



I hope everyone is keeping safe and well. In this edition of the newsletter, the 75th anniversary of VE day has been commemorated, with some spectacular displays outside some of our students' homes. I am sure many of you sang "We'll Meet Again" outside your house, although I must confess to remaining silent, not through reverence so much, but lacking any singing talent. The surrender was actually signed at 2.41 am in Reims, France on 7 May. Churchill wanted to make the announcement that evening, but was forced to delay until 8 May, as Stalin, the Russian leader, wanted to be sure that all Germans had stopped fighting. So VE day became the 8 May. Government plans, it seems, rarely go to plan! Talking of which, we are desperately missing our students and want them back into school as soon as possible. I can assure you, though, that this will only be done when we are able to keep all children and staff safe. We will continue to listen to the Government and when they can provide us with the guidance and assurance that we can open safely, we will do so. In the meantime, we will continue to support our students the best we can and celebrate their continued achievements and successes.

All of us at Smithdon have been so impressed with the "View from a Window" artwork and the large canvas created by Chloe, Harvey, Charlie and Logan, which will have pride of place when we return. Equally the number of

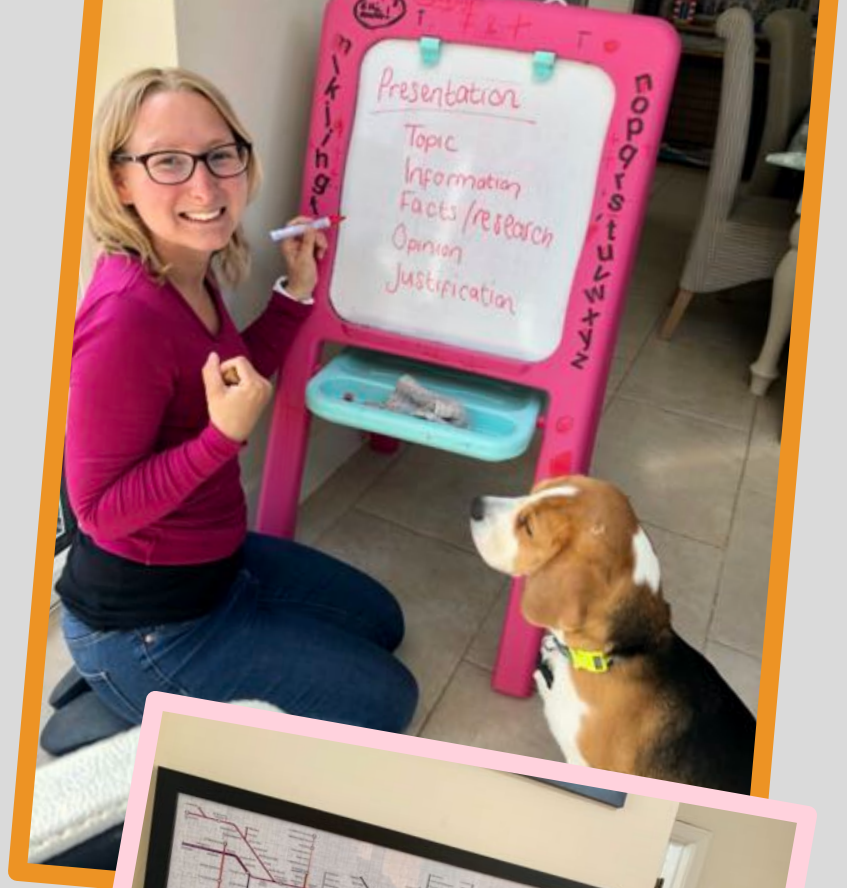
postcards sent home to students since the lockdown continues to celebrate the resilience, pride and work ethic our student display when they are at school and, now, at home. Please keep telling us what you are doing and achieving whilst at home by emailing [home@smithdonhigh.org.uk](mailto:home@smithdonhigh.org.uk)

Keep Smiling

Mr Hirst







Take a look at what some of our staff have been doing during lockdown.

Ms Moat has built a bug hotel in her garden.

Mrs Proctor has been homeschooling her children using her new white whiteboard.

Mrs Hernandez has been busy exercising and gardening. If it does start to rain she can look forward to a rainbow!

Mrs Carver and her children have been making letters with sticks from their garden.

Mrs Pike has been baking some yummy cheese scones.

Ms Wright has been facetimeing her nephews.

Mrs Gibbins has made use of her time to finally get all the remaining pieces into her London Underground Map jigsaw.



# Lockdown Art Work

In our artwork we wanted to show what lockdown feels like and how we would want to describe our time stuck inside. Whilst brainstorming ideas, we decided to put together different elements representing the current situation. The tree silhouette represents everyone in isolation and how we are on our own but experiencing the same things. Our padlock represents the lockdown and we included the Smithdon logo. This is our way of saying thank you to our teachers helping us in these unprecedented times. The rainbow aspect across the canvas is to represent everyone coming together and the colours help to bring a bit of brightness into everyone's days. The rainbow has become the symbol of Lockdown 2020. We wanted to show our thanks to all the nurses, doctors and everyone helping on the frontline with health care.

Chloe, Logan, Charlie and Harvey





### **Edith - Y11**

Edith recorded a video to submit to BBC Radio Norfolk in collaboration with Springwood High School to contribute towards the 75th VE Day Celebration with other schools across Norfolk. The song was a rendition of Vera Lynn's 'When the lights go on again'.



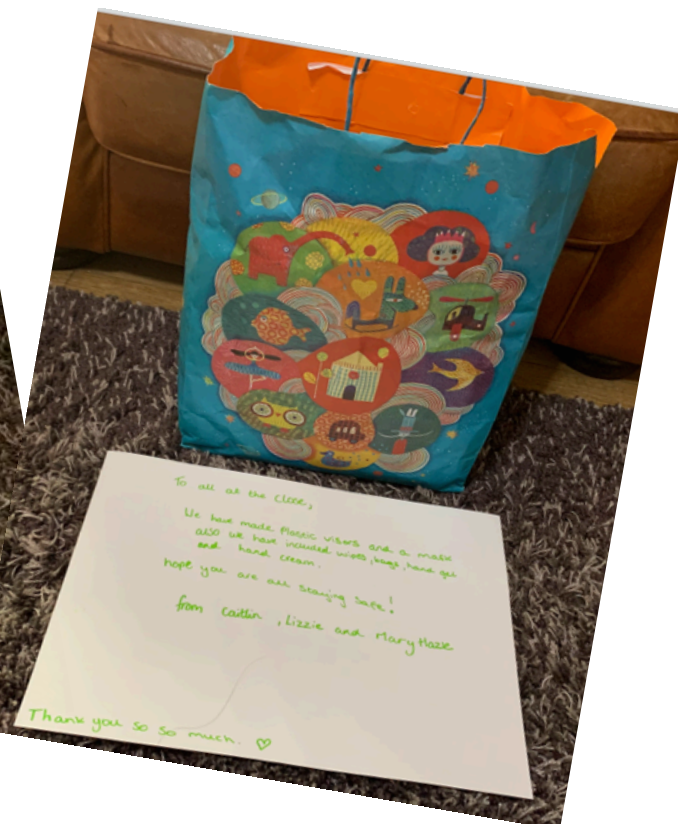
### **Grace - Y7**

Grace has made a 'Tin Can Dandy' after watching Keep Crafting with Kirstie Allsopp.



### **Caitlin - Y9**

Caitlin has kindly been putting together care packages to give to local care homes.







Jaden and Jake  
Y7 & Y9



Amelia - Y9



Erin - Y7



Lexie - Y7

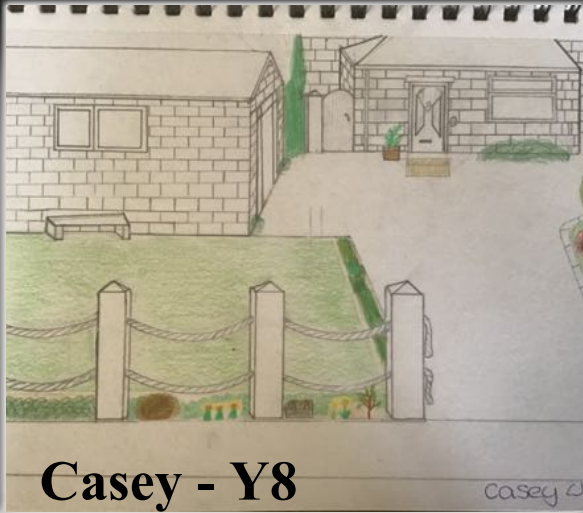


Maisie - Y8

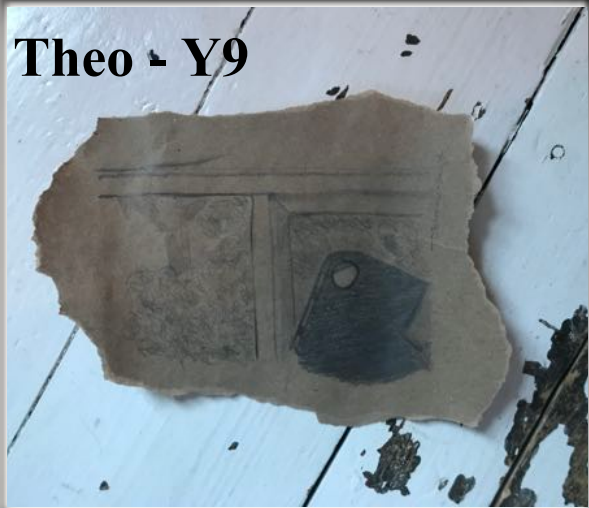
VE 75th Anniversary



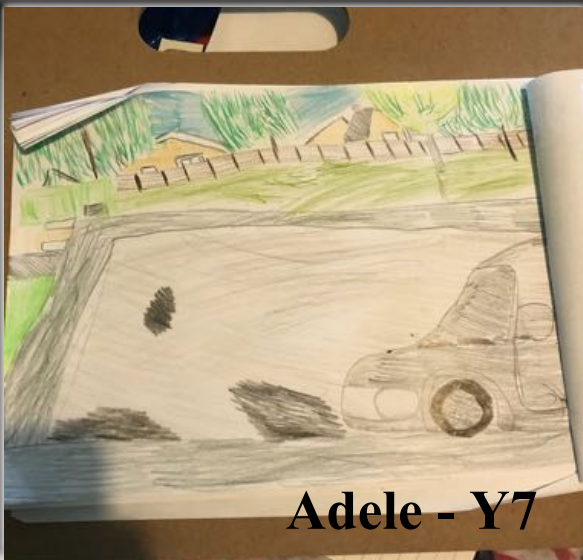
# View through the window



**Casey - Y8**



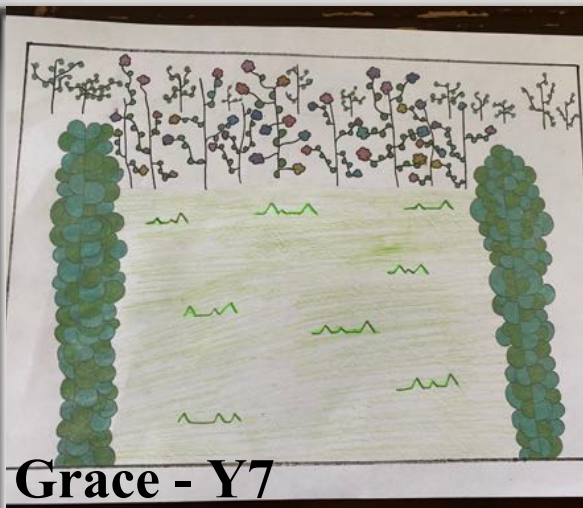
**Theo - Y9**



**Adele - Y7**



**Ruby - Y7**



**Grace - Y7**



**Jacob - Y7**



**Mrs Robinson**

Robinson family lockdown smoothie

### **Ingredients**

1 banana  
1 scoop of vanilla ice cream  
3 spoonfuls of drinking chocolate powder  
1 spoonful of peanut butter  
1.5 pints of milk

### **Method**

Exact amounts of ingredients depends on who is making it!

Put all ingredients into a blender and blend until smooth.

Serves 4 (unless Mrs Robinson's children get to it first then it's just 2!)



# Spot the difference

Can you identify the 10 differences between the two pictures?

Answers will be revealed in next month's newsletter.



# Rivers of the World

Below are the five longest rivers in the world. Find out which countries they run through.

The answers will be given in the next newsletter.

1. Nile

2. Amazon

3. Yangtze

4. Mississippi - Missouri

5. Orb - Irtysh



Can you answer all five questions.

The answers will be given in the next newsletter.

1. What is the biggest planet in our solar system?

2. What is the most abundant gas in the Earth's atmosphere?

3. Roughly how long does it take for the sun's light to reach Earth?

a) 8 minutes

b) 8 hours

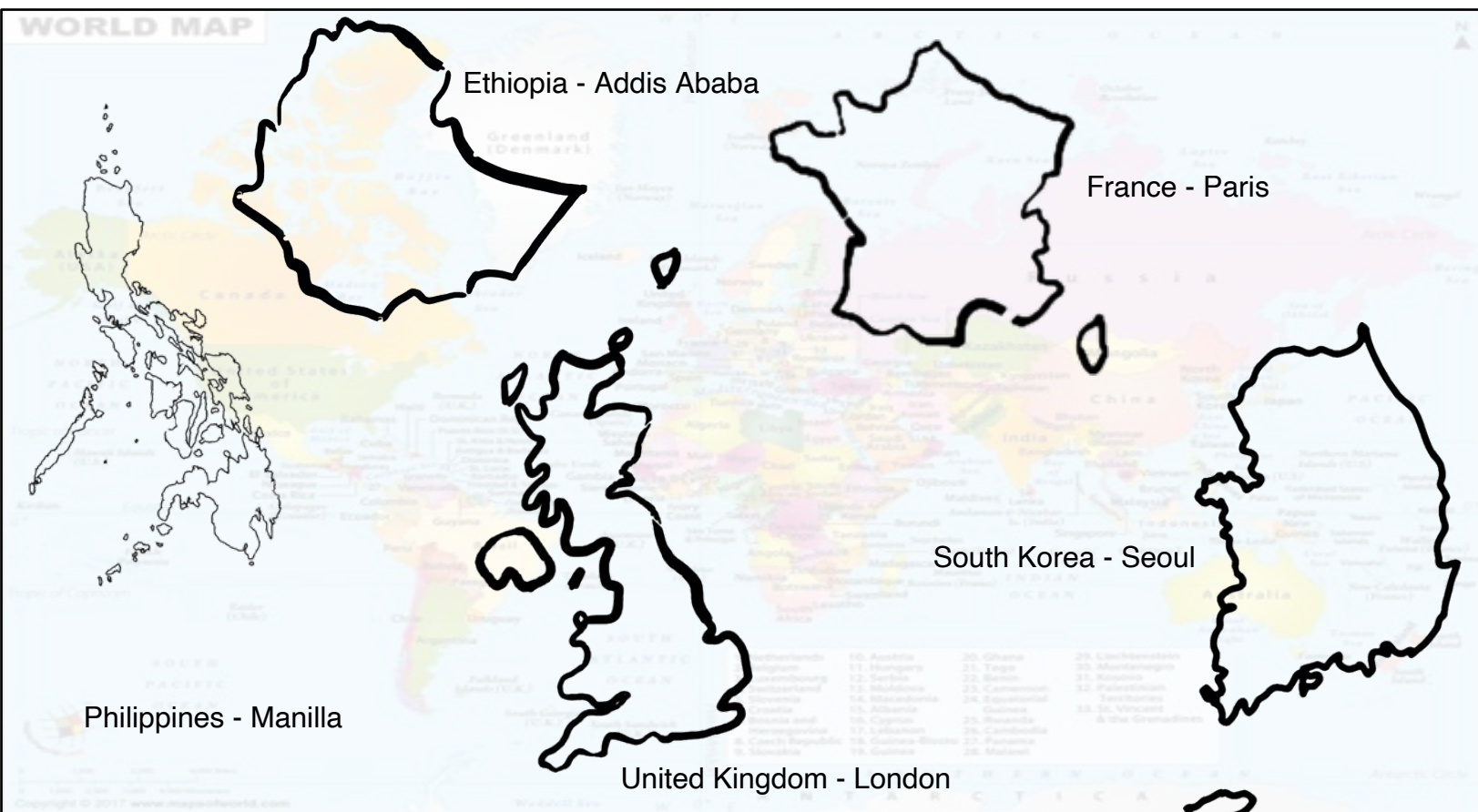
c) 8 days

4. On the periodic table, what symbol stands for silver?

5) How many teeth does an adult human have?



# Issue 1 Answers





### Tips and advice for children and young people

Social media is a great way to keep in touch with friends.

During lockdown seems like a good time to catch up, play games online and use popular apps to share photos, messages and chat.

It's easy to take risks without even knowing but we want to help keep your online experience a fun and positive one by taking some simple steps.

Norfolk's Safeguarding Children Partnership (NSCP) is here to help give some tips to help with #OnlineSafetyAtHome.

You might have made your online accounts public so they can get more likes and shares. Do you know whether your account is private and do you think about who you're adding as a friend?

#### Here are some tips to stay safe online:

- Keep your device secure – do not share log-in information or passwords, check your settings and who can view your content.
- Don't share your personal details like your name, date of birth, age, address or school and think about posting content with school logos or door number in the photo.
- Think about who you are sending requests to and receiving them from – do you know them in real life? Only add people you know in real life.
- Think before you post – once the content is in a public space it can be shared with anyone.
- Think about who you are talking to – people can trick you into trusting them and sharing your information.
- Fake accounts – information and photos may have been stolen. You may be asked to meet up with someone who is pretending to be someone else. Make sure you check with someone in person they are who they say there are – don't arrange to meet anyone you've only spoken to online.

Norfolk County Council, Children's Services have launched a new phone line and text message service for children and young people to use. We hope you are feeling happy and safe at home, however if you're feeling unsafe or scared, then don't keep it to yourself. We're here to help you!

Text us on: 07480 635060  
Call us on: 0344 800 8029

More information and advice online from Norfolk County Council:  
<https://www.norfolk.gov.uk/children-and-families/children-and-young-peoples-hub>

Further advice on sharing information and staying safe online here from our Safer Schools Partnership:

**Internet safety - staying safe online**  
(Tory's video)  
<https://youtu.be/rUJbL639IQ0>

**Information sharing**  
(Tory's video)  
<https://youtu.be/NWztsvEYFw>

**Online bullying**  
(Hazel's Video)  
[https://youtu.be/OTeQ\\_pTLCYY](https://youtu.be/OTeQ_pTLCYY)

**Bullying**  
(Tory's video)  
Advice around -  
'Don't post it forward' - Being kind on-line  
<https://www.youtube.com/watch?v=nul16c2gp-0>

**Youth Voice** video with OPCC Bullying response video 10  
<https://youtu.be/P-YzV2E6R5o>

**Internet Safety - sexting**  
(Tory's video)  
<https://youtu.be/3YQTutdnrZl>

**Internet Safety - gaming**  
(Hazel's video)  
<https://youtu.be/l728l9aTFK0>

**Fun videos**  
**phonetic alphabet**  
(Hazel's video)  
<https://youtu.be/gND9dh1YbJw>

**Fingerprints**  
(Tory's video)  
<https://www.youtube.com/watch?v=RRxkObAYUEs>

# WHO ARE YOUR KIDS TALKING TO?



#### Here are some top tips to help:

- Only allow your child to watch or read online content that is age appropriate. This also goes for phone or tablet apps.
- Don't allow your child to isolate themselves while they're using the internet.
- Young people can take risks and make their accounts public to get more likes.
- Make sure their account is private and encourage them to always think about who they're adding as friends.
- Know who your child is communicating with.
- Teach them the difference between safe secrets and unsafe secrets.
- Be aware of any images they may be sharing online and their behaviour during online video chats.
- Help to keep them in contact with a trusted adult you have met and know well.
- Be aware of any subtle changes in your child's demeanour or behaviour that makes you feel uneasy or suspicious.
- If you feel that someone has inappropriately communicated with your child, don't pressurise your child or young person into giving you more information. Tell the police immediately. They have dedicated officers ready and waiting to help.
- Don't delete any messages, images or other material that you discover on your child's device as it may help a subsequent police investigation. Call the police and let them take it from there.

If there is an emergency call **999** or call **101** for non-emergency.

Norfolk Safeguarding Children Partnership (NSCP) is here to help you keep children safe at home. The partnership includes Norfolk Constabulary, Norfolk County Council's Children's Services and Norfolk Children and Young People's Health Service.

You can also find more support and advice at:  
[norfolkscsb.org](http://norfolkscsb.org) | [norfolk.police.uk](http://norfolk.police.uk) | [parentsprotect.co.uk](http://parentsprotect.co.uk) | [thinkuknow.co.uk](http://thinkuknow.co.uk) |



**S** - Stay Safe  
**M** - Don't Meet Up  
**A** - Accepting Files  
**R** - Reliable  
**T** - Tell Someone