News from Cumnor School

Autumn Term Number 12 *26th November 2021*

Dear Parents,

Teaching Assistant Vacancy
We are now recruiting an additional Teaching Assistant to work for 3 or 4 mornings a week from January. The post will mainly be supporting the children in our Key Stage 2 classes. If you are interested in this role or know someone who may be, please refer to the school website for more details or pop in to see us. The closing date is Monday 6th December.

Christmas Post Box
The school's Christmas post box will be in operation from Wednesday next week. Please ensure that your children address the envelopes clearly with the full name and class of the child the card is being sent to. Our Year 6 will be making regular deliveries until the end of term.

Outdoor Christmas Fayre
The children have started making their Christmas crafts ready to sell after school on Friday 10th December. We are delighted that the PTA have managed to arrange a host of other activities, stalls and refreshments for you to enjoy at the same time. It won't quite be the same as the Christmas Fair we had inside in previous years, but there will still be lots to do and a fabulous opportunity to enjoy something Christmassy and support the school and PTA.

iRock Music Lessons
We hope your children enjoyed the iRock music assembly this week. If your child is interested in music lessons or you would like to find out more, please see the separate flyer attached.

School Photographs
School photos have been sent home this evening. Please check your child's bag.

Parent Governor Vacancy
We were sorry to say to goodbye to Kim Rogers as a parent governor at the end of last year. Kim has been a very active, informed and conscientious governor who supported our school in many different ways. We are grateful to her for all her support. Kim's term of office came to an end in the summer and so we now have a vacancy for a new parent governor. If you think you would be interested in this role please get in touch and if you would like to discuss it further, I would be happy to meet you. All registers of interest will need to be in by Friday 3rd December and elections held the following week if we have more than one nomination.

Online Safety
Please see this week's parent guide to Instagram.

From the PTA Committee:

Please circle *Friday December 10th* on your calendars! The Outdoor Christmas Fair is happening and we hope you'll join us to celebrate the season at school from 3:10pm! The children have all been creating beautiful Christmas crafts to sell and along with their tables, there will be giftable books to browse and buy at pocket-money prices, games to play (old favourites and new!) and even tombolas to try your luck at! As there is no big Christmas Fayre again this year, we sincerely hope you will support the school by coming along to this fun-filled outdoor event instead. Friends and family - all welcome!

Jingle bells! Jingle bells! The Cumnor Primary PTA Big Christmas Raffle will be happening this year on Thursday Dec 16th. Tickets will be sent home next week, so please keep a look-out! Each family will receive 6 booklets (£15 worth), but extra booklets will be available. We've already got some fabulous prizes donated by generous local businesses including *The Greyhound, Oxford Treatments, Pippa's Flower Patch, Gardens for Good, Prana Yoga Oxford, Club Energy Football, Goldilox Cakes, The Sleepi Tipi Company, Niki's Nails and Guppy Books!* There are even some lovely *Hotel Chocolat* treats donated by the Poon family! If you, your business or someone you know are able to contribute a raffle prize for this year's draw, please contact Tara at cumnorschoolpta@gmail.com to let us know. Food, wine, tickets, vouchers of any kind - it all helps to make the draw more exciting and all funds raised go right back into the school.

Urgent call for Christmas jumpers! Does your family have a surplus of festive jumpers from Christmases past? Any the kids have grown out of or one that's been sitting in the back of the closet for a few years? Please donate them to the PTA! If we have enough jumpers, we'll hold a Pre-Loved Christmas Jumper Sale in early December where shoppers can find something festive and fun to wear for a great price and those lovely jumpers can find a new home. Please drop them in to the school office or contact cumnorschoolpta@gmail.com to arrange collection from your home. The sooner the better. Thank you!

Diary Dates

Wednesday 1st December		School Christmas post box opens
Wednesday 1st December	All Day	Year 1 visit to Oxford Castle
Monday 6th December	All Day	Year 3 visit to Hill End
Tuesday 7th December	6 – 6.45	Key Stage 2 Carols by Candlelight
Friday 10th December	All Day	Save the Children Christmas Jumper Day
Friday 10th December	After School	Outdoor Christmas Fayre
Monday 13th December	Day	Santa Run
Tuesday 14th December	6pm	Reception, Year 1 and Year 2 performance of Babushka (Year 1 parents invited)
Wednesday 15th December	2pm	Reception, Year 1 and Year 2 performance of Babushka (Reception parents invited)
Wednesday 15th December	6pm	Reception, Year 1 and Year 2 performance of Babushka (Year 2 parents invited)

Thursday 16th December	Lunch	School Christmas dinners followed by class parties
Friday 17th December	AM	KS1 and KS2 Christmas Services at St Michael's
Friday 17th December	1.15pm	Term ends
Wednesday 5th January	8.50am	Children return to school.

School Dinners Next Week (week 1):

Monday	Tuesday	Wednesday	Thursday	Friday
Ham and Cheese Pizza OR Cheese and Tomato Pizza	Spaghetti Bolognese OR Macaroni Cheese	Toad-in-the-Hole OR Vegetarian Toad-in-the-Hole	Mild Chicken Curry OR Quorn and Sweet Potato Curry	Salmon Fish Fingers OR Mediterranean Vegetable Tart

Yours sincerely

Ed Read

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 guides, hints and tips for adults.

Instagram is a hugely popular social networking app with over 1 billion snap happy users worldwide. The app, which is accessible on iOS and Android devices, allows users to upload images and videos to their feed, like an online gallery. Images and videos can be transformed with an array of filters to edit the shot before sharing. Anyone with an account can see others' online 'galleries' if their account is not private. To make posts easier to find, users can include searchable hashtags and captions to their uploads. The app has additional features like an 'Explore Page,' which contains videos and images tailored to each user based on accounts and hashtags they follow.

Publish date: 23/05/18
Edit date: 05/03/19

AGE RESTRICTION 13+

What parents need to know about INSTAGRAM

HOOKED ON SCROLLING

Instagram revealed that young users spent a minimum of 32 minutes on the app per day. Many social media platforms, Instagram included, have been designed in a way to keep us engaged on them for as long as possible. Behavioral economist Nir Eyal calls this the 'Hook Model' and the Instagram feed is a great example of this. Children and adults may find themselves scrolling to try and get a 'dopamine release'. Scrolling may become addictive and it can be difficult to stop scrolling until they find that 'something' they are looking for. Children may quickly lose track of time as they get deeper into their Instagram feed.

SLIDING INTO DM'S

Direct messages (or DM's) on Instagram allow users to share posts, images, videos, voice messages and calls between each other privately (or in a private group). Even if your child's account is set to private, anybody has the option to message them and send them content. If the person is not on your child's friends list, the message will still be sent to their inbox but the user has to accept their request to see the message.

INFLUENCER CULTURE

Influencers are sometimes paid thousands of pounds to promote a product, service, app and much more on social media. When celebrities or influencers post such an advert, they should add a disclaimer somewhere in the post which states that they have been paid for it. Commonly, this is well-hidden in the hashtags or in the comments of their post, making it unclear that their photo/video is actually an advert. This can be very misleading to young people who may be influenced into buying/wanting something promoted by somebody they admire. Dr Danielle Wagstaff, a psychology professor from Federation University Australia, said that social media and influencer culture can sometimes lead us to "derive a false sense of what everyone else is doing" and that this "can definitely have a negative effect on our mental health and wellbeing."

DAMAGE TO CONFIDENCE, BODY IMAGE & MENTAL HEALTH

In a recent report by the RSPH, Instagram was ranked the worst for young people's mental health. Using filters on photos on Instagram can set unrealistic expectations and create feelings of inadequacy. Children may strive for more 'likes' by using realistically edited photos. Judging themselves against other users on the app might threaten their confidence or self-worth. In early 2019, Instagram boss Adam Mosseri promised to ban images of self-harm, following the suicide of 14-year-old Molly Russell, who had reportedly been looking at such material on the platform.

LIVE STREAMING TO STRANGERS

REC REC

Live streaming on Instagram allows users to connect with friends and followers in real-time and comment on videos during broadcast, but this feature can be turned off. If your child's account is private, only their approved followers can see their story. It's important to note they may have accepted a friend request from someone they don't know, which means they could be live streaming to strangers. Children also risk sharing content they later regret, which could be re-shared online for years to come. Public accounts allow anybody to view, so we suggest your child blocks followers they don't know. In February 2019, the NSPCC demanded a crackdown on Instagram's 'failed self-regulation' after it was revealed grooming and abuse via the app had more than tripled. 5,000 cases of sexual communication with children, some as young as 5, took place in 18 months.

IN-APP PAYMENTS - Instagram allows payments for products directly through the app. It operates under the same rules as Facebook Payments, which state that if you are under the age of 18, you can only use this feature with the involvement of a parent or guardian.

EXPSOSING LOCATION

Public locations can be added to a user's photos/videos and also to their stories. While this may seem like a good idea at the time, it can expose the location of your child. This is particularly more of a risk if it is on their story, as it is real time. Posting photos and videos is Instagram's biggest selling point, but with sharing images comes risks. A photo which includes landmarks in the area, their school uniform, street name, house and even tagging in the location of the photo uploaded to Instagram can expose the child's location, making it easy to locate them. If their account is not set to private, anyone can access their account and see their location.

HIJACKED HASHTAGS

Like Twitter, hashtags are also an extremely prominent tool in Instagram and with that comes dangers for your child. One person may use a seemingly innocent hashtag with one particular thing in mind, and before you know it hundreds of people could be using the same hashtag for something inappropriate or dangerous that your child certainly shouldn't be exposed to.

IGTV

Instagram TV (IGTV) works similarly to YouTube. Users can watch videos from favourite accounts on the platform, or create their own channel and post their own videos. It's important to note anyone can create an Instagram TV channel and doesn't have to be friends with a person to follow an account and watch their videos. In 2018 Instagram apologised and removed some of its TV content which featured sexually suggestive imagery of children. As the feature may encourage spending more time using the app, it's important to set time limits to avoid children's sleep or education being disturbed.

Top Tips for Parents

RESTRICT DIRECT MESSAGES

If your child receives a message from somebody they do not know, encourage them not to accept their message request and 'block' this person; this is the only way to stop them messaging your child again.

LOOK OUT FOR #ADS

In January 2019, the UK's Competition and Markets Authority launched an investigation into celebrities who were posting adverts on social media and not declaring that they were paid for. Influencers must clearly state that they have been paid for their posts, for example using a hashtag like #ad or #sponsored. Teach your child to look out for the signs of a paid post/advert and discuss with them that not everything they see from celebrities is their personal choice and opinion.

REMOVE PAYMENT METHODS

If you are happy for your child to have a card associated with their Instagram account, we suggest adding a PIN which needs to be entered before making a payment; this will also help prevent unauthorised purchases. This can be added in the payment settings tab.

SCROLLING

Instagram added a 'You've completely caught up' message in late 2018. This message breaks up the feed and notifies you when you are up to date and there are no more new posts from followers. This features is enabled automatically, but have the conversation with your child about how much time they are spending on the app and set healthy time limits.

PROTECT THEIR PERSONAL INFORMATION

Your child may unknowingly give away personal information on their profile or in their live streams. Talk to them about what their personal information is and make sure that they do not disclose anything to anyone during a livestream, comment, direct message or any other tool for communication on the platform, even to their friends.

USE A PRIVATE ACCOUNT

By default, any image or video your child uploads to Instagram is visible to anyone. A private account means that you have to approve a request if somebody wants to follow you and only people you approve will see your posts and videos.

FILTER INAPPROPRIATE COMMENTS

Instagram has an 'anti-bullying' filter, which hides comments relating to a person's appearance or character, as well as threats to a person's wellbeing or health. The filter will also alert Instagram to repeated problems so they can take action against the user if necessary. This is an automatic filter, but it can be turned off. Make sure it is turned on in the app's settings.

TURN OFF SHARING

Even though this feature will not stop people from taking screenshots, it will stop others being able to directly share photos and videos from a story as a message to another user. This feature can be turned off in the settings. We also recommend turning off the feature which automatically shares photos and videos from a story to a Facebook account.

DON'T FORGET TO BE VIGILANT & TALK TO YOUR CHILD ABOUT THEIR ONLINE ACTIVITIES!

@ MENTION

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