

Welcome Back

Start of Term 2 Newsletter

Welcome back. I hope you enjoyed looking at all the wonderful learning that took place in a very busy Term 1 on the end of term newsletter.

It was lovely to speak to so many parents at Parents Evening. All the children really enjoyed showing their books. We had 95% of parents booking appointment this time, which is fantastic. Parents are an important part of the Lenham Primary family and we enjoyed being able to talk to you about your child's progress.

We have a busy term ahead with two class trips, the Nativity, Christmas events, Children In Need and our End of Term Carol Service.

Last term we talked a lot with the children about Safeguarding and Trusted Adults. A key document which schools must follow is **Keeping Children Safe in Education**. This document plays a key role in our Safeguarding policy. Online Safety guidance through this document is ever increasing with the technological world our children are growing up in. As a school we have all the filtering and monitoring in place and complete online safety training with our children through Computing and PSHE.

Online Safety at Home

As parents, online safety at home can be a challenging world but there is lots of support out there. We pop lots of information up on our website.



Up and coming dates

7.11.23 Year 5 trip

14.11.23 Year 6 trip

17.11.23 Children in Need

6.12.23 Nativity performance

7.12.23 Nativity performance

13.12.23 Christmas dinner and jumper day

14.12.23 PTA disco

15.12.23 Outside Carol service

Term 3

12.1.23 Mid Year Reports

Parents evening TBC

Moving forward

06.3.24 Year 4 trip

17.4.23 Class photos

19.4.24 Year 1 trip

24.4.24 Year R trip

28.6.23 Sports Day

20.5.24 Year 3 trip

The screenshot shows the school's website navigation menu with 'About us' selected. Below the menu, the 'Online Safety' section is visible, containing text about online safety for pupils and parents, and contact information for the Designated Safeguarding Lead, Mrs Martin.

If you go to the tab about us— online safety. We have uploaded lots of parent guides about different apps and guidance on how to support your child.

If you have any questions please contact the office and we will happily help— office@lenham.kent.sch.uk

Mrs McCluskey



Tips from NSPCC on how to keep your child safe on Social Media

Review the location settings - Remind them, and explain why, they shouldn't share location on posts, or public forums and chats, videos or with people they don't know. Review the location settings on their favourite app or game and talk to them about what they're sharing online.

Sometimes it might be appropriate for your child to share their location with a trusted adult or friend. For example, if they're travelling home alone or arranging to meet a group of friends outside school, then it can be a good way to help keep them safe.

This can increase the risk of cyberbullying, stalking or unwanted contact (from friends or others) or becoming a target.

Get to know the safety and privacy settings -

Explore the safety and privacy settings on any app, to decide which are right to use for your child. Each app has slightly different ways to set up an account, but most have the option to set an account to private, to not allow friend requests, and to hide the user's location. Explain these settings to your child and the reasons for having them in place.

Age ratings and features - Get to know the age ratings of the apps that your child uses. Many

have a minimum age of 13 years old to be able to sign up, but you should check the age rating of individual apps to make sure. Don't forget that you know your child best, and you might decide that they need to be a little bit older before it's suitable for them.

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/parental-controls/>



An infographic titled 'What Parents & Carers Need to Know about WHATSAPP'. It features a large central WhatsApp logo and various icons representing different risks and safety tips. The infographic is divided into several sections: 'WHAT ARE THE RISKS?', 'SCAMS', 'DISAPPEARING MESSAGES', 'ENABLING FAKE NEWS', 'CREATE A SAFE PROFILE', 'LEAVE A GROUP', 'MEET OUR EXPERT', 'POTENTIAL CYBERBULLYING', 'CONTACT FROM STRANGERS', 'LOCATION SHARING', 'EXPLAIN ABOUT BLOCKING', 'THINK ABOUT LOCATION', 'DELETE ACCIDENTAL MESSAGES', 'CHECK THE FACTS', and 'REPORT POTENTIAL SCAMS'. It also includes a '16+' age rating badge and a 'National Online Safety' logo with the hashtag #WakeUpWednesday.



What Parents & Carers Need to Know about

YOUTUBE

YouTube is a video-sharing social media platform that allows billions of people around the world to watch, share and upload their own videos with a vast range of content – including sport, entertainment, education and lots more. It's a superb place for people to consume content that they're interested in. As a result, this astronomically popular platform has had a huge social impact: influencing online culture on a global scale and creating new celebrities.

INAPPROPRIATE CONTENT

YouTube is free and can be accessed via numerous devices, even without an internet connection. Some content is flagged as 'age-restricted' (requiring the user to be logged into an account with a verified age of 18), but children can still view some mildly inappropriate material. This can include profanity and violence, which some young users may find upsetting.

CONNECT WITH STRANGERS

YouTube is a social media platform which allows people to interact with other (usually unknown) users. Account holders can leave comments on any video they have access to, as well as messaging other users directly. Connecting with strangers online, of course, can potentially lead to children being exposed to social harassment, cyberbullying and even to encountering online predators.

SUGGESTED CONTENT

YouTube recommends videos related to what the user has previously watched on their account, aiming to provide content that will interest them. This is intended to be helpful but can also lead to binge-watching and the risk of screen addiction, especially if 'auto-play' is activated. Users without an account are shown popular videos from the last 24 hours, which might not always be suitable for children.

HIGH VISIBILITY

Content creators can also be put at risk – especially young ones who try to make their online presence as visible as possible. Creating and uploading content exposes children to potential harassment, including comments, the comments section, along with the possibility of direct messaging from strangers. Videos posted publicly can be watched by anyone in the world.

TRENDS AND CHALLENGES

YouTube is teeming with trends, challenges and memes that are fun to watch and join in with. Children often find these immensely entertaining and might want to try them out. Most challenges tend to be safe, but many others may harm children through things like eating or copying, which can cause injuries very quickly. It is just one of many such examples.

SNEAKY SCAMMERS

Popular YouTube channels regularly have scammers posing as a well-known influencer in the comments section, attempting to lure users into clicking on their phishing links. Scammers impersonate YouTube users by adopting their names and profile images, and sometimes offer cash gifts or 'get rich quick' schemes. Children may not realise that these users are not who they claim to be.

Advice for Parents & Carers

APPLY RESTRICTED MODE

Restricted Mode is an optional setting that prevents YouTube from showing inappropriate content (such as drug and alcohol abuse, graphic violence and sexual situations) to underage viewers. To prevent your child from changing across age-inappropriate content on the platform, we would recommend enabling Restricted Mode on each device that your child uses to access YouTube.

CHECK OTHER PLATFORMS

Influential content creators usually have other social media accounts which they encourage their fans to follow. Having an open discussion about this with your child makes it easier to find out how else they might be following a particular creator online. It also opens up avenues for you to check out that creator's other channels to see what type of content your child is being exposed to.

Meet Our Expert

Clara Godwin (a.k.a. Luvawell) has worked as an editor and journalist in the gaming industry since 2015, providing websites with event coverage, reviews and gaming guides. She is the owner of Luvawell Gaming and is currently working on various gaming-related projects including game development and writing non-fiction books.

TRY GOOGLE FAMILY

Creating a Google Family account allows you to monitor what your child is watching, uploading and sharing with other users. It will also display their recently watched videos, searches and recommended videos. In general, a Google Family account gives you an oversight of how your child is using sites like YouTube and helps you ensure they are only accessing appropriate content.

MONITOR ENGAGEMENT

YouTube is the online viewing platform of choice for billions of people, many of them children. Younger children will watch different content to older ones, of course, and react to content differently. You may want to keep an eye on how your child interacts with content on YouTube – and, if applicable, with content creators – to understand the types of videos they are interested in.

CHECK PRIVACY SETTINGS

YouTube gives users the option of uploading videos as 'private' or 'unlisted' – so they could be shared exclusively with family and friends, for example. Comments on videos can also be disabled and channels that your child is subscribed to can be hidden. If your child is only uploading videos that are protected as 'private', they are far less likely to receive direct messages from strangers.

LIMIT SPENDING

Although YouTube is free, it does offer some in-app purchases: users can rent and buy TV shows and movies to watch, for example. If you're not comfortable with your child purchasing content online, limit their access to your bank cards, and online payment methods. Many parents have discovered to their cost that a child happily devouring a paid-for series quickly leads to an unexpected bill.

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What Parents & Carers Need to Know about

FIVE NIGHTS AT FREDDY'S



Five Nights at Freddy's is a series of indie point-and-click horror games whose word-of-mouth success and widespread spin-off content on YouTube have helped each of the nine instalments so far to sell almost five million copies on Steam (the PC gaming platform) alone. Set in various deserted locations at night, with creepy animatronic characters suddenly coming to life, the games are rated PEGI 12 for disturbing/violent content, mild profanity and horror themes.

WHAT ARE THE RISKS?

FRIGHTENING THEMES

Five Nights at Freddy's (FNaF for short) doesn't feature a bloodbath like many horror games – but it does build tension, and uses jump scares, which may be an anxiety for young players. The sinister atmosphere of being trapped and disorientated could be particularly unsettling, as could the inclusion of disturbing elements such as murder or possession by evil souls.

STRESSFUL SITUATIONS

Due to FNaF's suspenseful atmosphere, it can be extremely stressful for players. Constantly checking that one's surroundings are safe is a crucial part of the gameplay and could create residual stress or even obsessive-compulsive behaviours. Several medical reports have suggested that some younger children have experienced severe nightmares or sleep anxiety after playing games from the series.

IN-GAME SPENDING

FNaF doesn't foreground in-game purchasing as strongly as many other well-known games, but some titles in the series do offer additional content that promises to enhance the experience. Five Nights at Freddy's: Help Wanted, for instance, is complemented by a Halloween-themed expansion pack called 'Curse of Dreadbear' (costing £8.99), which unlocks new levels and mini-games.

AGE-INAPPROPRIATE CONTENT

As a result of FNaF's popularity, a sizeable YouTube community based on fan-made content has developed. This material is still child-friendly, but some content is more disturbing, including more mature depictions of characters and disturbing themes, for example, and (in some cases) age-inappropriate language.

PLAYING IN ISOLATION

Many games will be reviewed to learn that Five Nights at Freddy's is a single-player game which doesn't have any social features that could lead to isolation. Conversely, however, this could isolate players that quite an isolating experience, especially if you're spending a lot of time investigating the game's spooky, atypical environments alone in their room, for example.

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Advice for Parents & Carers

USE PARENTAL CONTROLS

Five Nights at Freddy's doesn't have conventional parental controls, however. If you're concerned about the potential impacts of the game's themes and content, you can simply choose not to let your child play it. If they use an Android or iOS device for gaming, you can adjust Apple and Google's built-in parental controls to restrict your child's access to certain content.

TRY IT YOURSELF

Every child is different, of course, so it could be worth playing Five Nights at Freddy's yourself, or a while to gauge how your young gamer might cope with the series' more frightening and disturbing aspects. If they're old enough, you could spend some time playing it together – after all, it usually only takes between two and ten minutes to complete a level.

LIMIT SPENDING

Unlike many popular titles, Five Nights at Freddy's: Help Wanted, for instance, does not have in-game purchases. It's worth noting, however, that some instalments in the series do provide the option for players to spend real-world money. With that in mind, it's important to either keep a close eye on your child's expenditure or limit their access to digital payment options.

SPOT THE SIGNS

If you're concerned that your child might be spending too much time on Five Nights at Freddy's, or you're worried that the game's scary themes are taking a toll, watch out for warning signs. Young people may start to prioritise gaming over everyday essentials like schoolwork or sleep. Irritability or a lack of concentration could also indicate that their gaming sessions are going on too long.

TALK ABOUT THE RISKS

Before you allow your child to play Five Nights at Freddy's, it's wise to have a conversation about the game so that they're aware of the potential risks. Ensure that your child understands that the series is purposely designed to be tense and unsettling, and that they should stop or take a break if the intensity of the gameplay is making them feel uncomfortable or putting them on edge.

Meet Our Expert

Clara Godwin is an experienced technology journalist with a track record of providing tips to parents in the industry. She is the owner of Luvawell Gaming. Only in a few instances technology journalist, editor and researcher.

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