



www.gosforthpark.newcastle.sch.uk

May 21st 2021 Issue 5 Summer Term 1



What a busy and exciting week it's been in school!

We were delighted to be able to reveal plans to our Year 4 children and parents this week about an outdoor adventure day in July followed by a sleepover on the school field!

We will also be communicating with our Year 3 parents in the next few weeks about a residential trip to Robinwood in March next year.

Unfortunately, we still haven't been able to return to swimming as yet but we are working hard on plans for September to get back to the pool.

COVID

We are so excited to be planning for more of the 'normal' events that usually happen in school. However, although there are many changes in restrictions in terms of home and family life like meeting indoors, hugging and being able to go out to pubs and restaurants, guidance for schools remains largely unchanged. We are still operating in bubbles, following the hands, face, space, ventilation guidance and minimising contact with shared resources. We know there are lots of children across the city who are having to self-isolate due to bubble closures.

It is unlikely that there will be any huge changes to the guidance in the final part of the summer term, but as soon as we receive any and can return to more of the things we love, we will let you know.



Next month Bikeability is coming to our school! Bikeability is a cycle training programme which helps children gain the skills, knowledge and understanding to cycle safely on the roads. Instructors will come to school to deliver the training. They work in schools all over the country and will provide a really enjoyable opportunity for your children!

On the 24th and 25th June Year 4 pupils will be required to bring a road worthy bike and helmet into school so they can complete level one of Bikeability. Further information to follow.

Why is cycling good for us?

It is good for our hearts and lungs

We can spend time with friends

We can explore different places

It can increase our physical activity levels

Cycling rather than being in a car can reduce air pollution and carbon emissions

Bike Safety

We've had reports in the community of bike thefts. Please do not leave scooters or bikes unattended outside of the school gates. The inside gates are locked during the day so scooters and bikes parked in the racks are secure.

Coats

Please remember to bring a coat to school every day! We are trying to get out whatever the weather. We hope the sun will make a welcome return soon.

Thanks

Mrs Lamb



Welly to Belly!

Year 2 started an exciting gardening project this week with the charity - School Food Matters.

We started this week with our wellies on ready and a visit from two gardening experts. We planted a variety of vegetables and watered them. We're going to care for these and then we'll (fingers crossed!) be selling our produce at the Harvest Sale in the Grainger Market at the end of September. We had a fantastic morning and were so lucky with the weather!

Big thanks to Mr Lambert for helping me get the garden ready on Saturday. If there are any green fingered parents out there who would like to help us clear the other half – please email me – even an hour of weeding or digging would be a huge help!

claire.lambert@gosforthpark.newcastle.sch.uk

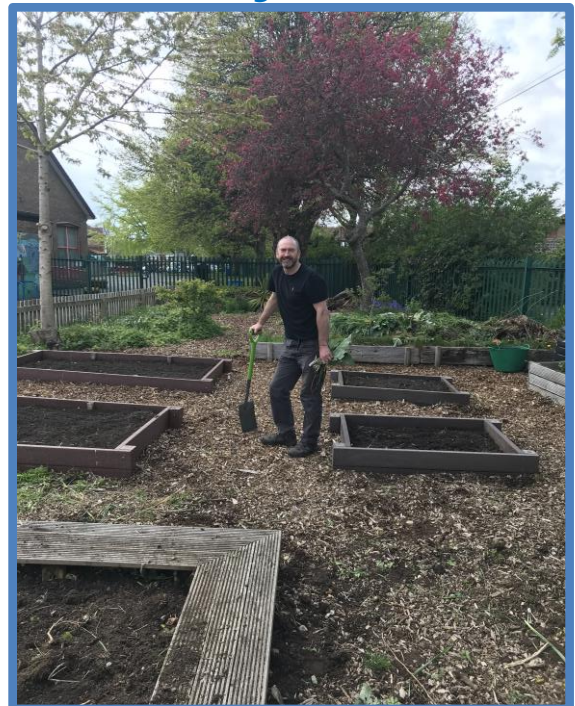
Mrs Lambert



Before!



After!





There's some good information on healthy meal ideas and encouraging our children to try healthy food on the Marks and Spencers website. There is a cooking with kids section, sandwich ideas and tips to engage your children with wanting to eat healthily. A downloadable planner is also available for breakfasts and lunch ideas. In the section on cooking with kids, if you click on the, 'More recipe inspiration link' it takes you through to family recipes for evening meals. As they state on their main page, "Eating a balanced diet helps to keep children healthy, gives them energy and enables them to concentrate on school work and to be alert". Here is the link to the relevant webpage:

<https://www.marksandspencer.com/c/food-to-order/adventures-in-food/kids-lunch-and-dinners>

Mrs Wells

PRELOVED UNIFORM INFORMATION AND PRICES

Uniform can be purchased via text followed by a covid safe collection from 6 Burnside Road. Text Kate on 07947846974.

Prices subject to available stock: Jumpers £2.50, Cardigans £2.50, Polos £1.50, Summer Dresses £1.50, Pinafores £1.50 - Skirts, trousers, shorts, PE tshirts, PE shorts sold for 50p.

Kate has a huge amount of school PE shorts for 50p sizes 18/20, 22/24 or 24/26.

Unwanted uniform can be dropped at the door of 6 Burnside Road. No need to knock. However please note, marked red items are unable to be sold. Due to Covid all items should be clean before drop off.

Thanks



Wonderful maths work Yellow class, you're Mathletes of the week again! It's lovely to see some fantastic effort from Sahib Singh Dhaliwal, Elisaveta Miladinova and Eden Coulter, they have been working so hard on Mathletics this week.



Well done to our Rock Legends Jemima Bond, Elizabeth Muldoon-Smith, Isabel Gent! David Taylor, Millie Anderson and Hunain Hashim are working really hard too – well done everyone!

Ms Gasper

Online Safety

Over the next few weeks Miss Coughlan, Computing Lead, will be adding some information for parents about the latest APPS and games and how to stay safe online. See below for this week's which is ...

What parents and carers need to know about Youtube

Think COVID first

If you or your child are unwell and have any of the following symptoms please do not send them to school. Think COVID first and book a test.

- A new or continuous cough
- A high temperature
- A change or loss in taste or smell





YouTube is a video sharing site/application that enables you to upload, view, rate, share and comment on a wide variety of videos. Consisting of a huge resource of information, advice and entertainment, YouTube now has 1.9 billion logged-in monthly users who watch a billion hours of video daily. Most of the content on Google-owned YouTube is uploaded by individuals, but organisations and media companies also offer some of their content via this platform.



AGE RESTRICTION
13+



What parents need to know about YouTube

SPENDING A PREMIUM

YouTube Premium (formerly YouTube Red) is a new paid streaming subscription service in the UK, offering a three-month free trial to tempt viewers into a £12-per-month plan. This includes the ability to download videos, stream videos with the app in the background, gives exclusive access to original content and a separate music streaming service and gaming app.



DANGEROUS 'CHALLENGE' & VIRAL VIDEOS

On YouTube, 'challenge videos' are shared quickly and can be very dangerous. One person may post a video of themselves doing something unusual like eating a hot chilli or jumping in a river and before you know it, the video goes viral and everyone wants to join in and share their videos. The speed in which challenge videos spread across the Internet makes it difficult to keep up with the latest ones.

SHARING VIDEOS

As well as watching videos, many children are keen to share their own videos online, emulating their YouTube heroes, such as Stampy or DanTDM. However, if they post something on YouTube, they may later regret it or feel embarrassed about what they have shared. There is also a risk that they will receive hurtful or negative comments regarding not only their content, but also their appearance. YouTube's comment section is infamous for being one of the most opinionated on the Internet.

IN-APP MESSAGING

When your child is logged into their Google account and browsing the YouTube website, they can share and talk about videos with their friends using the chat bubble. This can be found at the top right of the desktop site or through in-app messaging on their mobile or tablet. When they tap on the 'Friends' icon, they have a list of suggested people from their contacts – which can be any contact they've had on Google or somebody who has sent them an invite link.

AGE-INAPPROPRIATE VIDEOS

As YouTube is the biggest video sharing website in the world, there is content available for all ages, meaning that some content will not be appropriate for your child. If you think that content is unsuitable, there is a flagging feature to submit it for review by YouTube staff, but you will need to be aware that just because video is not appropriate for a younger audience, it may not violate YouTube's policies. YouTube has mechanisms in place to automatically remove explicit and harmful content, yet offensive content may still slip through.



**National
Online
Safety**

Top Tips for Parents

TURN ON 'RESTRICTED' MODE

'Restricted Mode' is an optional setting you can use to help screen out potentially mature content you may prefer your child not to see. Restricted Mode works on the browser or device level, so must be turned on for each browser or device your child uses. To do this, follow these steps:

Desktop:

- Go to the bottom of any YouTube page and switch 'Restricted Mode' to 'ON'.
- To make it more difficult for this to be turned off, you will be given the option to lock restricted mode onto your browser.

Mobile:

- Tap the three vertical dots at the top-right on the screen and press, 'Settings'.
- Click on 'Restricted mode filtering'.
- Press 'Restrict'.

Please note that you can't 'lock' restricted mode on a phone in the same way that you can on a desktop. You will need to turn this on each time your child uses it.

CREATE A FAMILY GOOGLE ACCOUNT

By having a shared family Google account, checking the history will enable you to see exactly what your child is watching and sharing on YouTube. To see the history on a computer, on the right hand menu under the library section, click 'History'. On mobiles, the viewing history can be found by clicking on the 'Library' tab.

YOUTUBE KIDS - PARENT APPROVED CONTENT

On the YouTube Kids platform, parents can now handpick videos and channels for their children to view, giving parents and guardians full control over what their children view on the app. Simply enable the feature within the account settings and select 'approved content only'. It's important to note that this feature is only currently available on Android devices.

BLOCKING ACCOUNTS

When using YouTube, there may be instances where your child receives negative comments. If somebody's giving your child a difficult time, here's how to block them and prevent future comments and replies:

- Go to their channel/account by clicking on their name.
- Click on 'About'.
- Tap the dropdown box with an image of a flag on it.
- Press 'Block user'.
- Tap 'Submit'.

MONITOR WHAT YOUR CHILD IS WATCHING/POSTING

The only way to truly know what your child may have been watching is to regularly monitor them. You can do this by checking their viewing history. YouTube videos can also be easily downloaded, so it is important that your child understands the associated dangers of content they are uploading and that it could harm their online reputation in the future. Show them how to set their videos to private or choose a small network of YouTube friends to share with. To get started, your child can use YouTube Studio which offers learning modules on creating a YouTube channel, however, you should encourage them not to use their real name.

DIGITAL WELLBEING

YouTube has launched a tool called 'Time Watched' that allows you to see how long has been spent on the platform. Once you have discovered how much time has been spent on the app, there is the option to set a time limit. Once the limit is reached, a reminder will pop up on the screen. You can also disable sounds and vibrations to help resist the urge to check for notifications.

OPT FOR A FAMILY PREMIUM PLAN

A YouTube family Premium plan may be a cost-effective option if you have more than one child. For £17.99 a month, it allows you to share a YouTube paid membership with up to five other family members – aged 13 and older – living in the same household. As the account holder, or family manager, you must create a Google family account.

MANAGING IN-APP MESSAGES

If your child is accessing YouTube via your account, bear in mind that they may be contacted by Google contacts who are complete strangers to them. You can remove someone from the suggested contacts list by pressing and holding the person's name and tapping on the red 'x'.

YOUTUBE GAMING

YouTube has created its own destination for gamers, which highlights the top gaming videos from the user's subscriptions, including live streams. There are hundreds of YouTube accounts which show other people playing and commenting on games. These are called 'Let's Play' videos. While YouTube can be a great resource for hints, tips and news for games, it is a good idea for parents to keep a close eye on what YouTube's are posting. Often, the games they are playing will contain strong language and violence. A few examples of popular YouTube gamers for you to have a look at are:

- Stampy
- Yogscast Lewis & Simon
- PewDiePie
- EthanGamer
- Markiplier

- PopularMMOs
- Captainsparklez
- Jacksepticeye
- LiCorbis
- Dan TDM

!#{?!

SOURCES: <https://www.thesun.co.uk/tech/6702517/youtube-porn-videos-roblox-sex-games-watch-online/>, <https://www.youtube.com/watch?v=xfrn9P96M>, <https://www.youtube.com/watch?v=L2uzy7hc-hc>, <http://www.dailymail.co.uk/news/article-5126833/Terrifying-truth-child-watches-YouTube.html>, <https://www.todaysparent.com/family/crazy-youtube-challenges-kids-are-doing/>, <https://www.youtube.com/watch?v=4yek0Jb0sBg>, <https://tocaboca.com/magazine/commo-sense-media-youtube/>, <http://familytech.com/so-your-kid-wants-to-start-their-own-youtube-channel/>, <https://www.laptopmag.com/articles/block-someone-youtube>, <https://www.youtube.com/watch?v=GByt/about/brand-resources/#logos-icons-colors>, <https://www.commonssensemedia.org/blog/popular-youtube-gamers-kids-cant-get-enough-ofStampy>