

Parent Support Evening





E-Safety

Keep Technology Public at Home

Keep tablets/laptops/computers in a public part of the home where everyone is able to see what is being accessed.



Keep in mind that privacy is a privilege, not a right.



Your children should be accountable for the type of person that they are online.

They shouldn't be posting anything or saying anything they would not be happy with you seeing.



[Check their history. If they are deleting it, there is a problem!](#)



Anti-Virus Software

Install anti-virus on your computers and mobile devices

Children are as vulnerable as the rest of us, if not more so, to clicking on bad links and downloading malicious software.

To protect them and their devices install anti-virus software on all of them.

There are some excellent free products available from trustworthy brands.

Avast: <https://www.avast.com>

Avira: <https://www.avira.com/>

BitDefender (free): <https://www.bitdefender.com/solutions/free.html>



Tablets and Smartphones

Tablets and smartphones also allow multiple user accounts on the same device.

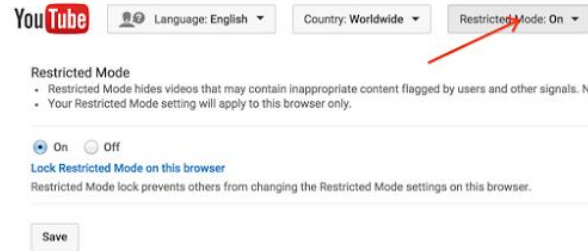
On Android tablets, you can create a restricted account for your child, with limits on which apps they can use.

On Android phones, you can create a new user account for your child. But the only account restriction currently available is to turn off the ability to make phone calls and send text messages.

That said, you can restrict their Google Play account. Go to **Settings > Parental controls** and turn them on. You'll be able to set specific content restrictions on apps and games, movies, TV, books, and music.

On the Apple side, iPhones and iPads have controls for apps and features, content, and private settings. Launch the Settings app and go to **General > Restrictions** and tap on "Enable Restrictions."





Youtube

YouTube is the new children's TV.

It's one of the most popular sites out there, but not all of those videos will be appropriate for your children.

But the site does have some safety features, and you should take advantage of them.

On the desktop site, if you scroll down to the bottom of the screen you'll see a "Restricted Mode" setting. This hides videos flagged as containing inappropriate content.

In the mobile apps, click on the three dots at the top right and click on **Settings > General** and scroll down until you see the "Restricted Mode" option.



Playing Games

Don't forget that your gaming console is also an Internet device these days. Children can download games and make in-game purchases, and even surf the Web.

Computer games allows your children to chat in game and act as social media. **This has led to a rise in cyber bullying.**

Most devices have features that allow you to:

1. Restrict the kind of content your children can get
2. Limit their purchases and ...
3. Restrict or turn off their Web browsing.





Student Well being

80% of respondents agreed that the coronavirus pandemic had made their mental health worse. 41% said it had made their mental health “much worse”, up from 32% in the previous survey in March. This was often related to increased feelings of anxiety, isolation, a loss of coping mechanisms or a loss of motivation.

87% of respondents agreed that they had felt lonely or isolated during the lockdown period, even though 71% had been able to stay in touch with friends.

**Survey conducted by Young Minds,
Autumn 2020**

Student Well being



Aim to satisfy your sons mental, emotional and physical needs as much as possible to maintain your overall health and well-being.

Below are some suggestions to support you in this temporary situation:

Consistency -

Keep a familiar daily routine as much as possible.

Sleep -

Though you may not feel as tired as you would normally or over-tired from stress, keep your normal sleeping time as much as possible. Sleep is very important to allow your mind to deal with the day's events and re-energise you for the follow day. Sleep plays a big part in maintaining well-being.

Exercise -

Okay, so you might not be able to go out. There are many exercises you can do without leaving your home. If you need to, look them up on the internet. Utube is a great source for such. General cleaning, stretching etc will also help to maintain fitness.

Food & Drink -

This might sound strange to say but no matter how you're feeling, EAT and keep HYDRATED. Though be aware, too many sugary foods/drinks stimulate and can add to anxiety, restlessness.



Student Well being

Things you can encourage your son to do during lockdown:

Learn a language

If you want to use this time to learn a language or brush up on your language skills, there are lots of resources available online. We like [Duolingo](#) and [Drops](#), which both help you get to grips with the basics of a number of languages with fun games, and can both be downloaded as smartphone apps.

Play games over video call

[Houseparty](#) is a great app you can use to video call friends, either individually or in groups. You can also play fun games together through the app!

Try some indoor exercise

If you want to get a bit of exercise from the comfort of your home, Joe Wicks, a fitness trainer, is uploading home workouts every day, which are all [available on YouTube](#).

Practise mindfulness and meditation

You could also use the time to practise mindfulness. [Apps like Calm](#) and [Headspace](#) offer loads of guided meditations.

Healthy Lifestyle



“Eating disorders thrive on isolation”

**Hope Virgo Mental Health
campaigner and author**

**Parents warned of
'sharp rise' in eating
disorders**

BBC 29/12/20

Stress of coronavirus lockdown drives rise of eating disorders among the young

The Times 29/12/20

Healthy Lifestyle



*Are they obsessive about food?
Is their behaviour changing?
Do they have distorted beliefs about their body size?*

*Are they often tired or struggling to concentrate?
Do they disappear to the toilet after meals?
Have they started exercising excessively?*


NHS guidance says warning signs to look out for include:

- dramatic weight loss
- lying about how much and when they have eaten, or how much they weigh
- eating a lot of food very fast
- going to the bathroom a lot after eating, often returning looking flushed
- excessively or obsessively exercising
- avoiding eating with others
- cutting food into small pieces or eating very slowly
- wearing loose or baggy clothes to hide their weight loss

<https://www.nhs.uk/conditions/eating-disorders/>

How your child is currently learning online?

- **Normal timetable**
- **Full curriculum**
- **Live teaching**
- **Work monitored (live)**
- **Feedback on work**



8.30am	Tutor time – register & tutor check-in
8.40am	Tutor time activity
9.00am	Period 1
9.50am	Period 2
10.40am	Break
11.00am	Period 3
11.50am	Period 4
12.40pm	Lunch*
1.40pm	Period 5*
2.20pm	Period 6*
3.00pm	End of day*

*Adapted afternoon – screen break and exercise

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How your child is currently learning online



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The screenshot shows a Blackboard interface for a course titled '11j/Re1'. The 'Student work' tab is active. On the left, there's a list of students with their status. The main area shows the assignment '4.4 Artwork in Catholicism presentation summary' with 2 handed in and 24 assigned. Below this, there are thumbnails of student work for Daniel E, Jeremy B, and Christia, each labeled 'Assigned'.

Student	Status
All students	Sort by status
Simon L	Handed in
Manuel A	Handed in
Daniel E	

4.4 Artwork in Catholicism presentation summary

2 Handed in | 24 Assigned

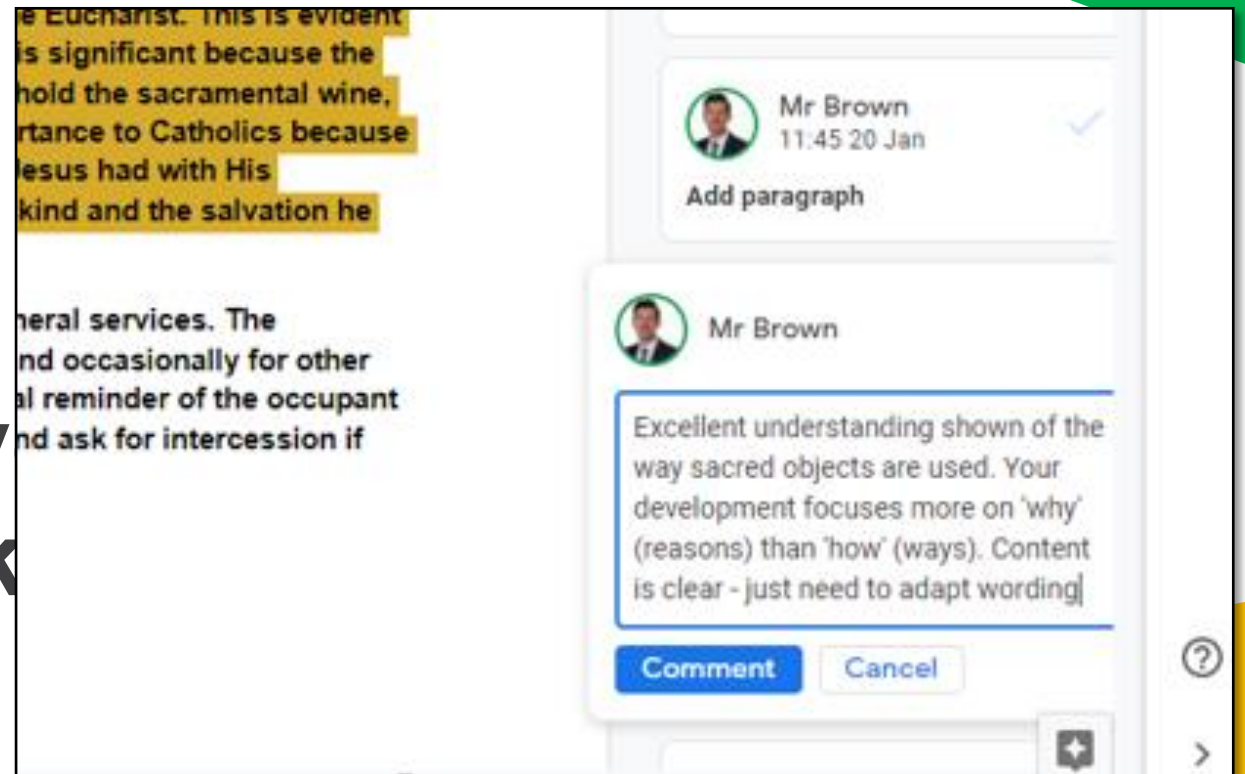
Assigned

Daniel E, Jeremy B, Christia, Daniel F, Jeremy B, Christian M, Maximilian K, Michael K, Stephe

How your child is currently learning online



- Normal timetable
- Full curriculum
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- **Feedback on work**



0 I haven't said anything relevant to the question

b) Explain two ways that sacred objects used by Catholics (4)

One way sacred objects are used by Catholics is during the Eucharist. This is evident by sacred objects such as the paten and the chalice. This is significant because the paten is used to hold the bread and the chalice is used to hold the sacramental wine, both which are consecrated during Mass. This holds importance to Catholics because it is symbolic of the objects used during the Last Supper Jesus had with His disciples, focusing on Jesus' sacrifice for the sake of mankind and the salvation he provided for Catholics today.

Another way sacred objects are used by Catholics is in funeral services. The sarcophagi is used to contain bodies of the Popes today and occasionally for other Catholics. This is important because it serves as a physical reminder of the occupant - and Catholics can focus their prayers on the individual and ask for intercession if they are saints.

4 marks

Mr Brown 18:25 20 Jan

Format: highlight

Mr Brown 11:45 20 Jan

Add paragraph

Mr Brown

Excellent understanding shown of the way sacred objects are used. Your development focuses more on 'why' (reasons) than 'how' (ways). Content is clear - just need to adapt wording

Comment Cancel

Files
Handed in on 17 Jan, 22:57
[See history](#)

- Daniel E
- Daniel E - Feature...

Mark

22/24

Private comments

Mr Brown 20 Jan, 18:29

mote

Mr Brown left you a voice note.

See the full step-by-step guide on the website

<https://www.sta.islington.sch.uk/page/?title=COVID%2D19+Updates&pid=181>



The Parents' Guide to Google Classroom

Getting Started



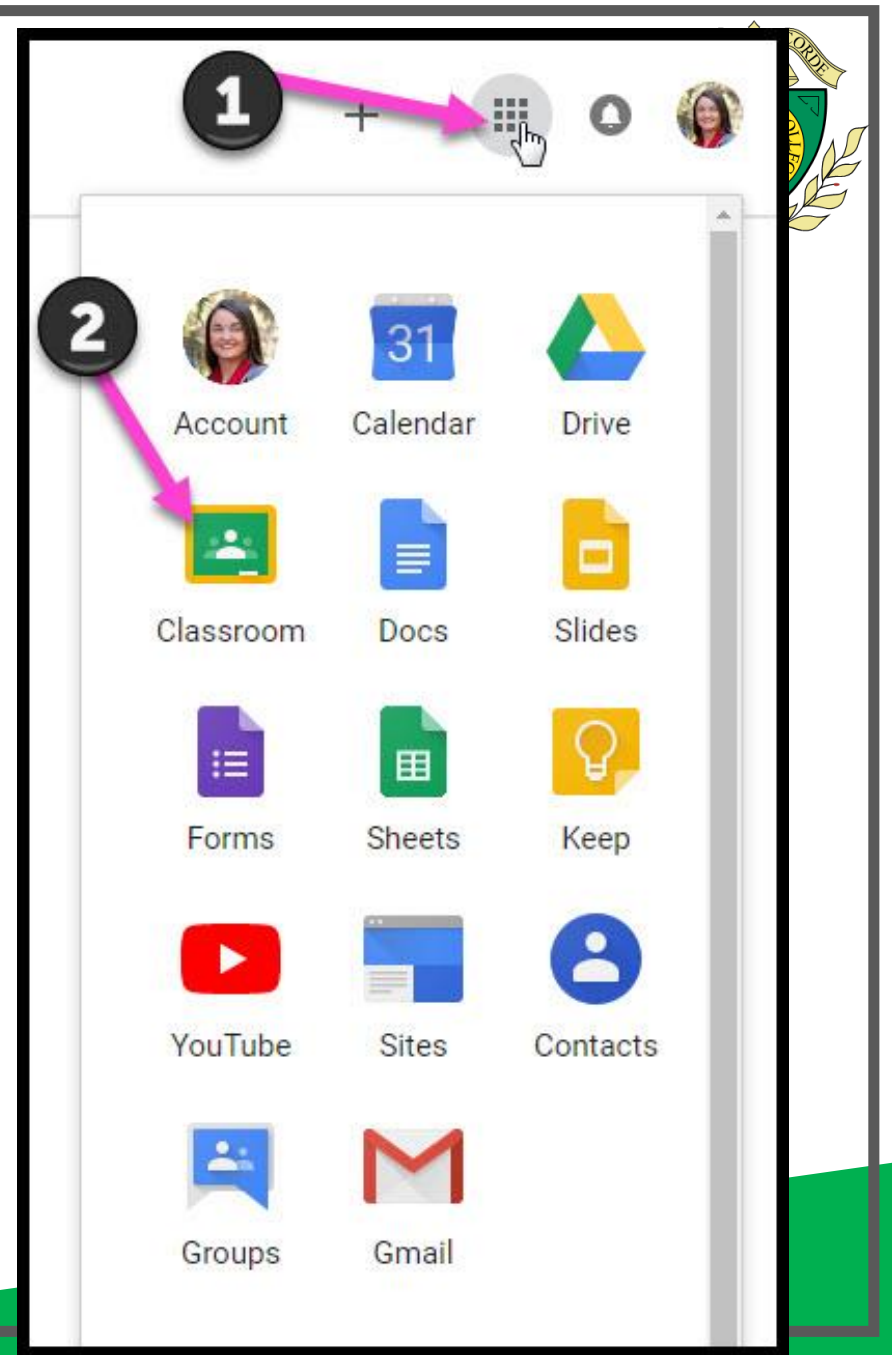
Your child was provided with a secure login and password that is unique to them.

Check with his/her teacher to obtain this private information OR ask them to add you as a parent via email!

Navigating Classroom

1

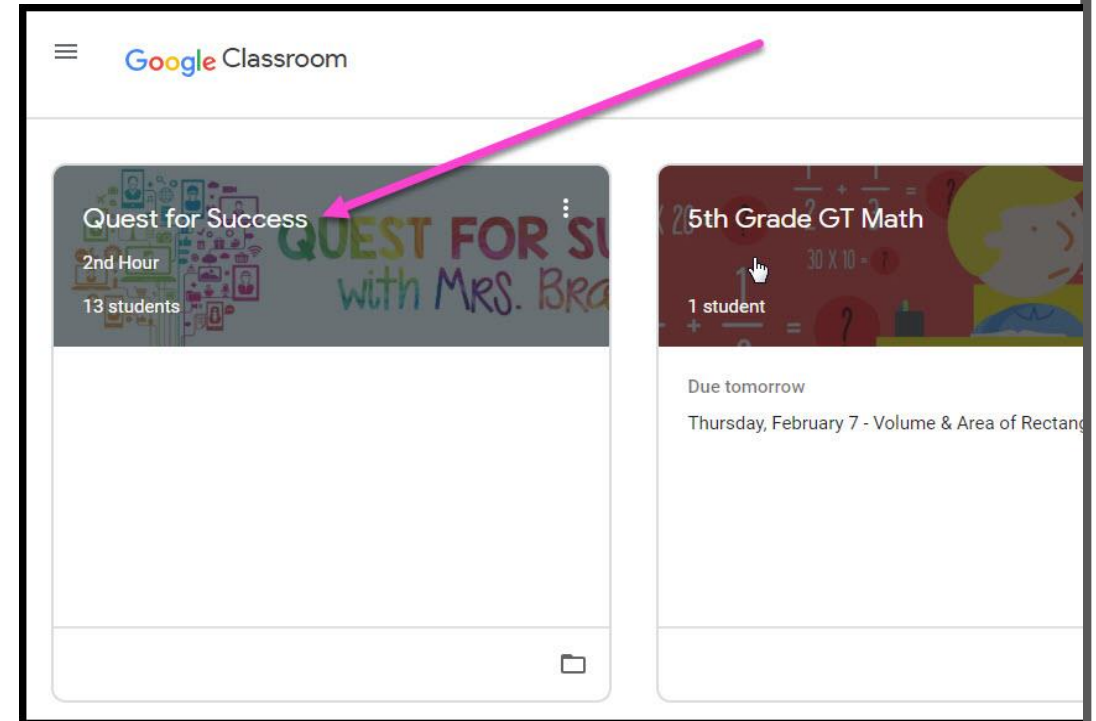
Click on the waffle button and then the Google Classroom icon.



Navigating Classroom

2

Click on the class you wish to view.



Navigating Classroom

3



Page tools
(Left side)



= High Interest for Parents



The screenshot shows the Classroom app interface for a class named '3rd hour Science'. The top navigation bar includes a menu icon (1), the class name (2), and tabs for Stream (3), Classwork (4), and People (5). On the right of the top bar are a waffle button (6) and a profile picture (7). The main content area features a header image with tools and the class name. Below this is an 'Upcoming' section (8) showing a message about work due soon, and a section for class updates (9) with a toggle for assignments. A share box is also visible.

1	Menu of Classes	6	Waffle Button (App Directory)
2	Current Class	7	Your account
3	Announcements Page	8	Upcoming Assignments 
4	Assignments 	9	Updates from your teacher
5	Teacher(s) & Classmates		

Navigating Classroom

4

Assignment
details



The screenshot shows the Classroom app interface. At the top, there are tabs for 'Stream', 'Classwork' (highlighted with a pink circle 1), and 'People' (highlighted with a pink circle 4). Below the tabs, there are links for 'View your work' (pink circle 2), 'Google Calendar' (pink circle 3), and 'Class Drive folder'. On the left sidebar, there are links for 'All topics' (pink circle 5), 'Benchmark Tests', 'Daily Lesson Files', 'Assessments', 'Back to School', and 'Resources'. The main content area shows 'Benchmark Tests' (pink circle 6) with a list item 'STAR Math Benchmark Test - BOY' due on 'Sep 3'. Below this is 'Daily Lesson Files' (pink circle 7) with a list item 'For the Week of September 2 - 6' due 'Today' (pink circle 8). The list item is expanded, showing a schedule for Monday through Friday. Below the schedule are four PDF attachments: 'Day 1 - Multistep Equatio...' (pink circle 10), 'Day 2 - Variables on Both...' (pink circle 9), 'Day 3 - Infinite & No Solu...' (pink circle 10), and 'Day 4 - Algebraic Propor...' (pink circle 9). At the bottom, there is a 'View Assignment' button (pink circle 11).

1	Classwork Tab	5	Topics available	9	Assignment Status
2	See your Grades	6	Topic Headings	10	Attached files/links
3	See Due Dates	7	Assignment Title	11	Click to view assignment
4	View your files	8	Assignment Due Date		

Parental Well Being



1. Take time for yourself
2. Share the load
3. Find time for exercise
4. Set a routine
5. Find time to switch off
6. Stay connected
7. Know where to get help



Useful Websites



[**https://youngminds.org.uk/**](https://youngminds.org.uk/)

[**https://youngminds.org.uk/blog/parents-tips-for-looking-after-yourself-in-lockdown/**](https://youngminds.org.uk/blog/parents-tips-for-looking-after-yourself-in-lockdown/)

[**https://www.bbc.co.uk/bitesize/articles/zrmhscw**](https://www.bbc.co.uk/bitesize/articles/zrmhscw)

[**https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents/**](https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents/)

[**https://www.islington.gov.uk/social-care-and-health/coronavirus-covid-19**](https://www.islington.gov.uk/social-care-and-health/coronavirus-covid-19)