

Lake Farm Park Academy

Welcome to the first edition of community news for the Lake Farm family!

I will be sending this out termly to update you on specific things going on in and around Hillingdon.

The aim is to share ideas and offer guidance on more specific matters.

If you have anything you wish to share, please do get in touch with me.

I hope you find this useful.

Many thanks

Carla Jorsling-Thomas

Children's Online Safety

The internet is amazing. Children can play, learn, create and connect - opening up a whole world of exciting possibilities. But with the digital world changing all the time, how can you make sure your child's staying safe?

Gaming can be a great way for young people to relax, socialise with their friends and have fun. Children can play on games consoles, apps or websites, and chat to other players or watch them play through live-streaming.

But there are some dangers. And with so many games available online, it can be hard for parents to know how to keep their child safe.

That's where we can help. Our tips and advice will keep you up-to-date with the law, help you decide what's appropriate for your child - and help them play safely.

What are the risks of online games?

- Children may view inappropriate or upsetting content if they play games that aren't suitable for their age. This could include sexual or violent material. It might be in-game content or produced by other players.
- Some players can be abusive towards others or try to exclude them from the game. Some players may also hack another user's account or try to steal and destroy their virtual possessions. This can be as upsetting for a young person as if it happened in real life.
- Children may play with adults they don't know. People of all ages play games. Some adults may exploit this and try to build an emotional connection with a child for the purpose of grooming.
- Some children may find it hard to stop playing games or find that gaming is getting the way of them doing other activities.

Check the game's content

Always check age ratings but remember they don't cover everything. It's important to check the game out yourself before letting a young child play it.

Know how to mute, block and report

Help children understand that people they meet online may not always be who they claim to be. Some games let you mute, block and report other users. Make sure your child knows how to do this if someone in the game upsets them or makes them feel uncomfortable. Remind your child they can come to you if they're ever worried.

Activate safety settings

Turn on parental controls on gaming consoles to help prevent children from downloading age inappropriate games or seeing harmful material. The Apple App Store lets you turn off in-app purchases on iPads and iPhones. And The Apple App Store and Google Play let you create a pin code that must be entered before you buy.

You can also turn on privacy settings on some games to control what other users can see about you and stop strangers from contacting you.

Contact the **O2 & NSPCC Online Safety Helpline** for free on **0808 800 5002** for advice on how to do this.



Out and About

Museums are a great way of getting out and about, without spending lots of money. There are also many other amazing things to see and do in London; please see the list of Museums below for a few ideas. ...

- Natural History Museum
- Science Museum
- London Transport Museum
- Hornimum Museum & Gardens
- Museum of London
- Bank of England Museum

As the weather becomes more unpredictable, the kids are getting restless, and you're out of ideas for things to do, you've come to the right place. Here are some fun and simple games to play at home:

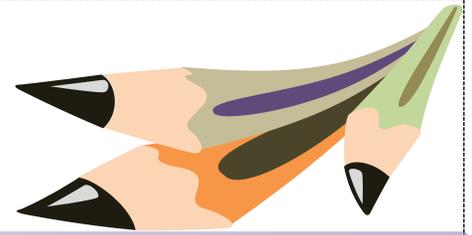
- Hide and Seek
- Musical Freeze
- Family board games
 - Simon Says
- Touch and Feel guessing game
- Indoor basketball (bin and paper!)
 - Arts and Crafts
- Treasure Hunt – With clues!

Keeping Fit together!

If you brave the weather, but fancy staying close to home, how about some of the wonderful local parks/gardens – Black Park with its 'Go Ape' trails, you can also collect conkers, leaves and pine cones for craft when you return home! There are amazing adventures through the woods to be had at Ruislip Lido, Rickmansworth Aquadrome, and Cassiobury Park in Watford, take your Bike's and Scooters and have some fun!

Get yourselves down to the local swimming pool; Hayes, Uxbridge, Northolt or Ealing, all offering different experiences, or head out to Windsor Wave pool to sail the storm, or Coral Reef in Bracknell for Pirate adventures!

As the evenings get darker, pop outside with a telescope and do some Stargazing, see what shapes you can find/make, while talking about the different planets – you may want to go and create a wonderful star sky picture or planetarium together after and bring it in for Show and Tell!



NEW!!

Jurassic Perk Café

111 High Street, Ruislip, HA4 8JN

It's a fact: Kids love dinosaurs and they love soft play, so combine them together and you've Jurassic Perk Café....



Jurassic Perk Soft Play Facilities

This new soft play cafe has a dinosaur theme that kids will love and opened in August 2017.

Inside Jurassic Perk you will find a sensory room for use by disabled children and children aged 0 - 3.

Jurassic Perk opening times

9.00 - 18.00 Tuesday - Sunday

9.00 - 14.00 Monday

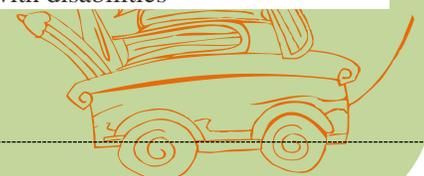
Jurassic Perk entry prices

Free - children under 1 year old

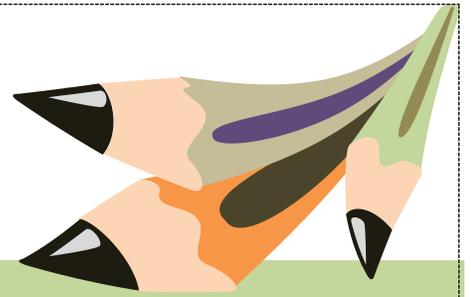
£5.00 - children aged 1 - 3 years

£6.00 - children aged 4 - 8 years

£3.00 - children with disabilities



Up and Coming Events



Uxbridge Fireworks are back for their annual display at Byron Park
Saturday 4th November 2017!

Book your tickets at: Hillingdonfireworks.co.uk

Brunel are hosting their fabulous Bonfire and Fireworks Display for the 9th year in a row 2nd November 5.30-8pm. Check out the Brunel Website for more details.

Ruislip Rugby Club hold their Firework display on 4th November, gates open at 5.30, Fireworks kick off at 7.30pm. Call 01895 633102 for more info.

Let's talk Christmas!!

I am pleased to let you know about an exciting new Winter Fair at Lake Farm Park Academy, December 8th 3.15- 5.30pm – there will be many stalls and crafts available, so please do come along and join in the festivities.

Uxbridge Civic Centre have Father Christmas and his Reindeer visiting on December 2nd

Hillingdon Autistic Care and Support (HAC's) are using the venue of the Rural Activities Garden Centre (RAGC) for their Christmas display this year.

And don't forget all the other venues that Father Christmas shall be visiting over the holidays such as: Black Park, Ruislip Lido, Uxbridge Chimes and the Wyvale Garden Centre

Please see websites for dates, times and booking information.