



27th November 2020

Learning and Achieving Through
Love, Courage and Respect

Dear parents and carers,

It is getting colder and the hats, scarves and gloves are being dug out from the back of wardrobes or from bags under the bed. It is winter days like these that are perfect for a **family walk through the countryside**, spotting the seasonal changes and enjoying the fresh air. Walking also does wonders for mental health, which is especially important during stressful times such as these.

We are looking forward to welcoming back **Ainslie Class and Lambert Class** on Monday 30th November after their period of self-isolation. Once again, we would like to thank parents for your understanding in this situation, and for supporting your children's home learning. I hear that they have been having a great time with the activities that have been provided by Mrs Cousins and Mrs Aram! I have been hearing about scavenger hunts, hedgehog houses, and boat building, as well as Read Write Inc lessons and Maths investigations. I also know that the children have enjoyed taking part in their daily Zoom calls with their teachers, and being able to see their friends. I certainly enjoyed taking part in both class's Zoom sessions on Thursday, during which Mr Goldsmith led two fun PE sessions. The children and staff (and some parents!) joined in with gusto—it was also quite amusing to see Iron Man and a unicorn taking part... I enjoyed reading a story to Lambert class who showed some really good listening and comprehension skills.

The countdown to Christmas is beginning, and the children are already starting to get excited! We have special Covid-friendly plans for our **Nativity play** this year (further details to follow) and the children can start to bring in **Christmas cards** for their friends, if they wish. Please only bring them in on Mondays, Tuesdays and Wednesdays and put them in the Christmas letter box in school, where they will be left to quarantine for a few days before being handed out. Please ensure that the recipient's class, as well as their name, is written on the envelope to ensure it is handed to the correct person.

The period of Advent starts on Sunday, and as part of our learning about Generosity and Compassion we will be taking part in a **Reverse Advent Calendar** in which the children will learn about giving as well as receiving. We will be collecting in food items each day to send to the Isle of Wight Zoo to help provide food for the animals—please see the separate letter for further information. We thank you in advance for taking part in this.

Thank you and have a lovely weekend, Mrs Lennon and the Brighstone Team

This week's Collective Worship focus
is: Having the Courage to Care

"Rise up, take courage and do it."

Ezra 10:4

Compassion

Miriam showed great courage when she put her baby brother Moses in the basket on the river. She also showed great courage when she approached the Pharaoh's daughter who found Moses. Have you ever had to be courageous when showing compassion for someone or something?



I am only one,
But I am one.
I cannot do everything,
But I can do something.
What I can do,
I ought to do.
And what I ought to do,
By the grace of God, I will do.
Amen
By Colin Farrar



Ainslie	~
Lambert	~
Robertson	Tommy—excellent knowledge and participation in our talk with Oliver from the Dinosaur Farm. Jared—for his fantastic Maths work and concentration with Mrs Boyd, for which he received a HT's award.
Macarthur	Jack C—showing kindness, responsibility and excellent Maths skills. Jack and Bailey—for being a good friend and showing compassion.
Clover	Sonya—excellent effort, focus and cheerfulness, and for showing compassion.
Sports Bee	Felicity - for consistently showing the School Games Values and putting in great effort in PE lessons and lunchtime challenges.

SEMH

Social, Emotional & Mental Health

Wellbeing Window

Have you been getting more sleep?

This week's task is:

Ask someone "how are you?" and really mean it.

All too often we will ask someone how they are out of habit and just expect the "good thanks, you?" as a reply. Think about all of your friends and family and think about if they might be struggling with how the world is right now. Give them a call or send a text to find out how they are really getting on.

Reaching out can mean the world to someone who is feeling low.

Samaritans: 116 223 - Free from any phone



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 treated adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

TIKTOK

What parents need to know about

AGE RESTRICTION 12+

TikTok is a video-sharing social media app available on iOS and Android which lets users create, share, and view user created videos much in a similar manner to Facebook, Instagram and Snapchat. It's main draw, however, is that users can record and upload bite-sized looping videos of themselves lip-synching and dancing to popular music or soundbites, often for comedic effect, which can then be further enhanced with filters, emojis and stickers. TikTok has been designed with the young user in mind and has a very addictive appeal. At the beginning of 2019 it skyrocketed in popularity to become the iOS store's most downloaded app with over 33 million downloads. Estimates suggest that it now has anything between 500 million and over 1 billion monthly active users worldwide.

MATURE CONTENT

On the 25th April, TikTok is listed as 12+. On the Google Play Store it is rated as 'Mature' (parental guidance recommended). When signing up for the app, it is possible to be alerted to the fact that most of the videos they're likely to come across are lip-synched to funny lyrics or dance routines which are designed to make people laugh. However, there has been a slew of videos which have been reported for featuring drug and alcohol abuse, self-harm and sexual content, including young boys dressing overtly sexually and behaving suggestively. Given the deluge of material uploaded to TikTok every day, it's impossible to moderate every thing and it can be quite common to come across explicit content on the 'for you' feed when logging into the platform.

INAPPROPRIATE MUSIC

TikTok features around 100,000 music videos through lip-synching and dancing. However, some of the music featured by users will contain explicit or suggestive lyrics. Given the undeniably young user base, there is a risk that children may look to imitate the explicit language they hear or the suggestive actions they see in the videos on the app.

TIKTOK FAME

TikTok is very image focused and there is a notable preoccupation with appearing cool and attractive. Many teenagers now attempt to go viral on the app by posting videos of themselves. Some of the most famous TikTok users (and it's predominantly female) have gained over 10 million followers. Some of these users have been compared to famous celebrities and have even appeared on the news. Obviously, most budding influencers looking to become the next big thing will be disappointed, but this may have the knock-on effect of making them go to more and more drastic lengths to get noticed.

ONLINE PREDATORS

As a social network, TikTok makes it easy to connect with other users. This includes the ability to comment and react to other user's videos, follow their profile and download their content. The reason that, by default, any user can comment on your child's video if they're publicly visible is that it's a great way to connect. However, it's also a way for predators to find children. It's important to ensure that your child's account is set to private and that they are aware of the risks of interacting with strangers online.

ADDICTIVE NATURE

Social media is designed to be addictive and TikTok is no different. It can be fun and helpful, but it can also be addictive. It's important to ensure that your child is not spending too much time on the app and that they are aware of the risks of addiction.

IN-APP PURCHASES

Aside from the content, there's also the option to purchase in-app virtual gifts called 'TikTok coins'. These range from 0.99 for 100 coins to an eye-watering 499.99 for 10,000 coins. TikTok coins are used to purchase various items on the app, including virtual gifts, filters, and stickers. It's important to ensure that your child is not spending too much money on the app and that they are aware of the risks of in-app purchases.

National Online Safety

#WakeUpWednesday

Safety Tips For Parents

TALK ABOUT ONLINE DANGERS

Assuming your child is above the age limit to use the app, it's important to talk to them about what they are seeing on the app. Discuss the risks of interacting with strangers online and the importance of keeping their account private. Encourage them to report any inappropriate content to the app's moderators.

USE PRIVACY SETTINGS

Unfortunately, the easiest way to safeguard your child on TikTok is to ensure their account is set to private. This means only those users your child approves can see their content. Encourage them to use a strong password and to log out of the app when they're not using it.

ENABLE RESTRICTED MODE

In the digital wellbeing section there's a link to the 'Restricted Mode' which allows parents to restrict the content their child can see on the app. This is a good way to ensure that your child is not exposed to inappropriate content.

EXPLORE AND LEARN YOURSELF

Understanding and knowing the app yourself is a great way to get to grips with TikTok. You could try using the app yourself and see what your child is seeing. This will help you to have a more informed conversation with them about the app and its risks.

LEARN HOW TO REPORT AND BLOCK INAPPROPRIATE CONTENT

With the proper privacy settings in place, TikTok can be a safe space for your child to express their creativity. However, it's important to ensure that they are aware of the risks of interacting with strangers online and the importance of reporting any inappropriate content to the app's moderators.

MODERATE SCREEN TIME

As entertaining as TikTok is, it's important to ensure that your child is not spending too much time on the app. Encourage them to take regular breaks from the app and to engage in other activities, such as sports or hobbies.

Meet our expert

Pete Smith is a writer with over 10 years in research and analysis. Working within a specialist area for West Yorkshire Police, Pete has contributed work which has been praised in successfully winning high profile cases in court as well as writing as a subject matter expert for industry headlines.

www.nationalonlinesafety.com Twitter: @nationalonlinesafety Facebook: /NationalOnlineSafety

Stars of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 08.01.2020

News from the classrooms

Ainslie Class have been very busy learning at home this week. As well as doing lots of Phonics practice and learning the days of the week, the Reception children were given a few challenges such as

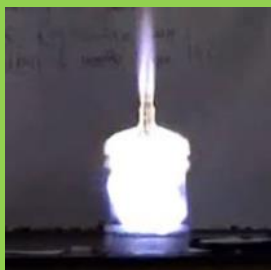


building a boat to transport some of their toy figures to the mainland, and creating hedgehog hotels in their gardens.



Lambert class has been working hard at home with their home learning and creating an animal project which they are going to share on Monday in school. They have enjoyed taking part in daily zoom sessions, sharing stories, having PE with Mr Goldsmith and playing a range of games such as Simon Says, Would you rather, guessing animal riddles and a scavenger hunt.

On Monday, Year 5 had another opportunity to further their STEM career knowledge in a ZOOM call from the Winchester Science Centre. Racheal talked to us about what it was like to work there and what she did, and also showed us a 'whoosh bottle' experiment. The children asked some excellent questions.



On Tuesday morning, Robertson Class enjoyed a talk by Oliver - a palaeontologist - from the Dinosaur Farm in Chale. He supplied us with a box of exhibits and some amazingly accurate replica dinosaurs that the children really enjoyed handling. They asked some excellent questions and are now very knowledgeable about how fossils are formed, in preparation for writing an explanation about this.

Doodle Maths

Well done to **Macarthur Class**, who are the top Doodlers this week!



School Dinners

Children in **Year R, 1 and 2** are entitled to a 'universal' **free** school meal everyday.

Children in years 3-6 are charged at £2.15 per day.

W/c 5th	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Pizza	Turkey Pie	Roast Pork	Spag Bol	Fish Fingers
Option 2	Veggie risotto	Veggie Pasta	Quorn	Veggie Chilli	Cheese pastry
Dessert	Oaty Square	Fruit and Yog	Marble Cake	Drizzle Cake	Ice cream

If children from years 1-6 do not like what is on the menu, they can ask for a jacket potato with either beans, cheese, beans and cheese or tuna mayo. Fresh salad and fruit is offered everyday alongside the daily options.



Wednesday 16th December 2020



You can support The Earl Mountbatten Hospice this Christmas. They have a Christmas fundraiser which you can take part in by clicking here: <https://www.mountbatten.org.uk/letter-from-father-christmas>



Last day of this half-term is
Friday 18th December

Back to school on Monday 4th
January 2021

