

The Grange School, Daventry



Wednesday 19th January 2022

This week has seen the return of some sunshine and we have all noticed blue skies and colours in the environment. The staff are enjoying driving to school in the daylight and the children are delighted to be able to play out in the sunshine at break-times and lunchtimes. It makes us happy to see and hear the children enjoying being outside.

With the promise of Spring, comes a renewed sense of energy, which continues to drive the school improvement programme we have in place.

Our upcoming newsletters will give you further information on the improvements we are making.

Vicki Masters

DREAM

BELIEVE

ACHIEVE

REMINDER:

**School will be closed to pupils and staff on
Monday 24th January 2022.**

The government announced an extra bank holiday this year to celebrate Her Majesty The Queen's 70th anniversary as monarch. To reflect this, schools will be open for 189 days instead of 190 days. As the extra bank holiday falls in the May half term week, we have decided that our additional day off will be this Monday.

IMPORTANT - REPORTING YOUR CHILD'S ABSENCE

**If your child is unable to attend School because they are unwell,
please ensure you call the absence line on
01327 705785 and Press Option 1.**

**Please clearly state your Child's Name, Class and the reason for their
absence.**

The phone line is open 24 hours a day.

**If we have not heard from you by 9.00am, and we are unaware of
your child's absence, we will call all of your contact numbers until we
are able to speak to someone.**

Thank you for your understanding and continued support.

Changes to the self-isolation period for those who test positive for COVID-19

From Monday 17 January, people who are self-isolating with COVID-19 will have the option to reduce their isolation period after 5 full days if they test negative with a lateral flow device (LFD) test on both day 5 and day 6 and they do not have a temperature. For example, if they test negative on the morning of day 5 and the morning of day 6, they can return to their education or childcare setting immediately on day 6.

The first test must be taken no earlier than day 5 of the self-isolation period, and the second must be taken the following day. All test results should be [reported to NHS Test and Trace](#).

If the result of either of their tests is positive, they should continue to self-isolate until they get negative results from two LFD tests on consecutive days or until they have completed 10 full days of self-isolation, whichever is earliest.

Anyone who is unable to take LFD tests or anyone who continues to have a temperature will need to complete the full 10 day period of self-isolation.

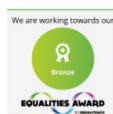
Further [information on self-isolation for those with COVID-19](#) is available.

Smart Watches

We are seeing an increasing number of children wearing smart watches to school. This is not acceptable and they should not be brought to school.

Children are welcome to wear watches / digital watches that have a step counter. However, any watches that have any access to social media or have a camera built in should NOT be worn to school. If brought to school, they will be kept in the office and parents will be contacted to collect at the end of the day. Thank you for your support.

Dream Believe Achieve





We are very pleased to announce some baby news...

Mrs Laura Best gave birth to a beautiful baby boy on 27th December 2021.

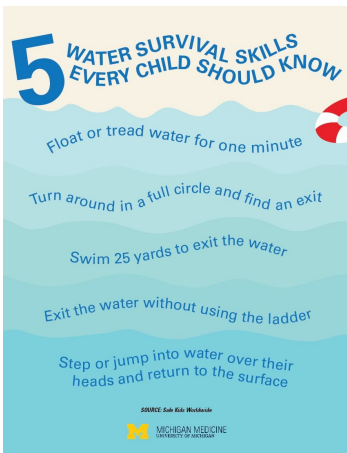
Mrs Ginny Gould gave birth to a beautiful baby girl on 14th January 2022.

Both families are doing very well.

Mrs Lauren Humphries is now past the 28 week point of her pregnancy. As such, there is guidance in place around her presence in school whilst we are still in a pandemic. Lauren is now working from home, completing a great deal of vital school development work.

Mrs Louise Harris is covering Lauren's hours in order to provide the children with stability and consistency at this time and into Lauren's maternity leave.

Should you have any questions about this, please contact Louise through the usual channels.



5 WATER SURVIVAL SKILLS EVERY CHILD SHOULD KNOW

- Float or tread water for one minute
- Turn around in a full circle and find an exit
- Swim 25 yards to exit the water
- Exit the water without using the ladder
- Step or jump into water over their heads and return to the surface

50102C Sub 616 Workbook

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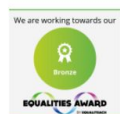
Stay within **arm's reach** whenever your baby is near water.

Never leave a child **alone in a bathtub** or in the care of another child, even for a moment.

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Powered by pediatricians. Trusted by parents. from the American Academy of Pediatrics.

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Dream Believe Achieve



What Parents Need to Know About Replika

Replika is an artificial intelligence (AI) chatbot companion that its developers claim users can form an actual emotional connection with. Once users have created an account and chosen a 3D avatar, they select the type of relationship they want with the chatbot: friend, mentor or romantic partner. Using a neural network to hold an ongoing one-on-one conversation, Replika gradually becomes more like the user as it gathers data from their responses. It isn't the only AI chatbot app available, but Replika pushes the boundaries of the concept to offer a highly realistic conversational experience.

In the guide, you'll find tips on a number of potential risks such as possible addiction, inappropriate content and in-app purchases.

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

What Parents & Carers Need to Know about

REPLIKA

AGE RATING

17+

UK & EUROPE: RATED MATURE

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WHAT ARE THE RISKS?

INAPPROPRIATE CONTENT

As its age rating suggests, Replika includes content that isn't suitable for children, such as flirtatious messaging and sexual role-play. While the developer has recently updated the app to ensure this can only be accessed by adults who select 'romantic relationship', there are numerous accounts online of sexual content being seen by younger users of the app.

NO SELF-AWARENESS

Replika is designed to seem very human, but it's important to remember that it's a still an AI-powered chatbot that has no self-awareness. This means (as numerous users have highlighted online) that the chatbot sometimes fails to filter out inappropriate content: one user reports, for example, that Replika shared upsetting videos of vicious dogs.

NOT MEDICALLY CERTIFIED

Replika claims to be able to improve users' emotional wellbeing by easing feelings of anxiety and loneliness. However, its disclaimer states "we are not a healthcare or medical device provider... nor should our services be considered medical care, mental health services or other professional help services." There is no guarantee that Replika can help with mental health issues – it could, in fact, have the opposite effect.

POTENTIAL ADDICTION

Like many apps, Replika is addictive by nature. It encourages the user to provide more information so it can learn about them and become better at conversation. Not only does this mean your child could end up spending a long time on an app where they might share sensitive information, but also that they could find themselves forming an emotional attachment to the human-like chatbot.

IN-APP PURCHASES

Replika is free to download, but its developers do offer in-app purchases. Users can pay to upgrade to a 'Pro' version of the app, which unlocks extra content such as additional activities, conversation topics and the ability to hold voice calls with their AI 'companion'. Users can also spend real-world money on the 'gems' used to buy new outfits or different personality traits for their avatar.

Advice for Parents & Carers

SET UP PARENTAL CONTROLS

Replika doesn't feature its own in-game parental controls, but most mobile devices come with these controls built in. On iOS devices, for instance, you can set content and privacy restrictions – so if you don't want your child to be using 17+ rated apps like Replika, you can adjust the settings to prevent these from being downloaded.

WATCH FOR WARNING SIGNS

If you're concerned that your child is spending too much time on Replika and might be forming an unhealthy emotional connection with their chatbot, it's important to look out for the warning signs. They may be giving increasing priority to the app ahead of more important everyday activities (such as doing homework or eating meals) or could be showing signs of irritability and a lack of concentration.

TALK ABOUT THE DANGERS

If your child is determined to use Replika and you're happy for them to download it, then it's vital you talk to them first about the possible dangers of this type of app. For example, it's key that they understand not to give out any information which is personal or could be used to identify them – and it would be prudent to warn them about the potential of being exposed to mature content on the app.

SEEK PROFESSIONAL HELP

If your child is suggesting that they should use Replika for mental health reasons – because they're lonely or having feelings of anxiety, for example – it would be sensible to recommend other options to them. Replika's developers freely admit that they are not a certified mental health service, so if your child needs help it would unquestionably be best to consult a qualified professional instead.

Meet Our Expert

Carly Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of tech tabloid The Inquirer, Carly is now a freelance technology journalist, editor and consultant.



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