



OTTAWA-CARLETON
DISTRICT SCHOOL BOARD

Henry Larsen Elementary School

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“Through Caring and Sharing We Learn”

Here are the School Messenger emails that we have sent to families during the month of December, 2020:

4 December

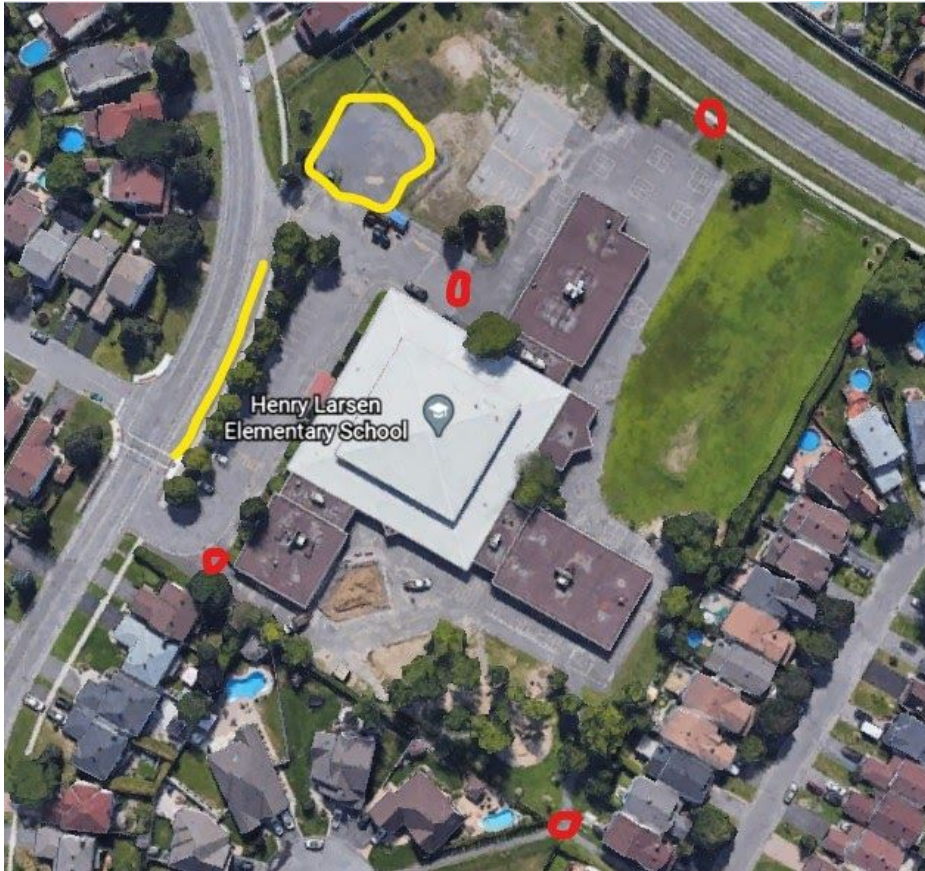
Greetings Henry Larsen Families:

December arrived with a statement! While we were hoping for more packing snow, we did enjoy mild weather. Your child’s muddy outerwear is an indication of how much fun we have been having outdoors!

Here are a few updates from this week:

Student Drop-off and Pick-up Parking on Dream Court Update:

We are aware that families are using different points for drop-off and pick-up of students, which is fantastic! We have had some feedback from our neighbours on Dream Court that the increased traffic is causing congestion in front of their driveways and on the street. They do understand that this is a challenging time, and if we can perhaps park farther away from the path or in a different location altogether, that would be helpful. Here is a link to the [City of Ottawa Parking Regulations and Restrictions](#), which include things like being 1.5 m from a driveway and 3 m from a fire hydrant. Please see the photo on the next page: in yellow, it shows the options in front of the school and in the gravel parking lot. Red shows the entry points to the school yard.



Food/Essential Items Drive Reminder:

Thank you to everyone who has donated so far. There is still time next week to send in Non-perishable and essential items such as soap, socks, mittens, toothbrushes and toothpaste.

Virtual Scholastic Book Fair:

The virtual book fair is about to wrap up but there are still 3 shopping days left to take advantage of our fair. Check it out this weekend and shop from the comfort of your own home. The selection is amazing, the delivery time is super fast and every purchase helps to put books into our Library collection at school. Everything wraps up at 11:59 p.m. on Monday December 7th.

[Start browsing here!](#)

Definition of a High Risk Contact:

Ottawa Public Health defines a high risk contact this way: "Being a high-risk contact means that you (or a member of your household) were in contact with someone with COVID-19 for longer than 15 minutes and/or closer than 2 metre distance, in the last 2 weeks. Ottawa Public Health identifies high risk "close contacts" through a detailed review of factors such as the individual's symptoms, where they have been, and with whom they have interacted. Interactions where people briefly come within 2 metres (6 feet) of each other, such as walking by someone in a hallway or on the sidewalk, are generally not considered "close contacts"."

School Council Meeting:

The next School Council meeting is on Monday, December 7 at 7 pm. Please watch for an email on Monday before noon with the Google Meet link to the meeting.

Gym Use Update:

We have been given the green light from the District to start the gradual use of our gym for physical education classes.

We still have many precautions and restrictions regarding the use of the gym:

- We continue with skill development and a focus on physical fitness - we are still not able to play most traditional sports and games.
- Physical Education classes will continue to take place outdoors wherever possible and weather permitting.
- Gymnasiums may be used for physical education classes by following these Board guidelines, which have been developed with the input of Ottawa Public Health:
 - Change rooms continue to be closed to students. Students should come dressed for activity on the days they have PE.
 - Students (grades 4-8) and staff must wear a mask at all times when in the gym.
 - Hand hygiene practices (washing hands, sanitizer) will occur prior to students and staff entering the gym and again when they leave the gym.
 - Cohorting and physical distancing of at least 2 metres must be maintained.
 - Proper indoor footwear is required for gym use** - indoor shoes may be left at school (they will be sent home during the winter break but do not need to come home each day).

Bus Cancellations Due to Inclement Weather:

Transportation cancellations are posted on OSTA's website by 6:15 am. Transportation is cancelled for all school buses, vans and taxis when OSTA makes the decision to cancel student transportation for the day.

Ways to get bus cancellations notifications:

1. [Subscribe](#) to OSTA's mailing list. Email notifications can be sent directly to your handheld device or personal computer.
2. [Check](#) OSTA's website after 6:15 am for cancellations and delays.
3. [Listen](#) to local radio stations after 6:15 am.
4. [Follow](#) OSTA on Twitter [@OttSchoolBus](#).

When transportation is cancelled due to bad weather or poor road conditions, transportation is cancelled TO ALL SCHOOLS. **All schools remain open to students.** If you bring your child to school, please make sure that you have arranged for transportation home at 3:00 pm.

Daily Screening Reminder:

Thank you for your support by performing [daily screening](#) with each child before they start their day at our school. A paper copy of the tool is available for families who need it, in [English](#), [French](#) and [Arabic](#).

Tech Tip of the Week: What parents need to know about Instagram (see next page).

AGE RESTRICTION
13+



Instagram is an image and video sharing app that allows users to share moments with the world. The app has a live streaming feature and additional add-ons, such as 'Boomerang', 'Hyperlapse' and 'Layout', which can be used to enhance their feed. Users can choose to add filters and make adjustments, such as brightness / contrast to their photos. To make their content more 'searchable', users can include hashtags in their uploads to make them easier to find.



What parents need to know about INSTAGRAM



LIVE STREAMING TO STRANGERS

The live stream feature on Instagram allows users to connect with their friends and followers in real-time. Followers can comment on the video during the broadcast (which can be turned off in the settings). If your child has a private account, only their approved followers can see their story. It is important to note that they still may have followers that they do not know, which means they could be live streaming to strangers. A public account allows anybody to view their story. We suggest that your child goes through their followers list and blocks anyone they do not know. An additional risk with live streams is that your child may do something that they regret. This could be captured by a viewer taking a screenshot and then shared around the Internet.

IN-APP PAYMENTS

Instagram allows payments for products directly through the app. It operates under the same rules as Facebook Payments, which state that if you are under the age of 18, you can only use this feature with the involvement of a parent or guardian.

DAMAGE TO CONFIDENCE, BODY IMAGE & MENTAL HEALTH

When people use filters on their photos on Instagram, it can set unrealistic expectations and create feelings of inadequacy and low self-esteem in children. Children may strive for a comparable number of 'likes' to a realistically edited with the risk of drastically lowering your child's confidence or sense of self-worth.

PHOTO / VIDEO SHARING

Posting photos and videos is Instagram's biggest selling point, but with sharing images comes risks. A photo which includes landmarks in the area, their school uniform, street name, house and even tagging in the location of the photo uploaded to Instagram can expose the child's location, making it easy to locate them. If their account is not set to private, anyone can access their account and see their location.

LOCATION TAGGING

Public locations can be added to a user's photos/videos and also to their stories. While this may seem like a good idea at the time, it can expose the location of your child. This is particularly more of a risk if it is on their story, as it is real time.

HIJACKED HASHTAGS

Like Twitter, hashtags are also an extremely prominent tool in Instagram and with that comes dangers for your child. One person may use a seemingly innocent hashtag with one particular thing in mind, and before you know it hundreds of people could be using the same hashtag for something inappropriate or dangerous that your child certainly shouldn't be exposed to.

INSTAGRAM TV

Instagram TV works similarly to YouTube. Users can watch videos from their favourite accounts on the platform, or create their own channel and post their own videos. It's important to note that anyone can create their own Instagram TV channel and you don't have to be friends with a person to follow an account and watch their videos. Ultimately, features are encouraging users to spend more time on the app, therefore it's important to set time limits and ensure their devices are not disturbing their sleep and performance at school.

Top Tips for Parents



REMOVE PAYMENT METHODS

If you are happy for your child to have a card associated with their Instagram account, we suggest adding a PIN which needs to be entered before making a payment; this will also help prevent unauthorised purchases. This can be added in the payment settings tab.

RESTRICT MESSAGES

If your child's account is not set to private, anybody can message them and reply to their stories. If they do wish to keep their account public, we strongly recommend changing the message reply settings to restrict who can message them.

USE A PRIVATE ACCOUNT

By default, any image or video your child uploads to Instagram is visible to anyone. A private account means that you have to approve a request if somebody wants to follow you and only people you approve will see your posts and videos.

FILTER INAPPROPRIATE COMMENTS

Instagram announced on 1st May that they now have an 'anti-bullying' filter on the app. This new filter hides comments relating to a person's appearance or character, as well as threats to a person's wellbeing or health. The filter will also alert Instagram to repeated problems so they can take action against the user if necessary. This is an automatic filter, but it can be turned off. Make sure this is turned on in the app's settings.

TURN OFF SHARING

Even though this feature will not stop people from taking screenshots, it will stop others being able to directly share photos and videos from a story as a message to another user. This feature can be turned off in the settings. We also recommend turning off the feature which automatically shares photos and videos from a story to a Facebook account.



SOURCES:
Status of Mind: Social media and young people's mental health | Life in Likes - Children's Commissioners Report | Google Play Store | <https://support.snapchat.com/en-US>
<https://help.instagram.com/> | <http://lybiatvnews.com/> - "The dangers of posting photos online"
<https://www.msn.com/en-gb/news/technology/instagram-posting-photos-online-article-1.1432134>
The Guardian.com: "Does sharing photos of your children on Facebook put them at risk?"
<https://www.theguardian.com/technology/2014/apr/21/children-privacy-online-facebook-photos/Christiededman.com:> "5 things you should know about hashtags and your kids"
<https://itunes.apple.com/gb/app/instagram/id389012527?mt=8>

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A whole school community approach to online safety
www.nationalonlinesafety.com
Email us at hello@nationalonlinesafety.com or call us on 0800 368 8061

The Importance of Getting a Good Night's Sleep:

[This link to information for parents and caregivers](#) from CHEO gives some valuable information on sleep in children and youth.

Tips for having a healthy sleep hygiene



Have a Safe and Happy Weekend Everyone!

Amanda and Dianne

11 December

Greetings Henry Larsen Families,

Here we are! It's almost the winter break! Time flies when you are learning and having fun. Our students have done so well with the new OPH protocols with the help of our wonderful team of educators to support them! Thank you to all families for your support and dedication to help us keep our school safe.

Food and Essential Items Drive Update:

Thank you everyone who donated to our food and essential items drive! Items for the Inuit Children's Centre were picked up today and the food drive items will go to the Orleans-Cumberland Resource

Centre next week. We were also able to raise \$130 on school cash online to donate directly to the OCRC food bank. We could not do this important work without the support of our families! THANK YOU!



So much food and essential items!!! (Even more not pictured)

Happy Hanukkah to all those who celebrate!



Next Week is Spirit Week:

Like Halloween we won't be able to have a traditional party where students share food, etc., but there are many creative ways that we can celebrate with our friends in a safe way. More information will be coming from your child's teacher about different activities happening next week. If your child would like to participate, here are our Spirit Week clothing themes:

Monday - **Wear RED**



Tuesday - Holiday Sweater or accessories

Wednesday - **Wear Green**


Thursday - Fancy Day


Friday - Wear your PJs!!

AGE RESTRICTION
13+

Snapchat is a photo sharing app for mobile phones and tablets. The app allows users to share images, videos and chat with friends. Users can share images and videos directly to specific friends, or through a 'story' shared with their entire friend list, which documents the previous 24 hours. In a study, Snapchat was ranked the 4th most negative app in terms of having an impact on young people's health and wellbeing, with children feeling that they can use the app Snapchat to "make you look pretty."





What parents need to know about SNAPCHAT

EXPOSING YOUR CHILD'S EXACT LOCATION

The 'Snap Map' lets you share your EXACT location in real-time through a map on the app. The user's location updates when the app has been opened on the device. There is a warning on the Snapchat website about uploading images and videos to 'Our Story', stating that "snaps you submit to 'Our Story' can still show up on the Map, no matter which location setting you choose!" When uploading to 'Our Story', your child's image or video could appear in "Search results and Stories on or off Snapchat - today or in the future."

LENS EXPLORER

The 'Lens Studio' on Snapchat gives users the freedom to use their imagination to design their own filters for themselves and others to use. Snapchat states that the lenses users create "must comply with our Lens Studio Submission Guidelines and Community Guidelines and must be appropriate for Snapchatters ages 13+." The 'Lens Explorer' in the app now enables users to choose from thousands of these creations to alter their snaps. Anyone can create a lens for Snapchat, which gives opportunities for age-inappropriate content to be uploaded.

SCREENSHOTS & SAVED MESSAGES

While Snapchat's gimmick is that all photos, videos and text disappear eventually, users still have the capability to screenshot or record anything which has been sent to them. Users may sometimes forget that screenshotting is possible and send a compromising image or message to somebody who they think they trust. They may also accidentally send an image or message to somebody who they do not trust. Simply by pressing and holding a message, the user is able to save a message they have received, which can be screenshotted or used against them at a later date.

SNAPSTREAKS & ADDICTION


'Snap Streaks' are gained when snaps have been sent back and forth consecutively between friends. The longer that snaps are sent between users, the longer the streak becomes. Furthermore, Snapchat rewards users who have achieved high Snap Streaks, by gifting emojis, adding incentives for users to keep the streaks. Children invest time into making their streaks as long as possible, which can put an incredible amount of pressure on both themselves and their friendships.

SEXTING

Due to 'Snaps' disappearing, (users can even send a one-second photo or video), Snapchat has become the chosen platform for children and young people to send sexually explicit images or 'selfies'. Once a photo/video has been screenshotted, or recorded using another device or software, this can lead to further dangers, such as blackmail and cyberbullying. It is illegal to make, possess, download, store and share sexual images, photos and videos of a person under the age of 18. This also includes any sexual images, photos and videos that a child may have taken of themselves. However, if a young person is found creating or sharing images, the police can choose to record that a crime has been committed, but taking formal action isn't in the public interest.

SNAP ORIGINALS

Through 'Snap Originals', users can watch content which has been created by Snapchat on the app, including comedy shows, drama, news and more. Additionally, there are new lenses and filters available, inspired by the 'snap originals' shows. This is another feature to encourage addiction.



Top Tips for Parents

THE RISKS OF SEXTING

It can be slightly awkward talking about this topic with your child, but if it helps them protect themselves, it is worth it. Talk to them about the consequences of sexting and make sure that they're aware of the risks. Ensure your child knows that 'Snaps' can be screenshotted. Teach them that if they post anything potentially embarrassing or harmful (either of themselves or someone else) it can have severe consequences as the message, image or video can be shared further.

REPORTING A STORY, LENS, FILTER, SNAP OR MESSAGE

If your child comes across inappropriate Snapchat content sent directly to them or in another person's story, advise them to report it immediately. This may include an inappropriate lens, filter, message or snap. To report an offensive lens, they should open the app and select the lens they want to report. An info button will appear above the lens. Click this, followed by the flag icon. This will send a report to Snapchat for further investigation. Reports can also be made on the Snapchat support website: support.snapchat.com.

USE 'GHOST MODE'

We highly recommend enabling 'Ghost Mode' on the app so that your child's location will no longer be visible to anyone on the 'Snap Map'. To enable this, go onto the Snap Map and tap the cog in the top-right corner. Here, change the setting to 'Ghost Mode'.

HOW TO DELETE A MESSAGE


Advise your child never to send any negative messages (or images through gallery in the chat on the app) as screenshots can still be taken. You should also advise your child to screenshot any negative comments they receive as the sender can also delete them. To delete a message, simply press and hold the sent message and press delete.


TURN OFF 'QUICK ADD'


'Quick Add' helps friends find each other on the app. This is based on mutual friends or if their number is in their phone book. Explain to your child that this feature can open up their profile to strangers. We highly recommend that your child turns off the 'Quick Add' feature. This can be done in the settings.

RESTRICT STORY VIEWS

Your child can add videos and images to their 'Story' throughout the day which will last for 24 hours. By default, anyone in a user's friends list can see their story. We recommend checking the privacy settings to ensure that this has not been edited. This can simply be done in the apps settings under the 'Who Can View My Story' section. The options to choose from are 'My Friends', 'Everyone' or 'Custom' - we suggest that it is set to 'My Friends'.







National Online Safety

A whole school community approach to online safety

www.nationalonlinesafety.com

Email us at hello@nationalonlinesafety.com or call us on 0800 368 8061

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Status of Mind: Social media and young people's mental health | Life in Likes - Children's Commissioners Report | Google Play Store | <https://support.snapchat.com/en-US> | <https://natsanity.net/snapchat-parent-review/> | BT.com | Independent.co.uk

A message from Mrs. Dunn:

I just wanted to say thank you to all those who purchased books at our very first Henry Larsen Virtual Book Fair.

Although it was not quite as exciting as an in-school fair, it was still fun to sit down and browse through the on-line selections, make choices and then have them arrive at your own house!! Our Henry Larsen families bought about \$1900 in books!! That translates into a little over \$380 in rewards which will go toward new books for our Library. Way to go Huskies!

Stay safe over the holidays Henry Larsen and happy reading,
Mrs. Dunn, Library Technician

Have a wonderful and safe weekend!

Amanda and Dianne

18 December

Greetings Henry Larsen Families,

We have been talking a lot about Gratitude this month at Henry Larsen ES. We are very fortunate to spend our days with your children! We had a busy week starting with the grade 3 hosting a google meet with the Mayor, an outdoor winter obstacle course for 6-8s, whole division BINGOs, art projects and Kahoots! We work hard and we play hard. We hope that everyone is looking forward to a change of routines and a little break, more time with family and hopefully more time outside in the fresh air.

Speaking of holidays, depending on your plans, please remember that you may be required to isolate following the break and before returning to school. Please check the **OPH website** for any direction on the need to self-isolate before returning to school in January. Here is the Ontario website <https://news.ontario.ca/en/release/59338/celebrate-the-holiday-season-safely>

Primary Play Structure Update:

We have been given notice that the wooden play structure in the primary yard will need to be replaced in the next 1-2 years. We will not only be looking for assistance in fundraising but, more importantly, we will be looking for help with the new design. We want to know what you and your children think the new structure should look like, and what features it should have. More information will come in the new year.

Virtual Night School:

Information can be found on the OCDSB website using [this link](#).

News from School Council:

The School Council would like to thank everyone who has made a Simply Giving donation this year. The winner of the cozy gift basket is Sarah Richards! We would like to wish everyone a happy and peaceful holiday season. Next Council Meeting is Monday January 4th at 7 pm via google meet. The

link will be sent by midday on Monday, January 4. Please find the minutes from the December meeting and the Agenda for the January meeting attached.

Tech tip of the week: What parents need to know about tiktok (see also the full page poster below):

https://protectkidsonline.ca/app/en/blog_201911_quick_guide_tiktok

Larsen Wear Update:

Henry Larsen Huskies wear is here!! Orders will be online only, using the link below. **The link will be live on December 22nd**, and ordering continues until January 9th. This is also open to our OCV Families who don't mind a curbside pick up at the school.

<https://vsp.net/boutique-henry-larsen/>

UP AND COMING

December 19 to January 3rd: Holiday. School closed

Monday, January 4: First day of school in 2021

Monday, January 4: School Council Meeting 7 pm via Google Meet- All are welcome!

Thursday January 21 : Virtual Kindergarten information Night

Friday, January 22: P.D. Day - no school for students - Report Card Writing Day

Have a safe and happy holiday! See you in the new year!

Take Care,
Amanda and Dianne





TikTok is a video-sharing social media app available on iOS and Android which lets users create, share, and view user created videos much in a similar manner to Facebook, Instagram and Snapchat. It's main draw, however, is that users can record and upload bite-sized looping videos of themselves lip-syncing and dancing to popular music or soundbites, often for comedic effect, which can then be further enhanced with filters, emojis and stickers. TikTok has been designed with the young user in mind and has a very addictive appeal. At the beginning of 2019 it skyrocketed in popularity to become the iOS store's most downloaded app with over 33 million downloads. Estimates suggest that it now has anything between 500 million and over 1 billion monthly active users worldwide.



What parents need to know about TIKTOK



MATURE CONTENT

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 laugh. 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 overtly 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.

INAPPROPRIATE MUSIC

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.

TIKTOK FAME

TikTok is very image focused and there is a notable preoccupation with appearing cool and attractive. Many teenagers now attempt to go viral and become what's known in-app as 'TikTok famous'. TikTok (and its predecessor musical.ly) has spawned its own celebrities – social media stars Loren Gray and Jacob Sartorius have been catapulted to fame through their initial exposure on the app. Obviously, most budding influencers looking to become the next big thing will be disappointed, but this may have the knock-on effect of making them go to more and more drastic lengths to get noticed.

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.

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.

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.



Safety Tips For Parents

TALK ABOUT ONLINE DANGERS

Assuming your child is above the age limit to use the app, make sure you also take the time to talk 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.

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.

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.

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.

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.

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.

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.



SOURCES:

www.nationalonlinesafety.com Twitter - @natonlinesafety Facebook - /NationalOnlineSafety

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