

MESSAGE FROM NIKKI BURROUGHS, EXECUTIVE HEAD



As we move to the end of another busy term, it is time to reflect and make plans to take us forward, which I thought would be pertinent to share. Like so many other sectors presently, the education sector continues to face challenges brought about as a result of the pandemic. In order to balance the challenges we are all currently facing, it is important that as a federation, we continue to create a culture of trust with all our stakeholders. That we continue to work hard to create a family of schools that are characterised by humanity, compassion and a deep commitment to the Federation vision:

*Everyone will be the best that they can be
Everyone has a voice
No-one is excluded*

I feel it fair to say that the embodiment of this vision *can* be seen in our settings. A true love for learning by pupils and staff alike is apparent. There is open, constructive and honest communication and strong, supportive and nurturing relationships can be seen everywhere.

It was great to see the children and young people enjoying themselves at the recent Tinkham's Got Talent event at Ellen Tinkham School. There were some fantastic acts and it was obvious that a lot of effort had gone into the performances. We had renditions of Mr Blue Sky, I Am A Shape and songs from Queen and Frozen to name but a few! And some of the dance routines were just amazing.

It was incredible to see how confident the children were and I know that the judges had a hard time deciding the winners! A huge well done to everyone who took part. I am really looking forward to Bidwell's Got Talent event which is happening next term.

Today has been Creative Hair & Odd Socks Day at the College and again, it has been great to see how involved everyone has been. This event was the idea of our Student Council, who are raising funds for the outdoor areas. Thank you all so much for your support. ET's Student Council will let ET families know how much was raised.

There is always something to be positive about. Despite the challenges of the pandemic, it has created an opportunity for us to reset priorities and make some positive changes. With a continued drive for high performance, we have developed our new Federation, Development and Innovation Plan to ensure that we continue to move forward as a federation that provides outstanding education. This Plan will be shared with you early next term. Over the next 18 months, our plan is to ensure that we continue to grow and develop our federation so that we continue to offer our children and young people the best education possible.

Our Federation would not be what it is without your continued support and for that I am very grateful - thank you.

Wishing you all a wonderful Easter break.



SHORT OF TIME?

Tempest Photography - You can still order your photos online. Postage costs will apply.

Healthy Eating - We'll be focusing on healthy eating in our schools next term. In the meantime, you might want to have a think about packed lunches/snacks your child or young person eats across the day.

Teaching Your Monster to Read - See page 2 for links to download an app to assist with your child's/young person's reading.

HAF Programme - Click on the link on page 3 to access holiday activities and food programmes during the Easter holiday.

World Book Day - Donations received were put towards class prizes of even more books for everyone to enjoy!

No Birthday Cake - A gentle reminder that birthday cake is not permitted to be sent in to class, but we will definitely celebrate birthdays in other great ways.

ET PTFA - Car Parking - Help is needed on Saturday 23rd July in Exeter. Please can you spare an hour? See page 3.

Message from BB Parent - See page 3.

Pages 4 and 5 - Some lovely photos of our learners enjoying their education.

DATES 2022

Friday 8th April 2022 Last day of term
Monday 25th April 2022 Learners return to school/college
Monday 2nd May 2022 Bank Holiday Monday - no school/college



TEMPEST PHOTOGRAPHY

SAYCHEESE



If you didn't manage to get your Tempest order to us in time, please remember you can still place your order direct. Postage fees will apply.

CHILDHOOD OBESITY

Stella Wood, Head of School at Bidwell Brook, met this week with a visiting Paediatrician who raised his concerns about the general increase in student obesity he is seeing across many schools in Devon.

As a Federation, we do have a Whole School Food Policy in place and Devon Norse, our Catering Suppliers, provide healthy, balanced lunches for our learners and staff. Next term, we will be focusing on Healthy Eating for all, including limiting snacking between meals and how adults can also help model healthy eating both at school and at home.

If you send your child/young person into school with a packed lunch, please could you have a think over the Easter holiday about the content of their lunchbox and the amount of food being consumed? Providing smaller portions and removing the temptation of high calorie snacks can be beneficial.

We appreciate some of our learners have limited and specific diets, but we would like to make a conscious effort to focus on our "Healthy Eating" status and share with everyone the benefits this brings.

READING

We always encourage our learners to read, whether they are at school, out and about or at home.



"Teach Your Monster Reading for Fun" is now available on Android and Amazon - FREE for a limited time!

Enjoy reading-focused tasks and be rewarded with e-books! With over 70 to collect, there's tonnes to learn and do! 🤖

Download now!

Google Play Store: <https://bit.ly/RfFGooglePlay>

Amazon App Store: <https://bit.ly/RfFAmazon>

HOLIDAY ACTIVITIES AND FOOD (HAF) PROGRAMME - EASTER 2022

The HAF Programme will once again be available during the Easter Holidays, providing holiday club activities and a meal for children aged 5-16 (and 4 year olds if in Reception) eligible for and receiving benefit related Free School Meals, their families, and their friends if this would encourage the FSM children to attend.

To access the programme, you should book a place directly with one of the providers that are facilitating the HAF programme. Please note that booking details differ depending on each provider and full information can be found on the DCC website ([click here](#)).

Of specific note - Plymouth Argyll Community Trust are running sessions at two venues during the Easter break ie Modbury Primary School and Hatherleigh Primary School. The take-up of places is currently low at both venues so there should be spaces available: <https://argylecommunitytrust.co.uk/our-regions/regional-course-bookings/fit-fed/>



WORLD BOOK DAY

From donations received, we purchased new books as prizes awarded to ETS classes for their winning display boards. Thank you very much.



CELEBRATING BIRTHDAYS

SLT appreciate that celebrating pupil birthdays is really important, especially if school is the only opportunity some of our children and young people get to celebrate this event with friends. Classes do ensure birthdays are recognised - we sing songs, play games and make sure the birthday person feels special for the day.



However, as we have some pupils with allergens/some that are peg fed, we cannot share any birthday cake or foods brought in from home.

Occasionally, we do allow Cake Sales to take place in our settings but this involves staff encouraging learners to think about the cakes they will sell, travel training to the shops to purchase the ingredients (maths), baking (life skills) and selling their creations (maths and IT skills). Learners need to bear in mind "Natasha's Law" regarding listing all ingredients and be aware we are a Healthy School. Learners do consider making alternatives to cake ie fruit kebabs as well.

Thank you for your understanding in this matter.

ET PTFA - CHARITY CAR PARKING

Saturday 23rd April 2022

We will be running the charity car park in Barnfield Crescent, Exeter from 7 am to 4 pm on Saturday 23rd of April and really need your help!

Are you able to spare an hour between 9 am and 3 pm? You will be needed to take the money and direct the cars to the available spaces. Children are very welcome to control the barrier 😊

Please contact our PTFA member, Helen, on adamsh@hotmail.co.uk if you can spare some time.

Two thirds of money collected comes back to our school. NB There are no toilets except the ones in the city centre, hence why we need your help!!!!



MESSAGE FROM A BIDWELL BROOK PARENT

This is a plea from an active campaigner and carer, not a plea associated with the school.

I am starting a pressure group to support local and national decision makers to make better decisions and policies for vulnerable children, adults and carers.

There is too much piecemeal Government policy being made at the moment which indicates poor central decision making and will ultimately fail children, adults and carers.

The group will aim to add substantial pressure on decision makers through democratic means and accountability in the area of disability rights, mental health, carer support, our children's futures and their place in society.

To formulate a strategy and make sure the pressure group pushes for change that is needed, I want to listen to people's experiences and from that, develop the campaign.

If you are interested in talking with me or being a part of this process please message or call me on 07724 601017.

Many thanks, Jim.

VISIT FROM THE WILDLIFE TRUST

A couple of weeks ago, the Wildlife Trust came to visit the College and met with learners in our Lower Seniors classes. The students heard all about the work of the Wildlife Trust and participated in some workshops:



**Lower Seniors visit from
The Wildlife Trust
21/03/2022**

***Making bird feeders and
listening to bird sounds***



VISIT TO THE SEASIDE BY LILAC CLASS

Ellen Tinkham School's Lilac Class have been focusing on plastic pollution in the oceans, looking at the impact of plastic pollution and beginning to understand the ways in which we can prevent and manage plastic pollution.

We have recently visited Exmouth Beach for a litter pick and Plymouth Aquarium to observe the marine wildlife that we need to protect.





FAMILY NEWSLETTER

8th April 2022



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

What Parents & Carers Need to Know about THE OFCOM CHILDREN AND PARENTS: MEDIA USE AND ATTITUDES REPORT 2022

ONLINE LIFE

99%

of children went online in 2021

Who owns a mobile phone?

24%

of 3 to 7-year-olds

60%

of 8 to 11-year-olds

98%

of 12 to 17-year-olds

GAMING AMONG CHILDREN

18% of 3-4s 38% of 5-7s 69% of 8-11s
76% of 12-15s 73% of 16-17s

ONLINE SAFETY

42%

of parents knew the minimum age requirement for using social media

AGE RATING
13+

90%

of parents had high awareness of parental tools and controls, but only 70% use them

89%

of children got online safety guidance from parents

69%

of children got online safety guidance from teachers

ONLINE BULLYING

4 in 10 children were bullied. How many of them were bullied online?

74% of 8-11s

92% of 12-15s

84% of 16-17s

FAKE NEWS

NEWS

Save the Tree Octopus!

72% of teens said they could tell real from fake – but in tests, only 11% chose reliable identifiers that a post was genuine.



PARENTAL CONCERNS

4 in 10

parents were concerned about their child's screen time

18

CENSORED

7 in 10

were concerned about age-inappropriate content

6 in 10

were concerned about content promoting self-harm

5 in 10

were concerned about extremist content online

POPULAR PLATFORMS

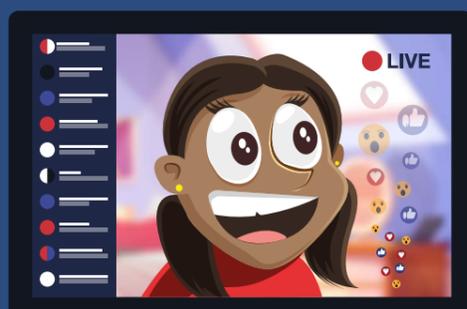
What percentage of children used ...

YouTube: 89%	Facebook: 40%
WhatsApp: 53%	FaceTime: 32%
TikTok: 50%	iMessage: 15%
Snapchat: 42%	Zoom: 14%
Instagram: 41%	Twitter: 13%

NOS National Online Safety®
#WakeUpWednesday

Sources: https://www.ofcom.org.uk/_data/assets/pdf_file/0024/234609/childrens-media-use-and-attitudes-report-2022.pdf

SOCIAL MEDIA AND LIVE STREAMING



Age groups	Children who use live streaming apps	Children who use social media
3 to 4-year-olds	32%	21%
5 to 7-year-olds	39%	33%
8 to 11-year-olds	54%	64%
12 to 15-year-olds	73%	91%
16 to 17-year-olds	79%	97%

What Parents & Carers Need to Know about FACEBOOK

AGE RATING
13+

With 2.9 billion users, Facebook, owned by the recently rebranded Meta, is the world's most popular social media platform. It encourages interaction with other people by (among other things) adding them as friends, reacting to or commenting on their content, sharing images and videos, posting status updates, joining groups and playing games. Facebook is free, and anyone over 13 can join – but with no age verification, younger children can easily create an account: it's likely your child is already familiar with the platform, even if they don't yet use it themselves.

WHAT ARE THE RISKS?

ADDICTIVE NATURE

Facebook's quick reward cycle of likes and comments on shared posts can be hugely addictive. It encourages users to keep returning to post things and increases FOMO (the Fear Of Missing Out), which leads to people checking the app even more frequently and finding themselves endlessly scrolling through content.

CYBERBULLYING

A 2021 Ofcom report found that around one in four UK 12–15-year-olds had been cyberbullied or trolled (intentionally antagonised online). On Facebook, this can happen through private messages (on Facebook Messenger); hurtful comments on their profiles and posts; pages or groups set up purposely to torment a victim; or exclusion from pages or groups.

FUTURE IMPACT

Like most social media platforms, anything posted on Facebook leaves a permanent 'digital footprint'. This can have future consequences for young people: many universities and employers, for example, now review someone's Facebook timeline during the application process.

CONTACT FROM STRANGERS

Just like in the offline world, there are people on Facebook with malicious intentions. Ofcom reports, for instance, that 30% of 12–15-year-olds have received a friend request from a stranger. This, sadly, can include individuals seeking to take advantage of impressionable youngsters.

OVERSHARING

Facebook encourages you to post "what's on your mind", but children should be wary of revealing too much about themselves online. Users can give away their location by checking in or using Facebook Live, for example, while some photos can also be traced using file data.

INAPPROPRIATE CONTENT

Facebook monitors and removes material like hate speech or extreme political views, while adverts on the platform are now forbidden from targeting under-18s based on their interests. Offensive content isn't always taken down instantly, however, so there's still a risk of children encountering it.

VIDEOS AND STREAMING

Facebook Live lets users stream video live to their friends or watch others' broadcasts. Viewers can comment in real time, which is problematic to moderate. Short, user-created clips called Reels can now also be displayed on profiles and feeds. These video features could contain unsuitable material or allow children to be cajoled into doing something on camera that they wouldn't normally do.

Advice for Parents & Carers

KEEP ACCOUNTS PRIVATE

In the settings area, you can choose whether a Facebook profile is public or private. By far the safest option is to switch your child's to private, so they can only interact with people who they are friends with on the platform. Facebook's settings can also prevent your child's personal information (such as contact details, school name or date of birth) from appearing publicly.

ENCOURAGE SAFE FRIENDING

Facebook can help your child to stay connected with the people and the things that they care about. However, it's important for them to understand that they should only accept friend requests from people who they know. The key questions to consider are "has your child met them in person?" and "do they know and trust them enough to feel comfortable accepting them as a Facebook friend?"

LEAD BY EXAMPLE

Let your child watch you using Facebook – this will demonstrate how it can be used safely and appropriately, reducing the risk of them encountering harmful content themselves. Teach them the habit of thinking before sharing anything online and try to follow the same rules that you set for them – so if you agree time limits on your child's Facebook use, then you should stick to them, too.

SAVVY SHARING

Make sure your child realises that what they share online with friends can end up being shared again by others. It's important that they think about what they share online and who they share it with. Facebook's 'Audience Selector' gives users the option to filter who sees what they are sharing, whenever a status is updated, photos are uploaded or anything is posted.

RESPECT BOUNDARIES

Once you've talked about Facebook safety with your child, give them some space and trust them to make smart choices. Make it clear, however, that you're always open to discussing social media if they need to. In the early stages, you could occasionally review your child's social media activity with them to put your mind at rest – but take care not to become reliant on checking it every night.

BLOCK AND REPORT

On Facebook, you're able to report harmful content and block particular people or groups so they can't contact your child or view their profile. Before they start spending serious time on the platform, show your child how these features work and explain why they might need to be used. Facebook's Bullying Prevention Hub offers advice on dealing with harassment on the platform.

Meet Our Expert

Alex Wright is a former Facebook employee and social media expert with more than 15 years' experience in digital media. He has worked with some of the biggest organisations on the planet and has a vast understanding of how social media platforms work and how they engage their audience.



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