



DEAN TRUST Rose Bridge

NEWSLETTER

Headteacher Message

This week staff and pupils across the school have marked International Holocaust Memorial Day on 27th March through a series of thought provoking assemblies and activities in form time and lessons. Many thanks to Mrs Hyde for leading on this.

You will also be aware that mask wearing is no longer compulsory inside our school according to Government guidance, however we will continue to support and encourage all pupils and members of staff who choose to wear one. As always we ask the school community to still be respectful of others' personal space, continue with regular hand washing as an essential part of safety measures as well as continuing with lateral flow tests twice a week at home. Most importantly it is crucial that pupils attend school every day unless they are personally positive or too ill to attend.



Mrs Cundle
Acting Head of School



James Haseldine
Executive Headteacher



HOLOCAUST
MEMORIAL DAY

Stay connected with us..

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

Employee of the week..

To Miss Miller, Mrs Lane and Mr Barber for giving up their weekend to give Year 11 pupils a memorable revision residential experience.



MATHEMATICS

Faculty of the Week: Mathematics

What do Students Cover in Maths at DTRB?

KS3

Key Stage 3 mathematics follows a mastery scheme of work which builds upon the KS2 curriculum. Pupils are taught mathematics in 7 key topic areas: number, algebra, space and measure, probability, ratio and proportion and statistics. Lessons are designed to fully prepare students for Key Stage 4 and work on GCSE skills from Year 7 such as resilience and problem solving. Homework is set weekly and is based on an interleaving approach which encourages pupils to remember and practice a large range of topics. At the end of each half term students sit an in-class assessment based on their learning.

KS4

Key Stage 4 mathematics is a linear continuation of the learning from Key Stage 3 – building upon the 7 key topic areas with more in-depth GCSE context. The scheme of work is more challenging, and students will follow a Foundation or Higher tier scheme from year 10. At KS4 homework is set on Mathswatch – an online programme which provides videos for pupils to support them with their homework which is GCSE based. Pupils are assessed throughout Year 10 and 11 using mock GCSE exams. Year 11 students take mock examinations in December and February and sit 3 external GCSE examinations in the Summer term: 1 non-calculator and 2 calculator papers. Students are awarded with one GCSE grade which is an average of all 3 papers.

Maths Superstars



Congratulations to the students below who have been nominated by their maths teachers for their outstanding effort and attitude to learning in the autumn term. Well done everyone!



YEAR 7

YEAR 8

YEAR 9

YEAR 10

YEAR 11

7X1 - Anna N

8X1 - Sebastian M

9X1 - Casey S

10X1 - Regina R

11X1 - Alistair M

7X2 - Denisa C

8Y1 - Marcus A

9Y1 - Kyle C

10Y1 - Kacey M

11Y1 - Archie B

7Y2 - Jaxon S

8X3 - Rewan A

9X2 - Chloe M

10X2 - Katie F-R

11X2 - Amy G

7X3 - Harvey K

8Y3 - Nabiha S

9Y2 - Sadie R

11Y2 - Freya A

7Y3 - Alfie H

9X3 - Zoe W

11X3 - Sophie P

11Y3 - Ricardo S

Y11 Revision

Year 11 revision is every Wednesday 3-4pm. It is important that all Year 11 students attend every week to not only revise topics previously covered but to also consolidate their understanding of the topics being taught in lessons. Students should be learning the maths formulae and using online resources regularly in preparation for the Summer examinations.



Y11 mock exams are the week commencing Monday 7th February



Method Maths is a website that contains past GCSE exams. Maths teachers will unlock papers for students to attempt online which the website will mark instantly.

Maths Watch is a website that allows students to practice any topic that is covered in maths. Videos are included on the website that offers help with every task attempted.

Mathletes

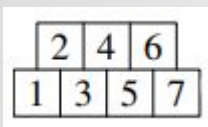
Mathletes takes place 3pm - 4pm every Tuesday. Students work in teams to solve maths problems and a range of other logic puzzles. Mathletes is open to students from all year groups.

The focus of the work in mathletes has been to prepare for the UKMT maths challenge that selected students in years 7, 8, 9 and 10 will take part in soon.

This will see our students go up against students from other schools across the country to compete for the coveted bronze, silver and gold certificates.



I start at square "1", and have to finish at square "7", moving at each step to a higher numbered adjacent square. How many possible routes are there?



A 7 B 9 C 10 D 11 E 13

Our weekly problem has been selected from the past UKMT challenges by the mathletes this week. If you can solve the problem on the left, submit your answer to your maths teacher by 3pm on Wednesday 2nd February.

Faculty of the week: Mathematics

Darts Club

Darts club takes place 3pm - 4pm every Thursday. Students practice their numeracy skills by competing to be the star of the oche. Darts club is open to students from all year groups.



Google Classroom

Any students that have missed any time in school should log on to Google classroom where they will find any work that they have missed published in their maths classroom. The work may take the form of a PowerPoint for the students to work through, a worksheet to attempt or an activity that has been set on Maths Watch which can be accessed on a computer, laptop, tablet or any mobile device. To access Google Classroom, students must follow the following steps:

1. Search 'Google Classroom' or go to the Google Classroom icon on your home screen if you are logged in to Google.
2. Use your logon ID @thedeانtrustmoodle.org and your normal password to log in, e.g. Dtrb1760@thedeانtrustmoodle.org

Manchester United Foundation

RISE Project

Pupils from year 11 have the opportunity to turn their passions into projects through an new global initiative, RISE. This project aims to give young people a platform to turn their ideas into reality and gain funding from \$1000 up to \$500,000 to develop their project into something meaningful and impactful in their local community and around the globe.

Three pupils have completed stage 1 of their project and now move on to part two where they start to develop and roll out their projects into school and the local community.

These pupils have been supported by MU Foundation staff to help inspire and educate them to ensure their projects have a lasting and meaningful impact.

Jordan, Alistair and Ellis will be making a presence around school in the coming weeks so keep an eye out for their projects and support them where you can!



House Points...

Sanderson	1115
Turing	1085
Franklin	985
Nightingale	975
Churchill	970



Numeracy Extra Curricular Clubs

MATHLETES

Mathletes takes place 3pm - 4pm every Tuesday. Students work in teams to solve maths problems and a range of other logic puzzles. Mathletes is open to students from all year groups.



DARTS CLUB

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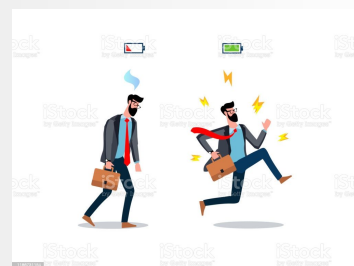
Word of the Week

vigorous *adjective*

1. strong, healthy, and full of energy.

Challenge 1: Can you think of any synonyms for the word 'vigorous'?

Challenge 2: Write a sentence using the adjective 'vigorous'.



Literacy Challenge – Burns Night

Known in medieval Celtic culture as a storyteller, verse maker and composer, the word 'Bard' has become synonymous with the world's greatest poets. However, few are as celebrated as Scotland's own 'National Bard', Robert Burns, who we pay tribute to on 25 January each year.

Robert 'Rabbie' Burns is a **famous Scottish poet**, and was known for writing over 550 poems and songs throughout his life. Burns was born in the village of Alloway, near Ayr, to father William and mother Agnes Brown Burnes on 25 January 1759.

Literacy Challenge: Research and analyse one of Robert Burns' poems.

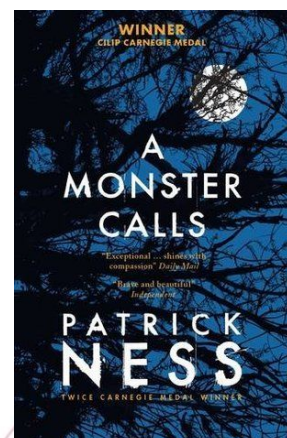


Book of the week..

This week's book has a really deceptive title! It's 'A Monster Calls' by Patrick Ness.

It sounds like a zombie-apocalypse story, with lots of screaming and monsters ripping people's heads off, doesn't it? Whereas actually is a really emotional and heartbreakingly sad tale! Check out the movie too!

Conor has the same dream every night, ever since his mother first fell ill, ever since she started the treatments that don't quite seem to be working. But tonight is different. Tonight, when he wakes, there's a visitor at his window. It's ancient, elemental, a force of nature. And it wants the most dangerous thing of all from Conor. It wants the truth.



Awards

Stars of the week...

Year 7

Keelan C

Making massive improvements to his attendance and is the top male of the year group for CC points! Keep up the good work :)

Year 8

Rewan A- Rewan has been outstanding in his lessons. He always tries his best and he really impressed me on Friday with his knowledge of the Tudors in History. Well done Rewan keep up the good work.

Year 9

Mia W - Mia always works to the best of her ability and is always near the top of the leaderboard for Class Chart points. Well done Mia!

Year 10

Michael Culshaw - Excellent across all lessons. Always works hard in lessons and is very respectful around school.

Year 11

Ethan W- Excellent attitude through conducting independent studies outside of school and volunteering to referee a Year 9 football match.

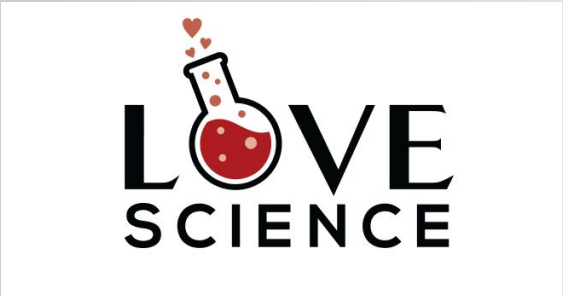
**Success is
not final,
failure is
not fatal:
it is the courage
to continue
that counts.**

Winston Churchill



Year 11 Science Residential

Year 11 had a brilliant weekend at The Anderton Centre, working on their revision technique for Science but also partaking in lots of outdoor education activities such as crate stacking, archery, canoeing, high ropes and much more! Read next week's newsletter for more details of the amazing weekend!



Holocaust Memorial Day 27th January

Holocaust Memorial Day started in 2000 and is marked each year on the 27th January. This day was chosen to commemorate the liberation of the Nazi concentration camp and death camp Auschwitz -Birkenau. This years theme is 'One Day' and during assembly and Personal Development Curriculum time, pupils have been shown a variety of power points to help them to understand about the victims of the Holocaust and more recent genocides. The behaviour of all pupils during these important assemblies was exemplary and during PDC pupils have been engaged and have asked questions to further their understanding. They have also enquired about activities that they can participate in to commemorate the event.



Year 10 Brilliant club

This week, some of our Year 10 pupils started their Brilliant club programme which involved them working with a PhD student from Manchester University. This is a challenging programme pitched at degree level.



Pupil Leadership



This week in PE, we have had some great contributions from our Pupil Leaders.

Y11 pupil Ethan has worked tremendously hard this week, and capped off a successful week with taking charge of a Y9 school football match.

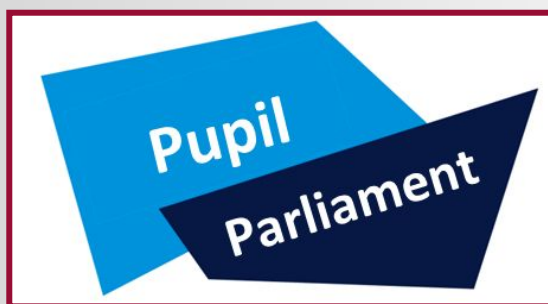
As well as this, pupils in Y10 took charge of their first ever Sports Leaders events, hosting 4 primary schools with a range of multi-sport games.

Pupil Parliament

Pupils who applied to the Pupil Parliament will find out the success of their applications in the next week.

Once this has happened, they will receive their badge and begin work in their respective Year and Whole-school committees. This will involve them working with school leaders to bring about tangible change to the school.

Stay tuned to next week's newsletter for more information and a list of successful applicants.



Year 11 Trust Examinations

	Morning Revision 8am	Morning Period 1 and 2	Period 3	Period 4	Period 5 and 6	After School 3pm-4pm
Friday 4th					English Language Revision	
Monday 7th	English	English Language paper 2 (1h 45)	Mathematics Revision		Mathematics Paper 1- Non Calculator (1h30)	Biology Revision
Tuesday 8th	Biology	Biology (1h 10)	Chemistry Revision		Chemistry (1h 10)	Health and Social Revision History Revision
Wednesday 9th	Health and Social	Health and Social Exam (2h) Physics Revision	Physics Exam (1h 10)		History (1h 20)	Geography revision
Thursday 10th	Geography revision	Geography Paper 2 (1h 30)	English Revision		English Language Paper 1 (1h 30)	
Friday 11th	Spanish Revision	Spanish Writing H (1h15) Spanish Writing F (1h)	Mathematics Revision		Mathematics Paper 2 (Calculator) (1h30)	
Monday 14th	English	English Literature (1h)	Mathematics Revision		Mathematics Paper 2 (Calculator) (1h30)	Spanish Revision
Tuesday 15th	Spanish Revision	Spanish Listening Higher (45m)	Spanish Listening Foundation (35m)	Spanish Revision	Spanish Reading Higher (1h) Spanish Reading Foundation (45m)	Citizenship Revision
Wednesday 16th	Citizenship Revision	Citizenship (1h 20)	Digital IT (5h Mock)			
Thursday 17th			Art/ Graphics/ 3D Design (5h Mock) Spanish Speaking (Individual slots) Photography (5h Mock)			
Friday 18th			Spanish Speaking (Individual slots)			

External Exams

Mock Exams

Revision Sessions



Please can you text, ring or email attendance every day when your child is absent unless they have Covid, are self-isolating for another reason or have a doctors note for a fixed time period. For safeguarding reasons we need to have daily contact on school days if your child is not in school.

The Attendance team can be emailed directly on : DTRBAttendance@deantrustrosebridge.co.uk

Covid advice please ring 119, school staff are unable to advise on Covid related matters

If you are unable to source Covid tests please call in at school reception as we have a limited supply

Sickness and Stomach bugs – we do not have a minimum that children need to be off school for if they are unwell in this way

Please make appointments for your child outside of school hours, if you are unable to do this because of a medical emergency etc please can you email proof of the appointment to school in advance

Free School Meals - Are you Eligible?

If you are on eligible benefits or your household income is below the government's threshold, you could be eligible for free school meals.

In addition, the school can also get up to £1300 to support your child's education (this is called the Pupil Premium), but you must complete [an application form](#).

The Pupil Premium provides funding to support your child's education including help with cost of school trips, music fees and teaching assistants.

A screenshot of the Wigan Council website showing the 'Education and Childcare Benefits Application' form. The page title is 'Page 1 | Education and Childcare Benefits Application'. Below the title, there is a section titled 'How to use this online form' with a list of instructions: 'Next and Back - to move through the form.', 'Select Page - to go directly to a specific page.', 'Help - if you need further information about the form.', 'Show Errors - Clicking this button will show you any questions that still need answering.', 'Submit - when you have filled in the form and checked it is free from errors.', 'Save - to complete the form at a later'. There are also navigation buttons at the top: 'Next', 'Select Page', 'Show Errors', 'Help', 'PDF', 'Print', 'Load', 'Save', and a green 'Submit' button with a checkmark. The Wigan Council logo is in the top left corner, and navigation links 'Resident', 'Business', 'Council', and 'MyAccount' are in the top right.

The application is made via [Wigan Council's website](#) and takes less than 5 minutes to complete depending on how many children you are claiming for. The decision will be made immediately unless further evidence is required.

Extra-Curricular Activities @ DTRB

	Monday	Tuesday	Wednesday	Thursday	Friday	
Before School	Breakfast Club iClass	Breakfast Club iClass	Breakfast Club iClass	Breakfast Club iClass	Breakfast Club iClass	
Lunch	Games Club Library, Miss Worrall Dance (KS3) Studio, Miss Tate Football Astro, Mr Volante & Dan Jigsaw Club SC4, Miss Green	Games Club Library, Miss Worrall Music (Y7&8) MS1, Mrs Blundell Football Astro, Mr Volante & Dan Literacy Council EN6, Miss Winrow Jigsaw Club SC4, Miss Green Dance (KS4) Studio, Miss Tate	Games Club Library, Miss Worrall Singing (All years) MS1, Mrs Blundell Football Astro, Mr Volante & Dan English Scholars EN1, Mrs Halsey Jigsaw Club SC4, Miss Green	Games Club Library, Miss Worrall Performing Arts (KS4) PAT, Mrs Blundell and Mrs Ashton Football Astro, Mr Volante & Dan Jigsaw Club SC4, Miss Green Dance (KS3) Studio, Miss Tate Poetry Club (Y7) EN5, Holly Howarth	Games Club Library, Miss Worrall Performing Arts (KS4) PAT, Mrs Blundell and Mrs Ashton Football Astro, Mr Volante & Dan Jigsaw Club SC4, Miss Green Dance (KS3) Studio, Miss Tate Poetry Club (Y7) EN5, Holly Howarth	Film Club Library, Miss Worrall Drama Club (KS3) Studio, Mrs Ashton Music (KS4) MS1, Mrs Blundell Football Astro, Mr Volante & Dan Jigsaw Club SC4, Miss Green
After School 3pm – 4pm	Music (Y9) MS1, Mrs Blundell Dance (KS4) Studio, Miss Tate Badminton (All Years) PE, Miss Reilly Science Homework Support (All Years) Mrs Lane (KS3, SC3) & Mrs Pollard (KS4, SC5) Mathletics Miss Banks, MA3 Science CREST Award (Year 9) SC5, Miss Green	Performing Arts (KS4) PAT, Mrs Ashton Horrible Histories/Film Club H1, Mrs Hyde Netball (Y7/8/9) PE, Miss Warren Y9/10 Football PE, Dan & Mr Volante Knit & Stitch SC1, Miss Miller KS3 Art Club Miss Birch, DE3 Sign Up Only	Music (KS4) MS1, Mrs Blundell Darts with Dearnley Mir Dearnley, MA4 Y10 Sports Leaders PE, Miss Warren Y7/8 Football PE, Dan & Mr Volante Spanish Spelling Bee Miss Brabin, MFL2 Duke of Edinburgh Club Mr Humphreys, GE2 KS3 Computing Club Mr Finnegan, CS2	Music (KS4) MS1, Mrs Blundell Darts with Dearnley Mir Dearnley, MA4 Y10 Sports Leaders PE, Miss Warren Y7/8 Football PE, Dan & Mr Volante Spanish Spelling Bee Miss Brabin, MFL2 Duke of Edinburgh Club Mr Humphreys, GE2 KS3 Computing Club Mr Finnegan, CS2	All Years Fitness Suite PE, Miss Reilly Y11 Sport Studies Booster PE, Miss Warren & Mr Shepherd	

Our Extra-curricular timetable for HT3 is now live!

Pupils are invited to attend any of the events listed in the table.

Got further questions? Speak to the member of staff leading the activity, or Mr Walsh.

Standards & Expectations

















Standards and expectations / code of conduct



DEAN TRUST Rose Bridge

Pupils are expected to follow our 3 rules at all times:

1. Be ready
2. Be respectful
3. Be safe

Key items to bring to school each day	Attendance and punctuality	Uniform	Travel	Jewellery and makeup	Mobile phones and electronic devices
<p>Essentials</p> <p>School bag </p> <p>100% book </p> <p>Planner </p> <p>Reading book </p> <p>Pencil case which includes the following:</p> <p>2 black pens </p> <p>Pencil </p> <p>Ruler </p> <p>Rubber </p> <p>Green pen </p> <p>Scientific calculator </p> <p>Highlighter pens </p> <p>A dictionary is desirable but not essential </p>	<p>Holidays taken during term time will not be authorised and may incur a Fixed Penalty Notice / Fine.</p> <p>Pupils absent from school for 10% of the time are defined as 'Persistent absentees'.</p> <p>Pupils need to be in school before 8.38am ready for Form time.</p>  <p>Pupils must be on time for all lessons.</p> <p>PE kit</p> <p>School PE kit must be worn every PE lesson.</p>	<p>Footwear should be plain black shoes, business style with leather upper, black (knee) socks or tights.</p> <p>Boots, large logos or coloured accessories are not permitted.</p> <p>Be aware that some retailers call their training shoes, shoes.</p> <p>If it looks like a trainer or pump it is, and these are not permitted. Pupils must be smart at all times.</p> <p>Hoodies are not permitted.</p> <p>Outdoor coats should be removed inside the building. Blazers and school ties are to be worn at all times. Only badges awarded by the school may be worn upon the lapel of the blazer. Shirts must be tucked in.</p> <p>Trousers with the school logo, must be tailored with a crease (no jeans, skinny leg, leggings or chinos etc). Pinafores & skirts with the school logo, must be knee length.</p>	<p>Pupils should travel to and from school in full school uniform and as pupils are therefore representing the school they should behave in a respectful and courteous way.</p> <p>Accessories, haircuts and facial hair</p> <p>No extreme haircuts (full head shave, tram lines etc). Only natural colours/tones are acceptable. Accessories should be small in size and in the school colours.</p>  <p>Hair longer than shoulder length must be kept tied up at all times.</p> <p>Boys must be 'clean shaven'.</p> <p>Hair should be smart in appearance—No bare blade haircuts/styles permitted.</p>	<p>For health and safety reasons pupils are not permitted to wear any jewellery other than a watch.</p> <p>NO earrings or piercings are allowed.</p> <p>Makeup, false tan, permanent or semi permanent make up, nail varnish or accessories are not allowed (false nails and false eye lashes).</p> <p>Healthy schools</p> <p>Only water can be consumed in school or in the classroom (750ml or less). Water may also be purchased at break or lunch time.</p> <p>No family size/sharing bags or sweets, chocolates or crisp etc are allowed.</p> <p>Environment</p> <p>Keep our school tidy, do not drop litter. No chewing gum.</p>	<p>NO mobile phones or electronic devices should be brought into school (this includes smart watches).</p>  <p>However, pupils who need mobile phones for their journey to and from school should hand it in to the Attendance office upon their arrival at school.</p> <p>Banned items</p> <p>Banned items are any items which may cause damage to other pupils and or the school environment e.g. aerosols, cigarettes, marker pens, chewing gum, E-cigarettes, lighters, weapons etc.</p> 

DTRB rules: ***"Be Respectful, Be Safe, Be Ready"***.

'You cannot climb the ladder of success dressed in the costume of failure'

At Dean Trust Rose Bridge, we believe that the standards of personal appearance are reflected in the attitudes of our pupils. By dressing to a high standard, it has been shown that our standards of work, and subsequent outcomes, improve over time. Please support the school by ensuring that your child adheres to the school's high standards of uniform and appearance. Each day staff will check that pupils are dressed in accordance with the above expectations.

Banned items should not be brought into school. Banned items will be confiscated by staff. Please refer to our Standards and Expectations poster for clarity on banned items.

Mobile phones: Any pupil found with their mobile phone during the school day will have this item confiscated. Confiscated phones will not be returned to a pupil under any circumstances. It is the parent/carers responsibility to collect the device from school at a mutually agreed time.

If pupils need to bring a mobile phone to school to ensure their safety when travelling, they must be handed in at the start of the day, before entering the building.

Sanctions will be applied to any pupil who fails to meet the school's standards and expectations.

With your support, we will continue to improve the standards at Dean Trust Rose Bridge School. Together, we will continue to make progress, giving all our pupils the best life opportunities by developing hard-working and dedicated young adults with high standards and aspirations.

Standards & Expectations



Uniform Standards

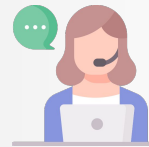
The standard of uniform so far from the vast majority is incredibly smart. As a school, we want to encourage pupils to take pride in their professional appearance and I would like to take this opportunity to thank you all for helping support this at home. If you are struggling at all with providing a full uniform – please get in touch, we are here to help.

Attendance and punctuality

ATTENDANCE AND Punctuality

A reminder to families that pupils are not allowed to take holidays during school hours and term-time periods. More, now than ever, it is imperative that pupils do not miss precious learning time and arrive at their form and lessons on time. We are unable to authorise any holiday during school hours. Meetings (detentions) will be issued for any pupils who are late to school. If you drop your child off at school please ensure that they arrive before 8.38am as traffic around school, as ever can be particularly busy.

If you have any concerns with your child's attendance to school or you are struggling to maintain their positive attendance, please get in touch – we have a fantastic team of staff here in school who have supported many children in overcoming any issues or school anxieties.



Lines of Communication

Just a reminder to all parents, that your child's Form Tutor should always be the first port of call if there are any questions or concerns. Furthermore, due to staff absence, if you have contacted a member of staff and have not heard back, please contact office@deantrustrosebridge.co.uk and we can ensure any messages are directed to the right person.



Up to date contact details

Please can we ask that you ensure we have your most recent contact details on file so that if I have to communicate any changes to the normal operation of the school you receive the relevant messages.

Working together

Our strength develops when we work together as a community, ensuring that the children and young people who attend Dean Trust Rose Bridge receive the best possible experience even during these uncertain times. We feel blessed that we have such a supportive parents, wonderful pupils, and an incredible staff who always go above and beyond for your children.

If you have any questions or concerns please do not hesitate to contact your child's Form Tutor or email office@deantrustrosebridge.co.uk



School Term Dates 2021/2022



School Term Dates 2021/2022

Autumn Term 2021

Monday 6 th September 2021	Friday 22 nd October 2021	35 days
Monday 1 st November 2021	Friday 17 th December 2021	35 days

Spring Term 2022

Wednesday 5 th January 2022	Friday 18 th February 2022	33 days
Monday 28 th February 2022	Friday 1 st April 2022	25 days

Summer Term 2022

Tuesday 19 th April 2022	Friday 27 th May 2022	28 days
Monday 6 th June 2022	Thursday 21 st July 2022	33 days

Total: 189 days (due to Queens Jubilee)

Inset Days

Friday 3rd September 2021
Tuesday 4th January 2022
Friday 24th June 2022
2 days from twilights

Bank Holidays

Monday 27th December 2021
Tuesday 28th December 2021
Monday 3rd January 2022
Friday 15th April 2022 Good Friday
Monday 18th April 2022 Easter Monday
Monday 2nd May 2022 Early May Bank Holiday
Thursday 2nd June 2022 (Due to Queens Jubilee)
Friday 3rd June 2022



Dates for your Diary

[View all](#)



Year 9 Parents' & Options Evening

🕒 Thursday 10th February

Year 8 Progress Evening

🕒 Thursday 3rd March

Year 7 Progress Evening

🕒 Thursday 17th March

Jamboree Day

🕒 Thursday 21st July



Safer Internet Tips...

Top Tips

The internet can be a great place to learn new things, keep in touch with friends, and to have fun. We have some tips to help you to stay safe and positive online, as well as how you can #PlayYourPart in creating a better internet by...

Using your actions and words with care.

What you do, say and share online can have a big impact on the way other people feel, as well as how others perceive you. When emotions are high, take a moment to reflect and continue when you're feeling calmer.

Building healthy relationships.

Listen to and support your friends both online and offline by respecting their boundaries and treating them with kindness.

Look out for signs of an unhealthy relationship – if someone is pressuring you, is dishonest, or makes you feel uncomfortable, know that you can always talk to an adult or friend you trust.

Being an upstander when you see bullying, harassment or hate.

By using reporting tools or speaking out if you feel able to do so, you can offer support to the victims of these behaviours. This can help people to feel less alone and can encourage them to seek further assistance if they need it. Keeping a lookout for suspicious information and people online.

Knowing it's never too late to talk to an adult about something you're experiencing online.

Even if you're worried it might be uncomfortable, or you think you've done something wrong, speaking to someone is the first step in getting support and moving forward.



**Safer
Internet
Day 2022** | **Tuesday
8 February**

Coordinated by the UK Safer Internet Centre

Safer Internet Tips...

Top Tips for Parents and Carers

Have a look at the tips and links below with some suggestions on how to get you started and help you to stay safe and positive online. You and your family can #PlayYourPart in creating a better internet by...

Having conversations without judgement.

Whether by playing games, watching videos, or doing things your child enjoys, spending time together online is a great way to start conversations about the online world and how they're finding being a part of it.

It is important to ask questions and take an interest in what your child enjoys online. An essential part of having this open dialogue is to not judge, even if their behaviour or life online isn't what you wanted or expected. This ensures that your child feels they can come to you if ever they make a mistake or experience a problem online.



Knowing where you can learn more about their favourite apps and games.

Websites like Common Sense Media or The Family Gaming Database can be invaluable sources of information. When your child starts talking about a new game or app, why not do some research into the reporting and blocking options available? Then you can help your child if they come to you with an issue.

Getting support if things go wrong.

There are lots of organisations who are there to support you and your family if something has gone wrong. The [Report Harmful Content website](#) can help you with issues such as cyberbullying, impersonation and threats. You can report worrying behaviour towards children to [CEOP](#). Find out more on [Childnet's Get Help page](#).



Reassuring your child that whatever happens online, you are there to support them.

Let your child know that the best way to address any problem they have online, is to tell a trusted adult immediately. For example, this might include someone sending them a friend request; an online message; telling them to visit a specific website, or app; or asking them for their personal information. Reassure them that if anything happens online that they are unsure about, or makes them feel worried or upset, they can come to you for help.

More advice and guidance

<https://www.thinkuknow.co.uk/parents/articles/is-my-child-ready-for-social-media/>



Useful Contacts and 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/>

