



Stay at home to stop coronavirus spreading

Everyone must stay at home to help stop the spread of coronavirus.

You should only leave the house for very limited purposes:

- shopping for basic necessities, for example food and medicine, which must be as infrequent as possible
- one form of exercise a day, for example a run, walk, or cycle – alone or with members of your household
- any medical need, including to donate blood, avoid or escape risk of injury or harm, or to provide care or to help a vulnerable person
- travelling for work purposes, but only where you cannot work from home.

Important

These reasons are exceptions – even when doing these activities, you should be minimising time spent outside of the home and ensuring you are 2 metres apart from anyone outside of your household.

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

This is an unusual time and we are conscious that some people and families will be finding it difficult. We have included some helpline numbers on this page in case anyone finds them useful.



Contacting School

Please be aware that whilst school remains open for some children, there will be no admittance to the building or grounds for any parents, visitors or children not currently at school. If you need to contact us, please do so by email (secretary@alverton.cornwall.sch.uk) or by calling the office between 9am- 1pm, Monday to Friday on 01736 364087.

Remember – safeguarding is everyone's responsibility

If you have a safeguarding concern, please contact Martin Higgs (Designated Safeguarding Lead) at head@alverton.cornwall.sch.uk or, if it is out of school hours, please contact the Multi Agency Referral Agency on 0300 1231 116; E-mail: multiagencyreferralunit@cornwall.gov.uk



Penzance CTIPA Foodbank

The CTIPA Foodbank in Penzance has let us know that it is no longer necessary to obtain a voucher to receive food from them and that they are open every day at the moment. If their support would be helpful to you at this time, just phone Vryan or Adele in the office in confidence on 01736 364087 and they can phone the Foodbank for you who will be able to help. The Foodbank are extremely busy at the moment and are very grateful for any donations.



Free School Meals

At this time, many families may find themselves eligible for Free School Meals and Pupil Premium who previously did not meet the criteria. Please read this page carefully to find out if you are now eligible. Our Pupil Premium Parent Guide is being sent home alongside today's newsletter to provide you with more information.

Cornwall Council are continuing to process new applications for Free School Meals. **Please ensure that you read the eligibility criteria before applying** and complete the online application form if you are eligible.

<https://www.cornwall.gov.uk/education-and-learning/schools-and-colleges/school-meals/application-for-free-school-meals-and-pupil-premium/>

Postal applications are currently not being accepted but, if you are unable to apply online, you can call the Free School Meals team on 01872 323298 and a member of the team will call you back to complete the application over the phone. Please make sure that your phone will accept calls from a private number.

NB All Key Stage 1 (Reception, Year 1 and Year 2) pupils are entitled to receive a free school meal as part of the Universal Infant Free School Meals (UIFSM) initiative, regardless of what benefits are being claimed. Whilst schools are closed to most pupils during the current Covid-19 pandemic, schools are not required to provide meals or vouchers to Key Stage 1 children who usually receive free meals under the Universal Infant Free School Meals scheme but are not currently attending school.

However, some children in Reception, Year 1 and Year 2 and receiving Universal Infant Free School Meals (as well as all Key Stage 2 children) may have an underlying entitlement to benefits-related Free School Meals. Schools will make arrangements for these children to receive free meals through food parcels or supermarket vouchers.

Your child may be eligible for benefits-related free school meals if you, or the child themselves in their own right, receives any of the following benefits:

- Income Support (IS)
- Job Seekers' Allowance (Income-Based) and equal based Job Seekers Allowance
- Income Related Employment and Support Allowance (ESA-IR) and equal based Employment and Support Allowance
- Child Tax Credit (CTC) with an annual income of less than £16,190
- Working Tax Credit run-on - paid for 4 weeks after you stop qualifying for Working Tax Credit
- Guarantee Element of Pension Credit (GPC)
- Immigration and Asylum Act 1999 (IAA) Support
- Universal Credit - Your household income must be less than £7,400 a year (after tax and not including any benefits you get) as assessed by earnings from up to three of your most recent assessment periods

If you are claiming the benefits listed below you are **NOT** eligible for free school meals, regardless of what other benefits/credits are being claimed:

- Working Tax Credit
- Contribution-Based Job Seeker's Allowance and/or Contribution-Based Employment and Support Allowance

However, you will be temporarily eligible to claim free school meals if you receive a **Working Tax Credit run-on**, which is the payment you may receive for a further four weeks after you stop qualifying for Working Tax Credit.

If you think that your child is eligible for Free School Meals, we strongly recommend that you contact Cornwall Council as detailed above.

Online Safety

Whilst there are huge benefits to being online in order to stay connected to family and friends during this period, many parents may feel concerned about the activities and content their children are accessing. This guidance outlines resources to help keep children safe from different risks online and where to go to receive support and advice.

<https://www.gov.uk/government/publications/coronavirus-covid-19-keeping-children-safe-online/coronavirus-covid-19-support-for-parents-and-carers-to-keep-children-safe-online>

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.



TikTok is a video-sharing social media app available on iOS and Android which lets users create, share, and view user created videos much in a similar manner to Facebook, Instagram and Snapchat. It's main draw, however, is that users can record and upload bite-sized looping videos of themselves lip-syncing and dancing to popular music or soundbites, often for comedic effect, which can then be further enhanced with filters, emojis and stickers. TikTok has been designed with the young user in mind and has a very addictive appeal. At the beginning of 2019 it skyrocketed in popularity to become the iOS store's most downloaded app with over 33 million downloads. Estimates suggest that it now has anything between 500 million and over 1 billion monthly active users worldwide.



AGE RESTRICTION
12+
If under 18, supervision of a parent or legal guardian required.

What parents need to know about

TIKTOK

MATURE CONTENT

On the iOS store, TikTok is listed as 12+. On the Google Play Store it is rated as 'Parental guidance recommended: When signing up for the app, it's possible to lie about your age without any form of verification. As children scroll through their feed, most of the videos they're likely to come across are lighthearted or funny takes on dance routines which are designed to make people laugh. However there has been a slew of videos which have been reported for featuring drug and alcohol abuse, self-harm and sexual content, including young teens dressing overtly sexually and behaving suggestively. Given the deluge of material uploaded to TikTok every day, it's impossible to moderate everything and it can be quite common to come across explicit content on the 'for you' feed when logging into the platform.

INAPPROPRIATE MUSIC

TikTok revolves around creating music videos through lip-syncing and dancing. Inevitably, some of the music featured by users will contain explicit or suggestive lyrics. Given the undeniably young user base, there is a risk that children may look to imitate the explicit language they hear or the suggestive actions they see when viewing others user's videos on the app.

TIKTOK FAME

TikTok is very image focused and there is a notable preoccupation with appearing cool and attractive. Many teenagers now attempt to go viral and become what's known in-app as 'TikTok famous'. TikTok (and its predecessor musical.ly) has spawned its own celebrities – social media stars Loren Gray and Jacob Sartorius have been catapulted to fame through their initial exposure on the app. Obviously, most budding influencers looking to become the next big thing will be disappointed, but this may have the knock-on effect of making them go to more and more drastic lengths to get noticed.

ONLINE PREDATORS

As a social network, TikTok makes it easy to connect with other users. This includes the ability to comment on and react to other user's videos, follow their profile and download their content. Be aware that by default, any user can comment on your child's video if their account is set to public. Most interactions are harmless enough but as an app, TikTok is prone to predators because of the abundance of younger users.

ADDICTIVE NATURE

Social media is designed to be addictive and TikTok is no different. It can be fun and hugely entertaining. However, it is also because of this that it can be hard to put down. In addition to the short, punchy nature of the looping video format, the app's ability to keep you guessing what will come on screen next makes it easy to turn a five-minute visit into 45-minute visit.

IN-APP PURCHASES

Aside from the content, there's also the option to purchase in-app extras called 'TikTok coins'. Prices range from £0.99 for 100 coins to an eye-watering £93.99 for 10,000 coins. TikTok coins are used to purchase different emojis to reward content creators that a user finds funny or entertaining. In the iOS version of the app you can disable the option to buy TikTok coins but this sadly doesn't seem to be a feature in the Android version.



National Online Safety
#WakeUpWednesday

Safety Tips For Parents

TALK ABOUT ONLINE DANGERS

Assuming your child is above the age limit to use the app, make sure you take the time to talk to them about what they are seeing on the app. Have a dialogue, get them to give you their opinion on what is appropriate and model the correct behaviour for them. Go over why they shouldn't give out private information or identifiable photos and be positive and understanding of them. In the long run, getting them to think critically about what they're seeing goes a long way to keeping them social media savvy.

USE PRIVACY SETTINGS

Undoubtedly, the easiest way to safeguard your child on TikTok is to make their account set to private. This means only those users your child approves can view, like, and follow their content. Setting the account to private may clash with your child's goal of social media superstardom, but it will keep their account secure from strangers. This setting can be enabled under the privacy and safety menu by pressing the ellipsis in the 'me' tab of the app. To be extra safe, there are additional controls available to toggle such as who can send comments and messages, among other options.

ENABLE RESTRICTED MODE

In the digital wellbeing section there's the ability to turn on restricted mode using a PIN. Restricted mode filters out content that is not age appropriate although it should be noted that this isn't always 100% fool proof. When enabling restricted mode, parents should still be vigilant to what their child is watching and take note that the algorithm moderating content is not infallible.

EXPLORE AND LEARN YOURSELF

Understanding and learning the app yourself is a great way to get to grips with TikTok. You could then even use the app with your child and watch some videos with them. If you are the parent of a teen, even if it does not make you popular, keep a close eye on what they're viewing and sharing. That said, it's a brilliant chance to turn it into a bonding opportunity with your child also. You could even unleash your inner performer and make videos with them while (more importantly) keeping them safe online.

LEARN HOW TO REPORT AND BLOCK INAPPROPRIATE CONTENT

With the proper privacy settings in place, TikTok can be a safe space for your child to express themselves. However, just in case something does manage to slip through, make sure your child knows how to recognise and report content that isn't appropriate and get them to come to you about what they have seen. TikTok allows users to report offenders and comments within the app. You can also block individual users by going on their profile.

MODERATE SCREEN TIME

As entertaining as TikTok is, you can help your child moderate their time on the app by making use of the digital wellbeing section. Under the screen time management option, you can limit the daily allotted time allowed on the app in increments ranging from 40 to 120 minutes. You can also lock this preference behind a PIN number which has to be inputted in order to then exceed the daily time limit. This way your child can get their daily dose of memes without wasting away the day.

Meet our expert

Pete Badh is a writer with over 10+ years in research and analysis. Working within a specialist area for West Yorkshire Police, Pete has contributed work which has been pivotal in successfully winning high profile cases in court as well as writing as a subject matter expert for industry handbooks.



NEW FOR 2020 FAMILY SAFETY MODE

TikTok Family Safety Mode allows parents to link their own TikTok account to their child's. It's a great way to oversee your child's digital wellbeing by giving you direct control over their safety settings and being able to remotely turn features on and off. This includes managing screen time, the ability to send and receive direct messages (and with whom) and the ability to restrict the appearance of content that might not be age appropriate.

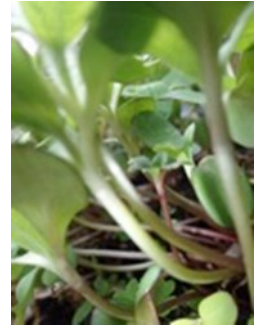


SOURCES: www.tiktok.com

www.nationalonlinesafety.com Twitter - @natonlinesafety Facebook - /NationalOnlineSafety Instagram - @NationalOnlineSafety

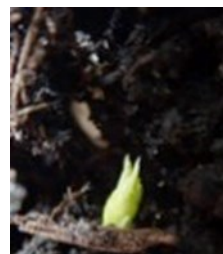
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Daisy's Diary



Whilst this has all been going on...

Spring has sprung and everything at school has started to wake up and recover from being rained on for 5 months solid. Our newest trees are putting out their first leaves, and ones we planted over the past couple of years are blossoming (maybe we will get our first apples and pears in the autumn!). Just like the rest of the country, Alverton school's nature is having a holiday from humans – no planes and busy roads! No lawnmowers! No one strimming and cutting and spraying and bouncing footballs and because we have worked so hard to be kind to the animals that live and use the school grounds they have lots of what they need – bee gardens, a wildflower meadow, blossoming trees. It's all starting to look rather beautiful. When we come back I think we will find lots to see and smell and hopefully eat...



Eco Newsletter

Please see the attached new Eco Newsletter from Daisy and Mrs England which will be sent out from time to time.