

## MESSAGE FROM NIKKI BURROUGHS, EXECUTIVE HEAD



I hope that as you read this newsletter, you are safe and warm indoors and have not been too badly affected by Storm Eunice. Closing the school on the last day of term really is the last thing we wanted to do, especially given the disruption to learning that many of our students have already suffered due to the coronavirus pandemic. However, I hope you can appreciate this precautionary decision was proportionate to the potential risk to our students, staff, and wider community.

Please be reassured that a thorough risk assessment was undertaken to assess the safety of keeping our schools open. Given the scale of the warning, we had to consider what we are able to do in the event of power failure, significant levels of staff absence, danger from debris, and the possible risks for students and staff traveling to and from our schools. The safety of our students and staff is always of paramount importance, and whilst we appreciate this may have caused some disruption for our students, as well as you our parents and carers, we hope you can understand that we took this course of action in the best interests of our entire Federation community.

I just hope these storms don't last for the whole half term holiday!

Despite the weather and continued disruption with Covid-19, the learning experience for children and young people continues to grow and develop. There is so much great work going on across our Federation and so many opportunities being offered to our children and young people. One young man told me about his best day ever, an ice-skating trip to Plymouth, and asked me to help him get a photo – his face when I gave it to him was priceless and really made my week.

There has also been some amazing enterprise work happening – fabulous clocks and cards being made (check out the display cabinets next time you get chance to visit our schools) and I was made to feel particularly hungry earlier this week due to the fabulous aroma of chilli con carne being made by a group of Key Stage 4 students at the College! There are even some budding film makers amongst our students! I know that one group has been working on a film about minibeasts that I am looking forward to watching when completed. As always, it has been great to talk to our children and young people about the work they have been doing.

It is said that as we move towards Spring and Summer, energy levels are boosted and students tend to be more curious as a result. I am genuinely excited about continuing to push educational boundaries and challenging our students to 'be the best that they can be'. We will also be ensuring there continues to be plenty of opportunities for everyone to be creative and have fun!

I really look forward to welcoming everyone back to school on Monday 28th February.

**Stay safe and have a wonderful half term.**



## SHORT OF TIME?

**Safer Internet Week** - We focused on our e-safety education across our Federation. Learners made posters with a THINK theme. Families are still encouraged to complete our [Technology Questionnaire](#).

It takes literally 2 minutes and closes on Monday 28th February 2022.

**Poem** - See page 3 to read a poem written by one of our parents.

**Safeguarding** - Information about safeguarding and photographing a child is on page 3.

**Tempest Photography Visit** - Dates below.

**Digital Parenting Magazine** - Link on page 4.

**Help with Fuel Vouchers** - Follow the link on page 4.

**Hollow Lane Club** - Letters attached.

**Gardening** - Any spare potting soil or compost? Early Years would love any donations/leftovers you may have.

**World Book Day** - Poster attached.

**Covid-19 Vaccinations** - Letter from the Immunisation Team on page 5 plus list of "walk in" centres.

**Online Game** - A link to Band Runner is on page 5.

**Sporting Events** - Lots of sporting events are coming up. See page 5.

**Walk & Talk** - Join Sarah on Sunday's at Cranbrook for a family "walk & talk" social event.

## DATES 2022

w/c 21st February 2022 .....	Half term holiday
Monday 28th February 2022 .....	Pupils return to school
Thursday 3rd March 2022 .....	World Book Day
Wednesday 9th / Thursday 10th March 2022 .....	Tempest Photography @ ETS / ETC
Friday 8th April 2022 .....	Last day of term



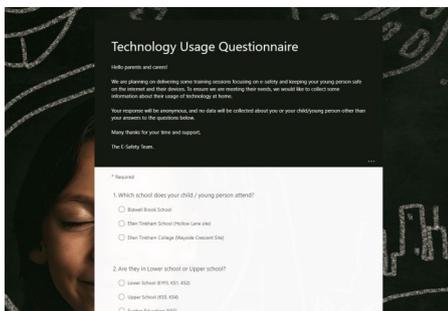
## SAFER INTERNET WEEK

What a fantastic Safer Internet learning week we had! Everyone across the Federation got involved in lots of different activities and lessons focusing on how to keep safe when online.

Our pupils were invited to enter a Competition, one for Lower School and one for Upper School, to design a poster to show people how to stay happy and safe online, and what it means to THINK when you are online. Judging is taking place by external adjudicators and pupils will find out very soon if they've won.

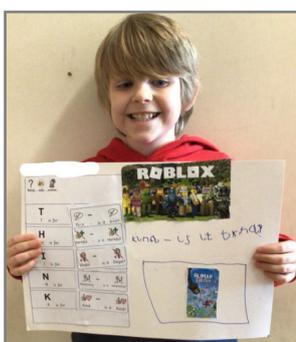
Last week, we also sent out a Technology Questionnaire to all our families across the Federation. We are preparing to deliver some bespoke E-Safety training to families and to help us create this training, we need your feedback on some questions about how your child/young person accesses online platforms at home. The closing date to complete the questions is Monday 28th of February (the Monday after half term). **It will take you less than 2 minutes to answer the questions!** Your response will be anonymous and no other data will be collected about you or your child other than your answers.

T	? is it true?
H	? Is it harmful?
I	? Is it illegal?
N	? Is it necessary?
K	? Is it kind?



Thank you so much if you have responded so far. Your answers and questions are giving us some serious food for thought! There is still plenty of time for everyone to complete the "tick" questions. Please click on this link to take you to the questionnaire = [Technology Questionnaire](#). It would be brilliant if everyone could respond.

Some of the poster entries we received for our THINK competition:



### ONLINE BULLYING :(

Social media and the internet are used by so many people where bullying is more common. It's not very nice and it needs to STOP! The stuff online people are saying can be judging people's bodies, calling people ugly, calling people fat. The main thing I've noticed is a lot of the bullying is aimed at people with disabilities, it all needs to STOP!!

- (Think)  
T= is it true?  
H= is it harmful?  
I= is it illegal?  
N= Is it+ necessary?  
K= Is it +kind <?>



Keep your password safe. Use random numbers, words and symbols!

Keep important things private as strangers can steal your identity and do fraud



# FAMILY NEWSLETTER

18th February 2022



## POEM

We've received a poem written by one of our parents. We hope you enjoy it as much as we did:

As I lie in my bed  
A thousand thoughts going through my head  
I listen to the world going by  
People talking, children running  
Planes in the sky

Having Covid has forced me to stop and rest  
Alone time  
Peace and quiet  
And what feels like test after test!

As a Mummy, life is crazy...  
School runs  
Snotty noses  
Always on the go ...

But lately I've accepted that sometimes it's okay to relax, reset and take things nice and slow...

So this little poem is for everyone to hear  
While it is so hard being isolated  
Better times are near ...

*Written by Emma H, Mummy to two pupils at the Hollow Lane Site*

## SAFEGUARDING

The Learn to Live Federation is committed to safeguarding and promoting the welfare of children and young people, and expects everyone to share this commitment.

Safeguarding and promoting the welfare of children is defined as:

- protecting children from maltreatment;
- preventing impairment of children's mental and physical health or development;
- ensuring that children grow up in circumstances consistent with the provision of safe and effective care; and
- taking action to enable all children to have the best outcomes.

At each of our sites, we have a Safeguarding Team consisting of a Designated Safeguarding Lead and Deputy Designated Safeguarding Leads. This team act upon and rigorously follow up safeguarding concerns or any disclosures made. This includes liaison with external agencies such as MASH (Multi Agency Safeguarding Hub) and LADO (Local Authority Designated Officer). The Safeguarding Team are also responsible for ensuring all our staff are fully trained in the latest safeguarding guidance which includes peer-on-peer abuse.

If you have a safeguarding concern, you should contact us and ask to speak to the Designated Safeguarding Lead or one of our Deputy Designated Safeguarding Leads. It is also important to be aware of child protection and safeguarding issues regarding photographing or filming a child or young person. The potential for misuse of images can be reduced if images are not shared from home to school. If you wish to notify us of a mark or bruise which has not yet been reported or explained, please do not photograph the injury. Instead, ask for an opportunity to discuss this concern with us.

More information on safeguarding can be found on our website: [Safeguarding & E-Safety | Ellen Tinkham School](#)

**EVERYONE WILL BE THE BEST THAT THEY CAN BE; EVERYONE HAS A VOICE; NO-ONE IS EXCLUDED**



# FAMILY NEWSLETTER

18th February 2022



## TEMPEST PHOTOGRAPHY

Tempest Photography will be visiting Ellen Tinkham School:

@Hollow Lane - Wednesday 9th March

@Wayside Crescent - Thursday 10th March



## DIGITAL PARENTING MAGAZINE

Here's a link to the latest Digital Parenting Magazine:

[Digital Parenting | Vodafone](#)



## FUEL VOUCHERS SCHEME



Citizens Advice Devon has received funding from the Government's Household Support Fund to help Devon residents who are struggling with the costs of keeping their homes warm this winter. They can support any household with a prepayment meter who may be struggling with their domestic finances. To receive the support, please contact your local Citizens Advice. The local office will undertake some rapid checks and then issue fuel vouchers that can be used to top-up the home prepayment meter. [Fuel Vouchers scheme – Citizens Advice Devon](#)

## HOLLOW LANE CLUB

### Summer Club

Just a reminder that the closing date for applications to attend the Summer Club in Exeter or Dartington was on Monday, 14<sup>th</sup> February. If you have not yet returned your application form and would like a place, please email Deb Ward on [admin@hollowlane.org.uk](mailto:admin@hollowlane.org.uk) and she will be in contact with you after half term.

### Siblings Group – Exeter and Dartington

We are delighted to let you know that we will be restarting the Siblings Group at both sites in the Summer Term. The attached letter gives more details about the Group, but please do feel free to email [admin@hollowlane.org.uk](mailto:admin@hollowlane.org.uk) if you need any more information.

The Siblings Group has always been really popular in Exeter. The Group was set up in Dartington in 2020 and we were able to run two sessions before having to close due to Covid-19. It is really exciting for the Club to be able to start this Group again.

## GARDENING AT HOLLOW LANE

### Request from our Early Years Dept

With Spring on the way, we are starting to think about the Early Years garden and would be grateful for any donations to get started.

In particular, compost or potting soil would be useful. We'd happily take small amounts or half used bags etc.

Thank you!



## COVID-19 VACCINATIONS

The Immunisation Team has requested the letter below is sent to Ellen Tinkham families. NHS England is supporting as many young people as possible to receive the Covid-19 vaccination as soon as they become eligible and the vaccine centres are increasing their capacity over the upcoming half term to support this.

Dear Parents,

We are aware that several of the 12-15 cohort are reaching eligibility for their first and second Covid-19 vaccination at different times and therefore may not be able to receive their vaccination when we visit their schools. NHS England is keen to ensure that all children have the opportunity to receive their first and second Covid-19 vaccinations as soon as possible after they become eligible. The vaccine centres have increased their capacity for this age group over the half-term to help to support this. If you would like to have your child vaccinated with either Covid-19 vaccination, please book an appointment through the national booking system [Book or manage a coronavirus \(COVID-19\) vaccination - NHS \(www.nhs.uk\)](https://www.nhs.uk) or by calling 119. If you would prefer to a 'walk-in' session, these can be identified via the 'grab a jab' website [Find a walk-in coronavirus \(COVID-19\) vaccination site - NHS \(www.nhs.uk\)](https://www.nhs.uk)

**Please note if your child has had Covid-19, they will need to wait 12 weeks following their positive Covid-19 test before they can have their vaccination. There needs to be a 12 week gap between their first and second Covid-19 vaccination doses.**

### The vaccine centres that can be booked are:

- Barnstaple Leisure Centre – EX31 2AP
- Greendale Vaccination centre – EX5 1EW
- Home Park Vaccination centre – PL2 3DQ
- Knowle House Surgery – PL5 3JB
- Okehampton Medical Centre – EX20 1AY
- Riviera International Centre – TQ2 5LZ
- Tiverton local vaccination centre (formally Moorhayes Community Centre) – EX16 6BL
- Lewis Pharmacy – 70-72 Exeter Road, Exmouth – EX8 1PY
- Devonport Pharmacy (Plymouth Albion, Brickfields Recreation Ground) – PL1 4NE
- Lynton Chemist (Lynton and Lynmouth Town Hall, 14 Lee Road) – EX35 6HW.

*From the Immunisation Team*

## ONLINE GAME

### Ever heard of Band Runner?

This game teaches online safety and privacy principles through multiple choice questions at the end of levels or when the player makes a mistake. You need to correctly answer the question(s) to continue.

**Play the Thinkuknow Band Runner game - Own It - BBC**



## SPORTING EVENTS

Grant Vaughan-Atkins, our PE Lead at Ellen Tinkham, has arranged a few sporting events:

- Football - Tuesday 22nd March (Yrs 9 & 10 only)
- Table Cricket - Friday 25th March
- Boccia - Monday 28th March (maximum of 6 participants)
- Neon Run - Tuesday 5th April (2k and 5k)
- Girls Football Tournament - Wednesday 15th June (ETC/Secondary age only)

If you receive notification home that your young person has put themselves forward/been nominated to play, please ensure any permissions are returned asap. Thank you.

Grant has also been liaising with BB's PE Lead regarding an inter-Federation Football Match = BB vs ET. This is usually a closely fought game and one that always pulls in the crowds!

As soon as the weather warms up a little, we'll book the fixture.



**COME ON ET!!**

## MESSAGE FROM SARAH, A PARENT IN EARLY YEARS AT HOLLOW LANE

Hello! I'm Sarah, living in Cranbrook with my husband Adam and our daughter Isabelle (and French bulldog Archie).

I have set this group up following my own personal experience with SEN. My daughter Isabelle is 4 years old and diagnosed with Autism. She started at Ellen Tinkham School last September. We've been on our journey for 2 years and in between the many ups and downs, there's always been a sense of loneliness. Are we the only ones going through this? Does anyone understand?

Over time, I've met parents here, there & everywhere ... I wanted to bring these people together. To share their experiences, knowledge, advice ... even just general chit chat. So you know you are not alone. We do understand, we get it. I get it.

To add to that, it's always good to get outside, grab some fresh air and get some steps in!

Come and join me (and Archie) on our weekly walk around the beautiful fields in Cranbrook every Sunday at 3 pm. We meet outside the Co-op, 147 Younghayes Road, Cranbrook EX5 7EA.

It doesn't matter your circumstances, diagnosis or not, or where you live, everyone is welcome.

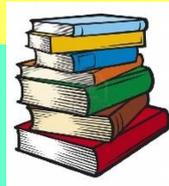
I look forward to meeting you all and supporting one another on this crazy rollercoaster journey!

Sarah 

Facebook page [\(20+\) Walk & Talk - SEN families | Facebook](#)



# WORLD BOOK DAY



World Book Day is on Thursday 3<sup>rd</sup> March.

The focus of World Book Day is to promote reading for pleasure and enjoyment. This year is the 25<sup>th</sup> anniversary for World Book Day. So, we will be working on producing a display in each classroom about a book that is enjoyed by all in the class and the 25<sup>th</sup> anniversary.

This year we would like pupils to wear non-school uniform and throughout the day share books and tell stories. It would be lovely if pupils could bring in a favourite book to share with their class.

The children will be having a warm drink and maybe a biscuit during the day and will be enjoying their favourite books.

The voluntary £1.00 donation will be put towards purchasing 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> prizes of quality books to the best displays in classes.

On World Book Day each child will be given a voucher to use to buy a book from a range of 14 this year from book shops and supermarkets.



We are looking forward to a fun day of reading, story activities and book sharing.



**Exeter & Dartington**  
 c/o Ellen Tinkham School  
 Hollow Lane, Exeter EX1 3RW  
 Tel: 01392 463823  
 Email: [admin@hollowlane.org.uk](mailto:admin@hollowlane.org.uk)

February 2022

Dear Parents/Carers,

**SIBLINGS GROUP – 2022**

The focus of The Hollow Lane Club is for the children and young people who attend to have fun, be creative, and learn new things. We hope that they will connect with friends, have new experiences that broaden their horizons and give them memories.

The Siblings Group recognises that the children and young people have a real need for time to themselves, where they can spend time creating, having fun and making friends with other children from similar situations.

The group also aims to provide a safe environment where they can express some of the feelings and thoughts they keep hidden and the impact having a disabled brother or sister can have on their lives.

The dates available for this year are detailed below and we ask that you please tick your preferred dates. Places will be allocated on a first come, first served basis.

Please note that these confirmed dates will be invoiced and must be paid for. It is with regret that we are unable to refund any sessions that have been requested but are unable to be attended.

Each session will run from 10am until 4pm and your child should be dropped off and collected at the main school entrance at Ellen Tinkham School, Hollow Lane. A packed lunch should be provided for your child.

The fee for Siblings Group is £30 per session and an invoice will be sent when your dates are confirmed.

Thank you.

**DEB WARD (ADMINISTRATOR)**

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**Please complete and return to Deb Ward, The Hollow Lane Club, c/o Ellen Tinkham School or request dates via email [admin@hollowlane.org.uk](mailto:admin@hollowlane.org.uk)**

I would like my child to attend the Siblings Group. Please tick your preferred dates.

Siblings Name: .....

Name of brother/sister attending Ellen Tinkham: .....

21<sup>st</sup> May                       18<sup>th</sup> June                       9<sup>th</sup> July



Registered charity no: 1186520





### Exeter & Dartington

c/o Ellen Tinkham School  
Hollow Lane, Exeter EX1 3RW  
Tel: 01392 463823  
Email: [admin@hollowlane.org.uk](mailto:admin@hollowlane.org.uk)

**Parent / Carers Contact Details:**

Name: .....

Address: .....  
.....

Tel No: .....

Email: .....

Child 1 Name: ..... Date of Birth: .....

Child 2 Name: ..... Date of Birth: .....

Child 3 Name: ..... Date of Birth: .....

Do any of the children have any extra needs that we should know about?

Please circle the dates that you would like.  
(Use different colours if you want separate dates for different children)

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	1 <sup>st</sup> August	2 <sup>nd</sup> August	3 <sup>rd</sup> August	4 <sup>th</sup> August	5 <sup>th</sup> August
<b>Week 2</b>	8 <sup>th</sup> August	9 <sup>th</sup> August	10 <sup>th</sup> August	11 <sup>th</sup> August	12 <sup>th</sup> August
<b>Week 3</b>	15 <sup>th</sup> August	16 <sup>th</sup> August			

PLEASE COMPLETE AND RETURN THIS FORM TO DEB WARD VIA EMAIL [admin@hollowlane.org.uk](mailto:admin@hollowlane.org.uk) OR TO THE ADDRESS ABOVE

BY MONDAY, 14<sup>TH</sup> FEBRUARY. THANK YOU.



Registered charity no: 1186520



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# What Parents & Carers Need to Know about

# WINK

AGE RATING

13+



Wink is a messaging app which allows children to connect and communicate with other users. In a similar style to Tinder, Wink uses the swipe method for browsing profiles and accepting or declining them. Once two users have accepted each other by swiping on one another's profile, they can then communicate and play games online together. The fact that Wink allows children to share photos, personal information and their location with other users has caused significant concern.

## WHAT ARE THE RISKS?

### POTENTIAL FOR GROOMING

Wink accounts can't be made private – so when a young person uploads images and shares their social media usernames, it's easier for potential groomers to stalk and locate them online. The fact that children prioritise having an abundance of friends is also a concern: they're more likely to accept someone just to build their friend count – possibly including users with sinister intentions.

### ACCIDENTAL OVER-SHARING

Many young people don't consider privacy when they choose to share their social media usernames on their Wink profile. This allows other people to connect with them on multiple platforms, strengthening their online presence and reputation. Some children post photos which reveal aspects of their personal life to other users – showing their house, school, friends and family, for instance.

### INAPPROPRIATE CONTENT

Many popular messaging apps contain profiles featuring profanity, nude or semi-nude photos and users openly looking for a "wifey" or "hook ups". Users can send messages anonymously, which engenders a sense of power and freedom. Children often engage in inappropriate behaviour more willingly when it's anonymous, even if it's not the sort of thing they would take part in normally.

18

CENSORED

### CYBERBULLYING

Being anonymous online provides some users with an incentive to bully others through toxic private conversations. Anonymous bullies can send hurtful messages or pressure young people into sending inappropriate content. Being a victim of cyberbullying can result in children becoming depressed and showing low self-esteem. If your child is exhibiting these signs, it's time to step in.

### EXCESSIVE SCREEN TIME

Wink encourages repeated engagement through signing in daily, making connections, building up a message 'streak' and publicly sharing stories. The reward is 'gems', which allow users to connect with more people, play games and edit their profile background. This can lead to children spending an excessive amount of screen time on the app, which of course can be detrimental to their health.

## Advice for Parents & Carers

### DO YOUR RESEARCH

If you do decide to allow your child to have a Wink account – or you find that they already have one – it's vital to talk to them about how to use the app responsibly and keep themselves safe. You could also consider exploring Wink yourself and becoming familiar with the app before letting your child download it, as there are no security settings or parental controls that can be put into place.

### OFFER YOUR SUPPORT

While it's not always easy to talk about inappropriate content with your child, it's crucial that they understand the impact of sending or receiving it. They also need to feel that they can speak to you about it without worrying about consequences. Emphasise that, if your child receives any messages that make them feel uncomfortable, they can block the sender and report them to the app.

### BE WARY OF SHARING

It's important that your child stays aware of what they're sharing online. Remind them about the importance of not posting personal information like their full name or which school they go to. Many users share their other social media account details on Wink to build their friend count, but we would recommend advising your child not to give strangers multiple avenues to contact them.

### DISCUSS LOSS OF OWNERSHIP

It's essential that young people understand that once content goes online, the sender no longer has any control over where it will end up. While your child may feel like they can trust their online 'friend', that person is still a stranger. Even sharing one inappropriate image, for example, could then be used as leverage – as their 'friend' threatens to release it publicly unless the child sends more.

### BALANCE SCREEN TIME

Before having a chat with your child about screen time, ask yourself if you're being a positive role model. Get your child thinking about how much time they spend on the app: is it healthy? Is it affecting their offline relationships with people? Is it impacting their mood? If so, you could suggest some activities you can do together which aren't so reliant on digital technology.

### BE CAUTIOUS OF NEW CONTACTS

Remind your child that not everyone online is who they say they are, and some users have harmful intentions. If someone on Wink is asking them lots of personal questions or suggests meeting up in real life, these are definite red flags. Encourage your child to ask for help if they're unsure about a particular profile. Remember, the app has a block button: your child shouldn't be afraid to use it!

## Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



National Online Safety®

#WakeUpWednesday

Sources: <https://www.getwinkapp.com/faq/>