



Friday 9th January 2026

Dear Parents/Carers,

Happy New Year to all. Welcome back to another Term. I hope that you have had a good week and enjoyed the break.

I am writing with my usual weekly letter of news and information. I can be contacted at **[exehead@aspire-kent.org.uk](mailto:exehead@aspire-kent.org.uk)** between 8am - 5pm Monday to Friday for queries and questions. Also Lauren (Aspire Administrator) can be contacted for any requests for meetings or appointments - thank you - **[lriby@aspire-kent.org.uk](mailto:lriby@aspire-kent.org.uk)**.

### **E-Safety Information from the Children's Commissioner-**

Supporting children's safety is a shared responsibility between families, schools and wider society.

We are aware that for parents and carers, this responsibility has become increasingly complex as children's lives are now deeply intertwined with the digital world. Parents face difficult decisions about how to balance protecting children from online harm with enabling access to spaces that are now central to learning, socialising and play.

This new guide is designed to help parents and carers navigate the challenge of managing children's everyday online habits.

Visit the website to download the full information pack-

**<https://www.childrenscommissioner.gov.uk/resource/what-i-wish-my-parents-or-carers-knew-a-guide-for-parents-and-carers-on-managing-childrens-digital-lives/>**

### **Online Safety Warning - new App-**

We have been informed of a new app called 'Wizz'. This app presents itself as a safe space to connect and make friends. However, this has been nicknamed 'Teen Tinder'. This is because users are able to swipe to accept or reject potential friends.

Please find attached an information sheet outlining the risks associated with this App, which include cat fishing, grooming and sharing explicit content. We ask that you check your child's phone and if this app is being accessed it is recommended that you remove it - as it is not seen as safe for children, due to concerns around grooming and catfishing.

### **Staying Active during the Winter Months-**

5 simple ways to stay active every day in the cold Winter months. ❄️💪

1. Indoor workouts at home - Try bodyweight exercises like squats, push-ups, yoga, Pilates, or short online workout videos—no equipment needed.
2. Take brisk winter walks - Bundle up and go outside during daylight hours, even if it's just 10–20 minutes. Fresh air helps energy, mood and improves concentration.
3. Turn chores into movement - Clearing snow, walking the dog or even cooking can keep you moving more than you realize.
4. Use active breaks - Stand up every hour to stretch, do jumping jacks, march in place, or climb stairs—especially helpful on cold days at home.
5. Try a winter-friendly activity - Activities like indoor swimming, ice skating, dancing or going to the gym keep exercise fun despite the cold.

### **Reminder for Poetry Competition-**

Kent Life magazine's Mother's Day poetry competition has now launched.

They are inviting Kent school children to send a poem celebrating their mum – or the person who is like a mother to them.

Suggested entry titles include: Why I love my mum; Why you are so important to me; and Why I'm thankful for you this Mother's Day. Each entry must include the young poet's first name, age and school and should be sent as a word doc or PDF to [kentlifepoet@newsquest.co.uk](mailto:kentlifepoet@newsquest.co.uk) by **January 19, 2026.**

Wishing you all a lovely weekend- stay warm!

Kind regards,

Emma Hickling  
Executive Headteacher



