



# PARK HILL JUNIOR SCHOOL

Stanhope Road, Croydon, CR0 5NS Tel: 020 8686 8623

RESPECTFUL - KIND - RESILIENT - RIGOROUS - ASPIRATIONAL



4th May 2020

## HEADTEACHER'S MESSAGE

Dear Parents/ Carers,

The start of the summer term has been a completely different one to the norm, but nonetheless very exciting, with pupils, parents, teachers and support staff, all doing a tremendous job of learning, working and communicating.

As you can imagine, the school has been extremely quiet, and we miss the children.

However, our key workers' children have been on top form, as have been the staff who have been looking after them. I must mention the office, premises and kitchen staff without whom, us the teaching staff couldn't have done it; particularly so the office staff for bridging the gaps regarding home learning packs and vouchers – please join me in saying a big thank you!

As pictures speak a thousand words, I urge you to check out our tweets on Twitter where we add in pictures of our amazing pupils in action.

We are thinking of a project called – 'Park Hill Junior School claps for the NHS', so if you have been out on a Thursday clapping for the NHS, please send us a picture of you and your family doing this so we can make a collage for our website and Twitter feed. I believe it will make a poignant memory of this unprecedented time in our lives – **please get involved**. If you consent to the photo being used in this way, please email your photos to [office@parkhill-jun.croydon.sch.uk](mailto:office@parkhill-jun.croydon.sch.uk)

Thank you as always for all your support and keep safe.

With kindest regards,

Ann Pratt  
Head teacher

## SPRING TERM SUMMARY REPORTS

Thank you for the way you are continuing to facilitate home learning during this period.

School staff have been busy preparing your child's spring term summary report and this will be sent to you via email on Thursday 7th May.

Unfortunately, we cannot have our face to face meetings, but please share the summary with your child so that you are both aware of the next steps in your child's learning. Thank you.

## REAL PE at home – Online learning resource

Real PE at home includes an online programme which supports families to be active, play and learn together.

The website address is: [home.jasmineactive.com](http://home.jasmineactive.com)

Parent email: [parent@parkhillju-2.com](mailto:parent@parkhillju-2.com) Password: parkhillju

## SCHOOL SUPPORT

We want you to know that we are still here for you and your children. If you have any concerns, or you need any other support from the school, please let us know by contacting the school office by email [office@parkhill-jun.croydon.sch.uk](mailto:office@parkhill-jun.croydon.sch.uk) or by calling 0208 686 8623.

**Safeguarding:** There is a designated safeguarding trained professional onsite every day during school hours. You can call the school and ask to speak to a member of the safeguarding team or email your concern to [safeguarding@phjs.foliotrust.uk](mailto:safeguarding@phjs.foliotrust.uk)

We will prioritise any safeguarding concerns. However, if you feel that a child is at risk of immediate harm, you should call the police on 999.

**Behavioural, Social and Emotional Support (including bereavement):** Our SEND Team, Home/School Link worker and School Counsellor are continuing to offer support during school closure. They can provide advice, support and resources to parents. They can be contacted via the school office or e-mail. Tel: 0208 686 8623.

## LEARNING ONLINE SAFELY

These resources may be helpful for keeping your children safe online:

- [Thinkuknow](#) provides advice from the National Crime Agency on staying safe online
- [Parent info](#) is a collaboration between Parentzone and the NCA providing support and guidance for parents from leading experts and organisations
- [Internet matters](#) provides age-specific online safety checklists, guides on how to set parental controls on a range of devices, and a host of practical tips to help children get the most out of their digital world
- [Net-aware](#) has support for parents and carers from the NSPCC, including a guide to social networks, apps and games.

## FREE SCHOOL MEALS DURING SCHOOL CLOSURE

If your situation has changed and you are now in receipt of benefits such as Universal Credit, **your child may now be eligible** to receive Free School Meals.

During school closure these meals are being provided in the form of supermarket vouchers. To find out whether you could be eligible, please visit: [www.croydon.gov.uk/education/schools-new/free-school-meals](http://www.croydon.gov.uk/education/schools-new/free-school-meals)

## PEDDLE MY WHEELS

Peddle My Wheels are operating their Try Before You Bike Scheme for Croydon residents and employees. <https://www.peddlemywheels.com/>

The scheme means residents or employees in the borough can try out a variety of types of bike by hiring it for a monthly fee. There is no deposit, no fixed contract and the user just pays the monthly fee until they own it, or they cancel and return at any time with nothing more to pay. The bike is delivered direct to their door with a free cycle skills session to increase confidence. Maintenance and theft cover are available for peace of mind. Children's bikes can be exchanged for the next size up and Peddle My Wheels collect, service and sell the old bike free of charge.

In the current situation with restrictions on public transport usage, this project might enable those who still need to get to work to do so. It also allows those who are considering getting a bike for their exercise opportunity to try one out. The Government has categorised bike shops as an essential service alongside supermarkets and pharmacies. Peddle My Wheels continues to operate and deliver bikes to interested users with infection control processes in place to ensure people don't come into contact with each other. The free training session can be held at a later date.

## CROYDON LIBRARIES

Croydon Libraries have lots of free resources available through their digital virtual library. You can instantly access 1000's of eBooks, eAudio, digital magazines, newspapers and comics, plus other online resources, all for free!

Please visit: <https://bit.ly/CroydonDigiLib>

They also have online reference tools such as Britannica and Ziptales (which includes lots of interactive stories, games and quizzes to make reading fun for children)

24/7 online services are available at: <https://bit.ly/Croydonlibs247> using your Croydon Library card.

To join instantly via the library catalogue: <https://bit.ly/JoinCroydonLibraries>

To sign up to their newsletter: [www.croydon.gov.uk/leisure/libraries/libraries-news-and-events](http://www.croydon.gov.uk/leisure/libraries/libraries-news-and-events)

## EMERGENCIES

From time to time we have to contact parents/carers in an emergency. Please ensure you update your contact details with our school office if they change. Legally we have to hold two emergency contact numbers for every pupil.



## 2020-2021 LEARNING PLANNER COMPETITION

Thank you to the following children who all sent in an entry for the 2020/21 Planner competition:

Anukarnika, Francis, Muhammad, Rufus, Leena, Sheena, May, Rishabh, Haadee, Tanishka, Tianna, Aditi, Donovan, Arjun, Simone, Jai, Achyut, Eden, Gabriel, Zara and two anonymous entries!

The judges' decision was incredibly difficult this year with so many stunning entries, sent in by e-mail and as a hard copy. It really was the toughest year yet!

Congratulations to Eden in Year 4 who is this year's winner! Please could you post your original picture to the school Eden, so that we can send it to the printer?

## ADULT MENTAL HEALTH

As well as thinking about the children or young people in your care, it is important to take care of your own mental health and wellbeing. Children and young people react, in part, to what they see from the adults around them. When parents and caregivers deal with a situation calmly and confidently, they can provide the best support for their children and young people.

Parents and caregivers can be more supportive to others around them, especially children, if they are better prepared. Please see advice on how to look after your mental health and wellbeing during the coronavirus (COVID-19) outbreak: <https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing> or visit Every Mind Matters for clear advice and actions to take care of your mental health and wellbeing: <https://www.nhs.uk/oneyou/every-mind-matters/>

If you are in crisis or you need to talk to someone in confidence about how you are feeling, you can contact the Samaritans for free on 116 123.

## DOMESTIC ABUSE

Lots of families are under unusual pressures at the moment, spending all of their time together and not with friends or people from outside of their household. There are a whole host of worries that parents and children are experiencing from one day to the next. Some families may be experiencing more arguments and may have mood swings which are affecting relationships, which is of course completely understandable in these circumstances. However, there should never be an excuse for abusive behaviour or violence.

The government's definition of domestic violence and abuse is: "Any incident or pattern of incidents of controlling, coercive, 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."

### **Types of domestic abuse can include, but are not limited to:**

**Physical** - Punching, pushing, kicking, slapping, biting, scratching, burns, restraining, head butting, choking and other forms of abuse that cause physical harm.

**Psychological** - Emotional blackmail including threats of suicide if partner leaves, exercising control over a partner, possessive behaviour, constant criticism, making partner feel degraded, negative comments on appearance, continually criticising partner's parenting skills, demands for things that are not achievable.

**Emotional** - Not allowing partner to socialise or go out without them, including appointments, screening contacts via phone or face to face, putting friends and family off from visiting, withdrawing access to phones, locking partner in home, refusing to help with chores around the home, causing partner to have disturbed sleep, refusing to help with children, telling a partner they are constantly useless, taking away self-esteem and confidence, sharing partner's private and personal information with others, putting you down in front of others.

**Financial** - Controls incoming wages or benefits, asks for receipts for all purchases to keep check on partner, stopping partner from working, controlling bank accounts, giving partner limited funds as a way of controlling them, putting partner in debt, not paying bills and threats to stop money if partner leaves.

**Sexual** - Taking inappropriate images or audio without consent, humiliation through sexual acts, forcing or being aggressive in a sexual manner, controlling behaviour on how partner dresses, forced to watch porn, forced into prostitution or to sleep with others, rape and sexual assault and not allowed to use any contraception.

**Harassment and stalking** - Following you and checking up on you, gives you no privacy, taking control of your phone, social media and computer, not allowing you to go anywhere alone or talking to anyone, reading your messages or pretending to be you on your online accounts.

**Use of children** - Making threats to take the children away from partner, turning them against the abused partner, threats of harm or actual harm of children, stopping children from going to school, forcing children to keep secrets, communicating through the children, criticising partner's parenting skills, criticising children's behaviour, asking children to choose favourite parent, pretending to be pregnant, blaming children or the stress of parenting for domestic abuse.

### **How Domestic Abuse Affects Children:**

Witnessing domestic abuse does affect a child's wellbeing, development and behaviour and is a form of child abuse. Children growing up in a household with domestic abuse can go on to face future harms such as developing mental health issues, exhibit harmful sexual behaviour, enter into abusive intimate relationships, risk taking behaviour and youth offending. During lockdown, listen out for your neighbours. If you can hear shouting, crying, or loud bangs, someone could be at risk. If you're worried about a child in a domestic abuse situation or that they may be being abused in some other way, even if you're unsure, contact the NSPCC on 0808 800 5000 or [help@nspcc.org.uk](mailto:help@nspcc.org.uk) If you or anyone else is in immediate danger or a crime has been committed call the police

**Support:** In Croydon, the Family Justice Centre provides advice and support for those who are victims of domestic abuse. They remain open during this lock down, so if you are worried about yourself or someone else, you can contact them on: 020 8688 0100 or email [fjc@croydon.gov.uk](mailto:fjc@croydon.gov.uk)

Alternatively you can contact the following organisations: Relate 0300 003 0396.

National Domestic Violence Helpline 0808 2000 247. A 24 hour free helpline.

Men's Advice Line 0808 801 0327. Advice and support for men experiencing domestic violence and abuse.

**Remember: The household isolation instruction as a result of coronavirus does not apply if you need to leave your home to escape domestic abuse.**

**Prevention:** If you recognise and are worried about your own behaviour towards your family and need to speak to someone, you can call the Respect Helpline on 0808 802 4040 and or visit their website <https://respectphoneline.org.uk/>

Also the white ribbon campaign (an organisation run by men for men, with the aim of ending violence against women) have produced a CORONA CRISIS: SURVIVAL KIT FOR MEN UNDER PRESSURE (whilst this is aimed at men, it is relevant to anyone under stress who may be likely to take it out on their family)



# FIFTEEN APPS

## PARENTS SHOULD KNOW ABOUT

### MEETME



MEETME IS A DATING SOCIAL MEDIA APP THAT ALLOWS USERS TO CONNECT WITH PEOPLE BASED ON GEOGRAPHIC PROXIMITY. AS THE APP'S NAME SUGGESTS, USERS ARE ENCOURAGED TO MEET EACH OTHER IN PERSON.

### GRINDR



GRINDR IS A DATING APP GEARED TOWARDS GAY, BI AND TRANSGENDER PEOPLE. THE APP GIVES USERS OPTIONS TO CHAT, SHARE PHOTOS AND MEET UP BASED ON A SMART PHONE'S GPS LOCATION.

### SKOUT



SKOUT IS A LOCATION-BASED DATING APP AND WEBSITE. WHILE USERS UNDER 17-YEARS-OLD ARE UNABLE TO SHARE PRIVATE PHOTOS, KIDS CAN EASILY CREATE AN ACCOUNT USING A DIFFERENT AGE.

### WHATSAPP



WHATSAPP IS A POPULAR MESSAGING APP THAT ALLOWS USERS TO SEND TEXTS, PHOTOS, MAKE CALLS AND VIDEO CHATS WORLDWIDE. WHATSAPP USES AN INTERNET CONNECTION ON SMART PHONES AND COMPUTERS.

### TIKTOK



TIKTOK IS A NEW MOBILE DEVICE APP POPULAR WITH KIDS USED FOR CREATING AND SHARING SHORT VIDEOS. WITH VERY LIMITED PRIVACY CONTROLS, USERS ARE VULNERABLE TO BULLYING AND EXPLICIT CONTENT.

### BADOO



BADOO IS A DATING AND SOCIAL NETWORKING APP WHERE USERS CAN CHAT, SHARE PHOTOS AND VIDEOS AND CONNECT BASED ON LOCATION. WHILE THE APP IS INTENDED FOR ADULTS ONLY, TEENS ARE KNOWN TO CREATE PROFILES.

### BUMBLE



BUMBLE IS SIMILAR TO THE POPULAR DATING APP 'TINDER' HOWEVER, IT REQUIRES WOMEN TO MAKE THE FIRST CONTACT. KIDS HAVE BEEN KNOWN TO USE BUMBLE TO CREATE FAKE ACCOUNTS AND FALSIFY THEIR AGE.

### SNAPCHAT



SNAPCHAT IS ONE OF THE MOST POPULAR APPS IN RECENT YEARS. WHILE THE APP PROMISES USERS CAN TAKE A PHOTO/VIDEO AND IT WILL DISAPPEAR, NEW FEATURES INCLUDING 'STORIES' ALLOW USERS TO VIEW CONTENT FOR UP TO 24

### KIK



KIK ALLOWS ANYONE TO CONTACT AND DIRECT MESSAGE YOUR CHILD. KIDS CAN BYPASS TRADITIONAL TEXT MESSAGING FEATURES. KIK GIVES USERS UNLIMITED ACCESS TO ANYONE, ANYWHERE, ANYTIME.

### LIVE.ME



LIVE.ME IS A LIVE-STREAMING VIDEO APP THAT USES GEOLOCATION TO SHARE VIDEOS SO USERS CAN FIND OUT A BROADCASTER'S EXACT LOCATION. USERS CAN EARN 'COINS' AS A WAY TO 'PAY' MINORS FOR PHOTOS.

### HOLLA



HOLLA IS A SELF-PROCLAIMED 'ADDICTING' VIDEO CHAT APP THAT ALLOWS USERS TO MEET PEOPLE ALL OVER THE WORLD IN JUST SECONDS. REVIEWERS SAY THEY HAVE BEEN CONFRONTED WITH RACIAL SLURS, EXPLICIT CONTENT AND MORE.

### WHISPER



WHISPER IS AN ANONYMOUS SOCIAL NETWORK THAT PROMOTES SHARING SECRETS WITH STRANGERS. IT ALSO REVEALS A USER'S LOCATION SO PEOPLE CAN MEET UP.

### ASK.FM



ASK.FM IS KNOWN FOR CYBER BULLYING. THE APP ENCOURAGES USERS TO ALLOW ANONYMOUS PEOPLE TO ASK THEM QUESTIONS.

### CALCULATOR%



CALCULATOR% IS ONLY ONE OF SEVERAL SECRET APPS USED TO HIDE PHOTOS, VIDEOS, FILES AND BROWSER HISTORY.

### HOT OR NOT



HOT OR NOT ENCOURAGES USERS TO RATE YOUR PROFILE, CHECK OUT PEOPLE IN THEIR AREA, AND CHAT WITH STRANGERS. THE GOAL OF THIS APP IS TO HOOK UP.