

ALL SAINTS'

CATHOLIC VOLUNTARY ACADEMY



Parent Bulletin – w/b 13/11/23

*Thought for the Week: 'Live carefree before God; He is most careful with you'.
Peter 5:7 The Message*

Reminders/information:

All Saints' Way – This week's All Saints' Way theme is Inspire! We are always looking for ways to inspire our students and for them to take the lead and inspire others to do their very best in and out of school.

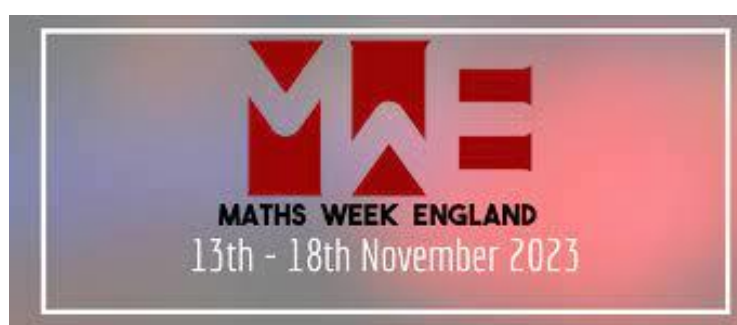


Remembrance

Students will be observing a 1-minute silence on Monday to commemorate the contribution of British and Commonwealth military and civilian servicemen and women in the two World Wars and later conflicts. We will remember them.



Maths Week England - For Maths Week England, there are several A3 posters dotted around school. If students can solve the puzzles on the posters, they must come and see MMY for the chance to win 5 achievement points.



Children in Need Fundraising - This year we will be fundraising for Children in Need. Please see the poster below for more details.



RAISING MONEY
for BBC Children in Need

HOW TO CONTRIBUTE?

Take part in our upcoming events to fundraise :

- A Bake Sale (17th Nov)
- Non Uniform Day (17th Nov)
- Penalty shoot out (16th Nov)

The poster features the yellow bear mascot with a bandage on its eye, a soccer ball, and illustrations of a soccer player and a goal.

Safeguarding update

Instagram is an app for sharing photos and videos. You might have heard stories about the impact it can have on teenage mental health and body image. Read this parent factsheet for more information about the risks on Instagram, and how you can support your child to use Instagram safely.

RE film club

RE are starting a film club from next week for KS3 students and KS4 / KS5 students. Please see the posters below and students can speak to Mrs Natriss for more details.



KS3 FILM CLUB
MONDAY AND TUESDAY
LUNCH TIME IN X5

FILMS START ON THE FOLLOWING DATES:
13 NOVEMBER - DISNEY'S SOUL
27 NOVEMBER - THE TRUMAN SHOW
11 DECEMBER - EVAN ALMIGHTY
20 DECEMBER - THE THREE WISE MEN

SEE MRS. NATRISS FOR MORE DETAILS

The poster features a film camera on a tripod, a film strip with movie thumbnails, and school crest icons.



KS4/5 FILM CLUB
WEDNESDAY & THURSDAY
LUNCH TIME IN X5

FILMS START ON THE FOLLOWING DATES:
15 NOVEMBER - A SHORT STAY IN SWITZERLAND
29 NOVEMBER - HACKSHAW RIDGE
20 DECEMBER - THE THREE WISE MEN

SEE MRS. NATRISS FOR MORE DETAILS

The poster features a film camera on a tripod, a film strip with movie thumbnails, and school crest icons.

Free School Meals - Derbyshire County Council administers the applications for **Free School Meals** for students studying at All Saints' Catholic Voluntary Academy.

Please use the link below to apply.

<https://www.derbyshire.gov.uk/education/schools/your-child-at-school/meals/school-meals/free-school-meals.aspx>

If your child is in receipt of **Free School Meals**, you may be able to receive support with payments for school trips and uniform. If you are unsure whether you are entitled to claim, please complete the eligibility form on the website to check.

If you experience any difficulties please let us know and we will ask Derbyshire County Council to assist.

Personal Development:

Wellbeing – Below are some websites and links to resources to support both you and your child.

- a. **Action for happiness:** We are a movement of people taking action to create a happier and kinder world, together. Please use the link below to explore this website further. It includes the 10 keys to happiness and links to podcasts and resources.
[Happier Kinder Together | Action for Happiness](#)
 - b. **Kooth** (an online mental wellbeing community) have provided a parent handy guide for parents and carers to recognise when a child or young adult is struggling with a mental illness. [KoothTalks - Parents/ Carers: Support for young people experiencing anxiety or stress this Winter \(google.com\)](#)
 - c. If you are interest in signing up to a webinar for support for young people experiencing anxiety or stress this winter – click the link below:
[Thurs 14 Dec, 6-7pm](#)
- **Wellbeing reminder:** Please remember that the link on our website is: [Wellbeing - All Saints' Catholic Voluntary Academy - Mansfield](#). In addition, if you have any questions or specific concerns regarding your child's wellbeing then please email the address: wellbeing@allsaints.notts.sch.uk.

Careers update – Please see the attachment for 'Career of the month' from Progress careers.

- You can also visit our school website: [Careers - All Saints' Catholic Voluntary Academy - Mansfield](#).

Pupil premium support: For families that are 'Pupil premium eligible' – thank you to those that completed the parent/carer voice. A separate letter will be sent out regarding this, but please remember you can find out more information by going to the school website: [Pupil Premium - All Saints' Catholic Voluntary Academy - Mansfield](#). The spending plan is updated on the website by 31st December each academic year.

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

Please see the Parent and Carer Planner on the next page. This is also available on the school website in the parent section.

Parent and Carer Planner 2023-2024

| | |
|---|---|
| Students finish school on Friday 20 th Oct and return to school on Tuesday 7th November. (Includes INSET Day on Monday 6 th November). | |
| Tuesday 7 th November (All week) | Year 11 Mock Exams begin |
| Monday 13 th November (All week) | Year 11 and Year 13 Mock Exams |
| Monday 20 th November (All week) | Year 13 Mock Exams |
| INSET Day on Monday 4 th December- Students not in school. | |
| Thursday 14 th December | Year 13 Mock Results Morning |
| Friday 15 th December | Year 11 Mock Results Morning |
| Monday 18 th December | Year 12 and 13 Progress Evening for Parents. In Person |
| Students finish school on Friday 22 nd Dec and return to school on Thursday 4th January. | |
| Week beginning 8 th January 2024 | Year 7-10 Data Information. Year 7 Reports. |
| Monday 8 th January (All week) | Year 11 Mock Speaking Exams for MFL |
| Tuesday 16 th January | Year 11 Progress Evening for Parents. In Person |
| Week beginning 22 nd January | Year 8 Reports |
| Wednesday 31 st January | Year 8 Progress Evening for Parents. In Person |
| Wednesday 7 th February | Year 8 Options Afternoon |
| Wednesday 7 th February | Year 8 Options Information for Parents. Online |
| Wednesday 7 th February | Year 11 Drama Exam |
| Thursday 8 th February | Year 11 Drama Exam |
| INSET Day on Friday 9 th February- Students not in school. Students return to school on Monday 19th February. | |
| Wednesday 21 st February (All week) | Year 11 and 13 Mock Exams |
| Monday 26 th February (All week) | Year 11 and 13 Mock Exams |
| Monday 4 th March until 12 th March | Year 12 Exams |
| Thursday 7 th March | Year 7 Progress Evening for Parents. Online |
| Thursday 21 st March | School Show |
| Friday 22 nd March | School Show |
| Thursday 28 th March | Year 11, 13 and 12 Data Drop Year 12 Reports |
| Students break up on Thursday 28 th March and return to school on Monday 15th April. | |
| Week beginning 15 th April | Year 7 to 10 Data |
| Monday 15 th April until 26 th April | Year 11 MFL Speaking Exams (Actual) |
| Monday 22 nd April | Year 10 Exams Week |
| Monday 6 th May - Bank Holiday | |
| Monday 13 th May | GCSE and A-Level External Exams Begin |
| Friday 10 th May | Year 11 Drama Exam |
| Monday 13 th May (All Week) | Year 9 Exams Week |
| Monday 20 th May | Year 10 Progress Evening for Parents. Online |
| Week beginning 20 th May | Year 10 Exam Results and Report |
| Friday 24 th May | Year 13 Leavers' Mass |
| Students break up on Friday 24 th May and return to school on Monday 3rd June. | |
| Week beginning 17 th June | Year 9 Exam Results and Report |
| Wednesday 19 th June | Year 9 Progress Evening for Parents. Online |
| Friday 21 st June | Year 13 Prom |
| Monday 24 th June (All Week) | Year 12 Exams |
| Thursday 27 th June | 6 th Form Information Evening for Year 10. In Person |
| Friday 28 th June | Provisional end date for Year 11 and 13 External Exams. |
| Monday 1 st July | Provisional Sports Day |
| Friday 5 th July | Year 11 Prom |
| Week beginning Monday 8 th July | Year 7 to 10 Data |
| Tuesday 16 th July | Year 12 Exam Results |
| Friday 26 th July | Students break up for the Summer. |



Keep your child safe on Instagram

What's the problem?

- There have been a number of media stories about bullying on Instagram, and children seeing harmful images and advice about weight loss, self-harm and suicide
- Children can feel pressurised to look a certain way – for example, feeling like they should look like other users who share weight-loss content
- Leaked research from owner Facebook (now Meta) suggests Instagram can increase the rate of anxiety and depression in teenagers, and make body image issues worse for teenage girls especially
- If your child has a public account, they can share their 'reels' (a feature where users share short videos with effects and music) on Instagram's 'Explore' page, meaning strangers could watch and comment
- It can be used for online 'grooming' – gangs use it to recruit children, and strangers can use it to contact your child and ask them for naked pictures, or to send photos to your child

The **minimum age** to have an account is **13**, but it's easy to pretend to be older to sign up.

7 ways to help your child use Instagram safely

1. Set their profile to 'private' to limit what strangers can see

New Instagram accounts created by children under 16 will automatically be set to 'private' (from July 2021), but existing accounts will have been set to 'public' by default. Encourage your child to keep their profile 'private' so that only people who they approve will be able to 'follow' them and see content they share, including 'stories' and 'reels'. Anyone can send them a photo or video directly, though.

To set an account to 'private', go to 'Settings' (tap the person icon in the bottom-right of the app home screen, then tap the 3 lines in the top-right and choose 'Settings'), then go to 'Privacy' and turn on 'Private account'.

Even with a private account, any user can still request to send them a photo or video directly.

Tell your child to only approve 'Follow requests' or view 'Message requests' from people they know and trust in real life.

2. Restrict harmful comments and interactions on your child's posts

Open 'Settings', go to 'Privacy', and then 'Comments'. Here, your child can:

- Block specific people from interacting with their posts (under 'Block comments from')

Also in 'Privacy', under 'Hidden words', you/your child can:

- Automatically hide comments that might be offensive (under 'Hide Comments')
- Hide other comments and messages they don't want to see by creating a custom list of words, phrases and emojis (under 'Manage list')

3. Make sure your child knows about restricting, blocking and reporting

Restricting is a feature designed to protect children against bullying. If they restrict someone, that user won't be able to see when your child is online or if they've read their messages, other people won't see their comments on your child's posts, and your child won't be notified about comments or messages from them. Your child can choose to view the user's comments, and approve or delete them.

To **restrict** someone:

- Swipe to the left (iPhone) or tap and hold (Android) on a comment they've left on your child's post, tap the exclamation mark, and then 'Restrict'; or
- Go to the user's profile, tap the 3 dots in the top-right, then choose 'Restrict'

Young people are often reluctant to block others, so reassure your child that **blocking and reporting is anonymous**.

- To **block** an account, tap the 3 dots at the top-right of the user's profile, then choose 'Block'
- To **report a photo in a feed**, tap the 3 dots icon at the top of the post, then tap 'Report'
- To **report a comment**, swipe left over the comment (iPhone), or tap and hold on the comment (Android). Tap the exclamation mark, tap 'Report this comment', choose whether it's spam or inappropriate, and then select a reason why
- To **report an abusive photo, video or message that your child has received directly**, open the conversation, tap and hold the abusive message, then tap 'Report'. Choose a reason for reporting the message, then tap 'Submit report'
- To **report a profile**, tap the 3 dots in the top-right of the user's profile, then tap 'Report'. Follow the on-screen instructions and choose a reason for reporting the profile

4. Remind your child to be careful about what they share and with who

It's easy for others to screenshot messages or images and share them outside of the original poster's control. So remind your child to think carefully about what they share. Before they share anything, tell your child to ask themselves: "would I be happy for other people to see this?"

In particular, make sure your child knows that taking, sharing or viewing naked or sexually-explicit pictures of themselves or another child (anyone under 18) is illegal. They should ignore any pressure from others to share nude or semi-nude pictures of themselves.

5. Consider setting up supervision

Instagram now allows parents to supervise their children from their own account. You can set this up by going to 'Settings' on your or your child's account, then selecting 'Supervision' > 'Create invitation'.

You and your child must both consent to using supervision before you can access any of the features.

Once you've enabled supervision, you can:

- See who your child follows, and who follows them
- Monitor how much time your child is spending on Instagram
- Set time limits for your child's Instagram use (see section 6 below)
- Receive notifications if your child reports a post or an account

Supervision features require the latest version of the Instagram app for iPhone and Android.

6. Think about setting a daily limit on use

Agree a time limit together. Then tap the person icon in the bottom-right of the app home screen, before choosing the 3 lines in the top-right of the screen. Tap 'Your activity', then select 'Time spent', then 'Set daily time limit'.

Alternatively, if you have supervision set up (see section 5 above), you can select your child's account from the 'Supervision' area and select 'Manage time limits' to:

- Set a daily time limit (choose 'Daily time limit'). Once this time limit has been reached, your child will not be able to use Instagram until the following day
- Schedule breaks (choose 'Scheduled breaks'). You can select specific days and times for a scheduled break, where your child will not be able to access Instagram on any device

7. Tell the school about any bullying or grooming concerns you have

It isn't always easy to spot signs of cyberbullying- it can happen all the time which makes it different from other forms of bullying.

Be alert to the following signs:

- Changes in your child's behaviour
- Your child is upset especially after using the internet
- They are unwilling to talk about their online activities
- You notice many new phone numbers, texts or e-mail addresses show up on their device
- Your child doesn't want to go to school/avoids meeting friends
- They avoid formerly enjoyable social situations
- Your child has difficulty sleeping and low self-esteem

Signs children may be being targeted by a gang, or groomed for other reasons, can include: having new and unexplained possessions, changes in friendship groups, behaviour and mood, and unexplained injuries

Sources

- [Instagram biggest for child grooming online – NSPCC finds](#), [Instagram 'helped kill my daughter'](#), [Instagram eating disorder content 'out of control'](#), [Instagram makes under-16s' accounts private by default](#), and [Instagram launches new parental controls in UK](#), BBC News
- [Facebook aware of Instagram's harmful effect on teenage girls, leak reveals](#), The Guardian
- [Instagram Help Centre](#), [Instagram Family Centre](#), [Empowering our community to stand up to bullying](#), and [New tools and resources for parents and teens in VR and on Instagram](#), Instagram

This factsheet was produced by [The Key Safeguarding](https://thekeyssafeguarding.com/): [thekeyssupport.com/safeguarding](https://thekeyssafeguarding.com/)



CAREER OF THE MONTH...

CHEF

AVERAGE SALARY £15,000-£50,000

Suggested by animal rights organisations such as PETA as a way to reduce our impact on climate change, veganism is increasing in popularity. While eating out once presented a challenge for vegans, the rise in popularity for the lifestyle has seen those exploring culinary careers getting creative with plant-based alternatives to stand out as vegan specialist chefs.


JOB DESCRIPTION

Chefs prepare, cook and present food in hotels, bars and restaurants with those moving on to become 'Head Chef' also taking responsibility for staffing and managing budgets. Chefs not only create eye catching and delicious dishes, but they must ensure the preparation of food meets hygiene, health and safety and licensing standards. Having a good grasp of maths is essential for chefs as you will need to carefully weigh and measure ingredients and understand costs of recipes versus profit.

QUALIFICATIONS

The best route to becoming a chef is a combination of work experience within a kitchen setting and gaining relevant qualifications. College course are a good entry route into the industry such as a Level 3 Diploma in Professional Cookery, T Level in Catering or Level 4 Diploma in Professional Culinary Arts. Practicing your cooking skills at home is a great starting point for getting creative in the kitchen and voluntary work in community cooking projects can help you gain valuable experience.

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