

HEATHNOTES

Encourage - Challenge - Succeed



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**NEXT WEEK IS
TIMETABLE...**

A

LUNCH MENU

**Please see
Page Appendix 6**

Duke of Edinburgh Equipment

Our intrepid DofE expeditioners are desperately hunting for some equipment in order for their upcoming trip to go ahead, and we really need your help! They're looking for cooking equipment (especially Trangias), sleeping bags, tents, walking rucksacks (60 litres plus) and any metal or plastic utensils you can spare. Please drop anything you can donate into the main office or to Mr Quirke. Thank you so much for your help.



Message from the Head

This photo shows pupils taking part in making **energy drinks** as part of the Sixth Form Progression Programme. I can only ask that they make enough for the school community to see us through the next few weeks! Everyone is tired and it is hard to focus but I am proud of the commitment and resilience to learning, good behaviour and kindness despite the fatigue.



It has been great to see the ex Year 11s so smart and engaged when they have been in and they have enjoyed a number of activities, including an Inter-Form competition.

Reports will be out next week and Year 9 Options went out today. Hopefully this will enable you to feel more connected to your child's learning.

Conversely, it is soul-destroying to see pupils having to be sent home but we have to do this to keep the community safe. Year 10 have had it particularly hard as they had an exam series starting next week.

I do hope you all have a safe and drama-free weekend; except, of course, some drama in the football and we hope that football is one step closer to coming home by Sunday morning.



Emma Hillman

UPCOMING EVENTS

- Sports Day—16th July

*Subject to COVID restrictions

Term will end at lunchtime on Thursday 22nd July

REMINDERS

- Please remind your child to have a refillable water bottle on them so that they can keep hydrated during the warm weather.

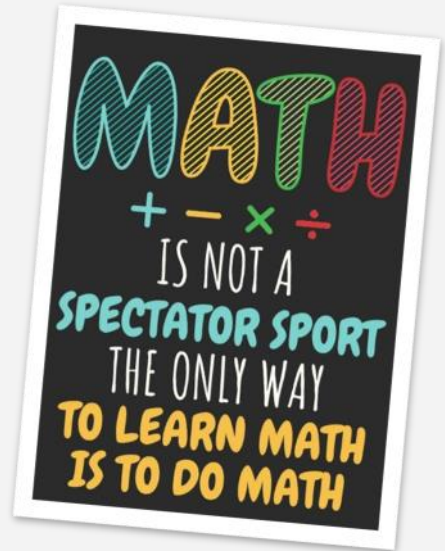
Heathcote School & Science College, 96 Normanton Park, Chingford, London, E4 6ES

Numeracy Update

End of year exams!

We hope that you are all well prepared by now for your end of year Maths exams, but here is a reminder of when the exams will be taking place:

Year 7	Mon 5 th July 2021
Year 8	Mon 5 th July 2021
Year 9	Wed 7 th July 2021
Year 10	Wed 7 th July 2021 (Paper 1 non-calculator) Fri 9 th July 2021 (Paper 2 calculator)

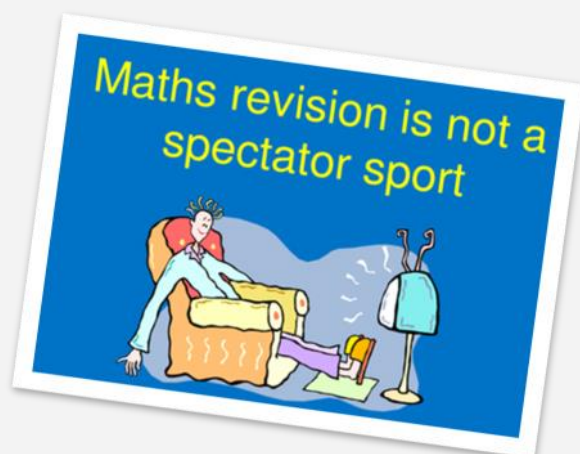
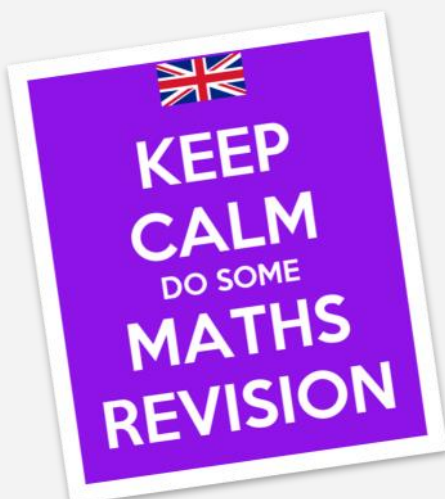


All topics are on Google Classroom.

Don't forget that you will need all your equipment including pens, pencil, rubber, ruler, protractor and a calculator (where appropriate).

Remember... Maths is not a spectator sport – we learn Maths by practicing Maths, not just by reading! So make sure you revise by practicing. You should be using MathsWatch, though there are some other really useful (free) websites out there including Corbett Maths, Maths Genie and MathsBot.

Good luck everyone – we are all here should you want any support!



Literacy Update

Heathcote's Word of the Week

Word:
ALTRUISM



Definition:

Unselfish regard for or devotion to the welfare of others.

Example sentence:

Sarah was always showing her altruism when she would give her extra money to the poor and donate blood to the blood bank each week.

Word group:

Noun

Antonym:

*Selfishness
Bitterness*

Synonyms:

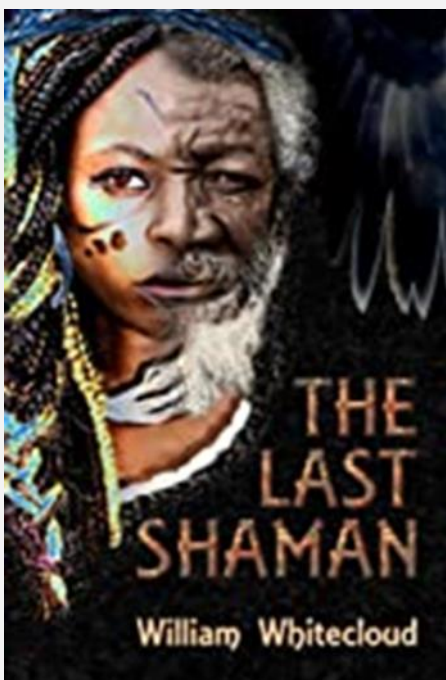
*Self sacrifice
Passion
Compassion
Benevolent*

Year 7 and 8 Parents

All Accelerated Reader tests have now been completed and results will be communicated to you via ParentMail. Please look out for these. Some pupils have made exceptionally progress; we should be really proud of this. Please look at the report and congratulate your child.

All parents

Please remind your child that they can loan a book from the library. This can be organised through their English teacher. Over-due books must also be returned as soon as possible.



English Department's Book of the Week is "The Last Shaman" by William Whitecloud

The Last Shaman is a captivating ride through the jungles of war-torn Africa. Mark Vale, who represents any of us struggling to take consistent ownership of our personal power, takes an unwanted journey to find the last shaman who is responsible for ending the war and saving thousands of lives. All throughout, Mark learns from a colourful array of characters including a Doctor of Philosophy exiled in the swamps; a shape-shifting sorceress, and the widow of a tribal scout who teach him to commit completely to the desires of his soul. We see how that commitment enables him to create in a way that uplifts not only himself but also the whole world that he is a part of.



Praise Points

Top Ranking Pupils in the Whole School

Name	Form	Praise	Rank
Jackson, Cayden	9.3	15	1
Aras, Zuzanna	7.6	14	2
Amer, Alishba	7.6	13	3
Fana, Loreta	7.6	12	4
Kalungi, Allan	8.5	12	4
Adu Gyamfi, Carina	7.2	11	6
Alisigwe, Chidi	8.2	11	6
French Christie, Amberley	8.6	11	6
Josi, Tyrese	8.6	11	6
Aslan, Dylan	7.2	10	10
Dogan, Nehir	7.4	10	10
Duncan, Gabriella	7.1	10	10
Havard-Wards, Stella	8.2	10	10
Mosescu, Laurentiu	7.5	10	10
Sanusi, Destiny	7.6	10	10
Stoughton, Wyatt	7.2	10	10
Waidson, Lewis	8.1	10	10



Best in Form

Form	Name	Total
7.1	Duncan, Gabriella	10 Points
7.2	Adu Gyamfi, Carina	11 Points
7.3	Thomson, Ryan	8 Points
7.4	Dogan, Nehir	10 Points
7.5	Mosescu, Laurentiu	10 Points
7.6	Aras, Zuzanna	14 Points
7.7	Montague, Daisy	7 Points
8.1	Waidson, Lewis	10 Points
8.2	Alisigwe, Chidi	11 Points
8.3	Trotman, Eboni	8 Points
8.4	Chaudhry, Amna	7 Points
8.5	Kalungi, Allan	12 Points
8.6	French Christie, Amberley	11 Points
8.7	Kilinc, Kevin	8 Points
9.1	Pankhurst, Lewis	8 Points
9.2	Ahmed, Haleema	4 Points
9.3	Jackson, Cayden	15 Points
9.4	Green, Keziah	5 Points
9.5	Grove-Thomas, Leo	9 Points
9.6	Curran, Suranna	6 Points
9.7	Justice, Billie	6 Points
10.1	Quelal Sevillano, Amy	4 Points
10.2	Chaushev, Milan	5 Points
10.3	Kurrimboccus, Sophia	5 Points
10.4	Simpson, Raffie	6 Points
10.5	Ahmed, Mahir	4 Points
10.6	Osuji, Chima	6 Points





TikTok is a video-sharing social media app which lets people create, view and download looping 15-second clips. Typically, these are videos of users lip-syncing and dancing to popular songs or soundbites (often for comic purposes), enhanced with filters, effects and text. Designed with young people in mind, TikTok skyrocketed in popularity in 2019 and has featured near the top of download charts ever since. It now has around 800 million active users worldwide.



What Parents & Carers Need to Know About



TIKTOK



AGE-INAPPROPRIATE CONTENT

Most videos appearing on a child's feed are light-hearted and amusing. However, some clips have been reported for featuring drug and alcohol abuse, themes of suicide and self-harm, or young teens acting in a sexually suggestive way. The sheer volume of uploads is impossible to moderate entirely – so it is possible for a child to be exposed to explicit and age-inappropriate content.



EXPLICIT SONGS

TikTok primarily revolves around videos of users lip-syncing and dancing to music. Inevitably, some featured songs will contain explicit or suggestive lyrics. Given the app's young user-base, there is a risk that children may view older users' videos and want to imitate any explicit language or suggestive actions.



TIKTOK FAME

The app has created its own celebrities. Charli D'Amelio and Lil Nas X, for example, were catapulted to fame by exposure on TikTok – leading to many more teens attempting to go viral and become "TikTok famous". While most aspiring stars hoping to be "the next big thing" will find it difficult, setbacks may in turn prompt them to go to even more drastic lengths to get noticed.



HAZARDOUS VISIBILITY

Connecting with others is simple on TikTok – including commenting on and reacting to users' videos, following their profile and downloading their content. The majority of these interactions are harmless, but – because of its abundance of teen users – TikTok has experienced problems with predators contacting young people.



ADDICTIVE NATURE

Like all social media, TikTok is designed to be addictive. It can be hugely entertaining – but that also makes it hard to put down. As well as the punchy nature of the short video format, the app's ability to keep you intrigued about what's coming next mean it's easy for a 5-minute visit to turn into a 45-minute stay.



IN-APP PURCHASES

There's an in-app option to purchase 'TikTok coins', which are then converted into digital rewards for sending to content creators that a user likes. Prices range from 99p to an eye-watering £99 bundle. Buying coins is now restricted to over-18s – but TikTok doesn't require users to verify their age on sign up, so a young person could easily access this feature if they were determined to.



Advice for Parents & Carers

TALK ABOUT ONLINE CONTENT

Assuming your child is above TikTok's age limit, talk to them about what they've viewed on the app. Ask their opinion on what's appropriate and what isn't. Explain why they shouldn't give out personal details or upload videos which reveal information like their school or home address. In the long run, teaching them to think critically about what they see on TikTok could help them to become social-media savvy.



MAINTAIN PRIVACY SETTINGS

In early 2021, TikTok changed the default setting for all under 18s' accounts to 'private'. Keeping it that way is the safest solution: it means only users who your child approves can watch their videos. The 'Stitch' (which lets users splice clips from other people's videos into their own) and 'Duet' (where you build on another user's content by recording your own video alongside their original) features are now only available to over 18s. This might clash with your child's ambitions of social media stardom, but it will fortify their account against predators.



LEARN ABOUT REPORTING AND BLOCKING

With the correct privacy settings applied, TikTok is a relatively safe space. However, in case something does slip through, make sure your child knows how to recognise and report inappropriate content and get them to come to you about anything upsetting that they've seen. TikTok allows users to report anyone breaching its guidelines, while you can also block individual users through their profile.



ENABLE FAMILY SAFETY MODE

'Family Safety Mode' lets parents and carers link their own TikTok account to their child's. Through your mobile, you can control your child's safety settings remotely – including limiting screen time, managing their ability to exchange messages (and with whom) and blocking a lot of age-inappropriate content. TikTok refreshed its Safety Centre in May 2021, providing new resources for parents and carers to support online safety among families. These resources can be found on their website.



USE RESTRICTED MODE

In the app's 'Digital Wellbeing' section, you can filter out inappropriate content (specific content creators or hashtags, for instance) using 'Restricted Mode'. This can then be locked with a PIN. You should note, though, that the algorithm moderating content isn't totally dependable – so it's wise to stay aware of what your child is watching.



MODERATE SCREEN TIME

As entertaining as TikTok is, you can help your child to manage their time on it in the 'Digital Wellbeing' section. Under 'Screen Time Management', you can limit the daily permitted time on the app (in increments ranging from 40 minutes to two hours). This preference can also be locked behind a PIN. That way, your child can get their regular dose of TikTok without wasting the whole day.



Meet our expert

Parven Kaur is a social media expert and digital media consultant who is passionate about improving digital literacy for parents and children. She has extensive experience in the social media arena and is the founder of Kids N Clicks: a web resource that helps parents and children thrive in a digital world.



SOURCES: www.tiktok.com



www.nationalonlinesafety.com



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 20.05.2021

Appendix 1

Lunch Menu

	Meat option	Vegetarian option	Available daily
Week 1			
Monday	Cheese and Sweetcorn Quiche with Diced Potatoes	Jacket Potato and Beans	Cheese Panini
Tuesday	Chicken Korma and Rice	Vegetable Stir Fry	Choice of sandwiches
Wednesday	Sausages and Mash	Vegetable Pasta Bake	Salads/Vegetables
Thursday	Jerk Chicken and Rice	Cheese and Onion Tart, and Wedges	Yoghurts
Friday	Fish and Chips	Tex-Mex Wraps and Salad	Fruit
Week 2			Water
Monday	Chilli Dog and Sauté Potatoes	Arrabiata Pasta	
Tuesday	Chicken Zinger Wrap and Salad	Macaroni Cheese and Garlic Bread	
Wednesday	Chicken Biryani	Vegetable Samosa and Mixed Rice	
Thursday	Jerk Chicken and Wedges	Butternut Squash Curry	
Friday	Fish Fingers and Chips	Jacket Potato and Beans	

