

Family NewsBites



A round-up to keep you updated (3.5.23)

Jubilee Challenge / Ten Tors - A massive "well done" to our pupils (and staff) who completed the expeditions on Dartmoor. The tents have been dried off and photos will be with you soon! We couldn't be more proud of everyone.

The Coronation - In the run up to the King's Coronation this Saturday, we will be learning about the history of the Coronation in lesson time. This ties in with our British Values curriculum.

@ Hollow Lane = On Friday morning, 5th May, pupils can enjoy a quick session on a Bouncy Castle (very supervised) and in the afternoon, join our "Royal Coronation Garden Party" in the playground (weather permitting). We will also have a 'Parade of Crowns' which pupils will be busy making this week. We encourage everyone to come into school on Friday wearing something Red, White or Blue (this is optional). Thank you.

@ Wayside Crescent = On Friday afternoon, there will be "Afternoon Tea" in the Tree Playground (weather permitting). Classes are currently designing and creating bunting and other decorations to make the playground look splendid!

Everyone is encouraged to wear something Red, White or Blue on Friday (if they wish).

Bank Holiday Monday - Ellen Tinkham will be **closed** on Monday 8th May as part of the national celebration for the Coronation. We look forward to welcoming everyone back on Tuesday 9th May.

Parents' Evening - Please contact your Class Teacher asap if you would like a meeting this term. Meetings are primarily taking place today and Thursday.

Ellen Tinkham Menus - If you need to check the latest menu, this can be found on our website: [Healthy Eating | Ellen Tinkham School](#)

ET PTFA - Our next big events are the two Summer Fetes! We like to serve refreshments at these events, as it gives families the opportunity to take the weight off their feet and have a chat with other parents and carers. Could you spare just an hour to help out on the day? Come along to our next planning meeting on Friday 19th May at 10 am at the College. This could also be your opportunity to visit the College if you haven't already?!!

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Earwig - Following the letter sent out last week regarding Earwig, a few families have been asking about the existing evidence currently stored on Evidence for Learning and whether this can be saved. We will be downloading all images from Evidence for Learning and the most appropriate / selected "wow" videos for each child and young person. Images and videos will either be stored on our school servers, or transferred to Earwig (to be confirmed).

Fundraising Ideas - We really need a couple of parents to organise the ordering of branded hoodies for our Year 6 and Year 14 leavers this year. Would you and a friend like to take on this project, on behalf of the PTFA? We can go through this at our PTFA meeting on Friday 19th May at 10 am at the College. Thanks v much.

Domestic Violence & Abuse - Domestic violence and abuse occurs when one person in an intimate personal or family relationship uses violence or abuse to maintain power and control over the other person. The definition of domestic violence and abuse = "Any incident or pattern of incidents of controlling, coercive or threatening behaviour, violence or abuse between those aged 16 or over who are or have been intimate partners or family members regardless of gender or sexuality."

This includes, but is not limited to, the following types of abuse = physical abuse; sexual abuse; emotional abuse; financial abuse and psychological abuse. If this is happening to you, you are not alone and you are not to blame. You may feel ashamed, scared, isolated, confused, afraid not to be believed or that the violence will get worse if you report it. Do not suffer in silence, as there are people who can help.

As well as information and support available via our own website, Devon County Council's website also lists support groups that can help anyone (he/she/they). [Domestic violence and abuse - Domestic and Sexual Violence and Abuse \(devon.gov.uk\)](https://www.devon.gov.uk/domestic-violence-and-abuse).

Useful Dates - On the next page are some useful dates for this term. We have additional dates to be added for specific events, as well as some timings etc, but we'll share these with you when confirmed.

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Friday 5th May - Coronation Event - wear Red, White, Blue (optional)

Monday 8th May - Bank Holiday Monday - we are closed

Tuesday 9th May - All pupils return + SEND Cricket Festival [selected ETS pupils]

Tuesday 16th May - Devon FA Football Tournament for KS4 (fyi)

Tuesday 23rd May - Invite for Year 6 families to visit ETC 1.30 pm

Wednesday 24th May - ETS Family Phonics Session 1.45 pm (details to follow)

Thursday 25th May - KS4 Poetry performance, 11 am (details sent separately)

w/c 29th May - *May half term holiday for one week*

Monday 5th June - Pupils return to school

Thursday 8th June - ETC Girls Only Football Tournament (details tbc) (fyi)

Thursday 8th June - Invite for Year 6 families to visit ETC 4.30 pm

Wednesday 14th June - Invite for Year 6 families to visit ETC 1.30 pm

Tuesday 20th June - Hollow Lane Sports Day [EYFS & KS1] (timings tbc)

Wednesday 21st June - Hollow Lane Sports Day [selected KS2] (details tbc)

Wednesday 21st June - SENTient Trust Swimming Gala (ET hope to attend)

Thursday 22nd June - Hollow Lane Sports Day [selected KS2] (details tbc)

Wednesday 28th June - Anti-Bullying & Diversity Day (fyi)

Wednesday 28th June - ETC Sports Day at Exeter Arena

Monday 3rd July - SEND Sports Festival (details tbc) (fyi)

Friday 7th July - ETS Hollow Lane Summer Fete 10.30 am - 12 noon

Friday 7th July - ETC Prom (evening, details tbc)

Friday 14th July - ETC Wayside Crescent Summer Fete 10.30 am - 12 noon

Thursday 20th July - Leavers' Assemblies (am at ETC, pm at ETS)

Friday 21st July - Last Day of Term (for pupils and staff)

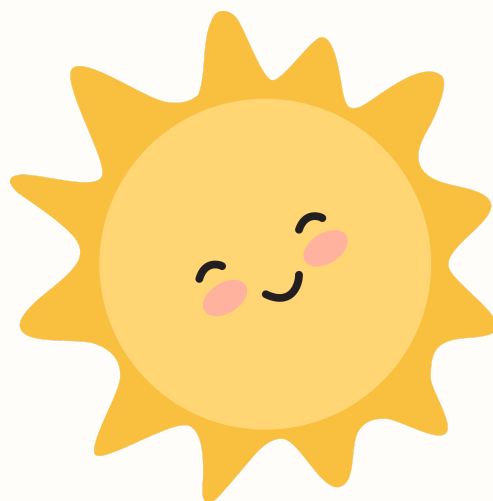
TBC = Earwig Training Sessions & Transition Events (meet the September Teacher and visit the new classroom)

Monday 4th - Wednesday 6th September - Staff Training Days

Thursday 7th September - Pupils return

w/c 23rd October - October half term holiday

As the warm weather has finally arrived, please send your child / young person in with:



- A named water bottle
- A named cap / hat

Please also ensure you / they have applied a layer of suncream before leaving home and provide a named bottle of suncream to keep in their bag so it can be re-applied during the day.

Staff will help with this, if needed.



ABSENCE LINE - if your child or young person is absent, you must phone us on 01392 467168 and tell us why. It is our statutory duty to account for all our pupils on each school day so if we don't hear from you, or cannot reach you, we have to inform the Social Care team or carry out a welfare check to your home. Thank you for your co-operation.

Ten top tips for STRONGER PASSWORDS

Passwords continue to be the most common way to prove our identity online. A combination of a username and a password known only to the user provides access to our online accounts and data – and hopefully keeps unauthorised individuals out. As a security measure, though, passwords are relatively weak. People are often predictable in how we choose our passwords, for example – making them less secure. With increasing volumes of usernames and passwords being leaked online, what can we do to keep our data more secure? Here are our top tips for stronger passwords.

BE UNPREDICTABLE

We often choose passwords which are easy to remember: featuring the name of our favourite sports team or favourite film, for instance. Those are predictable passwords. Cyber criminals will routinely try various combinations of passwords relating to sports teams, actors, musical artists and the like – and they often focus on these during major sporting events or around high-profile movie releases.

AVOID GETTING PERSONAL

Many of us use passwords relating to our family, such as children's names or favoured holiday destinations. The problem here is that we also typically post about our holidays and our family on social media – making that information potentially visible to cyber criminals and supplying them with clues which could help them in narrowing down possible passwords we might have set.

NEW PLATFORM, NEW PASSWORD

Where cyber criminals gain access to an online service through a data breach, they often use the data they've stolen to try and access the victim's other accounts. This is because the criminals know that, for convenience, people often use the same password across different services. When we reuse passwords, our security is only as strong as the weakest site where we've used it.

LONGER IS STRONGER

Our passwords are often stored by online services in an encrypted format, in case the service suffers a data breach. The strength of this encryption, however, is dependent on the length of the password you've selected. If your password is only a short one, cyber criminals are significantly more likely to be able to break the encryption and identify your password.

CHECK SOCIAL MEDIA VISIBILITY

Staying up to date with friends and relatives on social media is part of everyday life now. We need to ensure, though, that we limit who can see our posts via each platform's privacy settings. It's also wise to consider what we're posting and if it's *really* safe to share online. If we restrict what cyber criminals can see, we reduce the chance of them using that information to identify our passwords.

Meet Our Expert

A Certified Information Systems Security Professional (CISSP), Gary Henderson is the Director of IT at a large boarding school in the UK, having previously taught in schools and colleges in Britain and the Middle East. With a particular interest in digital citizenship and cyber security, he believes it is essential that we become more aware of the risks around technology, as well as the benefits.



Source: <https://www.ncsc.gov.uk/>

CCTV
IN OPERATION

SECURITY

'DOUBLE LOCK' YOUR DATA

It's possible that cyber criminals may eventually discover your username and password. Enabling multi-factor authentication (MFA) on your accounts, however, reduces the chance of them obtaining access to your data, as they'd also require a code which is provided via an app, SMS message or email. MFA isn't infallible, but it does definitely provide extra protection and security.

DELETE UNUSED ACCOUNTS

Data breaches occur when cyber criminals gain access to an online service and all the data contained within it – including usernames and passwords. Whenever you stop using a service, it's wise to make sure that you delete your entire account and not just the actual app. If the service no longer has your data, there's zero risk of it being leaked should they suffer a data breach in the future.

TRY PASSWORD MANAGERS

Even though most of us have numerous online accounts to manage these days, it's advantageous to avoid password re-use. Specialist password management software (like Dashlane or OnePassword, among others) can help by storing a different password for every online service that you have an account with: the only one you or child will need to remember is the single master password.

GET CREATIVE

The British government's National Cyber Security Centre (NCSC) recommends the 'three random words' technique. This method helps you create a password which is unique, complex and long – yet which is memorable enough to stay in your mind ("FourBlueShoes", for example). The NCSC website, incidentally, also offers plenty of other useful information relating to personal cyber security.

STAY VIGILANT

The best way to protect your accounts and your data is to be vigilant and careful. If you receive an email or text message that's unusual or unexpected, treat it as suspicious until you're able to verify whether it's genuine and safe. Starting from a position of vigilance and caution will reduce the likelihood of you or your child being tricked by a malicious email, text or phone call.



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10 top tips for safely using SMARTWATCHES

Kids love gadgets, and smartwatches – available to buy from as little as £20 online – make a tempting gift. As with any type of mobile technology, though, smartwatches can pose risks to children unless they're used safely. Receiving unwanted calls, cyber-stalking and distracting a young person when they're crossing the road are all known risks associated with smartwatches. However, these devices can bring plenty of benefits for children and parents alike – so let's examine the pros and cons of smartwatches.

AVOID CHEAP OPTIONS

A quick search online yields a torrent of cheap smartwatches for kids, costing as little as £20. It's wise to avoid this bargain basement tech: it tends to deliver a poor experience with inferior battery life, and it's hard to have faith in the software's safety. There have been cases of smartwatches being hacked to track or contact children; stick to known brands who have a reputation to protect.

CONTROL CALLING

Many smartwatches have the facility to make or take calls. As with a phone, you may want to restrict who your child can call – or be called by. On Apple Watches, you can select trusted contacts who are allowed to ring your child, while other watches' controls vary hugely. Some need to connect to a linked phone for calls, so you may be able to block unknown contacts via that device instead.

BEWARE HIDDEN COSTS

For a smartwatch to allow calls independently (that is, without being connected to a phone via Bluetooth), it will need its own mobile data plan. This might take the form of a tiny SIM card that you slot into the watch – or an eSIM, where the physical card is replaced by software settings. Either way, this will incur an additional monthly cost that you'll need to factor into any buying decision.

ENABLE FAMILY SHARING

Apple Watches aren't cheap, but they do offer superb safety features – allowing parents to control calls, messages and emails on the device, as well as a location tracking system that can send alerts if kids wander beyond pre-set boundaries. Their SOS function enables children to contact emergency services instantly if they're in trouble, which simultaneously also alerts parents and carers.

MAKE THEM COOL FOR SCHOOL

Some schools have banned smartwatches, as pupils have been using them as substitute phones. If your child's school does permit them, some devices can be set to prevent distractions in class. For example, Apple's Schooltime feature turns their watches into ordinary time-keeping devices during school hours. The display changes in this mode, showing teachers that it isn't being used for other purposes.

BE MINDFUL OF BEDTIME

Many smartwatches offer sleep tracking, which some (usually older) children use to justify wearing them to bed. However, that also presents a temptation to message friends or check social media late at night, even if their phone is downstairs. Unless there's a valid reason not to, you could encourage your child to remove the watch in the evenings and ensure the charger stays in a different room.

TRACK ITS LOCATION

Both Apple and Android devices have apps which allow you to track a smartwatch's location. They can also initiate an audio alert – avoiding those cushion-hurling panics when a treasured device can't be found at home. If you're planning to track your child's location via their watch, make them aware of that in advance. You could even make it a condition of them getting the watch in the first place.

THINK 'SAFETY FIRST'

Smartwatches are often worth hundreds of pounds, which can make young people wearing one a target for thieves. Advise your child to keep the watch hidden in public (when possible) and not to resist if muggers demand their watch. If you manage to track a stolen device, pass that information to the police: location data isn't always accurate, so you could end up wrongly accusing someone.

STORE MEDICAL INFO

Devices including the Samsung Galaxy Watch and Apple Watch can store the owner's medical details (such as their blood group and any pre-existing medical conditions), potentially giving emergency services access to vital information in a crisis. These devices also have 'hard fall' detection, which sends a text message to selected contacts along with a map showing the wearer's location.

USE THEM AS MOTIVATION

If you're worried your child's spending too much time slumped on the sofa staring at screens, smartwatches are great fitness trackers and can be a powerful incentive to get moving. Some devices will alert the wearer if they've been inactive for a long time and encourage them to do some exercise. Many watches record the user's daily step count and measure other health metrics.

Meet Our Expert

Barry Collins has been a technology journalist and editor for more than 20 years, working for titles such as the *Sunday Times*, *Which?*, *PC Pro* and *Computeractive*. He's appeared regularly as a technology pundit on television and radio, including on *BBC Newsnight*, *Radio 5 Live* and the *ITV News at Ten*. He has two children and writes regularly about internet safety issues.



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