

Summer Term Part 2

To Infinity: Our planet and Space



Our Key subjects for the topic are: Geography and Science

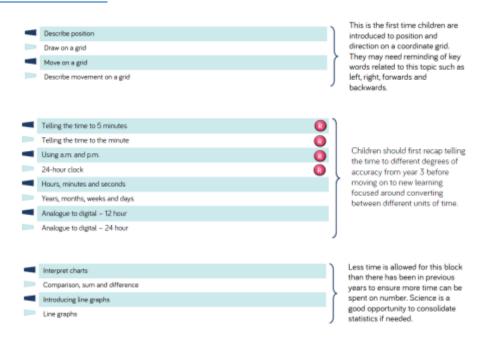
Our Key Learning skill for this half term is: Problem solving.

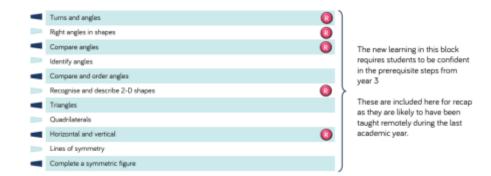
In maths we will learning about:



- Time
- Statistics
- Properties of shape
- Position and direction

For more details on our maths learning check out the detail on our class web page or follow this link: www.whiterosemaths.com.





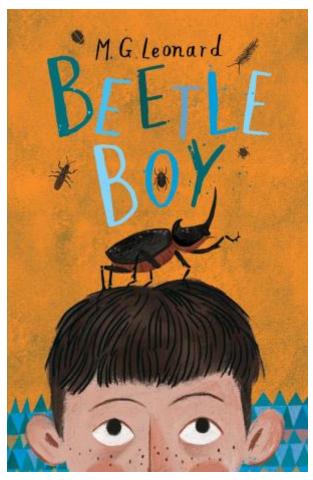
In **English** we will be learning about:

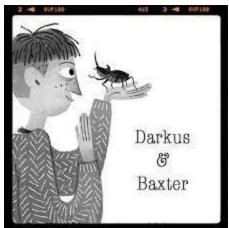


- Writing to discuss.
- Non-chronological report.
- Narrative, stories about aliens.

Our writing will based on: My place in Space, How spaceships work, $\,$ grand day out.

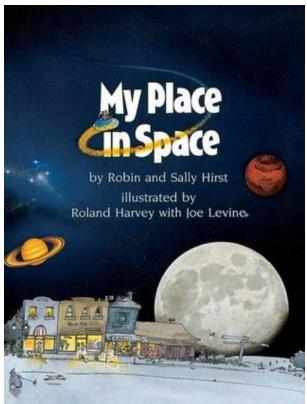
and our new guided reading text: Beetle Boy













Geography



In our Geography sessions this half term we will be learning:

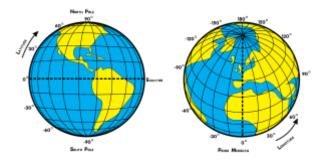
Earth as a planet.

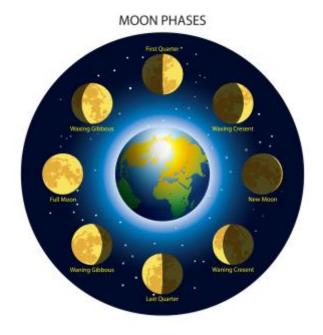
- Geographical features of the planet Earth:
- Continents and oceans. Know and identify on a map.
- Equator and tropics. Know location and identify on a world map.
- Poles and lines of longitude and latitude.
- Time zones and GMT.

- Night and day, seasons and years Links to Year 5 sceince.2
- Phases of the Moon.
- Planets and planetoids of the solar system.
- Movements of the planets.

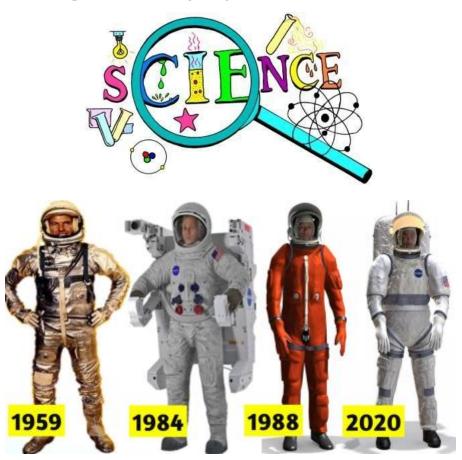








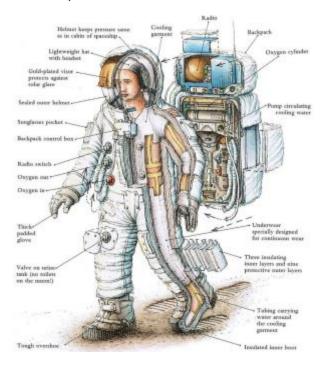
Science: Working Scientifically - Space suits



In science we shall be learning:

- Investigating the properties of materials.
- What properties do we need for a spacesuit?

- Thermal conduction and insulation.
- Transparency and reflection of light
- Strength and flexibility.
- Air and water permeability.







Art and Design: Pencils and sketching.



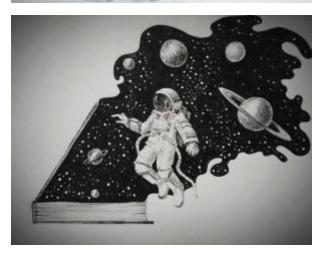
In A&D we will be learning to:

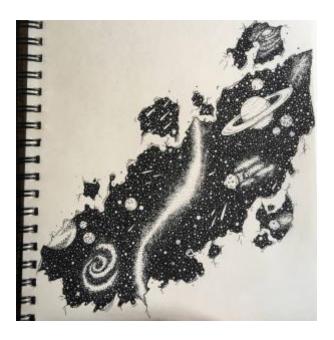
- Examine examples of pencil drawings, what methods have been used to create a realistic image?
- Pencil drawings inspired by space and the Solar system. Examine images of the Moon and astronauts in space. What colours can we see?
- Explore creating shades from deep black to bright white.
- Experiment with using a pencil to create different line. Creating shapes with soft and hard edges.
- How can we create shade and texture, look at examples and recreate, follow modelled examples.

- Use blending and smudging to create soft edges and transitions between elements in our pencil picture.
- Based on our observations and using the range of skills practiced over the term create a space image (Moon would be most focused).









Morals and ethics: Making the right choice.



Our PSHE learning will focus on Relationships:

- Listen to and discuss out of context bible stories. What would we do and why?
- Share the bible stories and discuss the choices that were made. Did we make the same choice? Why did the bible characters make those choices?
- Can we give examples of times we have been in a similar situation or made a similar choice?
- What are morals and ethics?
- How can we make good choices and live morally?

• Discuss a selection of moral question based on philosophy for children. Record responses in a variety of ways.

Computing: Coding and debugging.



- Scratch (graphical coding) and Lego WeDo for Physical computing.
- Set start conditions which could include using sensors later on.
- Use repeat and loop commands.
- Use the 'if' and 'not' conditions to set variables.
- Create code for a given purpose or to achieve a goal.
- Test code and debug/change where needed.
- Separate schemes of learning and projects for all these systems can be found online.





Keeping ourselves safe online.



What Parents & Carers Need to Know about

PEGI

Violence & weapons

Risk of addiction

In-game purchases

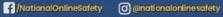
Other Players

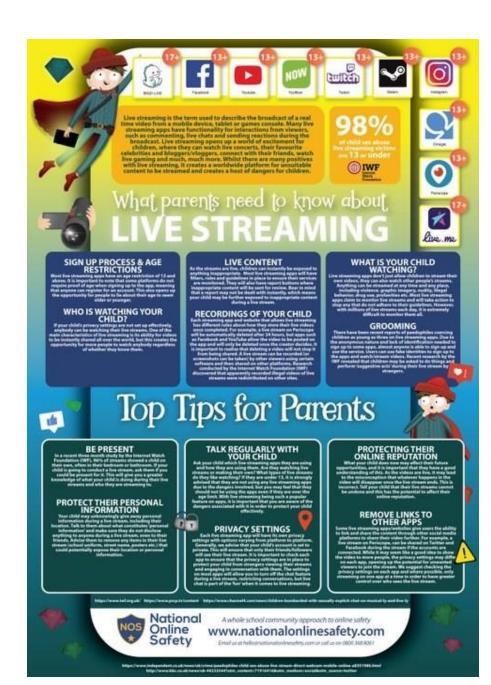
Advice for Parents & Carers

Meet Our Expert













Creepy characters like Slender Man or Huggy Wuggy. Dangerous online challenges. Songs or videos that aren't sultable for youngsters. When things like these begin trending online, it can be difficult to prevent children accidently stumbling across them – especially if they use a range of platforms, like online games, social media, streaming sites or messaging apps. A trend can originate in one online space and rapidly spread to other platforms or via chat apps. The frightening Huggy Wuggy character, for instance, first emerged as part of a game on Steam; now there are parody songs on TikTok, videos on YouTube and more than 45,000 results for #huggywuggy on Instagram.

WHAT ARE THE RISKS?

UNSUITABLE VIDEOS AND IMAGES

INAPPROPRIATE LANGUAGE DOSH

COPIES OF LIVE STREAMS

ACCIDENTAL EXPOSURE

Advice for Parents & Carers

USE SAFETY FEATURES

LESS IS BEST

KEEP IT COMMUNAL

Encourage your child to stay in a communal family space when they re watching videos or playing online games on their devices—without headphones, if possible. Thi will make it far easier for you to keep one eye (and ear) on what they are seeing and hearing while they're

AVOID FAN-MADE CONTENT

REACT CALMLY

SUPPORT AND REASSURE

Meet Our Expert





National Online Safety









ONLINE SAFETY FOR UNDER 5s

energhered and self del 01

According to Ofcom's most recent research, a significant proportion of children are already online by the time they start school, with 17% of 5-year-olds owning their own mobile phone and 50% using messaging platforms. As becoming familiar with technology is generally encouraged in younger children — and has been essential for education during the pandemic — it is crucial that trusted adults recognise both the benefits and the risks of infants and toddlers using digital devices. We've compiled our top tips to help the under-5s start their online safety journey.

USE DEVICES TOGETHER

i lets you monitor and control wh r child is using the device for. It provides the interaction that ports children's understanding that they're seeing — allowing m to ask you questions, and so or

ACTIVATE PARENTAL CONTROLS

MANAGE SCREEN TIME

This can be tricky, especially if your child is interested in a certain video, app or game. Try to agree on some ground rules and get your child into a routine which includes certain times of the day when they go

PARENT CODE:

BLOCK IN-APP PURCHASES

If your child uses a device that's linked to a payment method (such as a bank card), use the parental controls to block buys from app stores, as well as in-app purchases. That will prevent your child from accidentally spending money whil

CHOOSE SAFE APPS AND SITES

There are some fantastic apps and platform that are specifically designed to be safer for children. Always check the PEGI agree rating before downloading an app, and test it yourself before allowing your child to use it.

INVOLVE THE FAMILY

TALK ABOUT BEING SAFE ONLINE

SET A GOOD EXAMPLE

IF IN DOUBT, ASK

SUPPORT CREATIVE & ACTIVE PLAY



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ational Online Safet

#WakeUpWednesday







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Telegram is a free messaging service which is very similar to WhatsApp. Users can message each other as well as send images, videos, audio clips and other files using end to end encryption.

People can also create groups and broadcast messages to a worldwide audience. Telegram differentiates itself from WhatsApp due to operating via a cloud-based system which means users can access the app across any device and can share and receive much bigger files. It also prides itself as being faster and more secure than any other messaging app on the market.

16+





What parents need to know about

TELEGRAM



SECRET

(i) rectoration

Telegram gives users the ability to chat both publicly and in private. The so called "Secret Chat" option allows two users to chat in private with added security features Messages can be timed to 'self destruct' in a similar way to how 'snapchat works and no record of the conversation itself is abild by Telegram. This means children could speak to strangers in extrarely private chromatences with no trace of the content

CREATING A PUBLIC USERNAME

On initial sign-up. Telegram asks users for whish phone sumber, as well as their first an last name in order to create their profile. Public acress to these can be restricted via the privacy settings. However, users also have the option to create a postic username for their profile which makes it possible for others to find them via a contact search under 'global results'. This means that people could send messages to your child, even though they don't know their number.

NO MINIMUM AGE VALIDATION

Telegram provide a 16s age rating for use which is reinforced by Apple who provide a minimum age rating of the provide a minimum age rating of the control o

RISK OF HACKING

Although Telegram allows users to log in on any device and continue conversations assuminship, this also presents a risk on shared devices, such as lopitops, PC or ablets, particularly if users log in on public access devices. Unless added security leatures are enabled or your child logs out of each device, individuals could easily impersonate your child and send messages or sieve contant which could embarrass them or vicility their privace.

FORWARDING YOUR MESSAGES

Unless chaft are secret, every message that your child posts on Telegram can be forwarded an to other chaft, genuge or channels. These forwarded messages also share a link is your child's profits and give the recipient the ability to coniact your child despite not knowled who they are. This again raises the possibility of your child speaking with complete strangers.



ACCESS TO ILLEGAL CONTENT NO AND PORNOGRAPHY

One of the unique features of Talegram is the ability for users to create that even content. This could be in the way of sticker sets, bots or channels, all of which can be made publicly available to everyone. As this content is user generated, some of it may be abult themed, sexual in nature or illegal and can be easily accessed by users before any attempt is made to remove it, indiced, Talegram has previously been labeled as the measing service of choice for terroricis and was removed from the app store temporarily in 2018 for before the properties.



TELEGRAM GROUPS AND CYBERBULLYING # # " @ % \$

ram groups can have up to 200,000 members each and e restricted to just friends and family or can be made for anybody around the world to join. The administ suppretain the majority of control and have the option

the set group permissions, including disabiling others members ability to post messages. Whilst this could be used to their regulate and block people posting inapprepriate content. If could also be abused by where If a child is being builted or has been subject to offensive material.







Top Tips For Parents



5





ACTIVATE PRIVACY CONTROLS

TALK 2
ABOUT
SHARING DATA

ere are a number of vary controls within legram that can be made to the dependent of the de

SET UP A PASSCODE FOR CHATS

tith many measoging toos, children can be sed or analysisted abstraing personal institution with manifest to the control over the control over this can be sent to peaking to your access their account about protecting early personal data exceeding the control over th

BLOCK ABUSIVE USERS

If your child is receiving harmful or abusine messages from certain users, then they can block them. This means those users will be unable to message your child, add them to groups, see their profile pictures or know when they are online or were last seen enline. Users can be added to a blocked list via the Privacy and Security tab





LEAVE GROUPS

If your child is part of a group or channel which is making them feel uncomfortable or within which they are receiving party messages, then they can leave that group by Chcking on the group processing the property of the p



DELETE 6

On occasions your child may send a message to the wrong group or realise they have made a mistake shortly affer sending. Telegram offers the opportunity to delete messages in private and group chats by aimply holding desen on the message and confirming delete. In one-on-one chats, users can clear the entire chathistory for both ends, learning on the shortly be realed however that screen chat to should be realed however that screen chat to such as

REPORT ILLEGAL CONTENT

Whilst Selegram does not act on contest within group or private chart, any publicly available sticker sets, but's or channels which are believed to be illegal or inappropriate can be conserved to be insperied to Telegram. This can be done via small or by saling the report button within the app isself.



Meet our expert

rece sands a worse wins over 10+ years, in research and analysis, Wecking within a specialist area for West Yeckshire Police, Per has contributed work which has been protein in successfully winning high profile cases in court as well as writing as a subject matter expert for industry handlehooks.











SOURCES:

nce the dawn of video games there have been questions asked about their potential link to violent or disruptive behaviour in people, and in particular, young spie. These questions certainly haven't been without merit; violent content and graphics seemingly get more and more common as technology progresses. But at's the truth when it comes to the science? Thankfully, in today's age we actually have a much more solid idea of what the link between the two looks like, and whether or not we should be concerned. In this guide, we'll look at the arguments both for and against the idea that video games cause violent behaviour.





VIOLENT AND MATURE THEMES

or x no getting around the fact that yes, some video games do carry violent or more mature ness and to the cause observer, they can be quite starting. Use of weapons, bud language, use content or scary images are worrying things to introduce to a young mind at the best of e, and even more so when they can be interested with.

FOR

ANGER EXHIBITED DURING OR AFTER PLAYING GAMES

RELATIVELY UNKNOWN LONG-TERM EFFECTS



HISTORICAL HYSTERIA

ALMOST EVERY MODERN SCIENTIFIC STUDY

MISUNDERSTOOD OUTSIDE FACTORS

mes outside factors can contribute to shifts in behaviour that could be exacerbated by but not caused by it. If you're concerned over recent mood swings or aggressive class in lowed ones, there's no substitute for shalling it out and trying to get to the route of the n. A lot of people use video garnes as an escape from everyday life, and taking this away proper thought could make things worse.

















SHOULD WE STOP BLAMING VIDEO GAMES FOR VIOLENT AND AGGRESSIVE BEHAVIOUR?

ng ones play a video game should always be at the forefront of our minds, but the evidence of the negotive imp they have has been debunked time and again in recent years.

only that the argument around violence and video g orn scientific studies have started to lean heavily to t growing behavioural issues in your kids, talk to th

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At National Online Callety we hallow in empowering parents, counts and treated establishment that is informated in help made to held in informated conventation about acides a platy with their children, should they feel it is medical. This callet focuses on one calletion of many which we have trusted establish should be seen. It may be a feel to be seen of the course of the country of the first threat of the state of the seen of the country of the seen of the country of the seen of the country of the seen of the seen



Andy Robertson is a parent of three children and journalist who writes for national newspapers and broadcast television. His Taming Gaming book helps parents guide children to healthy play.









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What Parents & Carers Need to Know about

The internet is a vast space, home to all manner of differing viewpoints. However, website owners have realised that beople tend to enjoy the online company of others who think and sound like them. It's in the website providers' interests, then, to create echo chambers: sites where the user's own views are echoed, reinforced and built on without being challenged. This is common on social media. Combine echo chambers with the dangers of misinformation and fake news, and the result could easily see children becoming trapped in an online bubble – only ever confirming what they think they know, discouraging them from questioning, and never offering a different perspective.



Stifled independent thought



Creating obsessions

Blinkered worldview



Risk of radicalisation

Changes in behaviour

%\#B





Adjust content settings

Introduce time limits



I AGREE!

Ask for expert help

Meet Our Expert





Nos Online Safety









What Parents & Carers Need to Know about

Email scams are when you receive a mail from someone purporting to be a genuine person or company, but is actually an online fraudster trying to trick you into disclosing personal information. This is often referred to as 'phishing'. Normally, people click on the links in an email assuming that they will be directed to a trustworthy website – but fake sites, closely resembling the real thing, are increasingly being set up by cyber criminals specifically to capture your personal information, which could in turn jeopardise your financial, emotional and possibly even physical wellbeing.

Disguised Deceptions

Some scam emails can appear to be from comparies that you know and use. For example, you could receive an authentic-looking email advising of a problem with your account or payment method. Instead of reacting to the email and disclosing personal information like bank details, it's wise to call the company directly on a trusted number to confirm if there actually are any account issues.

Identity Theft

Another significant risk is falling victim to identity theft. If a scammer manages to acquire your usernames and passwords, they would then have access to your anline accounts – and they could effectively pretend to be you. This could have a massive negative impact if changes were made to your accounts, for instance, or the scammer communicated with your cantacts while posing as you.

Viruses and Malware

A particularly devasting hazard with scam emails is that some links, when clicked an, could result in dangerous viruses or malware being downloaded onto your devices. This could enable scammers to harvest valuable information without your consent (and sometimes even without your knowledge) or prevent you from accessing the device altogether making it unusable.

Financial Damage

One of the primary cansequences for victims of an email scam is the financial cost. If you do click on a scam email and disclose any personal information, it can then be used to take money from accounts belonging to you and your family. Depending on exactly what information the cyber criminals obtain, this could result in significant and far-reaching financial losses and personal stress.

Hijacked Accounts

A scammer with access to your accounts could once they're logged in as you - deny you entry. If they were to change the password, it would - in most cases - not allow you any further access. Even for accounts with little or no financial value attached, this could be hugely inconvenient you could permanently lose data and files that you had invested a considerable amount of time in.

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Personal Safety

Another danger of scam emails is that, in extreme cases, they could ultimately lead to a threat to your physical wellbeing. If someone is demanding to meet with you and has accessed your personal information (your address, for example), they could attempt to confront you in person – which is of course exceptionally dangerous Losing control of sensitive information could put you in a vulnerable position.

Advice for Parents & Carers

Protect Personal Details

ou in physical danger as the c exactly where to find and app

Beware of Suspicious Emails

ne knows how to identify and deal with scam they are far less likely to fall prey to them in future.

Check Spelling and Grammar

ABC ABO

Access Sites Manually

Don't Open Dubious Attachments

Meet Our Expert

















he Dos and Don'ts of Online Conduct

igside individual skill, impressive teamwork and some truly epic matches, one of the most enjoyable things about this summer's European ball championships has been the sense of sportsmanship and fair play. Players have competed fiercely, but they've (mostly) remembered they've representing their country – and that bad behaviour, dangerous play or outright cheating tends to last in people's memories for a ong time after tournaments are over. The same is true of how we act online – one error of judgement or loss of control might only take a cond, but can have results that are difficult to forget. Instead, just like the hereos of the Euros, we should aim for people to see us and feel proud and inspired. So, in a five-a-side line-up (with five "dos" and five "don"ts"), here are our top tips for playing fair online.





What Parents & Carers Need to Know about





er yone has the right of 'freedom of expression.' This is the right to voice your opinions and share information and ideas with rs. It is not the right to say whatever you want. We all have a responsibility to use freedom of expression properly by not saying rigs that are grossly offensive or threatening, or encouraging hateful activity, thereby undermining the rights of others. Both online and offline, hate speech targets those who are different to the speaker in some way. Communication attacking or criminating against groups and individuals (because of characteristics like race or religion) is hate speech, not free speech.

Call hate out!

STOP HATE!

say no

What is Free Speech?

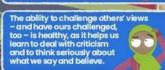
Free speech is the principle that an individual is allowed to share information, opinions and ideas without fear of retaliation, censorship, or legal consequences. Here's why free speech is important...

The Human Rights Act states that everyone has the right to express themselves freely and hold their own opinions – even if those views are urpopular and could offend others.



Freedom of expression encourages listening to others and allowing opposing views to be heard. It's important that we respect someone's opinion, even if we disagree with it.

Any idea could potentially offend someone: Both Galileo and Darwin's theories, for example, were originally incredibly offensive to many. Freely exchanging ideas promotes progress.



It's a powerful way to push for change. Many modern rights – such as women being allowed to vote, or decent working conditions – couldn't have been achieved VOTES EOR WOMEN without free speech.

Freedom of expression also includes the right not to do something: such as not standing up or singing for the national anthem, even though some people would deem that offensive.



Spread Love

What is Hate Speech?

Hate speech is any communication which displays prejudice against someone's identity, it can be derogatory, demonising and dehumanising statements, threats, identity-based insults, offensive name-calling and slurs. Some common types of hate speech include ...

Targeting people or groups because of their race, gende or gender identity, sexuality, nationality, religion or a disability.



individuals or groups based on those attributes, such as referring negatively to them as animals, inanimate object or other non-human entities.





Claiming that specific types of people are physically, mentally or morally inferior, or even that they are criminals.





Making up or repeating insults about a person or group because something about their identity (for example, religious beliefs or a disability) is different to the personators prefind





For further information and reporting:

Amnesty International: https://www.amnesty.org/en/what-we-do/freedom-of-expression/

True Vision: https://www.report-it.org.uk/reporting_internet_hate_crime

Report Harmful Content: https://reportharmfulcontent.com/?lang=en













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.nationalsninesafety.com for further guides, hints and tips for adults.



'Likes' are a simple way for users to show that they like a post on social media. This could be anything from photos and videos to status updates and comments. The feature is widely used on several social media platforms and is extremely popular on Instagram and Facebook. It is often used by children to measure the success of their social media post and gauge opinion. However, It can also bring a number of social pressures, particularly if users start to question their own levels of popularity.





What parents need to know about LINKED TO 'LIKE



DAMAGING TO SELF-ESTEEM



UNREAL VIEW OF THE WORLD





AN ADDICTIVE FEATURE



COMPETITIVE CULTURE





Safety Tips For Parents

FOLLOW OR BEFRIEND YOUR CHILD ONLINE



MONITOR MENTAL HEALTH



ENCOURAGE HOBBIES OR OTHER ACTIVITIES



DISCUSS THE REAL WORLD



HELP TO BUILD YOUR CHILD'S SELF-ESTEEM

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SOCIAL MEDIA & Mental



Social Media is often scrutinised as having a negative impact on children's mental health. Whilst currently, there is not enough evidence or research to say whether this is true or not, there are certain modern pressures' connected with social media which trusted adults need to be aware of. Children and young people are constantly connected and whilst this comes with some benefits, it also comes with a feeling that you are constantly visible. This guide is designed to encourage trusted adults to think about their children's mental health and their social media activities, providing them with some useful tips on improving and

Five potential signs & symptoms of mental health difficulties

- Have you noticed a change in your child's personality? They may not be acting or feeling like themselves.
- 2. Any recent uncharacteristic anxiety, anger, or moodiness?
- 3. Is your child experiencing social withdrawal and isolation?
- 4. Is there a sudden lack of self-care or risky
- 5. hopelessness or feel overwhelmed



Meet our expert

This guise has even written by Annia basinania. Annia by passionate about placing prevention at the least of every school, integrating mental wellbeing within the certiculum, school cuffere and systems. She is also a member of the advisory group for the Department of Education, additing them on their mental health green paper.



1. EDUCATE YOURSELF

Educate yourself about social media sites your child is using so you can really understand what they are experiencing and how this may be making them feel.

2. DISCUSS REAL-LIFE CONNECTIONS

Talk about the importance of foce-to-face timwith friends and family, and what enjoyment this can bring. Encourage your child to focus on their relationships with people who make them feel good about the markets.



3. SUGGEST REGULAR BREAKS FROM SOCIAL MEDIA

Encourage your child to take regular breaks from checking their social media platforms. You could suggest that they turn off their app notifications during certain times of the day so they can focus on other things.

4. ENCOURAGE OTHER HOBBIES OR INTERESTS

Spending time away from their phone and devices will offer them an opportunity to discover other interests and activities they may enjoy. This could be sports, playing a musical instrument or creative interests such as arts and crafts.



5. OFFER YOUR SUPPORT

accessed on the internet which may impact your child's mental health. Explain to your child that not everything online is real and ensure they know that you are there to support and advise them about any worries or anxieties they may have.

HELPFUL APPS:

- Hub of Hope
- Mindshift
- 3
- OTHER SERVICES
- Childline (0800 1111)
 Bullvine UK (0808 8002222)
 - Bullying UK (0808 8002222)
 Young Minds (0808 802 5544)

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What Parents & Carers Need to Know about 18-

OnlyFans is an online platform, created in the UK. It is free to join either as a user or creator, but creators monetise their content by charging subscription fees for users to view it. This content can take the form of photos, videos, live streams and one-to-one chats. In many cases, users are also required to pay for any additional content they would like to access. The site has around 50 million users worldwide and is aimed squarely at an adult audience.

Falsified Profiles

Only rais assis users to provide personal information, a "selfie" and a copy of their ID to verify their age. However, in 2020, a BBC documentary found evidence of under-18s building profiles on the plotform by using torged documents or other people's ID. Payment information is also required to activate an account – but an under-age user could simply input someone else's bank details.

Explicit Content

Although it hosts various types of content creators (chefs, fitness trainers, artists and so on), Onlyfans has developed a particular reputation for showcasing adult material. Even if a young person on the platform is not selling explicit content of themselves, it is likely they will be exposed to profile that are — and they may even come under pressure to do so from older users of the app.

E12.00 a MONTH Hot New Vids EVERY WEEK ALL TO YOURSELL O9.06.2021 Ois 3 FastCars 87 lipped £ 12.001

Online Grooming

Due to the platform's commercial nature, there is the potential that young people may be offered money by other users to create specific content. This represents an increased possibility of young content creators being put at risk. If the requests are for explicit protos or videos, a content maker who is under 18 would therefore be producing their own child abuse material.

Risk Taking

In trying to produce the 'right' content or fit in with other Onlyfora users, young peoplerm of be more users group expellency be more users the moterial that they upload. Adolescents are more inclined to take risks as they develop their Identities and seek approved in heir peer groups. Online, this tendency may lead them into producing content that they would not normally consider making.

Potential Financial Costs

Only Fans is subscription based, raising the risk of racking up sizeable costs very quickly. When a user clicks follow on an account they want to subscribe to, their debit or credit card is charged. Subscriptions are non refundable and set to auto-renew as default. Many accounts labelled as free still encourage users to do note tips for content they we liked.

Advice for Parents & Carers

@i<3FastCars87tippod£12.00</p>

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Maintain a Dialogue

It can help to talk honestly with your child about the dangers of using adult platforms such as Onlyfans. Discuss the types of content that they feel is appropriate (or not) to post online and the potential consequences of sharing too many images, too much information and — especially — explicit photos or videos.

Monitor Their Finances

This is particularly relevant for teens with their own bankaccount. If you notice a drastic change in spending habits or your child suddenly has more disposable income or high-value items (like designer clothes or new gadgets) that you did not think they could afford, then you mayneed to initiate a discussion about how they obtained this money.

Parental Controls

Ensure that you implement adequate safety measures on your child's phone and other devices – especially parental control settings. Depending on the device, age-inappropriate websites, content and downloads can be filtered by age rating and blocked.

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Discuss Strangers on the Internet

Highlightto your child the dangers of meeting people they might have engaged with through a platform like Onlyfans. Make sure they know to inform a trusted adult straight away if someone they have only spoken to online attempts to persuade them to meet up in real life.

Meet Our Expert

Dr Rina Bajaj is a Counseilling Psychologist who has worked in mental health since 2004 (for the NHS, statutory or ganisations, in the corporate workd and the voluntary sector). Her or eas of specialism include dotting and nelationality is counseilling, and she has diverse experience in helping people from a range of backgrounds.















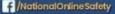


The privacy settings on your child's Apple device give you control over the information stored on it. This allows you to select which apps can access features and information on your child's device; for example, you might wish to block a social networking app from connecting to the camera reel, or specify which apps can use the device's location data.













The settings on an Android device allow you to set certain rules to nelp safeguard your child's privacy when they are using it.

For example, you can turn off location services to keep their whereabouts private, prevent third-party apps and sites from viewing their information; and stop apps from accessing other functions of the phone (like the camera or microphone, for example). We've produced step-by-step guides on how to lighten up an Android phone's privacy settings.



It can be challenging for parents and carers to know whether children are spending too much time on their devices. Furthermore, it's even more of a challenge to know whether a child is addicted to the internet and social media. As technology is becoming more pervasive, children and young people are experiencing tech - related dependencies. Do we as parents and carers have the knowledge to identify and support children and young people who may be developing an addiction to their devices?

What parents need to know about SCREEN ADDICTION

HEALTH & WELLBEING

Children as young as 13 are attending arraphone rehab' following growing concerns over screen time. There are now help centers in the UK which deal with screen addiction for children and adults showing the seriousness of device addiction. The World Health Organisation (WHO) has officially recognised gaming addiction as a modern disease. The condition was confirmed as part of their International Classification of Diseases (ICD) which serves as an international standard for diagnosing and treation health conditions.

LACK OF SLEEP

7 out of 10 children said they had missed out on sleep because of their online habits and 60% said they had neglected school work as a result. It is important that children get the sleep they need in order to focus the next day.

LOSS OF INTEREST IN OTHER THINGS

Your child may become less interested in anything that does not include their device. You may notice that your child is missing school time and generally being less engaged with other activities in the home. It is important to discuss this with your child as soon as you notice a behaviour change.



CONFIDENCE, SUPPORT & ADVICE

The Children's Commissioner report 'Life in Likes', explored how children aged 8-11 are using social media today. It showed that children are using their devices to speak to their online friends about their problems and seek acceptance and support, removing face to

APPS CAN BE ADDICTIVE

Apps have been designed with 'psychological tricks' to constantly keep grabbing your attention. One example of this is on the app Snapchat, where you can gain 'streaks' when interacting with your friends. If you don't respond, you lose the streak. This addictive nature of apps aims to engage children and keep them coming harf for more.



Top Tips for Parents



LIMIT SCREEN TIME

In today's digital age, technology is an important part of a child's development so completely banning them from their device will mean they are missing out on a lot, including conversations and communication with their friends. Rather than banning them from using their devices, we suggest setting a screen time limit. Work out what you think is a suitable and healthy amount of time for your child to be on their device per week. Remember that your child may need to use devices for their school homework so only set screen limits on recreational time on their device. Once you have established this, have the conversation with them to discuss why you are implementing a screen limit. There will be others in your child's friendship group who will not have screen limits.

ENCOURAGE ALTERNATE

It may seem like an obvious solution, but encouraging children to play with their friends, read a book, or playing outdoors will help them realise they can have fun without their device. Playing football, trampolining, camping, going for a walk or swimming are all healthy replacements for screen time. Try to join them in their Outdoor activities to show your support.

LEAD BY EXAMPLE

Children model their behavior on their peers, so if their parents are constantly on their device, they will see this as acceptable. Try limiting your own screen time and follow the same rules you have set for them. If you have asked your child to not use their device at the table, make sure you don't. Try setting house rules that the whole family abide by.

LESS TIME MEANS LESS EXPOSURE

There are many risks associated with devices, such as cyberbullying, grooming, sexting, viewing inappropriate content etc. Less time spent on a screen means that a child will be less associated to these sizes.

MOBILE-FREE MEALTIMES

Have you tried to settle your child by giving them a tablet at the dinner table or restaurant? This may seem like a quick fix to calm them down but in reality, it is encouraging them to use their device as a distraction from conversation and dealing with their emotions. We suggest removing all technology from the dinner table and having conversations with your family about how their day has been.

REMOVE DEVICES FROM THEIR BEDROOM

Setting a rule about removing devices from bedrooms will help your child to get the sleep they need and be more focussed the next day at school. 20% of senangers said that they make up to check their social network accounts on their devices. Even by having a device switched off in their bedroom. Hey may be tempted to check for notifications.

STATISTICS

52% of children aged 3-4 go online for marry 9hrs a week

82% of children aged 5-7 go online for nearly 9.5hrs a week

93% of children aged 8-11 go seline for nearly 13.5hr5 a week

99% of children aged 12-15 go coline for rearly 20.5hrs a week

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Snapchat is a photo sharing app for mobile phones and tablets. The app allows users to share images, videos and chat with friends. Users can share images and videos directly to specific friends, or through a 'story' shared with their entire friend list, which documents the previous 24 hours. In a study, Snapchat was ranked the 4th most negative app in terms of having an impact on young people's health and wellbeing, with children feeling that they can use the app Snapchat to "make you look pretty."



GE RESTA



What parents need to know about

EXPOSING YOUR CHILD'S EXACT LOCATION

The 'Snap Map' lets you share your EXACT location in real-time through a map on the app. The user's location updates when the app has been opened on the device. There is a warning on the Snapchat wabsite about uploading images and videos to 'Our Story' stating that 'snaps you submit to 'Our Story' can still show up on the Map, no matter which location setting you choose!. When uploading to 'Our Story', your child's image or video could appear in 'Search results and Stories on or off Snapchat today or in the future."

LENS EXPLORER
The 'Lens Studio' on Snapchat gives users the eedom to use their imagination to design their own filters for themselves and others to use Snapchat lates that the lenses users create 'must comply with our Lens Studio Submission Guidelines and our Lens Studio Submission Guidelines and Community Guidelines and must be appropriate for Snapchatters ages 13+." The "Lens Explorer" in the app now enables users to choose from thousands of these creations to after their snaps. Anyone can create a lens for Snapchat, which gives opportunities for age—inappropriate content to be uploaded.

SCREENSHOTS & SAVED

SCREENSHOTS & SAVED MESSAGES
While Snapchat's gimmick is that all photos, videos and text disappear eventually, users still have the capability to screenshot or record anything which has been sent to them. Users may sometimes forget that screenshotting is possible and send a compromising image or message to somebody who they think they trust. They may also accidentally send an image or message to somebody who they do not trust. Simply by pressing and holding a message, the user is able to save a message they have received, which can be screenshotted or used against them at a later date.

SNAPSTREAKS & ADDICTION

SNAPSI KEARS & ADDIC, ION
'Snap Streaks' are gained when snaps have been
sent back and forth consecutively between friends.
The longer that snaps are sent between users, the
longer the streak becomes. Furthermore, Snapchat
rewards users who have achieved high Snap
Streaks, by gilting emojis, adding incentives for
users to keep the streaks. Children invest time into
making their streaks as long as possible, which can
put an incredible amount of pressure on both
themselves and their friendships.

SEXTING

Due to 'Snaps' disappearing, lusers can even send a one-second photo or videol, Snapchat has become the chosen platform for children and young people to send sexually explicit images or 'selfies'. Once a photo/video has been screenshotted, or recorded using another device or software, this can lead to further dangers, such as blackmail and cyberbuiltying. It is illegal to make, possess, download, store and share sexual images, photos and videos of a person under the age of 18. This also includes any sexual images, photos and videos that a child may have taken of themselves. However, if a young person is found creating or sharing images, the police can choose to record that a crime has been committed, but taking formal action isn't in the public interest.

SNAP ORIGINALS

Through 'Smap Originals', users can watch content which has been created by Snapchat on the application gomedy shows, drama, news and more. Additionally, there are new lenses and filters available, inspired by the 'smap originals' shows. This is another feature to encourage addiction.



Top Tips for Parents

THE RISKS OF SEXTING

REPORTING A STORY, LENS, FILTER, SNAP OR MESSAGE

USE'GHOST MODE'

HOW TO DELETE A MESSAGE

TURN OFF 'QUICK ADD'

RESTRICT STORY VIEWS



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A whole school community approach to online safety

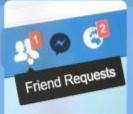
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Email us at helio@nationalonlinesafety.com or call us an 0800 368 8061



The whole concept of social media relies upon users having friends and/or followers. 'Friends' tend to be those with whom users will share their own personal profile. It's usually a mutual relationship with both parties able to engage and interact with everything their friends post online. 'Followers' on the other hand can typically be just one-way relationships and, dependent on the platform, only provide access to cartain aspects of an individual's profile, such as a person's content feed. A common trait that often exists between the two however is the desire to gather as many friends or followers as possible.





What parents need to know about SOCIAL PRESSURES LINKED TO RIENDS & FOLLOWER





POSSIBLE'FRIEND ENVY'

OPEN DOOR POLICY







OSCAR@NOS

Friends @



Aarav P.



Suzey S.



Jayden S.



Frankie T.



Gran F.



CONSTANT NEED TO PLEASE









FEELINGS OF REJECTION

Just like increasing friends and followers can bring a sense of happiness and satisfaction how invested your child is in their social media activities, this could influence their atti







🗳 Safety Tips For Parents 🥍







BE THEIR FRIEND OR FOLLOWER

TURN ON PRIVACY CONTROLS

TALK TO THEM ABOUT THE VALUE OF REAL FRIENDSHIP

DISCUSS WHAT BEING POPULAR ACTUALLY IS



Meet our expert

Pete Badh 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 pivotal in successfully winning high profile cases in court as well as writing as a subject matter expert for industry handbooks.













SIGN UP PROCESS & AGE RESTRICTIONS

WHO IS WATCHING YOUR CHILD? our child's privacy settings are not set up effection body can be watching their live streams. One of

BE PRESENT

PROTECT THEIR PERSONAL INFORMATION

LIVE CONTENT

RECORDINGS OF YOUR CHILD

WHAT IS YOUR CHILD WATCHING?

GROOMING



Top Tips for Parents

TALK REGULARLY WITH YOUR CHILD

PRIVACY SETTINGS

PROTECTING THEIR ONLINE REPUTATION

REMOVE LINKS TO OTHER APPS



A whole school community approach to online safety

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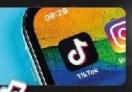




TikTok is a video-sharing social media app which lets people create, view and download looping 15-second clips. Typically, these are videos of users lip-syncing and dancing to popular songs or soundbites (often for comic purposes), enhanced with filters, effects and text. Designed with young people in mind, TikTok skyrocketed in popularity in 2018 and has featured near the top of download charts ever since. It now has around 800 million active users worldwide.







TKTOK



AGE-INAPPROPRIATE CONTENT

Most videos appearing on a child's feed are light-hearted and amusing. However, some clips have been reported for featuring drug and alcohol abuse, themes of suicide and self-harm, or young teens acting in a sexually suggestive way. The sheer volume of uploads is impossible to moderate entirely — so it is possible for a child to be exposed to explicit and age-inappropriate content.

EXPLICIT SONGS

Tik Tok primarily revolves around videos of users lip-syncing and dancing to nusis. Inevitably, some featured songs will contain explicit or suggestive lyrics. Given the app's young user-base, there is a risk that children may view older users' videos and want to imitate any explicit language or suggestive actions.

TIKTOK FAME

The app has created its own celebrities: Charil D'Amelio and Lil Nas X; for example, were catapulted to fame by exposure on TikTok – leading to many more teens attempting to go viral and become "TikTok famous". While most aspiring stars hoping to be 'the next big thing' will find it difficult, setbacks may in turn prompt them to go to even more drastic lengths to get noticed.



HAZARDOUS VISIBILITY

Connecting with others is simple on TikTok – including commenting on and roacting to users' videos, following their profile and downloading their content. The majority of these interactions are harmless, but – because of its abundance of teen users – TikTok has experienced problems with prodators contacting young people.



a

ADDICTIVE NATURE

Like all social media, TikTok is designed to be addictive. It can be hugely entertaining – but that also makes it hard to put down. As well as the punchy nature of the short video format, the app's ability to keep you intrigued about what's coming next mean it's easy for a 5-minute visit to turn into a 45-minute stay.



There's an in-app option to purchase 'Tik'tok coins', which are then converted into digital rewards for sending to content creators that a user likes Prices range from 89t to an eye-watering £98 bundle. Buying coins is now restricted to over-18s – but TikTok doesn't require users to verify their age on sign up, so a young person could easily access this feature if they were determined to.



Advice for Parents & Carers







TALK ABOUT ONLINE CONTENT

Assuming your child is above TikTok's age limit, tall to them about what they ve viewed an the app. Ask their opinion on what's appropriate and what lan't. Explain why they shouldn't give out personal detaill, or upload videos which reveal information like their

run, teaching them to think critically about what they see on TikTok could help them to become social-media savvy.

MAINTAIN PRIVACY SETTINGS

In early 2021, TikTok changed the default eatiting for all under 18st accounts to 'private'. Keeping It that way is the safest solution: It means only users who your child approves can watch their videos. The Stitch' (which lets users splice clips from other people's videos into their own) and 'Duet' (where you build an another user's content by recording your own video alongside

their original) features are now only available to over 16s. This might closh with your child's ambitions of social media standom, but it will fortify their account against predators.

LEARN ABOUT REPORTING AND BLOCKING

With the correct privacy settings applied, TikTok is a relatively self space. However, in case something fose slip through, make sure your child knows how to recognise and report inappropriate content and get them to come to you about anything upsetting that they've seen. TikTok allows users to report anyone breaching its guidelines, while you can also black individual users through their profile.



Family Safety Mode' lets parents and carers link their own Tikin's account to their child's. Through your mobile, you can control your child's safety settings remotely – including limiting screen time, managing their ability to exchange messages (and with whom) and blocking a lot of age-inappropriate content.

USE RESTRICTED MODE

in the app's 'Digital Wellbeing' section, you can filter out inappropriate content (specific content creators or hashtags, for instance) using Restricted Mode'. This can then be locked with a PIN You should note, though, that the eligarithm moderating content lan't totally dependable – so it's wise to stay aware of

MODERATE SCREEN TIME

As entertaining as TiKTek is, you can help your child to manage their time on it in the 'Digital Wellbeing' section. Under 'Screen Time Management', you can limit the daily permitted time on the app (in increments ranging from 40 minutes to two hours). This preference can also be locked behind a PIN. That you way, your child can get their regular dose of ItTriak without wasting the whole day.

Meet our expert

Parven Kaur is a social media expert and digital media consultant who is passionate about improving digital literacy for parents and children. She has extensive experience in the social media arena and is the founder of Kids N Clicks: a web resource that helps parents and children thrive in a digital world.









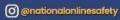


SOURCES: www.tiktok.com









PE: Athletics



In PE this half term we will be using our teamwork and communication skills to:

- Demonstrate quick reactions and rapid acceleration
- Accelerate from a variety of static positions
- Demonstrate the ability to change pace
- Sustain running at a consistent pace
- Pass a relay baton at speed using a push pass. Work in a cooperative manner
- While running jump over hurdles while maintaining pace. Use jumping combinations to move around a space.
- Perform dynamic combination jump sequences with control. Hop for distance. Jump for distance
- Throw foam javelins, discus and shotput for distance and with control.









Music: Recorders.

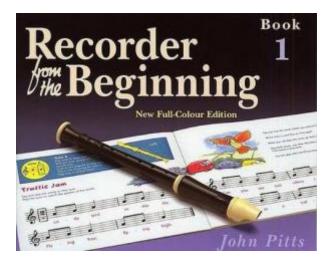


Classes 3 and 4 will be beginning to learn the recorder this half term using the John Pitts 'Recorder from the Beginning'.

Each learner will be provided with a recorder to use in school and this will remain 'theirs' until they move into Year 5.

We shall begin this half term by learning the first three notes on the recorder and playing together to learn a selection of tunes.

Watch our Twitter feed (@MD_Class4) to see recordings of our playing together,



History of Music - The 20th Century.



- Listen to music from different periods of the 20th C moving into the 21st C.
- Pre WW1, 1920s, rise of Jazz, Blues, rock and rock, disco, modern pop.
- Listen and respond, identify changes in style, pitch, melody and tempo. Compare and express preferences.
- Listen and identify the instruments used and how they changed over time.





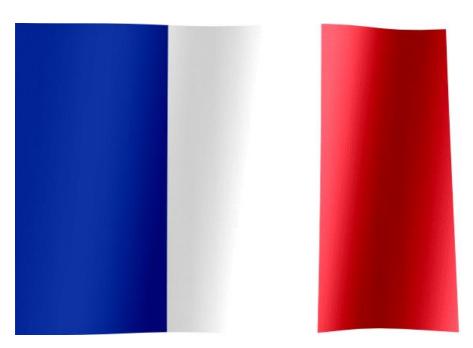








French



We follow the Wakefield 'La Jolie Ronde' scheme for learning French in lower KS2.

We will be continuing to build the learners' spoken vocabulary and confidence to answer questions in French.

In Year 4 we learn:

- How to form the negative
- Numbers 1-31 and multiples of 10 to 100
- Classroom instruction wider range
- How to ask and answer questions about time, date, food, hobbies
- Parts of the body
- Members of the family
- Pets



Home learning project



Please remember all team members are still expected to read at home for 20 minutes at least five times a week, practice their times tables using TT Rock Stars and practice the week's spelling list ready for their spelling test on Friday.

There are also lot of activities linked to our school learning on the blended learning page of the school website which you could complete as a family. <u>Click here for Blended learning.</u>

Home learning project:

Create a model of a planet in our solar system, find out about your planet and record your facts on the model. We will use these to make a giant model solar system in out learning base.

Here are some examples to help you.



