



DEAN TRUST Rose Bridge

NEWSLETTER

Headteacher Message

This week our Yr11 Hospitality and Catering pupils have carried out their practical exam work and the results have been incredible. The standard of dishes produced this year has been phenomenal and I am so proud of the hard work that the pupils have put into creating them. We may have a future winner of Masterchef here at Rose Bridge judging by the quality of the dishes made. Good luck to all those pupils who have their exam next week.

Our '12 days of Christmas' breaktime challenges began this week with a cracker eating challenge on Thursday, followed by a 'fastest time to do 11 push ups' challenge on Friday. Although Mr Shepherd clearly thought he had this in the bag with a time of 5.15 seconds, he was resoundingly beaten by Erind Guni in Year 7 with a truly impressive time of 4.03 seconds. The daily challenges continue next week!



Lucy Cropper
Head of School



James Haseldine
Executive Headteacher

Noticeboard

Friday 11th December is Christmas Jumper day
staff and pupils need to donate £1 via School
Gateway



Employee of the week

Sue Daniels for all of her help and support with the
year 11 practical Hospitality and Catering exams



Word of the Week:

Beneficial *adjective*

resulting in good; favourable or advantageous.

Challenge 1: Can you write a sentence using the word 'beneficial'?

Challenge 2: Can you think of any synonyms for 'beneficial'?



Book of the week

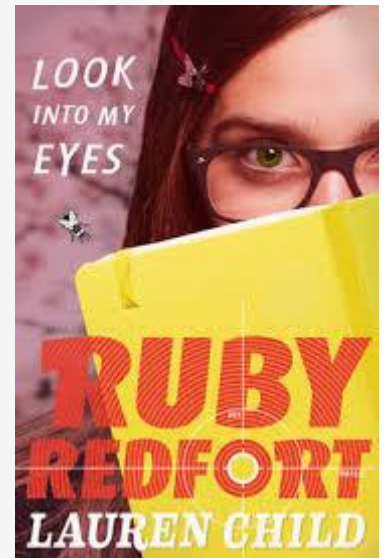
Book of the Week

New books arrived in the library this week! We've got a couple of extra Harry Potters, a full set of Alex Rider thrillers and a new Horowitz Horror, among others!

The book I'm going to recommend is a more unfamiliar one, though. It's called 'Look into my Eyes' by Lauren Child.

This is the first in a new series of thrillers about Ruby Redfort, a young girl who works for a secret organisation called Spectrum, helping them to catch the very worst criminals. Ruby is an 'ace code-cracker' who uses her mathematical brain to solve mysteries and interpret clues. Little does she realise how dangerous her new job will turn out to be!

There are six books in this series so far and I'm told the others are just as good as this first one!



Are your details correct?

Do we have your correct details? It is very important, especially in the current situation that the school has your correct details such as phone numbers, email addresses and postal address. Please contact school with any updates.

01942 510712

office@deantrustrosebridge.co.uk



We are now a cashless school download our App!!

<https://login.schoolgateway.com/0/auth/login>

Faculty of the week: Art & Technology

Food Technology

The Year 11 practical Hospitality & Catering exams have started this week with three more days to come next week.

The criteria for the exam is, the pupils are a chef at a bistro called Flip Flops that is based on a holiday complex. They have had to assess who their customers are, and all the different dietary requirements there may be like vegetarians, gluten free etc. The pupils must plan, prepare, cook and present two dishes a starter and a main or a main and a dessert, that are suitable for their customers.



Fun Fact: Gordon Ramsey is the highest-paid man in the culinary world. He describes his decision to enter catering college as "a complete accident".



Food Technology

The pupils have been amazing, they have tested their skill levels and produced some fantastic dishes. We have pupils making their own bread in all flavours, their own pasta and ice cream. They have made burgers, curries, lasagne, a variety of pasta dishes, chicken burgers, cherry pie, brownies, millionaire shortbread, ice buns, lemon meringue pie to name but a few!

It is a pleasure to see the pupils being organised, confident and really proud of what they have made. Can't wait for the rest of the dishes.

A huge thank you to Mrs Daniels for her organisation before, during and after the practical's and her amazing presentation skills.



Fresh Fact: If you're only going to use half of a bell pepper, cut it in half the short way, and save the top half. The stem will keep it fresh for longer.

Christmas Short Story Competition!

Get in the Christmas Spirit!

Write a short Christmas story
(500 words) and be in with the
chance of winning a special
Christmas Themed Prize!

**Submit your entries to your English
teacher by Friday 11th December.**

Every entry will be rewarded with
a candy cane!



Useful contacts and online resources

Revision Skills- Revision Hacks.

<https://gmhigher.ac.uk/resources/revision-skills-revision-hacks/>

Pomodoro Technique:

<https://gmhigher.ac.uk/resources/revision-skills-pomodoro/>

Worksheet:

Traffic Light Technique:

<https://gmhigher.ac.uk/resources/revision-skills-traffic-light-technique/>

Revision Timetable:

<https://gmhigher.ac.uk/resources/revision-skills-revision-timetable-handout/>



Choices- HE What and Why?

<https://gmhigher.ac.uk/resources/choices-he-what-and-why/>

Choices- Post-16 options

<https://gmhigher.ac.uk/resources/choices-post-16-options/>

Student Life – HE options

<https://gmhigher.ac.uk/resources/student-life-he-options/>

Student Life – Support at university

<https://gmhigher.ac.uk/resources/student-life-support-at-uni/>

Worksheet:

<https://gmhigher.ac.uk/resources/choices-post-16-options-true-or-false/>

Student Life – Path Finder

<https://gmhigher.ac.uk/resources/student-life-path-finder/>



TOPIC: INTERVIEW SKILLS

Interview Skills – How to get through your interview

<https://gmhigher.ac.uk/resources/interview-skills-your-interview/>

Interview Skills – First Impressions

<https://gmhigher.ac.uk/resources/interview-skills-first-impressions/>

WORKSHEETS:

Interview Skills – Who got the job?

<https://gmhigher.ac.uk/resources/interview-skills-who-got-the-job/>

Interview Skills – What makes you stand out?

<https://gmhigher.ac.uk/resources/interview-skills-stand-out/>

TOPIC: BUDGETING SKILLS

Budgeting Skills – Prudent Student Game

<https://gmhigher.ac.uk/resources/budgeting-skills-prudent-student/>

Budgeting Skills – Mythbusting

<https://gmhigher.ac.uk/resources/budgeting-skills-mythbusting/>

Budgeting Skills – What students spend their money on

<https://gmhigher.ac.uk/resources/budgeting-skills-spending/>

WORKSHEETS:

Budgeting Skills – Budgeting activity Instagram

<https://gmhigher.ac.uk/resources/budgeting-skills-instagram/>

FIFTEEN APPS PARENTS SHOULD KNOW ABOUT

<p>MEETME</p>  <p>MEETME IS A DATING SOCIAL MEDIA APP THAT ALLOWS USERS TO CONNECT WITH PEOPLE BASED ON GEOGRAPHIC PROXIMITY. AS THE APP'S NAME SUGGESTS, USERS ARE ENCOURAGED TO MEET EACH OTHER IN PERSON.</p>	<p>GRINDR</p>  <p>GRINDR IS A DATING APP GEARED TOWARDS GAY, BI AND TRANSGENDER PEOPLE. THE APP GIVES USERS OPTIONS TO CHAT, SHARE PHOTOS AND MEET UP BASED ON A SMART PHONE'S GPS LOCATION.</p>	<p>SKOUT</p>  <p>SKOUT IS A LOCATION-BASED DATING APP AND WEBSITE. WHILE USERS UNDER 17-YEARS-OLD ARE UNABLE TO SHARE PRIVATE PHOTOS, KIDS CAN EASILY CREATE AN ACCOUNT USING A DIFFERENT AGE.</p>
<p>WHATSAPP</p>  <p>WHATSAPP IS A POPULAR MESSAGING APP THAT ALLOWS USERS TO SEND TEXTS, PHOTOS, MAKE CALLS AND VIDEO CHATS WORLDWIDE. WHATSAPP USES AN INTERNET CONNECTION ON SMART PHONES AND COMPUTERS.</p>	<p>TIKTOK</p>  <p>TIKTOK IS A NEW MOBILE DEVICE APP POPULAR WITH KIDS USED FOR CREATING AND SHARING SHORT VIDEOS. WITH VERY LIMITED PRIVACY CONTROLS, USERS ARE VULNERABLE TO BULLYING AND EXPLICIT CONTENT.</p>	<p>BADOO</p>  <p>BADOO IS A DATING AND SOCIAL NETWORKING APP WHERE USERS CAN CHAT, SHARE PHOTOS AND VIDEOS AND CONNECT BASED ON LOCATION. WHILE THE APP IS INTENDED FOR ADULTS ONLY, TEENS ARE KNOWN TO CREATE PROFILES.</p>
<p>BUMBLE</p>  <p>BUMBLE IS SIMILAR TO THE POPULAR DATING APP 'TINDER' HOWEVER, IT REQUIRES WOMEN TO MAKE THE FIRST CONTACT. KIDS HAVE BEEN KNOWN TO USE BUMBLE TO CREATE FAKE ACCOUNTS AND FALSIFY THEIR AGE.</p>	<p>SNAPCHAT</p>  <p>SNAPCHAT IS ONE OF THE MOST POPULAR APPS IN RECENT YEARS. WHILE THE APP PROMISES USERS CAN TAKE A PHOTO/VIDEO AND IT WILL DISAPPEAR, NEW FEATURES INCLUDING 'STORIES' ALLOW USERS TO VIEW CONTENT FOR UP TO 24</p>	<p>KIK</p>  <p>KIK ALLOWS ANYONE TO CONTACT AND DIRECT MESSAGE YOUR CHILD. KIDS CAN BYPASS TRADITIONAL TEXT MESSAGING FEATURES. KIK GIVES USERS UNLIMITED ACCESS TO ANYONE, ANYWHERE, ANYTIME.</p>
<p>LIVE.ME</p>  <p>LIVE ME IS A LIVE-STREAMING VIDEO APP THAT USES GEOLOCATION TO SHARE VIDEOS SO USERS CAN FIND OUT A BROADCASTER'S EXACT LOCATION. USERS CAN EARN 'COINS' AS A WAY TO 'PAY' MINORS FOR PHOTOS.</p>	<p>HOLLA</p>  <p>HOLLA IS A SELF-PROCLAIMED 'ADICTING' VIDEO CHAT APP THAT ALLOWS USERS TO MEET PEOPLE ALL OVER THE WORLD IN JUST SECONDS. REVIEWERS SAY THEY HAVE BEEN CONFRONTED WITH RACIAL SLURS, EXPLICIT CONTENT AND MORE.</p>	<p>WHISPER</p>  <p>WHISPER IS AN ANONYMOUS SOCIAL NETWORK THAT PROMOTES SHARING SECRETS WITH STRANGERS. IT ALSO REVEALS A USER'S LOCATION SO PEOPLE CAN MEET UP.</p>
<p>ASK.FM</p>  <p>ASK.FM IS KNOWN FOR CYBER BULLYING. THE APP ENCOURAGES USER TO ALLOW ANONYMOUS PEOPLE TO ASK THEM QUESTIONS.</p>	<p>CALCULATOR%</p>  <p>CALCULATOR% IS ONLY ONE OF SEVERAL SECRET APPS USED TO HIDE PHOTOS, VIDEOS, FILES AND BROWSER HISTORY.</p>	<p>HOT OR NOT</p>  <p>HOT OR NOT ENCOURAGES USERS TO RATE YOUR PROFILE, CHECK OUT PEOPLE IN THEIR AREA, AND CHAT WITH STRANGERS. THE GOAL OF THIS APP IS TO HOOK UP.</p>

Stay safe online

Remember the 5 SMART rules when using the internet and mobile phones.



S

SAFE: Keep safe by being careful not to give out personal information – such as your full name, email address, phone number, home address, photos or school name – to people you are chatting with online.

M

MEET: Meeting someone you have only been in touch with online can be dangerous. Only do so with your parents' or carers' permission and even then only when they can be present.

A

ACCEPTING: Accepting emails, IM messages, or opening files, pictures or texts from people you don't know or trust can lead to problems – they may contain viruses or nasty messages!

R

RELIABLE: Information you find on the internet may not be true, or someone online may be lying about who they are. Make sure you check information before you believe it.

T

TELL: Tell your parent, carer or a trusted adult if someone or something makes you feel uncomfortable or worried, or if you or someone you know is being bullied online.

Find out more at Childnet's website ...

Useful contacts and online resources

Websites and information to support young peoples and families during the Covid-19 pandemic

Children's society

Description – information and support on different aspects of mental health and wellbeing

Website - www.childrenssociety.org.uk/coronavirus-information-and-support

Kooth

Description - Online support for young people up to the age of 19 including chat rooms and advice.

Website – www.kooth.com

MindEd

Description – Support for a range of mental health and wellbeing

Website - www.minded.org.uk

Rise Above

Description - videos with tips on gaining confidence, dealing with anxiety and coping strategies from other young people.

Website - <https://riseabove.org.uk/topic/my-mind/>

BACP guidance around managing anxiety

Description – How to manage anxiety

Website - <https://www.bacp.co.uk/news/news-from-bacp/2020/28-february-coronavirus-anxiety-how-to-cope-if-you-re-feeling-anxious-about-the-outbreak/>

The Child Bereavement Network

Description – support for young people who have or are being affected by a death of a person close to them

Website - <http://www.childhoodbereavementnetwork.org.uk/covid-19.aspx>

National Autistic Society

Description - guidance and helpline for parents', young people and staff.

Website - [www.autism.org.uk/services/nas-schools/vanguard/news/2020/march/coronavirus-\(covid-19\)-advice.aspx](http://www.autism.org.uk/services/nas-schools/vanguard/news/2020/march/coronavirus-(covid-19)-advice.aspx)

Young Minds

Description - Talking to your child about Coronavirus and 10 tips from their Parents Helpline to support family wellbeing

Website – www.youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/

Covibook

Description - an interactive resource designed to support and reassure children aged 7 and under, designed to help children explain and draw the emotions that they might be experiencing during the pandemic.

Website - <https://www.mindheart.co/descargables>

Amaze

Description - information pack for parents about Covid-19

Website – www.amazesussex.org.uk/faqs-about-the-coronavirus-for-parent-carers-of-children-with-send-brighton-hove/

Public Health England have produced an easy read version of their [Advice on the coronavirus for places of education](#). You can download it here:

<https://www.publichealth.hscni.net/sites/default/files/2020-03/V4%20Coronavirus%20advice%20for%20schools%20poster%20020302%20EDU15.0.4%20%282%29.pdf>

Instagram Parent / Carer Advice



What is Instagram?

Instagram is a social media platform which focuses on the creation and sharing of images, providing users with a range of filters and special effects popular among younger users.

Despite requiring users to be 13 or older, a study in January 2017 indicated that 43% of 8-11 year olds in Britain are using Instagram.

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Reasons for concern

Privacy settings
A key concern regarding children's use of Instagram is the fact that the default privacy setting for accounts is 'public'. As such, unless a child actively alters their privacy settings, all of the pictures they post to Instagram will be available to anybody. This could result in their images being seen by inappropriate individuals and might lead to receiving unwanted communication.

Follower lists
In a world where celebrity success is measured by numbers of social media followers, it is understandable that children might want to grow their own list of followers. A child's non-private account can quickly grow with followers, some of whom might not have entirely innocent motives.

Terms and conditions
Instagram's 5,000-word terms and conditions states that users agree that Instagram can use and sell their sell images for others to use (without paying or further consent). Instagram also retains the right to store, use and share the personal information and direct messages of their users.

Grooming
In 2019 the NSPCC reported that Instagram was involved in more online grooming cases than any other online platform. Where the police recorded the method of communication, Instagram was used in 32% of cases, in contrast to Facebook at 23% and Snapchat at 14%.

Mental health issues
A report by the Royal Society for Public Health found that Instagram rated as the worst social media platform when it comes to its impact on young people's mental health. Being image-centred the RSPH claimed that Instagram (along with Snapchat) appears to be driving feelings of inadequacy and anxiety in young people.

Safety Tips

! As with all Internet activity, talk to your child about how they use Instagram, the importance of not 'oversharing, and any issues they have faced.

! It is safest to change the default privacy settings in your child's account from public to private. If your child is older and you agree for them to have a public account, you should discuss strategies for coping with negative feedback and for blocking users. You should also monitor messages they receive.

! Given Instagram's reported impact on young people's mental health, keep an eye out for early warning signs of such issues with your child. Seek professional support or consult online services



such as Shout at the earliest point of concern.

! Regularly spring-clean your child's Instagram account with them by removing any posts and images you agree are inappropriate and blocking any concerning contacts. If you have any concerns that somebody might be trying to groom your



child you should immediately contact CEOP.

Snapchat

Parent / Carer Advice








What is Snapchat?




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Snapchat is one of the image-based social media platforms which is incredibly popular with children. One of the key features of Snapchat is that, by default, messages sent through Snapchat disappear seconds after they are viewed by the recipient. The minimum age to use Snapchat is 13 but it is a popular and widely used platform among children younger than this.

Safety Tips


-  As with all Internet activity, talk to your child about how they use Snapchat, the importance of not 'oversharing', and any issues they have faced.
-  The default privacy setting of 'My Friends' prevents children from sharing 'snaps' with users unknown to them. However, children may change this setting and make their posts public. Ensure your child is aware of the importance of maintaining strong privacy settings and check the settings your child has selected.
-  In the settings options, ensure your child has Snapmap set to 'ghost mode'. This will ensure that nobody can see their current location.
-  Ask your child if they know how to report or block a user who sends them anything that upsets them. This can be done by going to the friends list, selecting the person creating the issue and then selecting the gear icon.
-  Remind your child that although Snapchat automatically deletes images once seen, somebody can copy the image and share it with others.

Reasons for concern


 **Abuse and bullying**
As messages disappear shortly after being read, Snapchat has become a popular tool for abuse such as online bullying as abusers feel they will not be held to account for messages posted once they are deleted. This is supported by the fact that if somebody takes a screenshot of a message posted on Snapchat then the person who posted it is informed that this has happened, making it more uncomfortable for people to take evidence of abuse they have suffered or witnessed.

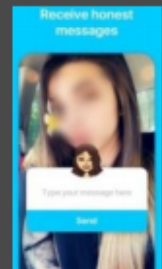
 **The Snap Map**
The Snap Map allows users to see the live location of their friends on a map. Cartoon-style avatars are used to represent people in a move that was clearly designed to be popular with younger users. This feature can result in children sharing their location (including effectively their home address) with individuals.



 **Addiction-inducing features**
Children are naturally more prone to addictive behaviour than adults. As such, the inclusion of features such as 'Snap Streaks' (where two users share pictures with each other on consecutive days) encourages addictive behaviour. Snapchat rewards longer streaks with special emojis. This can result in children increasing their daily usage of the app.



 **Risk of secondary apps**
Snapchat allows users to link to secondary apps that can be used inside Snapchat. A recent concerning example is YOLO which allows users to offer people the opportunity to anonymously ask them questions. Such apps have led to online bullying and hate crime.



WhatsApp Parent / Carer Advice



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What is WhatsApp?




WhatsApp is a free messaging app. It allows you to send text and multimedia messages (video, images and voice recordings) to people in the contact list on your phone. It also allows users to set up group chats where the administrators can invite up to 256 people to share messages and images publicly within the group. Although the age limit for WhatsApp was recently raised to 16 it is popular with primary age children and above. So what are the risks?






Safety Tips

-  As with all internet activity, talk to your child about how they use WhatsApp and any issues they have encountered.
-  With your child, look through the groups they are members of and discuss any areas of concern you have. You may agree that it would be best to leave the group.
-  Go to the settings (by pressing the three dots in the top right of the screen) and ensure your child's profile is set to 'contacts only'.
-  To leave a group: Open the group in WhatsApp. Press the three dots in the top right of the screen and select 'Group Info'. Scroll down to 'Exit group'.
-  If an admin adds your child back into a group they have left, your child can ask them not to do this. If they keep adding them then you can prevent it by blocking the admin. To do this, WhatsApp provide the following guidance:

1. Go to the group in WhatsApp, then tap or click the subject of the group.
2. Tap or click the phone number of the admin you wish to block.
3. If prompted, tap or click **Message (phone number)** or **Send Message**.
4. A blank chat with the admin will open up. Tap or click the phone number at the top.
5. Tap or click **Block > Block**.

Reasons for concern

-  Group administrators can invite people your child does not know into group chats. Some of these people may not have innocent intentions or may be older and post age-inappropriate messages.
-  Some WhatsApp groups can contain images and messages which can cause distress to children. These might include violent images or videos, abusive messages and sexual content.
-  Chain messages are often shared through WhatsApp. These pressure children to post them on to their contacts, e.g. by claiming that failure to do so can result in the child or a family member dying. Many children find such messages distressing but also feel they must share them with others due to fear of the threat.

and killed him. A girl named Loran got this message. She laughed and deleted it. I later came to her house and killed her and buried her in a desert. A boy named
-  WhatsApp does not allow users to decide whether to join a group. Your child will be automatically added to any groups that their contacts add them to. If your child leaves the group the administrator can add them straight back in.
-  Your child may be in WhatsApp groups in which huge numbers of posts are made. The alerts this generates can be an unnecessary distraction and can disrupt sleep.
-  WhatsApp's default privacy settings are that anybody can see your child's profile photo and when they were last online.
-  WhatsApp 'dare games' have become popular with children. These involve the child making a quiz about themselves to share with others and this can lead to oversharing of personal information which can be publicly available.
-  Children can add and then remove other children from groups as a form of exclusion and bullying.



www.onlinesafetyalliance.org

TikTok

Parent / Carer Advice








What is TikTok?










TikTok is a social media app where users share short video clips of 15 seconds duration. It started out as an app named 'Musically' and was used to share videos of dancing and lip-syncing to music. Much of the content on TikTok still reflects these origins, but popular videos now also include pets, makeup, magic tricks, fashion, art, people reacting to situations, etc. According to OSA research, TikTok is now as widely used by 11-14 year olds as SnapChat and Instagram.

Safety Tips

-  As with all Internet activity, talk to your child about how they use TikTok and any issues they have encountered.
-  Discuss whether it would be best to change your child's account to private to avoid interactions with non-friends. If you agree to keep the account public you should discuss strategies for coping with negative feedback and for blocking users.
-  Help your child to spring clean their account from time to time by removing videos you agree to be inappropriate.
-  Ensure your child knows not to post videos in their school uniform. Also discuss how recording videos at school might break school rules and what the consequences could be.
-  The TikTok settings allow you to set a time limit for how long each day you want your child to be able to use the app. This can be password protected to ensure they stick to the limit.



Reasons for concern

-  TikTok has a minimum age rating of 13 and anybody under 18 should have parental permission to use the app. However, new users simply enter a date of birth to indicate their age and there are no verification steps. As such, children of any age can create an account by using a false date of birth.
-  New users will be shown a range of video clips the app feels may be of interest. Many of these will quickly expose users to offensive language which will be inappropriate for children.
-  The clothing worn and the type of dancing in some videos could be deemed sexualised and therefore something that might be inappropriate for younger users to be exposed to.
-  The default privacy settings in the app are concerning. Although only friends can send users direct messages, the videos posted by users can be seen by anybody and anybody can like / comment on the videos. New users are also available for anybody to perform a musical duet with. Such default settings can leave children vulnerable to unwanted communication from others.
-  Many children in the UK are posting videos to TikTok where they are wearing their school uniform, making it possible for strangers to identify their location.
-  The nature of videos children are posting to TikTok (singing, dancing, etc) can leave them vulnerable to receiving negative comments which can have an impact on mental health.
-  The company that owns TikTok is facing legal issues and stands accused of illegally collecting data on children (when it was Musically) and the app has been deemed a 'potential security risk by the FBI'.