

THE HAMLET HERALD



'Outstanding learning, within a glittering curriculum, where everyone matters'

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HEAD OF SCHOOL'S NOTE

Hello to our DHJS community – we are missing you! I do hope that you are all managing to keep safe and well during these most peculiar times. It has been lovely to see the sun this week, at least that has been on our side...

I am delighted that we have managed to stay open this week for the children of our Key Worker families, ensuring that they are able to fulfil their critical roles on behalf of us all. While it has been a small group attending each day, we have engaged in the same activities provided/suggested to you until the Easter break. We know only too well how hard it can be to sustain and motivate our young learners! A key message from the DHJS team, now that we are a week into our 'separation', is just to keep what you are trying to do realistic. We know that everyone's circumstances are different, and that many of you are attempting to juggle working from home, with looking after your children and supporting them with their school activities. There is no right or wrong way to do this, whatever route you take, will be the right one for your family. Please ultimately be kind to yourselves and prioritise your safety, health, and well-being over everything.

We know that there is a wealth of online learning/activities out there for you to select from, should you wish to. This can be overwhelming! [The Southwark Virtual School](#) have sent us a list of useful websites for online learning which may be of interest. There is also plenty of information to support you as parents/carers during this time. I have included a 'Keeping Healthy' flyer from the Southwark Healthy Schools Partnership at the end of the HH today.

I am particularly mindful of the increased use of mobile technology and internet our children are understandably accessing. At it's best, this communication is providing us all with positive connectivity. However, can we take this opportunity to remind you of our Online Safety work and information previously shared this academic year via the HH: [14th Feb](#) / [7th Feb](#) / [31st Jan](#) / [24th Jan](#) / [20th Dec](#) / [13th Dec](#) / [18th Oct](#) / There is also some information about the app Houseparty further on – a 'face-to face social network' platform - which we know has risen in popularity recently.

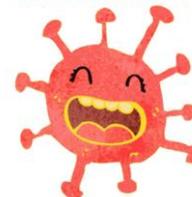
I am also mindful that our children are curious, they want to know what is going on in their world, and have many questions – some that that we can respond to more easily than others. You might want to share with them this very simple Coronavirus Booklet for Children which could be a good place to start. Just click on the image to access.

We are now operating on a skeleton staff, avoiding all unnecessary travel, with the school office closed. Should you wish to contact the Admin Team, please email at the usual address: office@dulwichhamletjuniorschool.org.uk We are also using two mobile numbers: **07925972137 and 07925973011 between 9.00-11.00 and 13.00-15.00.** We will do our best to respond to queries/sign-post you to the most appropriate person, at our earliest convenience. While some staff are self-isolating and others have unfortunately developed symptoms, there is still much work going on behind the scenes. Teachers particularly are engaged in end of term assessments, tasks developing their subject areas, continuing professional development activities, as well as working with the children in-school, and preparing for our longer-term home learning plan for after the Easter break. We will share more information regarding this in the HH next week.

It is DHJS custom on a Friday to bring the whole school together for an assembly. Mr Salomonson very kindly volunteered to be our 'Virtual Assembly' guinea pig this week! He has put together a short video clip for the children which we hope will give them a boost as we enter into our second week. You can access the 'assembly' here: <https://youtu.be/JeRV741INhQ>

HELLO!

I am a **VIRUS**,
cousins with the Flu and
the Common Cold



My name is Coronavirus

MANUELA MORA - @MINDHEART2020
WWW.MINDHEART.CO
CC BY-NC-SA 4.0 INTERNACIONAL PUBLIC LICENSE

DHJS EASTER EGG COMPETITION

Don't forget that we have launched our Easter Egg competition; a much-loved tradition of the Hamlet. If you can spare an egg (!) why don't you still do this at home? We've set out the parameters below. We'd love to see your creations being tweeted from Monday 30th March onwards. We'll lift some pictures of our favourite ones for the HH next week, and could even feature in our 'Virtual Assembly'!

- ONE decorated egg, in a container no larger than 30cm x 30cm
- Attractive or witty!
- Hard boiled or blown eggs



CHILDREN WITH ASTHMA: COVID - 19 INFO

Asthma UK published the following [shielding advice](#) this week, which provides some helpful clarification.

"If you are, or your child is, taking:

- *Any biologic therapy, also called a mAb (Xolair/omalizumab, Nucala/mepolizumab, Cinqaero/reslizumab, Fasenna/benralizumab)*
- *Steroid tablets or liquid every day*
- *Antibiotic tablets or liquid for asthma every week (e.g. azithromycin)*
- *Tiotropium*
- *A combination inhaler that also contains a long-acting bronchodilator (e.g. Seretide, Fostair, Symbicort) at a high daily steroid dose (see the listin the article)*
- *An inhaler with a high daily steroid dose (see the list....in the article) AND you are taking Montelukast*

Or, if:

- *You have been admitted to hospital for your asthma in the last 12 months*
- *You have ever been admitted to an intensive care unit for your asthma*

Then you should follow the shielding advice which is set out in very helpful detail, including how to register for extra services from the government."

FANCY A SING-SONG?

Out of the Ark Music provide age appropriate musical resources, specifically songs, that we enjoy singing in school: 'The Chocolate Song' being a particular favourite of our Hamleteers at this time of year! (follow this link for the chorus and verse 1, you'll have it stuck in your head all day... <https://www.youtube.com/watch?v=JPFX2zOZXEc>) Like so many organisations, *Out of the Ark* have put together an '@ Home' resource to help us with the rhythms and routines of our new daily lives. They have released a set of seven songs, one for each day of the week, all with challenges and activities related to each song. They will continue to add new songs and resources over the coming weeks. Definitely worth a look:

<https://www.outoftheark.co.uk/ootam-at-home/>

LIVE



AGE RESTRICTION
13+

WHAT IS HOUSEPARTY?

Houseparty is a live streaming app described as a face-to-face social network where people 'drop in' on each other to video chat, leave messages and hang out in groups. The app is available for iOS, Android, macOS and Google Chrome and has tens of millions of users worldwide. It's important to note that children under the age of 13 must have a parent's permission to access the services, however, no proof of age is required to create an account.

HOW DO YOUNG PEOPLE USE IT?

Each time the app is opened, your child will be instantly connected to other users who are also on the app. Users can create group conversations of up to eight people at one time. Each time a person joins, the screen splits to show everyone who is part of the conversation. Your child can add contacts via phone numbers, search for their usernames, and share a link to their profile. They can have as many rooms as they want and move from chat to chat by swiping across the screen. Along with this functionality comes a few associated risks to be aware of...

LIVE

What parents need to know about HOUSEPARTY

"STRANGER DANGER"

Friends of friends can join conversations on the platform without the need to be connected or known to all the other users in the chat. Houseparty calls this feature 'Stranger Danger'. While it does alert users when individuals they may not know enter their chat room, it also suggests strangers might be a reason for 'party time'. There's also the danger of people attempting to deliberately mislead others by using false names or usernames.

SEXUALISED MESSAGES

People may use live streaming apps such as Houseparty to engage in inappropriate or illegal activities. There have been concerning reports directly linked to Houseparty, including one incident where two Maecanian children aged 11 and 12 were reportedly targeted by men exposing themselves back in 2017. Outside of their close friendship group, it's also important to note that friends of friends can also connect with your child via the app, which may include people with this intention.

CONTENT BEING SHARED

The 'facemall' feature lets users share moments from their Houseparty conversations by recording and sharing 15-second snippets of chats. They also have the option to save these moments to their gallery. For privacy purposes, every member of the group will see a notification if another member is recording - this could be a concern if your child shares something in the live chat they may later regret. Once recorded, they lose control over the video and how it is used. Screenshots of live streams and private messages can also be taken which could be shared widely and embarrass users.

CYBERBULLYING

Cyberbullying is when people use technology to harass, threaten, embarrass, or target another person. Group chats can be used by bullies to make negative or hurtful comments which may cause offense or be harmful to others in the group. Exclusion from friendship groups within the platform may make your child feel sad and left out/socially excluded.

OVERSHARING PERSONAL INFORMATION

Children often don't understand the risks involved in giving out too much personal information in a live stream or within their profiles. They may also be less protective of personal details during online conversations. One example of this within a live chat could be their background revealing information about where they live or go to school without realising.

IN-APP PURCHASES

By tapping on the dice icon your child can play a game called 'Heads Up!' where one person gives clues to describe someone or something and the other players guess. Three cards are included for free but additional decks cost real money. There's the potential for your child to get carried away playing the game while working up a small fortune.

Top Tips for Parents

SOURCES:

<https://www.bbc.com/news/technology-55828282>
<https://www.houseparty.com/what-is-houseparty>
<http://www.facebook.com/houseparty>
<https://www.bbc.com/news/technology-55828282>
<https://www.houseparty.com/>

NOS National Online Safety
#WakeUpWednesday

TURN ON PRIVATE MODE

One additional tip is to use the app settings to turn on 'Private Mode' which automatically locks the room, instead of doing it manually. Parents with questions can always email us at hello@houseparty.com

SAFER CONVERSATIONS

With live streaming being such a popular feature on apps, it is important that you are aware of the dangers associated with it in order to protect your child effectively. Have regular and honest conversations with your child about what apps they are using and how they are using them. It may be a good idea to have your child show you how they use Houseparty and how to navigate through the platform so you are aware of how it works.

CHECK COMMUNICATIONS

Also, it's important to be aware of who is on their friends list and who they are communicating with. Remind your child to not communicate with people they do not know and trust. If they experience something on the app that makes them feel uncomfortable then they should tell a trusted adult immediately. Remind your child that if they get an invite to join a Houseparty room from someone they don't recognise, then they should ignore the request.

'LOCK' ROOMS

In regards to communicating with users on the platform, we advise that your child uses the 'lock' feature to make their conversations private. This means that other users, especially strangers, can't join their conversations.

PROTECT THEIR PRIVACY

Your child may unknowingly give away personal information during a live stream, including their location. Talk to them about what constitutes 'personal information' and make sure they do not disclose anything to anyone during a live stream, even to their friends. Advise them to remove any items in their live stream (school uniform, street name, posters etc.) that could potentially expose their location or personal information. Check your child's privacy settings thoroughly. You have the option to opt out of certain uses and disclosures of personal information, such as turning off the app's location sharing option.

PROTECTING YOUR CHILD'S DIGITAL FOOTPRINT

As the videos are live, it may lead to the misconception that whatever happens in the video will disappear once the live stream ends. All content shared on the app can be recorded or screenshots and shared to a wider community. It is important that your child knows that what they do now may affect their future opportunities. In addition to this, the video chats can't be reviewed later which means unless a parent or carer is sitting nearby during a call, they won't know what has been said. It's worth bearing in mind that parents can see when their child has last communicated with someone and for how long for under the 'We Time' feature.

REMOVE LINKS TO OTHER APPS

Users can link their account to both Facebook and Snapchat, or can simply share a link to their profile. We advise that you remove these links and remind your child not to publicly share access to their online profiles as there is the potential for strangers to get hold of your child's information or communicate with them.

BE PRESENT

A study conducted by the Internet Watch Foundation (IWF) found that 96% of streams showed a child on their own, often in their bedroom or bathroom. If your child is going to conduct a live stream, ask them if you could be present for it. This will give you a greater understanding of what your child is doing during their live streams and who they are streaming to.

REPORTING AND BLOCKING

If your child faces a problem while using the app they can report direct to the platform by shaking their phone. A prompt will pop up allowing you to report issues immediately by clicking on the 'report now' button. They also have the option to report and block users directly on the user's profile.



Keeping healthy:

Ideas for keeping your family healthy and well during the coronavirus outbreak.



Healthy Schools Partnership
London Borough of Southwark



Staying healthy at home

Many parents and carers will now need to work from home while also caring for their children to help control the spread of coronavirus. Below are some useful suggestions for staying emotionally, physically and mentally healthy during this time. We hope this information provides you with some helpful ideas that you can adopt.

How to look after your family's health and emotional wellbeing during this time:



Eat right

Eating healthy meals will strengthen your immune system and boost your mood. Prepare meals that include: a variety of vegetables (fresh, canned or frozen); starchy foods such as potatoes, rice or pasta; and protein such as beans, fish, eggs or meat. Stay hydrated by drinking 6 to 8 glasses of water daily. Between meals, eat healthy snacks such as yoghurt, fruit slices, chopped vegetables with hummus, plain crackers, plain popcorn and rice cakes. Limit sugary snacks which can cause tooth decay, poor concentration and weight gain.



Top tips:

Get your children involved in planning and preparing meals. For recipe ideas that are quick, easy and healthy, visit the **Change4life** website. Encourage your family to start their day well with a breakfast of porridge, Shredded Wheat or Weetabix with fruit slices, milk and yoghurt.



Keep physically active

Physical activity, such as going for a walk or bike ride outside, will boost your immune system, improve your mood and reduce anxiety levels. Children and young people need to be physically active for at least 60 minutes every day and this can be spread throughout the day. If you are required to self-isolate, keep physically active at home with your family by dancing to music, doing yoga and following along with online exercise workouts. Housework and gardening is also a good way to stay active.



Top tips:

YouTube Kids and has a range of fun dance routines for kids including Zumba workouts. Kids can also keep active with **Disney's 10 minute shake-up games**, and **Disney Dance-Alongs**. Adults can try 500 free workout videos from **Fitness Blender** and **Les Mills**.



Create a routine

Map out a schedule with your child that includes time for learning, homework, meals, exercise, relaxation and bedtime. Use apps such as **Habitica** to schedule your activities. Start your day with a healthy breakfast and some physical activity (see activity ideas), followed by lessons with regular active breaks. If you are working from home, try working some time periods in a separate space to minimise distractions. After lessons, schedule in creative activities such as arts and crafts, reading or playing musical instruments. Limit your child's screen time and make sure your child gets to bed at their normal bedtime.



Top tips:

Your school will provide you with resources and ideas so your child can continue their learning from home. For additional ideas, kids can play fun, educational games on the **BBC Bitesize** website and watch curriculum videos on **BBC Teach**. **Timetable Rockstars** are currently offering free full access and ask your school for more ideas. After lessons, keep kids busy with arts and crafts (see **YouTube Kids** for craft ideas), boardgames, audiobooks, podcasts, books or ebooks from your library, or with a language app such as **Duolingo**.



Look after your mental health

If the news is making you anxious, limit the amount you watch and read to once a day and only read good quality information and advice on the virus at **GOV.UK**, **WHO** and the **NHS coronavirus** website. Stay socially connected with friends and family regularly on either social media, email, phone or video chat. This will be especially important if you need to self-isolate. Exercising and eating well will help manage stress and anxiety, and you can also try breathing exercises, yoga, meditation or mindfulness to help you stay calm and to relieve stress.



Top tips:

The **NHS Livewell** webpage has ideas for looking after your mental wellbeing, breathing exercises you can try to lower anxiety, and information on mindfulness. Use the **Pacifica** app to reduce your stress and anxiety, and for guided meditation, download the **Headspace** app. For more information on looking after your mental health, visit the **Mind** website, and if you are feeling emotional distress or are struggling to cope, call your local **Samaritans** for emotional support (children can call **Childline**).

Talk to your child

Your children will be hearing about coronavirus and may be feeling anxious. It is important that you make them feel safe, but be truthful and speak calmly and reassuringly. Give them space to share their fears and help them feel in control by giving them specific things they can do such as getting lots of sleep and washing their hands. Talk about what is happening to keep people healthy and regularly check in with your child and answer their questions.

