

Message from the Senior Leadership Team

What hill are you climbing?

There certainly have been many hills of different shapes and sizes, full of pitfalls and crags and bumpy terrain for us all. As we enter day 13 of remote school the challenges you have all faced have been diverse and relentless, yet despite this there have been many successes and small victories that we should all strive to remember.

This week the momentous occasion of the 46th President of the United States of America's inauguration took place during which Biden shared a clear message about the importance of unity. This was driven home further with the powerfully inspiring poem titled **'The hill we climb'** read by a 22 year old black female poet, Amanda Gorman. Below is an extract that really resonated with me.

'We seek harm to none and harmony for all.

Let the globe, if nothing else, say this is true:

That even as we grieved, we grew.

That even as we hurt, we hoped.

That even as we tired, we tried.

That we'll forever be tied together, victorious.

Not because we will never again know defeat, but because we will never again sow division.'

What has this to do with us here in England you may ask? And I would reply, EVERYTHING. Now more than ever we need to unite, we need to look beyond ourselves and help everybody around us climb their own personal hill.

This week in SMA we have enjoyed many victories and successes. The Year 11's showed resilience and determination before Christmas when they sat their exams, and last week they were rewarded with a rousing and motivational assembly. We are all incredibly proud that despite the circumstances this year group applied themselves wholly to their learning.

Our very own Mr Kohlbeck achieved great success when he was commended for the work he submitted for his external leadership course reminding us that learning does not stop when we leave school, that we are all in fact always learning.

So let me leave you with this thought, what is your hill to climb this coming week? How will you tackle it? Who's support and guidance will you draw upon to achieve success? How will you help others to climb their hill?

Ms Thurston

Prayer and Reflection



Dear Lord,

May we all work together and play our part in creating a world of compassion, peace and justice. May we always remember that everyone we meet is our brother or sister. May we learn how to care for them and show that we accept them for who they are.

Grant us the courage to challenge injustice and become peacemakers.

Amen

Taken from the PowerPoint for school at <https://paxchristi.org.uk/peace-sunday-2021/>



Whole Academy News

Staff Twilight: Equality and Diversity CPD

At St Matthew Academy we are committed to ensuring equity and diversity pervades at every level of Academy life. As such, on Tue 19th January, members from the Equality and Diversity team led a Twilight session to follow up on the thought-provoking and insightful session led by Haley Bennett (Equality, Diversity and Inclusion consultant) on race, equality, equity, diversity and inclusion. The session sought to help staff implement effective strategies and share information which can be reflected on when considering their own teaching practice. It sought to enable them to consider how they might adapt the curriculum when addressing themes such as race, representation, diversity and inclusion. The session also endeavoured to encourage staff to immediately start thinking about how they can demonstrate a clear commitment to the SMA Equality and Diversity Curriculum statement through our learning and teaching practice as well as all staff contributing to fostering an anti-racist culture at St Matthew Academy.

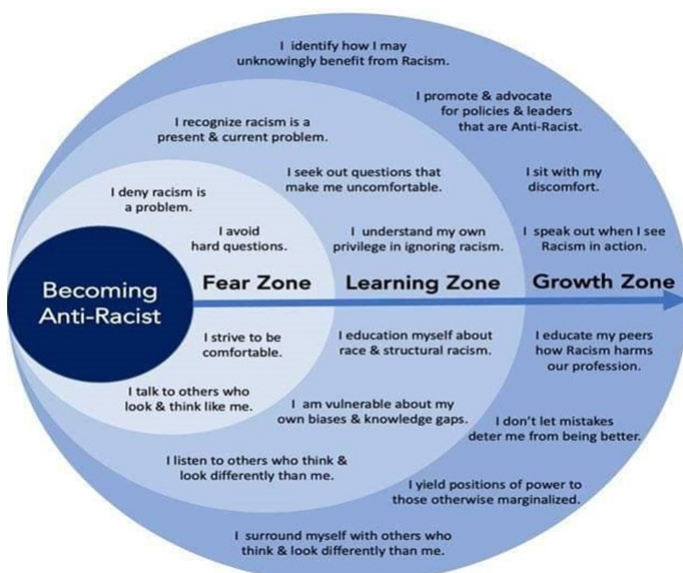
Our SMA Equality and Diversity Curriculum Statement of Commitment is as follows:

'We are committed to embedding equality and diversity throughout our pupils' learning experience, ensuring that our teaching and learning resources, content and modes of communication celebrates our diverse backgrounds and challenges all forms of discrimination, including racism.'

Two insightful sessions were delivered with the ambition of supporting staff to embed representation in their teaching with a focus on positive role models and the second session, creating a brave space to facilitate purposeful discussions around race, race relations, equality and diversity. The session was well received by staff.

A massive thank you to Ms Bryan, Miss Ahima and Mr Umekwe for their support in planning and delivering an enriching CPD Twilight session and the wider Diversity Team for their continued support. We look forward to implementing the next steps within the Academy, in particular ensuring that the resources used within our curriculum are reflective of the diverse school community. We are also hopeful that we will soon be in the position to implement our brave spaces in the classroom.

Mr Wanza



Spotlight on EYFS

Remote Learning: What have our EYFS pupils been up to at home?

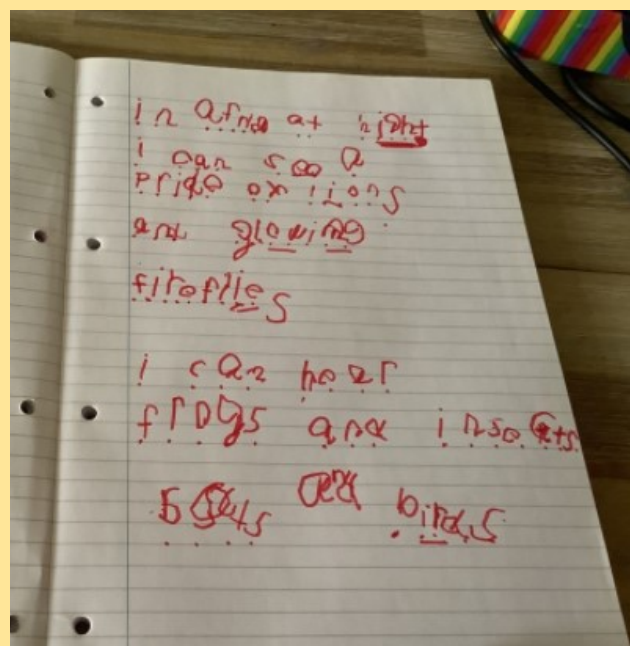
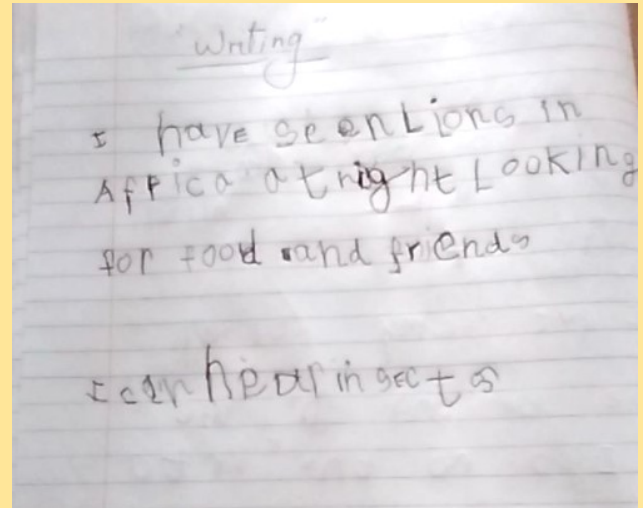
The excitement derived from a deep and wide exploration through Africa from the comfort of the EYFS children's home has been truly heart-warming. We have received amazing feedback from both parents and children.

Inspired by supreme African tunes, children have made their own energizing drumming routines; tasted and critically judged the vibrant flavours of guava, mango and passion fruits, along with other delicious foods.

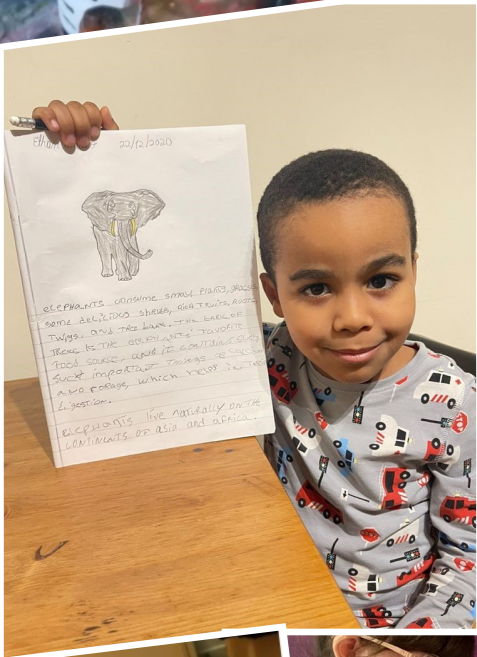
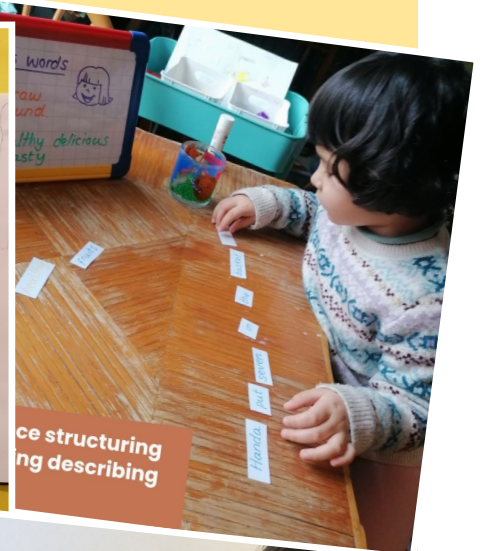
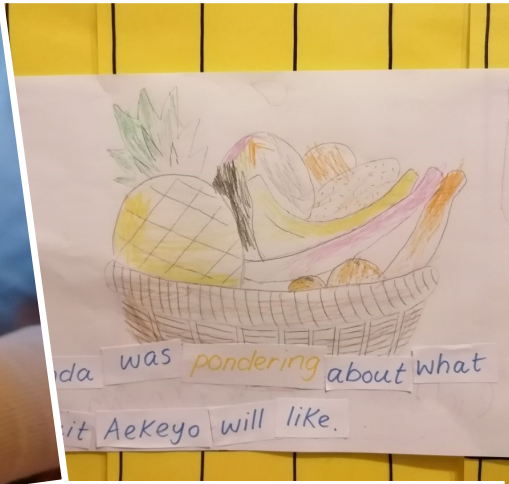
The stories they have been immersed in have taken them to the hidden evergreen jungles, dry sandy desserts and lively tribal villages, in which pupils met exciting book characters, both human and animal. The non-fiction input into our EYFS learning about the world and literacy, transported children, with the speed of light, to Djuma Reserve Park, where children stood face to face with a pride of lions and glowing fireflies. Just as if they were in a fairy tale, but everything was so real and the sounds of the birds, frogs and the fireflies were so loud, it was as if they were there.

Our youngest children have shown us independence and perseverance in phonics, sentence construction, writing and story-telling as well as learning about culture, world and people.

We cannot praise them enough. They seriously are our youngest super-duper stars.



Spotlight on EYFS



Celebrating the hard work of our Year 9 Remote Learners

The Year 9 cohort have been working extremely hard since the start of remote learning.

Below are a few highlights of pupil achievements.

Maths

Keene (9.6) – For showing up on time every lesson, completing all his tasks including extensions, and being a pleasure to teach! Highest Hegarty achiever in 9.6. - **Ms.Barrett**

Kurt (9.3) and Nathan (9.3) for showing a lot of persistence, watching the Hegarty videos more than once so they understand and then redoing the tasks until they get 100%. - **Ms.Wooldrofe**

Sanjay for attending on time for every lesson and completing the tasks to 100% - **Ms.Wooldrofe**

Corey for putting in great efforts with maths lessons. **Ms.Nguyen-quan**

Desree Eseoghene-Okponodor (9.3) completed some lovely work on time series. **Ms.Nguyen-quan**

Science

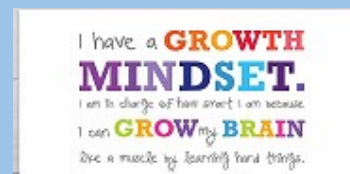
Shaïd, Keith, Ryannah, Noah, Moyin for getting the top educake scores since the start online learning. They don't always get it right first time but they go back in until they are on at least 90% which is excellent. - **Ms Day**

Zeta (9.6) for going above and beyond, taking her work seriously and asking for help when needed. Doing extra work to make sure she does well. - **Mr.Vyas**



PE

Zuriel, Ruby, Cassandra, Vieric, Stiven, Dominion for consistent and outstanding work. - **Mr Goksel and Mr Mudge**



Spanish

9.3 Kristiana, Ashley, Georgia and Nathan for their excellent effort and high scores on language gym.

9.4 Nivithan Consistently trying hard and being organised .

9.2 Jessica Highest Score in her class on language gym.

- **Ms.Mangan**

9.6 Michaela for doing extra work and having high engagement and behaviour during lessons. - **Ms. Cruz**

English

Betsaleel, Rupertas, Joel, Kavin, Shahid and Bryonie of 9.1 for completing work to a high standard and gaining full marks - **Ms.Heywood**

Stiven is absolutely on it when it comes to GC! He keeps me on my toes and has been a great help communicating in Spanish with pupils who struggle with English. Well done Stiven!

Ms.Gunningham

Spotlight on Maths



St Matthew Academy Hegarty Maths Performance Monday 11th - Sunday 17th January 2021



Top 5 Hegarty Users in SMA		
Name	Year	Number of hours on hegarty
Tianna FOGARTY	8	8.1
Grace LAKE	10	7
Rihanna CARRINGTON	7	6.6
Mollie FORREST	11	6.4
Tolu OMOTUNDE	11	5.9

Top 5 MEMRI Classes in SMA		
Name	Year	Number of hours on Memri
11.2/Ma	11	9.4
11.3/Ma	11	6.9
11.4/Ma	11	6.7
7.6/Ma	7	5.6
9.1/Ma	9	4.1

Average hours per student this week:
1.4

SMA is ranked in the top 10 schools!

Top Hegarty User in Year 7 SMA	
Name	Number of hours on hegarty
Rihanna CARRINGTON	6.6

Top Hegarty User in Year 8 SMA	
Name	Number of hours on hegarty
Tianna FOGARTY	8.1

Top Hegarty User in Year 9 SMA	
Name	Number of hours on hegarty
Divine OBASOGIE	4.4

Top Hegarty User in Year 10 SMA	
Name	Number of hours on hegarty
Grace LAKE	7

Top Hegarty User in Year 11 SMA	
Name	Number of hours on hegarty
Mollie FORREST	6.4

SMA is at the top of the rank this week in 6th place - well done!!
AIM next week: To be in the top 5 schools - we can do it :)



Free 30 day trial

Teacher login

Student login

Educake for Science

Pupils have been using Educake in science since September to help with their learning and revision for tests. This is even more helpful whilst pupils are learning from home. The pupils are set questions by their teacher's but they can also set themselves questions to test their knowledge. Year 11 have been using it the most to help them prepare for their many exams and the pupil who has completed the most questions in the school is Franklina Sesay with 2147. Congratulations to her and the other pupils that top the leaderboard. Please encourage your pupils to log on at www.educake.co.uk and complete as many questions as they can.

Year 11	Year 10	Year 9	Year 8	Year 7
Franklina Sesay	Yoan Tsvyatkov	Finlay Jamieson	Sonai Obasogie	Stephano Gotuzzo
Tyrone Powell	Antoan Ognyanov	Divine Obasogie	Rapolas Venckus	Carolina Candia Jauarpena
Joshua Whitehead	Einas Hoveizi	Comfort Oluwatosin	Deborah Ansah	

House News

SMA's Got Talent!

In the final week of term we held a whole school virtual talent show. We had a huge variety of entries from the primary and secondary phase, including: dancers, singers, musicians and artists!

Congratulations to Glory in Leopards class for winning in the primary phase!



Congratulations to Hanako in Year 8 for winning in the secondary phase!



Overall:

1st Teresa 380pts

2nd Mandela 307pts

3rd Romero 304pts

After our talent show and our Christmas donation drive, Teresa house retain their lead. Their consistency in attendance and achievement points is certainly paying off!

However, the battle between Romero and Mandela has become very close!

Will the House Steps competition lead to a shake up in the leader board?

Make sure you get involved for your house!

Charity News

In the final term our Houses also demonstrated the caring Catholic ethos of our school by collecting a range of donations.

We were able to collect over 125 items for Action For Refugees in Lewisham.

This included a range of books, toys, blankets and food. Thank you to all of you who donated!



We would also like to share a massive thank you from The Salvation Army and Voluntary Services Lewisham to all pupils, staff and families who donated to their Christmas Appeal this year.



All toy and food donations have made such a difference to so many families within the community.

Careers and IAG

There are lots of opportunities for pupils and parents to find out about the many different career options available to young people today.

If you are in Year 9, 10 or a 11 or a parent of a pupil in Year 9, 10 and 11 sign up for the Springpod Virtual Apprenticeship Careers Fair, taking place on 27th January.

There will be live talks from a range of well known employers who all offer apprenticeship schemes including Schrodgers, HSBC, Fidelity, EY, AstraZeneca, Network Rail, Nestle, Cancer Research UK and M&S. If you are interested in attending go to the Springpod website at www.Springpod.co.uk to book a your place. Talks take place at 5.00, 6.00 and 7.00pm.



Routes into Healthcare: Parents Engagement Webinar

St Barts Hospital Trust in East London are running a webinar for parents and carers', 'Routes into Healthcare: Parents Engagement Webinar.' Parents and carers can learn about routes into healthcare careers; Medicine, Dentistry, Nursing, Midwifery, AHP Apprenticeships.

There will be a live Q&A session. The webinar will be delivered via Zoom.

Dates and Times:

25th January 2020	10:30-12:00,
26th January 2020-	18:00-19:30
8th February	18:00-19:30,
9th February	10:30-12:00

If you would like to attend the webinar please email the school at info@stmatthewacademy.co.uk and we will share the Zoom details with you.

Whitehat Apprenticeship Online Event

Whitehat are holding an online event on 10th February, 18.30-19.30 ['Whitehat x Digital Catapult: How to Get into Tech \(for Non-Techies\)'](#)

What do WhiteHat do?

"WhiteHat are creating an outstanding alternative to university through high quality apprenticeships. We partner with incredible companies like Google, Facebook, Warner Bros and Santander to kick-start the careers of young people aged 16-24. In addition to excellent applied learning delivered by our dedicated coach team, each WhiteHat Apprentice has access to a vibrant community of networks, sports teams and social events to ensure that they do not miss out on the social aspect of university life. We offer Level 3 and Level 4 Apprenticeships in Business, Finance and Tech." From the Whitehat website

If you are interested in finding out more or registering for the event then please click the link above.

Health and Wellbeing

During the Covid-19 pandemic more and more of us have been forced to workout in our homes, so we have put together a collection of circuits.

Why Circuit training?

The great thing about circuits is the adaptability available. They can be developed for cardio-vascular improvement, strength, mobility, sport specific...virtually anything. They also don't need a lot of space or time and don't need to be overly complicated (unless you want them to be).

Benefits of circuit training include:

1. Improvements in cardiovascular fitness
2. Improvements in muscular strength
3. Improvements in muscular endurance
4. Increased social interaction during a workout
5. Increased adherence to exercise

From a practical point of view, circuits are very easy to set up and they need minimum space and equipment. They can be used with weights, kettlebells, boxes, TRX and various other bits of equipment, but in many cases body weight is more than adequate.

How can I help my child?

Timetable exercises—e.g. 20 mins x 5 days and 2 rest days

Family workouts—e.g. complete circuit in household and challenge each other.

Improvising—e.g. use of body weight, household goods or equipment (tins, cans, chairs, staircase, etc)

Make exercise fun— e.g. keepy uppy challenge, hit a target.

Visit our SMA PE TWITTER/YouTube channel for lots of ideas and workouts (see link below)

@StMatthewPE

<https://www.youtube.com/playlist?list=PLnYeTk1maTgWbADQBO-ffK7gjYpXzrjKh>



Check out our daily feeds and post your good work!!

Core Circuit





Setting Up A Safe Workspace



Here we are again, lockdown has thrust us all back into the world of online learning.

The more time your children spends at the computer, the more likely it is they are slouching or sitting in some nightmare-of-a-posture. School classrooms may be designed for children, but our kitchen and dining room tables are not.

Here are a few guidelines/tips that may help.

Organise

- Have items that the child uses most, placed nearby so they do not have to bend or twist their body or neck unnecessarily
- Ensure your child is up and dressed appropriately for lessons
- Ensure your child has had something to eat and drink before lessons begin

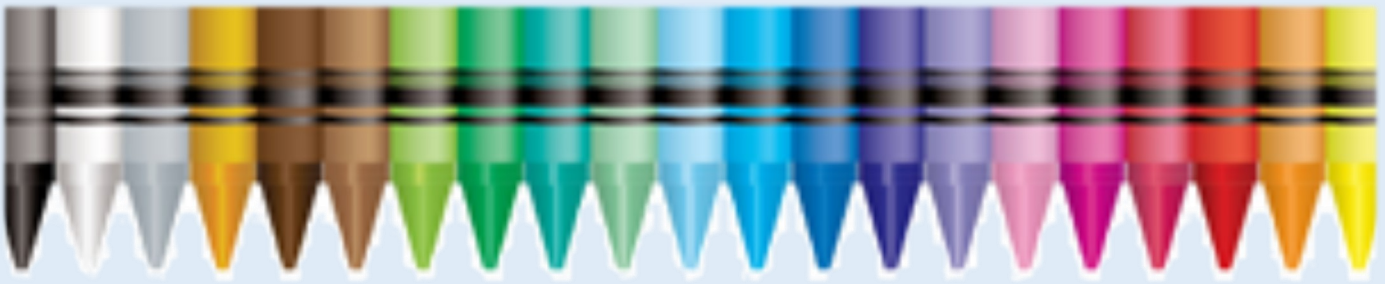
Computer screen

- Place the computer screen directly in front of your child
- Make sure their eyes are level with or just below the top of the screen
- Your child must be able to comfortably view the screen without having to noticeably tilt their neck forwards or backwards
- If need be, raise the height of the screen by placing on a book/box etc
- The screen should be placed about an arms length away from where they are sitting

Keyboard

- The mouse and keyboard should be positioned close together and in front of your child
- When using a desktop computer, centre the letters on the keyboard in front of your child, not the entire keyboard
- Place the keyboard in a position where their shoulders and arms are relaxed, and their forearms are resting on the desk/table





iPads

- If children are using an iPad an angled book holder may help with proper positioning and help prevent having to look down for extended periods of time. If you have a cookbook holder – this would suffice

Distractions

- Try to eliminate distractions such as the television, background noise and mobile phones. Wearing ear phones may assist your child to concentrate however the volume should be monitored to ensure it is not too loud

Glare Free Screen

- Check that the computer screen is free from glare spots. You may have to reposition the screen or adjust the lighting in the room
- Make sure your child avoids straining their eyes by taking frequent breaks. They can cover their eyes with their palms or look away from the screen

Health & Safety

- Make sure any trailing cables are covered or laid so not to cause a trip hazard
- Do not overload sockets/extension leads and switch off all electrical appliances after use
- Do not allow iPad and laptops to be used in bed
- Restrict computer time (after spending time online lessons) and encourage other activities

Safeguarding

- Ensure Parental controls are activated and you are monitoring your child's online activity

And lastly...

Here are ideas for some quick movement breaks:

- Stand and stretch arms overhead. Grasp hands, interlocking fingers, flip palms up to the ceiling and stretch
- Bring arms behind your back at hip level, grasp hands and try to pull shoulder blades down and together
- Stand with hands against the wall, place one leg back with knee straight and foot flat on the floor. Keep your body straight like a board, lean into the wall and stretch the back of the calf. Repeat on the other side



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www.kooth.com



TikTok is a video-sharing social media app available on iOS and Android which lets users create, share, and view user created videos in a similar manner to Facebook, Instagram and Snapchat. Its main draw, however, is that users can record and upload bite-sized looping videos of themselves lip-syncing and dancing to popular music or soundbites, often for comedic effect, which can then be further enhanced with filters, emojis and stickers. TikTok has been designed with the young user in mind and has a very addictive appeal. At the beginning of 2019 it skyrocketed in popularity and has featured near the top of download charts ever since. Estimates suggest that it now has anything between 500 million and over 1 billion monthly active users worldwide.



What parents need to know about

TIKTOK



AGE-INAPPROPRIATE CONTENT

On the iOS store, TikTok is listed as 12+. On the Google Play Store it is rated as 'Parental guidance recommended'. When signing up to the app, it's possible to lie about your age without any form of verification. As children scroll through their feed, most of the videos they're likely to come across are light-hearted or designed to make people laugh. However there have been a number of videos reported for featuring drug and alcohol abuse, self-harm and young teens engaging in sexually suggestive content. More recently, suicide-themed related videos have been widely circulated. Given the deluge of material uploaded to TikTok every day, it's impossible to moderate everything and it can be common to come across explicit and age-inappropriate content on the 'for you' feed when logging into the platform.



INAPPROPRIATE MUSIC

TikTok revolves around creating music videos through lip-syncing and dancing. Inevitably, some of the music featured by users will contain explicit or suggestive lyrics. Given the undeniably young user base, there is a risk that children may look to imitate the explicit language they hear or the suggestive actions they see when viewing others user's videos on the app.



TIKTOK FAME

TikTok is very image focused and there is a notable preoccupation with appearing cool and attractive. Many teenagers now attempt to go viral and become what's known in-app as 'TikTok famous'. TikTok (and its predecessor musical.ly) has spawned its own celebrities – social media stars Loren Gray and Jacob Sartorius have been catapulted to fame through their initial exposure on the app. Obviously, most budding influencers looking to become the next big thing will be disappointed, but this may have the knock-on effect of making them go to more and more drastic lengths to get noticed.



ONLINE PREDATORS

As a social network, TikTok makes it easy to connect with other users. This includes the ability to comment on and react to other user's videos, follow their profile and download their content. Be aware that by default, any user can comment on your child's video if their account is set to public. Most interactions are harmless enough but as an app, TikTok is prone to predators because of the abundance of younger users.



ADDICTIVE NATURE

Social media is designed to be addictive and TikTok is no different. It can be fun and hugely entertaining. However, it is also because of this that it can be hard to put down. In addition to the short, punchy nature of the looping video format, the app's ability to keep you guessing what will come on screen next makes it easy to turn a five-minute visit into 45-minute visit.



IN-APP PURCHASES

Aside from the content, there's also the option to purchase in-app extras called 'TikTok coins'. Prices range from £0.99 for 100 coins to an eye-watering £93.99 for 10,000 coins. TikTok coins are used to purchase different emojis to reward content creators that a user finds funny or entertaining. In the iOS version of the app you can disable the option to buy TikTok coins but this sadly doesn't seem to be a feature in the Android version.



Safety Tips For Parents



TALK ABOUT ONLINE CONTENT

Assuming your child is above the age limit to use TikTok, make sure you take the time to talk to them about what they are seeing on the app. Have an open dialogue, get them to give you their opinion on what is appropriate and model the correct behaviour. Go over why they shouldn't give out private information or identifiable photos and be positive and understanding. In the long run, getting them to think critically about what they're seeing goes a long way to keeping them social media savvy.



USE PRIVACY SETTINGS

Undoubtedly, the easiest way to safeguard your child on TikTok is to make sure their account is set to private. This means only those users your child approves can view, like, and follow their content. Setting the account to private may clash with your child's goal of social media superstardom, but it will keep their account secure from strangers. This setting can be enabled under the privacy and safety menu by pressing the ellipsis in the 'me' tab of the app. To be extra safe, there are additional controls available to toggle such as who can send comments and messages, among other options.



ENABLE RESTRICTED MODE

In the digital wellbeing section there's the ability to turn on restricted mode using a PIN. Restricted mode filters out content that is not age appropriate although it should be noted that this isn't always 100% fool proof. When enabling restricted mode, parents should still be vigilant to what their child is watching and take note that the algorithm moderating content is not infallible.



MONITOR VIEWING HABITS

Even if it doesn't make you popular, keep a close eye on what your child is viewing and sharing on TikTok. Whilst the app has moderation tools, videos can still slip through the net so it's important to regularly check in on what they're watching. Understanding and learning the app yourself is a great way to get to grips with it. You could then even watch some videos with your child, turning it into a bonding opportunity also.



LEARN HOW TO REPORT AND BLOCK INAPPROPRIATE CONTENT

With the proper privacy settings in place, TikTok can be a relatively safe space for your child to express themselves. However, in case something does manage to slip through, make sure your child knows how to recognise and report content that isn't appropriate and get them to come to you about what they have seen. TikTok allows users to report offenders and comments within the app. You can also block individual users by going on their profile.



MODERATE SCREEN TIME

As entertaining as TikTok is, you can help your child moderate their time on the app by making use of the digital wellbeing section. Under the screen time management option, you can limit the daily allotted time allowed on the app in increments ranging from 40 to 120 minutes. You can also lock this preference behind a PIN number which has to be inputted in order to then exceed the daily time limit. This way your child can get their daily dose of memes without wasting away the day.



Meet our expert

Pete Badh is a writer with over 10+ years in research and analysis. Working within a specialist area for West Yorkshire Police, Pete has contributed work which has been pivotal in successfully winning high profile cases in court as well as writing as a subject matter expert for industry handbooks.



FAMILY SAFETY MODE

TikTok Family Safety Mode allows parents to link their own TikTok account to their child's. It's a great way to oversee your child's digital wellbeing by giving you direct control over their safety settings and being able to remotely turn features on and off. This includes managing screen time, the ability to send and receive direct messages (and with whom) and the ability to restrict the appearance of content that might not be age appropriate.



SOURCES: www.tiktok.com

www.nationalonlinesafety.com Twitter - @natonlinesafety Facebook - /NationalOnlineSafety Instagram - @NationalOnlineSafety

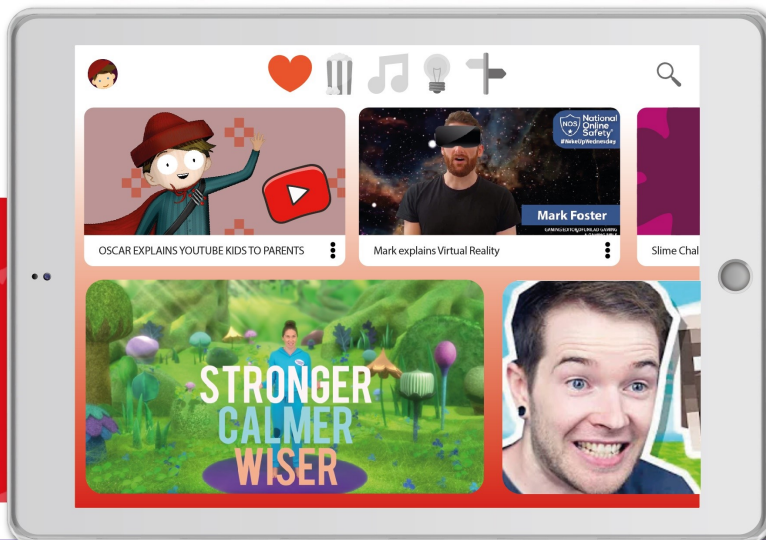
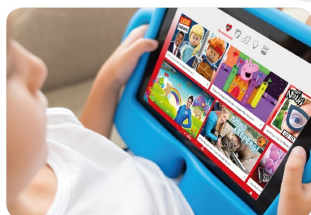
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Although children of all ages often watch YouTube content directly via the website or main YouTube app, YouTube itself states that the only place children should be watching its videos is in the YouTube Kids app.



8 things parents need to know about YOUTUBE KIDS



1 SETTING UP

To set up the YouTube Kids app you need to do the following:

- 1 - Download the YouTube Kids app and connect your YouTube account.
- 2 - Specify your child's Name, Age and Birth Month.
- 3 - Select the types of videos to include in the app based on their age or select them yourself.
- 4 - If you choose to Approve Content yourself, you will be presented with some sample videos to accept or reject. You can select collections, shows, music or learning.
- 5 - Once chosen you are ready to use the app.

2 USING THE APP

Based on how you have set it up your child can then use the app to explore a safe set of videos. It's worth noting that YouTube Kids uses algorithms to ensure safe videos rather than a personal check, so it's possible for videos to slip through. If an inappropriate video does appear you can select the menu in the top right to block and report it. This not only helps your child but also improves the YouTube Kids app as a whole.

3 ADVERTISEMENTS

It's worth remembering that even in YouTube Kids, children will still see adverts. These are marked as "Ad" and preceded by an ad intro. The types of advertisements and products are checked to follow YouTube's advertising policies which exclude things like food and beverages. However, there can be toys or other items included in videos directly by creators themselves to advertise them. You can remove adverts in YouTube Kids, like the main YouTube, by subscribing to YouTube Premium. This also has the added benefit that you can download videos for offline viewing, you can also watch videos in the background while using other apps. This can be really useful if you have a long journey to take children on.

As with television adverts or bus stop posters, it's a good idea to talk to children about how adverts work and help them to recognise them. In my family, I remember pointing out the grinning children, added sound and light effects and exciting narration in TV ads. It's important to do this for other forms of advertising as well. It's important to understand how YouTube Kids collects information about your child's viewing and how this relates to advertising and video content. When they watch a video, the device, language, which videos they watch and searches they make are recorded. This is used to help suggest personalized content. It can also be used to serve contextual advertising, although the app does not allow interest-based advertising or remarketing.

4 SELECTING GREAT CONTENT

One of the best features on YouTube Kids is the ability to select channels, videos or collections of videos for your child to enjoy. This is a great opportunity to sit with your child and better understand what they want to watch. Are there particular topics or themes that resonate? Then you can check through different options in this area, and together with them choose the best matching channels.

The YouTube Kids app also enables you to disable the Search feature to avoid young children stumbling upon content designed for older viewers. The app also avoids videos from inappropriate channels being suggested to watch next. If you have selected content for your child only those will come up. If you have set an age limit, only videos deemed appropriate for that age will be suggested.

5 VIEWING TIME

There are a number of ways you can administer how long a child can watch YouTube videos in a day. In the YouTube Kids app, you can set a timer before handing your child the smartphone or tablet. Once the time has run out the video will be paused.

You can also set limits on iPhones and iPads in the Screen Time section of the Settings. This not only enables you to see how long they play but specify how and when they can do this. You can apply similar limits on Android devices via the Family Link app settings. Other systems like the "Circle" system or features built into your Internet Router enable you to set limits across multiple devices which can be useful as children will often cruise to another smartphone, tablet or smart TV once their time has run out on their device.

As well as helping younger children not watch longer than is healthy, this is a good tool for discussion with older kids. Discuss together how long is appropriate to watch in a day and then agree on the limits. This ensures they see them as helpful rather than being policed.

6 RESTRICTIONS

As well as using the YouTube Kids app, you can also set up restrictions on other ways your family watches YouTube. Ensure you are logged in when using YouTube and turn on Restricted Mode in your User Profile. You can also set this at the bottom of the video page by clicking Restricted Mode: On. Ensure that you also click the Lock Restricted Mode on this browser to ensure so that other users can't turn it off.

7 WATCHING TOGETHER

Another good way to keep YouTube viewing positive is to spend time finding channels and content that your child will enjoy and benefit from. In my family, we each get together once a month and show each other our favourite videos from the last four weeks. This not only sparks conversations about what we've watched but enables us to share the things we've enjoyed watching.

8 RECOMMENDATIONS

For younger children, you can use the YouTube Kids app to keep tabs on what they have been watching. Tap on the Recommended icon on the top of the home screen and then swipe right. You will see videos with the play button on them and a red bar at the bottom. These are the videos your child has watched. Anywhere the bar at the bottom is mostly black is a video your child has skipped.



Meet our expert

Andy Robertson is a parent of three children and journalist who writes for national newspapers and broadcast television. His Taming Gaming book helps parents guide children to healthy play.



NOS
National Online Safety®
#WakeUpWednesday

Catholic World News



World Peace Day

'A Culture of Care as a Path to Peace'

Sunday 17th January 2021 was the 54th Annual World Day of Peace. Pope Francis' message in celebration of World Peace Day 2021 was titled 'A Culture of Care as a Path to Peace'.

Below are quotations from the message taken from the Pax Christi website and resources for Peace Sunday 2021. More resources here: <https://paxchristi.org.uk/peace-sunday-2021/>

1. Peace, justice and care of creation are three inherently connected questions, which cannot be separated in such a way as to be treated individually ...
2. We need to stop and ask ourselves what has led our world to see conflict as something normal, and how our hearts can be converted and our ways of thinking changed, in order to work for true peace in solidarity and fraternity.
3. How many resources are spent on weaponry, especially nuclear weapons, that could be

3. used for more significant priorities such as ensuring the safety of individuals, the promotion of peace and integral human development, the fight against poverty, and the provision of health care.
4. What a courageous decision it would be to establish a Global Fund with the money spent on weapons and other military expenditures, in order to permanently eliminate hunger and contribute to the development of the poorest countries
5. There is... a need for peacemakers, men and women prepared to work boldly and creatively to initiate processes of healing and renewed encounter.
6. ... may we strive daily, in concrete and practical ways, to form a community composed of brothers and sisters who accept and care for one another.
7. ... everything is interconnected and genuine care for our own lives and our relationship with nature is inseparable from fraternity, justice and faithfulness to others.
8. ... the need for relationships between nations to be inspired by fraternity, mutual respect, solidarity and the observance of international law.
9. At a time like this, when the barque of humanity, tossed by the storm of the current crisis, struggles to advance towards a calmer and more serene horizon, the "rudder" of human dignity and the "compass" of fundamental social principles can enable us together to steer a sure course.

http://www.vatican.va/content/francesco/en/messages/peace/documents/papa-francesco_20201208_messaggio-54giornatamondiale-pace2021.html

Have you
downloaded
the **new**
SIMS Parent
app?

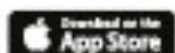
Receive alerts
about your child's
attendance, behaviour
and achievement,
direct to your phone.

You will need an activation code which
has been emailed to parents/carers. If
you cannot find the this email please
contact us at
Parentapp@stmatthewacademy.co.uk

Simply visit the App or Play Store and
download SIMS Parent to get started.

Or login online at www.sims-parent.co.uk

Ask your school for more information.



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Safeguarding our pupils at St Matthew Academy

At St Matthew Academy our Designated Safeguarding Lead (DSL) is Mr Young supported by Mrs Wickliffe (secondary) and Ms Chick (primary), and our Child Protection Officer is Mrs Laker. Pupils can contact any of our Safeguarding Team during the school day.

Worried about a child?

You can phone or write to MASH about your concerns. Phone immediately if you believe it is urgent.

- Lewisham MASH (Multi-Agency Safeguarding Hub) **020 8314 6660**
- Or call **999** or **101** if you believe a child is in immediate danger
- Childline **0800 11 11** www.childline.org.uk
- NSPCC **0808 800 5000** www.nspcc.org.uk

Term Dates

Autumn Term

Thursday 3 September 2020 to Friday 23 October 2020
Half Term: Monday 26 October 2020 to Friday 30 October 2020
Monday 2 November 2020 to Friday 18 December 2020

Spring Term

Monday 4 January 2021 to Friday 12 February 2021
Half Term: Monday 15 February 2021 to Friday 19 February 2021
Monday 22 February 2021 to Thursday 1 April 2021

Summer Term

Monday 19 April 2021 to Friday 28 May 2021
Half Term: Monday 31 May 2021 to Friday 4 June 2021
Monday 7 June 2021 to Wednesday 21 July 2021

Inset Days – Pupils do not attend school on these days.

Thursday 3 September 2020 , Friday 27 November 2020, Monday 4 January 2021

If you have any comments, queries or concerns please do not hesitate to get in touch with us by telephone or email using

Tel: 020 8853 6250

Email: info@stmatthewacademy.co.uk