

ALL SAINTS'

CATHOLIC VOLUNTARY ACADEMY



Parent Bulletin – w/b 08/05/23

Thought for the Week: “Rejoice in hope, endure in affliction, persevere in prayer” — Romans 12:12.

Reminders/information:

All Saints' Way - This week's All Saints' Way theme continues to be Think! This week Mr Cuomo is leading our liturgical prayer looking at inspirational women and asking students to think about how they can be exceptional role models to all.



Year 9 Football Team success - congratulations to the Year 9 football team. They represented the school last week in the quarter finals of the town cup, beating Quarrydale convincingly with a 4-1 victory. Well done to all involved!

Conduct Awards - well done to the tutor groups who won the best conduct award. The pizza reward will take place this week for 7LMR, 8CHT, 9BDS, 10DDH and 11ANS. Enjoy!

Online Safety - during the online safety student voice, some of our students said they had received inappropriate messages online. When we explored this in more detail it seems this happens on a range of platforms, but WhatsApp and Snapchat were the most frequent. This week we want to share some tips about how to start conversations about cyberbullying at home as well as information about Snapchat and WhatsApp. Both these platforms have age restrictions 13 for snapchat and 16 for WhatsApp. Please see leaflets attached.

Personal Development:

BeSafeBeSound public and community safety resource - We have been asked to share the following notification to raise awareness of how to increase public and community safety and know what to do if you see or hear something that doesn't seem quite right. This links to being safe when on holiday, at sporting events and live music festivals.

BeSafeBeSound link: <https://www.counterterrorism.police.uk/safetyadvice/>

Mental health and wellbeing resources: please find attached at the end of this bulletin, a document highlighting some recommended books to support both students and parent/carers with specific mental health conditions. We also include a document from our website, suggesting a range of websites and apps support below.

Organisation name	Website	Support offered
Young Minds	https://youngminds.org.uk/	General guidance and information regarding mental health
Harmless	https://harmless.org.uk/	Offer online support for young people and families experiencing self-harm concerns.
Calm Harm	https://calmharm.co.uk/#/owl	Online App which provides tasks to help resist or manage the urge to self-harm.
Kooth	https://www.kooth.com/	Information and support for mental health and wellbeing. Online counselling available
CASY Counselling	https://www.casy.org.uk/	A registered charity offering support and counselling for young people.
NSPCC	https://www.nspcc.org.uk/keeping-children-safe/	Support and tips to help you keep children safe. From advice on children's mental health to staying safe online, support for parents and what to do if you're worried about a child.
Childline	www.childline.org.uk	Charity run organisation which offers information & support for children's wellbeing
Children's Society	https://www.childrensociety.org.uk/	Information and guidance regarding mental health and wellbeing
Samaritans	https://www.samaritans.org/	Offer confidential emotional support at any time calling 116 123 or emailing jo@samaritans.org
Time to Change (led by Mind and Rethink Mental Illness)	https://www.time-to-change.org.uk/about-mental-health/support-someone	Mental Health support, Information & resources for young people, parents and carers
MindEd	https://www.mindedforfamilies.org.uk/young-people	Offers advice, information and support on mental health issues for Parents/Carers

Careers update:

Future talent programme: [FUTURE TALENT PROGRAMME : The British Beauty Council](#)

The British Beauty Council is dedicated to ensuring **clear and diverse beauty career pathways** are promoted to young people. Through this work it aims to maintain a continuous flow of **new talent** into the sector which will maintain the UK beauty industry's global reputation at the cutting edge of innovation.

In order to do so, The British Beauty Council and **STEM Learning** and **Careers and Enterprise** are collaborating to develop the **first dedicated beauty-related resource** for secondary schools, showcasing and demonstrating the enriching careers across the beauty and STEM sector. The films in the link above highlight opportunities in cosmetic science, fragrance, sustainability and technology.

Well-being:

- **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
- **Website links:** Please refer to our school website for any extra support: [Wellbeing - All Saints' Catholic Voluntary Academy - Mansfield](#)

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

- **Monday 15th May** – Year 9 exams begin
- **Monday 22nd May** – Year 10 Progress Evening and Year 12 Work Experience week
- **Friday 26th May** – Last day of term. School reopens on Monday 5th June.

What Parents & Carers Need to Know about

HOW TO COMBAT ONLINE BULLYING

Defined as "ongoing hurtful behaviour towards someone online", cyber-bullying makes its victims feel upset, uncomfortable and unsafe. In the digital world, it has numerous forms – such as hurtful comments on a person's posts or profile; deliberately leaving them out of group chats; sharing embarrassing images or videos of someone; or spreading gossip about them. Cyber-bullying can severely impact a young person's mental health – so, in support of Anti-Bullying Week, we've provided a list of tips to help trusted adults know what to look for and how to respond to it.

1. GET CONNECTED

Playing online games together with your child or connecting with them on social media (providing they're old enough) is not only fun but also an excellent way of establishing some common ground to discuss things you've both seen or done online – as well as keeping an eye on who your child is communicating with in the digital world.

2. KEEP TALKING

Regular chats with young people about their online lives are good practice in general, but they can also be an excellent refresher to help prevent cyber-bullying situations. Topics you might want to revisit include why it's important to only connect online with people you know and trust, and why passwords should always remain secret (even from our best friends).

3. STAY VIGILANT

Observe your child while they're using technology and just after they've used it. Are they acting normally, or out of character? Possible signs of a problem may include seeming quiet or withdrawn, jumpy or anxious, angry or repeatedly checking their phone. When you feel it's the right time, you may want to check in with them to see if everything is OK.

4. MAKE YOURSELF AVAILABLE

If an online bullying incident does occur, it may take a while before your child is ready to open up about what happened. Just gently remind them that they can always come to you with any problems – and that they won't be in trouble. You might also suggest a trusted family member they could turn to, in case they feel too embarrassed to tell you directly.

5. BE PREPARED TO LISTEN

When conversations about online bullying do take place, they're likely to be difficult, emotional and upsetting for both you and your child. Actively listen to your child while they're bringing you up to speed, and try not to show any judgement or criticism – even if they haven't dealt with the situation in exactly the way you would have hoped.

FURTHER SUPPORT AND ADVICE

If you or your child need additional help with an online bullying issue, here are some specialist organisations that you could reach out to.

Childline: talk to a trained counsellor on 0800 1111 or online at www.childline.org.uk/get-support/

National Bullying Helpline: counsellors are available on 0845 225 5787 or by visiting www.nationalbullyinghelpline.co.uk/cyberbullying.html

The NSPCC: the children's charity has a guide to the signs of bullying at www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/ and can be reached on 0800 800 8000

6. EMPOWER YOUR CHILD

Depending on their age, your child might not want a parent "fighting their battles for them". In that case, talk through their options with them (blocking the perpetrator, deleting the app and so on). By allowing your child to choose the path they take, you're putting them in control but are also demonstrating that you're there to support them along the way.

7. REPORT BULLIES ONLINE

Cyber-bullying often takes place through a particular app, social media platform or online game. If this is happening to your child, encourage them to report the offender to the app or game in question – ideally with screenshots to support their complaint. Most games and apps have reporting tools specifically to stamp out abusive behaviour and protect users.

8. ENCOURAGE EMPATHY

Protecting themselves online is the priority, of course, but young people should also feel empowered to help if they witness other people falling victim to cyberbullying. Even if they don't feel confident enough to call someone out on their abusive behaviour online, they can still confidentially report that person to the app or game where the bullying occurred.

9. SEEK EXPERT ADVICE

Victims of online bullying frequently experience feelings of isolation and anxiety, a loss of self-esteem and potentially even thoughts of self-harm or suicide. If you think that an incident of cyber-bullying has affected your child's mental wellbeing, then seek psychological support for them. There are some useful contact details in the central panel below.

10. INVOLVE THE AUTHORITIES

If the nature of any online bullying makes you suspect that your child is genuinely in imminent physical danger – or if there are any signs whatsoever of explicit images being shared as part of the bullying – then you should gather any relevant screenshots as evidence and report the incidents to your local police force.

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.



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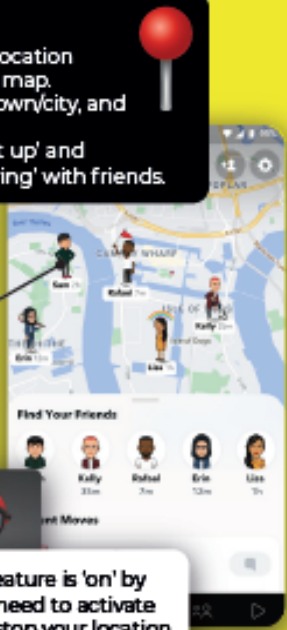
STREAKS, MEETS, AND SNAPS

YOUR HOW-TO GUIDE TO SNAPCHAT FEATURES

SNAPCHAT is a social media platform used to share customisable photos, messages, and short-form videos referred to as 'Snaps' which can disappear after 24 hours. But this app isn't only for turning your messages into ghosts. It has a multitude of features that keep it fresh and current with young people today.

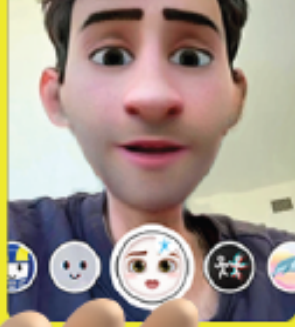
SNAP MAP

- Shows real time location on an interactive map.
- Includes street, town/city, and building names.
- Options for 'meet up' and 'live location sharing' with friends.



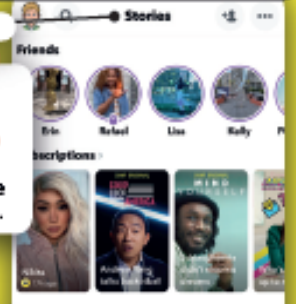
FILTERS

- A moving image 'overlayed' onto pictures and videos.
- Can range from colour changing to face/setting altering.
- A popular way for users to express themselves.



STORIES

- Personalised images or videos on your profile.
- Can be seen by select friends, all friends, or wider public.
- Posts will last for 24 hours before disappearing forever.



NEVER FORGET
If you want to stop a snap or story from disappearing, it can be archived in 'Memories' to be timestamped and reshared.

DID YOU KNOW...

Snapchat is the original disappearing messages app! It's been around since 2011.



CAUTION: This feature is 'on' by default. You will need to activate 'Ghost Mode' to stop your location from appearing on the map.

DISCOVER

DISCOVER

- A live news feed featuring Snapchat's chosen publishers.
- Wall Street Journal, ESPN, and others are included.
- Influencers and brands are also featured.



SNAPSTREAKS

- Achieved when two users send messages daily for 3 or more days.
- Once reached, a flame emoji appears next to the friend's username.
- The number of days will appear as well to show how long the streak is.



SPOTLIGHT

- Short form videos used for viral video content.
- Users can like, reply, and share with friends on Snapchat.
- Videos cannot be downloaded or shared to other platforms.



THE PUBLIC EYE

Snapchat accounts must be 'public' to create Spotlight videos. This feature can be viewed and accessed by all users.



ALL ABOUT SNAPCHAT+

Snapchat launched a premium option for its platform called 'Snapchat+' in June 2022 across the world. Described as having 'exclusive, experimental and pre-release features', this paid version costs £3.99 per month and includes:



- 'Ghost Trails' - see up to 24 hours of a friend's shared location history.
- 'Story Rewatch Indicator' - view which users have rewatched a story.
- 'Friend Solar System' - use planetary order to highlight friendships.



RISKS, RISKS, AND MORE RISKS

- AGE VERIFICATION** - there is currently no effective process to verify user age.
- STRANGER DANGER** - 'friending' users is easy and opens up direct contact.
- SCREENTIME OVERLOAD** - trends like 'Snapstreaks' could encourage bad habits.
- CYBERBULLYING** - disappearing messages may give bullies extra ammo online.
- EXPLICIT INTERACTIONS** - users may feel more comfortable 'sexting' others.
- PRESSURE** - users might experience pressure to send nude imagery to others.

'DISAPPEARING' DANGER

Just because images and videos 'disappear' within 24 hours doesn't mean that other users can't save them. Even though Snapchat tells you when another user screenshots your message, it does not consider secondary devices or video capturing software being used to record photos or videos.



TOP TIPS

TALK ABOUT ONLINE FRIENDSHIP CULTURE.
Remind young people that they should only ever share personal details with trusted friends who they know in-person.

TURN ON PRIVACY SETTINGS.
Explain the importance of protecting their privacy on apps where others may have access to their profile and their real-time location.

DISCUSS WHAT NOT TO SHARE WITH OTHERS.
By talking through the false security of 'disappearing' messages, you can help them feel more confident saying 'no.'

REMINDE THEM WHO THEY CAN TALK TO.
Check that your young person knows who their trusted adults are and that they can turn to them if something happens.

What Parents & Carers Need to Know about WHATSAPP

UK AND EUROPE
16+
12+ REST OF THE WORLD

WhatsApp is the world's most popular messaging service, with around two billion users exchanging texts, photos, videos and documents, as well as making voice and video calls. Its end-to-end encryption means messages can only be viewed by the sender and any recipients; not even WhatsApp can read them. Updates to its privacy policy in 2021 (involving sharing data with parent company Facebook) caused millions to leave the app, but the new policy was widely misinterpreted – it only related to WhatsApp's business features, not to personal messages.

WHAT ARE THE RISKS?

SCAMS

Fraudsters occasionally send WhatsApp messages pretending to offer prizes – encouraging the user to click on a link to win. Other common scams involve warning someone that their WhatsApp subscription has run out (aiming to dupe them into disclosing payment details) or impersonating a friend or relative and asking for money to be transferred to help with an emergency.

DISAPPEARING MESSAGES

Users can set WhatsApp messages to disappear in 24 hours, 7 days or 90 days by default. Photos and videos can also be instructed to disappear after the recipient has viewed them. These files can't be saved or forwarded – so if your child was sent an inappropriate message, it would be difficult to prove any wrongdoing. However, the receiver can take a screenshot and save that as evidence.

ENABLING FAKE NEWS

WhatsApp has unfortunately been linked to accelerating the spread of dangerous rumours. In India in 2018, some outbreaks of mob violence appear to have been sparked by false allegations being shared on the app. WhatsApp itself took steps to prevent its users circulating hazardous theories and speculation in the early weeks of the Covid-19 pandemic.

POTENTIAL CYBERBULLYING

Group chat and video calls are great for connecting with multiple people in WhatsApp, but there is always the potential for someone's feelings to be hurt by an unkind comment or joke. The 'only admins' feature gives the admin(s) of a group control over who can send messages. They can, for example, block people from posting in a chat, which could make a child feel excluded and upset.

CONTACT FROM STRANGERS

To start a WhatsApp chat, you only need the mobile number of the person you want to message (the other person also needs to have the app). WhatsApp can access the address book on someone's device and recognise which of their contacts also use the app. So if your child has ever given their phone number to someone they don't know, that person could use it to contact them via WhatsApp.

LOCATION SHARING

The 'live location' feature lets users share their current whereabouts, allowing friends to see their movements. WhatsApp describes it as a "simple and secure way to let people know where you are." It is a useful method for a young person to let loved ones know they're safe – but if they used it in a chat with people they don't know, they would be exposing their location to them, too.

Advice for Parents & Carers

CLICK HERE

CREATE A SAFE PROFILE

Even though someone would need a child's phone number to add them as a contact, it's also worth altering a young person's profile settings to restrict who can see their photo and status. The options are 'everyone', 'my contacts' and 'nobody' – choosing one of the latter two ensures that your child's profile is better protected.



EXPLAIN ABOUT BLOCKING

If your child receives spam or offensive messages, calls or files from a contact, they should block them using 'settings' in the chat. Communication from a blocked contact won't show up on their device and stays undelivered. Blocking someone does not remove them from your child's contact list – so they also need to be deleted from the address book.



REPORT POTENTIAL SCAMS

Young people shouldn't engage with any message that looks suspicious or too good to be true. When your child receives a message from an unknown number for the first time, they'll be given the option to report it as spam. If the sender claims to be a friend or relative, call that person on their usual number to verify if really is them, or if it's someone trying to trick your child.



LEAVE A GROUP

If your child is in a group chat that is making them feel uncomfortable, or has been added to a group that they don't want to be part of, they can use WhatsApp's group settings to leave. If someone exits a group, the admin can add them back in once; if they leave a second time, it is permanent.



THINK ABOUT LOCATION

If your child needs to use the 'live location' function to show you or one of their friends where they are, advise them to share their location only for as long as they need to. WhatsApp gives a range of 'live location' options, and your child should manually stop sharing their position as soon as it is no longer needed.



DELETE ACCIDENTAL MESSAGES

If your child posts a message they want to delete, WhatsApp allows the user seven minutes to erase a message. Tap and hold on the message, choose 'delete' and then 'delete for everyone.' However, it's important to remember that recipients may have seen (and taken a screenshot of) a message before it was deleted.



CHECK THE FACTS

You can now fact-check WhatsApp messages that have been forwarded at least five times, by double-tapping the magnifying glass icon to the right of the message. From there, your child can launch a Google search and decide for themselves whether the message was true or not.



Meet Our Expert

Parveen Kaur is a social media expert and digital media consultant who is passionate about improving digital literacy for parents and children. She has extensive experience in the social media arena and is the founder of Kids N CBcs: a web resource that helps parents and children thrive in a digital world.

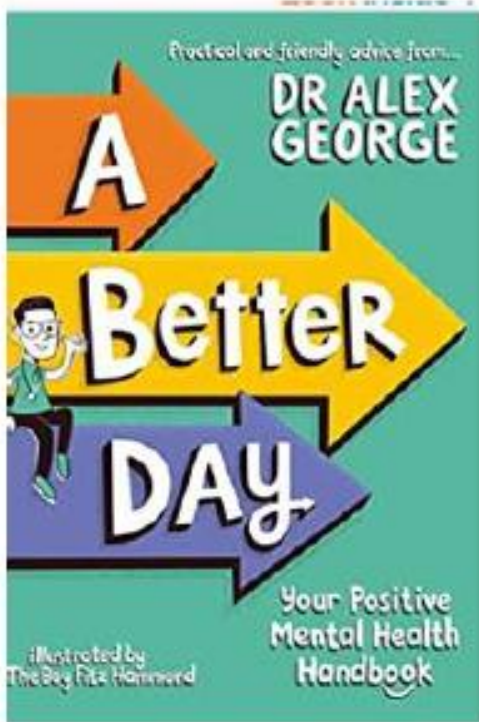


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MH and wellbeing

Recommended books to support both parents/carers' and students.

[A Better Day: Your Positive Mental Health Handbook : George, Dr. Alex: Amazon.co.uk: Books](https://www.amazon.co.uk/dp/1782434444)

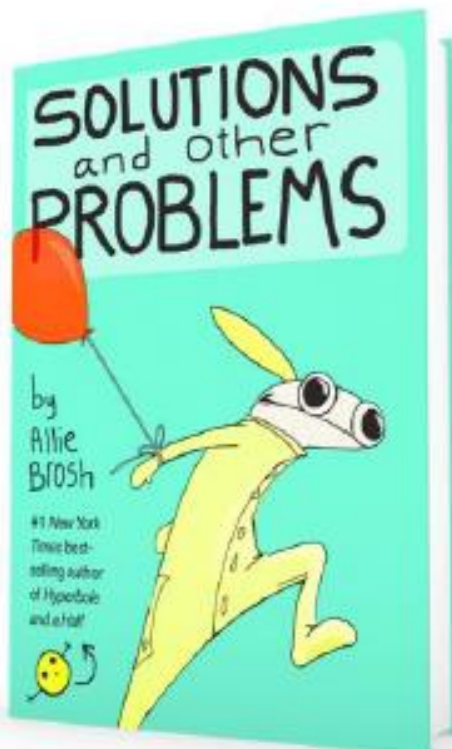


What if we could think of mental health in a positive way? Sweep away the rain clouds. Talk about what's on our minds. And care for our mental health in the same way we look after our bodies.

In this empowering and hopeful handbook, Youth Mental Health Ambassador Dr. Alex George is here to show us how.

A Better Day is a positive, accessible and practical toolkit guiding young readers in how they can care for their mental health with confidence.

[Solutions and Other Problems | Allie Brosh \(simonandschusterpublishing.com\)](https://www.simonandschusterpublishing.com/author/allie-brosh)



For the first time in seven years, Allie Brosh, the creator of the immensely popular blog 'Hyperbole and a Half' and #1 New York Times bestselling author, returns with her new collection.

Solutions and Other Problems includes humorous stories from Allie Brosh's childhood; the adventures of her very bad animals; merciless dissection of her own character flaws; incisive essays on grief, loneliness, and powerlessness; as well as reflections on the absurdity of modern life.

This full-colour, beautifully illustrated edition features all-new material with more than 1,600 pieces of art. Solutions and Other Problems marks the return of a beloved American humourist who has "the observational skills of a scientist, the creativity of an artist, and the wit of a comedian" (Bill Gates).

[The Parent's Guide to Self-Harm: What parents need to know: Amazon.co.uk: Smith, Jane: 9780745955704: Books](https://www.amazon.co.uk/dp/1782434444)