

Wraxall's School News



Well we are two weeks in to school closures and it has been lovely to hear what you have been busy doing outside of school. We received a special message from NHS staff at the children's hospital in Bristol this week – Thank you to 'Abigail's nana' for sending us this picture.



The next two weeks are holiday weeks and so, as I explained in my email earlier today, across all LSP schools no home learning will be provided. Feel free to continue to use the links to online learning activities and Joe Wicks PE lessons each morning if you would like to maintain some routine, but enjoy some free time with the children. There are also some ideas for Spring and Easter activities listed below so check them out if you're looking for some activities to try out. The next home learning will be sent out on Friday 17th April ready for the start of next term.

Thinking of you all, take care and keep safe!

Amy Townsend

Inspiring – Nurturing – Achieving

Wellbeing



'WORDS OF THE WEEK'

You may like to talk to your child about these words and see if they can explain their meanings, suggest alternatives and put them in a sentence.

towering*crevasse*inescapable

secluded*precipitous

This week's idea...

Make Some music



Coronavirus & Mental Health

If you are looking for a helpful website to support your Mental health at this time then try this NHS link for some useful Ideas and suggestions...

<https://www.nhs.uk/oneyou/every-mind-matters/>

Check out the platform guides below including 'How to Maintain Good Mental Wellbeing During Isolation'.

Message from Mrs Bossanyi

Mrs Bossanyi was in school with me today and said "I hope you all have a lovely Easter holiday. Maybe you'll do some Easter baking. There's a lot of maths in cooking! I shall be baking a birthday cake for my husband."

I noticed a birds nest in the tree this week.



The chickens at Flax Bourton!



These were given to me on the last day of school – bringing spring indoors

Spring Activity Ideas

National Trust Easter activities

<https://www.nationaltrust.org.uk/features/easter-crafts-how-to-guides>

Out of the Ark Music Site

https://www.outoftheark.co.uk/ootam-at-home/?utm_medium=email&utm_campaign=Important%20Update%20From%20Out%20Of%20The%20Ark%20Music%20-%20non%20subscribers&utm_content=Important%20Update%20From%20Out%20Of%20The%20Ark%20Music%20-%20non%20subscribers+CID_10b46d1c47ec4dc970edb1684f714fd8&utm_source=Email%20newsletter&utm_term=FIN%20OUT%20MORE

We use Out of the Ark in school for some of our music resources and for collective worship and singing celebrations too. The website is providing free resources during school closures and is releasing a song each day for children to sing along with.

Bible Chat Mats

The Diocese of Bath and Wells have released these free Bible chat mats which can be downloaded and printed. They are linked to different biblical stories. They have questions, points to reflect on, quotes and lots to colour and doodle.

<https://www.bathandwells.org.uk/supporting-children/youth-children/resources/bible-chat-mat/>



Activity & competition for children and adults of all ages!

To celebrate Easter in this strange year of isolation, you are invited to make an **Easter Garden**. Include **Jesus' tomb** and take **TWO pictures**, one with the tomb closed and one with the stone rolled away. The garden can be real, or a model or other piece of art or craft.

Email **BOTH pictures** and (to have a chance of winning a prize) **names and ages** of those who have made the garden to Rob James:
chancellor@wellscathedral.uk.net

Two sets of pictures (and the first names of their creators) will then be **published on the Cathedral Website, Facebook page and Twitter feed**, one on Good Friday featuring closed tombs and the other on Easter Day, with the stones rolled away.

The Dean will chair a panel of judges and **prizes will be awarded** for their favourites in different age categories!

Closing date: Noon on Wednesday 8th April 2020



All things Lent and Easter Ideas

The Diocese have also released this activity book with a range of things to make, talk about, bake and create linked to the Easter Story and Lent.

<https://www.bathandwells.org.uk/wp-content/uploads/2019/05/All-Things-Lent-and-Easter-Ideas-Booklet.pdf>

Rainbows to show hope

Have you put a rainbow up in your house – share your pictures with us via. email and we might include them in a future newsletter. Here are some that we've seen so far.



- ♥ If you have drawn/painted/chalked/made a rainbow in your home then send us a picture to put in our next newsletter. Please put a sentence with the picture to give your authorisation for it to go in the newsletter.



Each week we will try to include a message from church to keep you updated with our wider community and also to offer words of comfort and support from church should you find them helpful.

Message from Rev. Fran



Why not start to fill 2 Jars with slips of paper - in one write down the things that you wished you could do but can't because you are at home and in the other put down the great things you have been doing while you are home? When we are all out and about again you will have:

1. A list of things to do.
2. Memories of what was really good about your time at home!

God tells us to count our blessings and we can then share with each other what our blessings were when we next see each other.

Don't forget to keep last week's boat safe too.

In work and worship

God is with us.

Gathered and scattered

God is with us.

Now and always

God is with us.

HOW TO MAINTAIN GOOD MENTAL WELLBEING DURING ISOLATION

WELLBEING IS ABOUT BEING ABLE TO EXPERIENCE GOOD HEALTH, HAPPINESS AND HIGH LIFE SATISFACTION, INCLUDING MANAGING YOUR STRESS. IT'S NOT ALWAYS EASY TO FIND THE RIGHT STRATEGIES TO ESTABLISH AND MAINTAIN YOUR WELLBEING. OFTEN THE MOST SUCCESSFUL METHODS ARE UNIQUE TO YOU AND ONES THAT CAN BE CONSISTENTLY APPLIED LIKE FOR INSTANCE, EVERY WEEK.

TOP TIPS FOR ALL

MINDSET & THOUGHTS

SOMETIMES, WE CAN ONLY SEE THE PROBLEMS AND CHALLENGES. TRY TO TAKE A FEW MOMENTS EVERY DAY TO REFLECT. PERHAPS THROUGH WRITING IN A JOURNAL OR SPENDING FIVE MINUTES IN THE MORNING TO NOTICE SOMETHING WE CAN BE THANKFUL FOR AND FEEL POSITIVE ABOUT.



KEEP PHYSICALLY ACTIVE


STUDIES SHOW THAT THERE IS APPROXIMATELY A 20-30% LOWER RISK OF DEPRESSION FOR ADULTS PARTICIPATING IN DAILY PHYSICAL ACTIVITY. TRY TO GO FOR A WALK DURING THE WEEK OR JOIN A CLASS OR LOCAL COMMUNITY GROUP. MANY PEOPLE FIND THAT JUST THE CONNECTION WITH THE OUTDOORS HELPS TO 'RESET' THEIR MIND AND WELLBEING FOR THE DAY.



POSITIVE THOUGHTS

WHEN YOUR THOUGHTS ARE OVERWHELMINGLY
NEGATIVE, WE CAN FIND IT HARD TO FIND
HEADSPACE TO THINK POSITIVELY. TRY THIS...

IMAGINE YOU ARE SAT ON TOP OF A HILL AND YOU ARE LOOKING
DOWN AT A TRAIN TRACK BELOW WHERE TRAINS ARE COMING
AND GOING. NOW IMAGINE THE TRAINS ARE YOUR THOUGHTS.
WATCH THEM COME AND GO. BUT DON'T GET ON THE TRAIN. JUST
WATCH THE THOUGHTS COME AND GO IN YOUR MIND WITHOUT
ACTUALLY FOLLOWING THE NEGATIVE ONES DOWN AN
UNHELPFUL/NEGATIVE TRACK JUST WATCH IT PASS!




GOOD QUALITY SLEEP ZZZZZ

IF YOUR MIND FEELS FULL UP OR YOUR EMOTIONS ARE OVERWHELMING, YOU WILL FIND IT HARD TO ENJOY A GOOD NIGHT'S SLEEP. THERE ARE LOTS OF FREE MEDITATION AND SOOTHING SOUND VIDEOS ON YOUTUBE (WAVES, RAIN, CALMING MUSIC). OR FIND A PODCAST WHICH IS FUNNY OR HUMOROUS. WRITE YOUR THOUGHTS DOWN ON A PAD OR CREATE A 'TO DO' LIST. THEN PUT THE PAD OUT OF SIGHT UNTIL THE MORNING. DEEP BREATHING FOR AT LEAST 3 MINUTES CAN ALSO HELP. IN SLOWLY THROUGH YOUR NOSE AND OUT SLOWLY THROUGH YOUR MOUTH.

EAT WELL



EAT WELL 

A 2014 STUDY FOUND HIGH LEVELS OF WELLBEING WERE REPORTED BY INDIVIDUALS WHO ATE MORE FRUIT AND VEGETABLES¹. THE KEY TO BALANCING EATING WELL WITH BUSY FAMILY LIFE IS TO PLAN AHEAD. IF YOU CAN PLAN WEEKDAY MEALS AND BUY THE INGREDIENTS AHEAD OF TIME THIS REDUCES THE NUMBER OF 'LAST MINUTE' UNHEALTHY MEALS.

ACCEPTING HELP

WE MUST BE ABLE TO LEAN ON OTHERS WHEN NECESSARY. IT IS UNREASONABLE FOR US TO ASSUME WE WILL NEVER NEED HELP THROUGHOUT OUR LIFE. THIS MEANS ACCEPTING HELP WHICH MAY BE VOLUNTEERED OR ASKING WHEN THE NEED ARISES. THE HELP COULD BE THROUGH A FRIEND, RELATIVE OR SERVICE YOU TRUST, INCLUDING NATIONAL HELPLINES.



DOING GOOD DOES YOU GOOD

THERE IS A STRONG RELATIONSHIP BETWEEN WELLBEING AND COMPASSION. DOING GOOD CAN HELP LOWER STRESS LEVELS AND IMPROVE YOUR WELLBEING AND MENTAL HEALTH. HOWEVER, THIS CAN ALSO WORK THE OTHER WAY AND YOU SHOULD ALWAYS ENSURE THAT YOU ARE NOT HELPING OTHERS AT THE COST OF YOUR OWN WELLBEING.



STAYING CONNECTED

HIGHER RATES OF MENTAL HEALTH PROBLEMS, SUCH AS DEPRESSION AND ANXIETY, ARE ASSOCIATED WITH LONELINESS AND SOCIAL ISOLATION. OFTEN SOCIALISING WITH OTHERS CAN FEEL LIKE A LOT OF EFFORT IN THE EVENING WHEN WE'RE TIRED. HOWEVER, HEALTHY RELATIONSHIPS AND CONNECTIONS TO OTHERS HAVE A SIGNIFICANT IMPACT ON MAINTAINING GOOD WELLBEING. USING VIDEO CALLS, LIVE STREAMING OR 'FACETIMEING' IS A GREAT WAY TO KEEP IN TOUCH WITH FRIENDS AND FAMILY IF YOU'RE FEELING ISOLATED. IF YOU PREFER CALLING, PICK UP THE PHONE FOR A CHAT. MAINTAINING GOOD RELATIONSHIPS HELPS TO SET A GOOD EXAMPLE FOR CHILDREN, AS THEY NOTICE AND IMITATE THE BEHAVIOUR AND EMOTIONS OF THOSE AROUND THEM.



**The
National
College®**

MEET OUR EXPERT

THIS GUIDE HAS BEEN WRITTEN BY ANNA BATEMAN. ANNA 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.



FOR FURTHER INFO, CHECK OUT
THESE ONLINE RESOURCES: P

↳ <https://www.nhs.uk>

<https://www.mentalhealth.org.uk>

<https://www.livingwell.org.au>

<https://www.mentalhealth.org.uk>

LIVE



AGE RESTRICTION
13+

WHAT IS HOUSEPARTY?

Houseparty is a live streaming app described as a face-to-face social network where people 'drop in' on each other to video chat, leave messages and hang out in groups. The app is available for iOS, Android, macOS and Google Chrome and has tens of millions of users worldwide. It's important to note that children under the age of 13 must have a parent's permission to access the services, however, no proof of age is required to create an account.

HOW DO YOUNG PEOPLE USE IT?

Each time the app is opened, your child will be instantly connected to other users who are also on the app. Users can create group conversations of up to eight people at one time. Each time a person joins, the screen splits to show everyone who is part of the conversation. Your child can add contacts via phone numbers, search for their usernames, and share a link to their profile. They can have as many rooms as they want and move from chat to chat by swiping across the screen. Along with this functionality comes a few associated risks to be aware of...

What parents need to know about HOUSEPARTY

"STRANGER DANGER"

Friends of friends can join conversations on the platform without the need to be connected or known to all the other users in the chat. Houseparty calls this feature 'Stranger Danger'. While it does alert users when individuals they may not know enter their chat room, it also suggests strangers might be a reason for 'party time'. There's also the danger of people attempting to deliberately mislead others by using false names or usernames.

SEXUALISED MESSAGES

People may use live streaming apps such as Houseparty to engage in inappropriate or illegal activities. There have been concerning reports directly linked to Houseparty, including one incident where two Mancunian children aged 11 and 12 were reportedly targeted by men exposing themselves back in 2017. Outside of their close friendship group, it's also important to note that friends of friends can also connect with your child via the app, which may include people with this intention.

CONTENT BEING SHARED

The 'facemall' feature lets users share moments from their Houseparty conversations by recording and sharing 15-second snippets of chats. They also have the option to save these moments to their gallery. For privacy purposes, every member of the group will see a notification if another member is recording - this could be a concern if your child shares something in the live chat they may later regret. Once recorded, they lose control over the video and how it is used. Screenshots of live streams and private messages can also be taken which could be shared widely and embarrass users.

CYBERBULLYING

Cyberbullying is when people use technology to harass, threaten, embarrass, or target another person. Group chats can be used by bullies to make negative or hurtful comments which may cause offence or be harmful to others in the group. Exclusion from friendship groups within the platform may make your child feel sad and left out/socially excluded.

OVERSHARING PERSONAL INFORMATION

Children often don't understand the risks involved in giving out too much personal information in a live stream or within their profile. They may also be less protective of personal details during online conversations. One example of this within a live chat could be their background revealing information about where they live or go to school without realising.

IN-APP PURCHASES

By tapping on the dice icon your child can play a game called 'Heads Up!' where one person gives clues to describe someone or something and the other players guess. Three cards are included for free but additional decks cost real money. There's the potential for your child to get carried away playing the game while working up a small fortune.

Top Tips for Parents

SOURCES:
<https://www.thetimes.co.uk/article/houseparty-the-chat-app-thats-taking-over-facebook-mktm3chm>
<https://www.bbc.com/news/technology-51111111>
<https://www.houseparty.com>

NOS National Online Safety
#WakeUpWednesday

TURN ON PRIVATE MODE

One additional tip is to use the app settings to turn on 'Private Mode' which automatically locks the room, instead of doing it manually. Parents with questions can always email us at hello@houseparty.com

SAFER CONVERSATIONS

With live streaming being such a popular feature on apps, it is important that you are aware of the dangers associated with it in order to protect your child effectively. Have regular and honest conversations with your child about what apps they are using and how they are using them. It may be a good idea to have your child show you how they use Houseparty and how to navigate through the platform so you are aware of how it works.

CHECK COMMUNICATIONS

Also, it's important to be aware of who is on their friends list and who they are communicating with. Remind your child to not communicate with people they do not know and trust. If they experience something on the app that makes them feel uncomfortable then they should tell a trusted adult immediately. Remind your child that if they get an invite to join a Houseparty room from someone they don't recognise, then they should ignore the request.

'LOCK' ROOMS

In regards to communicating with users on the platform, we advise that your child uses the 'lock' feature to make their conversations private. This means that other users, especially strangers, can't join their conversations.

PROTECT THEIR PRIVACY

Your child may unknowingly give away personal information during a live stream, including their location. Talk to them about what constitutes 'personal information' and make sure they do not disclose anything to anyone during a live stream, even to their friends. Advise them to remove any items in their live stream (school uniform, street name, posters etc.) that could potentially expose their location or personal information. Check your child's privacy settings thoroughly. You have the option to opt out of certain uses and disclosures of personal information, such as turning off the app's location sharing option.

PROTECTING YOUR CHILD'S DIGITAL FOOTPRINT

As the videos are live, it may lead to the misconception that whatever happens in the video will disappear once the live stream ends. All content shared on the app can be recorded or screenshots and shared to a wider community. It is important that your child knows that what they do now may affect their future opportunities. In addition to this, the video chats can't be reviewed later which means unless a parent or carer is sitting nearby during a call, they won't know what has been said. It's worth bearing in mind that parents can see when their child has last communicated with someone and for how long for under the 'We Time' feature.

REMOVE LINKS TO OTHER APPS

Users can link their account to both Facebook and Snapchat, or can simply share a link to their profile. We advise that you remove these links and remind your child not to publicly share access to their online profiles as there is the potential for strangers to get hold of your child's information or communicate with them.

BE PRESENT

A study conducted by the Internet Watch Foundation (IWF) found that 96% of streams showed a child on their own, often in their bedroom or bathroom. If your child is going to conduct a live stream, ask them if you could be present for it. This will give you a greater understanding of what your child is doing during their live streams and who they are streaming to.

REPORTING AND BLOCKING

If your child faces a problem while using the app they can report direct to the platform by shaking their phone. A prompt will pop up allowing you to report issues immediately by clicking on the 'report now' button. They also have the option to report and block users directly on the user's profile.