

The Seagull



Issue 713 Friday 14th October 2022

Week beginning is 17th October Week 1

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HEADTEACHER'S NEWS

I have been really pleased with the start we have made to this academic year. It has been a fantastic half term.

Congratulations to Ryder in Year 7, for her excellent French homework.



We have held our elections for student voice action groups and I'm looking forward to working with the groups to move the school forward.

This week we held our first careers conference for Year 9 students. Students were given the opportunity to meet employers and learn about different career pathways in the industry.

Next week we will be holding our ACHIEVE days on Wednesday 19th and Thursday 20th October. We have a range of workshops and visits going on across the school. Our ACHIEVE programme is an important part of our curriculum and the education we offer, and students are expected to attend.

If you have not completed the permissions slip, then could I please ask that you sign and return the letter or give permission electronically through the MCAS app.

A reminder that Friday 21st October is a staff INSET day. Can I take this opportunity to wish you all a happy and restful half term.

Ms Keane
Headteacher



GENERAL NEWS

Sixth Form Open Evening

Wednesday 2nd November

3:45pm – 6:00pm

For current JRCS Year 11 students

If you are interested in joining us from another school please come along from 4:40pm – 5:30pm, at 5:15pm there will be a presentation about our Sixth Form from the Director of Sixth Form

Whole school ACHIEVE Days - Wednesday 19th and Thursday 20th October 2022

If you have not already done so please return consent for the ACHIEVE days using My Child at School (MCAS) or by email to office@jorichardson.org.uk.

If you have not received a leaflet by either of these methods, please contact the main School Office.

Year 10 students are not leaving site so do not require consent. Please continue to make payments via ParentPay or request a barcode from the School Office to make payment at a PayPoint.

Thank you

Mrs Garland
Assistant Office Manager

World Mental Health Day 2022

Monday 10th October marked World Mental Health Day 2022. As we continue to develop our wellbeing provision at JRCS, we were excited to take part this year.

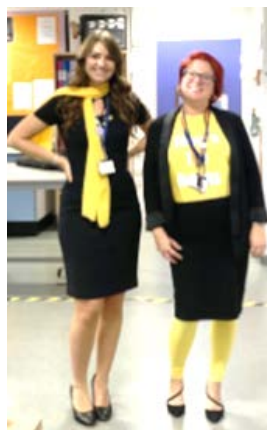
To start, we have had key stage assemblies led by myself as Senior Mental Health and Wellbeing Lead and our school's Mental Health Support Team. In this assembly we explored what mental health is and how to recognise our everyday feelings (stress about exams or worry about a friend) and overwhelming feelings (feeling like you can't do the things you usually enjoy).

The assemblies were a great launch to a week that then included an extensive tutor time programme with the following aims for each year group:

Year Group	Aim
7	To understand what mental health and wellbeing means & to consider how I can use the 5 ways to wellbeing
8	To consider the potential barriers to positive wellbeing & to consider the protective factors for wellbeing
9	To consider the impact of puberty on our health and wellbeing & to understand the changing teenage brain and how that may impact wellbeing
10	To consider how the world of work may impact on our wellbeing & to explore how to build resilience in challenging conversations
11	To consider the impact of exams on our wellbeing & to understand better how to manage exam stress
12	To consider how the transition from school to sixth form may affect our MH and wellbeing & to reflect on how to use the 5 ways to wellbeing as a sixth former
13	To explore the challenges to mental health and wellbeing post-18 & consider how to be your own best friend

Each form group will complete some activities relating to the above and will leave with strategies to support positive wellbeing.

Finally, on Monday it was also Hello Yellow for Young Minds too. As a result, staff wore yellow to show that they stand with our young people who face challenges to their mental health and wellbeing (see photo of myself and Ms Harland!). It has been a great week and we look forward to growing further with our mental health initiatives.



Ms Draisey
Senior Mental Health and Wellbeing Lead

Online Safety

This week's guide provides parental guidance on the latest trending social media app, BeReal. Potential risks involve visible personal data, connecting with strangers and reputational damage. There are several parent tips in the guide to minimise the risks associated with social media use.

The National Online Safety flyer on the back page contains a QR code which can be used to download the NOS app. This will allow all parents to access the weekly guides, videos and other resources to keep young people safe online.

Miss Boulton
Assistant Headteacher (Online Safety)

Year 10 Bronze DofE Training weekend



On 7th and 8th October I had the pleasure of accompanying nine students from Year 10 on their bronze DofE training weekend at Danbury Outdoor Centre.

The students involved were Ronni, Shalewa, Ashley, Ishaaq, Majid, Harpreet, Ameenah, Marline and Enoha. Every student worked really hard to apply the camp craft training that they had done in school.

Their tents were pitched on arrival with very little fuss and soon they were cooking up garlic bread and pasta on their stoves. Unfortunately, we had a very persistent downpour of rain before dinner was cooked and had to retreat indoors.

The planned night walk and campfire turned into an evening of map work and a quiz with some hot chocolate. Despite the rain the group got a good night's sleep and were all ready in good time to start their walk and learn some navigation skills.



Fortunately, Saturday's weather was a great deal more kind than the night before and everyone enjoyed the lovely views across the Chelmer valley and the Essex countryside. Students accuse me of saying this every year, but I really do mean it this time; this was one of the best bronze groups that I have ever taken away.



Everyone was polite and helpful, followed instructions and showed great enthusiasm, what DofE leader could ask for more? I am also very grateful for the help and support of the staff and volunteers who accompanied the group, without whom the trip would not have been possible: Mr Kilminster, Ms Lea and Bill Lockton.

It only remains for me to wish all the Year 10 bronze group the very best of luck in completing their bronze awards. They have certainly made an excellent start on the expedition section.

Ms Montague
DofE Manager

Charity Readathon launch: Year 7

Year 7 had a special assembly launching the Readathon- a charity reading challenge where each Year 7 student will pledge a reading target and gain sponsorship. Even the smallest amounts will support our goal of pledging our

money to 'Read for Good', a charity that buys books for children in hospitals across the UK.



The students had a wonderful time in the library making pledges and exploring different texts in support of the school's Readathon challenge in their English

lessons this week. Many have pledged to read at least 2 books or to read up to 2 hours a week.

Parents/Guardians can donate using ParentPay (just click the Readathon option) or bring cash via Mrs Gray. The deadline for the challenge is the 9th November. Good luck Year 7!

Mrs Gray
Literacy Co-ordinator

JRCS EXPEDITIONS RELAUNCH



Jo Richardson has had an excellent history of taking our students to places beyond many of their imaginations. Previous expeditions have been to Malaysia, Nicaragua and the most recent to Borneo which saw our young students learn to scuba dive. Covid meant that the planned

trip to Vietnam never occurred, and we have since been keeping an eye on the world and when it might open up to travel.

We are confident that now is the time to relaunch our expeditions with the company True Adventure. We are currently working on the best place to go and making sure the cost is kept as low as possible.

We are fully aware of the financial struggles that many face but feel with the payment plan and the fact we are looking to travel in the Summer of 2024 it is something that is feasible. We also support our explorers in their own fund-raising so that parents do not bear the whole burden.

We are expecting the cost of the trip to be around £3000. There will be launch assemblies after half-term to students, followed by a parent meeting with the company for those interested.

The trip will be open to current Year 9-12 students (Year 11 dependent on intending to come to JRCS sixth form).

It is an exciting time to push boundaries and reach out around the world.

Miss S Campbell
Expedition Leader
Deputy Director of Sixth Form

James Cousins GCSE Dance Workshop 27.9.22

GCSE students and some chosen Year 9 students had the opportunity to take part in a workshop with James Cousins Dance Company. Students were able to gain a greater insight into the GCSE professional work 'Within Her Eyes' as well as learn some technical contact work and repertoire from the work.



ZooNation Dance Performance at Sadler's Wells 5.10.22

JRCS dance students were lucky enough to watch ZooNation Dance Company perform at Sadler's Wells last week.

The students left the show inspired and dancing on the tube home. ZooNation creates extraordinary work inspired by the music and culture of hip hop.

Year 9 students are currently studying the professional ZooNation work 'Message in a Bottle' and last year JRCS performed a show based on their work 'The Mad Hatter's Tea Party'.



Dance opportunities

- KS3 Boys Dance club starting next Monday with Mr Hazlewood 12:30-1:00pm DA1
- The Place CAT Experience Day 29.10.22 - see Miss England if interested
- Any students with experience in Afro beats please see Miss England .

Thank you

Miss England
Head of Dance

Democracy Week at JRCS!



October marks the start of new Student Voice elections and having the restrictions of Covid over the past couple of years has meant we have been limited on what we can do with our application process, voting process and the scope of Student Voice as a whole. Student Voice is an intrinsic and integral part of our Jo Richardson community, and we aim to put the influence and opinions of our students at the heart of everything we do, reflected in our new student voice motto; *'Nothing about us, without us'*.

The week beginning the 3rd October marked the start of democracy week at JRCS, tying in with our British values of democracy, rule of law, individual liberty and mutual respect. Miss Hallas and the BTEC Business Students ran events for both KS3 and KS4, culminating in the electing of our Student Voice Action Teams (which will be released next week!)

On Tuesday the 4th and Wednesday 5th October, we ran our campaign days, where candidates had the opportunity to promote themselves for their action teams, answer questions from their peers and lead their campaigns. Students made posters, business cards, leaflets, and power points in a bid to engage their peers and prompt conversation.

On Thursday 6th and Friday 7th, we had our voting days. All students in KS3 and KS4 had the opportunity to come to Boothroyd Hall at break



and lunch time, collect a ballot paper and anonymously vote for two per action team whom they felt most appropriate. The hall was ordered and efficient, with our trademark yellow ballot boxes to post students' votes in and students unable to vote more than once, leaving the hall with their 'I love Democracy!' stickers.



All events were hugely successful, with a real positive buzz around the school and sense of pride from candidates. In students experiencing the process and systems of campaigns and voting, they left with an understanding of how important democracy and exercising their right to vote is.

Our BTEC Business students have been an amazing support and helped run the events with professionalism and efficiency and we could not have done it without them!

I would like to express how proud I am at the commitment, organisation, dedication, and drive candidates have shown and the willingness of non-candidates in their voting and engagement with the process as a whole. Well done to all involved and keep your eyes peeled for the announcements next week!



Miss Hallas
Student Aspiration Coordinator



Weekly Outline of Out of School Hours Learning Activities - Autumn 2022				
Club	Year Group	Staff	Time	Venue
Monday				
Orchestra	7, 8, 9,10 & 11	Mr Jenner	8:15am - 8:50 am	MU1
KS3 Handball/Basketball	7, 8 & 9	Mr Watts	12:30 - 1:00pm	Sports Hall
KS4 Basketball	10 & 11	Miss Pridie	1:30pm - 2:00pm	Sports Hall
SDD Homework Club	7, 8 & 9	SDD staff	12:30 - 1:00pm	SDD
SDD Homework Club	10 & 11	SDD staff	1:30pm - 2:00pm	SDD
Indoor Athletics	All	Miss Pridie	3:00pm - 4:30pm	Sports Hall
Boys Dance Company	KS£	Mr Hazelwood	12:30pm - 1:00pm	DA1
Tuesday				
KS3 Basketball	7, 8 & 9	Mr Thomas/Mr Watts	7:44am - 8:15am	Sports Hall
Vocal Group	7, 8, 9, 10 & 11	Miss Harris	8:15am - 8:55 am	MU2
GCSE Dance Technique	11	Miss England	11:00am - 11:30am	DA1
SDD Homework Club	7, 8 & 9	SDD staff	12:30 - 1:00pm	SDD
SDD Homework Club	10 & 11	SDD staff	1:30 - 2:00pm	SDD
KS3 Netball	7, 8 & 9	Miss Emeny	12:30 - 1:00pm	Sports Hall
KS3 Netball	7, 8 & 9	Miss Emeny/Miss Pridie	3:15pm - 4:15pm	Netball Courts
Year 8 Football	8	Mr Watts	3:15pm - 4:15pm	Astro
Year 10 & 11 Football	10 & 11	Mr Howard	3:15pm - 4:15pm	Astro
Year 7 Rugby	7	Mr Kersey	3:15pm - 4:15pm	Field
Bronze DofE Expedition	Year 10 invited	Ms Montague	3:05pm - 4:35pm	SD4 starts 27/9
Textiles club	KS3	Ms Mir	3:05pm - 4:05 pm	DT4
DT Club	KS3	Ms Kamal/ Ms Dorma	3:05pm - 4:05 pm	DT6
Food Club	KS3	Ms Damian/ Ms Hinds	3:05pm - 4:05 pm	FC1
Wednesday				
Silver DofE Expedition	11	Ms Montague	7:30am - 8:30am	SD3 starts 28/9
Fitness Club	All	Mr Thomas	7:45am - 8:15am	Fitness Suite
Year 10 Band	10	Mr Jenner	8:15am - 8:50am	MU1
Jazz Band	7, 8, 9, 10 & 11	Miss Hurst	8:15am - 8:55am	MU2
Volleyball	All	Miss Pridie	7:45am - 8:15am	Sports Hall
Indoor Cricket	All	Mr Howard	1:30pm - 2:00pm	Sports Hall
KS3 Dance rehearsals	KS£	Miss England	1:30pm - 2:00pm	DA1
Pride and Allies	All	Miss Harland	1:30pm - 2:00pm	MS2
Thursday				
Fitness Club	All	Mr Watts	7:45am - 8:15am	Fitness Suite
Wind Band	7,8, 9, 10 &11	L Ellis	8:15am - 8:55am	MU2
Panathlon Club	7, 8 & 9 invited	Ms Montague	10:00am - 10:30am	S Hall from 29/9
Junior maths challenge club	7 & 8	Ms Aragroug and Ms Moody	12:30 - 1:00pm	MA4
KS3 Table Tennis/Badminton	7, 8 & 9	Mr Watts	12:30 - 1:00pm	Sports Hall
SDD Homework Club	7, 8 & 9	SDD staff	12:30 - 1:00pm	SDD
SDD Homework Club	10 & 11	SDD staff	1:30 - 2:00pm	SDD
GCSE Dance Technique	10	Miss England	1:30pm - 2:00pm	DA1
Year 13 Debate Club	13	M Ribbons and F Jabbar	1:30pm - 2:00pm	SF2
KS3 Dance Company	Audition 7,8 & 9	Miss England	3:00pm - 4:30pm	DA1
KS4 Netball	10 & 11	Miss Boulton	3:15pm - 4:15pm	Netball Courts
Year 7 Football	7	Mr Thomas	3:15pm - 4:15pm	Astro
Year 9 Football	9	Mr Cully	3:15 pm - 4:15pm	Astro
Girls Football	All	Miss Pridie	3:15pm - 4:15pm	Astro
Year 8 Rugby	8	Mr Kersey	3:15pm - 4:15pm	Field
Spanish Club (Week 1 only)	All	Miss Fernandez and Selene Damian	3:15pm - 4:15pm	MFL3
Electronics Club	KS3	Ms McKenzie	3:05pm - 4:05 pm	DT3
Computing Intervention	10 & 11	Mr Cambell	3:05pm - 4:05 pm	IT1
Friday				
KS4 Basketball	10 & 11	Miss Emeny	7:45am - 8:15am	Sports Hall
Music Theory Club	10 & 11	Mr Jenner	8:15am - 8:55am	MU1
KS3 Dance rehearsals	KS3	Miss England	10:00am -10.30am	DA1
KS3 Maths puzzle club	7,8 & 9	Ms Morozova and Ms Malik	12:30 - 1:00pm	Maths atrium
KS3 Trampolining	7, 8 & 9	Miss Pridie	12:30 -1:00pm	Sports Hall
SDD Homework Club	7, 8 & 9	SDD staff	12:30 - 1:00pm	SDD
SDD Homework Club	10 & 11	SDD staff	1:30pm - 2:00pm	SDD
Year 11 Football	11	Mr Cully	3:15pm - 4:15pm	Astro
GCSE Intervention	11	Miss England	3.00pm - 4.30pm	DA1

Wednesday 19th October											
Visit/Event	Date	Year	Forms	Student arrival	Dep time or start of activity	Approx. return time	Where to register for Years 7 & 8 Rooms needed all day for Years 9, 10, 11, 12 & 13	Equipment	Lunch arrangements	Spending money	School uniform?
Spymasters/ Mountfitchet Castle	19/10/2022	7	ABCDE	7A 7.00am 7B/7C/7D/7E 8.30am	7A 7.15am 7B/7C/7D/7E 9am	7A 3.10pm 7B/7C/7D/7E 4.10pm	A= MA1 B= MA1 C= MA2 D= MA3 E= MA4	Weatherproof clothing, change of footwear	Packed lunch + water	max £5	Yes
West Ham Workshops	19/10/2022	7	FGHIJ	8.30am	9.00am	3.00pm	F = MA5 G = MA6 H - MA7 I = MA8 J = MA9	Standard school equipment (pen, pencil, calculator etc.) & planner, bring PE Kit	Normal lunch arrangements	n/a	Yes
Tate Modern	19/10/2022	8	FGHIJ	8F/8G 8.30am 8H/8I/8J 10.30am	8F/8G 8.50am 8H/8I/8J 10.50am	8F/8G 1.00-1.30pm 8H/8I/8J 2.15-2.45pm	F= SC1 G= SC2 H= SC3 I= SC4 J=SC5	Weatherproof clothing	Packed lunch + water	n/a	Yes
Colchester Zoo	19/10/2022	8	ABCDE	8.30am	9.00am	3.30pm	A= SC6 B= SC7 C= SC8 D= SC9 E= SC10	Weatherproof clothing	Packed lunch + water	max £5	Yes
Tower of London	19/10/2022	9	ABCDE	8.30am	9A/9B/half 9C 9.15 half 9C/9D/9E 9.45	9A/9B/half 9C 3.15pm half 9C/9D/9E 4.15pm	A=EN1 B= EN2 C=EN3 D=EN4 E=EN5	Weatherproof clothing	Packed lunch + water	max £10	Yes
Fair Trade/DT/Food	19/10/2022	9	FGHIJ	8.30am	8.40am	3.40pm	F= GE1 G= GE2 H= GE3 I= HI2 J= HI3	Standard school equipment (pen, pencil, calculator etc.) & planner	Normal lunch arrangements	n/a	Yes
Careers	19/10/2022	10	ABCDE	9.00am	9.30am	3.00pm	A=PDE1, B=PDE2, C=PDE3 D=RE1, E=RE2,	Standard school equipment (pen, pencil, calculator etc.) & planner, bring PE Kit	Normal lunch arrangements	n/a	Yes
Dragons Den	19/10/2022	10	FGHIJ	9.15am	9.30am	3.00pm	F=SF1, G =SF2, H=SF3, I=SF4, J=SFCR	Standard school equipment (pen, pencil, calculator etc.) & planner	Normal lunch arrangements	n/a	Yes
Maths, English & Science Exams	19/10/2022	11	ALL	8.45am	9.00am	2.30pm	Assembly Lines	Standard school equipment (pen, pencil, calculator etc.) & planner	Normal lunch arrangements	n/a	Yes
University of Westminster	19/10/2022	12	ALL	9.00am	9.15am	3.00pm	DA1	n/a	Packed Lunch or money to buy food	money to buy lunch if required	n/a
Post 18 Day	19/10/2022	13	ALL	8.30am	9.00am	3.00pm	SFCR	n/a	Normal lunch arrangements	n/a	n/a

Thursday 20th October 2022											
Visit/Event	Date	Year	Forms	Student arrival	Dep time or start of activity	Approx. return time	Where to register for Years 7 & 8 Rooms needed all day for Years 9, 10, 11, 12 & 13	Equipment	Lunch arrangements	Spending money	School uniform?
Spymasters/ Mountfitchet Castle	20/10/2022	7	FGHIJ	7F 7.00am 7G/7H/7I/7J 8.30am	7F 7.15am 7G/7H/7I/7J 9am	7F 3.10pm 7G/H/7I/7J 4.10pm	F= MA1 G= MA1 H= MA2 I= MA3 J= MA4	Weatherproof clothing, change of footwear	Packed lunch + water	max £5	Yes
West Ham Workshops	20/10/2021	7	ABCDE	8.30am	9.00am	3.00pm	A = MA5 B = MA6 C - MA7 D = MA8 E = MA9	Standard school equipment (pen, pencil, calculator etc.) & planner bring PE kit	Normal lunch arrangements	n/a	Yes
Tate modern	20/10/2022	8	ABCDE	8A/8B 8.30am 8C/8D/8E 10.30am	8A/8B 8.50am 8C/8D/8E 10.50am	8A/8B 1.00 - 1.30pm 8C/8D/8E 2.15 - 2.45pm	A= SC1 B= SC2 C= SC3 D= SC4 E= SC5	Weatherproof clothing	Packed lunch + water	n/a	Yes
Colchester Zoo	20/10/2022	8	FGHIJ	8.30am	9.00am	3.30pm	F= SC6 G= SC7 H= SC8 I= SC9 J= SC10	Weatherproof clothing	Packed lunch + water	max £5	Yes
Tower of London	20/10/2022	9	FGHIJ	8.30am	9F/9G/half 9H 9.15am half 9H/9I/9J 9.45am	9F/9G/half 9H 3.15pm half 9H/9I/9J 4.15pm	F=EN1 G= EN2 H=EN3 I=EN4 J=EN5	Weatherproof clothing	Packed lunch + water	max £10	Yes
Fair Trade/DT/Food	20/10/2022	9	ABCDE	8.30am	8.40am	3.40pm	A= GE1 B= GE2 C= GE3 D= HI2 E= HI3	Standard school equipment (pen, pencil, calculator etc.) & planner	Normal lunch arrangements	n/a	Yes
Careers	20/10/2021	10	FGHIJ	9.00am	9.30am	3.00pm	F=Lit Lab, G =BS2, H=MFL1, I=MFL2, J=MFL3	Standard school equipment (pen, pencil, calculator etc.) & planner, bring PE Kit	Normal lunch arrangements	n/a	Yes
Dragons Den	20/10/2021	10	ABCDE	9.15am	9.30am	3.00pm	A=SF1, B=SF2, C=SF3 D=SF4, E=SFCR	Standard school equipment (pen, pencil, calculator etc.) & planner.	Normal lunch arrangements	n/a	Yes
Maths & Science Exams	20/10/2022	11	ALL	9.45am	10.00am	2.00pm	Assembly Lines	Standard school equipment (pen, pencil, calculator etc.) & planner	Normal lunch arrangements	n/a	Yes
London Culture	20/10/2022	12	ALL	9.45am	-	4.00pm	Becontree Station	n/a	Packed Lunch or money to buy food	money to buy lunch if required	n/a
Post 18 Transition Day	20/10/2022	13	ALL	8.30am	n/a	3.00pm	SFCR	n/a	Normal lunch arrangements	n/a	n/a

Times of the Day

2022/23



THE JO RICHARDSON

SUCCESS FOR ALL

C O M M U N I T Y S C H O O L

ACHIEVE

YEARS 7-9	7.45 -8.30 am	8.35 am	P1a 9.00 am	P1b 9.30 am	P2a 10.00 am	P2b 10.30 am	P3a 11.00 am	P3b 11.30 am	P4a 12.00 pm	P4b 12.30 pm	P5a 1.00 pm	P5b 1.30 pm	P6a 2.00 pm	P6b 2.30 pm	P7a 3.00 pm	P7b 3.30 pm	4.00 pm
Monday	Breakfast available	Reg/ assembly	P1a	P1b	Break	P2b	P3a	P3b	P4a	Lunch	P5a	P5b	P6a	P6b	P7a	P7b	End of day
Tuesday	Breakfast available	Reg/ assembly	P1a	P1b	Break	P2b	P3a	P3b	P4a	Lunch	P5a	P5b	P6a	P6b	End of day		
Wednesday	Breakfast available	Reg/ assembly	P1a	P1b	Break	P2b	P3a	P3b	P4a	P4b	P5a	End of day/ Lunch	Optional school activities				
Thursday	Breakfast available	Reg/ assembly	P1a	P1b	Break	P2b	P3a	P3b	P4a	Lunch	P5a	P5b	P6a	P6b	End of day		
Friday	Breakfast available	Reg/ assembly	P1a	P1b	Break	P2b	P3a	P3b	P4a	Lunch	P5a	P5b	P6a	P6b	End of day		

YEARS 10-13	7.45 -8.30 am	8.35 am	P1a 9.00 am	P1b 9.30 am	P2a 10.00 am	P2b 10.30 am	P3a 11.00 am	P3b 11.30 am	P4a 12.00 pm	P4b 12.30 pm	P5a 1.00 pm	P5b 1.30 pm	P6a 2.00 pm	P6b 2.30 pm	P7a 3.00 pm	P7b 3.30 pm	4.00 pm
Monday	Breakfast available	Reg/ assembly	P1a	P1b	P2a	P2b	Break	P3b	P4a	P4b	P5a	Lunch	P6a	P6b	P7a	P7b	End of Day
Tuesday	Breakfast available	Reg/ assembly	P1a	P1b	P2a	P2b	Break	P3b	P4a	P4b	P5a	Lunch	P6a	P6b	End of day		
Wednesday	Breakfast available	Reg/ assembly	P1a	P1b	P2a	P2b	Break	P3b	P4a	P4b	P5a	End of day/ Lunch	Optional school activities				
Thursday	Breakfast available	Reg/ assembly	P1a	P1b	P2a	P2b	Break	P3b	P4a	P4b	P5a	Lunch	P6a	P6b	End of day		
Friday	Breakfast available	Reg/ assembly	P1a	P1b	P2a	P2b	Break	P3b	P4a	P4b	P5a	Lunch	P6a	P6b	End of day		



**INCREDIBLE
INDIA**

**Spice up your day
17 October 2022**

*Chicken Tikka Masala
Wholegrain Rice
Gajar Matar*

*Butternut & Chickpea
Passada*

*Bombay Potato
Indian Spiced Carrots
Turmeric Rice*

*Cardamom & Ginger Rice
Pudding*

Aspens

What Parents & Carers Need to Know about BEREAL

Bereal is the latest trending social media app. The concept is that people see others in their authentic day-to-day lives, sharing candid photos without editing or applying filters. Each day at a random time, users are simultaneously notified to take a picture of what they're doing at that exact moment. The two-minute window to submit an image means there's no time to select a particularly glamorous or exciting activity. Bereal shares two pictures: a selfie, and an image of the immediate surroundings. Users can only view and react to their friends' photos once they upload their own.

AGGREGATING
13+
from the App Store & Google Play

WHAT ARE THE RISKS?

CONTINUOUS NOTIFICATIONS

Like any social media app, Bereal's developers want users to be on it regularly and scrolling for long periods. Bereal only sends one notification to post a picture each day, but there are other alerts for events such as mentions, comments, friend requests and reactions to your photo. This can cause young users to feel pressure to open the app and respond, distracting them from other activities.

CONNECTING WITH STRANGERS

When someone signs up to Bereal, it highlights anyone in their phone's contacts list who already has the app – so users can connect with friends, or invite others from their contacts. The 'Discovery' feed, meanwhile, shows posts from strangers and gives users the option to add them as friends, too. This means your child could potentially connect with – and communicate with – a stranger.

PUBLIC SHARING

As well as sharing posts with friends in the moment, the app also allows posts to be shared publicly and public content to be viewed. Before a user can see this public content, they must post their own photo first. Unfortunately, there currently seems to be a lack of moderation on the content that's being uploaded, so a young user could be exposed to posts which aren't suitable for their age.

EASY LOCATION

Bereal's default setting is to share the exact location of where a post was sent from. Given that images are usually shared within the two-minute window, anyone your child is friends with on the app will know exactly where they are (or at least, where they were two minutes earlier). As we've noted, this could include strangers who are intending to use this geographical information for malicious purposes.

VISIBLE PERSONAL DATA

As with any other form of social media, it's important that your child doesn't share too much personal information on their profile. Bereal allows for a photo, full name, approximate location and a short bio. It's safest to make sure that your child's profile doesn't display anything which could identify where they go to school or exactly where they live.

REPUTATIONAL DAMAGE

What your child says and does online – their digital footprint – shapes the way that other people see them. It's essential that young people understand that when they post something online, they are giving the app in question the right to do whatever they wish with that image or content, including sharing it elsewhere. This form of permission is explicitly referenced in Bereal's terms of use.

Advice for Parents & Carers

LIMIT NOTIFICATIONS

Bereal offers the option to turn off individual types of notification. Doing this will significantly reduce the number of times your child is tempted to open the app by incoming comments, uploads, friend requests and so on. Ironically, it will allow them to actually 'be real' by being present in the moment and their current environment as opposed to being engrossed on social media.

STOP AND THINK

Bereal's goal is for users to be authentic with friends, removing the pressure of that flawless photo or perfectly worded post. It's still vital, though, that children stop and think rather than uploading something risky just to meet the two-minute deadline. Point out to them what kind of information strangers could extract from an image: school crests, street names or local landmarks, for example.

KEEP IT AMONG FRIENDS

Remind your child why adding strangers to their contacts isn't a good idea, and advise them to decline any friend requests from people they don't know in real life. If something your child sees on Bereal makes them feel uncomfortable, they can report it by clicking on the three dots in the top right. The reporting tool allows them to state the reason that they're flagging up the post.

CREATE A SAFE PROFILE

Remind your child to use an avatar as their profile pic (as opposed to a photo of themselves) and use a nickname or just their first name, not their full name. Any information they add to their bio (which is optional) should be kept vague, and personal details should remain private. It's also worth turning off the geolocation feature either through the device's settings or in Bereal itself.

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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- ✓ An online safety training course for parents – developed by our experts and delivered by online safety ambassador Mylene Klass;
- ✓ A user-friendly interface with increased functionality – find exactly what you need, when you need it;
- ✓ The option to get notifications to your phone as soon as new content becomes available – so you can stay up-to-date with the latest online crazes (and risks);
- ✓ An in-app voting system so you can help determine the subjects you'd like us to cover in future;
- ✓ The facility to personalise your content by favouriting key resources.

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