

The Seagull



Issue 720 Friday 16th December 2022

Next Week is Week 1

Week beginning 9th January 2023 is Week 2

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HEADTEACHER'S NEWS

Scarlet Fever, Influenza and Strep A

You will have received a letter from me earlier this week about an increase in influenza, scarlet fever and strep A infections.

As a school we have taken extra precautions and followed the advice given by public health colleges to ensure we reduce the risk of infection.

Please see the leaflet at the end of this letter that offers advice and guidance. if your child is unwell.

End of Term Reports

As we come to the end of the term all students in Years 7 to 10 will be coming home with end of term reports, please keep a look out for them.

Year 11 will receive their reports and mock exam results on **Wednesday 18th January 2023** during our second **Year 11 Progress Evening**. It is important that all parents/carers of Year 11 attend this evening.

Christmas Hampers Donations

The festive spirit is in full swing at JRCS, thank you all for your kind donations for the Christmas hampers. for the Riverside Church food bank, I was really impressed with the work students put into their hampers.

The kindness and thoughts for others in our community who need our support was much appreciated.

Christmas Fair

This week Year 12 have been organising a Christmas fair in Mainstreet for students with lots of games and stalls for them to enjoy.

Year 7 and 8 Christmas Disco

We have our Year 7 and 8 Christmas disco on Monday 19th December from 5.30pm to 7.30pm. This is followed by Christmas lunch on Tuesday 20th December and we will finish off the week with our staff No Talent show on Wednesday 21st December.

Late Start/Non Uniform

A reminder that students have a **late start on Wednesday at 11.00am** and will be dismissed at approx. 1:15pm after the show.

Year 11 students will have finished their mock exams on Tuesday 20th December and so do not need to attend on Wednesday.

Wednesday is a non-school uniform day and students should bring a £1. donation to raise money towards Ben Kinsella trust. Please ensure students are dressed in appropriate clothing for school with no jewellery.

May I take this opportunity to wish you all a Merry Christmas and Happy New Year.



School returns **on Monday 9th January 2023** at normal time.

Ms Keane
Headteacher

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

Christmas Hampers



This Christmas we once again teamed up with London Riverside Church to donate Christmas Hampers filled with food bank donations to go to our local community.



They were blown away with the generosity and creativity from the students at JRCS. This year we had some incredible entries including snowmen, advent calendars, sleighs, and a life size fireplace!



Students donated dried goods, games, handmade knitwear(!), books, Christmas decorations and toiletries and wrote heartfelt cards.

London Riverside Church sent us the following message:

'I just wanted to say thank you again for the extremely generous donations from the students at Jo Richardson. We are overwhelmed with the generosity particularly at such a difficult time for everyone. These gifts of food, toys and other items will go a long way to helping people in need in the community'



The competition was especially hard to judge but some stand out hampers came from the following forms:

7C, 7H, 8F, 8C, 8J, 8H, 10B, 11C, 13 D&C

The overall winning Christmas hamper goes to 9E!

Well done to all forms who took part and showed real commitment and creativity!



Miss Hallas
Student Aspirations Coordinator
Teacher of Drama

Year 7 Science



On Friday 9th December, to get our Year 7 students thinking we investigated the time difference between different sizes of parachute. Students dropped different sized parachutes from the balcony. Students had so much fun and were able

to visualise how speed is impacted by air resistance.

Miss Bakkali-Taheri
Science Teacher

Literacy Update: Term 1

As a school, we are working together on a joint literacy focus of developing our reading provision for students. This focus will be developed throughout this academic year both in and out of classrooms. As we enter the winter break, I wanted to take this opportunity to share with you some of our highlights so far:

We fundraised for the charity Read for Good; a charity that uses donations to buy books for children's hospitals across the UK. This was all thanks to the excellent reading of our Year 7 students and the generous donations of their sponsors.

30 Year 11 volunteers have been paired with 30 Year 7 students and each Friday are reading together as part of our Reading buddies scheme.

All of our KS3 and KS4 students have had assemblies on the value of literacy, with a session for Year 12 and Year 13 literacy upcoming in the first week of January.

30 Year 12 volunteers are being trained on offering literacy support for one hour per week during KS3/4 lessons, commencing first week of January.

All staff have had literacy training and are now developing their reading support plans for students in their departments. Our dedicated literacy team meet to develop literacy in their subject area.

We held our first Parent Engagement Evening for KS4 parents; parents were able to learn a variety of strategies to support their students with reading challenging exam material.

Finally, I'd like to congratulate our first Jo Richardson Poet Laureates. The two winners wrote outstanding poetry and will write poetry to celebrate important school and national occasions over the course of the next year. Well done to our KS4 Laureate, Ameenah and our KS3 Laureate, Gabrielle-Rebekah Ajayi-Ola. We also have two highly commended runners up who will support as part of our Laureate team. Supporting in KS4, we have Nifemi and for KS3, Darius-Petru. We look forward to seeing their inaugural work in the January Seagull.

Mrs H Gray
Literacy Co-ordinator

Textiles Club



I would like to start by thanking the students who come down to DT every week and give their 100% on what they do. Their dedication and enthusiasm is vital for a club to be successful, and I must say, this term you guys were amazing!



Students are a mix of Year 7, 8 and 9 with some expert Year 10s that help and support the new recruits with techniques and ideas.



I am extremely proud of all textile's students; they all aspire to be the best they can be and engage with the opportunities and challenges that came with this terms projects.



Many students are new to embroidery and machine stitching, and it's lovely to see how confident and resilient they all have become. You are a wonderful bunch to be around, always keep up the good work 😊 Have a wonderful Christmas break

Mrs Mir
Design Technology Teacher

Online Safety

This week's online safety guide provides guidance for parents and carers on setting up apps, games and software to enable safety features on new devices that may be gifted at Christmas.

Please read the guide carefully to ensure you know what to look out for and risks to discuss with young people to avoid any harm online over the festive period.

Just a reminder to parents/carers to also check out the explainer videos on the National Online Safety app which help to keep parents informed about all aspects of online safety.

Miss Boulton
Online Safety Lead

Calling all students with library books – Return them now!

All library books need to be returned 'before' school finishes for the Christmas break.

If for any reason, a library book cannot be returned the 'Library Fine' (£5) should be paid on ParentPay.

This payment goes towards the cost of a replacement book. Currently there are over 150 books that need to be returned.

Please support your school library by returning library books on time.

Thank You all for your support

Ms Osland
School Librarian

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 19th December	Art (Practical)	All Day
Tuesday 20th December	Art (Practical)	All Day

AT JO RICHARDSON WE



Aspire to be our best
Commit to our learning
Hold high standards in everything we do
Involve ourselves in our communities
Engage with all opportunities
Value, care for and respect each other
Establish resilience



SUCCESS FOR ALL

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 Trampolining	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	Reg/assembly	P1a	P1b	Break	P2b	P3a	P3b	P4a	Lunch	P5a	P5b	P6a	P6b	P7a	P7b	End of day
Tuesday	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	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	Reg/assembly	P1a	P1b	P2a	P2b	Break	P3b	P4a	P4b	P5a	Lunch	P6a	P6b	P7a	P7b	End of Day
Tuesday	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	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		

GET A TASTE OF 

Christmas at

Jo Richardson 

20 December 2022

Halal Roast Chicken

Vegetarian Quorn Roast

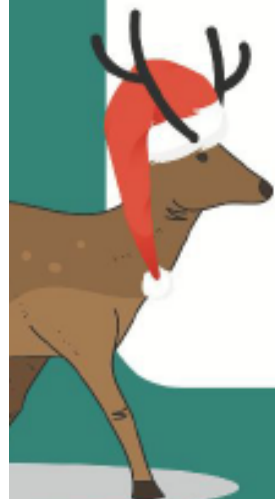
Roast Potatoes, Pigs in Blankets

Yorkshire Pudding

Roast Roots, Stuffing & Gravy

£2.45

Homemade Cookies or Still Water



What Parents & Carers Need to Know about SETTING UP APPS, GAMES AND SOFTWARE

Millions of new phones, tablets, laptops and games consoles will be nestling under Christmas trees this year. However, even if parents and carers have gone to the trouble of setting up these new devices and enabling the safety features, there are still potential hazards in the apps, games and software that children will want to install and use. Knowing what to look for and discussing those risks with your child may help avoid any nasty surprises this Christmas. Here are our top tips for ensuring that unwrapping this year's presents doesn't unleash any unexpected dangers.

TAKE NOTE OF AGE RATINGS

Back when most games were bought in shops, checking the age rating was easy: it was on the front of the box. Now that most games are downloaded, it's tougher – but not impossible. All reputable download stores show a game's age rating at the point of purchase, and you can check the suitability of a specific title your child wants to play at videostandards.org.uk/RatingBoard/games.

18

'FREE' ISN'T ALWAYS FREE

The games market has changed radically in recent years. Many titles are free to download, but then tempt players to pay for cosmetic items (as in Fortnite) or to unlock additional content. There can be huge peer pressure for children to pay for these items. Agree a budget for in-game purchases before the game is downloaded, and make sure children can't authorise in-game purchases by themselves.

DISABLE IN-APP PURCHASING

It's not wise to leave children with devices that can make in-app purchases without your permission. Ideally, set up computers, consoles and phones so child accounts need an adult's authorisation to buy anything. On shared devices (like iPads, which don't allow user accounts), check the settings to ensure that in-app purchasing requires the account holder's password, fingerprint or face ID.

CHECK THE SPECS

To avoid let-downs, check a game's specs before buying – especially for PC or Mac, where games often need a particular graphics chip or processor to work. Sites like systemrequirementslab.com can scan your computer to see if it will run certain games properly. On consoles, make sure you're buying the right version: some newer Xbox or PlayStation games won't play on older consoles.

MONITOR IN-GAME COMMS

Voice chat with friends is part of the fun of modern gaming – but danger lurks here too. Many titles have open chat systems, meaning that children could speak to strangers or hear adult language and verbal abuse when games get particularly competitive. Using a shared family area (as opposed to alone in bedrooms) for online gaming is a good way to keep an occasional ear on what's being said.

BE WARY OF GIFTS

Titles like Roblox, Minecraft and Fortnite have in-game currencies, which can be earned through progress in the game – but can also be bought with real money. A common scam is for a young player to be offered currency if they click a link, visit a certain site or contact another user directly. Warn your child about such offers; they should show you if they're in any doubt over an in-game gift.

APPS ARE AGE RATED, TOO

Like games, apps in the major stores have age ratings, too – so you can see in advance whether an app's appropriate for your child. Additionally, phones' parental control settings allow you to set age limits, preventing young ones from downloading unsuitable apps themselves. These ratings aren't infallible, however: we've seen TV apps featuring adult shows with an age rating of 3, for example.

18

CONSIDER STORAGE

Most apps and games will tell you in the online store how much space they need on a device. Check this carefully – especially with games, which can run into hundreds of megabytes and beyond. If you don't have enough free storage on a device to run the game or app, you won't get a refund from the store. You can normally check a device's available storage space through the settings menu.

WATCH OUT FOR IMITATORS

Even in the official stores, untrustworthy rogue apps can slip through the net. Common tricks are apps or games that have a slightly different name to the genuine article (Fortnight rather than Fortnite, for instance) or use logos which deliberately look very similar to the official app. To avoid downloading these imitations, read the app's description and check who the publisher is listed as.

16

LEGAL APPS THAT BREAK THE LAW

There are many apps that are perfectly legal but enable illegal activity – streaming apps which let people watch football matches, say, without paying for Sky or BT Sport. Prosecution for using such apps is rare, but they can lead to risky behaviour like viewing rogue streams on sites teeming with malicious links. Watch for children installing unusual apps with 'TV', 'stream' or 'sport' in the name.

IN-APP REGISTRATION

It's common for apps and games to ask users to register: entering personal details like email address, date of birth and other information you might not want your child to divulge. Ask them to get your permission before giving any personal info to an app – and consider using your details rather than the child's, so they're not targeted by marketing spam or put at risk of having their data stolen.

STAY UPDATED

Most games and apps are subject to regular updates, which not only offer new content and features but also provide critical security improvements. Children tend to ignore such updates – usually because they don't understand why they're important, or they simply want to get straight on with gaming. Check your child's devices periodically to make sure these updates are being installed.

Meet Our Expert

Barry Collins has been a technology journalist and editor for more than 20 years, working for titles such as the Sunday Times, Which?, PC Pro and Computeractive. He's appeared regularly as a technology pundit on television and radio, including on Newsnight, Radio 5 Live and ITV News at Ten. He has two children and has written regularly about internet safety issues.



NOS
National
Online
Safety
#WakeUpWednesday



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/NationalOnlineSafety



@nationalonlinesafety

HAVING CHRISTMAS LAND

HARROW LODGE PARK

Having Christmas Land 2022

Returning for 2022....local mental health charity Mind in Havering, Barking & Dagenham presents a unique and magical Christmas Attraction.....**Having Christmas Land!** With over 25,000 visitors in 2021 we are delighted to be back bigger and better this year!

Located in Harrow Lodge Park, Hornchurch, Havering, RM11 1JU next door to the new Harrow Lodge Leisure centre, it features:

- › The historic Harrow Lodge House building beautifully illuminated with twinkling lights
- › A spectacular Christmas Lights Walk Way in the 'Secret Garden' next to the building with 000s of stunning lights, decorations and Christmas scenes,
- › A delightful Santa's Grotto
- › Food/refreshments/mulled wine & German beer served nightly
- › A Children's ride



Entry into the Walk is £4 per person.

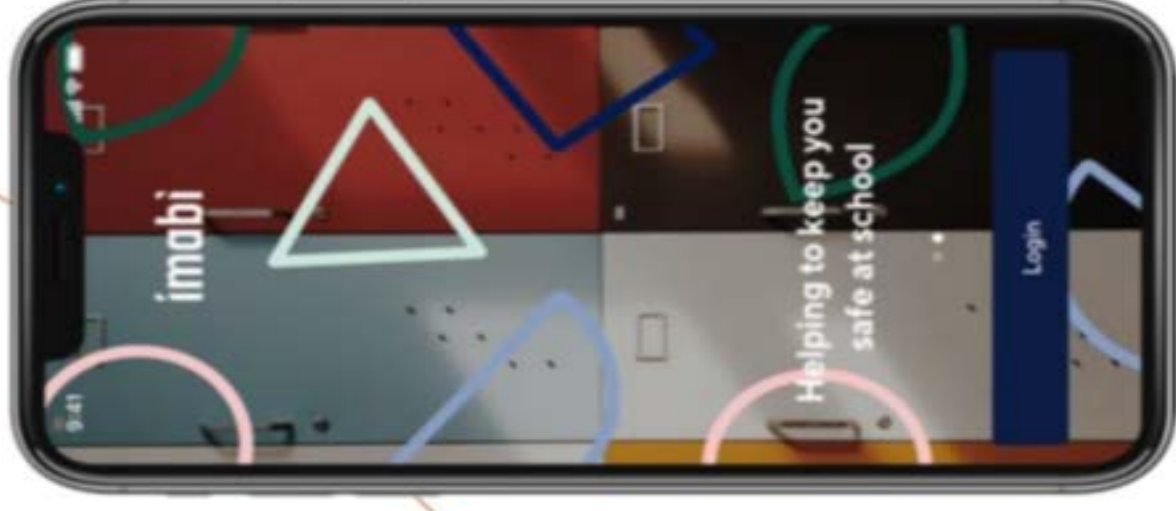
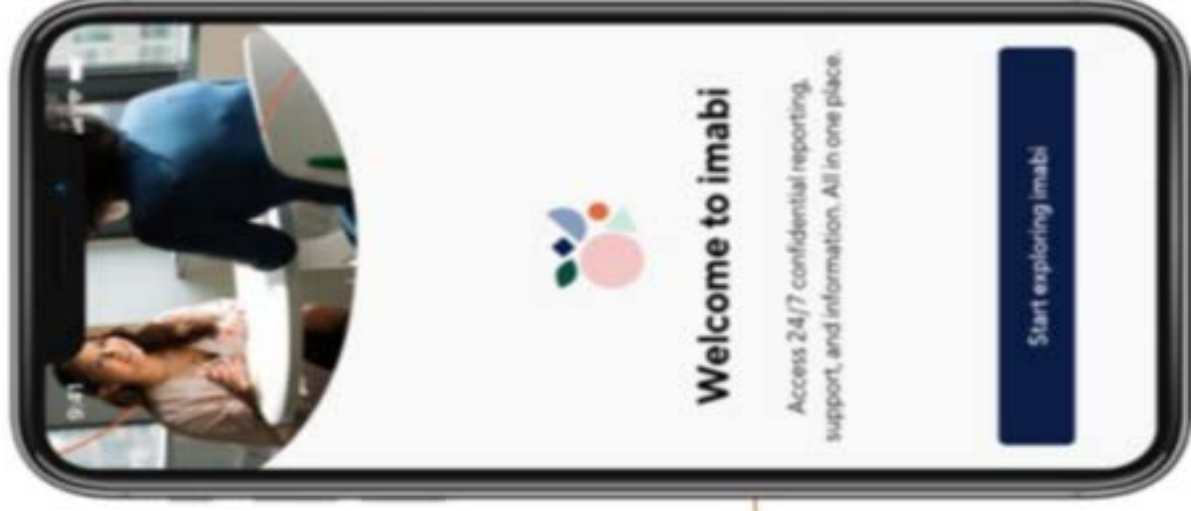
Babies under 2 go free. There are no concessions.

All money raised supports our work across both boroughs.

This is a magical experience not to miss over the Festive Season!

imabi Inspire

A Safer Space
Coming soon to
JRCS





Guide to Kooth for parents and carers



We spoke to parents and carers across the UK with the aim of better understanding what questions they had about Kooth.

We collated the most commonly asked questions that came up and have outlined everything parents wanted to know about us in this FAQs guide.

But first, here's a little bit of information about us:

Kooth is an online, mental health and wellbeing service for children and young people.

Some things we'd like you to remember about Kooth include:

- We're completely free to use.
- Children and young people are anonymous to us.
- No bullying or discrimination of any kind takes place on our site
- There's no need for any kind of referral to join.
- Signing up and getting started only takes a few minutes.
- No problem is too big or small.

What you'll find on Kooth includes:

- Live text-based chat sessions with a mental health practitioner.
- Send a message to our team inbox anytime.
- Support from our online community of young people.
- A range of self-help tools.
- Helpful content written by other young people and our professional team.

Live chat times are:

Monday to Friday: 12pm - 10pm

Saturday and Sunday 6pm - 10pm

Hours may vary during the Christmas period, new year period and bank holidays but we are available 365 days a year.

Children and young people can visit **www.kooth.com** today to start accessing support.

What will happen when my child logs in to Kooth?

Making an account at Kooth is quick and straightforward; we ask for a few bits of personal information, but nothing we could identify them from. The person selects a username and password, and then immediately they are able to access a lot of the site.

This includes articles, written by Kooth staff and by other service users, exploring different aspects of health, wellbeing, and day-to-day life.

There are also discussion boards around particular questions or concerns, and various spaces that individuals can use for themselves such as a journal, mini-activities (designed to support mental wellbeing), and a goal setting area. They can also, if they wish, send a message to our team of practitioners, or come and join the chat queue for a live text-based conversation with a practitioner.

If someone joins a chat with a practitioner, they will be asked to complete one or two questionnaires, to help us understand more about how things are for them at the moment.

They will then be offered up to an hour of 'speaking' (using text-based communication) to the practitioner, which will typically include thinking about any challenges or concerns they have, setting some goals, and considering how Kooth can best support them. For some individuals, we may suggest a series of weekly chats, with a named practitioner, working towards a particular outcome.



What qualifications and experience do the practitioners have?

Our practitioners are made up of counsellors and emotional wellbeing practitioners, all of whom have an enhanced DBS check. Our counsellors all meet the requirements to be eligible for counselling accreditation, and some have achieved that accreditation as well. Our emotional wellbeing practitioners are a multidisciplinary team of experienced mental health practitioners who have a qualification in a relevant field (e.g. social work, mental health nursing, psychology).

All of our practitioners are supported and supervised by an experienced team of qualified clinical specialists, and their work is governed and audited internally through an industry standard best practice.

What might be helpful things to say to my child if they say they are using Kooth?

If your child tells you that they're using Kooth, we understand that you might want to ask lots of questions about 'why' and 'what for.' We'd encourage you to thank them for telling you, and to ask more open questions such as 'are you finding it helpful,' 'is there anything you'd like to share with me about it' or similar.

You can also reassure them that, 'if you ever want to tell me anything about how you're thinking and feeling, I'm happy to listen.' Try not to ask them lots of questions, but to give some validation and encouragement about them seeking support if they need it, and that we all need some extra help at times.



How do you manage any safeguarding or risk concerns, when the young people using Kooth are anonymous?


We believe that our anonymity supports effective safeguarding, rather than acting as a barrier. We also believe that a young person who is actively choosing to sign up to the service and seek help, is taking a really positive step for them. Young people consistently tell us that the anonymity aspect of our service enables them to disclose things that they wouldn't otherwise tell anyone.

If any user tells us something concerning, regarding their safety, or that of anyone else, we would request their personal identifiable information in order to help us safeguard them. Sometimes, our users do not feel comfortable giving us this information. In these situations, we will work with them to develop a safety plan and to understand and address the barriers to accessing other services. We will also signpost them to other relevant services for young people who might be able to support them, such as [SHOUT](#).

Why do you encourage users to keep their username and password private?

We encourage all of our users to ensure that their log in details are private. This is to protect their confidentiality and anonymity. We know that users may not disclose things if they are concerned that their family or friends are able to see that information.

However, a lot of our work often includes encouraging our users to speak to their friends and family about their difficulties, and to seek support from them.



How do I know that what's on Kooth is safe and appropriate for my child?

Everything that is submitted to the platform is moderated before it is published. This might be a comment on a forum or an article they've written for example. This is conducted by our team of highly skilled moderators, who have completed our bespoke moderation training.

Our moderators review all submissions to ensure that it meets our community boundaries and age ratings guidance. If a submission contains information that suggests a user is at risk from themselves or others, we would reach out to them with a message and escalate our processes appropriately.

Some submissions may be edited, or not published at all, if they do not meet our boundaries and guidelines. This process ensures that no bullying, harassment or trolling takes place on the site and this is something we feel very strongly about.

Can an adult sign up to Kooth and what happens if they do?

Our sign up process relies on trust that people select accurate responses around their demographic information, including age. This does mean that it is possible for adult individuals to sign up with an account where they are claiming to be a young person.

However, our continuous safeguarding and moderation processes ensure that even if this was the case, they would not be able to interact inappropriately with other users. Service users are also unable to privately message each other on the site.

We also ensure that no personal identifiable information of any users is published to the site.

What if the advice that young people give each other is not safe, helpful or evidence based?

We find that a lot of our users really value the opportunity to connect with their peers. It helps them to feel that they are not alone with their difficulties, and to hear more about how others might have managed them.

A lot of our users also appreciate being able to offer support to others through the Kooth community. Our moderation processes ensure that we don't publish inappropriate or dangerous advice.


Why can't I be informed of what my child is discussing/sharing, especially if it involves risk to their health and wellbeing?

We know that, as a parent or carer, you want to be aware of any important aspects of your child's life, including their mental health. We also know that, for all of us, it's important to have spaces that feel safe and where we can share some of our thoughts and feelings, without worrying about the impact on the person that we're talking to.

There are a lot of reasons as to why people may not feel able to share their difficulties with friends and family.

Please be assured that we would encourage individuals to speak to their support network about what they were experiencing, and that if we are able to, we will ensure that key figures such as parents/carers are aware of those difficulties.

One of the things we also consider and assess, is whether somebody has the mental capacity and understanding to consent to counselling. This is something that they have the right to consent to, if they have the capacity to do so, without their parents or caregivers being informed. If someone does not have the capacity to consent to counselling, we would adjust the way in which we work with them, offering more of a 'key work' style of support. Essentially, we always think about how to provide each service user with the most appropriate and effective support for them.



Why might someone use Kooth instead of accessing face-to-face support?

There are lots of great face-to-face services that can provide effective support for people. However, there are some barriers to these services, including their geographical location, waiting lists, and thresholds for accessing them.

We've found that some people prefer to use a service like Kooth, which they can access outside of 'traditional' hours and from wherever they are. We do not have a waiting list or thresholds for access, so it can also be helpful for people who want to access support at the present moment, before things may worsen with their mental health.

Some people also feel there is some shame and stigma attached with attending face-to-face mental health services, especially if their peers may see them e.g. at school. Anonymity can support individuals to access support in a way that remains confidential from those around them.

In addition, young people who have additional needs, neurodiversity, or disabilities that make traditional services inaccessible or difficult to navigate, may find Kooth a more manageable way to access support.

Why might my child not get to speak to a practitioner when they request a chat session?

When a service user joins the chat queue, we try to connect them with a Kooth practitioner as soon as possible. Unfortunately the service does get very busy at times, especially towards the end of the evening shift which runs up to 10pm.

If it looks like someone is not going to be able to access a chat, we will ensure that we send them a message, to try and offer some support and to signpost them to other relevant resources and areas of the site such as activities, articles and journaling.

We also look to take into account when prioritising the chat queue anyone who has tried to speak to a practitioner that week, but has not been able to.

What if my child asks for counselling but they are not ready for it?

One of the things we always consider and assess, is whether someone has the 'mental capacity' and understanding to consent to counselling.


If someone does not have the capacity to consent to counselling, we would adjust the way in which we work with them, offering more of a 'key work' style support. This focuses on the 'here and now,' and developing coping skills and strategies.

How can I trust Kooth provides effective support?

Kooth was established in the UK over 20 years ago and is the largest digital provider of mental services for children and young people.

It is commissioned primarily by the National Health Service (NHS) and is the only digital service of its kind to be accredited by the British Association of Counseling and Psychotherapy (BACP). There is a wealth of evidence demonstrating its impact for children and young people in the UK.

Our approach is tried and tested and always taking into consideration our 'user voice' - in other words Kooth has been built for young people WITH young people. Please do contact us at contact@kooth.com if you would like to see some of our publications demonstrating our reach and impact in the UK which you can find at koothplc.com/about-us/research.



How can I help my child if they are experiencing mental health difficulties?

It can be really difficult to know how best to support someone you care about, when they're experiencing mental health difficulties. There are some great support spaces for parents and carers, such as the Charlie Waller Trust.

There's a lot of truth in the cliché that you need to look after yourself in order to look after others! It's okay to feel frustrated or helpless at times. Try to show your child that you care about them and are there to support them, but without forcing them to talk to you.

Sometimes it can be helpful to ask what they need, e.g. 'I know that things are difficult for you at the moment. I really want to help, but I'm not sure of the best way to do that. Is there anything that you think I could do to support you?' Of course, at times you may as a parent need to be more assertive around ensuring they access support, or seeking medical treatment when required, and we would encourage you to discuss any of those concerns with their GP or with mental health professionals.





Chat opening hours (Christmas and New Year period)

Saturday 24th December

Christmas Eve
4pm-8pm

Sunday 25th December

Christmas Day
4pm-8pm

Monday 26th December

Boxing Day
4pm-8pm

Tuesday 27th December

Bank Holiday
4pm-8pm

Saturday 31st December

New Years Eve
4pm-8pm

Sunday 1st January

New Years Day
4pm-8pm

Monday 2nd January

Bank Holiday
4pm-8pm

[kooth.com](https://www.kooth.com)

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-like 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.



Ministry Of Snow

Disco for Year 7 & 8

Monday **19TH**
December

Boothroyd Hall

Tickets £2 each

5:30 – 7:30