



A message from the Head of School...

THANK YOU!

All week the Chromebooks have been coming back into school and Mrs Wade has been getting excited seeing them go back into the trollies. Thank you to everyone who has brought them back and for any that are still at home please return them on Monday. It is really important that we have time to clean and check them ready for September. Don't forget to collect learning packs for the last week and the summer holidays.

As we are heading into the last week we are understandably receiving many questions about September. As soon as I can, I will get the specifics out regarding staggered starts and finishes and arrangements for entering the school grounds. As we are currently working through a new risk assessment for full school return I am aiming to get information out early next week. I appreciate the challenges this might pose with work patterns and we are endeavouring to stick as close to the normal day as possible with slight alterations. We are working closely with CMOOSC and Pre-School to ensure all are able to access the school grounds safely in a way that enables that all are able to maintain distance from each other. We are really excited about everyone returning in September but are also aware of concerns and the many questions you will have regarding how school will operate. Whilst there will be many differences we are still Lakeside and will work with you to ensure all children return to school and are supported throughout. Many thanks as always for your continued support Mrs Hayes-Smith



This week one of the online lessons for Team Lakeside was to have a go at recreating some French artwork by the famous artist Henri Matisse.



Look how beautiful some of the work produced is!



Well done to everyone who had a go and thank you for sharing photos of your work on your google classroom.

Lakeside is a nut-free school

Please can we remind you that there are several children in our school with serious nut allergies. Therefore, we kindly ask that you are extra vigilant when sending in food from home.



E-Safety

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 for further guidance, hints and tips for adults.

TIKTOK is a video-sharing social media app available on iOS and Android which lets users create, share, and view user created videos much in a similar manner to Facebook, Instagram and Snapchat. It's main draw, however, is that users can record and upload bite-sized looping videos of themselves lip-synching and dancing to popular music or soundbites, often for comedic effect, which can then be further enhanced with filters, emojis and stickers. TIKTOK has been designed with the young user in mind and has a very addictive appeal. At the beginning of 2019 it skyrocketed in popularity to become the iOS store's most downloaded app with over 33 million downloads. Estimates suggest that it now has anything between 200 million and over 1 billion monthly active users worldwide.

12+
Content suitable for ages 12 and over

What parents need to know about TIKTOK

MATURE CONTENT
On the iOS store, TIKTOK is rated as 12+. On the Google Play Store it is rated as 'Parental guidance recommended'. When signing up for the app, it is possible to be about your age without any form of verification. As children scroll through their feed, most of the videos they're likely to come across are highlighted or 'trending' videos on the app. These videos are designed to be addictive and engaging, often featuring drug and alcohol abuse, self-harm, and other mature content. Parents should be aware that the app is designed to be addictive and engaging, often featuring drug and alcohol abuse, self-harm, and other mature content. Parents should be aware that the app is designed to be addictive and engaging, often featuring drug and alcohol abuse, self-harm, and other mature content.

INAPPROPRIATE MUSIC
TIKTOK revolves around creating music videos through lip-synching and dancing. Inevitably, some of the music featured by users will contain explicit or suggestive lyrics. While the app has a filter to remove such content, it is not always effective. Young users, however, are a risk. It is often the case that the explicit language they hear in the trending videos is not the same as the explicit language they hear in the trending videos.

TIKTOK FAME
TIKTOK is very image focused and there is a notable preoccupation with appearing cool and attractive. Many teenagers now attempt to go viral and become what's known as a 'TIKTOK famous'. TIKTOK (and its predecessor musical.ly) has spawned its own celebrities - social media influencers who have been catapulted to fame through their initial popularity on the app. These influencers are looking to become the next big thing on the app, and many are looking to become the next big thing on the app.

ONLINE PREDATORS
As a social network, TIKTOK makes it easy to connect with other users. This includes the ability to comment on and react to other user's videos, follow their profile, and download their content. As with all social media, there is a risk of online predators. As a social network, TIKTOK makes it easy to connect with other users. This includes the ability to comment on and react to other user's videos, follow their profile, and download their content. As with all social media, there is a risk of online predators.

ADDICTIVE NATURE
Social media is designed to be addictive and TIKTOK is no different. It can be fun and highly entertaining. However, it is also because of this that it can be hard to put down. In addition to the short, snappy nature of the trending videos, the app is designed to be addictive and engaging, often featuring drug and alcohol abuse, self-harm, and other mature content.

IN-APP PURCHASES
Aside from the content, there's also the option to purchase in-app extras called 'TIKTOK coins'. These range from £2.99 to £100 coins in one go, with £9.99 for 15,000 coins. TIKTOK coins are used to purchase different items on the app, such as filters, stickers, and more. In-app purchases are a common feature of many social media apps, and TIKTOK is no exception.

Safety Tips For Parents

TALK ABOUT ONLINE DANGERS
When your child is about to use the app, make sure you also take the time to talk to them about what they are doing. Explain to them that the app is designed to be addictive and engaging, often featuring drug and alcohol abuse, self-harm, and other mature content.

USE PRIVACY SETTINGS
Unintentionally, the settings on the app can be set to make your child's account visible to everyone. This means that anyone can view, like, and follow their content. Parents should be aware that the app is designed to be addictive and engaging, often featuring drug and alcohol abuse, self-harm, and other mature content.

ENABLE RESTRICTED MODE
With the app's digital wellbeing features, parents can restrict their child's access to the app. This means that the app will only be available to the child during the times that the parent has set. Parents should be aware that the app is designed to be addictive and engaging, often featuring drug and alcohol abuse, self-harm, and other mature content.

EXPLORE AND LEARN YOURSELF
Understanding the app and knowing the app's content is a great way to get to grips with TIKTOK. You could then use this knowledge to help your child understand the app's content. Parents should be aware that the app is designed to be addictive and engaging, often featuring drug and alcohol abuse, self-harm, and other mature content.

LEARN HOW TO REPORT AND BLOCK INAPPROPRIATE CONTENT
With the proper privacy settings in place, TIKTOK can be a safe space for your child to express themselves. However, it is important to know how to report and block inappropriate content. Parents should be aware that the app is designed to be addictive and engaging, often featuring drug and alcohol abuse, self-harm, and other mature content.

MODERATE SCREEN TIME
As with all social media, it is important to moderate your child's screen time. This means that you should set limits on how long your child can spend on the app. Parents should be aware that the app is designed to be addictive and engaging, often featuring drug and alcohol abuse, self-harm, and other mature content.

'NEW FOR 2020' FAMILY SAFETY MODE
TIKTOK Family Safety Mode allows parents to restrict their child's access to the app. This means that the app will only be available to the child during the times that the parent has set. Parents should be aware that the app is designed to be addictive and engaging, often featuring drug and alcohol abuse, self-harm, and other mature content.

www.nationalonlinesafety.com Twitter: @nationalonlinesafety Facebook: /NationalOnlineSafety Instagram: @NationalOnlineSafety

HELP LINES

York

Useful contact information

| Service | Contact |
|---|---|
| York Family Information Service | 01904 554444 Text: 07624 802244 |
| York Foodbank | 07871 610894 |
| Independent Domestic Abuse Services | |
| York refuge | 01904 646630 |
| York outreach | 01904 646 036 |
| Support with debt | www.stepchange.org |
| Concerned about a child or young person? | 01904 551900 Emergency: 01609 780780 |
| If you need to make a safeguarding referral about a child or young person who has been or may be hurt or neglected or who has significant vulnerabilities please use the referral form. This is available on request by emailing childrensfrontdoor@york.gov.uk | |
| Non-Emergency police | 101 |
| Non-Emergency medical | 111 |
| Kids (Disabled children's charity) | 467540 |
| Childline | 0800 11 11 |
| York Drug and Alcohol Service | 01904 464680 |
| York Community Store | 01904 426444 |
| York Healthy Child Service - Health Visitors | |
| North team (Clifton Children's Centre) | 01904 552322 |
| East team (The Avenues Children's Centre) | 01904 551760 |
| West team (Hub Moor Children's Centre) | 01904 555475 |
| York Salvation Army | 01904 690697 |
| Christians Against Poverty | 0800 328 0006 |
| York Samaritans | 116 123 (free) |
| Limetrees - Support for your child's mental health | 01904 615300 |

NSPCC: 0800 800 5000 (24hrs)

National Domestic Abuse Helpline: 0800 2000 247 (24hrs free)

Mind: 0300 123 3393 (Mon-Fri 9-6)

Victim Support: 0800 168 1111 (24hrs)

Childline: 0800 1111 (24hrs)

Cause Believability: 0800 808 1677 (Mon-Fri 9-5)

Action on Elder Abuse: 0800 808 8191 (Mon-Fri 9-5)

Respect - Men's Advice Line: 0800 801 0337 (Mon-Fri 9-5)

Samaritans: 116 123 (24hrs free)

National Centre for Domestic Violence: 0207 186 8270

NEVER ALONE

Mrs Wade

SCHOOL COUNCIL

A huge thanks to our amazing School Council.

You have all worked so hard on the projects we have been involved in this year.

Your enthusiasm has shone through.

We hope you will continue to work in this role next year and support younger children who will have the opportunity to join you.

Thank you and goodbye to our Year 6 member Francesca- keep up the great work in Secondary School.

Have a great Summer everyone
Mrs Pullan x



Don't forget that the Silly Squad is due to start. Check last weeks' newsletter for more details.

The challenge will run in Explore York Libraries and Archives from Friday 10 July to Friday 18 September Sign up for Silly Squad, the Summer Reading Challenge 2020 at

<https://www.exploreyork.org.uk/children/summer-reading-challenge/>

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HELLO!

We are nearly at the end of this strange summer term with only one more week to go. Some families have found a new 'normal' in these times and some are ready to come back in September. We are very much looking forward to seeing you all in September, but are sure there will be some worries and anxieties. For some, this will be a fear of a second lockdown, for others it will be a general sense that things that used to feel safe and predictable, such as school, may no longer be something they can rely on. We will be focusing heavily on these emotions when we return and remember, noticing your feelings and saying how you feel can help you feel better.

Thank you Miss Bamford, Miss Reynolds & Mr Smart

COPING TOOLBOX



Life is upside down right now. Helping your child to find ways to relax and cope is vital to help their mind and body switch off from their worries.

Explain that they should fill their coping toolbox with things which remind them of good times or will help them feel better.

Examples: Photos, drawings, a gift which someone has given them, a sachet of hot chocolate, a bath bomb, a list of activities they can do to relax:

Cuddle a teddy, watch their favourite DVD, take 10 deep breaths etc.

If you don't have a box or container your child can find a special place in their room to put the items or simply list/draw on a piece of paper.



KEEPING ACTIVE



If you want to become the new Beyoncé or Bruno Mars, then head over to <https://www.city-academy.com/news/best-dance-tutorial-videos/> where there are some great tutorials on some of those famous moves.



MINDFUL MOMENT



5 THINGS THAT I LIKE ABOUT MYSELF...

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____



Homemade Hamburger

Ingredients (makes 4 burgers):

- 2 tsp soy or Worcestershire sauce
- 1 red onion, chopped finely
- 450g lean minced beef
- Black pepper
- 4 burger buns
- Seasonal salad vegetables (lettuce, tomato, onion)
- 4 tbsp semi skimmed milk
- 2 tsp dried mixed herbs
- 2 slices of fibre enriched white bread
- Olive or rapeseed oil

Method

1. Heat the oven to 200°C or Gas Mark 6. Then spread a little oil over a baking tray using a piece of kitchen paper or a pastry brush.
2. Tear the bread into small pieces. Put it in a bowl with the mixed herbs and sprinkle over the milk and soy or Worcestershire sauce. Leave to soak for 2-3 minutes and then mash with a fork.
3. Chop the onion finely and add it to the bread. Then add the beef and a little pepper.
4. Mix everything together with your hands. Divide the mixture into two pieces and shape them into burgers.
5. Put the burgers onto the oiled baking tray. Cook them in the oven for 10 minutes.
6. Lift out the baking tray, turn the burgers over and cook them for 10 minutes more. Then check to see if they are cooked. Push a knife into the burger, then press the top. The juices that run out should be clear, not pink. If they are pink, bake for 10 more minutes and then check again.
7. Place burger on a bun and add salad.



STAY SAFE, STAY HAPPY, STAY TOGETHER