19/03/2025
Red Nose Day	Fri 21/03/2025
Swimming (Year 5 & 6)	Tue 25/03/2025
Swimming (Year 5 & 6)	Tue 01/04/2025
Last day of term (finish at 1.30pm)	Fri 04/04/2025
Community duck race	Fri 04/04/2025
Term ends	Fri 04/04/2025



Welcome to the December 2024 Scomis Online Safety Newsletter for Parents and Carers

Remember — Talk to your child about Online Safety!

Scomis would like to sign-post you to websites offering advice and guidance to parents and carers on key online safety issues.

Visit the following websites to find out:

Parentzone – [Guides for parents](#) review free digital guides, advice and videos on social media including:

[Chat GPT and Artificial Intelligence](#) [Virtual Reality](#),

[Loot Boxes](#) including connection to gambling

CommonSense Media – [Age based media reviews](#) for families, including Games, Apps, Films and TV, books.

ThinkUKnow - [Advice on keeping your under 5 safe](#)

Learn about [Jessie & Friends](#)—advice for 4-7 year olds. Watch the advice [films for 8-10 year olds](#)

Review the [advice for 11-18 year olds](#)

Get Safe Online advice on how to [protect yourself](#), your family, your finances and devices online during the festive season.

National Cyber Security Centre advice for individuals to respond to an online scam including:

[Phishing](#) [online shopping fraud](#) [hacked accounts](#) and more!

UK Safer Internet Centre

[Tips for parents and carers with children of all ages](#) including top tips for 3-7 year olds

[Tips for 7-11 year olds](#) top scams to look out for

[Tips for 11-14 year olds](#) top scams to look out for

[Tips for 14-18 year olds](#) how to stay up to date with common and emerging scams

Reminder—Be a good digital parent!

- Keep your passwords safe and **do not** share them
- Schedule notifications to turn off for certain times of the day
- Think about what **you** are sharing online. Are you sharing too much and putting your kids in danger?
- Give practical tips for dealing with unwanted content, conduct or contact
- Reassure your child that they can talk to you or another trusted adult to ask for help

Need help? Visit the following websites for more guidance:

Vodafone's Digital Parenting Helping your family live a happy and safe digital life. Includes:

[Parental controls tips and toolkit](#)

[Screen time and phones](#)

[Help is at hand](#)—guide to free online support

Childnet's Parent and Carers [Toolkit](#). Access to resources offering practical tips on keeping your child safe online, including:

[Parents and Carers Resource Sheet](#)

[Start discussions about their online life](#),

[Set boundaries around online behaviour and technology use](#),

[Find out where to get more help and support](#)

UK Safer Internet Centre's

[Advice on key online issues](#)

[Social Media](#) [Live Streaming](#) [Online Bullying](#) [Gaming](#)

plus guidance on [how to report](#), when to report, where to report.

Internet Matters

[Helping parents keep their children safe online](#) find out about trending topics such as [market place Apps like Temu](#).

Parents and Carers
Key Online Safety Resources

Childnet

Childnet have a dedicated area to support parents and carers with information on key topics, advice and activities to share with your child.

Remember — Many devices now connect to the Internet!

- Internet connected devices can send and receive data
- Doorbells, CCTV, Toys, robots, drones and much more
- Software developers or hackers may be connected to your device without your knowledge
- Baby monitors, children's tablets, drone toys, can be hacked and used by people outside of your home.

Find out how to keep you and your family safe and visit the [NSPCC's website](#)

Remember—Set up devices!

Scomis would like to take this opportunity to remind you of some important safety points if your child is likely to receive a:

- SMART device (TV, Speaker—Alexa, Google)
- new mobile phone (Android/iPhone)
- games console
- tablet PC or laptop

Consider the following tips:

- Make sure the device is working correctly
- Charge it up
- Set up the device and try it before you wrap it up
- Check the parental controls
- Check the safety settings
- Ensure filtering is applied to your home's Wi-Fi

Need help with the above points. Check advice published on the following websites:

Internet Matters [Parental controls](#) Step by step guides for Broadband, Smartphones, Social Media, Games Consoles. View and download their [checklist](#).

Parentzone [Setting up new technology](#) Access Parentzone's library of resources [here](#). Read their complete guide to setting up [SMART toys and speakers](#)

Childnet review advice on [Screen Time](#) and boundaries. Find out what the ['experts'](#) and ['parents'](#) say.

UK Safer Internet Centre's Parent Guide Advice on using: [SMART](#)

[speakers safely](#) (Alexa) includes setting up parental controls

[SMART TVs](#) includes how to use safely and parental controls

[Games Consoles](#) includes top tips to stay safe - **think about the**

location of the game console!

Try the [NSPCC's Online Safety quiz](#)

STOP PRESS! In this newsletter, we have also included a link to Netflix's

[Help Centre for setting up Parental Controls](#)

Learn how to:

[Create a profile for kids](#)

[Set profile maturity ratings or block titles](#)

[Turn autoplay previews on or off](#)

[Access viewing history for a profile](#)

REMEMBER BEFORE YOU WRAP IT—SET IT UP!

Online Safety resources for children with SEND

[NSPCC](#) partnering with [Ambitious about Autism](#), have created

online safety tips, advice and

activities for parents and carers of children with

SEND, including children with dyslexia, autism and

speech and language difficulties.

Access resources listed below:

[Sharing personal details](#)

[Friendships online](#)

[One-page profile](#)

[Cyberbullying for children with SEND visual article](#)

[Talking to people online for children with SEND visual article](#)



HELP IN THE HOLIDAYS!

Don't forget! advice is just a phone call away from the [NSPCC](#) helpline **0808 800 5000**

Childline **0800 1111**

Websites to check:

[Childnet's Parent and Carer's](#)

[Toolkit](#)

[ThinkUKnow's advice for Parents](#)

Have a happy safe Christmas!



SCOMIS
Your ICT Partner