



Heacham Junior School Newsletter

February 2022

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website: <https://www.heachamjunior.co.uk>



Dear Parents and Carers,

This half-term has been busy, filled with great learning opportunities for everyone. We hope you like the class photos and content. We are so proud of our pupils and how mature and responsible they have become, learning within our curriculum and experiencing personal development opportunities like our residential, clubs and enrichment events such as Mental Health Week. Our staff continue to work hard to support progress in learning through our Knowledge Rich Curriculum. The content of lessons is well planned and specific so that pupils are exposed to engaging knowledge which grows overtime. In addition we teach pupils about diversity and skill development so that pupils experience a breadth of learning opportunities. Please use parents evening after half-term to ask questions about your child's progress in all areas. We hope to run more training sessions for families around our curriculum next term as these were popular and feedback was really positive!

We are taking part in Safer Internet Day on 8th February 2022. The theme 'All fun and games?' explores respect and relationships online. From gaming and chat, to streaming and video, young people are shaping the interactive entertainment spaces they are a part of. In school, each class will be covering age appropriate activities to explore how to keep themselves safe online. Keeping children safe online is a huge priority within the Norfolk Constabulary's Youth Engagement and Safer Schools Teams. The internet is an amazing tool, however, many of the issues the Police deal with when it comes to young people involve online behaviour. The recent Ofcom "Children and parents: media use and attitudes report" (2021) found that 97% of children aged 5 - 15 watch content on video sharing platforms. Only 30% of parents use controls to restrict their children's access to inappropriate content and just over half of 12-15s have had some form of negative online experience.

Norfolk Constabulary has some excellent resources to warn and inform families about online safety - there is also a template family internet agreement which helps lay down boundaries for home use. The content is copied to this newsletter <https://www.norfolk.police.uk/advice/child-protection/safer-schools-partnerships>

On a personal note, I am working from home for a few weeks due to an imminent operation on my hip - you must have seen me hobble! Emma Hunt is available during my absence alongside the Assistant Headteachers at each school. I will be working remotely as I recover and expect to be able to zoom into school, speak to pupils, view lessons and assemblies. So see you soon and thank you for your support!

Louise Jackson & Emma Hunt



Lunch Menu

The winter menu is on our website.

Vegan, Gluten/Dairy/Egg-free versions available on request. <https://www.heachamjunior.co.uk>

Not bookable online



Term Dates:

Please note that our term dates are not the same as those published by Norfolk County Council.

Please see our website for further information.

Last day of Half-Term is Fri 11/02/22.

Children return on Mon 21/02/22.

Our Learning

Year 3 – Oystercatcher

This half term has flown by in Oystercatchers! We can now all confidently recall our 3,4,6, and 8 times tables. We've mastered writing information texts and we have been working on our fitness and netball skills. In science, we've found it fascinating learning about rocks, fossils and soils and how they link together and we even had a go at making our own fossils. In history, we have enjoyed learning about the Picts, Scots, Anglo-saxons, Vikings and Normans and how waves of invasions shaped the UK we know today.



Year 4 - Avocet

Another great half-term Avocets! We have been investigating different states of matter in our Science unit. The children enjoyed observing how many gases were produced in various solids when adding water. Avocets have impressive artistic skills. They have created some wonderful collages with contrasting materials. In English, we have loved our last book 'Pirateology' by Dugald Steer. What a wonderful, brave pirate Arabella Drummond is!



Y34 STEM & Science Clubs

Our STEM and science club members have been working hard on building an electric car, learning to use the skills of accurate measurement and hand tools safely as part of their project. In science club we have carried out some explosive and at times quite smelly experiments investigating chemical reactions!

Y56 Singing Club

The first few weeks of our Singing Club has been great. We are learning the correct breathing technique and how to control our breath to sustain notes, we have sung in a round in 2 and 3 parts which can be difficult but was easily mastered! We have a dozen songs in our songbook including Adele, The Greatest Showman, Jessie J, Ariana Grande, Elton John to name a few and we will continue to add new songs after half-term. The children have even choreographed one of the songs!

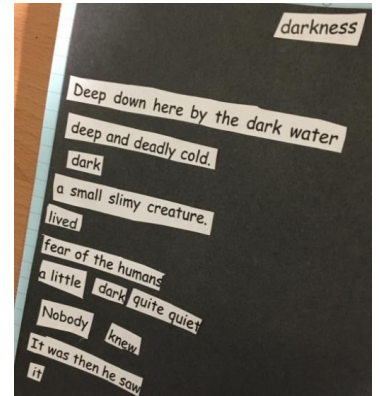
Street Dance Club

Jess Stringer, a Dance Instructor from The Workshop in King's Lynn, has been teaching Street Dance this half-term which was fully funded by the school. She is really good and the children have enjoyed their sessions learning a few routines over the 5 weeks so we have decided to invite her back. This time we will subsidise the cost but will charge parents £3 per week (£15 to be paid up front via ParentPay).

Our Learning (cont'd)

Year 5 – Albatross

What a busy half-term in Albatross Class! We are really enjoying learning all about the French Revolution in history. We have learnt how Napoleon became the Emperor of France and tried to conquer Europe, until he met his match with British Admiral Nelson at the Battle of Trafalgar! In Geography, we've enjoyed learning about different regions of the UK including Yorkshire and Humberside; understanding that the UK has many contrasting areas with their own unique history. We've had great fun conducting some super science experiments in class including testing the density of different liquids – as you can from the picture! In amongst all of this we've learnt about the beautiful art of Chinese painting as well as getting a full understanding of the selfless and caring nature of Sikhism who strongly believe in equality and how above all else they believe in helping others before themselves which a lovely message for us all to learn from.



Year 6 – Royal Tern

At the end of the autumn half term we thoroughly enjoyed our trip to the Sainsbury Centre. The children learnt about the connections between art and climate change. They were also impeccably behaved which was commented on by many staff who work there! We have been going into more depths with decimals and percentages in Maths and also developed our speed and fluency with arithmetic this half term. It's also lovely to see many Year 6s coming to SATs drop-in on a Tuesday and Wednesday morning before school to work on their maths skills. In English, we have used the book Cogheart and are about to start Call of the Wild. The children produced amazing pieces of written work when we were writing a tale of fear. We have learnt about Nazi Germany and the lead up to World War Two in history and in science we have been learning about plants and have conducted a range of investigations to learn about all about them, including capillary action. Design and Technology lessons have been fantastic this half term. We have studied the Dyson company – did you know James Dyson comes from Cromer!? We became design engineers, and designed and built our own fan. The children were create at producing prototypes, which they had to keep adapting as challenges, and problems were found. In Science, we have been learning about plants and have conducted different investigations to learn about what plans need, capillary action and photosynthesis! A great half term year 6!



Love of learning, bright futures, happy memories!



2021/2022

Every Tues/Wed – Y6 Booster Drop-in 8.15am FOC
Every Wednesday – Swimming/Music Tuition

09/02/22 – Tag Rugby Y56 @ WNRFC
11/02/22 – Wellbeing Day (Non-Uniform £1)
14/02/22 – Half-Term (children return 21/2/22)
22/02/22 – Number Day (Non-Uniform)
22/02/22 & 24/02/22 – Parents' Evening (by phone)
23/02/22 – Y4 commence swimming
01/03/22 – Kingswood Final balance payable in full
02/03/22 – Bikeability Day 1 Y56
03/03/22 – Bikeability Day 2 Y56
03/03/22 – World Book Day (Non-Uniform)
08/03/22 – Y3 Prehistoric Experience
08/03/22 – WNAT Literacy Festival @ Corn Exchange
18/03/22 – Red Nose Day (Non-Uniform £1)
29/03/22 – Netball Y34 @ KES
31/03/22 – Tri-Golf @ HJS
04/04/22 – Easter Holiday (children return 20/4/22)
20/04/22 – Y3 commence swimming
28/04/22 – Y6 Leavers' Photo (Tempest Photography)
29/04/22 – Y6 Crucial Crew Trip TBC
09/05/22 – SATS week
18/05/22 – Y56 Kingswood 3-day Residential Trip
30/05/22 – Half-T term (children return 6/6/22)
01/07/22 – Yr 3/4 Mini Tennis @ KES
06/07/22 – Day to Create - Artsmark
21/07/22 – End of term

PARENTS' EVENINGS

We will be having Parents' Evenings by phone call again this term on Tues 22nd and Thurs 24th February. Please see email sent 2/2/22 and Dojo posts for further information. There will be no after-school clubs on these days.

BOOSTER DROP-IN FOR YEAR 6

We are currently running Y6 Booster Sessions leading up to the SATS exams. All year 6 are invited to attend every Tuesday and Wednesday mornings at 8.15. These sessions are free and are for children to come and work quietly using their CGP books or on SATs Companion on the school i-pads. This is an optional drop-in, they might come a few times or regularly - I will be there every morning to help them with whatever they would like support with.

Mrs Jones.

Twitter Please follow us on twitter as we are using that social media platform more regularly than facebook



Snettisham, Heacham Infant and Junior WNAT

**Health Support & Advice
for children and young people**
<https://www.justonenorfolk.nhs.uk/>
0300 300 0123

This is a very helpful service provided by NHS and Norfolk Children's Services. If you need help and support with anything from child anxiety to pregnancy, child development and additional needs, Covid FAQ. Please visit the website or give them a call for support.

Coronavirus (COVID-19)

The school continues to encourage thorough hand washing and follows the guidelines laid out by Public Health England for schools.

The Government currently advises to self-isolate (stay at home) and **book a PCR test** if you have a 'new' persistent cough, a temperature or a loss of smell/taste. You should also isolate if you have a positive Lateral Flow test with no symptoms.

Please refer to the government website for the latest advice and latest updates

<https://www.gov.uk/coronavirus>



Hands



Face

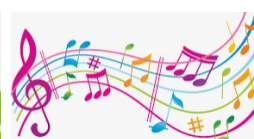
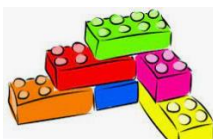


Space



Fresh air

Love of learning, bright futures, happy memories!



AFTER-SCHOOL CLUBS Feb-Mar

Next half-term we will be offering the following after-school clubs starting w/c 10/1/22 (3-4pm). ***Please note that children in Years 3 & 4 should be collected by an adult.*** Spaces are limited and will be allocated on a first come, first served basis. Clubs run by school staff are free, Clubs run by visitors may be chargeable (see below).

IF YOU ARE CURRENTLY IN ONE OF THESE CLUBS YOU WILL NEED TO RE-APPLY (This does not apply to Drama)

MONDAY

Board Games with Mr Feeney open to all year groups x 12 spaces

Street Dance Club with The Workshop open to all x 30 spaces **£15 payable on ParentPay for 5 sessions**

TUESDAY

Gardening with Mr Feeney open to Year 3/4 x 10 spaces

WEDNESDAY

Cookery with Miss Roper open to Year 4 only x 10 spaces

Drama run by John Giller **£20 payable in cash for 5 sessions** open to all x 10 spaces remain

Football run by Heacham Minors FC open to all x 20 spaces

THURSDAY

Science Club with Mr & Mrs Feeney open to Year 3/4 x 14 spaces

Singing Club with Mrs Bridge open to Year 5/6 only x 12 spaces

To apply for a space please email office@heachamjunior.co.uk and state the following

I give permission for (Child's Name) to attend the following clubs

Club Names:

Medical Condition:

Name of Parent:

Emergency Contact phone no:

I will collect my child from the back playground at 4pm or;

My child has permission to walk home alone (Y5/6 only)



<https://home.classdojo.com>

We continue to use Class Dojo as our main communication tool to keep you informed and post homework etc. - it has proved to be very successful. If you would like a second parent to have access, please email their name along with their email address to office@heachamjunior.co.uk and we will add them to your child's account. Please let us know if you have any problems connecting to ClassDojo.

Love of learning, bright futures, happy memories!

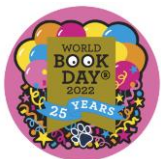
School Events

Wellbeing Day 11/2/22 - £1

We are taking part in Children's Mental Health week and will be having a non-uniform day on the theme 'express yourself' encouraging children to think about how they have grown emotionally and how they could help others. If you'd like to take part, please wear weather appropriate clothes that express who you are. We ask for a minimum donation of £1 via ParentPay in aid of Place2Be.

Number Day 22/2/22

Notice the date? It's all 2s! To mark this day we are having a non-uniform day based on numbers. You can wear a football top for example or be creative around the number theme. No charge.



World Book Day 3/3/22

Come dressed as your favourite book character. We are also running a Potato Character Competition with a Book Token Prize! Continue reading for more information. No charge



Red Nose Day 18/3/22 - £1

Comic Relief are launching 8 new 'wild bunch' noses so we are encouraging children to dress-up in a 'nature' theme or they could wear red. We ask for a minimum donation of £1 via ParentPay in aid of Comic Relief.



Bikeability 2/3/22 - 2 days (Fully Booked)

The children taking part (and those on the reserves list) need to bring their roadworthy bike and cycle helmet into school on 2nd March. Children must attend both sessions so if you are absent on day 1 you will not be able to take part on day 2. Part of this course will be on public roads.

**WE LOVE
READING**



Reading Corners

Mrs Jones and Mrs Taylor have been busy. With the help of some enthusiastic helpers, we now have 2 new themed spaces to encourage reading these are in addition to the comfy reading spaces already enjoyed around the school. They are based on 'The world around us' and 'We are all unique and diverse'. We have recently added to our collection of Accelerated Reader books in our library, with lots of new books aimed at engaging both our more reluctant readers and challenging our Bookworms who can always be found with their nose in a book!



If you have a matter you wish to discuss with our Headteacher Ms Jackson, or our Deputy Head, Mrs Hunt, please make an appointment with Mrs Bridge in the school office and we will be very happy to chat to you. We want everyone to feel welcome in our school and also to ensure that the children's safety, learning and happiness are always our priority. 😊

Free School Meal Vouchers

If you are entitled to FSM, your vouchers will be issued for the February half-term holiday. Please check your inbox/spam as they will be emailed directly from Edenred. You may redeem them from 12/2/22 Many thanks!

Have your circumstances changed recently?

You may be eligible for Free School Meals.

The school receives funding for each child who comes under Pupil Premium (including free school meals), so it is worth applying even if you don't have school meals!! You can apply online

<https://fiso.norfolk.gov.uk/synergy/Enquiries/Citizen/FreeSchoolMeals.aspx/>

<https://www.norfolk.gov.uk/education-and-learning/schools/school-meals-and-milk?fbclid=IwAR181hWbnsrWnVeC-KZ31j-HfjFmGLwKL7zsv9QVbkEfY1uKETvz0cDSlcQ>

Don't forget to let us know if any of your contact numbers or addresses change during the holidays. Please inform Denise Bridge in the office, (office@heachamjunior.co.uk) if your emergency contact information changes or if either parent moves house or changes phone numbers. It is very important that we are able to contact someone in case of an emergency.



Thank you for supporting all of our fundraising last year, the children enjoyed the Panto Performance of the Wizard of Oz in December and we were pleased to buy them all a chocolate selection box. Thank you for all of your donations to the Christmas hampers and for purchasing raffle tickets.

Once again the Friends will be subsidising the cost of the Year 6 Leavers' Hoodies. The cost to parents will be £10. However, If you purchase more than one you will have to pay full price for any additional hoodies the additional cost will be charged via parentpay.

Further details are included in the newsletter about our next School Lottery Drawer, tickets only cost £1 each and you could even win a Woodland Staycation!

Kelly Hall,
Chair of the Friends of Heacham Junior School (PTA)

World Book Day – Potato Character Competition

We are running a fun competition this year to complement our Word Book Day celebrations on 5/3/22!

Children can decorate a potato to represent a character from a Book. Some examples are shown below but there are lots of ideas on the internet.

The 'Spud' Characters should be clearly labelled with the name and year of the child along with the character or book they represent. Please bring into class on or before 5th March for judging.

The best Spud will be awarded a £10 Book Token!



Year 6 Leavers' Hoodies

Letters will be coming home shortly with details of how to purchase hoodies for your Year 6 children. They will be available to purchase online with two colour choices (burgundy and sky blue). The Friends of Heacham Junior will be subsidising the cost of **one Hoodie** making the cost to parents only **£10**. Parents may choose to order more than one but will be charged the difference via ParentPay (approx. £15) for any additional Hoodies ordered. Photo of last year's leavers will give you an idea of the colour and design.



Term Dates 2021-2022 – Trust Primary Schools



September 2021						
M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

October 2021						
M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

November 2021						
M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

December 2021						
M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

January 2022						
M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

February 2022						
M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

March 2022						
M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

April 2022						
M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

May 2022						
M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

June 2022						
M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

July 2022						
M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

August 2022						
M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

SWIMMING ROTA 2021-2022

Wk No.	Date	Class/Year	Wk No.	Date	Class/Year	Wk No.	Date	Class/Year
15	23/02/2022	Avocet	21	20/04/2022	Oystercatcher	27	08/06/2022	Catch-Up
16	02/03/2022	Avocet	22	27/04/2022	Oystercatcher	28	15/06/2022	Catch-Up
17	09/03/2022	Avocet	23	04/05/2022	Oystercatcher	29	22/06/2022	Catch-Up
18	16/03/2022	Avocet	24	11/05/2022	SATS Oystercatcher TBC	30	29/06/2022	Catch-Up
19	23/03/2022	Avocet	25	18/05/2022	Oystercatcher	31	06/07/2022	Catch-Up
20	30/03/2022	Avocet	26	25/05/2022	Oystercatcher	32	13/07/2022	Catch-Up
X	06/04/2022	Easter	x	01/06/2022	Half-Term	33	20/07/2022	Catch-Up

- Children must bring Trunks/1pc Swimsuit, a towel and a lightweight waterproof coat. They can choose to bring a swim hat and goggles but they are not compulsory.
- Earrings must be removed.
- Please ensure all items are named and in a waterproof bag.
- These dates may be subject to change.
- Children should bring a mid-morning snack as they will return late for lunch and use a lot of energy swimming.

HEACHAM SCHOOL LOTTERY

The next Lottery drawer will be held on Saturday 26th February 2022.

You can buy tickets now for £1 each by visiting:

<https://www.yourschoollottery.co.uk/lottery/school/heacham-junior>



Heacham Junior School

YOUR SCHOOL LOTTERY

Play Today Win A Getaway

Support Our Lottery This Term
WIN a Forest Staycation!

- Help give our fundraising a much needed boost
- Tickets cost just £1 a week
- Guaranteed cash prize winner every week
- Jackpot of £25,000!

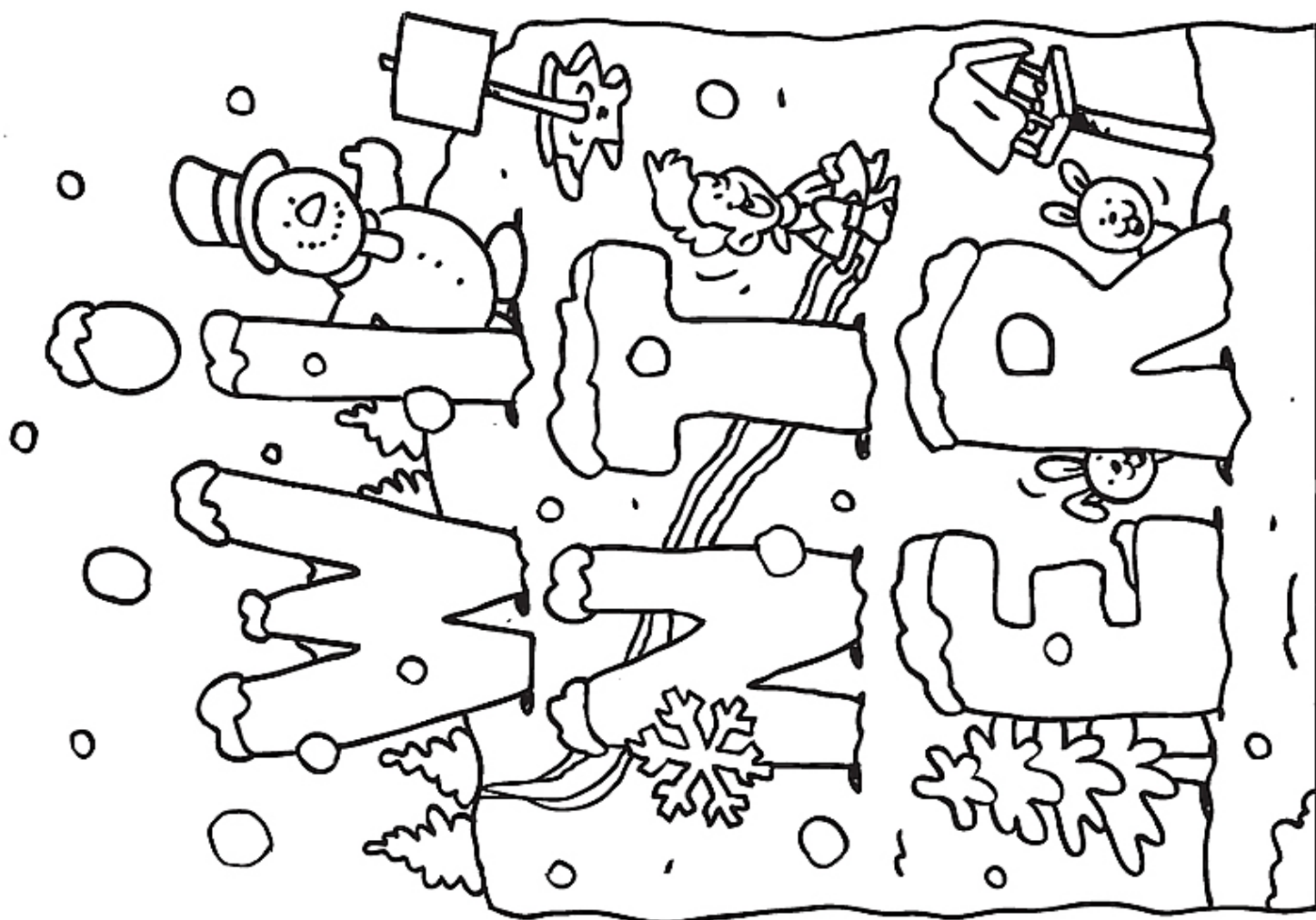
Play Now!

Supporters must be 16 years of age or older. See website for T&Cs. Closing date for entries: 26th February 2022

Supporters must be 16 years of age or older



**** WINTER COLOURING PAGE ****



February Word Search

Topic: - Find the Given Words hidden inside the puzzle and circle them.

Words: shadow, burrow, spring, winter, emerge, walk, water, red, flag, eagle, peace.

W	T	E	B	N	D	S	Y	G	O	S	P	X
O	B	A	U	T	I	S	F	L	A	G	K	J
R	N	B	R	S	S	B	A	L	L	I	N	U
S	N	A	R	L	P	E	A	G	L	E	X	B
E	I	S	O	Y	L	C	H	U	R	C	H	I
M	N	H	W	W	A	I	W	Q	U	I	K	L
E	W	A	U	S	Y	N	P	E	A	C	E	A
R	A	D	G	P	L	E	N	D	K	G	T	N
G	L	O	O	R	L	I	N	G	Z	L	Y	T
E	K	W	T	I	V	A	L	O	P	J	N	L
C	O	L	Q	N	N	D	F	O	O	H	X	L
S	R	E	L	G	G	W	A	T	E	R	U	K
W	I	N	T	E	R	B	R	R	E	D	H	M

PITTA PIZZAS

Ingredients

4 large pitta breads
4 tbsp tomato purée
2 tsp mixed herb
2 tomatoes , sliced
6 slices salami , torn into small pieces
50g cheddar , grated

Method

STEP 1

Heat the grill. Spread each pitta bread with 1 tbsp tomato purée, sprinkle over the mixed herbs, then lay on the tomato slices. Divide the salami between the pittas, sprinkle over the cheese and grill until the cheese is golden and bubbling.



BANANA PANCAKES

Ingredients

350g self-raising flour
1 tsp baking powder
2 very ripe bananas
2 medium eggs
1 tsp vanilla extract
250ml whole milk
butter, for frying

To serve

2 just ripe bananas, sliced
maple syrup (optional)
pecan halves, toasted and roughly chopped (optional)

Method

STEP 1

Sieve the flour, baking powder and a generous pinch of salt into a large bowl. In a separate mixing bowl, mash the very ripe bananas with a fork until smooth, then whisk in the eggs, vanilla extract and milk. Make a well in the centre of the dry ingredients, tip in the wet ingredients and swiftly whisk together to create a smooth, silky batter.

STEP 2

Heat a little knob of butter in a large non-stick pan over a medium heat. Add 2-3 tbsp of the batter to the pan and cook for several minutes, or until small bubbles start appearing on the surface. Flip the pancake over and cook for 1-2 mins on the other side. Repeat with the remaining batter, keeping the pancakes warm in a low oven.

STEP 3

Stack the pancakes on plates and top with the banana slices, a glug of sticky maple syrup and a handful of pecan nuts, if you like.



Family Internet Agreement



NORFOLK
CONSTABULARY

Our Priority is You

Love of learning, bright futures, happy memories!

Parent's agreement

1. I know that the Internet is an important resource for my children and that being familiar with it is a necessary skill. It can also be a wonderful place to visit, but I know that I must do my part to help keep my kids safe online.
2. I will get to know the services and websites my child uses.
3. I will set reasonable rules and guidelines for computer use by my children, including how much time they may spend online. I will encourage them to participate in offline activities as well. We will discuss these rules and post them near the computer as a reminder.
4. I will not overreact if my child tells me about something "bad" she finds or does on the Internet
5. If my child does something that I do not approve of online we will have a calm conversation about my expectations and the reasons for our internet rules. I understand that just taking away the Internet will not solve the problem.
6. I will try and get to know my child's online friends and contacts just as I get to know his or her offline friends.
7. I will put the home computer in a family area rather than in a private room (i.e. bedroom, office).
8. I will report suspicious and illegal activity and sites to the proper authorities and learn how to report abuse when necessary.
9. I will frequently check to see where my children have visited on the Internet and will talk to them if I see something I am concerned about or that I think is inappropriate.
10. I will talk to my children about their social networking profiles: what they can and cannot post, who they should allow as friends and how to behave appropriately in their online interactions.
11. I will learn about parental controls for filtering and blocking inappropriate Internet material from my children.
12. If my child continues to break our Internet rules after we have discussed them I will impose penalties for their actions including taking away his or her computer, tablet, mobile phone or other devices until their behaviour changes.

Parent:

I, _____ agree to the above.

_____ Date

Child:

I, _____ agree to the above.

_____ Date

Child's agreement

1. I will tell my parents my user-names and passwords, but always keep them private from everyone else
2. I will not share my personal information or my parent's or family's information with anyone online. This includes: name, address, telephone number, age or school name. I will not post this information to my profiles even if I think only my friends will see it.
3. I will treat others the way I want to be treated online. I will be respectful and never pick fights or post mean or threatening words.
4. I will tell my parents about people I meet online, even if they don't ask. I won't answer emails, IM's, messages or friend requests from people I don't know and my parents haven't approved.
5. If I see or read things that I think are bad, inappropriate or mean I will show my parents right away.
6. I will tell my parents if I receive pictures or links that I didn't ask for, or that contain inappropriate content, bad language or anything I think might not be right.
7. I will not do anything a person online asks to me to unless my parents say it's ok, especially things I know they wouldn't approve of.
8. I will not call, write to, or meet someone in person who I've met online unless my parents say it is OK and come along with me.
9. I will talk with my parents or guardians about our rules for going online, including how long I can be online, what sites I can visit, and who I can communicate with online.
10. I will help my parents learn more about the Internet and understand what I do and where I go online.
11. I know that sometimes my parents will supervise where I go online or use software to restrict some websites but I understand that they are doing this because they want to protect me online.
12. I know that if I break this contract or the Internet rules that my parents and I have discussed they can take away my access to the Internet, including my computer, tablet, mobile phone or other devices until my behaviour changes.

Child:

I, _____ agree to the above.

_____ Date

Parent:

I, _____ agree to the above.

_____ Date

This has been produced by Norfolk Constabulary, in partnership
with the Family Online Safety Institute (FOSI).

Please note this document serves as guidance only and has no
legal basis. Norfolk Constabulary will not be responsible for any
enforcement as a result of any breach of this agreement.

