

The Seagull



Issue 719 Friday 9th December 2022

Next Week is Week 2

All Enquiries: 020 8270 6222
Email: headteacher@jorichardson.org.uk

Website: www.jorichardson.org.uk
Twitter: @JRCS_School 



Christmas Jumper Day



HEADTEACHER'S NEWS



Gold Seagull
Massive congratulations to the first Gold Seagull winner this school year, Mmachi Year 8. I hope many more students will ACHIEVE their Gold Seagull in the New Year!

It was fantastic to see so many students joining in the festive fun on Wednesday with their Christmas jumpers and outfits (pictured). Thank you for supporting the Save the Children Christmas jumper campaign!

As we approach the Christmas break, we have lots of exciting events coming up in our calendar. Please have a good look at the dates for your diary below so that your son or daughter does not miss out on any.

Dates for your diary:

Wednesday 14th December:

Winter fair begins. Students from Year 12 will be running fete style stalls for students during break and lunchtime on Wednesday, Thursday, and Friday. Students may wish to bring some change for the stalls.

Dance Christmas showcase: 4:00pm to 5:00pm.

Year 12 and 13 Progress Evening from 3:30pm to 6:45pm.

Monday 19th December: Christmas disco 3:30 to 7:30pm for students in Year 7 and 8.

Tuesday 20th December: Christmas lunch for students. Limited alternative lunch service on this day.

Wednesday 21st December: Staff No Talent show. Late start at 10.30am (students should not arrive to school before 10.00am). We will be providing a breakfast service for students between 10.00-10.30am.

Early finish at approximately 1:15pm after the Staff No Talent Show. Students do not have to wear uniform on this day. Any students not in uniform are asked to bring in a £1 to raise money towards Ben Kinsella charity on entry to the staff show.

Please be aware there will be no lunch service on this day. Students on free school meals will be able to collect sandwiches at the breakfast service or have a hot breakfast.

Year 11 students will finish their mock exam period on Tuesday 20th December and therefore should not attend school on Wednesday 21st December.

Monday 9th January: Return to school (usual times).

Ms Keane
Headteacher



GENERAL NEWS

Sixth Form Progress Evening

Wednesday 14th December
3:30pm – 6:45pm

Sixth Form Progress Evening

Sixth Form Progress Evening is on Wednesday 14th December 3:30pm – 6:45pm. This is an opportunity to discuss the progress your son/daughter is making in their A level or vocational courses. Your son/daughter will be making appointment times with their teachers and will communicate this to you. We look forward to seeing you on Wednesday.

Mrs Evans
Director of Sixth Form

Christmas Lunch

JRCS will be celebrating the festive season with a full Christmas dinner for students on 20th December; as a result, normal food service will be modified.

If you wish your child to partake in this meal, please ensure they have funds on their ParentPay account in advance of the day (£2.45).

If you do not wish for them to have the Christmas meal, please ensure they have a packed lunch as we will not be serving any alternative meals on this day.

Thank you.

Lost Property

Can all parents please be reminded that any lost property not claimed before the end of term will be disposed of.

School Office

Online Safety

We would like parents to be aware of two new social media apps that have appeared recently and present potential risks to students. **Wink** is intended to be used for making new friends from all over the world to add and chat with. However there have been reports of blackmailing and contact with strangers through this app.

HiPal similarly presents a range of risks signposted in this week's parent guide at the back of The Seagull and advice is provided for parents and carers to keep young people safe online.

The National Online Safety app is free for all parents/carers of students at JRCS and we recommend you download the app to access a wide range of resources to safeguard your children online.

Miss Boulton
Online Safety Lead

Year 7 and Year 8 Winter Disco

Dear parents of Year 7 and Year 8, we are the Sixth Form BTEC Business students and traditionally this class runs the JRCS winter disco.

It is one of our modules from our course and we are being assessed on 'Managing an event'.

Although due to covid, this disco has been cancelled for a few years, we are bringing it back with extra sparkle. We have decided to run a school disco for Year 7 and Year 8 students as our event. The poster for this event, 'Ministry of Snow' is in this edition of The Seagull, however we wanted to let you know the plans.

Tickets are on sale directly from the BTEC Business team from the bridge and are £2 each. The disco is on Monday 19th December, in Boothroyd Hall. Doors open at 5.30pm and the event ends at 7.30pm.

There will be stalls selling refreshments and a cloak room for students to leave their coats. We will be working alongside the business team and other JRCS teachers to monitor the event. We look forward to making an evening of festive fun for your child.

Thank you
Andre Year 12 BTEC Business and the entire Business Team.

Year 8 Football



Last Thursday, the Year 8 football team (pictured) won their first game of the season. The team played very well with standout performances from Abdul, Harry and Mohammed, and the goals coming from Noah and Dorian to secure the hard-fought 2-0 victory.

The boys have showed great resilience after a tough run of results last year and are very excited for their game against Goresbrook next week. Well done boys!

Mr Watts
PE Department



Year 7 and 8 Girls Football



On Tuesday 6th December the Year 7 and Year 8 girls represented JRCS at a borough football tournament.

The Year 7 got off to a tough start and held Barking Abbey to a 0-0 draw however, after that the girls grew in confidence and managed to win the rest of the matches against All Saints, Great Fields and Dagenham Park.

The Year 8 team also put on a fantastic display of football throughout the whole tournament and also only lost one game to Dagenham Park. We had lots of goals from Marcella and some fantastic defending from Ruby and Blessing.

Girl of the tournament goes to Carmelina in Year 7 for some unbelievable left footed goals.

Well done girls.
Miss Pridie
PE Teacher



Year 11 Mocks Exams

Below is a copy of the timetable for Year 11 Mock exams for December 2022. These are internal exams and students will be required to attend normal lessons. Please make sure students have a good breakfast and they have the correct equipment with them for each exam, including a calculator (if needed) and a black pen. If they wish to, they may bring water, but this needs to be in a clear plastic bottle with the label removed. Please remind your child that under no circumstances should mobile phones or watches be taken into exam rooms.

If your child is unable to attend any of their exams, please call the attendance line as usual and we will require a letter from your doctor.

Day/Date	Paper	Start
Monday 12th December	GCSE Business Studies BTEC Business	9:00am
	Media Paper 1	11:30am
	Combined Science Chemistry Separate Science Chemistry	2:00pm
Tuesday 13th December	Citizenship	9:00am
	DT	11:30am
	History Paper 3	2:00pm
Wednesday 14th December	Geography Paper 2	9:00am
	Computer Science Paper 2 Drama	11:30am
Thursday 15th December	Media Paper 2 (Audio/Visual)	9:00am
	Combined Science Physics Separate Science Physics	11:30am
	PE - Paper 2	2:00pm
Friday 16th December	Maths Paper 3	9:00am
	Construction	11:30am
	Dance (Practical)	11.30am
	RE Paper 2	2:00pm
Monday 19th December	Art (Practical)	All Day
Tuesday 20th December	Art (Practical)	All Day



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 - 8:50am	MU1
KS3 Handball/Basketball	7, 8 & 9	Mr Watts	12:30pm - 1:00pm	Sports Hall
SDD Homework Club	7, 8 & 9	SDD staff	12:30pm - 1:00pm	SDD
Boys Dance Company	KS3	Mr Hazelwood	12:30pm - 1:00pm	DA1
KS4 Basketball	10 & 11	Miss Pridie	1:30pm - 2:00pm	Sports Hall
SDD Homework Club	10 & 11	SDD staff	1:30pm - 2:00pm	SDD
Indoor Athletics	All	Miss Pridie	3:00pm - 4:30pm	Sports Hall
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 - 8:55am	MU2
GCSE Dance Technique	11	Miss England	11:00am - 11:30am	DA1
SDD Homework Club	7, 8 & 9	SDD staff	12:30pm - 1:00pm	SDD
KS3 Netball	7, 8 & 9	Miss Emeny	12:30pm - 1:00pm	Sports Hall
SDD Homework Club	10 & 11	SDD staff	1:30pm - 2:00pm	SDD
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
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
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
Volleyball	All	Miss Pridie	7:45am - 8:15am	Sports Hall
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
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	12:30pm - 1:00pm	MA4
KS3 Table Tennis/Badminton	7, 8 & 9	Mr Watts	12:30pm - 1:00pm	Sports Hall
SDD Homework Club	7, 8 & 9	SDD staff	12:30pm - 1:00pm	SDD
SDD Homework Club	10 & 11	SDD staff	1:30pm - 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
Electronics Club	KS3	Ms McKenzie	3:05pm - 4:05 pm	DT3
Computing Intervention	10 & 11	Mr Cambell	3:05pm - 4:05 pm	IT1
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	3:15pm - 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
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	12:30pm - 1:00pm	Maths atrium
KS3 Trampolineing	7, 8 & 9	Miss Pridie	12:30pm -1:00pm	Sports Hall
SDD Homework Club	7, 8 & 9	SDD staff	12:30pm - 1:00pm	SDD
SDD Homework Club	10 & 11	SDD staff	1:30pm - 2:00pm	SDD
GCSE Intervention	11	Miss England	3.00pm - 4.30pm	DA1
Year 11 Football	11	Mr Cully	3:15pm - 4:15pm	Astro

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	8.25-8.35 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	8.25am earliest arrival at school unless involved in pre-school activity/club	Reg/assembly	P1a	P1b	Break	P2b	P3a	P3b	P4a	Lunch	P5a	P5b	P6a	P6b	P7a	P7b	End of day
Tuesday		Reg/assembly	P1a	P1b	Break	P2b	P3a	P3b	P4a	Lunch	P5a	P5b	P6a	P6b	End of day		
Wednesday		Reg/assembly	P1a	P1b	Break	P2b	P3a	P3b	P4a	P4b	P5a	End of day/ Lunch	Optional school activities				
Thursday		Reg/assembly	P1a	P1b	Break	P2b	P3a	P3b	P4a	Lunch	P5a	P5b	P6a	P6b	End of day		
Friday		Reg/assembly	P1a	P1b	Break	P2b	P3a	P3b	P4a	Lunch	P5a	P5b	P6a	P6b	End of day		

YEARS 10-13	8.25-8.35 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	8.25am earliest arrival at school unless involved in pre-school activity/club	Reg/assembly	P1a	P1b	P2a	P2b	Break	P3b	P4a	P4b	P5a	Lunch	P6a	P6b	P7a	P7b	End of Day
Tuesday		Reg/assembly	P1a	P1b	P2a	P2b	Break	P3b	P4a	P4b	P5a	Lunch	P6a	P6b	End of day		
Wednesday		Reg/assembly	P1a	P1b	P2a	P2b	Break	P3b	P4a	P4b	P5a	End of day/ Lunch	Optional school activities				
Thursday		Reg/assembly	P1a	P1b	P2a	P2b	Break	P3b	P4a	P4b	P5a	Lunch	P6a	P6b	End of day		
Friday		Reg/assembly	P1a	P1b	P2a	P2b	Break	P3b	P4a	P4b	P5a	Lunch	P6a	P6b	End of day		



JRCS DANCE CHRISTMAS SHOWCASE

Wednesday 14th December 2022

4-5PM

In DA1

**Come and enjoy a creative evening with
JRCS Dance watching a selection of dance
pieces and styles from KS3-KS4**

**No tickets for sale instead a donation for
Crisis (Homeless Charity)**



GET A TASTE OF 
Christmas at

To Richardson

20 December 2022

Halal Roast Chicken

Vegetarian Quorn Roast

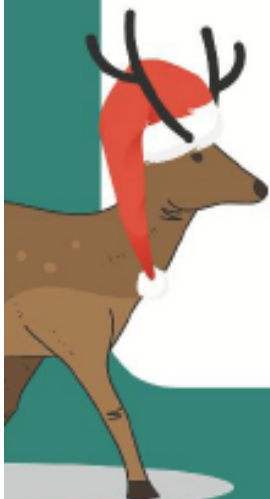
Roast Potatoes, Pigs in Blankets

Yorkshire Pudding

Roast Roots, Stuffing & Gravy

£2.45

Homemade Cookies or Still Water



WANTED!

YOUR OVERDUE LIBRARY BOOKS



CALLING ALL PUPILS, STAFF AND PARENTS!

**DO YOU HAVE ANY SCHOOL LIBRARY BOOKS LANGUISHING IN
YOUR LOCKER? GATHERING DUST UNDER YOUR BED? SITTING
AIMLESSLY ON YOUR SHELVES?**

NOW IS THE TIME TO ACT

**BOOK AMNESTY – BRING YOUR OVERDUE LIBRARY BOOKS BACK... NO
QUESTIONS WILL BE ASKED AND ANY FINES WILL BE WAIVED!**



Ministry Of Snow

Disco for Year 7 & 8

Monday **19TH**
December

Boothroyd Hall

Tickets £2 each

5:30 – 7:30

Winter Wonderland



Wednesday **14TH** Until Friday **16TH**

Break & Lunch Times

Winter Fair Whole School Event

Kean's Canopy

Bring your money to spend

Games to play, goodies to buy and prizes to be won

7th December 2022

Barking Town Hall
1 Town Square
Barking
IG11 7LU

Dear Parent(s) / Carer(s),

Re: Increase in scarlet fever

We are writing to inform you of a recent [national/local] increase in notifications of scarlet fever to the UK Health Security Agency (UKHSA), above seasonal expected levels.

We would like to take this opportunity to remind you of the signs, symptoms and the actions to be taken if you think that you or your child might have scarlet fever.

Signs and symptoms of scarlet fever

Scarlet fever is a common childhood infection caused by *Streptococcus pyogenes* or group A Streptococcus (GAS). It is not usually serious but should be treated with antibiotics to reduce the risk of complications (such as pneumonia) and spread to others. The early symptoms of scarlet fever include sore throat, headache, fever, nausea and vomiting. After 12 to 48 hours, the characteristic red, pinhead rash develops, typically first appearing on the chest and stomach, then rapidly spreading to other parts of the body, and giving the skin a sandpaper-like texture. The scarlet rash may be harder to spot on darker skin, although the 'sandpaper' feel should be present. Patients typically have flushed cheeks and be pale around the mouth. This may be accompanied by a bright red 'strawberry' tongue.

If you think you, or your child, might have scarlet fever:

contact your GP or NHS 111 as soon as possible

make sure that you or your child take(s) the full course of any antibiotics prescribed. Although you or your child will feel better soon after starting the course of antibiotics, you must complete the course to ensure that you do not carry the bacteria in your throat after you have recovered stay at home, away from nursery, school or work for at least 24 hours after starting the antibiotic treatment, to avoid spreading the infection

You can help stop the spread of infection through frequent hand washing and by not sharing eating utensils, clothes, bedding and towels. All contaminated tissues should be disposed of immediately.

Invasive Group A Strep (iGAS)

The same bacteria which cause scarlet fever can also cause a range of other types of infection such as skin infections (impetigo) and sore throat. In very rare cases, the bacteria can get into the bloodstream and cause an illness called invasive group A strep (iGAS). Whilst still very uncommon,

there has been an increase in iGAS cases this year, particularly in children under 10 years old. It is very rare for children with scarlet fever to develop iGAS infection.

As a parent, you should trust your own judgement.

Contact NHS 111 or your GP if:

- your child is getting worse
- your child is feeding or eating much less than normal
- your child has had a dry nappy for 12 hours or more or shows other signs of dehydration
- your baby is under 3 months and has a temperature of 38C, or is older than 3 months and has a temperature of 39C or higher
- your baby feels hotter than usual when you touch their back or chest, or feels sweaty
- your child is very tired or irritable

Call 999 or go to A&E if:

- your child is having difficulty breathing – you may notice grunting noises or their tummy sucking under their ribs
- there are pauses when your child breathes
- your child's skin, tongue or lips are blue
- your child is floppy and will not wake up or stay awake

Stop the spread

During periods of high incidence of scarlet fever, there may also be an increase in outbreaks in schools, nurseries and other childcare settings. Children and adults with suspected scarlet fever should stay off nursery / school / work until **24 hours** after the start of appropriate antibiotic treatment. Good hygiene practice such as hand washing remains the most important step in preventing and controlling spread of infection.

Yours sincerely,



Director of Public Health

Resources

[NHS – Scarlet Fever](#)

[Scarlet fever: symptoms, diagnosis and treatment](#)

What to do if your child is unwell

A guide for parents

Scarlet fever and invasive Group A strep

Scarlet fever is usually a mild illness. Symptoms include a sore throat, headache, swollen neck glands, and fever, along with a fine, pinkish or red body rash with a sandpaper feel. The rash may be harder to see on darker skin tones but you should be able to feel it. Contact your GP or NHS 111 if you think your child has scarlet fever.

In very rare occasions the bacteria that causes scarlet fever can get into the bloodstream and cause an illness called **invasive Group A strep**. If your child seems seriously unwell contact your GP or call NHS 111. Do this if your child is feeding or eating much less than normal, has a dry nappy for 12 hours or more or seems dehydrated, feels hotter than usual (for a baby under 3 months a temperature of 38°C, for older than 3 months a temperature of 39°C or higher) or is very tired and irritable.

Call 999 or go to A&E if your child is having difficulty breathing, there are pauses when your child breathes, your child's skin, tongue or lips are blue or your child is floppy and will not wake up or stay awake.

Visit www.what0-18.nhs.uk for more information.



What to have in your first aid kit

- Liquid paracetamol or ibuprofen.
- A thermometer – always test your child's temperature before contacting or visiting a health professional.
- Antiseptic cream and plasters.
- Oral rehydration solution suitable for your child's age.
- Your pharmacist can help with all of these.

Newborn babies

Crying

All babies cry. It's their way of letting you know they need changing, are hungry or just need a cuddle. If your baby cries suddenly, they may have colic. Colic is common but is not serious and will lessen over time. Talk to your pharmacist for advice.

If your baby suddenly develops a high pitched cry, contact your GP or call NHS 111.

Wheezing and breathing difficulties

These can be scary but are often nothing to worry about. Illnesses like bronchiolitis, mild croup and a cough can often be treated at home. Panting or rattly breathing is common in babies and can be helped by holding your baby upright. Talk to your health visitor about this. If you are worried contact your GP or call NHS 111.

Rashes and dry skin

It's normal for babies to develop rashes, and problems such as nappy rash can be helped with creams from your local pharmacist. If your baby develops a rash and seems unwell contact your GP or call NHS 111.

Babies and toddlers

Coughs and colds

Coughs and colds are part of normal child development and helps them to build up their immune system. An average child will have between 8-12 viral infections each year.

Most bugs will run their course and your child will get better on their own but you can help them:

- Give your child lots to drink
- Try liquid paracetamol or liquid ibuprofen suitable for children

Talk to your pharmacist about other remedies.

Contact your GP or call NHS 111 if your child's temperature stays above 38°C and cannot be controlled with medication or is unusually unwell.

Ear Infection

Ear infections are common in very young children. They often follow a cold and can cause a temperature. They are painful and you may need painkillers from your pharmacist.

Other symptoms include a sore throat, coughing and a high temperature. If the pain becomes more severe or your child has breathing difficulties, contact your GP or call NHS 111.

Upset tummy

Feeling and being sick are normally signs of an upset stomach or tummy bug, followed by diarrhoea.

Keep your child at home and, if they are not vomiting too often, give them frequent, small amounts of water (e.g. a couple of tablespoons full every 10 minutes), to stop them becoming dehydrated. Rehydration solutions can also help and can be bought at your local pharmacy.

Bumps and bruises

Minor cuts, bumps and bruises are normal. Most of your child's bumps will require nothing more than a cuddle but you will know by their reaction if it's more serious. A cold flannel or a covered ice pack on the spot for a few minutes will help reduce swelling and cool it down.

If your child has a bump to the head and it looks serious, or symptoms worsen, contact your GP or call NHS 111.

Self care

For coughs and cold, sore throats, grazed knees and elbows and mild tummy aches.

Lots of conditions can be treated at home – in fact that's the best place for your child.

A major part of helping your child to recover from minor illness is to get them to rest and drink plenty of fluids. Plan ahead by stocking up on essentials, including liquid paracetamol or ibuprofen, a thermometer, antiseptic cream and plasters. Do not give aspirin to a child under 16.



Pharmacists

For diarrhoea, constipation, skin irritations and mild fever.

Many of your child's medical problems can be treated by health professionals at your local pharmacy. Pharmacists give expert, confidential advice and treatment. Best of all there is no need for an appointment.



GP

Your GP is the first port of call for your child for non-urgent illnesses and injuries that won't go away. This may include high temperatures, persistent coughs and ear aches, eczema, severe tummy aches, vomiting and diarrhoea.

Some GPs are open longer hours, including weekends and evenings and they can offer emergency appointments for urgent cases.

If you cannot make an appointment during regular GP surgery hours (usually 8am – 6:30pm Monday – Friday), contact NHS 111 to book an out-of-hours appointment. Many GPs offer online services, which allow you to book or cancel your appointment or order a repeat prescription. Contact your practice or visit www.northeastlondon.icb.nhs.uk/GP for more information.



NHS 111

If you are not sure how to deal with your child's medical condition call **NHS 111**.

You can get free round-the-clock medical information, confidential advice and reassurance.

Health advisors will ask you questions and give advice on what to do and where to go next.

NHS 111 can book you a GP appointment outside of usual opening hours.



Dental care

If you have concerns about your child's teeth, including dental pain, contact a dentist. NHS 111 can help you find your nearest dentist or the nearest emergency dental service.



A&E

Hospital A&E provides urgent treatment for serious, life-threatening conditions. This could include if your child is blacking out, suspected meningitis, choking, fitting, struggling to breathe, and has an injury that is bleeding and won't stop.

You should take your child to A&E yourself if possible but if your child is too unwell, dial 999 for an ambulance.



Find your route to urgent help

Find out more on the best way to access NHS services like pharmacy, GPs and NHS 111
www.northeastlondon.icb.nhs.uk/urgentcare

Visit www.what0-18.nhs.uk for information and support on child health.

What Parents & Carers Need to Know about

HiPAL

AGE RESTRICTION
12+

(with reduced functionality for under-12s)

WHAT ARE THE RISKS?

CONNECTING WITH STRANGERS

HiPal's under-12 accounts don't allow direct connections with strangers (although children seeking more friends can share their 'Friend Code' on other platforms), but for older users, chatting with strangers seems to be the app's main appeal. The 'Public Square' shows nine online users (hitting 'refresh' replaces these with another nine), and clicking on someone's profile starts a conversation.

SEXTING AND SUGGESTIVE PICS

Almost immediately after our expert downloaded the app, strangers began to message privately – asking for provocative images or sharing explicit photos of themselves. Likewise, in the 'Explore' feed, many of the pictures and videos are innocent – but some are far more salacious. There is always the risk of other users secretly saving a revealing photo and re-sharing it elsewhere.

NEED FOR VALIDATION

Some users – particularly girls – post photos on apps of this type hoping for positive reactions and comments to boost their self-esteem. Suggestive images tend to attract more flattering feedback, encouraging the user to post more frequently and with more explicit content. Conversely, receiving unkind comments about their picture can impact a young user's confidence and sense of self-worth.

HiPal is a trending social media app which turns phones into walkie-talkies, allowing people to have voice conversations with friends or strangers. There are two account options: one for users aged under 12 and one for those aged 12 or above. The former has fewer features and limits interaction with strangers, enabling use of the walkie-talkie feature or photo sharing with friends and family only. The 12+ accounts offer more options, including adding strangers as friends, sharing photos and videos publicly, sending private messages and holding voice chats with strangers as well as friends.

NO AGE GATES OR MODERATION

Although users are given an initial choice of the under- or over-12 profile, there is no verification method to confirm someone's age; it is quite clear that the 'older' option offers a more complete experience on the app, but there seems to be no content moderation in place. Likewise, there is a reporting button for users to make a complaint but these reports do not appear to be followed up.

INTRUSIVE FEATURES

HiPal's walkie-talkie gimmick is no different from a normal phone call and seems rarely used; although it allows conversations to still be heard while a phone is locked, which could have awkward results. HiPal also offers 'boom' messages: unmissable large-text notifications which are highly distracting and briefly take over the phone – users can't access other apps until the message fades.

LARGE GROUP CHATS

The app offers group chats with up to 100 people – both friends and unknown users. This not only means excessive 'boom' messages taking over your child's device, but near-constant notification alerts and – most worryingly – the potential for walkie-talkie chatting and sharing photos with strangers outside parental supervision and apparently with no moderation from the platform itself.

Advice for Parents & Carers

EMPHASISE CAUTION

Remind your child of the dangers of connecting with strangers online. Some may be using the app innocently; others may have more sinister intentions. Encourage your child to consider what information they disclose in private messages and emphasise that they should inform a trusted adult if someone on the internet ever attempts to persuade them to meet in person.

TALK ABOUT SEXTING

It can be an awkward conversation (which young people are often reluctant to have), but it's vital to talk openly and non-judgementally about sexting. Discuss the legal implications of sharing explicit images, as well as the emotional impact. Make it clear your child should never feel pressured into sexting – and that they should tell a trusted adult if they receive any unwanted explicit images.

BUILD RESILIENCE

With HiPal's lack of moderation, it's imperative that children are prepared for comments they might receive after uploading an image. You can build their resilience and equip them to manage these situations by having them show you any comments they've received. Together, discuss how the nice ones made them feel – and what they could do if someone posted a comment that upset them.

AVOID OVER-SHARING

Young people should think carefully about what they share in their profiles, bio and posts. Talk to your child about not disclosing personal details such as phone numbers, other social media accounts or images which could reveal where they live or go to school. It's essential for children to recognise that strangers can assemble a detailed profile of someone based on things they can find online.

CONSIDER MENTAL WELLBEING

Many users on HiPal publicly share photos that are intended to be alluring in the hope of gaining more likes, friends and positive feedback – boosting their self-esteem and making them feel more self-assured. When young people regularly engage with social media platforms, it's important that parents and carers keep in mind the potential impact such platforms can have on mental wellbeing.

Meet Our Expert

Dr Claire Bullock 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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