

Blackwater Newsletter

Friday 5th June 2020

ISSUE 22

Dear Parents and children,

What a brilliant first week back here at Blackwater school, albeit different from the normal. Home learning has kicked off again on our online platforms: Seesaw and Tapestry. We have seen brilliant maths and English learning, along with creative creations for the children's projects. Meanwhile we have welcomed back some children from Nursery, Reception, Year 1 and Year 6. I would like to thank the staff for their dedication and determination to make this return as welcome as possible whilst adhering to the Government guidance.

If you have decided to keep your children off school at this time, you are doing the right thing. If they have returned to school, you are doing the right thing. You are the expert for your child and your family and nobody is judging. We are here when and if you need us.

As we are in the Summer term, we are starting to think about transition for September. As a staff, we have come up with the following plan to support your child into the next year group, whether they return to school in the Summer term or not. Over the coming weeks, myself and class teachers will also be talking to parents on our 'SEN Record of Need' register and 'On Alert' register to make sure we keep an extra eye and add support where needed to make the transition as smooth as possible.

Transition Plan

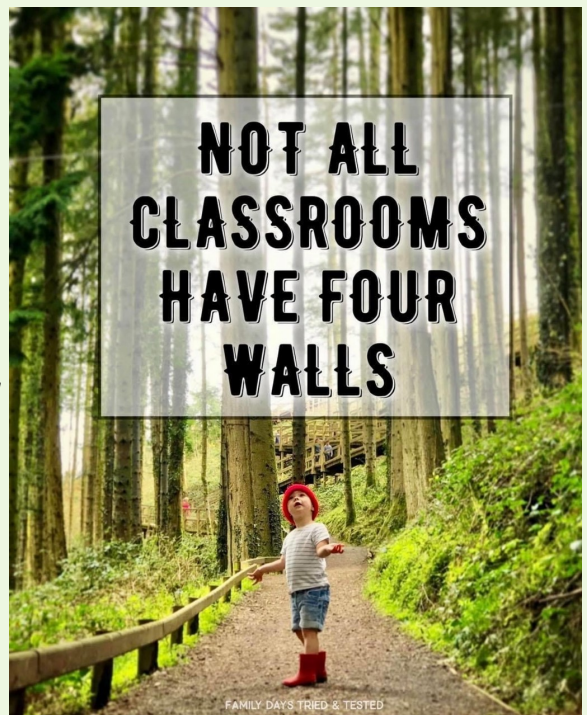
- ⇒ From Week 2, your September teacher will be reading you a story per week to support that all important teacher-child relationship.
- ⇒ In Week 3, your new teacher will be giving you a virtual tour of your new classroom.
- ⇒ In Week 5 we will be sending you home an 'All About me' sheet you to fill in to help your new teacher get to know you a little more.
- ⇒ In Week 8 we will be sending home a leaflet that explains who the adults are in your new class and also what the school day looks like.

We hope that will give children the security and support to start school happy and confident in September.

Please find attached the new term dates for 20/21. As you can see we have added three dates onto the back of the June half term so support parents finding cheaper deals if you wanted to have some family time not in term time. We hope this will help promote good attendance for all pupils next year.

Best wishes

Mrs Evison



1. Create a lockdown bucket list
2. Make a den
3. Play shops
4. Have a toy picnic
5. Paint the garden pebbles
6. Paper plate ring toss
7. Kitchen cupboard orchestra
8. Write loved ones a letter
9. Go on a word hunt
10. Make a joint story
11. Indoor hopscotch
12. Write a song
13. Make rainbow rice
14. Make sock puppets
15. Create an obstacle course
16. Make a toy car tape road
17. Plant some seeds
18. Make a recipe book
19. Act out your favourite film
20. Create a time capsule

20 INDOOR ACTIVITIES FOR KIDS TO DO IN LOCKDOWN



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Beach Art



Llogen in Year 5 did this amazing piece of art at home. He collected sea glass and shells, painted a canvas and used a hot glue gun to stick the beach finds on. Doesn't it look wonderful!

Why don't you have a go!

Thank you

Thank you to everyone who voted for us in the Dunelm

Facebook competition. **WE WON!**



MindWell



MindWell - the mental health website for people in Leeds
#MentalHealthAwarenessWeek
#KindnessMatters
@MindWellLeeds

Do something that helps you relax or recharge

Plan at least 10 minutes today for a cuppa and sit in your favourite place and just be.



Take time to chat with someone who is supportive and caring.



Notice when you're feeling stressed today. Take a moment to just breathe and shake out any tension you're feeling.



Take time for an activity you love. Whether that's planting some seeds, baking bread, reading a book or crafting. Really notice how it makes you feel.



Who makes you laugh? A friend, comedian or social media account? Give yourself a few minutes to have a good laugh - you deserve it!



www.mindwell-leeds.org.uk



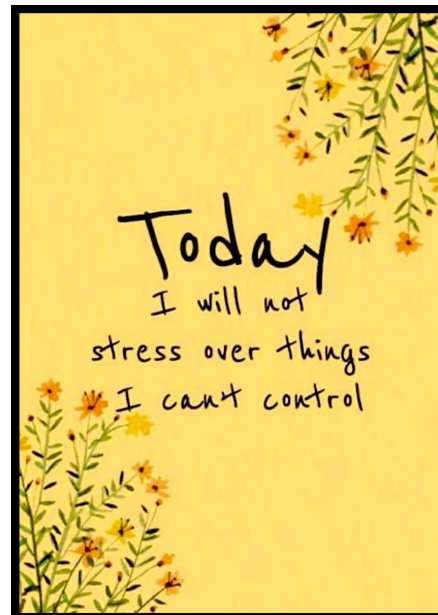
Did you know our wonderful Ms. Vaughan is creating Mindfulness packs for children. These are a selection of calming activities, colouring in and advice to support your child at this time. They have been really popular. Please let me know if you would like one.

Email Ms. V on vic-ci.vaughan@blackwater.cornwall.sch.uk

Calm-Down Strategies for Kids (And Grown-Ups Too!)

Sometimes we all find ourselves getting a little too anxious, angry or stressed. As adults this can be difficult to manage, and for children even more so. Here are some ideas for simple calm-down strategies to try when things become a little too much. Try a few and see which ones work best for you.

Take some deep breaths 	Go for a walk 	Listen to music 	Speak to a parent or other adult at home
Speak to a teacher 	Watch a film 	Say something positive to yourself 	Imagine a calm place or happy time
Count to ten 	Play sport 	Go on a bike ride 	Cook
Have a bath or shower 	Draw a picture 	Play with a pet 	Speak to a friend
Do a jigsaw puzzle 	Go to a quiet place 	Read a book 	Smile
Look at photos 	Daydream 	Have a nap 	Plan a day out



Free School Meals Vouchers

Mrs. Courts has done a sterling job applying and getting all FSM vouchers for our families entitled to them. You should have received a bulk amount of £120 for this term and we have managed to apply for an additional £45 per child for Easter and Half term holidays as the Government updated their guidance last week. This will be coming to you today or Monday.

If anyone else has had a change of circumstance, please let me know and these vouchers can be organised very quickly. Mrs. Evison

Online Safety

Whilst there are huge benefits to being online in order to stay connected to family and friends during this period, many parents may feel concerned about the activities and content their children are accessing. This guidance outlines resources to help keep children safe from different risks online and where to go to receive support and advice.

<https://www.gov.uk/government/publications/coronavirus-covid-19-keeping-children-safe-online>

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

Facebook is an online social media platform that has over 2 billion users across the globe. It was initially for university students but soon expanded out and since 2006, anyone over the age of 13 is able to join the platform. It is available on all devices from your desktop and laptop computer to smartphones and tablets. Users can add photos and videos, update their status, interact with others and catch up with the latest news. Despite requiring users to be over 13, there are no age verification measures and children can easily create an account. It's therefore important that parents familiarise themselves with the main features of the platform to ensure their young ones remain safe if and when they use it.

AGE RESTRICTION

13+

Requires ID verification of a parent or legal guardian required.

What parents need to know about FACEBOOK

ADDICTIVE NATURE

Facebook can be hugely addictive as it offers a physiological high and a quick reward cycle which comes from the likes and comments on shared posts. Communication is so instant now that teenagers are always checking, and it can sometimes feel like self-worth. This keeps children going back, encouraging them to post things and also increases the Fear Of Missing Out (FOMO) that is commonplace today. On the flip side, because of the way teenagers interact these days through Facebook and Facebook Messenger, they can seem addicted even when they're not.

CYBERBULLYING

Around a quarter of children have experienced online abuse, according to Ofcom's 2019 'Online Nation' report. Figures show that 23% have been cyberbullied, 39% subjected to abusive language and a fifth have been trolled. On Facebook, teenagers can receive communication in a number of ways, from private messages in Messenger to public comments on profiles, pages and posts to pages or groups set up just to torment a victim. Exclusion from pages or groups to cause the victim to feel left out has also been seen.

FUTURE IMPACT

Regardless of age, anything that's posted on Facebook, or other social media platforms, develops a personal brand and leaves a digital footprint that is there forever. It can be difficult to explain the consequences but many universities (and employers) look at Facebook before making a decision on accepting people. It is therefore wise to always think twice before posting anything online you wouldn't want people to hear or see offline.

STRANGERS/FAKE PROFILES

Generally, people are who they say they are online. That said, much like the real world, Facebook isn't free of malicious users and children have received friend requests from people they don't know, including individuals who may look to take advantage of young and impressionable children.

OVERSHARING

Facebook encourages you to share "what's on your mind" but children need to be aware of what they're revealing about themselves online. Facebook allows users to share their location, create live videos and much more. Some photos can be traced using file data, too, so it's important to keep a tight grip and share only with people you know.

INAPPROPRIATE ADS

While Facebook is getting ever stricter on the content of ads and who they are targeted to, there is still the chance that children could be subject to ads during their experience on the platform. This could be innocuous but is worth bearing in mind when using the app.

LIVE STREAMING

Facebook Live provides users with the ability to stream video live-time to their friends and followers or watch other people's broadcasts live. During the video, people can react and comment and it's difficult to moderate the content given everything happens in real-time. This could mean your child is exposed to inappropriate material or worse still, could be cajoled into doing something online by others which they wouldn't normally do.

PRIVATE MESSAGING

Facebook Messenger is closely linked to your Facebook profile and provides the ability to share private messages away from friends and family. It is therefore important that parents ask their children who they are communicating with and ensure that the only people they are exchanging messages with are people that they also know in real life.

Safety Tips For Parents

MAKE PROFILES PRIVATE

Within the settings of a Facebook account, you can choose whether a profile is public or private. Make sure that your child's setting is switched to private. This way they will only be able to interact with friends and people they know within the platform.

LEAD BY EXAMPLE

Show your children how and why you use Facebook. This will help to demonstrate that it can be used safely when used in an appropriate manner and help to reduce the risk of them encountering harmful content.

SHARE DEVICES

Depending on the age of your children, it's worth considering whether they use Facebook from a general family iPad or laptop. This allows them to use it without being constantly connected everywhere they go and may give you more reassurance around what they are doing on the app.

REPORT VIOLATIONS

On Facebook you're able to hide people or groups and report things that are harmful. Make sure you spend some time to show your children how this works and why it's important to do so before they start spending serious time on the platform.

RESPECT BOUNDARIES

As with anything, there are potential risks and dangers on Facebook but once you've talked about the ideas of safety on the platform, give children some space. Trust them to make smart choices but always be open to talking about social media.

CHECK-IN

Once they've had some time to use the platform, don't be afraid to check in and see if there's anything on Facebook they'd like to discuss. This isn't always easy but being open with your children is the best way to deal with any issues head on.

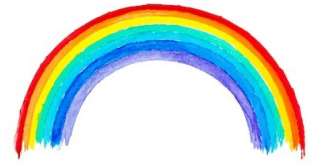
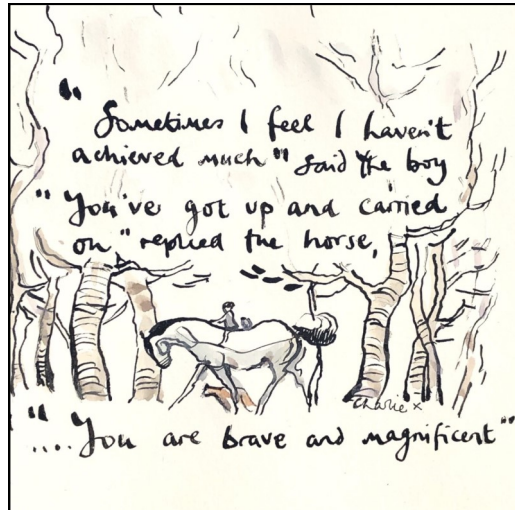
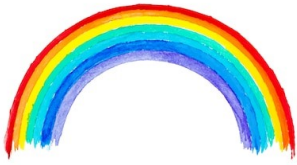
Meet our expert

Alex Wright is a former Facebook employee and social media expert with over 15 years' experience working in digital media. He has worked with some of the biggest organisations in the world and has a wealth of knowledge in understanding how social media platforms work and how they engage their audience.

SOURCES: <http://facebook.com>, <https://www.independent.co.uk/life-style/social-media-addiction-young-children-under-five-youtube-instagram-a8953411.html>, <https://www.independent.co.uk/life-style/health-and-families/cyberbullying-social-media-children-abuse-facebook-research-ofcom-ico-a8936366.html>, <https://thriveglobal.com/stories/how-social-media-affects-our-ability-to-communicate/>, <https://www.care.com/c/en-gb/stories/427515-dangers-of-social-media-to-discuss-with-you/>

www.nationalonlinesafety.com **Twitter - @natonlinesafety** **Facebook - /NationalOnlineSafety**

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 29.01.2020



★ Stars of the Week ★

Stars of the Week

Wheal Friendly: Arthur H-S for his super enthusiasm for coming back to school.

Wheal Harmony: Fin for AMAZING reading this week and also facing his fears and tumbling down a big sand dune.

Wheal Busy: Sophie S for amazing writing which has improved in the recent weeks and keeping Mrs. Burton updated about her butterflies.

Wheal Luna: Elliot A for his excellent volcano and brilliant pencil control this week.

Above and Beyond

Charlie L for his amazing can do attitude and creative thinking.

Each star will get a special certificate flying into the inbox of their parent's email.

"Life's most persistent and urgent question is,
"What are you doing for others?" Martin Luther
King Jr.

