ALL SAINTS'
CATHOLIC VOLUNTARY ACADEMY

Parent Bulletin – w/b 20/11/23

Thought for the Week: *'Love is patient and kind; love is not jealous or boastful; it is not ignorant or rude'.* *1 Corinthians 13*

Reminders/information:

<u>All Saints' Way</u> – This week's All Saints' Way theme continues to be Inspire! We have been inspired this last week with all of the great efforts for the anti-bullying competition, the reflections students have made on this important topic and also the involvement in Children in Need fundraising.

INSPIRE
Your friends to do their very best and work as a team.

<u>Christmas card competition</u> - The Christmas Card Competition is back! Students need to draw their **religious themed designs on A4 paper in colour** and hand them into the **Chaplaincy office by Wednesday 6th December.** Good luck!

CHRISTMAS Card Competition

Design the official All Saints' Christmas card that goes out to our staff, governors and members of our school trust.

Draw your religious themed designs on A4 paper in colour and hand them into the chaplaincy office by Wednesday 6th December.

There will be a prize for the winning design, good luck!

Children in Need Fundraising – thank you to everyone who donated. School raised an amazing £900.59.

Sporting success - Congratulations to the Year 9 and 10 students on their performance in the girls' football tournament Thursday 16th November after school. Many of the Year 9 students were playing their very first matches and whilst understandably they were very nervous they played fantastically and had a great time. One of our teams were unbeaten all night and the other team came second overall.

Safeguarding update - TikTok is a video-sharing app that's very popular with children and teenagers. Read the factsheet later in the bulletin to learn more about what it is and what steps you can take to help keep your child safe on TikTok.

Personal Development:

Wellbeing – Young Minds – this is a charity that provide advice on how to help children with a range of feelings, behaviours, mental health conditions and life events. By empowering you with this knowledge, we can help you to feel more confident and better able to cope during the school holidays when the pastoral support from school isn't readily available.

Parents' A-Z Mental Health Guide | Mental Health Advice | YoungMinds

Our A-Z guide gives you advice on how to help your child with their feelings and behaviour, as well as mental health conditions and life events. We'll also show you where you can get help.

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 find attached information on a free RAF virtual event taking place on 29 November. Feel free to share this information with your child. Link - RAF World Tickets, Wed 29 Nov 2023 at 19:30 | Eventbrite
You can also visit our school website: Careers - All Saints' Catholic Voluntary Academy - Mansfield.

We have just added a range of posters under the Labour Market information section (Labour Market Information - All Saints' Catholic Voluntary Academy - Mansfield) with information about a range of subjects and how they directly link into careers within Nottinghamshire.

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.

Upcoming events: (details of each event will be sent out to the relevant parents nearer the time).
Please see the Parent and Carer Planner below. This is also available on the school website in the parent section.

Parent and Carer Planner 2023-2024

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

Keep your child safe on TikTok

What is it?

A video-sharing app that's very popular with children and teenagers. Anyone can make and upload their own videos, which often include:

- Dance routines
- Lip-syncing to music
- Comedy sketches

You can also gain followers ('fans') and watch other people's videos.

The age recommendation is **13 and above**, but it's easy for younger children to sign up too.

What are the main things to watch out for?

A lot of TikTok's popularity comes from videos of 'viral' challenges (i.e. when 1 person attempts a particular skill and then others make their own videos copying it).

Most of these challenges are harmless (for example, copying particular dance moves) but some can be dangerous. For example:

> Eating or drinking inedible substances, or eating and drinking a far greater quantity of something than is recommended

> Holding your breath or being choked until you pass out (the 'blackout' challenge)

> A recent viral trend on TikTok has seen school pupils staging protests in their school due to issues such as access to toilets, and uniform policies. These protests can, and have, become dangerous.
>
> **If you're aware that your child is considering a school protest, please encourage them to talk to their teacher or another member of staff about their concerns instead. This is a much safer way to share concerns with the school.**

Other things to watch out for on TikTok include:

> Content about eating disorders (known as 'pro-ana') and bullying

> Challenges with highly sexualised content (e.g. the 'silhouette challenge')

> Sexual, violent, racist and/or homophobic content and other forms of hate speech appearing on your child's 'For You' page

Under-16s can't send or receive private messages. But once users have made contact, for example through comments on videos, they could still switch to another app like Snapchat to chat privately and swap images and videos.

7 steps to keep your child safe

1. Use family pairing (also known as family safety mode)

This feature lets parents control some settings on their child's account from their own phone (there's more on which features below).

You'll need to download TikTok and link your account to your child's. Once you've created a profile:

- Go to your profile (at the bottom of the screen)
- Tap the 3-line 'Menu' button at the top
- Tap Settings and privacy > Family Pairing > Parent
- Follow the same steps on your child's phone but choose 'Teen', then follow the steps in the app to link your accounts.

2. Keep their account set to private and limit profile information

Accounts for users aged 13 to 15 will be set to private by default. This means that only approved 'followers' can see your child's videos.

Even with a private account though, anyone can see your child's profile information. Tell them not to share personal information publicly, like their full name or where they go to school. Plus, encourage your child to only accept 'fan' requests from people they know and trust.

To check your child's account is private, on their phone, simply go to your child's profile > the 3-line icon > Settings and Privacy > Privacy > check 'Private Account' is turned on.

If you have family pairing set up, you can check this using family pairing.

3. Set age limits so your child doesn't see inappropriate content

You can do this through the family pairing settings. You can also use family pairing to turn off search on your child's account.

If you're not using family pairing, on your child's phone go to their profile > the 3-line menu icon > Settings and privacy > Content preferences > Restricted mode > follow the steps in the app.

4. Consider setting a time limit on use

TikTok can be hard to put down – help your child rein in their use with a time limit.

You can do this through the family pairing settings, or on your child's phone. Go to their profile > the 3-line menu icon > Settings and privacy > Screen time > Daily screen time > follow the steps in the app.

5. Restrict in-app purchases to block spending

On **iPhones**, if you already have Screen Time turned on, go to Settings > Content & Privacy Restrictions > enter your passcode if asked > turn on Content & Privacy Restrictions > tap iTunes & App Store Purchases > In-app Purchases > set to Don't Allow.

If you don't already have Screen Time turned on, go to Settings > Screen Time > tap to turn it on > choose whether it's your device or your child's device > follow the steps to set up a passcode. Then just follow the steps above to block in-app purchases.

On **Android**, open Play Store, tap on your profile icon in the top right > scroll to Settings > Authentication > Require Authentication for purchases > Select 'For all purchases through Google Play on this device'.

Keep an eye on your bank statements to check your child isn't getting round the controls.

6. Check settings on interactions like duets, direct messages and comments

Duets are where users reply to one person's video with another, and then share it. The videos appear together, side by side. This feature has now been turned off for users under 16, and set to friends only by default for users aged 16 and over.

Your child can also change settings for comments on their videos via the Privacy section, and for users aged 16 and over, change settings for who can send them direct messages and duet with them.

If you have family pairing set up, you can do the same through the family pairing settings.

7. Make sure your child knows how to report content and users

Filters aren't perfect, so make sure your child knows how to report harmful or upsetting content or users. Make sure you both know the rules too – TikTok bans sexually explicit content, bullying, graphic content, "pro-anorexia" content, and hate speech.

To **report a user**, go to their profile > tap '…' in the top right > Report > follow the instructions.

To **delete a follower**, your child should go to their own Profile > Followers > tap the 3-dot icon next to the follower they want to remove > tap 'Remove this follower'

To **block users** altogether, go to their profile > … > Block > follow the steps in the app.

You can report specific content through the video, comment or message itself.

> To **report a message**: open it, tap … > Report > follow the steps in the app

> To **report a video or comment**: long press the video or comment > Report > follow the steps in the app

Sources

This factsheet was produced by The Key Safeguarding**:**
thekeysupport.com/safeguarding

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