



St Augustine's Academy Newsletter



7th May 2020



Headteacher's Message

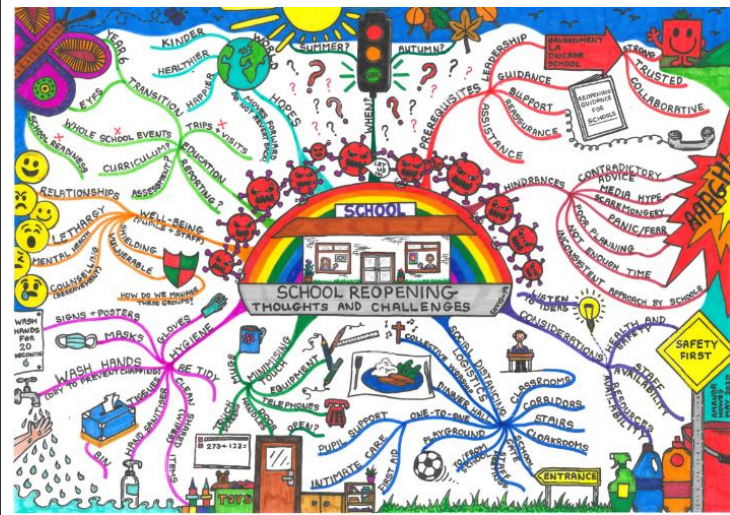
Dear Parents, Carers and Children

Tomorrow is the 75th Anniversary of VE (Victory in Europe) Day. Union flags are already decorating houses in the community; children at school have been learning Morse code and semaphore, looking at real medals and making their own, and learning about the History of the event. Our next pupil challenge is to send in your photographs of your **VE Day Decorations and Celebrations**.

Also, this weekend, the Government will announce possible plans to ease lockdown. Below is a mind-map of many of the things that are being thought about regarding school reopening. This may not be for a while yet, but we will keep you fully informed every step of the way.

Until then, we hope that you all stay safe and well. Keep on learning and enjoy your VE Day celebrations.

Amanda Howes - Headteacher



Hats Challenge



Thank You For These Amazing Hats!

They Are Fantastic!



Thank you!



We have a new flag flying from our school flagpole!

St Augustine's would like to say a huge, "Thank you" to everyone who works in the NHS, all the key workers and volunteers who have worked so hard to keep our community running during the Covid-19 pandemic. You are amazing. Thank you!






CORONAVIRUS

STAY HOME

PROTECT THE NHS

SAVE LIVES

'Let your light shine before others that they may see your good deeds and glorify your Father in heaven.' *Matthew 5:16*



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It has been interesting to hear about the learning that children are doing at home and seeing the learning that is taking place for the children of key workers in school too.

We have sent learning packs home to all our children and there are also lots of online resources to keep them learning. If you need more paper resources, advice about home learning or help explaining a concept to your child, then please contact the school and we can help you. Here are some tips and suggestions for home learning:

- Follow the school website's **Learning Zone** link at - <https://www.staugustinesacademy.co.uk/pupils/online-learning-games> The website is constantly being updated and is full of online resources for your children. There are links to video clips they can watch and learn from, activity ideas and online lessons. There are also links to Oak National Academy Lessons, where real teachers can teach your children, and BBC Bitesize. The following link will take you straight to the DfE's excellent online learning resources for children. <https://www.gov.uk/government/publications/coronavirus-covid-19-online-education-resources/coronavirus-covid-19-list-of-online-education-resources-for-home-education>
- Use a pencil and paper – It is not necessary to work from worksheets the whole time. At school, we try to avoid using worksheets where we can and encourage children to write out their work. Handwriting and presentation are such important skills. We delivered exercise books to some of our families this week and if you would like to receive one then please email or phone the school and we will ensure that one is delivered to you. Why not: write a diary; keep a scrapbook; make a time capsule; create a story; make careful observational drawings of objects in your home; design graphs, charts and tables; write a letter; design a poster; draw a board game. The possibilities are endless.
- Read, Read, Read! Read recipes, magazines, board game instructions, fiction and non-fiction books and e-books.
- Practise your **TIMES TABLES** and **NUMBER BONDS** using the **NumberFy/Flurrish App** that we use at school.
 1. Download the app from: http://www.flurrished.com/numberfy_v3.apk
 2. Tap the file in your downloads to install it - you may be taken to the Security Settings screen: make sure to click "Install from Unknown Sources"
 3. Complete the installation
 4. Start the app and enter the school's registration code
 You can access parental support by emailing - support@flurrished.co.uk (Which you will receive on Parentmail.)
- Look at the school's **Summer Term Curriculum Overviews** on the school website which will explain everything that your child would be learning at school during the summer term at school. Follow this link to access them: <https://www.staugustinesacademy.co.uk/curriculum/termly-curriculum-overviews>



VE Day Activities



Below is a list of activities, links and ideas to help you celebrate VE Day.

- <https://www.bbc.co.uk/teach/class-clips-video/history-ks2-ve-day/z7xtmfr> - If you access this link, you will be able to watch video clips about VE Day. This is particularly suitable for Key Stage 2.
- <https://www.twinkl.co.uk/resource/t2-h-4813-ve-day-resource-pack> - This free to download pack includes posters, puzzles and VE Day information
- Make flags, posters and bunting to decorate your home
- Learn Morse Code

International Morse Code

A	.-	N	-. -	1
B	O	---	2	..---
C	P	-. .-	3	...-
D	...-	Q	-. -.-	4
E	.	R	.- .-	5
F	S	...-	6
G	...-	T	-	7	---..
H	U	..-	8	---..
I	..	V	...-	9
J	.-	W	..-	0	-----
K	.-	X	..-	.	.-
L	.-	Y	..-	,	..-
M	--	Z	---	?

www.boxentriq.com

BBC Own It App updated for Covid-19



The BBC's Own It app helps young people new to social media manage their well-being, whilst empowering children to make smart choices, and helping them to lead a positive life online.

The Own It app and keyboard lets children:

- Get advice whenever they type
- Track their feelings
- Win badges as they reflect
- Find help when they need it
- Taking quizzes to learn more about themselves

The app also includes a special keyboard to use which offers helpful tips and friendly advice to children when they need it.

The app can be downloaded for free from the App Store or Google Play.

Further information can be found here:

<https://www.bbc.com/ownit/take-control/own-it-app>

Uses these prayers, pictures and links to help you talk with God.



Copy the picture of the dove of peace above. Why not write your own prayer for peace on it, cut it out and hang it in your bedroom or in your window.

National Online Assembly

Last week saw the first online assembly for children across the UK. We hope that many of you followed the link that was sent on Parentmail for you to watch it. The Bishop of Canterbury led part of the assembly which was about 'hope'.



Each week, there will be an online assembly at 10:00am on Thursdays via the National Online Academy. If you missed it then please click on the following link to catch up and be part of the biggest assembly ever!

<https://www.youtube.com/watch?v=OgdhOstV6il>

A VE Day Prayer from the Church of England

Lord God our Father,
 we pledge ourselves to serve you and all humankind, in
 the cause of peace,
 for the relief of want and suffering,
 and for the praise of your name.
 Guide us by your Spirit;
 give us wisdom;
 give us courage;
 give us hope;
 and keep us faithful now and always.
 Amen.



DAY SIX

Switching focus

Now as they went on their way, he entered a certain village, where a woman named Martha welcomed him into her home. She had a sister named Mary, who sat at the Lord's feet and listened to what he was saying. But Martha was distracted by her many tasks; so she came to him and asked, 'Lord, do you not care that my sister has left me to do all the work by myself? Tell her then to help me.' But the Lord answered her, 'Martha, Martha, you are worried and distracted by many things; there is need of only one thing. Mary has chosen the better part, which will not be taken away from her.'

LUKE 10:38-42

Life sometimes feels like one long to-do list. It always seems like someone else manages it better than we do. There is nothing new in frenetic activity, and the longing for space, for time to think and just catch our breath, particularly at this difficult time.

In our story, Mary is lovingly devoted to Jesus. She hangs on his every word. We might ask – What if Martha had been like this too? Who would have cooked dinner?! Presumably – eventually – someone would have had to call for a break and the work would have been shared?

Jesus validates Mary's choice. She is sitting, listening, taking time to reflect, to learn, and to be with God. Of course, Mary would need to work too. But Jesus here reminds Martha that all of us need a balance between activity and rest, between doing and being, between throwing ourselves into work and responding to demands, and proactively looking after our deeper selves. It may be you can only carve out a minute or two at a time – but those are precious already. Find time today to sit at the feet of Jesus, and listen, to him, to yourself, to the deeper, quieter voices of life. (Prof. Chris Cook)

A "Have a Go" habit: Mary Moments

- Now you are practising your "Martha" habit with your cup, sitting at Jesus feet, try a "Mary" make over: pick any household task such as boiling a kettle.
- As you do the chore slow down, see Jesus there while you take a little longer...try not to multi-task...breathe deeply and be aware of Jesus near you.
- Repeat Psalm 16:8 "I keep the Lord always before me"...whatever chore or task imagine doing it with and for Jesus.
 (Ruth Rice)

If you follow the link below, it will take you to a book of prayers compiled by the Church of England, especially for use during the Coronavirus outbreak.

<https://www.churchofengland.org/more/media-centre/coronavirus-covid-19-guidance-parishes/coronavirus-covid-19-liturgy-and-prayer>

Support and Advice

The table below gives a whole range of support services that you can access for help and advice. Please use them. This is a really testing time for us all and we all need a little bit of help and support sometimes. Remember, if you feel you can't cope, you can also ring the school to speak to someone.

Service	Number	Website	Information
Child Line	0800 1111	https://www.childline.org.uk/	Child Line is a free, private and confidential service where young people can talk about anything. Support is available online, on the phone, anytime
Children's Centre	0300 300 8104	Contact - Kim.woodland@centralbedfordshire.gov.uk	Support for parenting, debt, domestic abuse and foodbank vouchers etc.
Rev Ricky Dunstable Team Vicars	01582 528485	Contact – rickyturner@ntlworld.com PrayDunstable@gmail.com	Prayer and general help and support.
MIND	0300 300 0648	https://www.mind.org.uk/	Mind offers information and advice to people with mental health problems
Headspace		https://www.headspace.com/ App is available to download on the App store or Google Play	Mental health activities. Provides guided meditations, animations, articles and videos
Victim Support	0808 1689111	https://www.victimsupport.org.uk/	Free and confidential support for people affected by crime and traumatic events – regardless of whether you have reported the crime to the police or not
Salvation Army	01582 606031	https://www.salvationarmy.org.uk/dunstable	The Samaritans offer a church and social services to support those in need
Kooth		https://kooth.com/	Kooth is an online and confidential service giving help and advice about emotional health to young people
Samaritans	116 123	https://www.samaritans.org/	Free and confidential support and advice
Anxiety UK	TextService: 07537 416 905 Infoline: 03444 775 774	https://www.anxietyuk.org.uk/	Anxiety UK relieve and support those living with anxiety and anxiety-based depression by providing information, support and understanding
Youngminds	Parents Helpline 0808 802 5544	https://youngminds.org.uk/	A UK charity fighting for children and young people's mental health
Signpost	0800 0282 887	https://www.signpostforbedfordshire.com/	Support for those affected by crime
NSPCC	0808 800 5000	https://www.nspcc.org.uk/	Help for adults concerned about a child
National Online Safety		https://nationaleducationgroup.cmail20.com/t/t-l-nkrhuy-fyhllutij-y/	Highly visual and informative Online Safety posters for parents, carers and children
Central Bedfordshire Council		https://www.gov.uk/government/publications/closure-of-educational-settings-information-for-parents-and-carers/closure-of-educational-settings-information-for-parents-and-carers	Coronavirus – Information for Parents and Carers
Central Bedfordshire Children's Services	0300 300 8585 Out of hours: 0300 300 8123		If you think a child you know is being harmed or at risk of being harmed, please contact the Access and Referral Hub, who you can talk to about your concerns. All child protection calls are treated in confidence and you don't need to give your details

You can also find the latest information updates on the corona virus at:

<https://www.gov.uk/coronavirus>

COVID-19
Coronavirus



email
alerts

Central
Bedfordshire

Are you aware of our online library services?



With all our libraries closed and with most people staying at home there has never been a better time to visit our [Virtual Library](#) and check out what's on offer?

All you need is your library card number and a pin number. Do you need to [register](#) for a library card number or [forgotten your pin](#)? Don't worry you can do that online too.

There are loads of great resources to help keep you and your family occupied.

Need something new to read?

Find a great selection of [e-books](#), [audiobooks](#) and [magazines](#) on via RBDigital . There are titles for all the family. Check out our new additional [audiobooks library](#) on BorrowBox and look out for new titles being added each month.

Want to know what the papers are saying?

Browse the broadsheets or dip into the tabloids with [Pressreader](#). There are over 7,000 newspapers and magazines from around the world to choose from including First News for children.

Need to take a moment to relax?

Download and stream some relaxing tunes with [Freegal](#), our free music service.

Struggling with home education?

Have a look at [Encyclopaedia Britannica](#). It has a junior level for lower and middle school children or if you need something a bit more in depth, find millions of articles from over 1300 reference books with [Credo Reference](#).

Looking for a project to keep you busy at home?

In response to the current situation both [Ancestry](#) and [The Times Digital Archive](#) are now accessible to all library members from home – so now is the perfect time to research that family tree.

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 topic of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

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In today's digitally connected world, children and adults are constantly presented with new ways to engage, react and contribute. We're sociable beings; it's a natural human instinct, especially amongst younger audiences, to want to belong and join in. Viral Challenges (as they're often known) draw on these emotions and, as the name suggests, spread and gather pace very rapidly. New challenges are constantly emerging and evolving. They're often completely innocent, raising awareness of worthy causes or simply providing amusement. However, they can have much more sinister undertones, putting children at risk of physical harm or, in extreme cases, fatal injury.



What parents need to know about ONLINE CHALLENGES

MENTAL HEALTH & WELLBEING

As well as having the potential to cause actual physical harm, some challenges can be extremely upsetting for children. Many are created with the sole purpose of instilling fear in an individual in order to coerce them into doing things that could have a long-term emotional effect on them.

VARYING LEVELS OF RISK

As a parent or carer, it's important to take a balanced view and understand that not everything online has the potential to do harm. Mass-following and interaction can be a force for good. For example, the Ice Bucket Challenge, which swept the nation, set out to raise money and awareness of Amyotrophic Lateral Sclerosis (ALS). At its height, over 28 million people uploaded, commented on, or liked Ice Bucket Challenge related posts on Facebook. It's equally important to be aware though that online challenges often have a darker side. Malicious trends and challenges can expose children to dangerous or even life-threatening situations, so it's critical that parents and carers are aware of the latest risks and understand what steps to take to mitigate them.

'FOMO' - FEAR OF MISSING OUT

The 'Fear of Missing Out' (FOMO) is a strong emotional characteristic, particularly displayed in young people. The nature of viral challenges encourages children to explore and push boundaries. They tap into FOMO by feeding on a child's natural desire to join in, be accepted and share experiences with their friends and the wider online community. A recent study also found that FOMO is one of the greatest causes of Social Media addiction.



STRIVING FOR LIKES

In a major study by the Children's Commissioner, it was found that children as young as ten years old are reliant on 'Likes' for their sense of self-worth. A major concern around viral challenges is not knowing how far children will go to earn 'Likes'. Couple this growing appetite for acceptance with commonplace peer pressure and the potential problem is compounded. The result is that when young people are drawn into online challenges, because it is what all their friends are doing, saying 'no' can seem like a very hard thing to do.

"The coolest person at school will start a trend and then everyone copies her"
Merran, 12, Year 7

"If I got 150 likes, I'd be like that's pretty cool it means they like you"
Aaron, 11, Year 7



National Online Safety®



Top Tips for Parents



COMMUNICATION & MONITORING

It's important to talk to your child regularly and monitor their online activities. Encouraging honesty and openness, will give you a much clearer viewpoint of how your child is interacting online and what concerns they have. Create an atmosphere of trust. Ensure they feel they can confide in you or another trusted adult regarding anything they may have seen or experienced online that's upset them.

THINK BEFORE ACTING

As with most concerns in life, let common sense prevail when it comes to Viral Challenges. Young people need the freedom and space to explore and going in all guns blazing may well be counter-effective. Address the importance of safety and wellbeing, both online and offline, by getting the facts and understanding the risks. Start a discussion about the Online Challenges that may have captured your child's interest, gauge their likely involvement and explain the importance of thinking and acting independently when it comes to participating.

SETTING UP EFFECTIVE PARENTAL CONTROLS

As with all online activity, ensuring you have effective parental controls set up on all devices will help filter and restrict the dangerous or inappropriate content you don't wish your child to access. Additional measures for protecting your child include checking the privacy settings on your child's devices, monitoring their friends list, ensuring their personal information is safe and secure and keeping a watchful eye on the content they're sharing.

REPORTING & BLOCKING

Parental controls can only go so far in blocking potentially harmful content. A rise in the decoding of social media algorithms, has led to age inappropriate content increasingly appearing on platforms and apps used by children. Where possible, you should regularly monitor what your child sees online and flag/report any content which is inappropriate or dangerous. You should take the time to talk to your child, define what you consider to be appropriate content and show them how to report and block users/accounts themselves.

VALIDATE SOURCES

Not everything is as it seems. Some people create fake content that's designed to 'shock' in order to encourage rapid sharing. If your child has seen something online that has triggered concern you should encourage them to check its origin, verify that it came from a credible source and check the comments made for any clues to its validity.

FACING REALITY

Trends and Viral Challenges can be tempting for children to take part in; no matter how dangerous or scary they may seem. As a parent or carer it can be difficult to keep pace with the very latest Online Challenges emerging. In recent months these have included potentially dangerous crazes, including the 'Bird Box' challenge, which was inspired by Netflix's popular film and encourages followers to upload videos of themselves attempting everyday tasks while blindfolded. The best advice is to keep talking to your child. Show that your taking an interest and not just prying. Ensure your child knows they don't have to get involved and if they're unsure, let them know you're there to talk before they consider participating. Children often need reassurance that not everything they see online is real. If your child has viewed distressing or frightening content it's important to talk to them about their experience, support them and, if required, help them find additional support.

SOURCES:
<https://www.independent.co.uk/news/science/fake-news-twitter-spreads-further-faster-real-stories-retweets-political-a8247491.html> | <https://www.dailymail.co.uk/news/article-2209452/Teen-dies-copying-poo-game-time-YouTube.html>
<https://www.dailymail.co.uk/news/article-607331/Boy-11-dies-YouTube-choking-challenge-mother-warns-parents-son-strangled-himself.html> | Children's Commissioner Life in Likes report - ISPH - Status of mind report
<https://www.bbc.co.uk/news/magazine-20117957> | <https://www.independent.co.uk/news/health-wellbeing/fear-of-missing-out-fomo-one-of-greatest-causes-of-social-media-addiction-study-8ndb-35975296.html>
<http://www.thp.co.uk/news/children-as-young-as-eight-addicted-to-social-media-106/>