PEAK MATTERS

YOUR *Autumn* UPDATE

As the orange and red leaves begin to fall, the mornings become darker and the temperature begins to drop, we know that Autumn has arrived. The big coats, wellies, scarves and gloves are being dug out from the bottom of our wardrobes, and before we know it Halloween will be here! This Autumn is certainly different to its predecessors, but we would like to welcome everyone back, and we hope you are all safe and well.

The first few weeks of this academic year have definitely challenged and tested all the knowledge we hold as teachers, support staff and leadership teams to ensure that we are doing everything possible to keep students, staff and the wider community as safe as possible throughout this time. All staff and students have adapted well to the health and safety measures that are in place throughout all of our school sites.

Despite these challenging times, all of our schools have been delivering engaging lessons. As a Trust we are very much focused on ensuring that all of our students and staff feel happy, safe and supported, as we know that unless this is in place, their ability to learn and teach will be lessened.

During this pandemic, we are all learning. Whether this learning is how to work in a different way, adapting to the everchanging guidelines from the Government, or figuring out someone's facial expression when they are wearing a mask. There are many things which are unknown, and we can all play our part in keeping each other safe during this time.
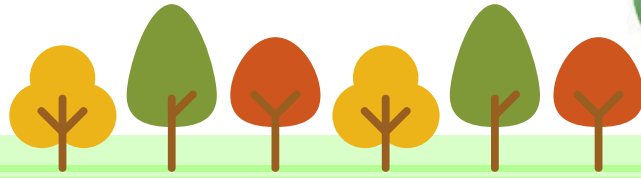
We hope that you can all enjoy the beautiful autumnal days which lie ahead, and we thank you for your continued support.

An update from

Chellaston
Junior School

TREE APPEAL

Whilst it's been an unusual and extremely challenging start to the term at Chellaston Junior School, the staff have all committed to hard work and dedication to, first and foremost, support the children to be happy and to feel safe in school. All indications are that this is proving very successful. At the same time, we have been looking to analyse academic gaps in maths, reading and writing so that we can plan for targeted support for children over the coming months.

In other news...
We are really excited to be starting an outdoor learning group each Thursday afternoon at Chellaston Junior School. This is aimed at supporting our children with their mental wellbeing, fine and gross motor skills and language development. As we have to stick to bubbles, we'll be working with separate Year 4 classes for the first few sessions.

During lockdown we made an application for some trees for school from Tree Appeal. We are really excited we have been successful with our bid and look forward to planting the saplings in November.

The trees include Silver Birch, Hawthorn, Holly, Dog Rose, Dogwood and Spindle Bush saplings. These trees will be planted in our new school garden, sensory garden and school field. They will provide additional privacy for us and our neighbours and hopefully help attract birds and wildlife into our school environment and enhance the outdoor learning areas for the children.

the dot
PETER H. REYNOLDS

An update from

HPS
HOMEFIELDS
PRIMARY SCHOOL

At Homefields we have been delighted to welcome back all our children and families. Everyone has worked together to ensure all the new routines run smoothly and we have been immensely proud of all the children. We have worked hard together to keep everyone as safe as possible and huge thank you must go to all staff for showing dedication and professionalism.

We have embraced and enjoyed the Recovery Curriculum very much. At Homefields we chose to have a whole book focus for the first two weeks. All year groups have enjoyed "The Dot".

"The story is one of self-discovery and teaches us that "where there's a dot, there is a way!"

All the age groups have enjoyed the story and it gave us a great sense of togetherness as we readjusted back in to school life.

The children have used this story and others to explore a range of different emotions and have had time to reconnect with school and rediscover old relationships and make lots of new ones.

In addition, we have welcomed a number of new staff across school and welcome them to Homefields and to PEAK. May you enjoy your journey with us.

Just make a mark and see where it takes you...

An update from

Chellaston Academy

Learning   Excellence   Integrity

MESSAGE FROM Mr Metters

As we have returned to school in September, we want to compliment all our students and their families for their considerable support.

Our attendance is extremely high, there is a buzz of excitement in lessons and our teachers and educational support professionals are so excited to see young people back in the Academy.

If you would like to voice any questions or any ideas of how we can further support our young people, please get in touch. We continue to encourage all safe practices and follow government advice to keep everyone in the Academy safe.

MEET Mrs Waldron

It is a pleasure to introduce myself as the new PA to the Headteacher at Chellaston Academy.

I am excited to be supporting Mr Metters, the wider Senior Leadership Team, and all staff and students to achieve the academy's mission and values.

I hope to build upon the working relationships that I have begun to develop across the Trust in the coming weeks, and look forward to corresponding with parents and getting to know our students better throughout the school year.

An update from

Chellaston Infant School

Come In Succeed

As part of their recovery curriculum, and in supporting their children back into school from home, Chellaston Infant School have been helping their children to develop the language needed to express their feelings.

The stories from The Colour Monster series have been brilliant in enabling the children to talk about their feelings each day as they have settled back into school. After reading the stories and meeting the different monsters, the children 'check-in' each morning using a class display, and let their teachers and teaching assistants know how they are feeling. Work in class has enabled the children to begin to recognise how they are feeling and how their friends might show how they are feeling without using any words. It feels like a great start to being able to talk about our feelings and develop a positive mental attitude towards seeking help if we need it, especially when the children have been away from school for so long.

ANNA LLENAS

The Colour Monster goes to SCHOOL

DIGITAL SAFETY GUIDE FOR STUDENTS

E-SAFETY
Strategies and systems to help people stay safe online.

DIGITAL CITIZENSHIP
Accepted ways on behaving whilst engaging in online activity.

CYBER BULLYING
The use of electronic communication to bully a person, typically by sending messages of an intimidating or threatening nature

HACKING
Gaining access to systems and computers which you do not have permission to access. Can be for malicious purposes.

GROOMING
When someone uses the internet to trick, force or pressure a young person into doing something they wouldn't normally do, this could be sexual behavior or radical beliefs.

DIGITAL FOOTPRINT
The information about a particular person that exists on the internet as a result of their online activity. It can not be deleted.

10 STRATEGIES FOR STAYING SAFE ONLINE

1 Don't post any personal information online, like your address, email address or mobile number.

2 Think carefully before posting pictures or videos of yourself. Once you've put a picture of yourself online most people can see it and may be able to download it, it's not just yours anymore.

3 Keep your privacy settings as high as possible.

4 Never give out your passwords.

5 Don't befriend people you don't know.

6 Don't meet up with people you've met online. Speak to your parent or carer about people suggesting you do.

7 Remember that not everyone online is who they say they are

8 Think carefully about what you say before you post something online.

9 Respect other people's views, even if you don't agree with someone else's views doesn't mean you need to be rude.

10 If you see something online that makes you feel uncomfortable, unsafe or worried: leave the website, turn off your computer if you want to and tell a trusted adult immediately.

DIGITAL FOOTPRINTS AND ONLINE BEHAVIOUR

A person's digital footprint cannot be deleted and can be accessed at any time through a simple social media or search engine search.
To promote a positive digital footprint there are 5 simple rules:

DO YOU REALLY THINK THAT IS PRIVATE?
Just because your privacy settings are high doesn't mean that someone else can't repost or screenshot what you have posted.

IS THIS YOUR WORK TO PUBLISH/USE?
Reposting or using someone else's work if fine if you credit the original owner creator. If you don't it is plagiarism.

WOULD YOU WANT YOUR GRANDMOTHER TO SEE IT?
Is that photo/video/comment appropriate for the wider public audience? Would you want a future partner or employer to see it? Once something is online it stays forever.

WOULD YOU SAY IT TO SOMEONE'S FACE?
If you wouldn't say it to someone face, don't say it online. Portray yourself in a positive way as this may be seen by future friends, partners or employers.

WOULD YOU WANT SOMEONE TO DO IT TO YOU?
How would you feel if someone posted a picture of you or made a comments about you that you didn't like or want online?

ONLINE BEHAVIOUR AND THE LAW

The Computer Misuse Act 1990 says you can't impersonate or steal someone else's identity online. This means that writing a status on social media pretending to be your friend is technically against the law as it creating fake profiles or websites.

It is a criminal offence under the Communications Act 2003 to send messages using any public electronic communications network, such as Twitter or Facebook, which are grossly offensive or of an indecent, obscene or menacing character.

It is a criminal offence under the **Criminal Justice and Courts Act 2015** for someone to disclose private sexual images of you online or offline without your consent with the effect of causing you distress. This is more commonly known as 'revenge porn'.

There are a range of other offences which the police can investigate including harassment, harassment when someone fears violence, and stalking under the **Protection from Harassment Act 1997.**

Each case will be taken on an individual basis looking at context and evidence to determine if a crime has been committed. If you believe you have been the victim of a crime screen shot the evidence and speak to the police.

WHERE TO GET MORE HELP AND SUPPORT

- Parents and trusted family.
- NSPCC - https://www.nspcc.org.uk
- School Staff and Wellbeing Team
- Childline - Helpline: 0800 1111 (24 hours, every day) / https://www.childline.org.uk
- Directly to the police.
- CEOPS - https://www.ceop.police.uk/safety-centre/
- Report any inappropriate behaviour to the website.

ONLINE SAFETY

Keeping your children safe online.

Chellaston Infant School recently held a workshop for parents of children in Chellaston with Traci Good from http://esafetytraining.co.uk/. Traci offered advice and practical tips around keeping ourselves and our young people safe within our connected world.

ZIP IT
Keep your personal stuff private and think about what you say and do online.

BLOCK IT
Block people who send nasty messages and don't open unknown links and attachments.

FLAG IT
Flag up with someone you trust if anything upsets you or if someone asks to meet you offline.

Use what's out there to check things out before agreeing to download games or apps
The NSPCC and O2 are working together with Net Aware and have developed a 'one stop' shop for advice and guidance. Use the site to check out games and apps before downloading.

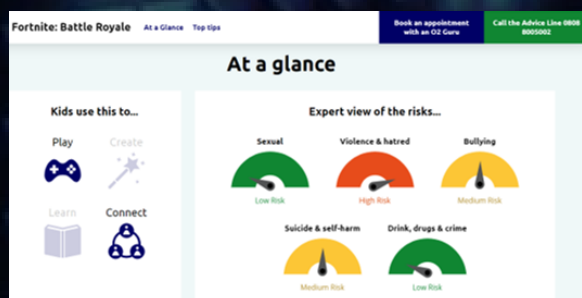Enter the name of the game or app that you'd like more information about.

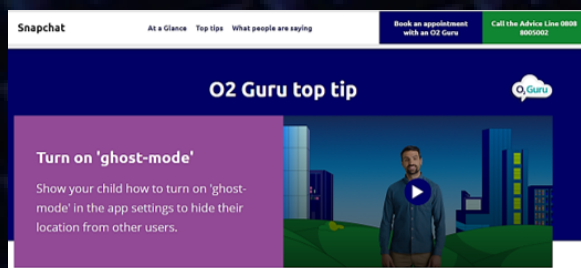**Your guide to social networks, apps and games**

e. g. Snapchat

View all social networks, apps and games >

At a glance you can view the content ratings and what the game or app involves.

Fortnite: Battle Royale   At a Glance   Top tips

At a glance

Kids use this to...

Play   Create
Learn   Connect

Expert view of the risks...

Sexual — Low Risk
Violence & hatred — High Risk
Bullying — Medium Risk
Suicide & self-harm — Medium Risk
Drink, drugs & crime — Low Risk

The 'O2 Guru' video will talk you through how, if you are going to continue to play the game or use the app, to do this in the safest way.

Snapchat   At a Glance   Top tips   What people are saying

O2 Guru top tip

Turn on 'ghost-mode'
Show your child how to turn on 'ghost-mode' in the app settings to hide their location from other users.

If you still have questions, or would like some general support in setting safety controls on your devices you can make an appointment with an 'O2 Guru' – even if you're not an O2 customer – at a local store.

Speak to an expert
Get free support on the phone or in an O2 store, whether you're an O2 customer or not.

Book an appointment with an O2 Guru
Call the Advice Line 0808 8005002

Know what puts you/your child at the most risk...
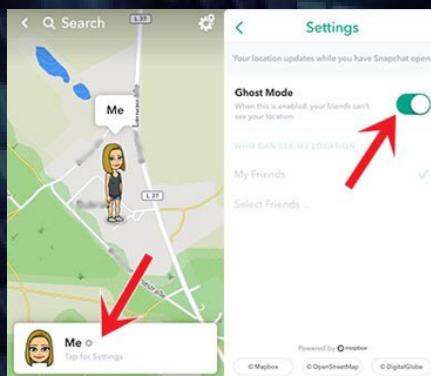Some of the greatest risks are:
Communicating with online strangers, sharing location and live streaming
In most games and apps, location sharing can be turned off; this is highly recommended by online safety experts. For example, by sharing locations in snapchat to all, it is easy to begin to determine a home address, a school attended and other regular hang-outs. Some locations are so accurate that you can work out which room a person is in in their home.
Settings should be on 'Ghost Mode' or if you or your child want to share their location (with you for example) use the 'Select Friends' option.
Likewise, many online games can still be played without the communication enabled or without entering 'chat'. Parental guides on how to do this for each game or app can be found here: https://www.net-aware.org.uk/networks/

It is crucial that we help our children and young people to understand that online friends (not our actual friends that are online) that we meet in our connected world might not be who we think they are or who they say they are. Easy to access videos and tips can be found here: https://www.net-aware.org.uk/tips-and-advice/

How to stay safe while live streaming
Stay involved in their internet use, use webcam and devices in public spaces, privacy and safety settings should be gone through together to make sure only trusted friends they know in real life can view their online profiles, be wary of requests to chat in private, build resilience and self esteem through conversations and activities that are not based on validation from online 'fans' or views, practice and prepare before broadcasting to minimise the risk of error, help your child identify trusted adults that are there to help, and make sure your child knows where to go for support and where to report problems.

Join the connected world together
Explore games and apps together as a family and understand what the functionality of the game or app is, especially if it is sharing your location, contains 'chat' forums, private messaging options etc. Explain that you too will be friends online in order to stay safe.

As parents, know what to do when something goes wrong
Almost all major games and apps have a reporting abuse facility; use this to highlight your concern to the game or app maker. If you don't find help forthcoming you can use this website https://reportharmfulcontent.com/ to report harmful content, particularly instances of impersonation. For concerns about any form of exploitation or grooming use https://www.thinkuknow.co.uk/parents/Get-help/Reporting-an-incident/.

Try not to take the 'tech' away as a punishment for coming to tell you that something has gone wrong, you'll shut down all future lines of communication about your child's online world with the fear of losing their devices.

Lastly, as parents, please remember that the majority of children and young people use the internet responsibly, and will not come to any harm. As parents and carers we need to be aware of the risks they face, so we know what to look out for, and feel equipped enough to support them if they need it.

NSPCC HELPLINE 0808 800 5000