

NORTH STAR 82°

Issue number 7.

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Head Teacher's Message

Dear Parent / Carer

In this issue we have information from the National Online Safety Board around the safe use of smartphones for young people highlighting safe practices such as geolocation and parental controls. Please take the time to read this information to ensure all measures appropriate to your child are taken to keep them safe.

Also, in this issue we have an alert to the recent outbreak of measles in the South West and in particular areas of the South West where MMR vaccine rates are low.

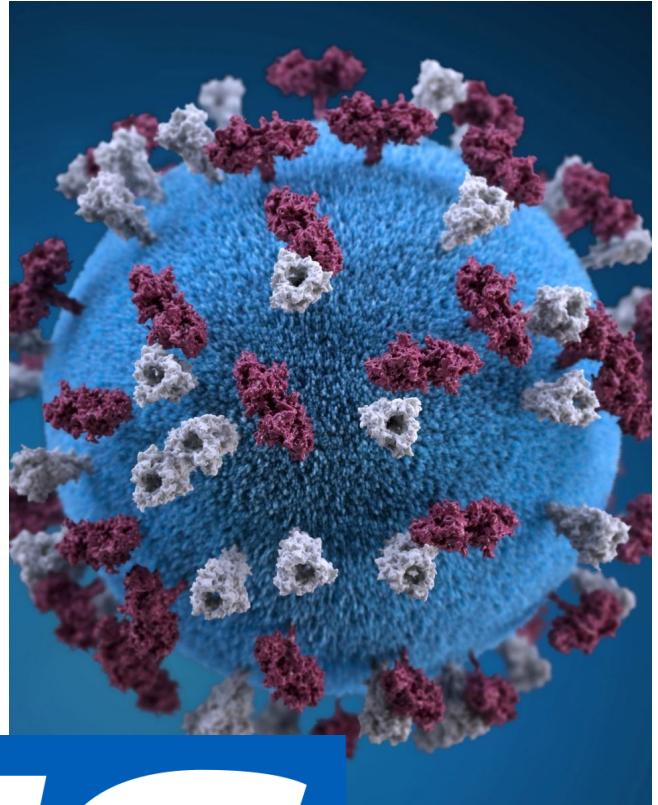
In addition, we celebrate some of the excellent work our children are doing in Maths through practical "hands –on" approaches.

Our school has many young people who are also very enthusiastic and engaged in sporting activities, both at break times and through formal PE sessions. The theme in recent weeks has been in the sport of basketball, learning and practicing new skills in shooting, dribbling, passing, tactics and sportsmanship.

Kind regards

James Wookey



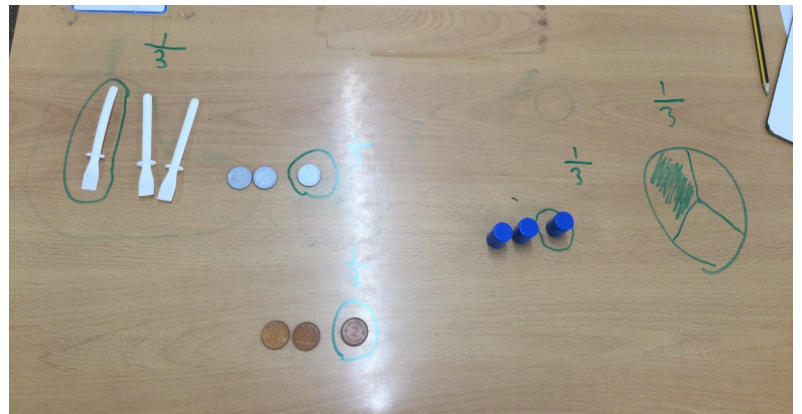
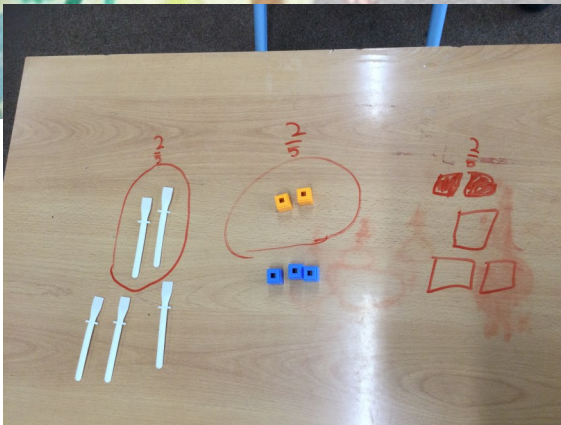
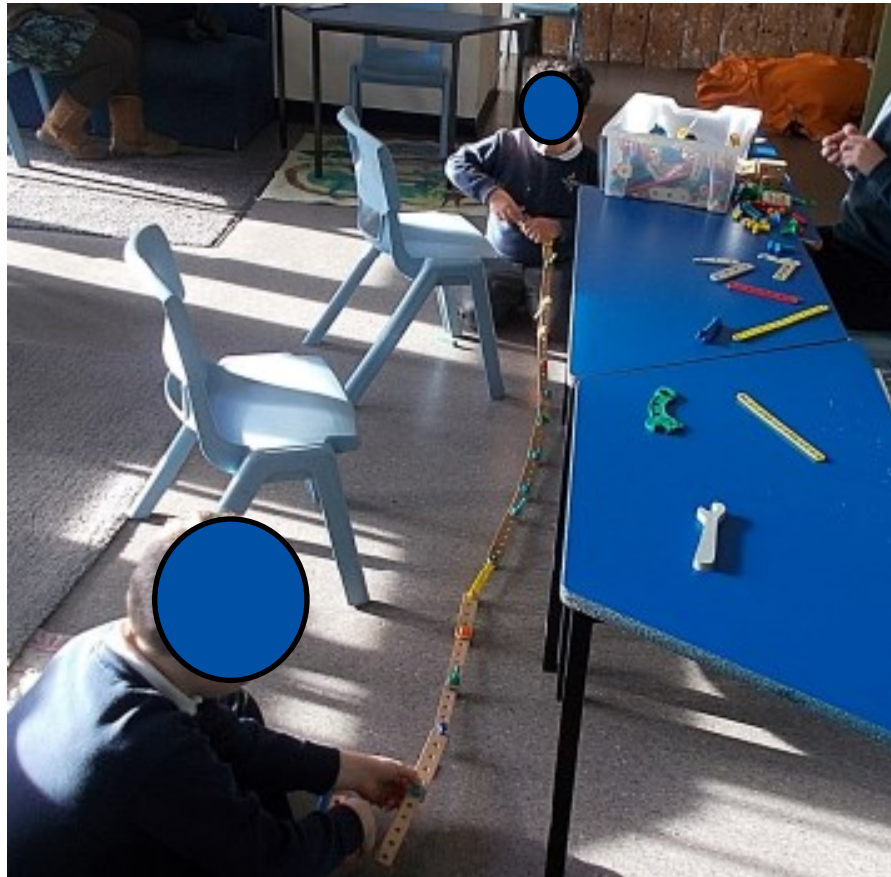
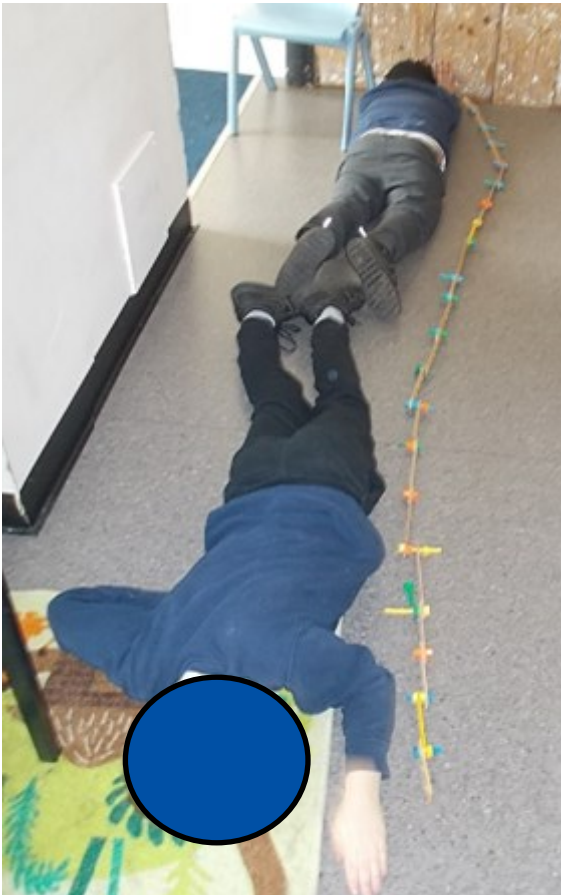


Measles outbreak in the South-West

There have been recent localised outbreaks of measles centred around the South West. There is a risk of further outbreaks in other areas unless urgent action is taken to increase Measles, Mumps and Rubella (MMR) vaccination take up in areas with low MMR vaccine rates. Measles spreads very easily among those who are unvaccinated, especially in nurseries and schools. The best protection against measles for children and adults is to get both doses of the MMR vaccine. It is never too late to have these vaccinations.

The NHS has the following advice for parents on measles:

- Ask for an urgent GP appointment or get help from NHS 111 if you think your child has measles.**



Hands-on maths investigations

Maths in North Star is full of practical investigations using a range of maths resources in our lessons to build our understanding. You will find us using items such as cubes, fraction walls, dienes and bead strings to support our maths skills in every topic we learn about.

In Ash class, they have been learning about measurement and have created some incredible structures in their classroom. They started by creating a length and then estimated if it was longer than they were—you can see that they were able to measure themselves against their estimates to see if they were correct. Well done Ash class!

In Hazel class, they have been investigating fractions and finding examples they can build from around the classroom. Everyone had lots of fun trying to create a unique fraction that nobody else had found—they used glue sticks, cubes, 3D shapes, coins and even drawings on the table to create different representations of fractions!



Superb basketball skills

Despite the cold weather in the past few weeks, all classes have been enjoying their P.E. lessons this term, with a focus on basketball skills. They have been learning the rules of the game and have spent lots of time developing their accuracy to throw and catch balls.

It has also been really important to practice teamwork skills, with lots of time spent communicating, both talking and listening, to other players. In addition, they have had to show good sportsmanship during basketball games—whether they win or not!

We are also really proud of their ability to persevere through P.E. lessons and continue to practice their basketball skills until they see an improvement, remembering that ‘practice makes perfect!’

SMARTPHONE SAFETY TIPS

for young people

You may have been lucky enough to have unwrapped a smartphone at Christmas, or you might be eagerly anticipating getting a new one at some point during this year. Whether it'll be your first ever phone or an upgrade on your old model, it's always useful to have a refresher about how to set it up and adjust the settings to keep yourself – and your valuable personal info – safe and secure. We've collected some expert tips to help you enjoy your smartphone in the healthiest way possible.

NEVER SHARE YOUR PASSCODE

Alongside face or fingerprint recognition, your passcode is crucial to unlocking your phone and accessing your apps and personal information. You shouldn't give it out, even to close friends – after all, you wouldn't hand them a key to your house and let them go in for a nifty around! If a friend wants to use your phone, ask them why and make sure you can see what they're doing with it.

RESPECT PARENTAL CONTROLS

If you're allowed to have a smartphone, it's because your parents or carers feel that you're mature and responsible enough to use it safely. They might set controls and boundaries on your device – not to spoil your fun but to help you avoid hazards like too much screen time or costly in-app purchases. Following these rules means you can enjoy using your phone while respecting their wishes.

TALK TO A TRUSTED ADULT

Whether it's to listen to music, play games, create content or chat with friends, using a smartphone should be fun. If you're ever feeling anxious, worried or scared about going on your phone, then something isn't right. It's important not to ignore these feelings; instead, talk to a trusted adult about what's happening and how it's making you feel.

STAY ALERT

Two words: look up. It might sound obvious, but it's so easy to get immersed in what we're looking at or listening to on our phones that we can become unaware of our surroundings – or who might be around us. People often walk with their head down, focusing on their phone, and forget to check for obstacles in their path, cars or other pedestrians coming towards them, which is clearly dangerous.

DEVELOP HEALTHY HABITS

Phones offer a vast amount of content and the chance to chat with friends whenever we feel like it, which can make it difficult to take time away from the screen. If that's something you struggle with, you could try setting time limits on certain apps. Putting our phones down for a while gives us more time to interact with others or do something physical that helps keep us fit and healthy.

IGNORE UNKNOWN NUMBERS

There are some scammers who might call or text asking you to share personal data or to click on a link and provide your details. Some may claim to be from a genuine company, but trustworthy businesses don't spontaneously call or message to ask for your information. It's safest to ignore calls or texts from unknown numbers, and never give your personal details out over the phone.

ONLY USE AGE-APPROPRIATE APPS

Before downloading a new app or game, check what age rating it has. Don't feel pressured into getting a particular game or app just because your friends are using it. If it's intended for older people, there's a definite risk that it could include content (which is violent or frightening, for instance) or language which isn't suitable and may leave you feeling upset or disturbed.

REMOVE TEMPTATION

A good night's sleep is so important for concentration, mood and overall health. Unwinding properly before going to bed – which means not staring at a screen late at night – can often improve sleep quality. Put your phone on charge overnight, but not in your room. This means you'll have a lot less temptation to check any notifications, reply to messages or get caught up scrolling on social media.

THINK ABOUT OTHERS

Watching videos, listening to music or calling someone can all help to pass the time while we're on the bus, waiting in a queue or walking down the street. It's important to remain mindful of other people, though; they might not want to hear your tunes or your conversation. Likewise, if you're calling from a public place then don't forget that anyone could overhear something personal about you.

SWITCH OFF GEOLOCATION

In your phone's settings, you'll be able to disable geolocation for individual apps and photos; this means that people online (including strangers) can't see information about where you are when you share or post a pic. On the subject of images, it's also important to ask permission before taking or sharing a photo of someone – and don't share embarrassing images of your friends with others.

Meet Our Expert

Dr. Jade Summerland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and worked on research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



The National College



National Online Safety

#WakeUpWednesday