



Message from the Head of School

We are coming towards the end of the strangest half-term of education that any of us can remember and it is the strangeness of these times that has reminded us all of the importance of the school community for students, parents and staff as well.

We have all had to make huge adaptations to our way of working and we really appreciate all the amazing effort made by students and parents to engage with this new way of working whether it is in school or at home. If we can maintain our determination in these circumstances, just imagine what we will be able to achieve when life returns to normality!

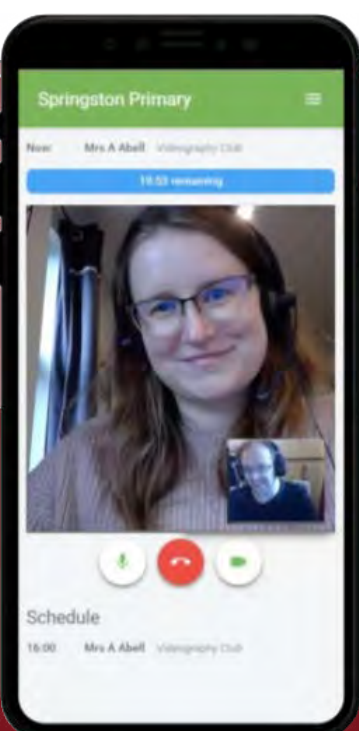
We hope that you enjoyed the literacy week and are getting stuck in to using the MyOn platform on Accelerated Reader. The students at school have been really enjoying using this platform for reading and listening to stories and it is a great way to build vocabulary and understanding.

We are currently planning a careers week for the first week in March and are going to focus this time on the textile, fashion, retail and creative industries. We will be using resources from an exciting new organisation called 'Discover Creative Careers'. More information on this virtual event will be sent out to parents at the end of February. We are really looking forward to finding out more about careers in these exciting areas! This week is wellbeing week and never has it been more important! We are starting an exciting new project with Andrew Wright from a company called 'Action Your Potential'. Some parents will have already tuned in to his wellbeing and neuroscience webinars in the first lockdown.

Andrew is going to be creating a series of videos and live check ins for students and parents to engage in whether they are at home or at school. The link for these events will be sent out to parents and it would be great to see you and your children on the calls if you are at home (camera off is fine).

I hope that all students and their families have the chance to switch off over the February half-term and do at least some of the things they enjoy. Wishing you all the best from all of the staff at Cleeve Meadow School

Yours sincerely **Ms Juliet Morris**
Head of School



Introducing our new online Parent and Teacher meeting system:



After the February Half Term staff at Cleeve Meadow School will be using the School Cloud Parents Evening System to have face to face meetings between staff, parents and students online.

The system is encrypted between teachers and parents

There are no App's to install - it runs through a web-browser on smart phones, laptops and tablets.



What Parents & Carers Need to Know About CYBERPUNK 2077

PEGI
18

Cyberpunk 2077 is a first-person action RPG (role-playing game) with multiple storylines. It's set in a dystopian future where the line between humans and machines has blurred, with cybernetic implants commonplace. Eight years in the making by Polish developers CD Projekt RED, the game has already garnered quite a reputation – partly because of its adult themes and graphic content.

Adult Themes

18+

Violence, sexual content, profanity and drug use are all present from the opening moments of the game. We cannot emphasise enough that this game is for adults. It has a PEGI rating of 18+ for good reason. The gritty, grimy atmosphere is akin to movies like Blade Runner, and characters face many unsettling, adult situations.

Extreme Violence

Violence is a key component of the game. Players frequently engage in shootouts with enemies, causing dismemberment, gore, blood-spatter effects and characters screaming in agony. Cyberpunk 2077 also allows for stealth-based or peaceful resolutions, so you can avoid these situations – but as in the Grand Theft Auto series, for example, the violence is synonymous with the game's reputation.

Drug Abuse

Throughout the game, characters are seen to take futuristic versions of drugs. The player character is also able to take stimulants that affect their in-game abilities for a time. On top of this, the player is able to drink alcohol in bars and then drive their vehicle while under the influence.

Online Multiplayer

Cyberpunk 2077 was released as a single-player game. There are plans to add a multiplayer option, but currently nobody playing the game can interact with one another. It's unclear what a multiplayer extension of the game might look like – but it's a likely assumption that when it's added, players (both friends and strangers) will be able to game together and chat.

Sex and Body Representation

This is a first-person game: all actions are viewed through the eyes of the player's character, including full-frontal nudity and graphic sex. It's possible to hire sex workers, and there's the now-infamous 'genital customisation' – with options to choose from a variety of reproductive organs. The game has also come under fire for its approach to trans rights and concepts of 'improving' your natural body with cybernetic implants.



National
Online
Safety

#WakeUpWednesday

Advice for Parents & Carers

Parental Controls

Parental controls let you monitor what children are playing and what they can access. On PlayStation, find 'Account Management', go to the account you want to create rules for, and follow the menus. On Xbox, set up a family group (via 'Settings') to filter out adult-rated games. On PC, Steam's parental controls are accessed through 'Steam Support', and on Epic Games Store, they're under 'Account Settings'.

Switch Off Nudity

Cyberpunk 2077 has a built-in nudity censor. From the main title menu, go into 'Options', scroll down to 'Nudity Censor' and enable it. You can't do this while the game is in play – so make sure you find it before a session is started. It's worth noting that if you've already set up parental controls on a console, the game may detect that and switch the nudity censor on automatically.

Disable Card Purchases

This prevents young ones from buying games or game add-ons without permission. If you have cards or other payment methods linked to shared accounts or children's accounts, remove them. You can still buy games or add-ons occasionally as a gift or part of an allowance, but disabling card purchases from shared accounts gives you peace of mind when children are gaming unsupervised.

Talk It through

Cyberpunk 2077 is extremely popular right now: many children (especially teens) will be playing it and talking about it with each other. Use this as an opportunity to open a dialogue about the game, find out what your children's thoughts on it are and discuss why it might not be appropriate for them to play it themselves.

Research the Game

The best piece of advice is to research Cyberpunk 2077 yourself. There are lots of videos of people playing it on YouTube and Twitch that give a good indication of what to expect. If you're still unsure whether the game is suitable for your children, avoid it – and be clear with them as to why.

Meet our expert

Mark Foster has worked in the gaming industry for five years as a writer, editor and presenter. He is the gaming editor of two of the biggest gaming news sites in the world, UNILAD Gaming and GAMINGbible. Starting gaming from a young age with his siblings, he has a passion for understanding how games and tech work, but more importantly, how to make them safe and fun.



SOURCES: <https://www.gamerevolution.com/guides/869389-cyberpunk-2077-parents-guide-is-it-safe-for-kids-children>, <https://www.taminggaming.com/game/Cyberpunk+2077+https://safebecausefamily.org/cyberpunk-2077-a-parents-guide/#-text=This%20video%20is%20filled%20with%20tips%20on%20how%20to%20play%20this%20game>, <https://gamerjournalist.com/how-to-change-nudity-settings-in-cyberpunk-2077/>, <https://www.xbox.com/en-GB/community/for-everyone/responsible-gaming>, <https://www.playstation.com/en-gb/support/account/ps4-parental-controls-and-spending-limits/>, https://support.steampowered.com/kb_article.php?ref=5149-eopc-9918

THE MAGIC OF LITERATURE

Students had a wonderful time celebrating literacy week at home and at school, focussing on the theme of magic. We had a wide variety of activities which students loved taking part in.

These included reading passages from *The Lion, the Witch and the Wardrobe* and creating a piece of art work based on it or continuing the story.

Narnia

Lucy feels the soft, cold buttery snow engulfing around her feet. The fluttering of elegant snowflakes falling down swiftly, the air takes her breath away. The white creased leaves dangling from the strong sturdy branches of the birch tree. A candle lamp flickering, the wax slowly giving away, decreasing every second. The metal shining with pride, glimmering in the moonlit sky. Snow-flakes swelling side to side, making patterns in the air, then dispersing.

Once more the sky was clear and did not have a single, full cloud trying to disguise itself and blend in. The stars shone as bright as sun showering over Lucy. The moon lit up the sky, making it stand out covering every distance possible. She smiled showing her purely white teeth. Her eyes shone from the moonlight, with a twinkle. The heat from the dark oak wardrobe welcomed her back inside gradually with each step back with grace. She thought and took it all in, the sky, the floor and the air. Her hand curved around the wardrobe handle, then slowly twisting it, she released not just the wardrobe handle but all her worries also – leaving them behind in the bountiful kingdom of **NARNIA**

by Logan



Lily's Narnia scene

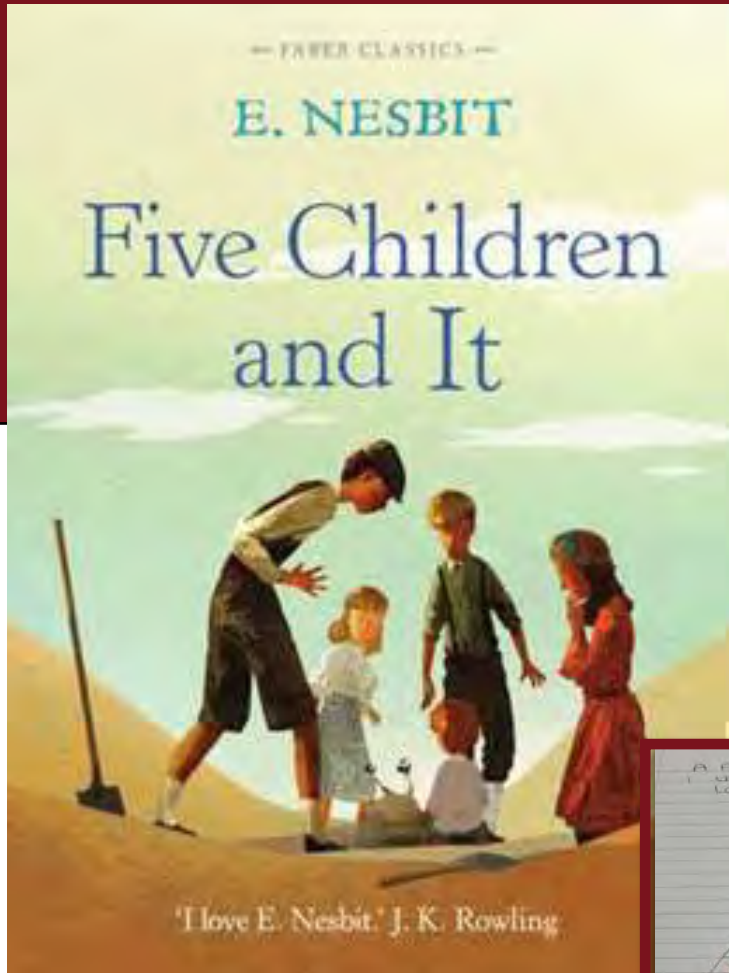


About *The Lion, the Witch and the Wardrobe*: While playing, Lucy and her siblings find a wardrobe that lands them in a mystical

place called Narnia. Here they realise that it was fated and they must now unite with Aslan to defeat an evil queen.



George's digital Narnia

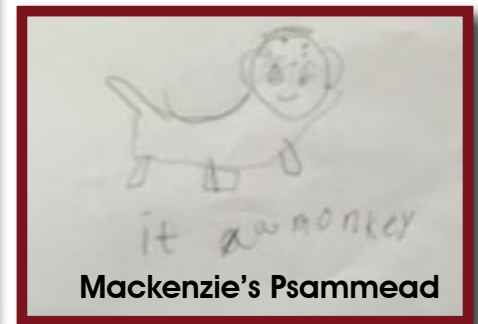
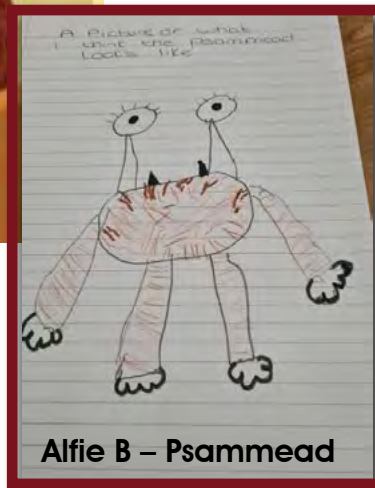


When five siblings - Cyril, Anthea, Robert, Jane and their baby brother, the Lamb - discover a sand-fairy in their gravel pit, they are jolly surprised and a little delighted. Even better, the Psammead is able to grant them wishes, although the magic wears off at the day's end. Unfortunately, all of the wishes the children make go hilariously wrong and they soon learn that their foolish desires are more likely to get them into trouble than get them what they want!

My 3 Wishes

- 1 - I think of food and it appears in front of me
- 2 - I click my fingers and can be in any place or country in the world
- 3 - I wish that people could be well, no coronavirus or disease

By Iris



Students also completed crafts based around Harry Potter books:



Congratulations to **Timothy** who won the Treasure Hunt - the correct answer was **Harry Potter**.

Remember that the individual reading competition is underway, so keep reading.

Why not log in to MyOn – use your Accelerated Reader passwords – there are hundreds of books on there to read!



7 Top Tips for Supporting Children to EXPRESS THEMSELVES SAFELY ONLINE

The past year has left many children feeling uncertain and worried. So Children's Mental Health Week 2021 has adopted the theme of 'express yourself'. It's not necessarily about being the best – but instead encouraging young people to relish the joy of being 'in the moment' and loving what they do. So whether they're into music, art, photography, film, drama or dance, here are our top tips for helping your child to express themselves safely online.

1 Celebrate their Identity

Celebrating who children are and reminding them of their uniqueness has a huge impact on their confidence and self-esteem. This week, remind them of what you love about them. You could revisit some photos and videos on your phone or computer of special times you've shared. Chat about the importance of finding time to do what they love: underline that it's an important part of who they are.



2 Promote Their Passions

It's different for all of us, but every child has something which ignites their passions and brings them joy. Perhaps they love music and you could introduce them to a music-making app? Or if they enjoy taking photos or making videos, use this week to set a photography or video competition at home, with some fun categories.



3 Support Their Interests

Some children seem to know instinctively what interests them and what they enjoy doing; others can be less decisive about hobbies. Spend some time this week sharing their interests and doing something connected to it together. You could make a short Lego film to post on your Instagram, a vlog about baking that you share with relatives, or just play with them on their favourite video game.



4 Help Them Help Others

Some children love to express themselves through activities which help others. Perhaps your local area's Facebook group has a community project that your family could get involved with – even as a one-off; it doesn't have to be a long-term commitment. Depending on your child's age, you could introduce them to online fundraising (such as sites like JustGiving, for example) and how it can make a difference to less fortunate people.



5 Enable Emotional Expression

Children sometimes need help in articulating how they're feeling and in beginning to understand how to manage their emotions. A safe, healthy way for your child to explore their feelings is to let them conduct an activity – like listening to a story, or creating some art – and discuss with them afterwards how it made them feel. There are lots of stories available on YouTube, while Audible is streaming children's audiobooks free of charge while schools are closed. YouTube also has a plethora of fun art tutorials (if you log in on an adult's account, remember to adjust your settings first to block inappropriate content and stop potentially unsuitable material auto-playing).



6 Let Them Stay Connected

The online world is a fantastic space for staying in contact with those who we can't be with right now. Young people are often very comfortable using social media to express themselves and stay connected by sharing their ideas, thoughts and feelings with friends. But bear in mind that most social media platforms require a child to be at least 13 before they should access it (WhatsApp is 16). Remind your child that, while it's OK to express who we are on social media, they should still always think before posting – and that their self-worth is never measured by their number of likes, friends or followers.



7 Coach 'Safe Sharing'

As part of expressing themselves, your child may want to share something online that they've created – like a funny video, a sketch, a meme or a dance. If they're too young to have their own social media, you could use your own account to share it with selected people who you trust. Emphasise the importance of only sharing content with people that your child knows well, like family and friends. This type of conversation is also useful for introducing young people to the risks and challenges that can come when expressing ourselves to a wider online audience of strangers.



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.



About Children's Mental Health Week

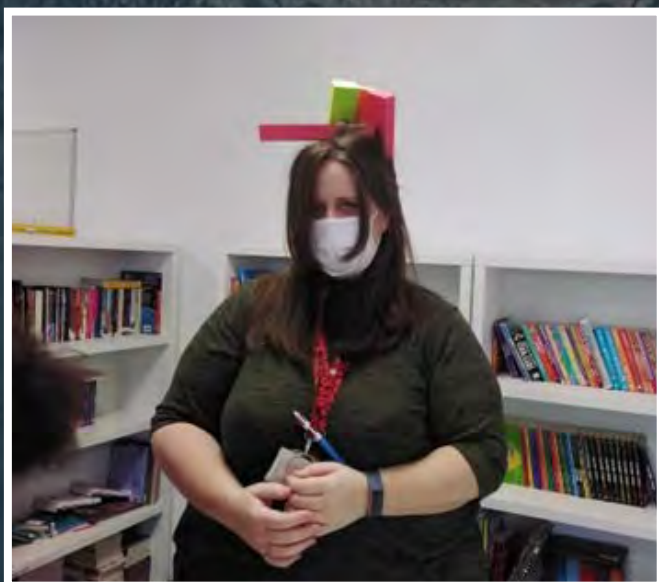
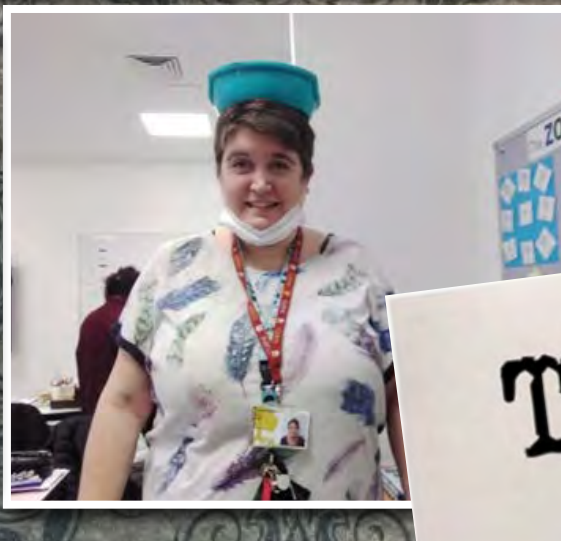
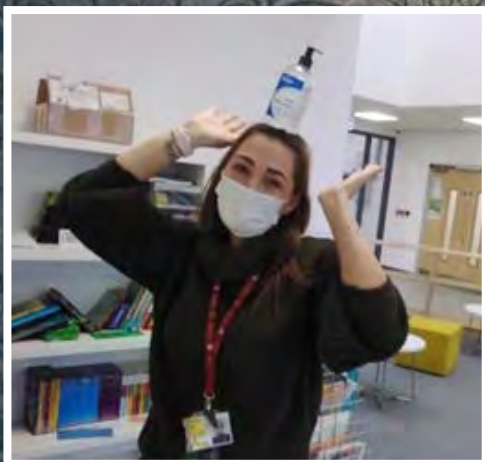
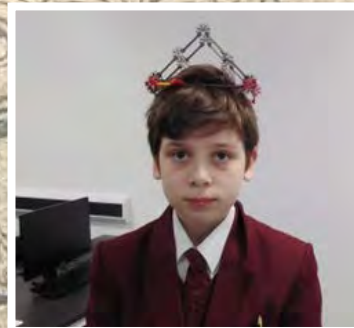
Around three children in every primary school class has a mental health problem. Many more struggle with challenges from bullying to bereavement. Now in its seventh year, Children's Mental Health Week shines a spotlight on the importance of young people's mental health – and it's never seemed more relevant than it does in 2021.

Find out more at www.childrensmentalhealthweek.org.uk

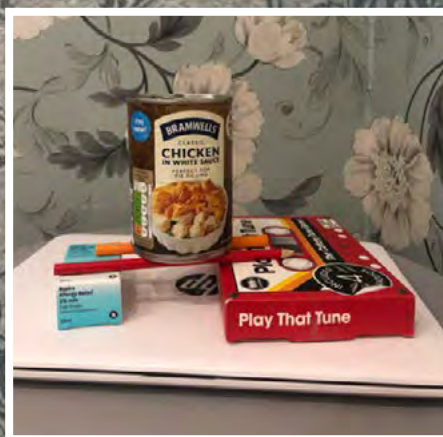


The students all enjoyed a digital detox day, and had fun completing a range of Taskmaster challenges. We all loved seeing the photos. There was some great teamwork with other family members joining in, and we even had some pets joining in!

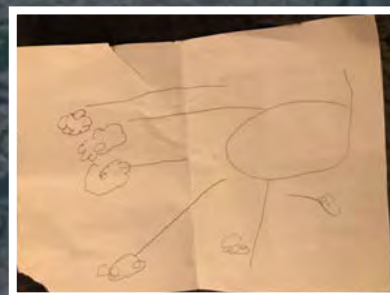
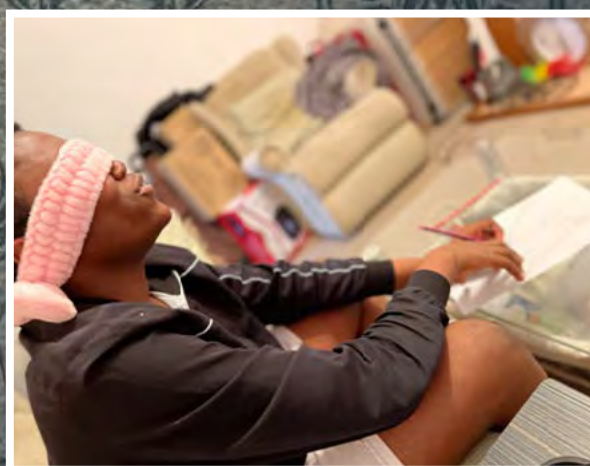
Here are some of our crazy hats



We found out that we have some talented engineers in our midst, with some well thought out bridge constructions



The blindfold art was trickier than we imagined – the temptation to peek was strong! Despite not being able to see, we had some fantastic art work sent in!



Household Art Challenge



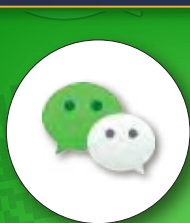
And who thought not having thumbs would be so tricky?



A big well done to our runners up – Ayla, Lee, Lily, Ralph, Jessica, Sophie, Edward, John, Iris and Aliamin.



Thank you to everyone who took part,
and we'd like to say congratulations
to
Alfie in Easton class who was our
Taskmaster champion !



What Parents & Carers Need to Know About

WECHAT



17+
App Store
Rating

WeChat is an all-in-one communications app for free text messaging, voice and video calls, photo sharing and games. Additionally, through “mini-programs” (apps integrated into the main WeChat platform), it becomes a one-stop shop by allowing users to do things like send payments, make purchases or book taxis, flights and hotels. Headquartered in Shenzhen, China, WeChat is one of the world’s most popular social media downloads, with around 980 million active users.

Risky Connections

Users of WeChat can exchange contact info instantly through their own unique QR code. That also means that one quick scan of your child’s QR code would give a person all of their details. Users can also add a person to their WeChat network using just a phone number – and, more worryingly, there’s an option to search specifically for nearby users, utilising their device’s location services.



HEY, WANNA MEET
UP THIS SATURDAY?
#sociallydistanced

Age-Inappropriate Activity

Social services in Malaysia (where WeChat is among the top three messaging platforms) have highlighted the app as a conduit for teenagers and schoolchildren to gamble online, arrange sexual hook-ups and deal drugs. WeChat’s age rating is 17+, but this is only an electronic verification: a child could simply lie about their age to download the app and would not have to provide proof.



Random Contacts

WeChat has a ‘discover users’ mode which allows you to connect with other people – either worldwide or nearby – entirely at random, through the device’s GPS locator. The ‘shake’ facility (i.e. literally shaking the phone) puts you in touch with another user (most likely a stranger) and instantly allows messaging and video contact. For children and young adults, this feature is potentially incredibly dangerous.



Surveillance Suspicions

Some western journalists have alleged that WeChat is being used on behalf of the Chinese government to mine data, access voicemails and track users’ physical location. The Indian Government banned the app in 2020 over “data and privacy issues”. In the USA, the Government has initiated legal proceedings to block WeChat, citing national security and data privacy concerns.



Questionable Impartiality

There have been numerous media reports of WeChat blocking or censoring messages because of ‘restricted’ keywords, usually related to politically sensitive subjects (for example, criticism of the Chinese Government’s response to the Covid-19 outbreak). Some people’s accounts have allegedly been disabled because of something comparatively innocuous that they posted. If this is accurate, it raises questions about the reliability and fairness of WeChat’s content.



#WakeUpWednesday



Advice for Parents & Carers



Research It Yourself

If your child is interested in using WeChat, it’s a good idea to download it yourself before they do, to help you decide if it is appropriate for them to use. Getting the app yourself will allow you to experience how easy it is to obtain, how users can create and share their own content, quickly make connections with other people, discover users’ locations and so on.



Adjust Security Settings

Unless a user alters it, the default security setting is that anyone else on WeChat (anywhere in the world) is able to see what they’ve posted – including photos and videos. What’s more, when a user adds text, images or video to their ‘Moments’ (a scrolling feed of friends’ updates), not only their contacts but anyone nearby can see what they’ve uploaded.



Disable Location Services

If you are intending to let your child use WeChat, we would strongly suggest that you do not let the app access their device’s location services. That will not only prevent random – and quite probably, unwanted – contact requests from strangers, but it will also stop other users nearby being able to pinpoint your child’s whereabouts.



Remember Linked Accounts

Bear in mind that users can connect WeChat to their Facebook and Twitter. That makes it easy to share content from the app – including posts that were intended to be private. If your child does link social media accounts, encourage them to think carefully before posting. Similarly, WeChat offers in-app purchases of stickers and games, so you may want to discuss in-app spending with your child in advance.



Meet Our Expert

Jonathan Taylor is an authority on online safety, social media and online grooming, having previously been a covert internet investigator with the Metropolitan Police for more 10 years. He has worked extensively with UK and international schools to deliver training and guidance around the latest apps, platforms and dangers.



Sure! Love to :)

<https://nationalpost.com/news/censored-by-a-chinese-tech-giant-canadians-using-wechat-app-say-theyre-being-restricted>,
<https://www.scmp.com/news/china/society/article/3064832/how-wechat-censored-even-neutral-messages-about-coronavirus>,
<https://www.todayonline.com/world/asia/wechat-app-used-pupils-sex-drugs-and-gambling>,
<https://qz.com/518908/wechats-new-heat-map-feature-lets-users-and-chinese-authorities-see-where-crowds-are-forming/>



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School Wellbeing Week

The number of people reporting mental health difficulties is on the increase and has risen significantly in the last year due to the pandemic and the significant life changes that all of us have had to adapt too.

During these difficult times it feels so important to remind each other of the need to reach out and talk and support those who need it the most.

Here is a list of some brilliant services nationwide and local dedicated to supporting all of us during these unprecedented times and below is an article taken from the latest TKAT newsletter.

We have a dedicated member of staff, Cherie Hughes who works with students and families and will be adding useful hints and tips to the Well-being section of the website.



Some useful links:

<https://youngminds.org.uk>
<https://nopenic.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.



Natasha Devon MBE

Fifty mental health and wellbeing leaders from the TKAT family joined an online event to share best practice around the promotion of pupil and staff wellbeing.

Natasha Devon MBE, author of 'A Beginners Guide to Being Mental: An A-Z' and

NATASHA DEVON MBE LEADS TKAT WELLBEING CONFERENCE

'Yes You Can Ace Your Exams Without Losing Your Mind' delivered a fascinating session. This explored practical ways to include three key skills for good mental health into school life - Critical Thinking, Healthy Coping Strategies for Stress/Anxiety and Emotional Literacy - using a whole-school approach.

The training included tips on peer support and spotting possible early symptoms of mental illness, with a particular emphasis on self-harm and eating disorders.

Andrew Wright of 'Action Your Potential' spoke about how to

transform wellbeing, learning progress and parental engagement through daily practices that work with our brains.

Delegates heard about exceptional practice from 2 TKAT schools, **Cleeve Meadow School** and **Drapers Mills Primary Academy**.

Feedback from the event was very positive:

"I found the day so useful, not just in terms of my job role but as a parent too. Natasha Devon was really engaging, and I loved her analogies around what can be an overwhelming subject." (Conference delegate).



Cleeve Meadow School

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