

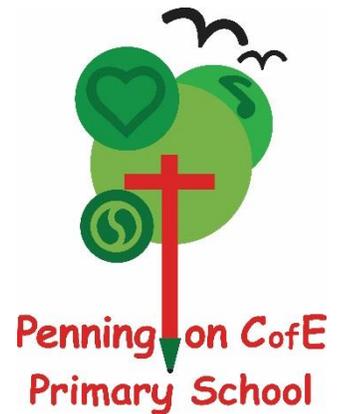
PENNINGTON CHURCH OF ENGLAND SCHOOL
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Head Teacher: Mrs Helen Storey



Autumn Term Newsletter 04 - 07/10/2020

Dear Parents and Carers

A message from Mrs Storey

I am sorry I am not in school at the moment...as you know my husband tested positive for Coronavirus on Monday morning therefore my family and I are currently self-isolating. Mr Storey is ok, he is achy and tired but has not yet had any of the most common symptoms - so far, so good! I also had a test on Monday and luckily, I am negative but must remain at home for 14 days. Our children do not have any symptoms either.

Thank you to Mrs Hockaday and all staff who continue to work hard in school. I am in constant touch with school and can work at home. If you need anything, please contact me by e mail or phone the school office and Mrs Holland will pass on messages.

I realise it becomes more of a concern when there are more local cases, especially when we know people who have contracted Coronavirus. This reminds us all of the importance of protecting ourselves.

Wash your hands with soap and water often for 20 seconds
Use sanitiser if soap and water are not available
Catch it, Bin it, Kill it if you sneeze!

The most common symptoms are:

a new continuous cough
a high temperature
a loss of or change in your normal sense of taste and smell

If you or your child shows any of these symptoms, contact <https://www.nhs.uk/ask-for-acoronavirus-test> to arrange a test.

Please remember that for most people, Coronavirus will be a mild illness.

Take Care

HelloYellow Day – Friday 9th October

Wear something yellow - thousands of people will wear something yellow on 9th October to help spread the word that, whatever you're going through, you can talk to someone if you're struggling to cope. If you would like to show your support, you can donate £1 and your child can also wear something yellow if they would like to. This is not essential and we are not trying to encourage parents to go out and buy something special. A scarf, hat, socks, hair accessory or bowtie we don't mind. Children will take part in a short learning activity that will promote good mental health and wellbeing. An email will be sent out separately for you to sign into your Parentpay account to donate £1.00 if you would like - Thank you

Harvest Festival

This week we are celebrating Harvest in school. All classes have contributed to a virtual Harvest Festival. It is lovely to share and see what each other are doing. We are finding ways to work with each other whilst avoiding direct contact. Many thanks for all the donations of food which will be collected by Mark Wilson from Pennington Church and delivered to the Ulverston Waste Food Project to be distributed to those who need it most. Thank you also for the donations for the Bishops Harvest Appeal.

Andy Tooze

This time last year, we had a visit from a poet called Andy Tooze to celebrate National Poetry Day. Last Friday, we had a Zoom call with him and all classes were treated to a live recital of some of his latest poems. He told us to look out for his new book, 'Green Shoots Rising' which will soon be published. We all really enjoyed his humorous, lively performance, particularly as we are missing having visitors in school.

Ventilated Rooms

Please ensure your child is wearing a school jumper or cardigan for school as we keep our rooms well ventilated with windows and doors often open. If children are still cold we will allow them to wear the PE hoodie on top. This is not an alternative to the jumper or cardigan.

Mid-Day Supervisor

We are looking for another permanent Mid-Day Supervisor to add to our fantastic team. If you are interested please phone or email the office and we will provide you with more details.

Data Collection Sheets

Data Collection Sheets are being sent home today. Please could you check the information contained on the sheet and make amendments where necessary. It is vital that you sign and return this form by Tuesday 21st October, even if you wish to make no changes to the sheet. Thank you for your cooperation.

Birthdays and Celebrations

Unfortunately, under current circumstances, we cannot allow children to bring in cakes or sweets to share with their classmates to celebrate their birthdays or other occasions - we will still celebrate their birthday in class.

School Entry Hearing Screening

The Community Paediatric Audiologist will once again be carrying out school entry hearing screening for all our Reception Class children - a letter will go home with the children today.

What parents & carers need to know about... AMAZON ALEXA

Alexa is an artificial intelligence (AI) software assistant created by Amazon in 2014 through which smartphone, tablet and smart device users can issue voice commands and ask questions in a range of languages by issuing the 'wake' or activation word Alexa. It can be accessed in several ways and is integrated into a growing number of 'smart' products including speakers, phones and clocks. Once viewed as expensive gimmicks, Alexa is now one of the most used voice assistants in the world.

Privacy concerns

By their nature, AI voice assistants involve the collection of large amounts of data. How this is stored and the use to which it is put has aroused growing concern. Experts also worry about who has access to voice recordings, which in 2019 the company admitted sometimes included employees of Amazon and its commercial partners. There is also the more general anxiety that internet voice assistants might record private conversations and not only commands or questions.

Age-inappropriate content

Using Alexa as a speaker to play your favourite songs is one of the most popular uses for the device. However, without any parental controls in place, Alexa won't filter the lyrics so it's possible that children could hear something they shouldn't. Similarly, Alexa isn't always able to identify who or what age the person is who is issuing a voice command so if children ask a question which might not be age-appropriate, the chances are they're likely to get an age-inappropriate answer.



Insecure devices

The devices and their background services are another worry, which can have software vulnerabilities that make them insecure in complex ways. In 2020, for instance, researchers discovered that the services to which Echo products connect were insecure, potentially allowing hackers to access personal information such as voice conversations. In 2017, researchers were able to directly hack an Amazon Echo to send audio to attackers. Amazon has a good record of fixing security problems when they are discovered but it's never possible to find every problem.

Changing Tech Relationships

In a 2019 report published by the Centre for Data Ethics and Innovation, concerns were raised on the disruptive effect that voice assistants and smart speakers, such as Alexa, were having on the way that children interact with technology. From building sentiment and forming relationships which could encourage them to overshare personal details, to a fear of consuming content driven by commercial algorithms and an inability to assess reliability, how Alexa operates could consistently change children's relationship with technology in both the short and long term.



Safety Tips

Check privacy settings

It's possible to delete Alexa's recordings either entirely, or for a given period, with the instruction 'Alexa, delete everything I said.' Alternatively, set up the Alexa account privacy settings for that account to delete recordings every three or 18 months. Deleting recordings made using the Alexa app can be deleted via Settings > Alexa Privacy > Review Voice History. A final tip is to turn off the setting that allows Amazon to 'Use voice recordings to improve Amazon services.'

Control voice input

If privacy is paramount, one idea is to locate Echo devices in only one room rather than having several throughout the home. In addition, Alexa can be activated only when it is needed by manually turning off the microphone on Echo devices between uses. Users can tell when Alexa is in listening mode as an indicator light should appear or an audible tone should sound.

Set pin code

Amazon account users can order items from the company using a voice command, for example 'Alexa, buy some toilet paper.' To avoid accidental use or misuse and avoid racking up big bills, this can either be disabled or protected with a pin code (it should be noted that this is a trouble PIN however, so is not as secure as a typed code).

Look out for 'Skills' apps

A big appeal of Alexa is that thousands of companies have created apps, which Amazon calls 'skills', that add useful capabilities, often integrations with other products or services. These are installed by asking Alexa to 'open/play/start' the skill. For example, a travel skill might be included to check and automate checking train times and hotel bookings. However, it's important to remember that each of these might have a different privacy policy. A cautious approach is to install as few as possible, de-installing ones no longer in use.

Talk about technology

As more and more homes install voice assistants and smart speakers such as Alexa, it's a good idea to talk to children about safe use of technology. Talk to them about what Alexa can be used for, how useful it can be and how to use it properly. Use it together to begin with and discuss any concerns they might have. Always make sure that children know to never share any personal or sensitive information and that if they need to talk about anything, they should always speak to a trusted adult.

Meet our expert

John C. Durn has edited and written for numerous computer and technology magazines since the early 1990s, most recently *Which Computing*, the *Register*, *Forbes.com*, *Technet*, *Computerworld* and *Network Security*. He is a specialist in online cybersecurity and cybercrime and their growing effect on education, young people and the public.



School Lunches

Children from Reception, Year 1 and Year 2 are provided with a free school meal and the majority of our parents take advantage of this. From 12th October there will be hot meals as an option, please see menus below for more details.

 PK SIMPLIFIED MENU WEEK 1 				
DAY	CHOICE 1	CHOICE 2	CHOICE 3	PUDDING
Monday	Bangers & Mash served with Pasta	Filled Baguette filled with Cheese, Ham or Tuna	Oven Baked Jacket Potato filled with Cheese, Tuna, Beans	Frozen Yoghurt or Satsuma or Raspberry Blush Slice
Tuesday	Sweet & Sour Chicken served with Rice	Filled Baguette filled with Cheese, Ham or Tuna	Oven Baked Jacket Potato filled with Cheese, Tuna, Beans	Banana or Low Fat Yoghurt or Chocolate Crunch
Wednesday	BBQ Pulled Pork served with Pasta	Filled Baguette filled with Cheese, Ham or Tuna	Oven Baked Jacket Potato filled with Cheese, Tuna, Beans	Fruit Salad or Frozen Yoghurt or Cookie
Thursday	Italian Meatballs served with Pasta	Filled Baguette filled with Cheese, Ham or Tuna	Oven Baked Jacket Potato filled with Cheese, Tuna, Beans	Orange or Low Fat Yoghurt or Cherry Shortbread
Friday	Creamy Chicken Korma served with Rice	Filled Baguette filled with Cheese, Ham or Tuna	Oven Baked Jacket Potato filled with Cheese, Tuna, Beans	Australian Crunch or Honeydew Melon or Frozen Yoghurt

 PK SIMPLIFIED MENU WEEK 2 				
DAY	CHOICE 1	CHOICE 2	CHOICE 3	PUDDING
Monday	Basilico served with Pasta	Filled Baguette filled with Cheese, Ham or Tuna	Oven Baked Jacket Potato filled with Cheese, Tuna, Beans	Frozen Yoghurt or Satsuma or Chocolate Shortbread
Tuesday	Italian Meatballs served with Pasta	Filled Baguette filled with Cheese, Ham or Tuna	Oven Baked Jacket Potato filled with Cheese, Tuna, Beans	Banana or Low Fat Yoghurt or Toffee Apple Muffin
Wednesday	Chinese Chicken Curry served with Rice	Filled Baguette filled with Cheese, Ham or Tuna	Oven Baked Jacket Potato filled with Cheese, Tuna, Beans	Fruit Salad or Frozen Yoghurt or Marble Cake
Thursday	Tomato & Mascarpone Pasta	Filled Baguette filled with Cheese, Ham or Tuna	Oven Baked Jacket Potato filled with Cheese, Tuna, Beans	Orange or Low Fat Yoghurt or Sugar Ring Doughnut
Friday	Texan BBQ Meatballs	Filled Baguette filled with Cheese, Ham or Tuna	Oven Baked Jacket Potato filled with Cheese, Tuna, Beans	Beetroot Brownie or Honeydew Melon or Frozen Yoghurt

PK SIMPLIFIED MENU WEEK 3				
DAY	CHOICE 1	CHOICE 2	CHOICE 3	PUDDING
Monday	Bolognese served with Pasta	Filled Baguette filled with Cheese, Ham or Tuna	Oven Baked Jacket Potato filled with Cheese, Tuna, Beans	Frozen Yoghurt or Satsuma or Chocolate Chip Cookie
Tuesday	Italian Meatballs served with Pasta	Filled Baguette filled with Cheese, Ham or Tuna	Oven Baked Jacket Potato filled with Cheese, Tuna, Beans	Banana or Low Fat Yoghurt or Flapjack
Wednesday	Chinese Chicken Curry served with Rice	Filled Baguette filled with Cheese, Ham or Tuna	Oven Baked Jacket Potato filled with Cheese, Tuna, Beans	Fruit Salad or Frozen Yoghurt or Patterdale Lemon Slice
Thursday	Chicken & Bacon Pasta	Filled Baguette filled with Cheese, Ham or Tuna	Oven Baked Jacket Potato filled with Cheese, Tuna, Beans	Orange or Low Fat Yoghurt or Anzac Biscuit
Friday	Chicken Tikka served with Rice	Filled Baguette filled with Cheese, Ham or Tuna	Oven Baked Jacket Potato filled with Cheese, Tuna, Beans	Raspberry Ripple Mousse or Honeydew Melon or Frozen Yoghurt

Flu Immunisation

Thank you to all parents who have returned the green slips. The nurses are coming into school on **Tuesday 10th November** - to those who still have to return the forms, please can it be returned as soon as possible. We have some spares in the school office. Thank you.

Watches

Children are welcome to wear small wrist watches to school. Some watches however are much bigger and also have features, such as games, the ability to take photos, etc. These are inappropriate and we ask that children do not wear them to school. If they are worn to school they will be asked to remove them.

After School Clubs

Emails will be sent out when we introduce new clubs. For those clubs that need payment a letter will be sent out to the whole year group the club is aimed at to enable parents to give permission and pay by Parentpay. If your child does not want to take part in a paid after school club, please can you email admin@penn.cumbria.sch.uk and the payment request will be removed from your Parentpay account.



After School Clubs - Autumn 1 2020

Day	Activity	Leader	Where?	Time
Tuesday	Year 6 Sports with Tom - £14.00	Tom	School Playing Field Hall when wet	3.00-4.00pm
Wednesday	Year 5 Sports with Tom - £14.00	Tom	School Playing Field Hall when wet	3.00-4.00pm

After School Club Attendance - To enable that we know your child is safe, please can you let school know if your child is not going to be able to attend their after-school club. Thank you.



As you will be aware we are becoming a cashless school and you will have received an activation email to enable you to use Parentpay - please can you set up your account to enable you to pay for future after school sports clubs, non-uniform fundraising, swimming, trips, residential etc.

What does ParentPay do?

- offers a highly secure payment site
- gives you a history of all the payments you have made
- allows you to create a single account login across all your children that attend a ParentPay school
- shows you all items available for payment relevant to each of your children
- emails a receipt of your payment to the email address you register
- offers you the ability to set automated email/SMS payment reminders.

How does ParentPay help you?

- gives you the freedom to make payments to school whenever and wherever you like
- stops you having to write cheques or search for cash to send to school
- gives you peace of mind that your payment has been made safely and securely
- helps with budgeting; payments are immediate, there is no waiting for cheques to clear
- payments for many of the larger trips can be made by instalments up to the due date
- you will never need miss a payment, or have insufficient credit, with automated email/SMS alerts
- ParentPay is quick and easy to use.

How does ParentPay help your school?

- reduces the administrative time spent on banking procedures
- keeps accurate records of payments made to every service for every student
- reduces paper 'waste'
- allows for easy and quick refunds to be made back to the Parent Account
- improves communication between the school and parents concerning payments
- offers a more efficient payment collection process, reducing the amount of money held on school premises
- helps us improve school-home communication with its integrated email/SMS messaging centre.



Public Health
England

Tuesday 10th November 2020

flu: 5 reasons to vaccinate your child



1. **Protect your child.** The vaccine will help protect your child against flu and serious complications such as bronchitis and pneumonia

2. **Protect you, your family and friends.** Vaccinating your child will help protect more vulnerable family and friends

3. **No injection needed.** The nasal spray is painless and easy to have

4. **It's better than having flu.** The nasal spray helps protect against flu, has been given to millions of children worldwide and has an excellent safety record

5. **Avoid costs.** If your child gets flu, you may have to take time off work or arrange alternative childcare

What should I do?

Contact your child's GP if your child was aged two or three years old (on the 31 August of the current flu season) and you haven't heard from them by early November.

If your child is at primary school, the school will send you a consent form. Please sign and return it. If your child has a health condition that puts them at greater risk from flu, they can get the flu vaccine from their GP.

For more information visit www.nhs.uk/child-flu

**HELP US
HELP YOU**

STAY WELL THIS WINTER

Flu mmunisation

Helping to protect children,
every winter



E-School Nurse Video Clinics



Twice weekly **online health support** and **advice** for **parents**, carers and professionals, **supporting children** and **young people aged 5-19** years old.

Tuesday and Thursday

You will be able to talk to the nurse over a live video link that is private, secure, confidential and convenient for you. In consultation with you, the nurse will assess the child or young person's health problem and provide you with the support and advice needed.

For more information on the **E-School Nurse video clinic**
Please read the information leaflet or visit:

www.cumbria.gov.uk/ph5to19

You can telephone for an appointment

0300 30 34 365



**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**