

# ALL SAINTS'

## CATHOLIC VOLUNTARY ACADEMY



Parent Bulletin – w/b 27/02/23

*Thought for the Week: 'May those who love the Lord, shine like the sun'.  
Judges 5:31*

### Reminders/information:

**All Saints' Way** - This week's All Saints' way theme continues to be Serve! Before half term we had a non uniform day to raise money towards the Lourdes Pilgrimage. A total of £763.50 was raised, and £729.50 of the grand total raised was donated electronically so thank you for your support with this.



### Rewards

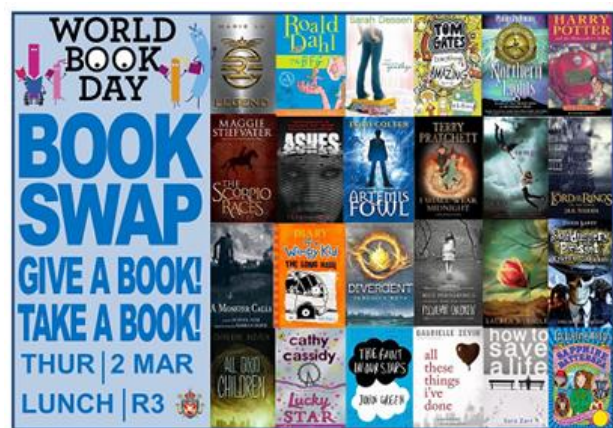
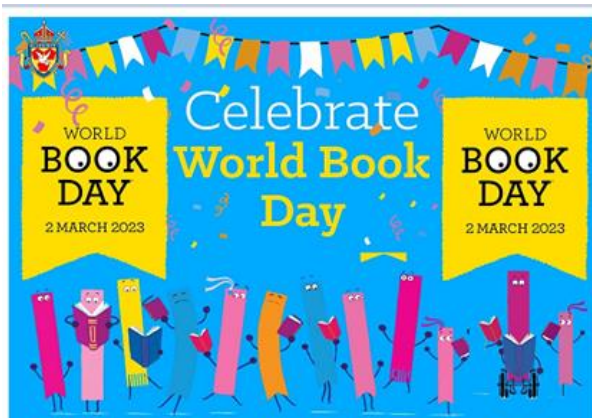
Before half term staff spent time completing praise postcards for Year 7-13. Over 1000 cards were completed and the Year Captains have been going around tutor groups to deliver the cards. Well done to all students who received them for their efforts in and out of class!

### Mock exams

We want to wish the Year 11s and 13s good luck for the mock exams starting this week. We hope that all of your hard work and revision pays off.

### World Book Day

On Thursday 2<sup>nd</sup> March we celebrate World Book Day. Activities include a story read to students throughout the day, a quiz at tutor time, a book swap at lunch time in R3 and various other activities. We hope students enjoy sharing a love of books!



## Online safety

Thank you for taking the time to complete the parent voice regarding online safety. We want to begin to support with some of the issues raised regarding online safety. Over the next half term, we want to share some feedback from both the parent and student surveys and give some top tips to support. In the student survey 39% of our students said they had made a comment in a group chat that upset someone else. This week we will be sending out some information discussing the risks of group chats. Please see the leaflet attached.

## Well-being:

### Personal Development:

- **Exam support** – this week Year 11 mock exams begin, with Y12 and 13 exams following in March. Below are some tips to support students both before, during and after the exam. Many of these tips are also relevant to any assessments that students from all year groups may do within lesson time (please ignore point 2):

#### >> Before exams

1. Eat healthily by having breakfast and plenty of fresh fruit and vegetables. Try to avoid junk food.
2. Avoid alcohol, cigarettes or too much caffeine as this won't help manage stress.
3. Get your eight hours sleep. Wind down before bed by putting away your mobile and tablet.
4. The key to lowering your stress is organisation and preparation. Going into an exam feeling confident because you've worked hard is going to be less stressful.
5. Manage your time. Make a realistic timetable. Stick to it. Everyone approaches revision in different ways so make sure you've chosen the method that works best for you.
6. Plan breaks and treats into your revision schedule in order to reward yourself. This includes exercise breaks.
7. Plan your social media breaks so that your phone is not interrupting your revision.
8. Learn to recognise when you are becoming stressed. A break or a chat with someone who knows the pressure you're under will get things into perspective.
9. Remember to focus on yourself not your friends, so avoid comparing your revision with that of your classmates.
10. Surround yourself with a group of people who will motivate you, and who you can talk to about your exam stress constructively.

#### >> During exams

11. If you feel yourself panicking during the exam, sit back for a moment and control your breathing.
12. Talk to the invigilator in the room if you fear you might have a panic attack.
13. Read the questions thoroughly and plan your answers to help you feel in control.

#### >> After exams

14. Remember to keep things in perspective and steer clear of any exam 'post-mortems'. It doesn't matter what your friends wrote as it's too late to go back and change your answers. Put it behind you – the best thing to do is focus on the next exam.
15. Remember that there is life after exams. Things might seem intense right now, but it won't last forever.
16. There will be a point when the exam is over, so working hard for a short time will pay off when you get your results and feel that achievement.

Please also find the attached resource that some students may find helpful – if they are putting too much pressure onto themselves, 'resist perfectionism'.

- **Wellbeing email address:** If you have any questions or specific concerns regarding your child's wellbeing then please email the address: [wellbeing@allsaints.notts.sch.uk](mailto:wellbeing@allsaints.notts.sch.uk)
- **Website links:** Please refer to our school website for any extra support: [Wellbeing - All Saints' Catholic Academy](#).

**Lent** - During Lent, the school is taking part in the CAFOD 'Big Lent Walk' to help support the work CAFOD is doing throughout the world. The hope is that each student is able to gain sponsorship for their walks and that this is donated directly to CAFOD via the link below: <https://cafod.org.uk/fundraise/big-lent-walk>

When registering please register for 'myself or my family' and then complete the form from that point onward.

Should you have any questions, please contact Mr Sheehan ([Sheehan.d@allsaints.notts.sch.uk](mailto:Sheehan.d@allsaints.notts.sch.uk))

**Upcoming events:** (details of each event will be sent out to parents nearer the time).

- **Monday 6<sup>th</sup> March** – Sixth Form careers week begins
- **Thursday 9<sup>th</sup> March** – Year 7 Progress Evening
- **Tuesday 21<sup>st</sup> March** – Year 10 Mock Interviews
- **Thursday 23<sup>rd</sup> March** – Year 9 Retreat Day
- **Thursday 30<sup>th</sup> March** – Year 9 DTP/ACWY vaccinations take place

# What Parents & Carers Need to Know about GROUP CHATS

56

64

## WHAT ARE THE RISKS?

Occurring through messaging apps, on social media and in online games, group chats are among the most popular ways that young people engage with their peers online. Involving, by definition, three or more individuals, these groups allow users to send messages, images and videos to everyone in one place. While they are useful for helping friends, people with shared interests or members of a club to communicate and coordinate activities, they can also leave young people feeling excluded and bullied – as well as providing opportunities for inappropriate content to be shared and viewed.

### BULLYING

Unkind comments or images which are purposely aimed at an individual can be shared freely in a group chat – allowing and often encouraging others to join in the bullying behaviour. If this content is shared in a group of their peers (especially a larger group), it serves to amplify the hurt, embarrassment, anxiety and isolation that the victim feels.

### SHARING GROUP CONTENT

It's important to remember that – while the content of the chat is private between those in the group – individual users can easily share a message, photo or video with others outside of the group or screenshot what's been posted. The risk of something your child intended as private becoming public (and potentially going viral) is higher if there are people they don't know well in the group.

### EXCLUSION AND ISOLATION

This common issue with group chats can happen in several ways: starting a new group, for instance, but deliberately excluding a certain child. Likewise, the chat may take place on an app which one child doesn't have access to, meaning they can't be involved. A child can also feel isolated when a group chat is used to discuss or share images from an event that everyone else but them attended.

### UNKNOWN MEMBERS

Within larger group chats, it's more likely your child will be communicating with people they don't really know. These strangers may be friends of the host, but not necessarily friendly toward your child. It's wise for young people not to share personal details and stay aware that they have no control over the messages and images they share after they've put them online.

### INAPPROPRIATE CONTENT

Some discussions in group chats may include inappropriate words, swearing and unsuitable images or videos. These could be viewed by your child if they are part of that group, whether they actively engage in it or not. Some chat apps have a disappearing message function, so your child may be unable to report something they've seen because it can only be viewed once or for a short time.

### NOTIFICATIONS AND FOMO

A drawback of large group chats is the sheer number of notifications. Every time someone in the group messages, your child's device will be 'pinged' with an alert: potentially, this could mean hundreds of notifications a day. Not only is this highly distracting, but young people's fear of missing out on the latest conversation results in increased screen time as they try to keep up with the chat.

74

## Advice for Parents & Carers

117

### CONSIDER OTHERS' FEELINGS

Group chats are often an arena for young people to gain social status. This could cause them to do or say things on impulse, which could upset others in the group. Encourage your child to consider how other people might feel if they engaged in this behaviour. If your child does upset a member of their group chat, support them to reach out, show empathy and apologise for their mistake.

### GIVE SUPPORT, NOT JUDGEMENT

Remind your child that they can confide in you if they feel bullied or excluded in a group chat, instead of responding to the person who's upset them. Validate their hurt feelings and help to put them back in control by discussing how they'd like to handle the situation. On a related note, you could also empower your child to speak up if they're in a chat where others are being picked on.

### BLOCK, REPORT AND LEAVE

If your child is in a chat where inappropriate content is being shared, advise them to block the users sending the material, report them to the host app or platform and exit the group. If any of this content could be putting a minor at risk, contact the police. Emphasise to your child that it's OK for them to simply leave any group chat that they don't feel comfortable being a part of.

### PRACTISE SAFE SHARING

In any online communication, it's vital for young people to be aware of what they're sharing and who might potentially see it. Discuss the importance of not revealing identifiable details like their address, their school or photos that they wouldn't like to be seen widely. Remind them that once something is shared in a group, they lose control of where it may end up and how it might be used.

### AVOID INVITING STRANGERS

Sadly, many individuals online hide their true identity to gain a child's trust – for example, to gather information on them, to exchange inappropriate content or to coax them into doing things they aren't comfortable with. Ensure your child understands why they shouldn't add people they don't know to a group chat – and, especially, to never accept a group chat invitation from a stranger.

### SILENCE NOTIFICATIONS

Having a phone or tablet bombarded with notifications from a group chat can be a massive irritation and distraction – especially if it's happening late in the evening. Explain to your child that they can still be part of the group chat, but that it would be healthier for them to turn off or mute the notifications and catch up with the conversation at a time which better suits them.

## Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



**NOS**  
National Online Safety®  
#WakeUpWednesday

Sources: [https://www.thetechreport.com/1\\_18/its-talk-about-existing-online-group-chats/](https://www.thetechreport.com/1_18/its-talk-about-existing-online-group-chats/) <https://www.ncsc.org.uk/keeping-children-safe/online-safety/social-media/chat-apps/>

# Resist perfectionism

Getting ready for exams can be overwhelming, and you will always be your worst critic during your preparation. It is important to remember that not everything needs to be perfect during this period, and trying to achieve perfection can impact how you feel. Spend a few moments each day to reflect on how things are going:

## What are my roadblocks?

- *"I'm scared of stopping after only one hour of revising. I need to work harder".*

## Practice self-talk?

- *"Short-term, a break might make me feel anxious, but in the long-term, I will feel better".*

## What I can do next?

- *"I'll stop after one hour. Talk to my best friend. Then go again".*



What are my roadblocks?

---

---

---

Practice self-talk?

---

---

---

What I can do next?

---

---