

# The Seagull



Issue 714 Friday 4<sup>th</sup> November 2022

Next Week is Week 1

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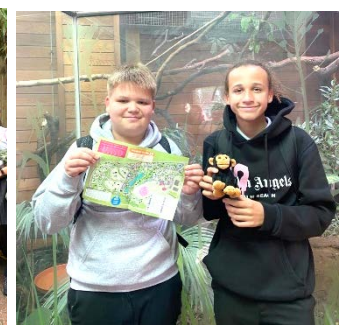
Website: [www.jorichardson.org.uk](http://www.jorichardson.org.uk)  
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## HEADTEACHER'S NEWS

I hope you all had an enjoyable half term

I really enjoyed spending time with students on our ACHIEVE days, it was fantastic to be able to get back to offering the workshops, visits and trips that are such an important part of the work we do at JRCS in ensuring we raise aspirations and bring learning to life.



## JRCS Sixth Form

It was fantastic to welcome so many of our Year 11 parents/carers to our 6th Form Open Evening; we hope you found the evening informative. We will be following up with students during tutor time about applications and the next steps to ensure all students secure positive destinations after Year 11.



## Year 11 Progress Evening

A reminder to parents/carers that our Year 11 Progress Evening is being held Wednesday 16<sup>th</sup> November at 3:45pm-6:00pm in Boothroyd Hall.

Appointments can now be booked using the app "My Child At School" (MCAS). If you have not done so already, please download the app.

Ms Keane  
Headteacher



## GENERAL NEWS

### Year 7 Parent Information Evening- Tuesday 22<sup>nd</sup> November 5:30-6:30pm

Dear parents/carers, I would like to thank you for your support with your child's transition to JRCS.

We have been impressed with the start they have made to secondary school and look forward to seeing them continue to flourish. We appreciate that the transition to secondary school is a significant milestone for your child and would therefore like to invite you to a Year 7 Parent Information Evening on Tuesday 22<sup>nd</sup> November. Please arrive from 5:30pm for a 5:45pm start, we expect to finish at 6:30pm.

The evening allows us to share important information about how you can best support your child academically as well as outlining the pastoral care and support we offer at JRCS. We also look forward to celebrating their successes so far with you.

Please could you sign your child's sticker in their planner to confirm your attendance. This will be checked by their tutor to ensure you have received this information.

Miss Simpson  
Assistant Headteacher attached to Year 7

### Sixth Form applications are open!

Sixth Form applications are now open for all Year 11 students.

Please go to the school website and click on 'Join us in Sixth Form'. Follow the prompts to complete your application.

The deadline for completing your application is Friday 13<sup>th</sup> January. Please see me if you have any questions!

Mrs Evans  
Director of Sixth Form

## JRCS Instagram

We have recently launched a Jo Richardson Community School Instagram account in addition to our Twitter and You Tube Channels to connect with more families in our community.

We intend to use the social media platform to showcase the amazing opportunities students are involved in and to celebrate students' achievements and success.

We will also use this as part of our promotional materials and advertising for future events at the school. Consent for images of students to be used is agreed as part of the JRCS Home/School agreement, However, should you wish to amend your child's consent status, then please contact the School Office to confirm this.

Miss Boulton  
Assistant Headteacher

## MHST Art Competition

At the end of the academic year 2021-2022, our mental health support team (MHST) asked our students to help.

They asked them to create a piece of art to be used as part of the new renovation of the NHS Child and Family Centre (Axe St.). As part of the prize for this competition, the winners would have their artwork displayed in the centre.

Furthermore, there were vouchers on offer for the winners, which included the below:

- ★ 1<sup>st</sup> prize £200 voucher
- ★ 2<sup>nd</sup> £150 voucher
- ★ 3<sup>rd</sup> £50 voucher

At JRCS we had a whole box full of amazing entries for the competition and I am so proud of the dedication and creativity shown. Artwork was judged on how well the piece met one of the following themes:

Barking and Dagenham  
The NHS Child and Family Centre  
Differences. Seen and unseen (ability, class, religion, sexuality, race, culture etc.)



From all of our wonderful entries, we managed to get both 1<sup>st</sup> and 2<sup>nd</sup> prizes awarded to us at JRCS! See our wonderful winners with 2 members of the MHST:

1<sup>st</sup> place goes to Mmachi  
2<sup>nd</sup> place goes to Olivia



Once again, a huge well done to all of our amazing entries and a special congratulations to our two winners. I look forward to visiting your artwork soon!

Ms Draisey  
Senior Mental Health and Wellbeing Lead

### **Date for your diaries: Support your child through KS4 exams**

We are inviting parents/carers of Year 10 and Year 11 students to attend our session focused on supporting your child through the academic reading challenges of KS4.

The session will run at school on Wednesday 23<sup>rd</sup> November between 5:00pm-6:00pm.

### **What will you gain from the evening?**

Academic questions you can ask your child while they are working so you can feel empowered in supporting them.

Ways to support pupils navigating exam papers.

Ways to break down the types of questions students will be asked, so you can support at home.

Easy ways to support with challenging exam reading so your child feels confident to read the large amounts of texts required at KS4.

Simple paragraph and essay structures so you can support with extended writing.

Please register your interest by emailing [hgray@jorichardson.org.uk](mailto:hgray@jorichardson.org.uk)

Mrs H Gray  
Literacy Co-ordinator

### **Elected Student Voice Action Teams!**

After our democracy week last month, the votes have been counted and verified and we now have our brand new Student Action Teams for student voice!

The voting was incredibly close, and I now have a long waiting list of students who were so very close to being elected. I would like to reiterate how amazing all our candidates were and that if you were unsuccessful this year, please do try again next year!

A huge congratulations to the following students who were successfully appointed.



### **Race and Social Justice**

Olga	7
Hella	7
Hannah	8
Marcella	8
Anastasia	8
Gabriele	8
Nathan	9
Shanai	9
Pinky	9
Eldar	9
Hamza	10
Nifemi	10
Ashley	10

### **Pride & Allies**

Lissie-Mae	7
Amelia	7
Lucy	8
Shannan	8
Lilly	9
Sienna	9
Joseph	9

### **Environment**

Rayann	7
Cherry	7
Maxie Hailey	7
Victoria	7
Thomas	7
Shaqkib	8
Vincenzo	8
Sophie	9
Ishmam	9
Kye	9

### **Social Action**

Rahma	7
Toluwalope	7
Millie	8
Gloria	8
Franca	9
Sallyann	9
Yasin	9
Goodness	9
Keyra	10
Majid	10

## Wellbeing

Mikayla	7
Lacie	7
Frankie	7
Sabrina	8
Sophia	8
Leonie	9
Luka	9
Melisa	9
Vasilena	9
Star	10
Mariana	10

## Fundraising, Press & Publicity

Lexie	7
Al-Amin	7
Ria	8
Alexia	8
Elois	9
Valentina	9
Hannah	9
Iman	10
Ayen	10
Kofo	10

## Sixth Form Ambassadors

Mia 13
Hope 13
Ugne 12
Hany 12

Miss Hallas

Student Aspirations Coordinator  
Teacher of Drama

## Duke of Edinburgh FREE participation places for Year 9

Congratulations to the following students who have got their applications in good time. These students are Elois, Sara, Joseph and Luke, Fareedat and Nehan, Liam and Muhammad.

They will all receive a free participation place for the award and will not have to pay £25. Any other forms received by 4:00pm on Tuesday 9<sup>th</sup> November will also be considered for this funding but your forms MUST meet this deadline.



## Year 9 Bake sale starts on Wednesday 10:00am

**BAKE sale every Wednesday 10am  
outside Ms Keane's office**



Raising funds for:

Biscuits cake and pizza just 50p per item!



Students working to complete their DofE award in curriculum time will be holding a bake sale every Wednesday during KS3 break. They will be raising money for Save the Children and the Trussell Trust selling biscuits and pizza outside Ms Keane's office. Items will cost 50p. Please come to the stall and support these worthy causes.

Ms Montague  
DofE Manager

## 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 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 this half-term to students (Wednesday 16<sup>th</sup> November), followed by a parent meeting (Tuesday 22<sup>nd</sup> November 6:00pm – 7:30pm) 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

### OVERDUE LIBRARY BOOKS

A student is responsible for returning their library book on time.

There are a large number of students in KS3 who should have returned their library book by now, the library is open all day for students to return library books.

If a book cannot be returned for any reason the 'library fine' (£5) should be paid on ParentPay. This minimal payment goes towards the cost of a replacement book. Until the book is returned or the fine paid the book will remain on a student's library account.

The school is fortunate to have library, so supporting the library helps to maintain it. Return overdue library books now please!

Thank You  
Ms Osland  
School Librarian

### Online Safety

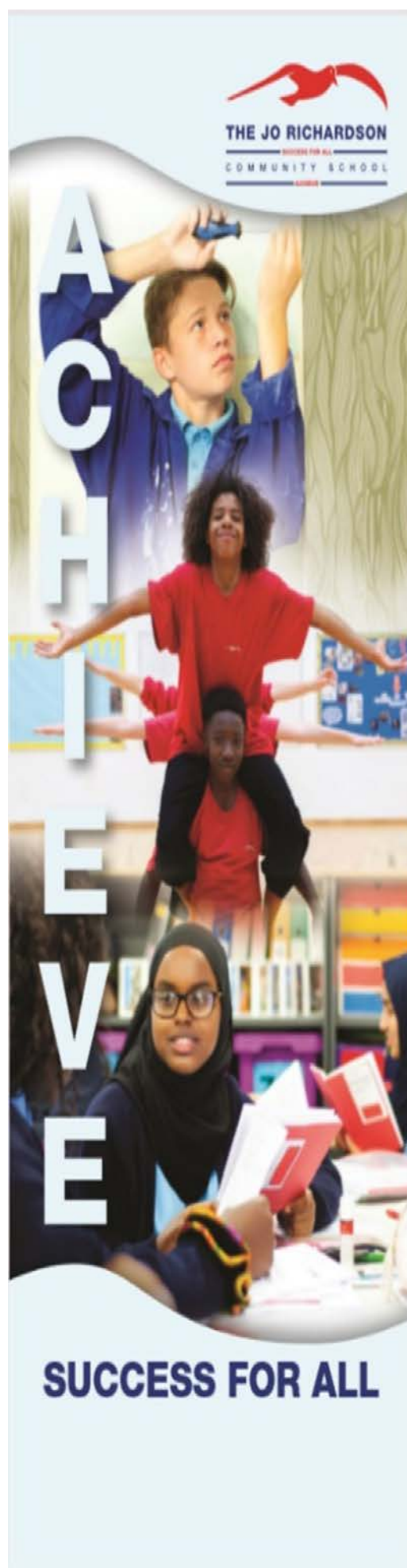


We have been learning about Online safety in this week's whole school assemblies and I have asked students to remind

parents about the resources available on the National Online Safety platform.

These include parent guides such as this week's guide on Group Chats which are a popular way for young people to engage with peers online. The risks and harm associated with groups chats are covered in the useful parent guide which can be found at the end of this week's Seagull.

Miss Boulton  
Assistant Headteacher (Online Safety)



Weekly Outline of Out of School Hours Learning Activities - Autumn 2022				
Club	Year Group	Staff	Time	Venue
<b>Monday</b>				
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
<b>Tuesday</b>				
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
<b>Wednesday</b>				
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
<b>Thursday</b>				
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
<b>Friday</b>				
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

# 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		



# Schools and Colleges Early Support Service

## Information regarding Webinars for Parents/Carers November 2022

Dear Parents/Carers,

We would like to invite you to attend the November 2022 webinar series specially tailored for parents/carers of adolescents, in collaboration with the Schools and Colleges Early Support Service.

Five topics have been chosen to reflect core developmental processes in adolescence and common difficulties parents can struggle with. The content is psychoeducational, strategy-based and solution focused. The webinars will cover the following topics:

- Adolescent self-harm: how to make sense of it and when to seek support
- Managing teen behaviour that challenges: tips and tricks
- Anxiety in adolescence: how can parents help?
- Weathering the storms of strong teen emotions: do's, don'ts and when to consider talking to someone
- Building resilience, staying connected and nurturing your relationship with your teen

Further details on each webinar are below. To register please click on the relevant Zoom link.

### Managing teen behaviour that challenges: tips and tricks

Date: Friday 11<sup>th</sup> November

Time: 12-1pm

Venue: Virtual via Zoom

Most adolescents will at some stage in their development engage in behaviour that parents find challenging and worrying, for instance, substance misuse, being overly argumentative and rejecting, oppositional behaviour and excessive social media use. It can become difficult for parents to find ways of discussing their concerns with their teens who may increasingly not want to hear any advice their parents have to offer. This webinar will provide an overview of adolescent development and the brain, including common challenging behaviours during adolescence. It will discuss different parenting styles and offer tips for parents on how to approach and discuss challenging behaviour with teens, and how to set boundaries. Places on this webinar won't be limited and there will be an opportunity to ask questions at the end.

***Register in advance for this meeting:***

Our Patron: **Her Royal Highness The Princess of Wales**

Anna Freud National Centre for Children and Families is a company limited by guarantee, company number 03819888, and a registered charity, number 1077106.



<https://annafreud.zoom.us/meeting/register/tJwld-uhrzgsHdEMqcScQlvXo6DGDoAP0la5>

*After registering, you will receive a confirmation email containing information about joining the meeting.*

### **Anxiety in adolescence: how can parents help?**

Date: Monday 14<sup>th</sup> November

Time: 5-6pm

Venue: Virtual via Zoom

It is normal to sometimes feel anxious, however for some adolescents, anxiety can become a significant problem that stops them from doing things, e.g., talking to new people, going out with friends, or doing their best in exams. The focus of this webinar will be on what parents/carers can do to help their teens who are experiencing anxiety. It will cover when anxiety is normal vs. problematic, common anxieties during adolescence (exam stress, social anxiety and worries about identity and development), the relationship between parent-child anxiety, and how and when to access support for you and your child. We will also discuss a couple of 'real world' examples of common adolescent anxieties and different strategies that may be helpful in those situations.

***Register in advance for this meeting:***

<https://annafreud.zoom.us/meeting/register/tJYtdeippj8pG9OyA9DL9Ka3f8nrCFwxO1If>

*After registering, you will receive a confirmation email containing information about joining the meeting.*

### **Weathering the storms of strong teen emotions: do's, don'ts and when to consider talking to someone**

Date: Monday 21<sup>st</sup> November

Time: 12-1pm

Venue: Virtual via Zoom

Adolescence inherently consists of many storms that parents, families, and young people have to weather, many of which are driven by an intensity of emotions that is unique to this developmental stage. Teenagers grapple with their own identity, their social relationships, and their need for autonomy, and in turn parents face the challenge of being left out, managing their own reactions to strong teen emotions, and finding different ways of connecting with their teens. This webinar will provide an overview of the changes adolescents go through, why teenagers experience such strong emotional fluctuations and how these are linked to processes in the brain. It will offer ideas on how to support teenager with their strong feelings and what to best avoid. Lastly, the webinar will discuss the difference between normal emotional difficulties in adolescence and issues that may need additional support. Places on this webinar won't be limited and there will be an opportunity to ask questions at the end.

***Register in advance for this meeting:***

<https://annafreud.zoom.us/meeting/register/tJAlfuyhqj8vE9WohsO1dpEM4foBbSIVFBNl>

*After registering, you will receive a confirmation email containing information about joining the meeting.*

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## **Building resilience, staying connected and nurturing your relationship with your teen**

Date: Monday 28<sup>th</sup> November

Time: 5-6pm

Venue: Virtual via Zoom

Adolescence is a time of insecurity, strong feelings and growing autonomy which naturally affects the parent-child relationship and requires parents to find new ways of connecting with their teenagers. Parents may feel left out and worried, and they may experience a sense of loss over the relationship they used to have with their children when they were younger. This webinar offers ideas on how to maintain and build trust with teenagers, how to stay connected and how to nurture the relationship with their teen. Places on this webinar won't be limited and there will be an opportunity to ask questions at the end.

***Register in advance for this meeting:***

<https://annafreud.zoom.us/joining/register/tJAIfu2hrjsrHNL8A2RMhbU6PrBGZfZAevPO>

*After registering, you will receive a confirmation email containing information about joining the meeting.*

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# What Parents & Carers Need to Know about GROUP CHATS

Occurring through messaging apps, on social media and in online games, group chats are among the most popular ways that young people engage with their peers online. Involving, by definition, three or more individuals, these groups allow users to send messages, images and videos to everyone in one place. While they are useful for helping friends, people with shared interests or members of a club to communicate and coordinate activities, they can also leave young people feeling excluded and bullied – as well as providing opportunities for inappropriate content to be shared and viewed.

## WHAT ARE THE RISKS?

### BULLYING

Unkind comments or images which are purposely aimed at an individual can be shared freely in a group chat – allowing and often encouraging others to join in the bullying behaviour. If this content is shared in a group of their peers (especially a larger group), it serves to amplify the hurt, embarrassment, anxiety and isolation that the victim feels.

### EXCLUSION AND ISOLATION

This common issue with group chats can happen in several ways: starting a new group, for instance, but deliberately excluding a certain child. Likewise, the chat may take place on an app which one child doesn't have access to, meaning they can't be involved. A child can also feel isolated when a group chat is used to discuss or share images from an event that everyone else but them attended.

### INAPPROPRIATE CONTENT

Some discussions in group chats may include inappropriate words, swearing and unsuitable images or videos. These could be viewed by your child if they are part of that group, whether they actively engage in it or not. Some chat apps have a disappearing message function, so your child may be unable to report something they've seen because it can only be viewed once or for a short time.

### SHARING GROUP CONTENT

It's important to remember that – while the content of the chat is private between those in the group – individual users can easily share a message, photo or video with others outside of the group or screenshot what's been posted. The risk of something your child intended as private becoming public (and potentially going viral) is higher if there are people they don't know well in the group.

### UNKNOWN MEMBERS

Within larger group chats, it's more likely your child will be communicating with people they don't really know. These strangers may be friends of the host, but not necessarily friendly toward your child. It's wise for young people not to share personal details and stay aware that they have no control over the messages and images they share after they've put them online.

### NOTIFICATIONS AND FOMO

A drawback of large group chats is the sheer number of notifications. Every time someone in the group messages, your child's device will be 'pinged' with an alert: potentially, this could mean hundreds of notifications a day. Not only is this highly distracting, but young people's fear of missing out on the latest conversation results in increased screen time as they try to keep up with the chat.

## Advice for Parents & Carers

### CONSIDER OTHERS' FEELINGS

Group chats are often an arena for young people to gain social status. This could cause them to do or say things on impulse, which could upset others in the group. Encourage your child to consider how other people might feel if they engaged in this behaviour. If your child does upset a member of their group chat, support them to reach out, show empathy and apologise for their mistake.

### PRACTISE SAFE SHARING

In any online communication, it's vital for young people to be aware of what they're sharing and who might potentially see it. Discuss the importance of not revealing identifiable details like their address, their school or photos that they wouldn't like to be seen widely. Remind them that once something is shared in a group, they lose control of where it may end up and how it might be used.

### GIVE SUPPORT, NOT JUDGEMENT

Remind your child that they can confide in you if they feel bullied or excluded in a group chat, instead of responding to the person who's upset them. Validate their hurt feelings and help to put them back in control by discussing how they'd like to handle the situation. On a related note, you could also empower your child to speak up if they're in a chat where others are being picked on.

### AVOID INVITING STRANGERS

Sadly, many individuals online hide their true identity to gain a child's trust – for example, to gather information on them, to exchange inappropriate content or to coax them into doing things they aren't comfortable with. Ensure your child understands why they shouldn't add people they don't know to a group chat – and, especially, to never accept a group chat invitation from a stranger.

### BLOCK, REPORT AND LEAVE

If your child is in a chat where inappropriate content is being shared, advise them to block the users sending the material, report them to the host app or platform and exit the group. If any of this content could be putting a minor at risk, contact the police. Emphasise to your child that it's OK for them to simply leave any group chat that they don't feel comfortable being a part of.

### SILENCE NOTIFICATIONS

Having a phone or tablet bombarded with notifications from a group chat can be a massive irritation and distraction – especially if it's happening late in the evening. Explain to your child that they can still be part of the group chat, but that it would be healthier for them to turn off or mute the notifications and catch up with the conversation at a time which better suits them.

## Meet Our Expert

Dr Claire Sulistiwand 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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# Noodle Bar

**Date - 29/11/2022**

Slurp your way  
to 5 a day with  
our brand new  
Noodle Bar

**Aspens**





# Noodle Bar

## Menu

### **Choose your Noodle:**

Egg Noodle

### **Choose your Protein**

Chicken (Flavoured or Plain)

Or

Hoisin Quorn

### **Choose your Side**

Prawn Crackers

**Aspens**  
Aspens





# Noodle Bar

## Meal Deal

Noodle Pot

Prawn Crackers

£2.45

Aspens







# Noodle Bar

## Meal Deal

Noodle Pot

Water

£2.45

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