



St Augustine's Academy Newsletter

14th January 2022



Headteacher's Message

Dear Parents, Carers and Children,



This week, our pupils in Years 1 – 6 were treated to watching the pantomime 'Snow White' by M&M Theatrical Productions. Children watched the production 2 classes at a time, to allow for good social distancing, and thoroughly enjoyed the production. Ellie in Year 1, while excitedly jumping up and down said, "I loved it!" and this was echoed by everyone.

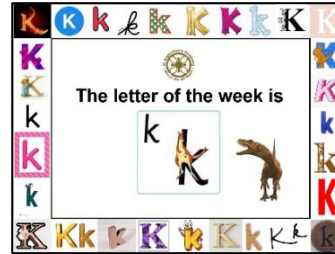
We would like to thank M&M Productions for the excellent performances and for being so accommodating in putting on the show 3 times for us. We look forward to welcoming them back again next year for more pantomime fun and games.

This week has also seen a rise in children with Covid-19. We need to remind you that if a child presents with Covid symptoms at school, or at home, they must take a PCR test and self-isolate pending the results. A lateral flow test is not sufficient in these circumstances.

We hope that in the next couple of weeks, we see most of you back at school again and wish all those that are poorly a speedy recovery.

Best wishes, Amanda Howes - Headteacher

Vocabulary Velociraptors



'K' has been our focus letter for the week. The children have learnt the names of a variety of different types of kitchen utensils, some of which they had not encountered before. Children had the chance to view the items and learn how they are used when cooking. Most of the items are used by Gary in our school kitchen.

The specific kitchen utensils that children learnt this week were: Rolling Pin, Grater, Ladle, Spatula, Potato Masher, Whisk, Peeler, Pizza Cutter, Cake Slice, Sieve, Lemon Squeezer and Colander. They also found a whole range of objects beginning with 'K' in The Ultimate Alphabet by Mike Wilks.

Vocabulary Tip of the Week

Make word cards that children can use to label objects in the home. This helps with vocabulary, Reading and Spelling. Add new words as children become familiar with them.



'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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Celebrations

CONGRATULATIONS to the following children.

Our Stars of the Week are...

Year 1 – Teresa
Year 2 – Eddie
Year 3 – Megan
Year 4 – Lilly
Year 5 – Aidan
Year 6 – Kyle

Our 'SELF' Pupils of the Week for,
"What things do we find tempting?"
are...

Year 1 – Harry
Year 2 – Kaysie-Mae
Year 3 – Izabella
Year 4 – Blake
Year 5 – Mia
Year 6 – Leon



Our Vocabulary Velociraptors of the Week
are...

Year 1 – Eliezer
Year 2 – Kacper
Year 3 – Laelia
Year 4 – Daniel
Year 5 – McKenzie
Year 6 – Logan



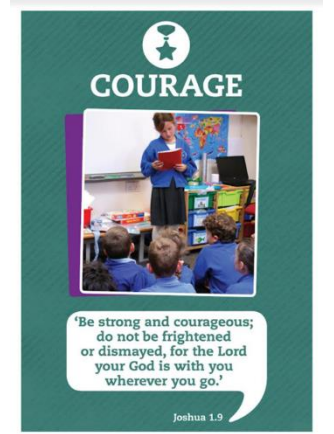
Our Attendance Bear Winner this week is...



The House Point totals this week are...



Value of the Half Term



Punctuality

PUNCTUALITY

IF ANY OF THESE SOUND FAMILIAR THEN IT'S TIME TO FIX YOUR TIMEKEEPING!

My alarm clock exploded and I slept through it.

I was abducted by aliens - look I've got a note to prove it!

I'm fairly sure school starts at 10:00 - maybe I'm early?

The bus driver got off at the stop before mine.

5 minutes late per day,
every day of the week adds up to **3 days** of lost school time.

10 minutes = 6.5 days lost per school year

15 minutes = 10 days lost per school year

20 minutes = 13 days lost per school year

30 minutes = 19 days lost per school year

WHAT TO DO THE NIGHT BEFORE

- Get everything you need for school ready.
- Set your alarm with plenty of time to spare.
- If you bring your lunch to school - make it now.
- Turn off electronic devices 30mins before sleep.
- If you use your phone before bed download a blue light filter app to look after your eyes.
- Remember that people aged 11 - 16 need 8 - 10 hours of sleep!

WHAT TO DO IN THE MORNING

- Get out of bed as soon as your alarm goes off.
- Have a shower first thing - it will wake you up!
- Have a nutritional, but quick, breakfast. Fruit, toast and healthy cereals are perfect and will give you enough energy to last to lunch time.
- Keep an eye on the clock and don't waste time.
- If you wait for friends, don't wait if they are late.
- If you're late - don't make excuses - we've heard them all before and honesty works much better!

Diary Dates

WB 17 th Jan.	Letter 'L' Week
WB 31 st Jan.	Letter 'N' Week and Planetarium
February (First 2 weeks)	Parent/Teacher Consultations (Probably via telephone)
Fri. 11 th Feb	Last Day of the Half Term

Sometimes we have to change diary dates due to circumstances beyond our control. Please keep checking the school diary regularly for updates.

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

What Parents & Carers Need to Know about REPLIKA

AGE RATING
17+
UK & EUROPE: RATED 'MATURE'

Replika is an artificial intelligence (AI) chatbot companion that its developers claim users can form an actual emotional connection with. Once users have created an account and chosen a 3D avatar, they select the type of relationship they want with the chatbot: friend, mentor or romantic partner. Using a neural network to hold an ongoing one-on-one conversation, Replika gradually becomes more like the user as it gathers data from their responses. It isn't the only AI chatbot app available, but Replika pushes the boundaries of the concept to offer a highly realistic conversational experience.

WHAT ARE THE RISKS?

INAPPROPRIATE CONTENT

18
CENSORED

As its age rating suggests, Replika includes content that isn't suitable for children, such as flirtatious messaging and sexual role-play. While the developer has recently updated the app to ensure this can only be accessed by adults who select 'romantic relationship', there are numerous accounts online of sexual content being seen by younger users of the app.

NO SELF-AWARENESS

Replika is designed to seem very human, but it's important to remember that it's still an AI-powered chatbot that has no self-awareness. This means (as numerous users have highlighted online) that the chatbot sometimes fails to filter out inappropriate content: one user reports, for example, that Replika shared upsetting videos of vicious dogs.

NOT MEDICALLY CERTIFIED

Replika claims to be able to improve users' emotional wellbeing by easing feelings of anxiety and loneliness. However, its disclaimer states "we are not a healthcare or medical device provider ... nor should our services be considered medical care, mental health services or other professional help services." There is no guarantee that Replika can help with mental health issues - it could, in fact, have the opposite effect.

POTENTIAL ADDICTION

Like many apps, Replika is addictive by nature. It encourages the user to provide more information so it can learn about them and become better at conversation. Not only does this mean your child could end up spending a long time on an app where they might share sensitive information, but also that they could find themselves forming an emotional attachment to the human-like chatbot.

IN-APP PURCHASES

Replika is free to download, but its developers do offer in-app purchases. Users can pay to upgrade to a 'Pro' version of the app, which unlocks extra content such as additional activities, conversation topics and the ability to hold voice calls with their AI 'companion'. Users can also spend real-world money on the 'gems' used to buy new outfits or different personality traits for their avatar.

Advice for Parents & Carers

SET UP PARENTAL CONTROLS

Replika doesn't feature its own in-game parental controls, but most mobile devices come with these controls built in. On iOS devices, for instance, you can set content and privacy restrictions - so if you don't want your child to be using 17+ rated apps like Replika, you can adjust the settings to prevent these from being downloaded.

TALK ABOUT THE DANGERS

If your child is determined to use Replika and you're happy for them to download it, then it's vital you talk to them first about the possible dangers of this type of app. For example, it's key that they understand not to give out any information which is personal or could be used to identify them - and it would be prudent to warn them about the potential of being exposed to mature content on the app.

WATCH FOR WARNING SIGNS

If you're concerned that your child is spending too much time on Replika and might be forming an unhealthy emotional connection with their chatbot, it's important to look out for the warning signs. They may be giving increasing priority to the app ahead of more important everyday activities (such as doing homework or eating meals) or could be showing signs of irritability and a lack of concentration.

SEEK PROFESSIONAL HELP

If your child is suggesting that they should use Replika for mental health reasons - because they're lonely or having feelings of anxiety, for example - it would be sensible to recommend other options to them. Replika's developers freely admit that they are not a certified mental health service, so if your child needs help it would unquestionably be best to consult a qualified professional instead.

Meet Our Expert

Carly Page is an experienced technology journalist with a track record of more than 10 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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