

## KEEVIL COFE ACADEMY NEWSLETTER

Up-coming Dates:  
 20<sup>th</sup> Feb – Children return to school  
 27<sup>th</sup> Feb – Acorn Netball Tournament (Years 5 and 6)  
 3<sup>rd</sup> Mar – World Book Day  
 3<sup>rd</sup> Mar – Coffee Afternoon for Parents (2.30pm)  
 9<sup>th</sup> March – Stay and Learn (2.30pm)  
 14<sup>th</sup> March – Spring Class Sharing Worship

### Message from the Head

It has been a very busy week in school, not only have we been conducting Parents Evening meetings but also running our termly Pupil Progress Meetings. During the Pupil Progress Meetings all the members of staff who work with a class meet with myself and Mrs O'Brien, in her role as the school's SENCO. We discuss the learning of all children in the key areas of reading, writing and maths, as well as their progress and development in a holistic way. During these meetings I was struck by how much every member of staff cares about every child. Their faces lit up as they talked about achievements children had made, things that they can now do that they found more tricky previously. When discussing any areas that children found more challenging, they were positive and dedicated to finding ways to support and enable everyone to succeed. I couldn't help but feel how lucky our children are to have so many people working so hard in order that they can truly flourish. So I would just like to take this opportunity to say thank you to all the staff for everything they do every day for all of the Keevil children.

I hope through your Parents Evening meetings this week, you have also been able to see the commitment of the school staff. As well as being able to celebrate all the many wonderful successes your child has accomplished in school. I know the teachers greatly value the discussions they have with you, as home and school working in close partnership is always the most effective way to help children to reach their potential and truly shine.

I hope you and your family have a wonderful and relaxing time over the half-term break next week. I look forward to seeing all children back in school at 8:45am on Monday 20<sup>th</sup> February, rested and ready to learn again!

**In our Good Learning Book this week:**  
**Winter:** Well done to Lillie for being our Star of the Week.  
**Spring:** Well done to George, Mia and Skylan for their hard work, patience and concentration making their lighthouses.  
**Summer:** Well done to Lottie for setting a great example when moving around the school.  
**Autumn:** Well done to Daphne, Seren, Charlie and Martha for their diary entries on our book The Explorer.

House points			
Kestrels	Ospreys	Buzzards	Harriers
603	708	632	642

### Keeping Your Child Safe On-line

We regularly share information about internet safety with you through these newsletters, and you will find several information posters on this subject on the following pages. In particular, please take the time to read the one about music streaming apps and sites. It has been brought to our attention that these apps, even if they include no overt 'chat' function, are being used to groom young people into such things as sharing explicit images of themselves.

# February Half-term Activities at Trowbridge Library



## Monday 13 February

4:00-4:45

Teddy Bear's Sleepover for children in KS1 (reception, years 1 & 2) \*  
(+ regular rhymetimes: Babies 10:00 & Toddlers 11:00)

## Tuesday 14 February

11:00-11:45

I ♥ Books – story & crafts for children age 4-11 \*

## Wednesday 15 February

2:00-4:00

Lego Club

## Thursday 16 February

9:30-11:30

Lego Club

## Friday 17 February

2:00-2:00

Rhyme Time! Babies & Toddlers

## Saturday 18 February

11:00 Storytime!

1:00-3:00 Sit & Knit for children & adults \*

Please ask us about our board games if interested

If you see this \* please book your place at the help desk

01225 716700



## The Wild Way Home

A nature-inspired project for young people drawing on the museum's George Crabbe and Whitaker family collections and the posters of F Edwin Harris, culminating in our community event for Earth Day 2023 on Saturday 22nd April. See website for full details:

**Poetry & Art In Flowers** with Poet & Artist Josephine Corcoran:

Sat 21st Jan, Sat 18th Feb & Sat 18th Mar

**Protest Posters:** Saturday 11th March

**Fossil Monoprinting:** Tuesday 11th April

**Wildlife Survey in Biss Meadows:** Monday 17th April

**Earth Day 2023 - Biodiversity Craft:** Sat 22nd April



## Trowbridge Museum Supporters Club



Why not join our new Supporters Club today and make a difference?

Membership gives you perks, priority bookings, private views and a FREE hot drink each month, and you'll be helping the museum preserve the town's history, heritage and culture.

Annual membership: Individual (£15), Two Supporters at same address (£20) or Stumpy Club Family Membership (£25)



## Activities, Events & Workshops for Adults, Families & Children

January - Easter 2023



Trowbridge Museum  
The Shires, Court St, Trowbridge  
BA14 8AT  
01225 751339  
trowbridgemuseum.co.uk



For more information, visit our website:  
trowbridgemuseum.co.uk, call us on 01225 751339 or visit  
Trowbridge Information Centre

FREE

Drop-in crafts in the  
**Shires Shopping Centre**  
**Tue 14th Feb & Tue 4th Apr**  
**10.30am - 2.30pm**  
Don't miss our lovely  
**Mother's Day Craft**  
**Sat 18th Mar**  
**10.30am - 2.30pm**  
*Booking not available*  
**Ages: 5+**



### February Half Term

**Wednesday 15th February**  
**Polar Animals Junk Modelling**

**Time:** 10.30, 11.30, 1.30 & 2.30

Create your very own polar animal using scrap material.

**Age:** 5+

**Cost:** Free

**Friday 17th February**  
**Stumpy's Mountain Rescue Helicopter**

**Time:** 10.30, 11.30, 1.30 & 2.30

*Quiet session at 9.45am*  
Make a mountain rescue helicopter with real spinning blades.

**Age:** 5+

**Cost:** Free

**Under 16s must be accompanied by an adult**

Quiet Sessions:  
Suitable for autistic & neurodivergent children. Limited places available.

Book online at  
Ticketsource  
unless indicated

## Easter Holidays

**Wednesday 5th April**  
**Easter Bunny Terrarium**

**Time:** 10.30, 11.30, 1.30 & 2.30

Transform an old glass jar into a living landscape for the Easter Bunny. *(Please bring your own jar)*

**Age:** 5+

**Cost:** Free

**Thursday 6th April**  
**Easter Baskets**

**Time:** 10.30, 11.30, 1.30 & 2.30

*Quiet session: 9.45 - 10.15*

Get set for Easter with our easy paper craft Easter basket.

**Age:** 5+

**Cost:** Free

**Wednesday 12th April**  
**Daffodil Bird Feeder**

**Time:** 10.30, 11.30, 1.30 & 2.30

*Quiet session at 9.45*

Help your feathered friends with our simple seed feeder made from an old plastic bottle. *(Please bring your own washed plastic bottle)*

**Age:** 5+

**Cost:** Free

**Friday 14th April**  
**Mini Bugs**

**Time:** 10.30, 11.30, 1.30 & 2.30

Amaze your family and friends with a colourful caterpillar, a beautiful butterfly or a delightful dragonfly.

**Age:** 5+

**Cost:** Free



## Adult and Family Crafts

**Saturday 25th February**  
**Crochet Flowers**

**Time:** 10.30 - 1.30

Make a beautiful spray of spring flowers in our crochet workshop suitable for those with a little bit of experience.

**Age:** 16+

**Cost:** £20

**Saturday 25th March**  
**Rigid Heddle Weaving**

**Time:** 10.30 - 3.30

Learn the basics of hand weaving, including simple patterns and finish the day with a woven sample to take home.

This taster is perfect if you are interested in hand weaving or considering taking it up as a craft, and is suitable for beginners or those with basic knowledge of weaving.

**Age:** 18+

**Cost:** £45

**Saturday 28th January**  
**Crochet Toys**

**Time:** 10.30 - 1.30

Create a crocheted toy in our introduction to amigurumi workshop.

**Age:** 16+

**Cost:** £20

**Saturday 11th February**  
**Valentines Felt Heart**

**Time:** 10.30 - 11.30, 1.00 - 2.00 & 2.00 - 3.00

Make a mini felted heart in this quick and easy workshop. Suitable for adults and children over the age of 10. Children must be accompanied by an adult.

**Age:** 10+

**Cost:** £3.50

Book our events and workshops online via Ticketsource, or pop into the museum





# What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so enthral young people, but we can still help children to be aware of their mental wellness, recognising when something isn't OK – and knowing what to do about content that upsets them.

## 1. UNDERSTAND THE ALGORITHM

Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.

## 2. AVOID THE MAIN FEEDS

Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.

## 3. DISCUSS WHAT THEY'VE SEEN

Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds: if alarm bells ring, it could be time for a more in-depth talk or to seek support.

## 4. LEARN HOW TO HIDE CONTENT

If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.

## 5. SET DAILY LIMITS

Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces: involving your child in creating this agreement makes them more likely to stick to it.

## 6. MONITOR THEIR ACTIVITY

Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.

## 7. TURN OFF PUSH NOTIFICATIONS

Even for adults, it's tempting to check an email or message as soon as the alert sound pings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practise mindful use of tech. Most of us have other things that we need to focus on as a priority – and those notifications will still be there later, when we have more time.

## 8. USE DEVICES TOGETHER

Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area of home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.

## 9. ENCOURAGE OTHER ACTIVITIES

Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and regular sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.

## 10. TALK ABOUT PEER PRESSURE

Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like offline life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

## Meet Our Expert

Shazla Karwar-Amin is executive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the SEND, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shazla is a fellow of the Chartered College of Teaching and the author of *The Rainbow Within*, a book which supports children with SEND needs.



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# 12 Top Tips for BUILDING CYBER RESILIENCE AT HOME

As a society, we're increasingly using technology and tech services in the home. Digital assistants which can adjust the heating or turn lights on and off; streaming services for shows and movies on demand; games consoles; smart speakers; phones; laptops ... the list goes on. As we introduce each new gizmo to our homes, however, we increase the level of threat from cyber criminals. It's essential, therefore, that we learn to become more cyber resilient in relation to the devices and digital services that the people in our household use.

## WHAT IS 'CYBER RESILIENCE'?

Cyber resilience focuses on three key areas: reducing the likelihood of a cyber attack gaining access to our accounts, devices or data; reducing the potential impact of a cyber incident; and making the recovery from a cyber attack easier, should we ever fall victim to one.

### 1. PASSWORDS: LONGER AND LESS PREDICTABLE

The longer, less common and predictable a password is, the more difficult it becomes for cyber criminals to crack. The National Cyber Security Centre's 'three random words' guidelines are ideal for creating a long password which is easy to remember but hard to guess.

### 2. AVOID RE-USING PASSWORDS

When you use the same password across different logins, your cyber resilience is only as strong as the security of the weakest site or service you've signed up for. If cyber criminals gain access your username and password for one site or service, they'll definitely try them on others.

### 3. USE A PASSWORD MANAGER

A good way to juggle different passwords for every site or service you use is to have a password manager. This software stores all your passwords for you, so you simply need to remember the master password. LastPass, Dashlane, Password and Keeper are all excellent password managers.

### 4. BACK UP YOUR DATA

Keep a copy of your data using OneDrive, Google Drive or another reputable cloud-based storage solution. If it's extremely important or sensitive information, you could even decide to keep more than one back-up version - by saving it to a removable USB drive or similar device, for example.

### 5. ENABLE MULTI-FACTOR AUTHENTICATION (MFA)

Multi-factor authentication is where you need access to your phone (to receive a code, for example) or another source to confirm your identity. This makes it far more difficult for cyber criminals to gain entry to your accounts and your data, even if they do manage to get your username and password.

### 6. CHOOSE RECOVERY QUESTIONS WISELY

Some services let you set 'recovery questions' - such as your birthplace or a pet's name - in case you forget your password. Take care not to use information you might have mentioned (or are likely to in future) on social media. More unpredictable answers make cyber criminals' task far harder.

### 7. SET UP SECONDARY ACCOUNTS

Some services provide the facility to set secondary accounts, phone numbers and so on to help with potentially recovering your account. Make sure you set these up: they will be vital if you're having trouble logging in or if you're trying to take back control of your account after a cyber attack.

### 12. STAY SCEPTICAL

Cyber criminals commonly use various methods, including emails, text messages and social media posts. Be cautious of any messages or posts that are out of the ordinary, offer something too good to be true or emphasise urgency - even if they appear to come from someone you know.

### 11. KEEP HOME DEVICES UPDATED

Download official software updates for your household's mobile phones, laptops, consoles and other internet-enabled devices regularly. Security improvements and fixes are a key feature of these updates - so by ensuring each device is running the latest version, you're making them more secure.

### 10. CHANGE DEFAULT IOT PASSWORDS

Devices from the 'Internet of Things' (IoT), such as 'smart' home appliances, are often supplied with default passwords. This makes them easier to set up, but also less secure - a criminal can identify these standard passwords more easily, so change them on your IoT devices as soon as possible.

### 9. CHECK FOR BREACHES

You can check if your personal information has been involved in any known data breaches by entering your email address at [www.haveibeenpwned.com](http://www.haveibeenpwned.com) (yes, that spelling is correct). It's useful if you're worried about a possible attack - or simply as motivation to review your account security.

### 8. KEEP HAVING FUN WITH TECH

Consider our tips in relation to the gadgets and online services your household uses. Protect yourself and your family, and don't let the bad guys win: devices are not only integral to modern life but also a lot of fun - so as long as you keep safety and security in mind, don't stop enjoying your tech.

## Meet Our Expert

Barry Heston is the Director of IT in a large secondary school in the UK, having previously taught in primary and colleges in Britain and the Middle East. With a particular interest in digital citizenship and cyber security, he believes it is essential that adults and children alike become more aware of the risks associated with technology as well as the many benefits.



Source: <https://www.ncc.gov.uk/secure/1-top-tips-for-staying-secure-online/three-random-words/> | <https://haveibeenpwned.com>

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## What Parents & Carers Need to Know about

# TIKTOK

AGE RESTRICTION  
**13+**

(certain features are restricted to over-18s only)

TikTok is a free social media platform that lets users create, share and watch short videos ranging anywhere from 15 seconds to 10 minutes in duration. The app gained notoriety for its viral dances, trends and celebrity cameos and can be a creative, fun platform for teens to enjoy. Now available in 75 languages, it has more than a billion active users worldwide (as of spring 2022) and is most popular with the under-16 age bracket. In fact, a 2022 Ofcom report found TikTok to be the most-used social media platform for posting content, particularly among young people aged 12 to 17.

### WHAT ARE THE RISKS?

#### AGE-INAPPROPRIATE CONTENT

While TikTok's "Following" feed only displays videos from users someone follows, "For You" is a stream of clips based on their previously watched content. Most videos on a child's "For You" feed will therefore be age-appropriate and amusing, but it could potentially surface something unsuitable. TikTok's guidelines prohibit the sharing of illegal or inappropriate content, but the sheer volume of uploads mean they aren't manually monitored and vetted.

#### DANGEROUS CHALLENGES

Due to TikTok's immense popularity, some young people have unfortunately been influenced by videos challenging them to perform harmful, criminal or even deadly acts. One extreme example was the "blackout" trend, which encouraged users to hold their breath until they passed out from a lack of oxygen. It led to two families filing lawsuits against TikTok over the tragic deaths of their children.

#### CONTACT WITH STRANGERS

With around 11 billion users globally, the potential for contact from strangers on TikTok is high – especially as accounts created by over-18s (or youngsters using a false date of birth) are set to public by default. This not only means that someone's profile is visible to everyone else on the app, it also lets their videos be suggested to others and enables anyone to comment on them or download them.

#### IN-APP SPENDING

TikTok is free, but users have the option to buy TikTok coins, which can be used to purchase emojis in the app. These emojis are then sent as rewards (retaining their monetary value) to other users for videos they've created. Coin bundles range from £5.99 to an eye-watering £95. TikTok's policy is that they can't be bought by under-18s, but it's possible to bypass this with a fake birthday.

#### ADDICTIVE NATURE

Like all social networking platforms, TikTok can be addictive: figures show that young people are spending increasing amounts of time on it. In the UK, children with TikTok spend an average of 102 minutes per day on the app, versus 53 minutes on YouTube. This compulsive repeated use can interfere with their sleep patterns – leading to irritability – and distract them from other activities.

#### TIKTOK NOW

Introduced in late 2022, the TikTok "Now" feature lets users post a daily video or photo at the exact same time as their friends. Users receive a scheduled notification at a random time of day, giving them three minutes to take a video or real-time photo. This addition can not only be a distraction to young people but could lead to them inadvertently sharing private content such as their location.

## Advice for Parents & Carers

#### ENABLE FAMILY PAIRING

Family Pairing allows parents to link their TikTok account with their child's and control their settings remotely. Parents can then, for example, turn on Restricted Mode (reducing the chances of a child seeing inappropriate content); set screen time limits; and manage their child's ability to send messages (and to whom). Children can't alter these settings without parental approval.

#### MAKE ACCOUNTS PRIVATE

Although under-18s will have their TikTok account set to private by default, bypassing this setting is relatively easy. However, parents have the ability to manually set their child's account to private – meaning that their videos won't be visible to strangers and they won't be able to exchange messages with people who aren't on their friends list.

#### LIMIT IN-APP SPENDING

If your child is using an iPhone or Android device to access TikTok, you can alter the settings to prevent them from making in-app purchases. We'd recommend that you enable this feature, as it's quite easy for a young person – without realising what they're doing – to spend a significant amount of real money buying TikTok coins so they can unlock more features of the app.

#### DISCUSS THE DANGERS

If your child wants to see TikTok and you're happy for them to do so, it's crucial to talk about the potential risks in this type of app. For example, ensure they understand not to share any identifying personal information – and that they realise they could be exposed to inappropriate content. Thinking critically about what they see on TikTok can help children become generally more social media savvy.

#### READ THE SIGNS

If you're concerned that your child might be spending too much time on TikTok, or that they've been emotionally affected by something inappropriate or upsetting that they've seen, it's important to know how to spot the possible signs. Increased irritability and a lack of concentration are potential red flags, as are failing to complete homework or regularly not eating meals.

#### Meet Our Expert

Carly Page is an experienced technology journalist with a track record of more than 12 years in the industry. Previously the editor of tech tabloid *The Inquirer*, Carly is now a freelance technology journalist, editor and consultant.



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What you need to know about...

# MUSIC STREAMING APPS & SITES

Download the App

Search Artists

## What are they? 'Music Streaming Apps & Sites'

Music streaming apps allow people to listen to music on their devices. It gives users access to millions of songs and artists from around the world. Popular music streaming apps and sites include Spotify, Soundcloud, Apple music, Amazon Prime and Deezer. Music streaming allows children to listen to songs from around the world in a much easier and cheaper way. This enables them to showcase their talent which would have been very hard to do many years back.



## Know the Risks

### Explicit content

Explicit content is everywhere online, including in popular music. Children can easily access songs on Spotify, for example, that may have explicit or inappropriate language not suitable for children. It is so easy to erase searches so you can't see what a child has been listening to.

### Adult themed podcasts

Many music streaming apps also offer the ability to listen to podcasts which can vary across a wide range of topics, from business and health to comedy and relationships. Again, children could be exposed to content which is more adult themed or contains age-inappropriate language.

### Chatting to strangers

Some music apps, like Playlist, want to make music a more social experience by finding others who share the same musical tastes and allow users to join group chats where they listen to a playlist together in real time. This could open up your child to talking to strangers online.

## Safety Tips

### Use child friendly apps

Many music streaming services are made just for children. For instance, the Spotify Kids app provides parents with control over what their children listen to and all the content is family friendly and fun for children to explore.

### 18+ Turn off explicit content

Most of the major music streaming apps will provide the option to turn off explicit material to make sure the music is completely clean. Some services even offer an option to lock the content censoring settings with a password, so your child can't switch it back.

### Implement privacy controls

Check the privacy setting of your child's app. Ensure that whichever app or site they choose to stream music, the settings are set to be private. This way they can only share the music they are listening to with friends and family and can't engage in conversation with strangers.

## Offering Support

### Explore apps yourself

If your child insists on wanting to use a music streaming app then be part of the journey with them, take the time to understand which apps they prefer to use and why they want to use it. Find out how to use the app yourself and understand what they could be exposed to and how to ensure they get the most of it in a safe manner.

### Regularly check-in

Have regular conversations with your child about what they are listening to and how they are feeling if they do hear explicit music or content that makes them feel uncomfortable. Let them know that they can always talk to you and discuss what they've heard and what it means.

## Our Expert Parven Kaur



Parven Kaur is 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.

