

Message from the Head of School

It has been fabulous this term to start to get back to normality and busy school life. This term we have enjoyed carrying on with our 'Action Your Potential' programme and learning about how short daily practice of reading, learning words and times tables can be the best way for your brain to remember. In the last week of term form groups will be pitching themselves against each other in an online timetable competition and a juggle off (juggling competition).

We have had a big focus on reading this term in order to get all students re-engaged with the written word. Our temporary librarian Mr Mountain has been talking to students about their interests and the kind of books they like to read. This has led to a huge re-stock of the library and we are excited to see new books arriving each day in the front office.

We have also put into our day a 'Drop Everything and Read' session at 10:45. Students and staff are encouraged to read from a wide range of sources such as newspapers, magazines and books. We are already beginning to see students engaging more in choosing the material that they read. We will be following this up with a reading competition to see who has read the most pages.

On the penultimate week of term, as part of National numeracy week, we ran maths activities throughout the week:

Each registration there was a different focus, such as Battleships and Maths. Lessons will encourage students who say they don't like maths to find out why this is and reassure them that maths is fun and doesn't need to be scary.

On Wednesday we had a zoom call from the accountancy firm KPMG focusing on maths at work and what skills students will need to have in the workplace. This was arranged by our Maths lead and catered for the needs of our students.
Continues on page 3...

Last day of term non-uniform fun at Footscray Meadows!

During Half Term why not log in to MyOn – use your Accelerated Reader passwords – there are hundreds of books on there to read!





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 2019 and has featured near the top of download charts ever since. It now has around 800 million active users worldwide.



What parents need to know about

TIKTOK

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

TikTok primarily revolves around videos of users lip-syncing and dancing to music. 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: Charli 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 reacting 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 predators contacting young people.



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.



IN-APP PURCHASES

There's an in-app option to purchase 'TikTok coins', which are then converted into digital rewards for sending to content creators that a user likes. Prices range from 99p to an eye-watering £99 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, talk to them about what they've viewed on the app. Ask their opinion on what's appropriate and what isn't. Explain why they shouldn't give out personal details or upload videos which reveal information like their school or home address. In the long 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 setting for all under 16s' 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 on another user's content by recording your own video alongside their original) features are now only available to over 16s. This might clash with your child's ambitions of social media stardom, but it will fortify their account against predators.



LEARN ABOUT REPORTING AND BLOCKING

With the correct privacy settings applied, TikTok is a relatively safe space. However, in case something *does* 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 block individual users through their profile.



ENABLE FAMILY SAFETY MODE

'Family Safety Mode' lets parents and carers link their own TikTok 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 algorithm moderating content isn't totally dependable – so it's wise to stay aware of what your child is watching.



MODERATE SCREEN TIME

As entertaining as TikTok 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 way, your child can get their regular dose of TikTok 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.



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Message from the Head of School *continued.....*

Friday 21st May was an off timetable day full of maths. Each class completed the following lessons throughout the day: A Team Challenge, outdoor maths, Techie maths, maths trails around the school and a maths shop. This was our first maths week at Cleeve Meadow School and we hope to run this each year. More information can be found on pages 12 & 13.

Year 9 have been taking part in a new project this term called Team London Youth Ambassadors. We have been really impressed with the maturity that Year 9 have demonstrated in engaging in this project, there is more information on page 5.

This term we have also set up our Friday afternoon clubs and the student's enthusiasm is great to see. Currently we have the following clubs running:



Chess club • Lego Club • Dance Club • Running Club • Gardening Club
Art and Craft Club • Football club

We look forward to being able to further extend our offer next year and working with the students to plan what projects they wish to take part in relating to these clubs.

It was great to see so many parents on Parents Evening, thanks for all of those parents who attended and thank you for your continued support.

If there are any parents who did not manage to attend or anyone that would like to have a follow up session with teachers, please contact the school office and we can arrange this for you.


I wish all of our families a happy and healthy half term break and look forward to welcoming the students back for the final term.

Yours sincerely

Ms Juliet Morris, Head of School


The 'Drop Everything and Read' initiative is supported by research which shows that reading for as little as 10 minutes every day has an important impact on how well a child does at school. Keep a look out for what we have been reading throughout this newsletter





Cleeve Meadow School

Drop Everything And Read



MISS MORRIS
Currently reading: *The Art Book*
Written By: Pahidon

"This book is an 'A to Z' of every famous western artist and then shows how each one each is linked to 4 other famous artists. From 'Medieval' to Modern there over 600 artists and their works in this book.

I like that has such a vast selection of works which can offer you loads and loads of ideas for your own art"

'Medieval' is the word used to describe the 'middle ages' which was covered around the 5th to the 15th century.

Respect • Empowerment • Aspiration • Creativity • Happiness

Student Responsibilities lead to Media Skills!

Our students take their responsibilities seriously and they are going to show it to everybody. Here at Cleeve Meadow we have various groups that the children have put together to help their school and each other, from the Student council to the Eco Group, the Bus and Lunch monitors and more.

To show us all what each group does we have started to work on short videos about how they go about their duties using Adobe Digital Programmes such as Premiere Pro. So far everyone has had a chance to practice with putting together a mock news piece about Ca Island in Japan and add in music of their choosing but now some groups have even begun filming using iPads and Tablets both by hand and with tripods.

By the end of term we will have some amazing digital content that they have directed, filmed and edited themselves ready to show not just each other and you at home what it is that they do, but also for the students that follow them so that they will be ready when it's their turn to take on these responsibilities.



**So keep an eye out for these future film makers!
They have lots of big ideas about what they want to film next!**



**Drop
Everything
And
Read**



MISS BOOTLE

**Currently reading: Grass Soup
Written By: Zhang Xianliang**

"How would you feel if you had nothing to eat? Would Grass appeal?"

The real life story of a man who spent 22 years imprisoned in Chinese prison and labour camps and the struggle he had to deal with.

I enjoyed this book very much as it gave a very clear picture of people suffering and that let me see and understand a perspective I hadn't seen before."

'Struggle' is fighting, or having difficulty working through obstacles to achieve a goal

Respect • Empowerment • Aspiration • Creativity • Happiness





Chess Club

Chess is a game where you can have fun AND gain lifelong skills, it:

- Develops perspective.
- Improves memory.
- Increases intelligence.
- Deepens focus.
- Elevates creativity.
- Boosts planning skills.
- Increases self-awareness.



Year 9 Team - London Young Ambassadors

What is Team London Young Ambassadors?

Since 2013, thousands of young people have improved their school and communities by setting up projects on issues they really care about, such as LGBTQ+, food poverty, bullying and refugees. They are also taking action on key Mayoral priorities, including air quality and the environment, gangs and knife crime, gender equality, homelessness, mental health and wellbeing, and social integration. Our year 9 class are currently planning an anti-bullying project and will be providing the rest of the school with details of their plans for volunteering oafter half term. Please see link <http://bit.ly/CMSTLYA> for more information.

Mrs Smith, Deputy Headteacher

Running Club

Well done to our fantastic running club members, Alfie, Ayla, Jake and Mackenzie. They have been really pushing themselves to build their skills and stamina through games, exercises and of most importantly of course, RUNNING.

Our aim is to be able to build enough stamina to be able to run the whole way round Footscray Meadows in one go without stopping. We are pretty sure that the students will manage this in a few weeks. It is the teachers that we are worried about!





Our tremendous topics so far this year

- **This House** believes that virtual eventing will become as popular, and profitable, as music streaming.
- **This House** believes that obtaining permission provides a strong motive to act responsibly
- **This House** believes that government creates poverty
- **This House** believes that computer games help you improve your skills such as concentration, speed and accuracy.
- **This House** believes noisy classrooms negatively affect learning
- **This House** believes that fame is more important than freedom
- **This house** believes that robots will replace teachers

What a deep, sometimes defensive, sometimes decorous, delivery of debates we have had so far this year!

**Many opportunities to offer opinions. Orderly and original with little outcry!
Fun, feisty and forthright – never a free for all!**

We welcome all abilities, every perspective, each individual!



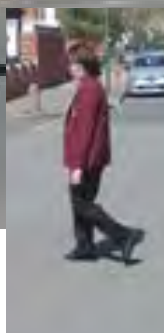
Road Safety

LIFESKILLS



In our life skills lessons this half term, students in Greta, Easton and Malala class have been learning about road safety.

We have been able to take trips out in the local community to practice the skills. Students have been able to cross small roads with minimal verbal prompting, and have been able to identify safe places to cross, including zebra crossings and traffic islands.



All the students have shown real maturity when out and about, and have all improved their road safety skills over the half term.

12 Top Tips TO SUPPORT MENTAL WELLBEING THROUGH NATURE Online and Offline

'Nature' is a superb choice as the theme of this year's Mental Health Awareness Week, as there's clear evidence that getting access to nature is excellent for our mental health. With Covid-19 restrictions beginning to ease, it's the perfect time of year to rediscover the natural world and give ourselves a calming, uplifting treat. You don't have to drag the family on a four-hour hike, either – just 10 minutes each day in the garden, in the local park or your nearest green space could really help. Here are 12 suggestions for ways you can benefit from nature ... both online and off.

ONLINE

1 Give something back to nature

A swift internet search should bring up details of any local conservation projects you could volunteer for, or litter-picking events that you could enrol the family in. It doesn't have to be a long-term commitment: most schemes are grateful for every bit of help!

2 Tranquil streams

Search your preferred music player for some soothing natural sounds. A few minutes' gentle audio of rainfall, ocean waves or birdsong are all great ways of unwinding at the end of the day to get you ready for an excellent night's sleep.

3 Give geocaching a go

If you've not heard of it, geocaching is a modern twist on the traditional treasure hunt. Participants look for items hidden in outdoor locations, using a GPS-enabled device like a mobile phone or tablet. We'd recommend that an adult accompanies young adventurers!

4 Share what you see

While you're out exploring nature, take a photo or video of anything you find that inspires you. Not only will it be a nice memory for you to look back on, but you could also share it safely on social media and maybe motivate others to engage with the natural world!

5 Watch the stars

Looking at the night sky can be incredibly calming. There are some comprehensive stargazing websites and apps to help you locate and recognise different stars. It can take 20 minutes or so before you can see stars fully in the dark, even on clear nights, so allow your eyes time to adjust.

6 Wildlife on the web

A Google search will bring up lots of sites that stream webcam footage of nature. From seals to barn owls, rabbits to badgers, you can get an intimate, heart-warming view of all kinds of animal communities from inside the comfort of your own home.

OFFLINE

1 Ditch the phone

Now the weather's improving, go for a walk in a green space nearby. If you're already familiar with your chosen route, you could always leave your phone at home to be completely free of the usual distractions and notifications.

2 Put down some roots

Planting flowers, shrubs, herbs or vegetables can be extremely rewarding. Not only does it help us to connect with nature – it also provides an ongoing project to draw pleasure from. If your home doesn't have a garden, no problem: a window box will do the job just as well!

3 A different kind of tweet

Most gardens in the UK attract a wonderful variety of birds, and just watching them for a few minutes can be immensely therapeutic. There are some excellent apps and sites to help you name any species you don't already know or even play a game: identifying bird song, like bird song bingo!

4 Feed your feathered friends

Hang a bird feeder where you can easily see it from a window. Then enjoy the feelgood factor of satisfied avian visitors perching where you can see them. For something more advanced, you could try building a nesting box to fix onto a fence or under a windowsill.

5 Park your worries

If you're lucky enough to live within easy travelling distance of a park, you'd benefit from using it. Whether it's to play ball games, get on your bike, walk the dog or just get some fresh air into your lungs, the potential bonuses for mental health are enormous.

6 Art and soul

Younger children will enjoy drawing or painting animals or nature scenes, or writing a poem or song lyrics about nature. For extra art or crafting fun, you could collect natural materials – leaves, feathers, tree bark or seeds, for example – to use in your creations.

Meet Our Expert

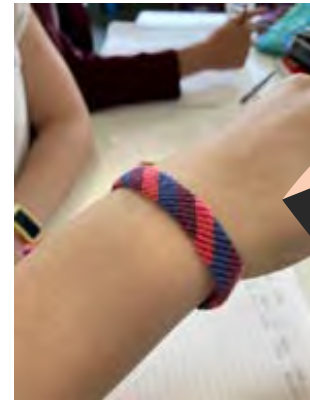
Anna Bateman is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department for Education, advising them on their mental health green paper.



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#WakeUpWednesday

Sources: <https://nhf.org.uk/coronavirus-lockdown-we-need-nature-now-more-ever> | <https://www.nationalgeographic.com/magazine/article/call-to-wild> | 'Mental Health and Nature', Mind, 2018

Art and Craft Club



Here are a couple of the activities the club has made this term:



Friendship bracelet - a wonderful afternoon of intertwining thread and friendly student chat.

Sparkling origami desk tidy's – organisation made sparkling with Luke and others!

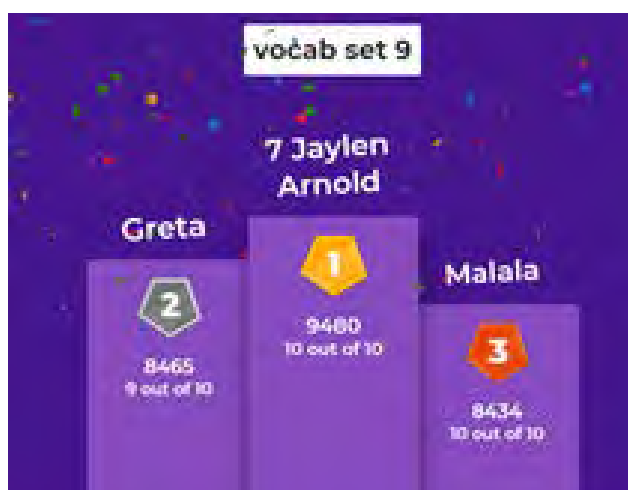
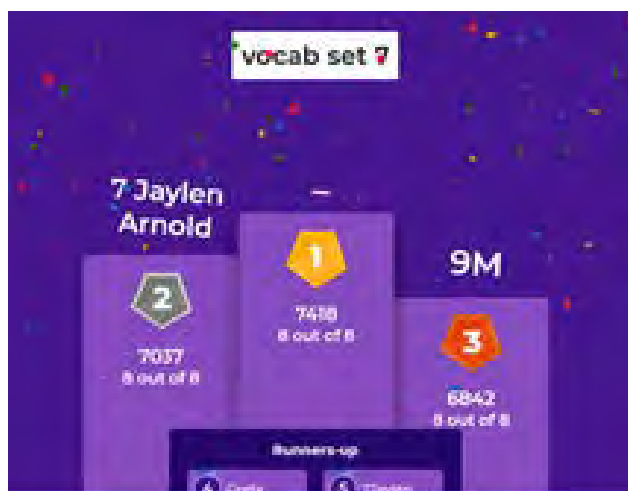


Vocab lessons are becoming competitive.....

The students have been working really hard on their vocab, and things have taken a competitive turn!

Once every set of vocab words have been completed, students have been taking part in Kahoot quizzes in form classes.

These have been very well received and are showing that students are working really hard on learning their vocab words.



Reading competition.

Well done to Sammie in year 8 who is the winner of the May reading competition. He wins a book of his choice!

Remember to keep reading and recording pages read in your reading record books ready for the June competition.

Homework

Just a reminder that weekly Maths and English homework is being set on Google Classroom, so please do log in to see what your teachers have set you.

A review by...

Logan



Title: Diary of a wimpy Kid

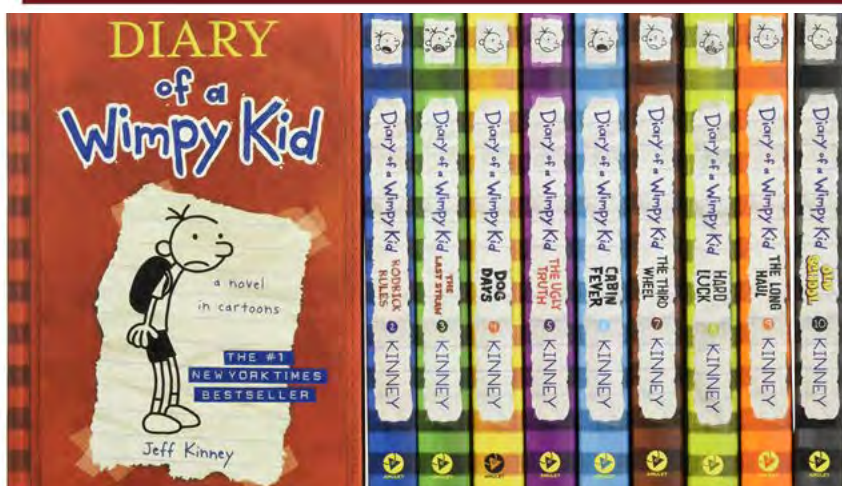
Author: Jeff Kinney

Characters: Gregory, Rowley, Roderick



A kid is having hard luck and his best friend is starting to date a girl and spend less time with him. I like Gregory the best even if he is having a bad time. I liked it best when they were telling us his backstory at the start of the book.

My Rating



Positivity 2020 - Art Project

- Inspired by the work of Ben Allen

Ben Allen is a contemporary artist, known for his distinctive Pop paintings, prints and graffiti artwork.

Using complex collage techniques, his pieces create a dynamic mash-up of popular culture, which work to critique the banal and the mundane, challenge mainstream media values and inspire a sense of freedom.



Cleeve
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School

Drop
Everything
And
Read



MR ADEBISI

Currently reading: *Murderous Maths: Do you feel Lucky?*
Written By: Kjartan Poskit

"This book gives different tricks tips and shortcuts for maths and probability stuff we wouldn't even teach in school. Plus even though its teaching you Maths it is a very funny book that can make you laugh.

This is great for 'bolstering' your knowledge and giving you a head start against everyone else"

'Bolster' or 'Bolstering' means to improve or support something to make it stronger

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Maths Week - 17-21 May 2021

To celebrate the week, during morning registration periods students were asked to think about the different places we can find numbers in our world.

On **National Numeracy Day** we linked up with **KPGM** via an online workshop to get our maths questions answered. These are what each class chose as their questions:

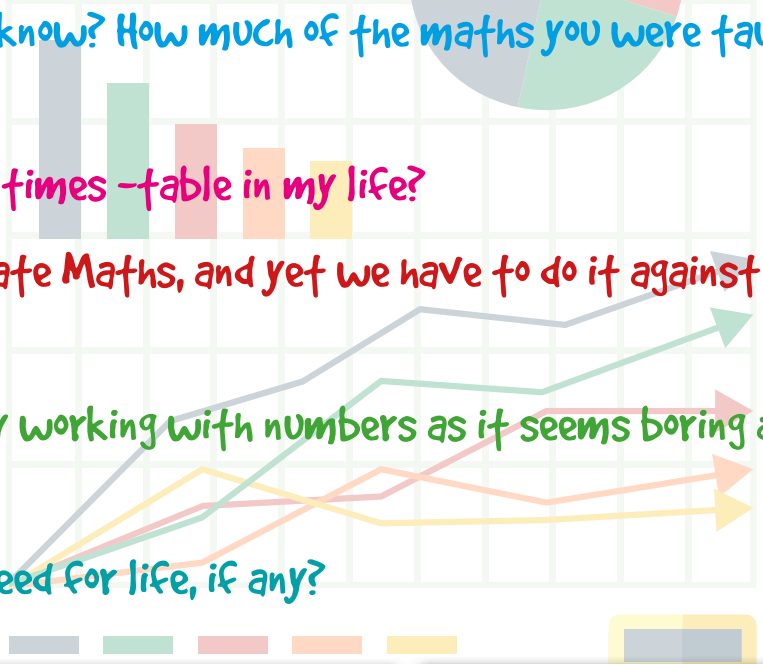
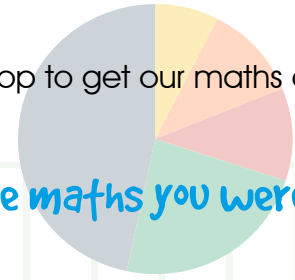
Grefa - Why is Maths so difficult to know? How much of the maths you were taught do you really need in your work now?

Jaylen - When do you think I will need times-table in my life?

Mary Yash - Why do most students hate Maths, and yet we have to do it against our will.

Easton - Tell me what you really enjoy working with numbers as it seems boring and not fun to me.

Malala - What sort of maths do we need for life, if any?



On Friday we ended the celebration of numbers with five all day activities including a Team Challenge, Outdoor Maths, Techie Maths, Maths Shop & Maths Trail.

Team Challenge:

In the Team Challenge we used water and sand to understand measurement, units, shapes and our knowledge of counting.

Outdoor Maths:

In Outdoor Maths we learnt to improve our understanding of length and height in a practical manner while having fun outside.

Techie Maths:

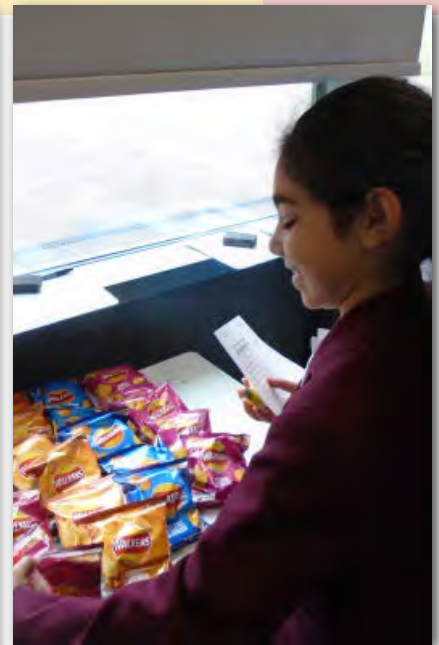
In Techie Maths we put our understanding of scaled measurement, using dimensions and making a useful abode to technically build a tent.

Maths Shop:

Here in Maths Shop we used our existing knowledge of shops to help make the subject come alive. We set up four stores to go to and do our shopping, it's good to do budgeting and see how different stores specialises in different items. Do we really need to collect change back?

Maths trail

Maths Trail put us on our feet going round every points of the school building in an attempt to find the secret code that opens the mystery box, thank goodness to our team work and the knowledge of grid references, coordinates, and thinking outside the box.



mathsweek



**C
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B**

Some of the students at Cleeve Meadow have joined Dance Club this term. We all got together on our first session and discussed what the students wanted to achieve.

They decided that they would like to show case their dance at the end of the summer term and to design their own costumes.

So far they have chosen a song which is Uptown funk by Bruno Mars and have already put together dance moves.

We are super proud of the students, they have shown great independence and team work.

Well done, Mrs Bakewell and Miss Tasker

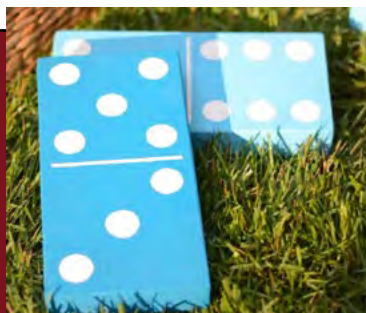


Outdoor Fun in the Sun

Thank you to Mr Iveson for putting up our new outdoor equipment shed!!

This is situated at the far end of the field by the rounded benches and most of the equipment has now arrived - this includes a giant kerplunk, giant dominoes and cards and a giant ludo board, as well as 2 sets of boules.

The equipment was bought to keep in the fenced garden for use by the students who want a quieter lunch time.

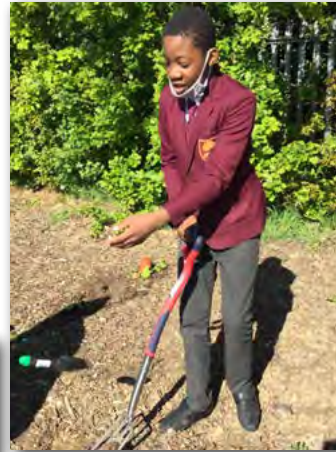
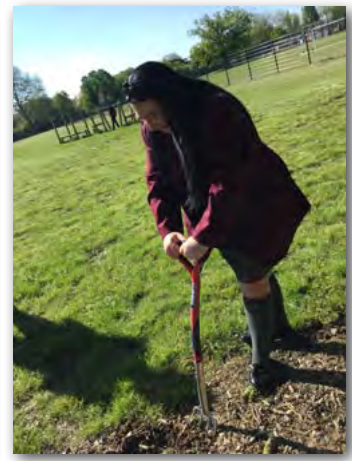


Eco-Club

The Eco-Club have been focusing on the Cleeve Meadow Garden, preparing the soil and planting seeds.

The Eco-Schools programme empowers students, raises environmental awareness, improves the school environment and can also lead to financial savings for schools. The programme focuses on ten important global issues:

1. Biodiversity
2. Energy
3. Global Citizenship
4. Healthy Living
5. Litter
6. Marine
7. School Grounds
8. Transport
9. Waste
10. Water



A review by...

Tom



Title: Secret Agent

Author: Geronimo Stilton

Characters: Geronimo, Benjamin, Trap

This is about a mouse being a secret agent searching for a letter. The best part was when they find it because they made loads of jokes about cheese and it made me laugh.

Geronimo was easily my favourite character

My Rating



Cleeve
Meadow
School



Drop
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And
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MR COULTER

Currently reading: Forgotten Voices of the Great War
Written By: Max Arthur

"In this book you get to read what soldiers can remember about their times in war. Reading their words really makes you begin to understand how scared they were at the time, but also how they dealt with their fears"

'The Great War' Was what they called World War 1 because they thought it would be the 'War to end all wars' and that there would never be another.

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Do you support someone experiencing

Anxiety
Depression
Self-harm
An eating disorder
Another mental health condition?

Please join our parent and carers online support group, run by parents who have, or are, caring for someone with a mental health issue.

WE WILL LISTEN WITHOUT JUDGMENT AND OFFER CONFIDENTIAL SUPPORT. THE AIM OF THE GROUP IS TO:

1

Offer Support

2

Learn from others

3

Share ideas and information

FIRST MEETING:
TUESDAY 22ND JUNE:
7.00pm - 8.00pm

PLEASE REGISTER [HERE](#) IN THE FIRST INSTANCE

OR EMAIL RACHEL.WARD@TKAT.ORG FOR MORE INFORMATION.



We are launching a support group for parents who may be supporting children with mental health issues.

Michelle West, of the charity **The Sam West Foundation** and myself will be holding monthly sessions via Google Meet starting on Tuesday.

We are launching the first session to coincide with **TKAT's Wellbeing Week** (and **World Wellbeing Week**) w/b 21st June 2021. Please see flyer for details of how parents can sign up.

Some useful links:

<https://youngminds.org.uk>
<https://nopanic.org.uk/>
<https://mindinbexley.org.uk/>
<https://www.bexleyvoice.org.uk>
<https://www.samaritans.org/branches/bexley/>
<https://www.papyrus-uk.org/>
www.childline.org
www.bexleydomesticabuseservices.org.uk

More information on the services these organisations provide can be found on the school website.



Theatrical Treat for Years 8 and 9

Year 8 and Year 9's on Thursday 17th June 2021

It will be an interactive performance based on the history of the Blitz in 1940's London. The performance draws on parallels of coping with the pandemic today and is part of a mental health project in schools called Compassion Within Crisis, based on looking to history for solutions to life changing events.



Cleeve Meadow School

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