

# ALL SAINTS'

## CATHOLIC VOLUNTARY ACADEMY



Parent Bulletin – w/b 05/06/23

*Thought for the Week: You are loved, appreciated, brave and one of a kind.  
Enjoy your God-designed day!*

Reminders/information:

**All Saints' Way** - The All Saints' Way theme this week is Learn! We would like to remind parents and students that they need to attend school every day possible and be on time to lessons to ensure they are ready to do their very best and learn in all their lessons.



### Year 13

A fabulous send off for our Year 13s took place on Friday 26<sup>th</sup> May. Thank you to the Sixth Form team for organising the Mass, Assembly and celebrations. They have been a wonderful group of students and we are very proud of them. We are also grateful to their parents for their support over their time at All Saints'. Please keep them in your thoughts and prayers as they finish their A Level exams and embark on their next adventures.

### PE Kit reminders

Please see below a reminder of the All Saints' PE kit expectations and some updates.

- Hoodies must have the school log on (spare iron on logos for plain jumpers can be collected from the PE office).
- Leggings and track suit bottoms must be plain black with a small logo. No stripes, mesh or patterns allowed.
- Students are able to wear **knee length** cycling shorts or **knee length** loose shorts for PE lessons only. They must wear leggings and track suit bottoms over the top when in class and around school.
- Trainers must be suitable for PE. For example, no Air Force ones, Converse, Vans, Air Jordans, Adidas Gazelles, High top trainers.
- Blue socks are an optional item.
- PE kit must only be worn on PE days.

Where to buy PE kit:

<https://www.kitlocker.com/allsaints/> - for GCSE PE kit.

School wear shop: <https://www.schoolwearsolutions.com/our-schools/all-saints-catholic-academy/>

Price and Buckland will also be supplying the full range of uniform, including PE kit, online. More details to follow once they are set up.

Please can you ensure your child is following the school policy for PE kit.

### Equipment shop

A reminder that the equipment shop is located near reception and is open at break time for students to top up any missing pieces of equipment. Students need to ensure they are fully equipped at all times.



The sign features a school crest in the top left corner. The title 'Equipment Shop' is written in a large, light blue font. Below the title is a table listing items and their prices. To the right of the table is an illustration of school supplies including a green highlighter, a blue ruler, a black pen, a yellow pencil, a blue eraser, and a green pencil. At the bottom of the sign, it says 'Every day at break time outside reception'.

Slimline Drywipe Markers	25p
Green Pens	5p
Pencils	5p
Ruler	15p
Black Pen	5p
Mini Foam Eraser	40p
Highlighter	25p

### Online safety

One of the biggest worries raised by parents in the online safety survey was concerns surrounding online grooming. Some advice of how to talk to your child to help safeguard them against grooming is attached at the end of this bulletin. Do not forget to also visit the safeguarding section of the website if you need any additional support for your child.

### 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.

## Personal Development:

### Mental Health Champions

This term we are linking with 'OneGoal' [Home \(onegoal.co.uk\)](http://onegoal.co.uk) – we will be training 20 students to become Mental Health Champions, to help develop the support for students' mental health at All Saints'. The students will have access to resources to develop their knowledge, receive 1 day of training from a OneGoal expert and then produce an action plan to implement what they have learnt. Students will learn about this opportunity in tutor time over the next 2 weeks. If students are interested in becoming a Mental Health Champion, they should complete the attached application form and return to reception by **Friday 16<sup>th</sup> June**.

### PSCHE

Personal, Social, Citizenship and Health Education lessons will be on a Wednesday this half term, the topics being covered are listed below:

Year 7 – Online safety

Year 8 – Mental Health

Year 9 – Careers education, information, advice and guidance (CEIAG)

Year 10 – Relationship and Sex Education (RSE)

Year 12 – Physical health

### Careers update

Please find attached the 'career of the month' flyer and also information regarding the Careers Café (below) which the students have been informed of.



## 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](mailto: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 the relevant parents nearer the time).

- **Tuesday 13<sup>th</sup> June** – Year 8 Nottingham Trent University Trip
- **Monday 19<sup>th</sup> June to Friday 23<sup>rd</sup> June** – Year 10 Berlin Trip
- **Monday 26<sup>th</sup> June** – Year 12 exams begin
- **Monday 26<sup>th</sup> June and Tuesday 27<sup>th</sup> June** – Sixth Form induction days
- **Friday 30<sup>th</sup> June** – Sports Day and Year 11 Prom
- **Friday 7<sup>th</sup> July** – Year 13 Prom
- **Friday 14<sup>th</sup> July** – Rewards Day
- **Monday 17<sup>th</sup> July to Friday 21<sup>st</sup> July** – Year 10 Work Experience

# APPLICATION TO BE A MENTAL HEALTH CHAMPION



My Name:

My Class:

01. Why do you want to be a Mental Health Champion?

02. What ideas do you already have to champion and promote mental health?

03. How committed are you to being a great Mental Health Champion?



Not Committed

Fully Committed

## CAREER OF THE MONTH...

# HEALTH TRAINER

AVERAGE SALARY £18,700-£28,500

**Health trainers support people to understand how their behaviours and environment can impact their health and wellbeing and play a vital role in supporting people to live healthier lives. They keep up to date with health and wellness services available in their local area, directing people to services that will help them to achieve their health goals.**

### JOB DESCRIPTION

Often based out and about in the community, health trainers work both one on one and with groups helping people understand how behaviours and lifestyle choices impact their health and wellbeing.

A health trainer supports people to build a health and wellbeing action plan, supporting people to record levels of activity and results. You will need clear communication skills for this role, and the ability to demonstrate empathy to support those wanting to improve wellbeing.

### QUALIFICATIONS

There are lots of different pathways into this career. Level 2 college courses in Improving the Public's Health or Nutrition for Health can be a good starting point or exploring apprenticeships such as 'Community sport and health officer' or 'Community health and wellbeing worker'. Voluntary experience can help get you on the right track perhaps through the voluntary services co-ordinator or manager local NHS trust or the National Council for Voluntary Organisations who may be able to advise you on possible work placements.



[twitter.com/CareersProgress](https://twitter.com/CareersProgress)



[instagram.com/careersprogress](https://www.instagram.com/careersprogress)



[linkedin.com/company/careers-progress](https://www.linkedin.com/company/careers-progress)

For more information visit

**[progress-careers.co.uk](https://progress-careers.co.uk)**



Online Grooming is when someone befriends and builds an emotional relationship with a child and communicates with them through the internet with the intent to commit a sexual offence. This type of victimisation can take place across any platform from social media and messaging apps to online gaming and live streaming. Often it involves young people being tricked, forced or pressured into doing something they wouldn't normally do (coercion) and often the groomer's goal is to meet the victim in a controlled setting to sexually or physically abuse them. In some cases children may be abducted or have long-lasting psychological damage.



What parents need to know about

# ONLINE GROOMING



## CHILDREN ARE MOST VULNERABLE

Unsurprisingly children are often most at risk as they are easy to target and unlikely to question the person who is engaging in conversation with them. Groomers will use psychological tricks and methods to try and isolate them from their families and friends and will often choose to target more vulnerable children who may be easier to manipulate. Predators will talk apps and websites that are popular with young people and will use a 'battering' approach to first victims, contacting hundreds online to increase their chances of success.



## LIVE STREAMING CONCERNS

Predators may use live video to target children in real-time using tricks, clues or built-in gifts to manipulate them. Grooming often takes the form of a game where children receive 'likes' or even money for performing stunts. Social media channels, such as YouTube, Facebook, Instagram and Snapchat, all have live streaming capabilities, but there are many apps which children can use to live stream, including Omegle, Live Sex, 1660 Live, YouNow and many more.



## ANYONE CAN BE A PREDATOR

The internet has made the ability to interact with strangers online easy. Many sites and apps are built on a model of users entering their own information when signing up. However individuals can remain anonymous if they choose to enter inaccurate information and many online predator cases are due to groomers using impersonation techniques. However, often the greater threat comes from adults who think in plain sight, choosing to befriend young children without facing the real world.



## CAN BE DIFFICULT TO DETECT

Unfortunately, most children find the grooming process (before any meeting) an enjoyable one as the predator will compliment, encourage and flatter them to gain their trust. Friendship and cartoons – a world, show's clothing items. This often means children fail to disclose or report what is happening. If the groomer is also previously known to the child, their family and their friends, then this can make detection even harder.



## FROM OPEN TO CLOSED MESSAGING

Online predators may contact their victims using any number of ways including social media, forums, chat rooms, gaming communities or live streaming apps. Sometimes there is little need to develop a 'friendship' in a first stage, as the victim has already shared personal information online and is communicating openly with others. Children may also be prepared to add other online users they don't know so will be given 'online credibility' through increasing their friend list. Predators will often use this opportunity to slowly build a relationship and then move their conversation with the child to a more secure and private area, such as through direct messaging.

## EMOTIONAL ATTACHMENTS

Online predators will use emotive language and aim to form close, trusted bonds with their victims through showering them with compliments and making them feel good about themselves. Often victims will refer to them as their 'best friend' or 'girlfriend' and it can be difficult to convince some young people that they have been groomed, often leading to lasting psychological effects.



## Safety Tips for Parents & Carers



### IT'S GOOD TO TALK

It's unlikely that you can stop your child using the internet, so can you constantly monitor their online activities, but you can talk to your child on a regular basis about what they do online. By talking openly with them about online relationships, they can quickly ascertain the kind of behaviour which is appropriate or inappropriate. Ask them whether they have any online friends or if they play online games with people they haven't met. This could then open up conversations about the subject of grooming.



### CHECK PRIVACY SETTINGS

In order to give your child a safer online experience, it is important to check privacy settings or parental controls on the networks, devices, apps, and websites they use. Disable location sharing if you can. If you use location sharing apps to check where your child is, remember that these could also be used by strangers to follow your child without their knowledge. Ensure that you check options so that location information is never shared with anyone except those they have permission to share with.



### MONITOR SOCIAL MEDIA & LIVE-STREAMING USE

It's important to be aware of what your child is doing on social media and with whom. Create your own profile and become 'friends' with them or follow them so that you can monitor their activity. Similarly, always check on them if they are live streaming and implement privacy controls. Choose a generic screen name and profile picture that hides their identity. You may also feel more comfortable being present each time they live stream.



### STICK TO 'TRUE FRIENDS'

Make it clear to your child that they should not accept friend requests from people they don't know and to verify friend requests with people who they do know. Encourage them to only interact and engage with 'true friends' i.e. those friends who don't ask personal questions such as those family and friends. Remind them to never agree to chat privately with a stranger or someone they don't really know and to never divulge personal information, such as mobile phone numbers, addresses, passwords or the name of their school.



### DISCUSS HEALTHY RELATIONSHIPS

Talk to your child about what a healthy relationship looks like and how to detect someone who might not be who they claim to be. Explain that groomers will pay your child compliments and engage in conversations about personal information, such as hobbies and relationships. They may advise how well they play an online game or how they look in a photo. Groomers will also try to isolate a child from people close to them, such as parents and friends, in order to make their relationship feel special and unique.

### BE SUPPORTIVE

Show your child that you will support them and make sure they understand they can come to you with any concerns they may have. They need to know they can talk to you if someone does something they are uncomfortable with, whether that is inappropriate comments, images, requests or sexual comments.



## Meet our expert

Jonathan Taylor is an online safety expert and former covert internet investigator for the Metropolitan Police. He is specialised in online grooming and exploitation and has worked extensively with both UK and international schools in delivering training and guidance around the latest online dangers, social media apps and platforms.



## LOOK OUT FOR WARNING SIGNS

- Secretive online behaviour
- Late night internet or smartphone usage
- Meeting new friends in unusual places
- Becoming clingy, disruptive sleeping or eating problems or mood swinging
- Lack of interest in extra-curricular activities
- Having new items, such as clothes or phones, unexplainably
- Secret withdrawal, anxious, depressed or aggressive
- Having older boyfriends or girlfriends

