



Heart of the Forest Community Special School Newsletter

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Headteacher: Mrs Stephanie Withington

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Mission

Engage, Enrich and Inspire, together for now and the future

Vision

Create relevant opportunities to build skills and knowledge through an aspirational and personalised curriculum, inspiring meaningful experiences and connections with the wider world

School Value:

Heard

Empowered

Achieving

Respected

Trusted

Safe



Star of The Week goes to:

Class	Child	Reason
Little Apples	All of Little Apples	For having a fantastic Spring term, have a great and well deserved Easter!
Maple	Caelan	For an amazing improvement in behaviour
Maple	Travis	For working very hard this term and trying his best
Cherry	Lucas	For some great physio and switch work with the fan and lights this week
Willow	All of Willow Class	For having a fantastic Spring term, have a great and well deserved Easter!
Hazel	Lorcan	For joining in with all lessons this week
Peregrine	Libby, Jonah and Lexi	Brilliant interviews in Cheltenham this week, all with amazing feedback from the interviewers
Caracara	Leo	For having a really positive and mature week and separating himself away from behaviour incidents within the classroom. Well done Leo!
Hobby	Maisie	Well done Maisie. On Thursday Maisie did amazing standing with the ladder with the support from staff. She also never fails to make us all laugh and smile
Goshawk	Lucas and William	Carrying out fantastic interviews in Cheltenham this week

Polite Reminder to parents

If you arrive at the school gates after 9am or 3pm please do not pull up in front of the gates, please could you pull into one of our laybys and await all traffic to exit the school grounds.

Thank you. 😊



Key dates for your diary:

Friday 22nd March - term ends for Easter Holidays

Monday 8th April - return to school

Friday 24th May - Pied Piper Appeal Pyjama Day



Friends of Heart of the Forest summer will be taking place on Saturday 29th June 2024. More information to follow.



Attendance
Matters



Half term Class Attendance 18th to 22nd March 2024

Little Apples	89.17%
Chestnuts	73.33%
Maple	83.33%
Willow	88.33%
Hazel	88.89%
Cherry	85.71%
Hobby	92.50%
Buzzard	68.33%
Osprey	91.43%
Caracara	85.00%
Kestrel	88.00%
Goshawk	87.50%
Peregrine	80.00%



Congratulations to Little Apples with 98.33% you are this weeks attendance winners!!

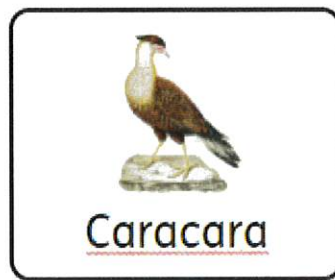


Family Liaison Workers

Reminder to our families we are available at school daily our email addresses are at the top of the newsletter. We also have a 'drop-in session' each week on a Wednesday between 9-10:30am in the Conference room within school tea/coffee will be available.

Please see the link below for Gloucestershire family information service they have updated their SEND local offer for families. There are some useful links within their page.

<https://www.glosfamiliesdirectory.org.uk/kb5/gloucs/glosfamilies/family.page?familychannel=2>



We have been super busy in Caracara this term, especially in English. We have thoroughly enjoyed our book this term – The boy who met a whale – Nizrana Farook. We have been learning and sequencing text. We have making instructions to show Razi's journey to finding the whale and saving the turtles. We have also worked hard on our handwriting and letter formation this term.

In maths, we have been learning all about subtraction and time. We have practiced using the column method to subtract. During our time lessons, we have been learning to tell the time to o'clock, half past, quarter past and quarter too. In ICT, we have been learning all about online safety and acceptable and unacceptable behaviours online. In Geography, we have been learning about the hemispheres and the tropics. We have learnt where the northern and southern hemispheres are and what the weather is like in the tropics. In RE we have been learning all about Lumbini and why it is an important place for Buddhists. We have been able to find it on a map and explain it was the birthplace of Buddha. In PSHE, we have been learning all about pressures we might face and what peer pressure is and whether this is acceptable or not.

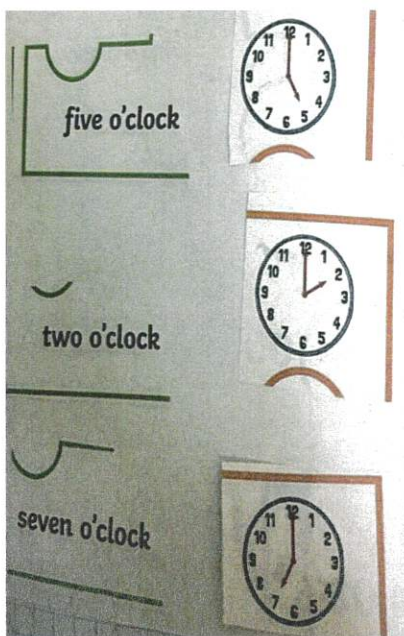
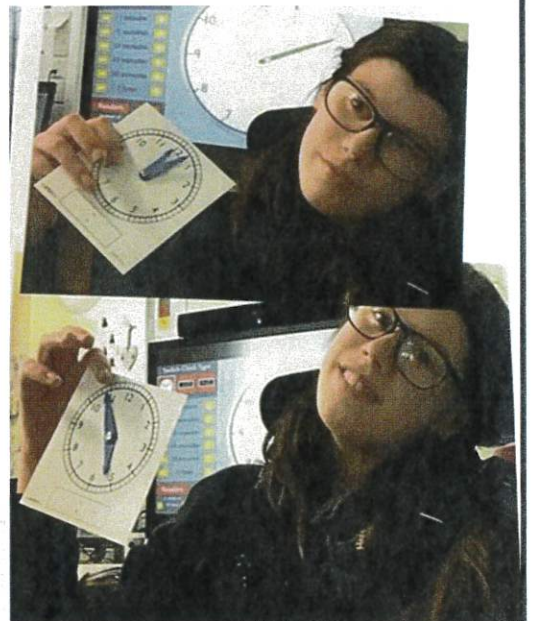
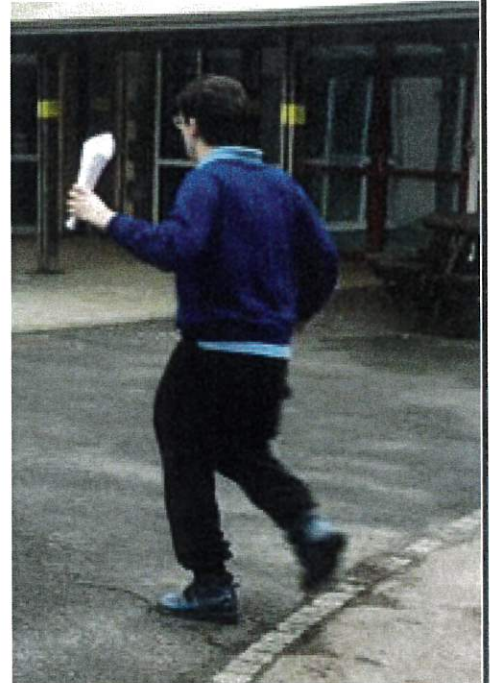
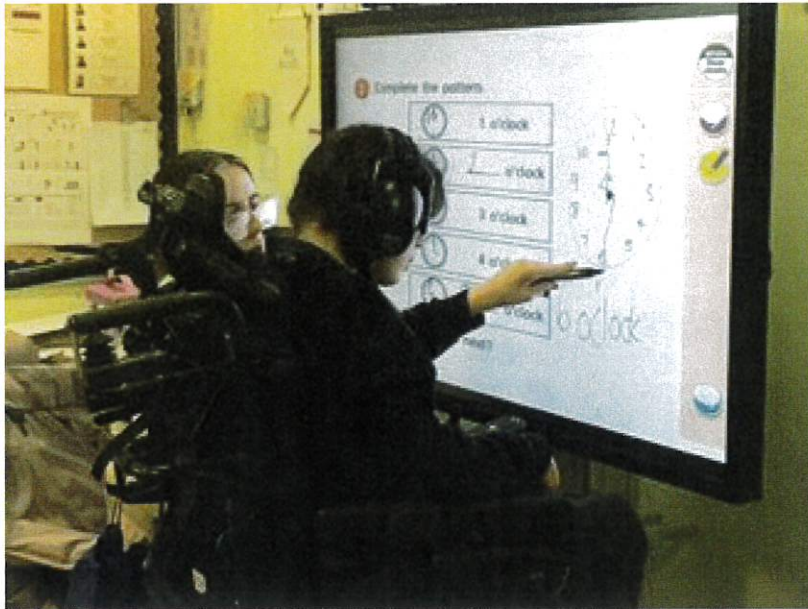
We have also had lots of fun this term taking part in our weekly maths challenge. We are currently 2nd in the leader board and hoping we can take the lead this term after this weeks!

I have attached below some photos of our work that we have all worked very hard on this term!

Have a lovely Easter break,

Hayley & the Caracara Class Team.





Acceptable Behaviour	Unacceptable Behaviour
Asking their name	Shouting Laughing at somebody
	Swearing Asking if somebody is ok
	Kicking them out of a game Asking their age
	Calling someone names

The David Hockney Award for Outstanding Art

Congratulations to Finley Susans, who is this term's winner of the David Hockney Award for Outstanding Art. Along with his class' digital art, Finlay's colourful depiction of Winter will now feature as part of HoF's exhibition, A Year in The Life of The Forest. Well done Finley and Goshawk for some great work. Next term will be the turn of Peregrine class to produce Spring.



*A Year in The Life of The Forest
Winter, by Finley Susans*

What Parents & Carers Need to Know about ROBLOX

AGE RATING
PEGI
7

WHAT ARE THE RISKS?

Roblox is one of the most popular video games on the market. By 2020, the game's makers were claiming that more than half of children in the USA play it. As a 'sandbox' title, Roblox offers a huge amount of creative freedom: it lets players create their own gaming experiences with the Roblox Studio to build custom levels and games, which can then be shared with other players online. Roblox fosters creative thinking and enjoys a robust online community of fans.

CONTACT WITH STRANGERS

Roblox encourages players to communicate online (including a group chat facility). This could expose children to risks such as scammers, online predators, harassment, griefers and more. The in-game chat has some filters, but isn't perfect: players can still send harmful messages to others – such as general hostility – while predators can reach out to children directly.

PUBLIC SERVERS

Roblox has private or VIP servers which allow people to play exclusively with their friends, but this costs money. Most Roblox players will instead be on public servers that anyone can join. Servers can host games which focus on all kinds of aspects, including direct player interaction. Some games and servers, therefore, will put children more at risk of contact from strangers than others.

ONLINE DATERS

These are also called 'ODers' and are quite common in Roblox. An ODER is an individual who joins a game with the intention of finding someone to date online – and eventually meet in person. Such online dating is against the Roblox community guidelines, but this usually doesn't deter ODERs. Some player-built Roblox game worlds have even been designed with online dating specifically in mind.

IN-APP PURCHASES

Roblox is actually free to download and play, but bear in mind that there are some hidden costs. Players are encouraged to make purchases in the game, for example, using real money. People can also buy extra Robux (the in-game currency) to spend on cosmetic items in the game, and some private or VIP servers also have a cost.

Advice for Parents & Carers

SET PARENTAL CONTROLS

Roblox comes with several parental control options, which are explained well on the game's official website. It's essential to enter the correct date of birth for your child, as that allows Roblox to automatically apply the appropriate chat filters. The game also allows parents and carers to set monthly spending restrictions and monitor their child's account.

DISABLE PRIVATE MESSAGING

Roblox's private messaging function raises the risk of children being contacted by people they may not want to speak with – potentially leading to bullying, harassment, toxicity and scam attempts. The game allows you to disable messages from anyone who hasn't been added as a friend on your child's account.

PRIVATE SERVERS

If your child has genuine friends who they play Roblox online with, paying for a private or VIP server decreases the risk of contact from strangers. Even then, however, some players could invite other people – who might not necessarily be child friendly – into the private server. If your child is a Roblox fan, it's important to talk with them regularly about who they are playing the game with.

MONITOR SPENDING

If they don't understand they're using real money, it's easy for children to accidentally spend a sizeable amount in the game. Using parental controls to place limits on their spending will help avoid any nasty financial surprises. Ensuring that you have two-factor authentication on your payment accounts also makes it harder for your child to spend money inadvertently.

DEALING WITH STRANGERS

At some point in their development, your child will need to learn how to deal with strangers online. Show them how to block and report any users who are upsetting them or asking uncomfortable questions. Talking to them about what's OK to discuss – and what they should never tell a stranger online – will help them understand how to communicate with others safely in the digital world.

Meet Our Expert

Clare Godwin (a.k.a. Lunawolf) has worked as an editor and journalist in the gaming industry since 2015, providing websites with event coverage, reviews and gaming guides. She is the owner of Lunawolf Gaming and is currently working on various gaming-related projects including game development and writing non-fiction books.



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Sources: <https://www.theguardian.com/2020/12/21/2133431/roblox-over-half-of-us-kids-playing-virtual-world-game-online>
<https://corp.roblox.com/parents/>



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What Parents & Carers Need to Know about

SNAPCHAT

AGE RESTRICTION
13+

WHAT ARE THE RISKS?

Snapchat is an instant messaging app which allows users to send images, videos and texts to people in their friends list. One of Snapchat's unique features is that pictures and messages 'disappear' 24 hours after they've been viewed; however, this content isn't as temporary as many believe – with some users saving screenshots or using another device to take a photo of their screen. This year, Snapchat added 'My AI': a customisable chatbot with which people can chat and share secrets, as well as asking for advice and suggestions of places to visit.

CONNECTING WITH STRANGERS

Even if your child only connects with people they know, they may still get friend requests from strangers. The Quick Add option lets users befriend people the app recommends – but these 'friends' are merely a username, which could have anyone behind it. Accepting such requests reveals children's personal information through the Story, SnapMap and Spotlight features, potentially putting them at risk from predators.

EXCESSIVE USE

Snapchat works hard on user engagement, with features like streaks (messaging the same person every day to build up a high score). Spotlight Challenges tempt users into spending time producing content in search of cash prizes and online fame, while it's easy for children to pass hours watching Spotlight's endless scroll of videos.

INAPPROPRIATE CONTENT

Some videos and posts on Snapchat aren't suitable for children. The hashtags used to group content are determined by the poster, so even an innocent search term could still yield age-inappropriate results. The app's 'disappearing messages' feature also makes it easy for young people (teens in particular) to share explicit images on impulse – so sexting continues to be a risk associated with Snapchat.

ARTIFICIAL INTELLIGENCE

My AI is Snapchat's new chatbot, which replies to questions in a human-like manner. However, the software is still in its infancy and has significant drawbacks, such as biased, incorrect or misleading responses. There have already been numerous reports of young users turning to AI for medical help and diagnoses, which could be inaccurate and therefore potentially dangerous.

ONLINE PRESSURES

Although many of Snapchat's filters are designed to entertain or amuse, the 'beautify' effects on photos can set unrealistic body-image expectations – creating feelings of inadequacy if a young person compares themselves unfavourably with other users. Snapchat now also has 'priority' notifications (which still get displayed even if a device is in 'do not disturb' mode), increasing the pressure on users to log back in and interact.

VISIBLE LOCATION

Snap Map highlights a device's exact position on a virtual map which is visible to other users. There are options to restrict who can see this information: all friends, only you (Ghost Mode) or selected friends. Snapchat also has real-time location sharing, which is intended as a buddy system to ensure friends have reached home safely – but which could also be used to track a young person for more sinister reasons.

Advice for Parents & Carers

TURN OFF QUICK ADD

The Quick Add feature helps people find each other on the app. This function works based on mutual friends or whether someone's number is in your child's contacts list. Explain to your child that this could potentially make their profile visible to strangers. We recommend that your child turns off Quick Add, which can be done in the settings (accessed via the cog icon).

CHOOSE GOOD CONNECTIONS

In 2021, Snapchat rolled out a new safety feature: users can now receive notifications reminding them of the importance of maintaining connections with people they actually know well, as opposed to strangers. This 'Friend Check Up' encourages users to delete connections with users that they rarely communicate with, to maintain their online safety and privacy.

DISCUSS AI

Although My AI's responses can often give the impression that it's a real person, it's essential that young people remember this certainly isn't the case. Encourage your child to think critically about My AI's replies to their questions: are they accurate and reliable? Remind them that My AI shouldn't replace chatting with their real friends, and that it's always better to talk to an actual person in relation to medical matters.

CHAT ABOUT CONTENT

It may feel like an awkward conversation (and one that young people can be reluctant to have) but it's important to talk openly and non-judgementally about sexting. Remind your child that once something's online, the creator loses control over where it ends up – and who else sees it. Likewise, it's vital that children understand that some challenges which become popular on the platform may have potentially harmful consequences.

KEEP ACCOUNTS PRIVATE

Profiles are private by default, but children may make them public to gain more followers. Snap Stories are visible to everyone your child adds, unless they change the settings. On SnapMaps, their location is visible unless Ghost Mode is enabled (again via settings). It's safest not to add people your child doesn't know in real life – especially since the addition of My Places, which allows other Snapchat users to see where your child regularly visits and checks in.

BE READY TO BLOCK AND REPORT

If a stranger does connect with your child on Snapchat and begins to make them feel uncomfortable through bullying, pressure to send explicit images or by sending sexual images to them, your child can select the three dots on that person's profile and report or block them. There are options to state why they're reporting that user (annoying or malicious messages, spam, or masquerading as someone else, for example).

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.



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Sources: <https://help.snapchat.com/en-gb/articles/329476837-8932-where-my-ai-is-on-snapchat-and-how-to-turn-it-off> | <https://values.snapchat.com/en-GB/news/ai-learning-challenge-and-new-safety-enhancements> | <https://help.snapchat.com/en-gb/articles/329476837-8932-where-my-ai-is-on-snapchat-and-how-to-turn-it-off> | <https://help.snapchat.com/en-gb/articles/329476837-8932-where-my-ai-is-on-snapchat-and-how-to-turn-it-off>



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What Parents & Carers Need to Know about AMONG US



A multiplayer 'social deduction' game set in outer space, Among Us enjoyed a surge in popularity in 2020, and has since maintained a dedicated fan-base (globally, around 60 million regular players each month) thanks to its unique nature, simple premise and ease of access across numerous platforms. The game's on-screen action revolves around danger, disguise and deception – and there are certain parallels to be drawn with some of the real-life risks that parents and carers of young Among Us players need to be aware of.

WHAT ARE THE RISKS?

SENSITIVE PREMISE

In Among Us, up to three players are secretly assigned to be alien imposters, tasked with murdering their colleagues while the survivors try to unmask them. While the concept's not far removed from traditional games like Wink Murder or TV shows such as *The Traitors*, some parents may feel uncomfortable about their child playing a video game in which deception and killing are prioritised.

VIRTUAL VIOLENCE

The on-screen death of characters may be fundamental to the gameplay of Among Us, but the majority of the animations depicting this are deliberately cartoonish and only appear very briefly. However, it is worth bearing in mind that the game has a PEGI age rating of 7 – meaning that certain elements (however heavily stylised they may be) could still upset some younger players.

CHAT BETWEEN PLAYERS

With up to 15 people participating in each game online, a large part of Among Us' appeal is speculating with fellow players who the imposters might be and making accusations. This dialogue through the in-game text chat can occasionally become heated – and could, of course, involve your child being put into contact with people (including adults) who they don't know in real life.

GOING OFF PLATFORM

While Among Us provides basic ways to communicate, many gamers prefer to use external services such as Discord: a popular app which offers voice and video chat functions. These undeniably make cooperation easier, but also create a potential route for children to hear inappropriate language – or for strangers to message them privately in an environment which isn't regulated by the game itself.

IN-GAME PURCHASES

Among Us is free to download on mobile devices, and costs less than £5 to obtain on console and PC. A related longer-term pitfall, though, is that the game also includes options to pay for upgrades such as removing ads on the mobile version or adding cosmetic touches to characters (such as different costumes). It's certainly possible that a child could spend a significant sum without realising it.

Advice for Parents & Carers

CONSIDER SOFTER ALTERNATIVES

Although Among Us is hugely popular with young gamers, it's possible that some children might find the murder themes unsettling. If so, plenty of similar social deduction games are available (in both digital and traditional board game formats) which downplay the potentially grislier elements: some centre around undercover spies, for instance, and there's even a Marvel superhero-themed variant.

CHAT ABOUT CHATTING

You might feel it's prudent to talk to your child about the risks associated with voice chat while gaming, explaining in particular that strangers online aren't always who they claim to be. Keeping the conversation relaxed will reinforce your child's confidence that they can always come to you with any online concerns – not just about Among Us, but any potential future issues as well.

DISCUSS DISCORD

In general, Discord is an excellent app for keeping online communities together because of its use of dedicated individual servers, which allow comprehensive control over who can join – and who can't. Once you're familiar with the platform, you could set up a secure server for your child and their friends to communicate during games of Among Us, with no access for people they don't know.

AMONG US, AMONG FRIENDS

When your child and their friends get together, they can enjoy a private game of Among Us by choosing a 'local' lobby – that is, only people connected to the same WiFi (your home network, for example) can enter. This prevents any random online users – who may be total strangers – from joining and removes the need for voice chat, as the players are all physically in the same location.

STOP SURPRISE SPENDING

If you're concerned about the possibility of your child racking up an unexpected bill on Among Us' microtransactions, you could consider using a prepaid card with a set limit. Likewise, you could specify in the game's options that adult authorisation is required for every purchase – or you could make sure that no payment methods are enabled on the device that your child plays the game on.

Meet Our Expert

Lloyd Coombes is Editor in Chief of gaming and esports site GGRecon and has worked in the gaming media for around four years. A regular visitor to the App Store to try out new tools, he's also a parent who understands the value of online safety. Writing mainly about tech and fitness, his articles have been published on influential sites including IGN and TechRadar.



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What Parents & Carers Need to Know about

YOUTUBE

YouTube is a video-sharing social media platform that allows billions of people around the world to watch, share and upload their own videos with a vast range of content – including sport, entertainment, education and lots more. It's a superb space for people to consume content that they're interested in. As a result, this astronomically popular platform has had a huge social impact: influencing online culture on a global scale and creating new celebrities.

INAPPROPRIATE CONTENT

YouTube is free and can be accessed via numerous devices, even without creating a YouTube account. Some content is flagged as 'age-restricted' (requiring the user to be logged into an account with a verified age of 18), but children can still view some mildly inappropriate material. This can include profanity and violence, which some young users may find upsetting.

CONNECT WITH STRANGERS

YouTube is a social media platform which allows people to interact with other (usually unknown) users. Account holders can leave comments on any video they have access to, as well as messaging other users directly. Connecting with strangers online, of course, can potentially lead to children being exposed to adult language, to cyberbullying and even to encountering online predators.

SUGGESTED CONTENT

YouTube recommends videos related to what the user has previously watched on their account, aiming to provide content that will interest them. This is intended to be helpful but can also lead to binge-watching and the risk of screen addiction, especially if 'auto-play' is activated. Users without an account are shown popular videos from the last 24 hours, which might not always be suitable for children.

HIGH VISIBILITY

Content creators can also be put at risk – especially young ones who try to make their online presence as visible as possible. Creating and uploading content exposes children to potential harassment and toxicity from the comments section, along with the possibility of direct messaging from strangers. Videos posted publicly can be watched by anyone in the world.

TRENDS AND CHALLENGES

YouTube is teeming with trends, challenges and memes that are fun to watch and join in with. Children often find these immensely entertaining and might want to try them out. Most challenges tend to be safe, but many others may harm children through either watching or copying. The painful 'salt and ice challenge', which can cause injuries very quickly, is just one of many such examples.

SNEAKY SCAMMERS

Popular YouTube channels regularly have scammers posing as a well-known influencer in the comments section, attempting to lure users into clicking on their phishing links. Scammers impersonate YouTubers by adopting their names and profile images, and sometimes offer cash gifts or 'get rich quick' schemes. Children may not realise that these users are not who they claim to be.

Advice for Parents & Carers

APPLY RESTRICTED MODE

Restricted Mode is an optional setting that prevents YouTube from showing inappropriate content (such as drug and alcohol abuse, graphic violence and sexual situations) to underage viewers. To prevent your child from chancing across age-inappropriate content on the platform, we would recommend enabling Restricted Mode on each device that your child uses to access YouTube.

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CENSORED

TRY GOOGLE FAMILY

Creating a Google Family account allows you to monitor what your child is watching, uploading and sharing with other users. It will also display their recently watched videos, searches and recommended videos. In general, a Google Family account gives you an oversight of how your child is using sites like YouTube and helps you ensure they are only accessing appropriate content.

CHECK PRIVACY SETTINGS

YouTube gives users the option of uploading videos as 'private' or 'unlisted' – so they could be shared exclusively with family and friends, for example. Comments on videos can also be disabled and channels that your child is subscribed to can be hidden. If your child is only uploading videos that are protected as 'private', they are far less likely to receive direct messages from strangers.

CHECK OTHER PLATFORMS

Influential content creators usually have other social media accounts which they encourage their fans to follow. Having an open discussion about this with your child makes it easier to find out how else they might be following a particular creator online. It also opens up avenues for you to check out that creator's other channels to see what type of content your child is being exposed to.

MONITOR ENGAGEMENT

YouTube is the online viewing platform of choice for billions of people, many of them children. Younger children will watch different content to older ones, of course, and react to content differently. You may want to keep an eye on how your child interacts with content on YouTube – and, if applicable, with content creators – to understand the types of videos they are interested in.

LIMIT SPENDING

Although YouTube is free, it does offer some in-app purchases: users can rent and buy TV shows and movies to watch, for example. If you're not comfortable with your child purchasing content online, limit their access to your bank cards and online payment methods. Many parents have discovered to their cost that a child happily devouring a paid-for series quickly leads to an unexpected bill!

Meet Our Expert

Clare Godwin (a.k.a. Lunawolf) has worked as an editor and journalist in the gaming industry since 2015, providing websites with event coverage, reviews and gaming guides. She is the owner of Lunawolf Gaming and is currently working on various gaming-related projects including game development and writing non-fiction books.



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