



HLA News



Friday 25th February 2022

Dear Families,

It is lovely to see students back in school despite our delayed start to the half term. We are relieved to have water now. Following the power failure a part on the electronic water pump failed leaving us with no water. We are relieved that it is now in top shape and all repaired by engineers.

You will be aware that the Prime Minister made an announcement last week regarding changes to Covid measures and the Government's plans for 'living with Covid-19'. We received updated guidance from the DFE yesterday and you can find a summary of those measures below:

- Secondary age pupils and above in SEND settings, are *advised* to continue twice-weekly testing until 1st April.
- There has now been the removal of the legal responsibility to isolate following a positive test. This being said any students who are positive and symptomatic should stay at home until they are better.
- Adults and children who test positive will continue to be advised to stay at home and avoid contact with other people for at least 5 full days and then continue to follow the guidance until they have received 2 negative test results on consecutive days. This being said there is no legal requirement to isolate.
- We will no longer be requiring the wearing of masks on site. We recognise that this may cause some anxiety so if pupils wish to wear a face covering then this is acceptable. If there is an escalation of cases then these measures may be re-introduced.
- We will gradually be allowing more visitors on to site but proceeding with caution. All Annual Reviews and meetings will be virtual until Easter.
- On education transport face coverings are recommended but this is not compulsory.

Individuals can still reduce the risk of catching and passing on COVID-19 by:

- Getting vaccinated;
- Letting fresh air in if meeting indoors, or meeting outside;
- Wearing a face covering in crowded and enclosed spaces, especially where you come into contact with people you do not usually meet, when rates of transmission are high;
- Trying to stay at home if you are unwell;
- Taking a test if you have COVID-19 symptoms, and staying at home and avoiding contact with other people if you test positive;
- Washing your hands and following advice to 'Catch it, Bin it, Kill it'

I needed to share some lovely feedback with regards to work experience that I was sent this week. One student has been working in the Café and members of the public commented on how polite, helpful and respectful the individual was. We have also had some feedback from one of our employers who have had nothing but praise for our student on placement. This is an excellent demonstration of us preparing students for their next step of work and is very pleasing to hear.

Thank you to everyone for your ongoing support in what is a difficult situation. We really appreciate it.

With all best wishes,

Yvonne Skillern

Head of School



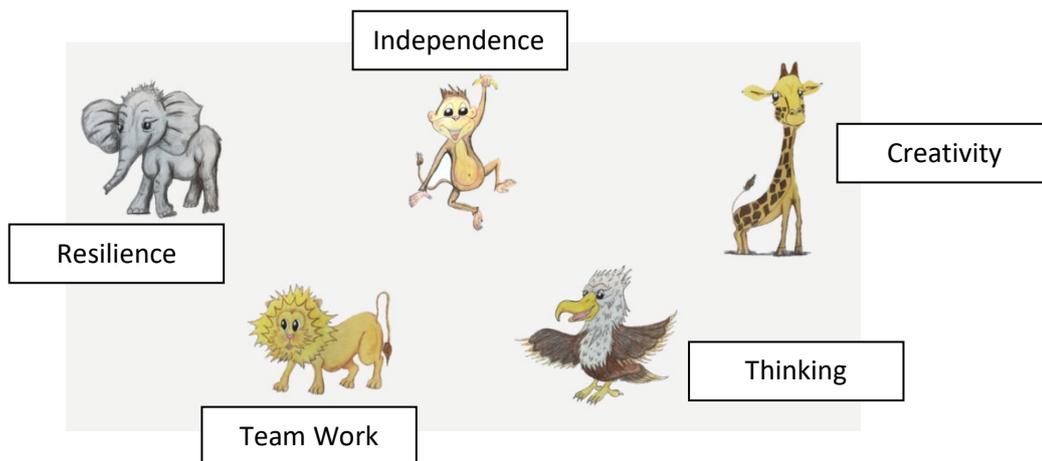
Golden Book Stars of the Week



- S1 Student** for completing morning tray work independently.
- S5 Student** for developing independence skills by completing work experience alone.
- Eagles Student** for giving such enthusiastic responses to our topic introduction.
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- Sparrows Student** for excellent participation in Show and Tell and Weekend News.

It is fantastic to see so many of our learning values demonstrated both in class and within the award certificates. Don't forget if you see any great learning at home you can post it on your child's Evidence for Learning profile via your personalised link. Great demonstration of our Learning Values - Independence and Thinking in our awards this week.

Our Learning Values at HLA



Important Information



- Parents Evening will be held via Teams or phone on Wednesday 9th March between 3.30pm & 6pm. Appointment slips will be sent out via teachers on Monday.
- Can I remind everyone that we are nut free school. If students bring products in containing nuts it will be necessary to confiscate them for the health and safety of all our learners.
- Secondary aged students please don't forget to test twice weekly and report results to Covid.HLA@highfieldlittleport.org as well as the government website.
- School photographs will take place on Friday 4th March.
- World Book Day 25th Anniversary on Thursday 3rd March. Let's see lots of great costumes linked to books!
- For those attending the Kingswood Residential please do not forget to take a look at the Class Dojo page where there's lots of information, a link to an information session and an online form to complete.

Online Safety Tip of the Week:



What Parents & Carers Need to Know about WINK

AGE RATING 13+

Wink is a messaging app which allows children to connect and communicate with other users, in a similar style to Tinder. Wink uses the swipe method for browsing profiles and accepting or declining them. Once two users have accepted each other by swiping on one another's profile, they can then communicate and play games online together. The fact that Wink allows children to share photos, personal information and their location with other users has caused significant concern.

WHAT ARE THE RISKS?

- POTENTIAL FOR GROOMING**
Wink accounts can't be made private – so when a young person uploads images and shares their social media usernames, it's easier for potential groomers to stalk and locate them online. The fact that children sometimes having an abundance of friends is also a concern: they're more likely to accept someone just to build their friend count – possibly including users with sinister intentions.
- ACCIDENTAL OVER-SHARING**
Many young people don't consider privacy when they choose to share their social media usernames on their Wink profile. This allows other people to connect with them on multiple platforms, strengthening their online presence and reputation. Some children post photos, which reveal aspects of their personal life to other users – showing their houses, schools, friends and family, for instance.
- INAPPROPRIATE CONTENT**
Many popular messaging apps contain profiles featuring profanity, nude or semi-nude photos and users openly looking for a "wifey" or "hook ups". Users can send messages anonymously, which engenders a sense of power and freedom. Children often engage in inappropriate behaviour more willingly when it's anonymous, even if it's not the sort of thing they would take part in normally.
- CYBERBULLYING**
Being anonymous online provides some users with an incentive to bully others through toxic private conversations. Anonymous bullies can send hurtful messages or pressure young people into sending inappropriate content. Being a victim of cyberbullying can result in children becoming depressed and showing low self-esteem. If your child is exhibiting these signs, it's time to step in.
- EXCESSIVE SCREEN TIME**
Wink encourages repeated engagement through signing in daily, making connections, building up a message 'streak' and publicly sharing stories. The reward is 'gems', which allow users to connect with more people, play games and edit their profile background. This can lead to children spending an excessive amount of screen time on the app, which of course can be detrimental to their health.

Advice for Parents & Carers

- DO YOUR RESEARCH**
If you do decide to allow your child to have a Wink account – or you find that they already have one – it's vital to talk to them about how to use the app responsibly and safely themselves. You could also consider exploring Wink yourself and becoming familiar with the app before letting your child download it, as there are no security settings or parental controls that can be put into place.
- BE WARY OF SHARING**
It's important that your child stays aware of what they're sharing online. Remind them about the importance of not posting personal information like their full name or which school they go to. Many users share their other social media account details on Wink to build their friend count, but we would recommend advising your child not to give strangers multiple avenues to contact them.
- BALANCE SCREEN TIME**
Before having a chat with your child about screen time, ask yourself if you're being a positive role model. Get your child thinking about how much time they spend on the app: is it healthy? Is it affecting their offline relationships with people? Is it impacting their mood? If so, you could suggest some activities you can do together which aren't so reliant on digital technology.
- OFFER YOUR SUPPORT**
While it's not always easy to talk about inappropriate content with your child, it's crucial that they understand the impact of sending or receiving it. They also need to feel that they can speak to you about it without worrying about consequences. Emphasise that, if your child receives any messages that make them feel uncomfortable, they can block the sender and report them to the app.
- DISCUSS LOSS OF OWNERSHIP**
It's essential that young people understand that once content goes online, the sender no longer has any control over where it will end up. While your child may feel like they can trust their online 'friend', that person is still a stranger. Even sharing one inappropriate image, for example, could then be used as leverage – as their 'friend' threatens to release it publicly unless the child sends more.
- BE CAUTIOUS OF NEW CONTACTS**
Remind your child that not everyone online is who they say they are, and some users have harmful intentions. If someone on Wink is asking them lots of personal questions or suggests meeting up in real life, these are definite red flags. Encourage your child to ask for help if they're unsure about a particular profile. Remember, the app has a block button: your child shouldn't be afraid to use it!

Meet Our Expert
Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.

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#WakeUpWednesday

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Mental Health Tip of the Week:

Press Pause! Regular breaks can make you more productive.