



DEAN TRUST Rose Bridge

NEWSLETTER

Headteacher Message

Dear Parents, Pupils and friends Dean Trust Rose Bridge.

We have made it to the end of an eventful year.

It was lovely to see so many pupils in their Christmas jumpers and raise money for charity on the last day of term. The gift of giving to others is so important especially at this time of year.

Pupils have worked incredibly hard right up to the lunch time on the last day and were rewarded for their efforts with some great fun in the form (socially distanced) parties.

Year 11 pupils picked up their pre public (mock) exam results on the 17th December and have spent this week engaging in subject days to ensure coursework and assessments submissions are of the best quality . We are pleased with their progress, however they have much work to do to prepare for excellence!

Thankyou for your support of each school while we continue to drive up standards for our children. Habit is the great flywheel of society; and together we are becoming good by habit every day.

We look forward to welcoming children back at the usual time on Wednesday 6th January

With Best Wishes from everyone at Dean Trust Rose Bridge for a peaceful and safe holiday.



Lucy Cropper
Head of School



James Haseldine
Executive Headteacher



Employee of the week



Mrs Jackson for showing resilience and dedication to her Year group and the school.

Word of the Week:

Festivity *noun*

the celebration of something in a joyful and exuberant way.

Challenge 1: Write as many words as you can linking to the word 'festivity'.

Challenge 2: Write a short story with the title 'Festivity'.



Book of the week

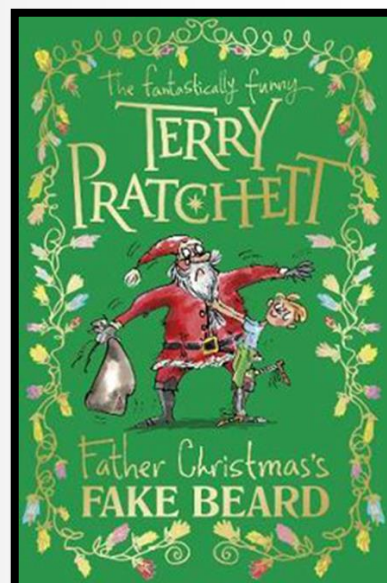
Book of the Week

This week's recommendation is a collection of short stories with a Christmas theme, as we're all going to be too busy to read anything very long! The book is 'Father Christmas's Fake Beard' by humorous children's author, Terry Pratchett.

A collection of hilarious Christmas themed short stories. If turkey, carols, presents and crackers are all starting to feel a bit samey, mix it up with a huge exploding mince pie, a pet abominable snowman, and a very helpful partridge in a pear tree! What if Father Christmas went to work at a zoo, or caused chaos in a toy store or, was even, arrested for burglary!?

All the kids in the house will enjoy this one, including the grown-up ones!

Merry Christmas everybody!



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>

Christmas Short Story Competition

Well done to everyone who entered this year's Christmas short story writing competition, which was created by the Year 9 'Ministry of Literacy' club.

The team loved reading the festive stories and were amazed by the quality of the entries. Everyone who entered received a certificate and candy cane.

A huge congratulations to our fabulous winner and runner up:

Winner = Milli L (Y7)
Runner up = Sharlize M (Y9)



Christmas Fun facts

- Christmas trees were first used by ancient Egyptians and Romans
- Santa Claus was known as Sinterklaas in Dutch
- Carolling is based on the tradition of wassailing
- The biggest Christmas gift was the gift of friendship to the US from the people of France – Statue of Liberty in 1866
- Edward Johnson invented the first electrical tree lights in 1882.
- Many peoples favourite carol "[Jingle Bells](#)" written in 1857 was actually written for [thanksgiving](#) and was called "on horse open sleigh!"
- The first [Christmas crackers](#) were made in London in 1847 by Tom Smith.
- In December 1965 Jingle Bells was the first song broadcast in space from Gemini 6.
- Some zoos around the world take Christmas trees that are donated to feed their animals.
- It is tradition in Japan to eat KFC for Christmas. Orders must be placed two months in advance
- Bing Crosby's version of "White Christmas" is the highest-selling single of all time.

Merry Christmas from Performing Arts

Wow, what an amazing term we have had in performing arts. Miss Ashton and Mrs Blundell are so proud of the talent and work ethic our DTRB pupils apply in our lessons, extra curricular clubs and extra rehearsals. Pupils have gone above and beyond this term to create a Christmas Showcase that demonstrates this talent perfectly. It is on our school **YouTube** channel for you to watch and enjoy a lovely festive event, in these very different times. We'd like to thank you for your constant support and look forward to welcoming you back through the arts theatre doors soon for some live performances. Have a lovely Christmas.



**IMPORTANT
DATE:**

Y10 Exam

7th January

Y10 Music pupils have their Music Industry exam early in the new year. They have been working hard to master their exam technique whilst also improving their practical skills. Their first group performance is on the Christmas showcase.



Y10 Performing Arts pupils have enjoying learning some part of Grease the Musical. Their creative ideas and team work ethic is infectious. We cant wait to see what work they will produce in the new year as their skills and confidence increase.



Congratulations to 9X2 for winning the boom whacker Christmas challenge. We've had a lot of fun exploring these new instruments.

Y11 Music pupils are so close to finishing their unit of work. You can see another fantastic performance of their on the Christmas Showcase. They really are a talented group of pupils. Well done.

KS4 Success

**Jelli
STUDIOS**

Our fabulous Gracie O'Brien has been awarded a place at 'Jelli Studios' in Liverpool on to their prestigious performing arts course. This is a real honour, huge congratulations to you.



UK University & Apprenticeship

We are pleased to announce the following free virtual events coming up. Please see details below:

The first will be our national **UK University & Apprenticeship Search Virtual Fair** (27th January), featuring a vast array of exhibitors and 10 vital webinars.

The second virtual event on February 10th is **'Meet the Russell Group'** virtual event. This will feature all 24 universities and essential webinars for students considering applications to these institutions.

Students, teachers and parents can find out more and sign up at: [UK University Search Virtual Fair \(vfairs.com\)](https://www.vfairs.com)

IGO Bus Pass

Remember to use igo
as a smart card



All bus companies can now sell and accept TfGM school tickets using igo as a smart card, so the paper option will soon be switched off.

Drivers should always load them onto igo, instead of issuing paper tickets.

- TfGM schools weekly ticket £7.60
- TfGM carnet ticket (10 single trips) £10

These tickets are only available on dedicated TfGM school services.

Customers should touch-in for all journeys. If a valid ticket is loaded, the smart reader will accept the card for travel.

Details of all bus tickets for travel to school can be found at tfgm.com/school-bus-tickets



tfgm.com/igo





Year 11 Christmas Update from Wigan & Leigh College

If you haven't already applied, please apply as soon as possible online or via our paper application form

We are delighted to send you news of the recently updated Year 11 'Steps to Success' page on our website, which guides you on your journey to a bright and exciting future.

The Steps to Success are found on the Year 11 Portal page of our website.

Go to www.wigan-leigh.ac.uk, clicking on The Year 11 Portal (on the top black bar)

Just click on the **subject area** that interests you to reveal 'The Steps' for that area.

Here is a flavour of what you will find:

STEP 1 Welcome to the department	An overview and welcome to the subject by the Head of Department
STEP 2 Sampling Activities	An opportunity to sample an interactive virtual taster session to find out what it's like to study the subject at Wigan & Leigh College
STEP 3 Career Zone	An overview of the career opportunities offered by studying the subject including progression, salary ranges and labour market information.
STEP 4 Virtual Open Evening	A chance to re-visit our November Open Evening including a wide variety of subject talks and chance to meet the tutors in each subject area .
STEP 5 Virtual Tour	An opportunity to visit the 'State of the Art' facilities at Parson's Walk ,The Wheel Restaurant ,Wigan School for the Arts, Pagefield Construction & Engineering Campus and Leigh College
STEP 6 Apply to Wigan & Leigh College	Click straight through to our online Application page and APPLY! Once you have applied, you will then be invited for a Virtual Interview (In school or at home) where you can discuss your chosen course and future career aspirations with one of our friendly interview team.



Merry Christmas from Wigan & Leigh College

Department Badges

HT2

Nathan A

Joe B

Mia B

Kaitlin C

Callum C

Daniel C

Charlotte C

Joe D

Harley D

Kian D

Simon DS

Amy G

Ellis G

Jacob H

Kelsey I

Kallum K

Daniel L

Regan M

Mazie M

Aimee M

Heidi N

Teoni-Lea P

Elise P

Elise P

Luke Q

Liam R

Natasha W

Ilythia W

PJs in PE



A massive thank you to all the pupils who participated by wearing PJs in PE and raising money for the Samaritans in Wigan.

There has been some truly amazing efforts on this fund raising event. A special mention to the pupils below who have been awarded prizes for the best PJs,

Marcus A, Charlie B, Liam R, Keira H, Toshe P, Millie M, Jordan R, Lucy H, Kaitlyn A and Ibrahim A





Our friendly team is still here to provide mental wellbeing support over the holiday period.

Don't forget, everything else on Kooth such as discussion boards and our advice articles are available **24/7**.



Friday, December 25th

4 - 8pm

**Saturday,
December 26th**

4 - 8pm

Sunday, December 27th

6 - 10pm

Monday, December 28th

12 - 10pm

Tuesday, December 29th

12 - 10pm

Wednesday,

December 20th

12 - 10pm

Thursday, December 31st

12 - 8pm

Friday, January 1st

4 - 8pm

Saturday, January 2nd

6 - 10pm

Sign up for free at **kooth**



Struggling at Christmas: Family Difficulties



Christmas is a holiday that sees people gathering together to celebrate the festive season. At Christmas we are expected to spend time with the ones we love the most, but what about the times when our experiences don't match up with what we see of other's celebrations? We may also wonder just how much will Covid-19 impact the holiday period?

There are many reasons why you might not be feeling the Christmas spirit this year: it could be worries about Covid, struggles with loneliness, social anxiety, family difficulties or dealing with the loss of a loved one.

These issues can be particularly hard to talk about this time of year, as it may feel like everyone would rather try and enjoy the festivities than listen to someone's problems. This is why it's so important to know you're not alone in any hard times you're experiencing.

If you ever feel you don't know who to talk to over the festive season, Kooth is open on Christmas Eve, Christmas Day and Boxing Day with our team of counsellors available for you to talk to. Sometimes it can help just to know you're not alone in what you're feeling!

Feeling low at Christmas isn't always about the social element of the holidays. The mainstay of Christmas is being surrounded by your family, and not everyone has a positive experience with this.

Family Difficulties

It might seem a bit of an understatement to say each person's family dynamic is unique, but it's a crucial thing to remember at Christmas when the most idealised model of family life is presented across all different media.

In a perfect world every young person is surrounded by a supportive loving family, but unfortunately that's not always the case. Part of what can make Christmas so hard to deal with for many is a difficult or distressing home life.

Check out Kooth today at www.kooth.com



Struggling at Christmas: Family Difficulties



There are no simple solutions for these situations, and Christmas may feel like a painful reminder of everything that a person doesn't have with their family.

A counsellor from the **Counselling Directory** has suggested these four tactics for coping with a tough home life:

- **Be kind to yourself:** It's ok to have sad, angry or disappointed feelings about Christmas and what it brings up for you.
- **Look after yourself:** If you are old enough to drink, be mindful of your alcohol consumption. Also try your best to eat some healthy food, and focus on getting enough sleep, sunlight and exercise.
- **Watch your triggers:** Think about what may feel difficult for you from your experiences with family and devise ways to manage your response.
- **Remember you're not alone:** It may look like others are having a great time, but many are coping with difficulties of their own; what you see is not always the whole story.

Of course, your home life doesn't have to be distressing to find your family a bit too much over the holidays!

On the Kooth magazine we also have a light guide on how to survive family over the Christmas season, and we'll look at ways to manage any changes to this year's festivities from lockdown restrictions.

Why not check Kooth out today at www.kooth.com

Check out Kooth today at www.kooth.com





Struggling at Christmas: Loneliness

Christmas is a holiday that sees people gathering together to celebrate the festive season. At Christmas we are expected to spend time with the ones we love the most, but what about the times when our experiences don't match up with what we see of other's celebrations? We may also wonder just how much will Covid-19 impact the holiday period?

There are many reasons why you might not be feeling the Christmas spirit this year: it could be worries about Covid, struggles with loneliness, social anxiety, family difficulties or dealing with the loss of a loved one.

These issues can be particularly hard to talk about this time of year, as it may feel like everyone would rather try and enjoy the festivities than listen to someone's problems. This is why it's so important to know you're not alone in any hard times you're experiencing.

If you ever feel you don't know who to talk to over the festive season, Kooth is open on Christmas Eve, Christmas Day and Boxing Day with our team of counsellors available for you to talk to. Sometimes it can help just to know you're not alone in what you're feeling!

Each person's relationship with the holidays is slightly different, so here is a breakdown of a few of the struggles you may be dealing with this Christmas.

Coping with Loneliness

Although Christmas campaigns against loneliness are mainly targeted towards the elderly, they are not the only age group affected by social isolation. Increasingly younger people are experiencing isolation and loneliness over the holidays. In light of lockdown restrictions, Christmas in 2020 may be even lonelier for some.

Young people may find it tough at Christmas if they have troubles with their family. Yet a young person's loneliness can equally come from feeling left out or ignored by friends and classmates over the holidays.

Check out Kooth today at www.kooth.com





Struggling at Christmas: Loneliness

Feeling excluded can be especially hard for anyone who may see others their age posting photos of friends and families celebrating on social media.

If loneliness is affecting you this holiday period, here are a few suggestions on how to cope:

- **Reach out to any of your friends at Christmas.** You may be worried that they won't have as much time for you due to being with their family, but some of the best Christmas memories can come from others extending their family to include a close friend into it. Even if you aren't able to see each other in person, you can ask to arrange phone and video calls.
- **Check out events and activities in your local area.** These can range from carolling to group Christmas walks. Try going to your local community centres and youth groups to see what events are happening in your neighbourhood. Be sure to check details around appropriate social distancing and safety measures.
- **Volunteer this year to help support others at Christmas.** Even if this is done virtually, volunteering can provide lots of social interaction on Christmas Day with other volunteers and the less fortunate people you'll be helping out.

As Christmas is a time of giving, by offering your time to those in a difficult situation you can ease your own loneliness while making the holiday a lot more special for someone else too! For volunteering ideas, see our article on *Helping Others at Christmas* in the Kooth magazine.

If you're really struggling, there is always the option to talk to the Kooth team. Check us out at www.kooth.com.

Check out Kooth today at www.kooth.com

VIRTUAL BOXING DAY DASH 2020

1 KM, 5 KM, 10 KM, OR EVEN FURTHER ?



Choose your distance...
Walk, Run, Skip, Hop,
Prance, Dance, Swim,
Row, Family, Friends or
Four legged friends ?
You choose your
companions!

HAVE FUN

Remember, Have fun!

Take a photo of you in your Santa Hat / Bandanna and make sure you post in on the Leg it fundraising Facebook page (see below)

The best 'Leg It Boxing Day Dash' photo wins a year's supply of Aberdyfi Ice Cream - 5 litres each month of 2021 and the best dog photo wins one case of 24 Doggi Yoggis.

THE CAUSE

Suggested donation: £3 but our main focus is fun and awareness of stillbirth in the UK so any donation of any size is very very gratefully received.

All money raised goes to 4 Louis and Hope House charities

PARTICIPATION

Pick up your Santa Hat / Dog Bandanna in person @ The Sweet Shop Aberdyfi (open weekends 12-4)

Or Email legitboxingdaydash@gmail.com stating your name and address if you live further away.



LEG IT BOXING DAY DASH IS PART OF A BIGGER FUNDRAISING JOURNEY FOLLOW ALL THE PROGRESS AT:

 Leg it- Fundraising in memory of Maddie Stevens 



Please ensure you follow your own personal medical advice and if under the age of 18 are supervised by an appropriate adult in deciding your route, ensuring it is within your capabilities, is safe; as Leg it, can provide no physical help or support. Please ensure you comply with the most current COVID 19 Regulations in country of participation.

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

MEETME  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.	GRINDR  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.	SKOUT  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.
WHATSAPP  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.	TIKTOK  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.	BADOO  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.
BUMBLE  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.	SNAPCHAT  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	KIK  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.
LIVE.ME  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.	HOLLA  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.	WHISPER  WHISPER IS AN ANONYMOUS SOCIAL NETWORK THAT PROMOTES SHARING SECRETS WITH STRANGERS. IT ALSO REVEALS A USER'S LOCATION SO PEOPLE CAN MEET UP.
ASK.FM  ASK.FM IS KNOWN FOR CYBER BULLYING. THE APP ENCOURAGES USER TO ALLOW ANONYMOUS PEOPLE TO ASK THEM QUESTIONS.	CALCULATOR%  CALCULATOR% IS ONLY ONE OF SEVERAL SECRET APPS USED TO HIDE PHOTOS, VIDEOS, FILES AND BROWSER HISTORY.	HOT OR NOT  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.

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%2829.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.

13

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?



13

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.

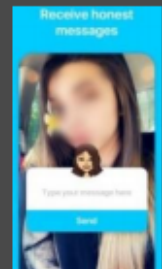
⚠️ **The Snap Map**
The Snap Map allows users to see the live location of their friends on a map. Cartoon-style avatars are used to represent people in a move that was clearly designed to be popular with younger users. This feature can result in children sharing their location (including effectively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



16

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.



13

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'.