

# West Park Post

## EAT THEM TO DEFEAT THEM!

A staggering 80% of children are not eating enough vegetables! That's why we are taking part in the national campaign Eat Them to Defeat Them.

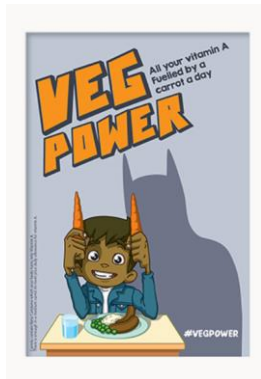
The aim is to get children eating more vegetables in a fun way.

Look out for reward charts and sticker packs coming home.

To find out more and for great recipes and expert tips go to:

[EatThemToDefeatThem.com](http://EatThemToDefeatThem.com)

[vegpower.org.uk](http://vegpower.org.uk)



### Important dates for the diary

Free health, well-being and employment support at school – 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> March 9am-11am (see details in newsletter)

Parent knife crime awareness workshop Tuesday 10<sup>th</sup> March 9am (see details in newsletter)

School is closed for staff training on 22.05.20 and 20.07.20

## TOP 3% 😊

The school received a well done letter from the government – we are in the top 3% of schools in the country for progress measures in reading, writing and maths!



The council organised the fundraising for Number Day 2020 on Friday 7<sup>th</sup> February – a fantastic £212 was raised for the NSPCC.

Thank you everyone for contributing. We had great fun with maths activities too!




Councillors have been finding out what children think of school dinners and will soon be meeting with staff from Shires Services to share findings.

## LOST PROPERTY

Once again, we have many unclaimed items – including brand new coats. These will now go to charity. Please name your child's clothes including coats, jumpers and PE kits – use a permanent marker, e.g. a Sharpie, on the label.



ECO ROOM AT 9.00am



west midlands  
police and crime  
commissioner

[info@glcic.co.uk](mailto:info@glcic.co.uk)

Design by LF Consulting






LEARN GROW LOVE CIC

# PARENTTALK KNIFE CRIME



## Tuesday 10th March 2020

FREE INTERACTIVE SESSIONS FOR PARENTS, CARERS &  
GRANDPARENTS



RAISING AWARENESS OF GANGS, KNIFE  
CRIME, THE IMPACT, CONSEQUENCES  
AND CONTRIBUTING FACTORS



To book or attend a free session contact Carol Davies on  
07850182822 or email us on [info@glcic.co.uk](mailto:info@glcic.co.uk)



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# Thursday 5th, 12th, 19th March 20



Research Centre  
Trust, Peace and  
Social Relations



## Health, Well-being and Employment Support

**FREE 3 week PROGRAMME for New Communities  
in Wolverhampton**



Aspiring Futures is working with City of  
Wolverhampton Council on the MiFriendly  
Cities programme.

**Our offer includes:**

- Stay healthy in Wolverhampton
- Improve your mental well-being
- Learn how food can have an impact on your mood
- Explore your own barriers to employment
- Get to know support available in Wolverhampton and various services
- Links to further education, employment and other opportunities.

**For Further info call or text:**

01902 458770 or

07557667609;

[info@aspiring-futures.co.uk](mailto:info@aspiring-futures.co.uk)



## 9am - 11am ECO Room



## Attendance news

Here is a summary of attendance since September:



Class	Attendance	
YR	95.1%	😞😞
Y1	95.8%	😞😞
Y2	96.7%	
Y3SA	96.5%	😞
Y3PJ	96.9%	😊
Y4RD	97.4%	😊😊
Y4FP	98.4%	😊😊😊
Y5	97.6%	😊😊
Y6	97.5%	😊😊
<b>School total</b>	<b>97%</b>	



Target for school  
is 97%

Our attendance target for the year is 97%, we have managed to maintain that this half term – just!

Our school attendance total has fallen a little this term but this is mainly due to the one nasty flu/throat bug we had in school after Christmas. Hopefully after the half term break we will all be fit and well and ready for a good half term to lead us up to Easter.

Please remember that if your child is unwell and not coming to school then you must ring (558238) before 9am to let us know why they will not be in. If you do not do this then you may have a phone call from school or a member of staff may do a home visit to check your child is safe and well. If we are still unable to establish your child is safe then we can ask the police to do a safe and well check to your home.

**Prizes for good attendance and punctuality will be given at the end of the Spring term as usual – you have to be in it to win it!**

# Online Safety News

## February 2020-


**National Online Safety**

### 7 questions to help you start a conversation with your child about online safety

#WakeUpWednesday

- 1** Which apps/games are you using at the moment?



THIS WILL GIVE YOU A GOOD OVERVIEW OF THE TYPES OF THINGS YOUR CHILDREN ARE DOING ON THEIR DEVICES, ALONG WITH THEIR INTERESTS. REMEMBER THAT THEY MIGHT NOT TELL YOU EVERYTHING THEY ARE USING, SO IT IS A GOOD IDEA TO ASK THEM TO SHOW YOU THEIR DEVICE, BECAUSE NEW APPS AND GAMES ARE RELEASED REGULARLY. IT IS IMPORTANT TO HAVE THIS CONVERSATION OFTEN TO ENSURE YOU ARE UP TO DATE WITH WHAT THEY ARE DOING.
- 2** Which websites do you enjoy using and why?



AS IN THE TIP ABOVE, ASKING THIS QUESTION WILL ALLOW YOU TO FIND OUT WHAT YOUR CHILD IS DOING ONLINE, AND ENCOURAGE POSITIVE CONVERSATIONS ABOUT THEIR ONLINE ACTIVITY. ASK THEM HOW THEY USE THE WEBSITES, AND TAKE AN INTEREST IN HOW THEY CAN USE THEM IN A POSITIVE WAY, ALSO ASKING THEM TO SHOW YOU IF POSSIBLE.
- 3** How does this game/app work? Can I play?



SHOW A GENUINE INTEREST IN WHAT THEY ARE DOING. WHILST YOU ARE PLAYING A GAME OR USING AN APP WITH THEM, IT MIGHT HIGHLIGHT SOMETHING THAT THEY DON'T NECESSARILY THINK IS A DANGER TO THEM, IF THEY ACT LIKE THEY DON'T WANT TO SHARE THEIR ACTIVITIES WITH YOU, QUESTION WHY.
- 4** Do you have any online friends?



CHILDREN CAN FORM POSITIVE RELATIONSHIPS WITH PEOPLE ONLINE, AND THIS HAS BECOME MORE COMMON THANKS TO ONLINE MULTI-PLAYER OPTIONS, BUT THEY MAY NOT FULLY UNDERSTAND THE DIFFERENCE BETWEEN A FRIEND AND A STRANGER. YOU COULD MAKE THE QUESTION MORE SPECIFIC TO YOUR CHILD, FOR EXAMPLE, "HAVE YOU MET ANYONE ONLINE THAT YOU LIKE TO PLAY GAMES WITH?" THEY MAY NOT WANT TO SHARE THIS INFORMATION WITH YOU, SO ENSURE YOU TEACH THEM ABOUT HEALTHY RELATIONSHIPS.
- 5** Do you know where to go for help?



ALTHOUGH YOU MAY BE THE ADULT THEY TRUST THE MOST, SOME CHILDREN STRUGGLE TO TALK ABOUT WHAT HAPPENS ONLINE DUE TO CONFUSION OR EMBARRASSMENT. BECAUSE OF THIS THEY MAY STRUGGLE TO APPROACH THE NORMAL PEOPLE WHO WOULD HELP, SUCH AS YOURSELF OR A TEACHER. HAVE A CHAT TO YOUR CHILD ABOUT EXACTLY WHERE THEY CAN GO FOR HELP, AND HOW THEY CAN REPORT ANY ACTIVITY THAT THEY BELIEVE IS INAPPROPRIATE ONLINE.
- 6** Do you know what your personal information is?



YOUR CHILD MAY ALREADY KNOW WHAT THEIR PERSONAL INFORMATION IS BUT THEY MIGHT NOT THINK ABOUT HOW IT CAN BE SHARED. HAVE A CONVERSATION ABOUT WHAT PERSONAL INFORMATION IS AND HOW THIS CAN AFFECT THEM IF IT IS SHARED BEYOND THE INTENDED RECIPIENT. IT IS IMPORTANT THAT YOUR CHILD UNDERSTANDS THE DANGERS OF SHARING CONTACT DETAILS OR PHOTOS, AS INFORMATION SUCH AS THIS CAN SPREAD QUICKLY ONLINE.
- 7** Do you know your limits?



CHILDREN MAY NOT UNDERSTAND THE NEGATIVE IMPACTS OF DEVICE OR GAME ADDICTION, TALK TO THEM OPENLY ABOUT HEALTHY HABITS AND ASK WHETHER OR NOT THEM SPENDING TIME ONLINE OR PLAYING A GAME IS AFFECTING THEIR SLEEP, PERFORMANCE AT SCHOOL OR IF THEY ARE GENERALLY LOSING INTEREST IN OTHER ACTIVITIES. YOU MAY LEAD ON TO ENCOURAGING ALTERNATIVE ACTIVITIES AND DISCUSSING THE INTRODUCTION OF TIME LIMITS WHEN AT HOME.

[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)
[Twitter - @natonlinesafety](https://twitter.com/natonlinesafety)
[Facebook - /nationalonlinesafety](https://facebook.com/nationalonlinesafety)
Phone - 0800 368 8061



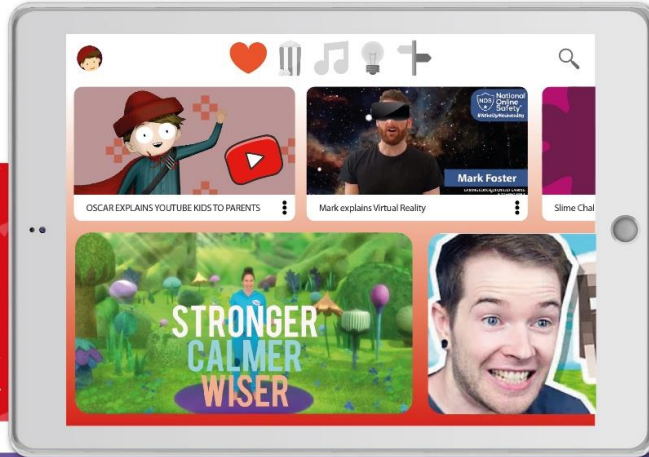
At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should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



Although children of all ages often watch YouTube content directly via the website or main YouTube app, YouTube itself states that the only place children should be watching its videos is in the YouTube Kids app.



## 8 things parents need to know about YOUTUBE KIDS



### 1 SETTING UP

To set up the YouTube Kids app you need to do the following:

- 1 - Download the YouTube Kids app and connect your YouTube account.
- 2 - Specify your child's Name, Age and Birth Month.
- 3 - Select the types of videos to include in the app based on their age or select them yourself.
- 4 - If you choose to Approve Content yourself, you will be presented with some sample videos to accept or reject. You can select collections, shows, music or learning.
- 5 - Once chosen you are ready to use the app.

### 2 USING THE APP

Based on how you have set it up your child can then use the app to explore a safe set of videos. It's worth noting that YouTube Kids uses algorithms to ensure safe videos rather than a personal check, so it's possible for videos to slip through. If an inappropriate video does appear you can select the menu in the top right to block and report it. This not only helps your child but also improves the YouTube Kids app as a whole.

### 3 ADVERTISEMENTS

It's worth remembering that even in YouTube Kids, children will still see adverts. These are marked as "Ad" and preceded by an ad intro. The types of advertisements and products are checked to follow YouTube's advertising policies which exclude things like food and beverages. However, there can be toys or other items included in videos directly by creators themselves to advertise them. You can remove adverts in YouTube Kids, like the main YouTube, by subscribing to YouTube Premium. This also has the added benefit that you can download videos for offline viewing, you can also watch videos in the background while using other apps. This can be really useful if you have a long journey to take children on.

As with television adverts or bus stop posters, it's a good idea to talk to children about how adverts work and help them to recognise them. In my family, I remember pointing out the grinning children, added sound and light effects and exciting narration in TV ads. It's important to do this for other forms of advertising as well. It's important to understand how YouTube Kids collects information about your child's viewing and how this relates to advertising and video content. When they watch a video, the device, language, which videos they watch and searches they make are recorded. This is used to help suggest personalized content. It can also be used to serve contextual advertising, although the app does not allow interest-based advertising or remarketing.

### 4 SELECTING GREAT CONTENT

One of the best features on YouTube Kids is the ability to select channels, videos or collections of videos for your child to enjoy. This is a great opportunity to sit with your child and better understand what they want to watch. Are there particular topics or themes that resonate? Then you can check through different options in this area, and together with them choose the best matching channels.

The YouTube Kids app also enables you to disable the Search feature to avoid young children stumbling upon content designed for older viewers. The app also avoids videos from inappropriate channels being suggested to watch next. If you have selected content for your child only those will come up. If you have set an age limit, only videos deemed appropriate for that age will be suggested.



### 5 VIEWING TIME

There are a number of ways you can administer how long a child can watch YouTube videos in a day. In the YouTube Kids app, you can set a timer before handing your child the smartphone or tablet. Once the time has run out the video will be paused.

You can also set limits on iPhones and iPads in the Screen Time section of the Settings. This not only enables you to see how long they play but specify how and when they can do this. You can apply similar limits on Android devices via the Family Link app settings. Other systems like the "Circle" system or features built into your Internet Router enable you to set limits across multiple devices which can be useful as children will often cruise to another smartphone, tablet or smart TV once their time has run out on their device.

As well as helping younger children not watch longer than is healthy, this is a good tool for discussion with older kids. Discuss together how long is appropriate to watch in a day and then agree on the limits. This ensures they see them as helpful rather than being policed.

### 6 RESTRICTIONS

As well as using the YouTube Kids app, you can also set up restrictions on other ways your family watches YouTube. Ensure you are logged in when using YouTube and turn on Restricted Mode in your User Profile. You can also set this at the bottom of the video page by clicking Restricted Mode: On. Ensure that you also click the Lock Restricted Mode on this browser to ensure so that other users can't turn it off.

### 7 WATCHING TOGETHER

Another good way to keep YouTube viewing positive is to spend time finding channels and content that your child will enjoy and benefit from. In my family, we each get together once a month and show each other our favourite videos from the last four weeks. This not only sparks conversations about what we've watched but enables us to share the things we've enjoyed watching.

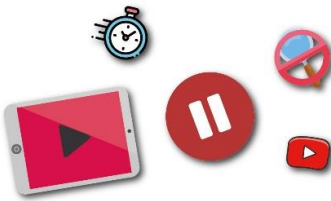
### 8 RECOMMENDATIONS

For younger children, you can use the YouTube Kids app to keep tabs on what they have been watching. Tap on the Recommended icon on the top of the home screen and then swipe right. You will see videos with the play button on them and a red bar at the bottom. These are the videos your child has watched. Anywhere the bar at the bottom is mostly black is a video your child has skipped.



### Meet our expert

Andy Robertson is a parent of three children and journalist who writes for national newspapers and broadcast television. His Taming Gaming book helps parents guide children to healthy play.



[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)

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Facebook - /NationalOnlineSafety

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