

Beechwood Primary Academy

Weekly Newsletter

“Living, learning and thriving”



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Please follow us on the Discovery Multi Academy Trust Facebook page

13th November 2020



REMEMBRANCE DAY

The children have taken part in this year's Remembrance day by decorating poppies which have been put up in displays around the school. They have also made some crosses which were sent to a military memorial garden.

A special thank you to Ms Francis for her amazing cotton knitted poppies and for all the parent donations. All monies raised will be sent to the British legion's poppy appeal. Thank you.



ANTI-BULLYING WEEK

Next week is anti-bullying week. Your child will be talking and discussing bullying, along with discussing the effects that this has on people. To kick start the week off we will be taking part in 'Odd socks day' on **Monday 16th November**. You could wear one fluffy sock and one spotty sock - the wilder the better!

If you have any concerns about bullying please talk to your child's class Teacher.

Thank you.



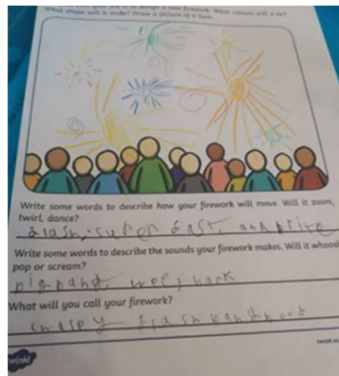
YEAR 1 AND 2 HOME LEARNING



Jaxon (Tower Class) collected leaves from the garden, dried them out and then created a beautiful Autumn poster! Well done Jaxon!



Aimee (Charm Class) has designed a 3D moving book to explain all about plants. Well done Aimee – superstar!



Alice (Aurora Class) has described fireworks and drawn a lovely, colourful firework display. Well done Alice!

Flynn (Aurora Class) made a boat out of a cardboard box. He even wrote his numbers along the side! Well done Flynn – what a superstar.



Declan (Tower Class) created this lovely bonfire collage. He cut the pieces of paper out by himself! Well done Declan!

*Have a great Weekend!
Mrs Evans - Head of School*

COVID-19 INFORMATION PAGE

CATCH IT

Germs spread easily. Always carry tissues and use them to catch your cough or sneeze.



BIN IT

Germs can live for several hours on tissues. Dispose of your tissue as soon as possible.



KILL IT

Hands can transfer germs to every surface you touch. Clean your hands as soon as possible.



Catch it! Bin it! Kill it!

We are entering the cold and flu season and with the current situation regarding Covid 19, it is even more important that children remember the Catch it! Bin It! Kill it! routine.

This, along with regular handwashing throughout the day is a vital way to reduce the transmission of infection, not only for Covid but also colds and flu during these challenging times.

Please reinforce the Catch it! Bin It! Kill it! routine with your children at home.

Thank you.



If your child has:
a high temperature
a new, continuous cough, or
a loss of, or change in, sense of
smell or taste

This could be a sign of
coronavirus

[Book a test](#)

If your child has:
a runny nose, is sneezing or
feeling unwell
But they don't have:
a high temperature
a new, continuous cough, or
a loss of, or change in,
sense of smell or taste

These are
not normally symptoms of
coronavirus

Seek advice from a pharmacy, dial
111 or see your GP

NHS APP

The new NHS Covid19 app is now available to download.

This app is available for anyone **aged 16 years and above**. Please follow the link for further information.

<https://covid19.nhs.uk/pdf/introducing-the-app.pdf>

DFE HELPLINE FOR EDUCATION

The DfE have set up a helpline for Education advice regarding the Covid-19 virus for staff and parents.

Phone : 0800 046 8687

Email : DfE.coronavirushelpline@education.gov.uk

Opening hours : 8am to 6pm (Monday to Friday)

COVID TESTING

If parents or carers are unable to book a local Covid test slot, then they can use the email below explaining that the test is for a child attending a Plymouth school. The CCG team will triage those families with children and adults with symptoms and book them in for a test and provide information on how to get to the site. A priority is given to key worker parents, to help support the local key worker workforce and get staff back to work.

d-ccg.cornwalldevon.urgenttesting@nhs.net

IMPORTANT INFORMATION FOR HOME SCHOOLING DURING ISOLATION OR QUARANTINE



For children who are self-isolating or quarantining, we are pleased to direct you to the following link for Home Learning:-

<https://www.bbc.co.uk/bitesize/articles/zknj4xs>

Please click on the appropriate year group and you can access lots of activities for your child. Your child's teacher will also be in contact on eSchools or Tapestry and they will be happy to answer any questions or respond to messages relating to Home Learning.

If you require any information about logging into eSchools or Tapestry, or any information about your child's learning while they are away from school, please do not hesitate to contact the school office who can make sure your query is directed to the teacher. Thank you.



FLU VACCINATIONS—ELECTRONIC CONSENT
Remember to book your child's on-line flu vaccination:-

<https://schoolimms.virginicare.co.uk/flu/2020/devon>

Smart devices promise to make our lives easier. In many cases - they do, however these new technologies present risks too. Whether you're using a digital assistant to record your shopping list or you're controlling your lights through a smart system, many smart functions can be 'hacked' and controlled by someone outside your home. This guide will help you identify some of the ways you can stay alert and protect yourself.

1

KNOW THE RISKS

The success of any smart device relies on it communicating with other devices using the Internet. It's an unavoidable part of using smart devices, but it does expose you to numerous risks. Attackers could use the Internet connection to steal your data for identity fraud or to make unsolicited purchases through your devices. There is even potential for more sinister exploitation, such as child grooming or cyber-bullying.

2

WHAT IS THE INTERNET OF THINGS?

This is the term given to all the devices connected to the Internet in your home. It includes a new digital thermostat connected to your smartphone, your kettle that boils when you tell it to on your tablet or your heating that works on a app you use on your smart watch. The Internet of Things (IoT) is designed to make life easier, but it also opens up your home network to potential cyber-attacks. It doesn't mean you can't enjoy the benefits, but it does mean being aware of the potential negatives.

4

KEEP YOUR SOFTWARE UP TO DATE

Manufacturers consistently update and improve software used in smart devices. Some will automatically alert you to an update, but not all do. To be on the safe side, it's a good idea to set reminders in your calendar. Check the manufacturer's website for any updates and run them if necessary.



3

CHECK ENCRYPTION SETTINGS

Whenever data is sent over the Internet, it is encrypted. This makes it harder to read if it is intercepted. You should look to use a strong encryption setting, such as WPA3, rather than WPA or WEP. You can check your router manual on how to do this.

5

RENAME THE 'GATEWAY' TO YOUR HOME

Your internet router is the virtual gateway to your home network. It needs naming. To do this, you should change the default name (the SSID) and password. You can usually find steps to do this in the instruction manual. Don't use your family name. Choose something more obscure. Make the password complicated too, using upper and lower-case letters, numbers and symbols. Double check your router and any other smart devices connected to the Internet.



12 Top Tips To Get Smart About The DEVICES In Your Home



National Online Safety



6

USE A SEPARATE NETWORK FOR GUESTS

If your router has a feature that allows you to set up a separate network for guests, you should use it. That way, when guests use your Wi-Fi, they won't have access to your devices.

9

TRUST YOUR INSTINCTS

If you ever feel something is wrong in your network it's best to report it. Visit the manufacturer's website or ring their technical support department. It's better to be safe than sorry.



7

SAY GOODBYE TO SIRI AND ALEXA

It's a good idea to change the activation words on your smart devices so they are unique to you and your family. This makes it that much harder for anyone to break into your smart devices.



8

DEACTIVATE ANY UNNECESSARY FEATURES

Though it's a fun idea, you probably don't need to control your kettle from outside the house. In fact, there are often many unnecessary features included on smart devices. Where possible, you should look to disable these. Doing so reduces the ability for people to hack your devices. When someone sees you're actively taking steps to increase security, they're less inclined to try to compromise them.

10

BUILD A WALL

You could also purchase a dedicated 'firewall' device. This is something that plugs into your network and stops cyber threats reaching your router. Some routers do have a firewall feature included, but they are no replacement for the real thing. A firewall device thoroughly analyzes information coming in and out of your network and helps stop malicious attacks. A security device is strongly recommended to anyone who works from home or deals with sensitive information.

11

SECURE YOUR SMARTPHONE

If you do use apps on your smartphone to control devices in your home, make sure your smartphone is secure. At the very least, make sure the pin function is enabled, as well as any biometric authentication you have. Where possible, it's also a good idea to download some anti-virus software for your smartphone too.



12

REGULARLY AUDIT YOUR DEVICES AND CONSOLES

Every now and then you should check through all of your smart devices (including games consoles) connected to the Internet. Turn them off at the power and disconnect them from the Internet. In fact, it's good practice to disconnect any devices that aren't in use. It's a small thing but really does help. Even when you think a device might be in sleep mode, if it's connected to the Internet it could still be listening or streaming data.



Meet our expert

Ernesta was a secondary school Computer Science teacher for more than a decade. Since leaving education, she has been working in a cyber security firm delivering cyber awareness training to businesses and carrying out network testing. She is a mother of a five year old and has vast experience of controlling and managing how children access online services and use apps.



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