

ALL SAINTS'

CATHOLIC VOLUNTARY ACADEMY



Parent Bulletin – w/b 15/05/23

Thought for the Week: 'Make up your mind today that today will be a good and pleasing step toward God's perfect will for your life'

Reminders/information:

All Saints' Way - This week's All Saints' Way theme is Show Pride! We could not be prouder of our Year 11 and Year 13 students starting their GCSE and A Level exams this week. They have worked so hard and we wish them every success in all exams and encourage them to try their best and show their full potential. Year 11 celebrated with a Mass last Friday which was a wonderful time to come together to reflect on their 5 years at All Saints' and wish them luck with this next stage of their journey.



House competition

Next year we will be changing our House system in school and each year group will be linked to a House and a Saint. The students in each year group will have a Catholic role model to aspire to throughout their school journey. The 6 Houses and Saints will be:

Industria (Hardworking) Oscar Romero
Caritas (Charity) Mother Teresa
Fortitudo (strength) St Maximilian Kolbe
Vocare (vocation) St. Therese of Lisieux
Servio (serve) St. Josephine Bakhita
Fidem (faith) Blessed Carlo Acutis

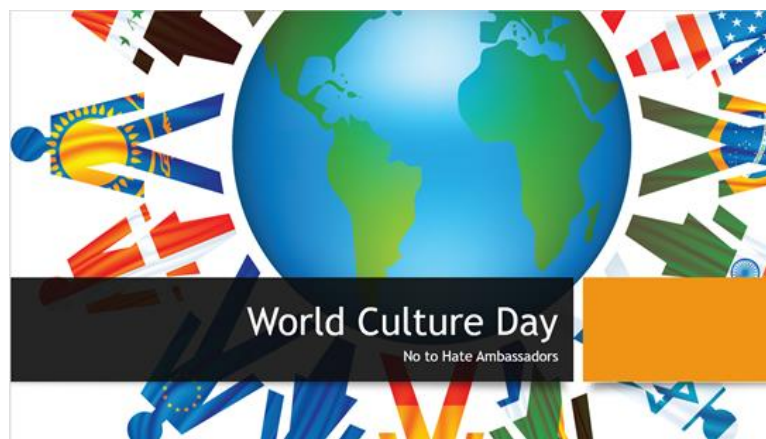
Students voted for the Saints for the new Houses and now we need students to design new House badges for Servio and Fidem, plus we would like students to write prayers for each House. The competition is being launched Monday 15th May and students need to submit their entries to reception by Wednesday 24th May.

Chess Tournament

One of our sixth formers organised a chess tournament to raise money for Lourdes. This has been really well attended and we are now at the Semi-Finals, Bronze, Silver and Gold Matches. These are taking place in the Chapel 15th to 19th May at lunchtime. It would be good to see as many students coming to support and making a small donation to the Lourdes fund.

World Culture Day

On Friday 26th May we are celebrating World Culture Day. This will be a non-uniform day, and we encourage students to come to school in your cultural clothing, or something that represents your culture. We will be asking for a £1 donation, which will go towards making our school more inclusive for all. Each lesson will start with a slide about different aspects of culture to develop knowledge and reflect throughout the day. The canteen at lunch time will be serving a range of food, from Monday exploring different cultures. Why not try something new!



Attendance

It is important for your child to regularly attend school for a variety of reasons - the learning and social skills developed, and for their confidence and self-esteem. Obviously, your child may miss school due to sickness or a hospital appointment, but holidays should not be taken in term time. There are very few reasons a Headteacher can authorise a child being off school. Unauthorised absences may result in a penalty notice being given which is currently £120 (or £60 if paid within 28 days).

We also have a few children coming into school after 8.55am. Being late for school causes significant disadvantages to children. They not only miss the introduction to the lesson, but also the opportunity to meet and socialise with classmates before lessons begin. Children coming into class late causes disruption to the whole class and regular lateness may well result in your child being unable to reach their full potential.

Period 1 starts at 8.55am. If your child arrives to school after this time, then they will receive late mark and potentially a lunch detention or afterschool detention. This does not include students late due to the school buses.

If your child is going to be absent, please inform school using the Arbor App providing full details or by calling 01623 474700 and press 1 for pupil absence. A phone call or home visit will be made if we have not received any information that explains your child's absence by 9.30am.

Online safety

From the online safety survey, students at All Saints' said they follow influencers. Some influencers can be harmless and fun however influencers can cause some risk depending on the nature of the content they share and promote. Some of the more popular influencers amongst our students include KSI, Mr Beast, Andrew Tate and Sidemen. It is always worth having access to your child's social media accounts to be able to explore the content they access from influencers. Further information is attached at the end of this bulletin to give you top tips and discuss the risks influencers can pose in more detail.

Year 11 prom

Please note the date for the Year 11 Prom is **Friday 30th June**. It is being held at the John Fretwell Centre, Sookholme Road, NG19 8LL. The Prom starts at 7pm and finishes at 10.30pm. We are looking forward to celebrating with the students.

Student Cards

Please encourage your child to make sure they take their student card to the dining room when purchasing food at break and lunchtimes to avoid delays. We recommend that students keep their card in their school bag so they don't forget it on PE days. If your child needs a replacement card they must go to the IT office and pay £1. Thank you.

Personal Development:

Mental Health Awareness Week, 15th-21st May. The Theme this year is 'Anxiety'. Anxiety is a normal emotion in us all, but sometimes it can get out of control and become a mental health problem. Please find the attached document of how to cope with feelings on Anxiety. The link below will also take you to the official website for this week.

[Mental Health Awareness Week 2023 | Mental Health Foundation](#)

Careers update:

Amazing Apprenticeships are a leading organisation in the education sector, founded to tackle misconceptions about apprenticeships and promote the benefits. Click the link to find more.

[Amazing Apprenticeships](#).

If you would like us to share anything specific regarding careers, please let us know via the admin@allsaints.notts.sch.uk email address.

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 and 11 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.

Part of our Gaming & Gambling Series



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What you need to know about... **GAMING STREAMERS & INFLUENCERS**



What are they?

'Gaming Streamers & Influencers'

Streamers are people who stream themselves gaming, drawing, making things etc. for people to watch on the internet. Usually this will be done live, and others are able to chat with them in real time while they do so. Influencers are social media stars who hold influence over the people that follow them. Like a kind of trend-setter or taste-maker, who companies often pay to promote their products. A streamer could also be considered an influencer in their chosen area.

JADAGAMING

LIVE



Know the Risks

Adult Content

Many streamers use platforms such as Twitch or YouTube to broadcast themselves. YouTube for example, is only for ages 13+ (YouTube Kids is for under 13s) and may contain a lot of other adult content. Streamers themselves, may be unsuitable for younger audiences with the kind of content they make, and with many opting to stream live, anything can – and does – happen.

Authenticity Risk

A lot of streamers will have some kind of sponsorship deal in place with a company trying to sell their products to an audience. When the audience is mostly younger viewers, they may not realise that streamers are getting paid to promote a product and may not necessarily have their best interests in mind.

Bullying and hate

While some streamers do employ moderators to try and combat hateful comments or bullying in the comments sections, they can still be very hectic. Hateful language is quite common, and people looking to groom children or engage in online bullying behaviour could frequent the live chats.

Subscriptions

Streamers also make money through subscriptions on websites like Twitch, where fans will donate them a small amount as little as often as they like. Called 'bits', they can be bought in bundles of varying prices which can be gifted to streamers via 'cheers'. Children could buy these 'bits' in large amounts without realising what they're doing, leaving a big bill behind.

Safety Tips

- Discuss what's real online**
Be sure to teach kids the difference between what's real and honest, or fake and untrustworthy online. Photo shopping fake images and videos and bragging about the lives online is unfortunately quite commonplace so it is difficult to tell what is real or fake. People with large followings can be promoting unhealthy or unsustainable lifestyles to children to boost their own online influence.
- Use Filters**
There are filters that can be put in place to block out a lot of adult content on streaming sites. Just make sure you have access to children's accounts so you can set the parameters and keep track of what they're seeing yourself. Usually, parental controls will be located in the settings portion of an account's menu.
- Check age settings**
Both YouTube and Twitch state that they are not suitable for children under 13 years old, but other sites might be different. YouTube Kids, for example, is for ages 13 and under, and offers much of the same kid-friendly content that YouTube does without the risk of running into something improper.
- Affiliate links**
Keep an eye out for affiliate links in social media posts and tags like #ad. UK influencers have to follow the CAP Code for advertising standards, but many don't. It can be hard to tell who's working through legitimate channels because it's almost impossible to regulate. Many streamers encourage fans to buy merchandise through online shops and stores.

Action & Support

- Name check streamers**
If your child has begun showing an interest in a streamer or influencer, check their names on Google. Some popular streamers have been discovered flouting industry regulations and using their young audiences to enhance their personal wealth through scams whilst others may swear on streams or promote drinking, substance abuse or links to gambling sites they operate to their young audiences.
- Talk to your child**
Initiate an open dialogue with your child about the kind of content they're consuming online. Ask about their favourite streamers and whether they like their personalities or the games they play and the community they have. Also remind them about what they should and shouldn't be sharing about themselves online and that just because social media stars do it, it can also be damaging.
- Block and report**
If you suspect a streamer might be taking advantage of their audience, or worse grooming children in any way, and have irrefutable evidence, do not hesitate to block and report them. First, block your child from being able to view their content and alert other parents to your concerns. Go immediately to the police or local authorities with the evidence of what you've seen.

Our Expert

Mark Foster



Mark Foster has worked in the gaming industry for 5 years as a writer, editor and presenter. He is the current gaming editor of two of the biggest gaming news sites in the world, UNILAD Gaming and GAMINGbible. Starting gaming from a young age with his siblings, he has a passion for understanding how games and tech work, but more importantly, how to make them safe and fun.



Social media influencers are people who have established credibility in a specific industry and have the power to influence other people's decisions. Most commonly associated with YouTube and Instagram, 'influencers' will usually have a large number of followers and be viewed as authentic by their audience. It is for this reason that many influencers are often paid by big companies to promote their products in the hope of persuading their followers to purchase those goods.



What parents need to know about SOCIAL PRESSURES LINKED TO 'INFLUENCERS'



AN UNREALISTIC PERCEPTION OF BODY IMAGE

Some of the most popular social media influencers often depict themselves as having the 'perfect body' and are paid to promote items such as health supplements or swimwear, which young people believe can help them achieve the same look. What is not always realised is that these images can be edited or filtered and aren't always a true-life representation. Your child may feel like this is what they need to look like and in some cases, become obsessed with their body image, which could contribute towards a lower self-esteem or even becoming depressed if they can't achieve the same look.



BECOMING UNREALISTIC ROLE MODELS

As children become more and more involved on social media and identify who their favourite people are to follow, they may come to see social media influencers as role models, particularly if they are attracted by the lifestyle they see online. This could lead them into developing potentially unrealistic expectations of life and in some cases, using their role models as an escape from reality, particularly if they feel like they're own life isn't very fulfilling.



ENCOURAGING BAD HABITS

Although many social media influencers will get paid to advertise brands and their products, they will also post their own material online too, usually depicting their daily life or an activity for example. This may have both desirable and undesirable consequences, with influencers able to inspire both good habits, such as healthy eating, exercise or kindness. However it may also encourage children to adopt bad habits, such as drinking, smoking, swearing or even criminal behaviour, particularly if these are seen to be endorsed by the influencer.



THE NEED TO HAVE EVERYTHING

Many social media influencers will take photos or videos of themselves wearing the latest fashion or jewellery which companies want them to promote. They may also be provided with the latest gadgets to promote or, if they are children, toys to play with in order to persuade their followers to purchase them. Many children will be keen to buy these items in order to keep up with the latest trends however if they get left behind, they could be made to feel inadequate or inferior by other children who do have them.



AUTHENTICITY OF ENDORSEMENTS

Social media influencers hold a lot of persuasion with their audience and are often looked up to by younger followers. Many children will see them as credible, authentic and trust what they see online. However, some influencers may not always believe in the product they are promoting and therefore can mislead their followers, abusing their level of confidence in them. Your child may therefore find themselves looking up to people who are disingenuous or who feign interest in activities that they themselves do not actually care about.



Safety Tips for Parents



FOLLOW WHO THEY FOLLOW

A good way to see first-hand who may be influencing your child is to create your own social media account and follow the same people they do. This will give you a strong indication of what is shaping how your child behaves, what they like and what they are taking an interest in.



TALK ABOUT ROLE MODELS

Role models can play an important part of your child's life, particularly outside of the home. Talk to your child about who they look up to and why. Remind them that not everybody online is who they seem to be and if you do have concerns that your child is being negatively influenced, work with them in finding more positive alternatives.

BUILD THEIR SELF-ESTEEM

It's important that your child is aware of how unrealistic perceptions of life can be depicted on social media and that it is easy to be deceived. Discuss with your child how images can be heavily edited, cropped or manipulated to create artificial scenarios and that often the lifestyle that people display on social media isn't always realistic or in fact the truth.



DISCUSS REALISTIC VS UNREALISTIC EXPECTATIONS

If you notice your child has suddenly taken a strong interest in the way they look, or you find they are a lot more body conscious, then it's a good idea to speak to them about why they feel that way. If they seem unhappy, try to build their self-esteem by talking to them and listening to their concerns, helping to build their confidence through praise and positivity. Remind them that looks aren't everything and not everything they see online is actually a true depiction of real life.



ENCOURAGE INDEPENDENT THINKING

Social media influencers can be quite powerful individuals who hold a lot of persuasive power so it's important to encourage your child to think independently about everything they see and engage with online. Talk to them about the dangers of blindly following others and in keeping an open mind when viewing content. Teach them to always question people's motives online, especially when they see individuals are promoting a brand or product which they are likely to have been paid to advertise but may not necessarily personally endorse.



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.



What can we do to cope with feelings of anxiety?

Anxiety is something we can all experience from time-to-time. There are lots of reasons why we get this feeling. It can be connected to a job, school, a relationship, social situations, how we feel about ourselves, or a change in our life.

If we don't know how to cope with our feelings of anxiety, they can get out of control and stop us from

doing the things we need or want to do. The more often and the longer we feel anxious, the more it can become a problem.

Dealing with anxiety can be hard. But there are some things we can do to manage these tough feelings.

Have a read through the following suggestions and find out what might work for you.