



### Sport Relief

Thank you to everyone who donated to Sport Relief last week. The total raised was £235.00. We had great fun at school with some whole school aerobics on the MUGA on Friday. Please see the website for photos and videos. The children collectively ran 9 whole marathons and 350 extra laps of the MUGA - Amazing!!!!

### Car Park

We have noticed that quite a number of parents are continuing to park on the staff side of the car park and are blocking others in. We also have a number of cars regularly in the disabled bays who do not have a badge. This is not considerate of our children and families who have a genuine need and this is causing some issues. Please can we also ask that anyone who has a longer vehicle parks in the bays by the mini buses. Thank you.



### Water bottles

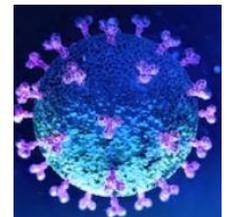
Children are encouraged to drink regularly throughout the day. Water bottles are not kept on desks as there could be a danger of spillages ruining work. However, they are kept in the classroom and children can drink from these whenever reasonable. We also have a number of water fountains in school and children can fill up their bottles from classroom taps as this is drinking water. Please ensure all water bottles are named.

### School bags

Some school bags are so huge that it is becoming difficult to fit these in the lockers and/or cloakrooms. A reminder that PE kits do not need to go home every day, these can come in on a Monday and stay in school all week. Children really only need to bring in their reading book and contact book as everything else is provided at school.

### Coronavirus Update for Children

Sorry that you've been receiving quite a few emails about coronavirus, but below is a link to a video that I thought could be helpful. It's child friendly and really quite informative, with presenters the children might know from Operation Ouch on CBBC.



<https://www.bbc.co.uk/newsround/51861089>



### Parent Survey

It is now much easier for us to send out our surveys via the website. Please visit the following link to send your views:

<https://www.redoaks.org/parentSurvey/2020/OfstedParentSurvey/01.php>. The survey will remain open until the end of term. Thank you in advance for your time.

### Online Safety

Children are using smart devices from a much younger age than ever before. This week we have attached a guide for the types of devices that children use. The guide includes advice on safe searching, privacy settings and how to protect your device. As always if you have any questions please do not hesitate to contact Mr Lee.



### Year 4 Multiplication Tables Online Test

All Year 4 children will do an online test in the week commencing 8<sup>th</sup> June 2020. There will be an opportunity well in advance for the children to have a trial run. Although the children regularly practise times tables at school, please make sure that your child is using the Times Table Rock Star resource as often as possible at home to reinforce their learning.



The Department for Education has published a parent guide that can be found at the following link.

[https://www.gov.uk/government/publications/multiplication-tables-check-information-for-parents?utm\\_source=a5628da6-db3d-48ac-80e8-a76b3645a345&utm\\_medium=email&utm\\_campaign=govuk-notifications&utm\\_content=immediate](https://www.gov.uk/government/publications/multiplication-tables-check-information-for-parents?utm_source=a5628da6-db3d-48ac-80e8-a76b3645a345&utm_medium=email&utm_campaign=govuk-notifications&utm_content=immediate)

### Upcoming Dates

- 20/3 Parent Book Look at 8.30am - **CANCELLED**
- 26/3 Y3 Performance 2.00pm & 6.00pm - **POSTPONED**
- 28/3 Family Learning event - **CANCELLED**





# Geography Competition

## A PRIZE for KS1 and for KS2

### Two options:

1. Create a **factfile/poster** on one of the **Biomes** - (children have looked at these in science week) frozen world, forests, seas, grasslands, deserts, jungles. Where are they in the world? What continent can you find them?
2. **QUIZ**- Create your own Geographical quiz for the website. Can be on paper or on the computer- for example can use power point and have answer slides. See example on website.

**Deadline: Wednesday 22<sup>nd</sup> April**  
**to Mrs Tinson**



# CORONA: YOUR NEW GUIDELINES

**BORIS Johnson last night announced the most stringent change to the lives of the British people since the war. This is what it means for you...**

## GROUP ONE - HEALTHY PEOPLE BELOW THE AGE OF 70

- Work from home if you can
- Stop all non-essential travel
- Avoid pubs, clubs and theatres
- Avoid non-essential contact
- Do not attend gatherings, large or small

## GROUP TWO - OVER-70s, PREGNANT WOMEN AND THE VULNERABLE

- In the coming days - probably by the weekend - everyone classed as vulnerable will be asked to ensure they are 'largely shielded from social contact' for around 12 weeks or possibly longer
- This includes people over the age of 70, pregnant women and people with severe illnesses such as diabetes, chronic heart disease or chronic kidney disease.

## GROUP THREE - 1.2MILLION PEOPLE WITH SERIOUS HEALTH PROBLEMS

A group of those who are particularly vulnerable will be contacted next week by their GP with bespoke guidance to protect themselves

This includes anyone with a compromised immune system - such as cancer patients or those undergoing certain treatments - who will have to follow more stringent measures

These people are likely to be asked to stay indoors and avoid all contact with others



## STEP-BY-STEP GUIDE TO SELF-ISOLATION

**If you start to suffer a continuous new cough or fever, follow this advice:**



**PEOPLE WHO LIVE ALONE**  
Stay at home for seven days



**PEOPLE WHO LIVE WITH OTHERS**  
The entire household should stay at home for 14 days, allowing everyone time to develop symptoms and recover



**WHAT DOES SELF-ISOLATING MEAN?**  
Remain in your home



**Do not go to work, school or public areas and do not use public transport or taxis**



**Do not even leave the house to get essentials**



**Only go out for exercise and ensure you do not come into contact with people while doing so**



**Stay two metres away from other people in the home, sleep alone, and ask for food and supplies to be left outside the door**



**If you have small children it may not be possible to separate yourself from them - but keep contact to a minimum**



**Stay away from vulnerable individuals, such as the elderly and those with underlying health conditions, as much as possible**



**If you have a garden, it is fine to use it as long as you keep two metres away from other members of your household**



**If you share a bathroom, clean the toilet and shower or bath each time you use them**

There are two phases to the illness - the vast majority only suffer phase one, which lasts seven days. One in seven suffer phase two which kicks in on day six and lasts up to three weeks

### PHASE ONE

#### DAY ONE

FEVER is a common symptom and a dry cough can develop

#### DAY TWO

FATIGUE

#### DAY SEVEN

Symptoms start to diminish - although a cough may continue

**ACTION** - If you live alone and feel better, and your fever has gone after seven days, you can now go back to work. A lingering cough is nothing to worry about.

■ If you live with others, continue your isolation for another seven days to ensure they are also clear of the virus

■ If you continue to feel poorly log on to NHS 111

### PHASE TWO

#### DAY SIX

If you have developed breathing problems

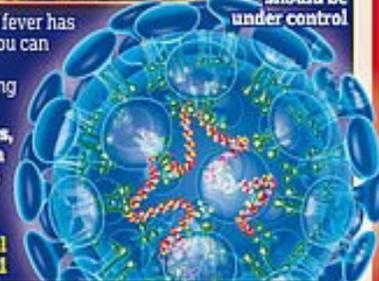
**ACTION** - Log on to NHS 111 or if your condition rapidly deteriorates, call 999. Some may need hospital care

#### DAY 17

Death is rare (1%-2%)

#### DAY 21

By now even severe cases should be under control



## UK CORONAVIRUS LATEST

CASES: **1,543**

DEATHS: **55**

Children are using smart devices from a much younger age than ever before. It's why it's essential we talk to our children about how to use them safely. There are so many positive benefits to the new technology at our disposal these days - however there are plenty of downsides too. As a parent, it's important you understand these risks and how you can take steps to protect your family against them.

## 1 PUT YOURSELF IN CONTROL

Make use of the parental control settings available to you. With most devices, you're able to change the settings to control the content your child has access to. This isn't difficult to do, as you'll often find guidance in the instructions that come with the device. By setting a private pin code on certain devices, you can make sure your child can only access it when you allow it.



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## PROTECTING ANDROID DEVICES

You can set up restricted users on Android tablets through a Google account. Open the settings menu (look for a cog icon) and select the 'Users' option. Here you can add a new restricted user. After setting up a password and username, select which applications you want to restrict access to. On an Android smartphone it's similar, but first select 'Parental Controls' in the play store.

## 3 PROTECTING APPLE DEVICES

For Apple devices, you can simply visit the preferences/settings menu and within 'General' there is an option for 'Restrictions'. Here you can turn off any applications or features on your child's device that you do not want them to have access to.



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## MAKE SEARCHING MUCH SAFER

Most search engines, such as Google, Bing or Yahoo, have a 'safe search' setting. You should activate this. Otherwise, it's extremely easy for a seemingly harmless search on the Internet to return unexpected and inappropriate results. Depending on the browser you're using, go to the settings and search for 'safe search'. Make sure you save the change so it defaults each time you open the browser. This will seriously reduce the chances of your child being exposed to something they shouldn't be.

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## THINK ABOUT ALL YOUR SMART DEVICES

As well as tablets and smartphones, you should think about any device in your home connected to the Internet: a games console, a media hub, or a personal computer. In each case you can usually find parental controls in the settings. Think carefully about how much access you want to allow your child, especially when it comes to accessing the Internet.



National Online Safety®

#WakeUpWednesday

# 9 Top Tips To Get Smart About children's devices

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## REGULARLY CHECK SOCIAL MEDIA SETTINGS

Before you allow your child to use social media, you should discuss the dangers with them. You should also make sure you're able to access their profile and privacy settings and check them regularly. The companies behind social media platforms often make privacy changes without making it very obvious to the user, such as Facebook's introduction of facial recognition software.



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## DON'T LET PEOPLE SEE WHERE YOU ARE

Location software sounds useful for seeing where your child is, but it also provides the opportunity for others to locate your child too. For safety, it's a good idea to disable location software on all devices or at least turn it off when it's not required. Also, be mindful of specific apps that record running routes or locations where your child might be playing a game. Talk to your child about why these can be dangerous and how to turn the setting on and off as required.

## 8 WATCH OUT FOR FAKE PROFILES

Sadly, social media presents an enormous opportunity for the likes of paedophiles to set up fake profiles and interact with children. Keep a track of the people your child interacts with on social media and if you do not recognise a user as a friend, consider blocking them.



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## 9 KEEP A CHECK ON SCREEN TIME

Managing how much time we spend on screens is a new challenge for us all. It's critically important when it comes to children, especially younger children who are still developing. It's not just a case of setting arbitrary time limits. Guidelines published by The Royal College of Pediatrics and Child Health suggests it's more important to consider the 'context and content' of what the screen is being used for. Still, it is helpful to put limits on devices using 'Guided Access' functions, which you can find in the settings of certain devices.



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## Meet our expert

Emma Davis was a secondary school Computer Science teacher for more than decade. Since leaving education, she has been working in a cyber security firm delivering cyber awareness training to businesses and carrying out network testing. She is a mother of a five-year-old, she's had vast experience of controlling and managing how children access online services and use apps.

