



Chapel Chat

The weekly news from Chapel St Leonards Primary School

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Dear Parents/Carers,

On Tuesday we celebrated Lincolnshire Day in school. This was a great opportunity for the children to learn more about the county that we live in. I set the children a challenge to find out why people natives to Lincolnshire are called 'Yellowbellies'. Amongst other things in Year 4 Grantham biscuits were made, in Year 2 violets (flower of Lincolnshire) were recreated and in Year 5 geographical skills and knowledge of the county were developed. Thank you to all the children that brought in a coloured item for our giant Lincolnshire flag.

Enjoy the weekend.



Graham Almond - Headteacher

Aldi Get Set to Eat Fresh

We are getting there! We now only need 108 more stickers for our kit bag of goodies and chance to win £20,000!



Parking

We are requesting once again that parents and carers **DO NOT park on the double yellow lines**. We also ask that parents and carers **act in a polite and respectful way towards** other road users at pick up and drop off time. We have been in touch with our local PSCO who will be conducting 'spot checks' on parking outside school.



Diary Dates:

Tuesday 8th October

KS2 Girls' Football Tournament*

Thursday 10th October

EYFS/Key Stage 1 Open Afternoon

Wednesday 16th October

U11 Football Tournament*

Friday 18th October 2019

End of Term 1

Tuesday 29th October

Start of Term 2

Wednesday 30th October

Volleyball Festival*

Tuesday 29th October

Parents' Evening 1*

Wednesday 30th October

Parents' Evening 2*

Thursday 31st October

Family Learning starts

- more information at Open Afternoon.

* Letters to go out

Dates
for your



School Uniform Swap Shop

Tuesday 8th October 2019 is our first 'Uniform Swap Shop' it will take place **before and after school** on the Key Stage 1 Playground. Please bring any pre-owned, clean school uniform (in good condition) to the playground. Even if you don't have any old uniform to donate you might be able to find some uniform that fits your children. No money—just a chance to swap and find some new uniform.



Chapel Champions - 4th October



Achievement Award

Value Award: Communication

Reception	Anas: working so hard to recall his sounds.	Vinny: communicating his learning through play.
Year 1	Alex: for his amazing effort and progress in phonics.	Buddy: great explanations in Maths and Topic.
Year 2	Olly: independently researching oceans and continents at home after our lesson in school.	Casey: communicating his knowledge of animals groups during our Science work.
Year 3	Macie-Mae: fabulous dedication to her reading.	Jackson: clear communication in Science—brilliant diagrams!
Year 4	Jordan W: a fantastic attitude towards his work in Maths.	Jordan C: excellent communication when explaining her homework.
Year 5	Ashlee: demonstrating a fantastic mathematical understanding.	Layla: brilliant Egyptian communication communicating facts and understanding all of the time.
Year 6	Max: A fantastic week this week. Especially in Maths.	Sophie: fantastic communication when using her 'Purple Power'

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.

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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.

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.

EXPOSING 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.

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.

LIVE STREAMING TO STRANGERS

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.

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.

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'.

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.

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.