

<u>StarLine</u>

This is a new DfE home learning telephone helpline to support parents and carers nationwide. Free, confidential advice is available six days a week by phoning the StarLine team on: 0330 313 9162.

- StarLine helps parents and carers in the following ways: By providing access to a team of qualified teachers, education and parenting experts.
- By focusing on providing practical ideas, support and reassurance. •
- By offering tips, techniques and resources to enable parents to give • their children the support they need to continue learning while schools are closed.
 - By supporting family wellbeing and mental health.

By covering all phases of education and subjects plus behaviour, pupil wellbeing and SEND. For more information, visit <u>www.starline.org.uk/</u> or follow @<u>StarLineSupport</u> on Twitter.

Shout Out!

The team behind StarLine will also be broadcasting a weekly programme on YouTube. In each episode of StarLive, a guest presenter will share practical ideas for home learning. Further details can be found on the Starl ine website.

Useful Contacts for Parents

Solace 0808 802 5565 https:// id.org/ Southwark Local Offer

https://localoffer.southwark.gov.uk/ Samaritans

https://www.samaritans.org/how-we-can-help/contact-samaritan/

Guidance on closure of educational setting

tional-settings-informationhttps://www.gov.uk/government for-parents-and-carers

> Southwark Food Bank https://so nk.org.uk/

Financial advice and support for Southwark residents th/for-the-public/ https://www.south k.gov.uk/heal[·] ng/pul

coronavirus/financial-support-for-residents Coronavirus and mental wellbeing https://www.nhs.uk/oneyou/every-mind-matters

NSPCC https://www.nspcc.org.uk/what-we-do/about-us/contact-us/

HOME LEARMING

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Well done to all of our children who have shared on Twitter examples of some of the activities they have been completing at home.

Robert Browning

Maksim YR Samara D YR Awwal YR Amereen Y2 Meshach Y2 Raied Y2 **George Y2** Austin Y2 Kara Y2 Mounir Y3 Maryam Y3 Aaliyah Y3 Ledion Y3 Fatouma Y3 Aia Y3 Long Y3 Tnock Y3 Eloida Y3 Hassan Y3 Lola Y3 Ellie-Rose Y4 Mohamed Y4 **QiZong Y4** Aella Y4 Nimco Y4 Aneega Y4 Anthony Y4 Mawatta Y4 Amir Y4 Suriya Y4/5 Natalie Y4/5 Timi Y5 Stefan Y5 Julia Y5 **Darin Y5 Zhixuan Y5** Zain Y5 Kazuo Y5 Aminata Y5 Matthew Y5

Logan YR Samara F YR Caleb YR Mason Y2 Elijah Y2 Anum Y2 Rahi Y2 Simon Y2 Fawaz Y3 Aamir Y3 Skye Y3 Joseph Y3 Ermal Y3 Aaliyah Y3 Enoch Y3 **Chelsea Y3** Saharla Y3 Ermal Y3 Luke Y4 **Isabelle Y4** Liam Y4 **Sherrin Y4 Betsy Y4** Olivia Y4 Tei K4 Kellv Y4 Ryaan Y4 Fatima Y4/5 Sara Y4/5 Yusuf Y4/5 Sian Y5 **Tiago Y5** Adnan Y5 Ethan Y5 Luca Y5 Ilias Y5 Chloe Y5 Soriyah Y5

Leo RB **Eliana YN Riley YR** Emmanuel Y1 Eugenio Y1 Francis Y1 Kareem Y1 Lilly-Jean Y1 Preston Y1 Regina Y1 Oumeira Y2 Yaseen Y2 Mosunmola Y2 Leena Y2 Isabella Y2 Jason Y2 Lilly-Rose Y2 Jayden Y2 Salem Y3 Edward Y3 Chrisamel Y3 Trinette Y4 Ava Y4 Parin Y4 Dominika Y4 **Braydon Y4** Domenico Y4 Temitayo Y4 Temidayo Y4 Joannie Y4 Philippa Y4 Princess Y4 **Kawthar Y4** Solomon Y5 Kiana Y5 Farhan Y5 Fatima Y5 Suleyman Y5 Christianna Y5 Ola Y5 Olivia Y6 **Elizabeth Y6** Rayan Y6 Hadyea Y6 Safaa Y6 **Busrena Y6**

Sali Y6

Snowsfields

Amelia YN Salma YN Ayaan Y1 Filip Y1 Iris Y1 Melat Y1 Nia Y1 **Prince Y1** Theo Y1 Nour Y2 Romeo Y2 Jacob Y2 Imran Y2 Enzo Y2 Raila Y2 **Keegan Y2** Bethany Y2 Perry Y3 Ava Ý3 Elea Y3 Sidney Y4 Lailaa Y4 Param Y4 Zoe Y4 Reem Y4 Hope Y4 Ilham Y4 **Angelina Y4** Rosie Y4 Adnan Y4 Ahmed Y4 Kimora Y4 Pixie Y5 Adam Y5 Aleeza Y5 Casey Y5 Ayman Y5 Natalia Y5 Milo Y5 Bolaji Y6 Susan Y6 Maisha Y6 Chloe Y6

Shaniah Y6

Divatty Y6

Asher YN Sapphire YN Daniel YN Isaiah YN Naasir YN **Muhammed YR** William YR Poppy YR **Daivansh YR** Maria YR Lexie Y1 Amirah Y1 Amarion Y1 Aneesha Y1 Deetva Y1 Amanda Y1 Arthur Y1 Suraya Y2 Salwa Y2 Wassim Y2 Amani Y2 Jasmine Y2 Mohammed Y2 Shebaniah Y2 Nicole Y2 Taja'lee Y2 Youcef Y2 Kyah Y3 Leah Y4 Xingya Y4 Armani Y4 Maisie Y4 Jayden Y4 Demi Y4 **Deacon Y5** Lordina Y5 Moaad Y5 Amna Y5 **Beatriz Y5** Tilly-Anne Y5 Malak Y5 lsi Y5 Afsana Y6 Jessica Y6 David Y6 **Matthew Y6** Patrick Y6

Isla YN Ksenija YN Sara ÝN **Tobi YN** Theo YR Leora YR Ella YR Ratwan YR Isaac Y1 Mia Y1 Maliyah Y1 Anjaneya Y1 Chinonso Y1 **Reggie Y1**

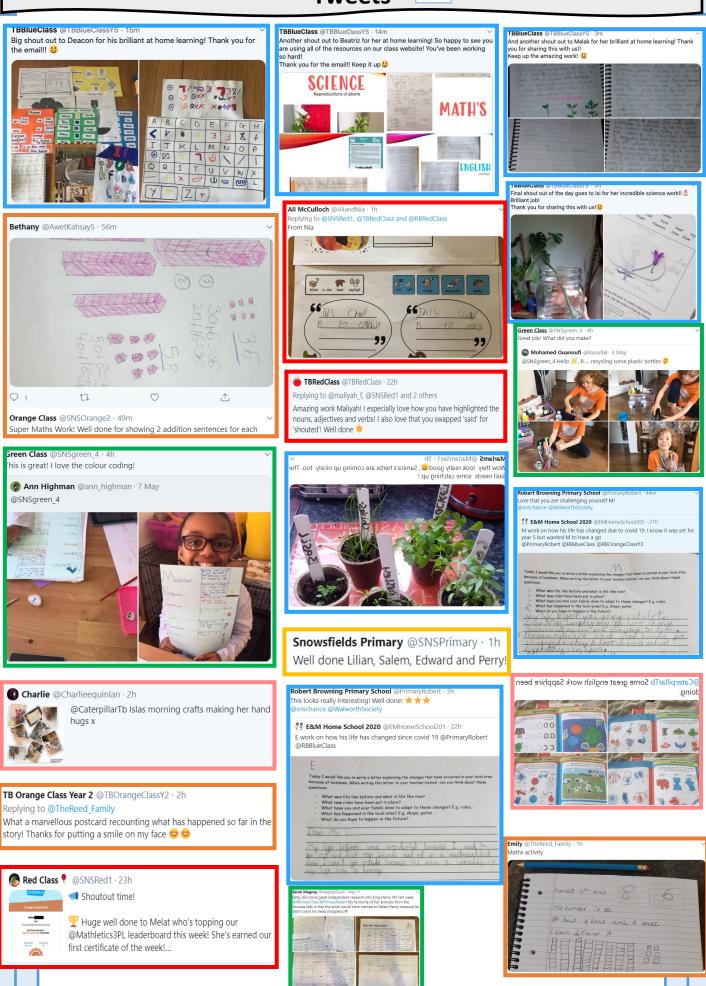
Bethenny YN

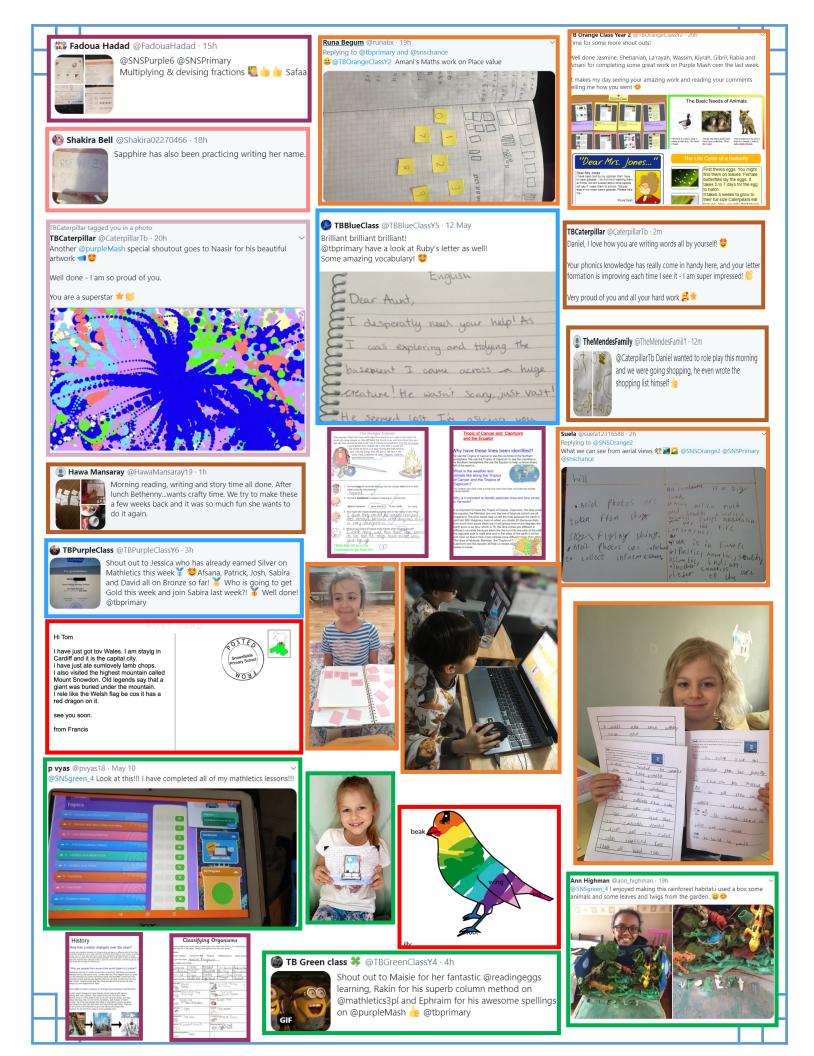
Tower Bridge

Chase Y2 Majed Y2 Xingrui Y2 Gibril Y2 **Kivrah Y2** Joel Y2 La'rayah Y2 Rabia Y2 Saira Y2 Ameerat Y2 **Ephraim Y4**

Amari Y4 **Emily Y4** Rakin Y4 Shayne Y4 Elijah Y4 Elijah Y5 Kajus Y5 Tino Y5 Nadir Y5 Ruva Y5 Myrell Y5 Sirius Y5 Andre Y5 Khadija Y6 Jamie Y6 Sabira Y6 Roukava Y6 Stefano Y6

Tweets 🔰





At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.



On the iOS store, TikTok is listed as 12+. On the Google Play Store it is rated as 'Parental guidance recommended'. When signing up for 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 lighthearted or funny takes on dance routines which are designed to make people laude. However there has been a slew of videos which have been reported for featuring drug and alcohol abuse, self-harm and sexual content, including young teens dressing overthy sexually and behaving suggestively. Given the deluge of material uploaded to TikTok every day, it's impossible to moderate everything and it can be quite common to come across explicit content on the for you' feed when logging into the platform.

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.



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. %!#&

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.

afety Tips For Parents

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.

National NOS Online Safety

#WakeUpWednesday

TALK ABOUT ONLINE DANGERS

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

EXPLORE AND LEARN YOURSELF

Understanding and learning the app yourself is a great way to get to grips with TikTok. You could then even use the app with your child and watch some videos with them. If you are the parent of a teen, even if it does not make you popular, keep a close eye on what they're viewing and sharing. That said, it's a brilliant chance to turn it into a bonding opportunity with your child also. You could even unleash your inner performer and make videos with them while (more importantly) keeping them safe online.

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.

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.

LEARN HOW TO REPORT AND **BLOCK INAPPROPRIATE CONTENT**

With the proper privacy settings in place, TikTok can be a safe space for your child to express themselves. However, just 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. ~



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.



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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.



NEW FOR 2020 FAMILY SAFETY MODE

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

www nationalonlinesafety com

SOURCES: www.tiktok.com

Twitter - @natonlinesafety Facebook - /NationalOnlineSafety Instagram - @ NationalOnlineSafety Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 20.02.2020



Money and Benefits Information

WLM (West London Mission) has been a vehicle for change for over 130 years, since 1887. We are part of the West London Mission Circuit which
includes <u>Hinde Street Methodist Church</u> and <u>King's Cross Methodist Church</u>. Our diverse projects share a common vision of enabling transformative change for people in challenging circumstances. We are proud of our inclusive Christian approach which is welcoming and celebrates the diversity of our staff, clients and society. We embrace partnerships with other agencies and prioritise the empowerment of those we work with.



Housing WLM offers a wide range of housing services to help those sleeping rough to come off the streets or those who need long-term housing solutions.

We offer lots of different ways to help you get more confident in managing your money as well as supporting you in using computers and getting online. Come in! Space hire Looking for the perfect meeting room, bright workspace or affordable accommodation in the heart of London? We got you covered.

WLM can help with sorting out money problems, cut costs and apply for benefits at this difficult time.

Please pass it on to friends, family, neighbours and colleagues who may find it useful.

We at WLM St Luke's look forward to seeing you again when we reopen. Ways to get in touch:

WLM Housing & Community services central office: 19 Thayer Street, London, W1U 2QJ Telephone: 07933 791 602 Email: <u>office@wlm.org.uk</u>

Hinde Street Methodist Church office: 19 Thayer Street, London, W1U 2QJ Telephone: 07933 791 602 Email: <u>office@hindestreet.org.uk</u>

King's Cross Methodist Church office: 58 Birkenhead St, London WC1H 8BB Telephone: 0207 278 5640 Email: <u>administrator@kxmc.org.uk</u>

AUTISM SUPPORT TEAM NEWSLETTER 4

14/05/20





Welcome to this newsletter from Southwark's Autism Support Team. During this time of school closures, we are all still available to offer our support to parents/carers and educational staff.

Helpline

We have a telephone support service from Monday – Friday, 9am-5pm.

More information can be found: here.

Training

We are in the process of looking at online options for training. If you wish to register your interest or find out more please email:

AutismSupportTeam@southwark.gov.uk

- Cygnet
- Next Steps
- Toileting workshop

Games Corner

Each week we provide simplified instructions to a game you might have at home.



This week it's Battleships

How to play if you have the game here

Instructions on how to play if you don't have the game <u>here</u> and a blank game board <u>here</u>

Visual supports

Visual instructions to help teach learning to wait here, to support learning to take turns here.

Social Stories to support with losing a game

There are three different stories below about learning to lose, they are at different levels, choose the one that is right for your child.

It's OK to Lose 1 here

It's Ok to Lose 2 here

It's Ok to Lose 3 here



Question Corner...

Q: I would like to work on social skills with my child with autism, can I include their brother and sister when playing games?

A: Yes!! Absolutely involve siblings when practicing social skills. Having sibling support provides positive peer role models. Older or more sophisticated siblings may take an active role in instruction in which they model activities, coach their sibling to follow suit, and respond to their sibling to encourage positive behavior.

When including siblings it is essential that their involvement is voluntary and that they are not forced into to having to play with their brother or sister.

Parents should support and praise the siblings playing together as they must see value in their sibling learning skills and feel confident that they can make a difference, . Therefore, the activities selected should be "mutually-reinforcing"; that is, both of the children should find them to be equally enjoyable.

To be added to our newsletter mailing list or to contact the team with a question/request for a forthcoming newsletter please contact us on:

AutismSupportTeam@southwark.gov.uk

Clicking on links in this document take you to google drive where the resources can be downloaded. If you would like us to email you any of the resources, use the email above.

Social Skills at Home

Social skills are skills that people use to know how to act in different social situations. Children on the autistic spectrum, sometimes need to be taught social skills directly as they may not learn them indirectly. Social skills help with making and keeping friends and building family relationships. Basic social skills that can be practiced at home are sharing, waiting, turn taking, and, sportsmanship (being okay with losing, being a good winner).

Sharing- can be challenging for any child, it may be particular challenging for children with autism. This may be because they think that if they give an item that they really like to someone else they may never get it back. Click here for some ideas on how to practice sharing.

Waiting- is not only a social skill but an essential life skill. Waiting to get what you want is a skill that every child needs to learn. A link to how to use wait cards is in the Games Corner section.

Turn taking- this can be challenging if waiting and sharing skills have not yet been established. Turn taking helps with interacting socially with peers. Understanding how to take turns allows you patriciate in sports, board games, and it's the building blocks to understand how conversations work. *Link to turn taking board in Games Section.*

Sportsmanship - if you are able to accept losing or winner at a game, this can help build relationships. Peers will be more likely to want to play again someone who accepts when they lose at a game and if the winner does not make them feel bad. A link to social stories around losing are in the Games Corner section.

Super Seven(ish)



Here are some ideas of playdate ideas over video chatting:

- Play Simon Says
 – how to here
- House scavenger hunt- a list of items <u>here</u> -Colouring or origami activities
- Pictionary- one child draws something and the other guesses what they drew. This could also be done with playdough.
- Charades <u>here</u> for word lists, visual versions <u>here</u> and <u>here</u>
- Make up a dance routine together through video- pick out a song and costumes.
- Build Lego together, <u>here</u> are printable Lego challenge cards, <u>here</u> are printable Lego Charades cards.
- Play show and tell—take it in turns to show an item and talk about it for 1 minute
- Play 20 questions/yes no game
- Play Hangman
- Play Battleships (Star wars paper version <u>here</u>)
- Directed drawing games here

Tips for using Video Chat

While our children are currently not attending schools, they could be missing interactions with peers. Arranging video chat playdates with one or more peers that they enjoy playing with could be nice for them during this time.

Tips on e-safety while online here

- Having a structure to the time can help things to run smoother as your child gets comfortable video chatting
- Make sure there are not too many peers in the playdate that could overwhelm your child
- It is recommended that parents stay near during the video playdate to help with any technical issues and some prompting or guidance if needed during the social interactions.
- Remember Video playdates will take time for children to get used to so if the first one does not work out keep trying.
- If planning on playing a game in a video chat practice it with your child first to ensure they know the rules