

BISHOP CHALLONER NEWS

06 OCT 2023 | ISSUE NO.120



FROM THE HEADTEACHER:

Dear Parents and Carers
I hope you have had a good week.

I was delighted to see another whole school assembly led by our pupils on Monday. This time it was Evelyn, Barney and Sjoujke introducing Challoner Hive. This is a new extra-curricular club that is creating a pupil-led school digital magazine. The magazine will create opportunities for creative writing, illustration and artwork to be included and their assembly was used to appeal to pupils who would be interested in joining the club, as well as contribute articles or artwork to. We very much look forward to seeing the progress of this wonderful initiative.

This Week

Or EYFS and Key Stage 1 parents enjoyed another Open classroom event earlier this week. This proved very popular last year, and we will continue to offer these kinds of opportunities for parents to have further engagement with the school and see their children's work. On Wednesday evening, we hosted an excellent Sixth Form Open Evening and Taster event this week. Our Sixth Form is becoming more and more popular, and it was, once again, extremely pleasing to see the level of interest, both internally and externally, in our Key Stage 5 provision. The opportunity to study their subjects of choice, work in small classes, embrace the significant enrichment opportunities we offer and progress their leadership skills is certainly a very attractive proposition for pupils and parents. Our Year 11 pupils were able to get a taste of the subjects on offer on Tuesday when they had their own Sixth Form Taster Day. This proved both informative and enjoyable for the year group.

We celebrated the Harvest Festival this morning with a whole school assembly. As in previous years, we have chosen to support Bromley Food Bank, which is a local charity. The Foodbank helps individuals and families in crisis, through the provision of emergency food supplies. We have been asked to contribute toilet rolls, fruit juice, tin potatoes, and tin vegetables to support the charity this year. Thank you so much for your very kind donations and support.

BISHOP CHALLONER NEWS

06 OCT 2023 | ISSUE NO.120



Congratulations to our mixed Year 5 & 6 Netball team who came 3rd in Bromley Prep and Primary Schools event. This was a tremendous achievement. Following on from their win last week, our Girls u14 netball team had another victory on Monday evening, to make it two wins in a row. Well done girls!

Also, well done to all pupils who have also represented the school this week in Netball, Football and Basketball.

Next week is another busy week for sport with fixtures in Girls Football, Netball, Basketball, Pentathlon and Lacrosse. The last two sports are new to our sporting calendar, so we look forward to the experience we will enjoy from these.

We are now planning a conference to raise awareness about Disability Hate Crime.

PLEASE SEE MRS BROOKER IF YOU ARE INTERESTED

Date: 1 November 2023

Venue: Petty France, 102 Petty France, London, SW1H 9EA

Time 10:-16:00

The event will be appropriate for students aged 14-18 (students do not have to have a disability)

We can accommodate about 8 students per school (invitations are being sent to several schools)

Lunch and refreshments will be provided.

We are also looking for 2-3 students who have a disability to talk for 5-10 minutes about their personal experiences.

The purpose of the conference is to :

- Raise awareness about Disability Hate Crime.
- Consider how to recognise Disability Hate.
- Consider the impact of Disability Hate Crime.
- Consider why there is a lack of prosecutions for Disability Hate Crime-Barriers
- Consider the role of the CPS in prosecuting this type of offending. -Youth Offending Policy, Special Measures, Sentencing
- Challenge stereotypes regarding people with disabilities

Benefits of attending for students-

An opportunity for their opinions, thoughts, and suggestions to have real impact in the criminal justice procedure.

An opportunity to have their voices heard about an important issue.

If you are interested in attending, can you please let me know by 6 October.

Kate Brooker
kbrooker@bcswb.co.uk



BISHOP CHALLONER NEWS

06 OCT 2023 | ISSUE NO.120



Week Ahead

As we move towards half term, we have a very busy week ahead.

There are Parents Evening for several year groups next week including Preparatory and Senior Schools. You will have received notification from your son's/daughter's Heads of Section with regard to this. Unfortunately, due to staff absences in Year 4 and Year 6 we have taken the decision to move these to after half term and they will take place on Monday 30 October and Wednesday 1 November.

The other year groups across the Preparatory School will take place as scheduled next week on Monday and Wednesday evenings. Year 12 and Year 13 Parents Evening will take place on Tuesday evening.

Our next whole school Open Morning will take place on Wednesday between 9.30 – 11.00am. You are more than welcome to visit.

The school will be taking part in the national Mental Health Awareness Day on Tuesday. Ms McCormack has prepared several activities for Tuesday which we look forward to the pupils engaging with.

On Thursday morning next week, two of our Preparatory parents will be supporting the school in leading an assembly on Black History Month. This will coincide with the school running a Cultural Day. We very much look forward to this.

Future Events

One of our Trustees, Ms Olive Essien, who works for the Crown Prosecution Service, has shared with us an upcoming conference they are hosting with regards to raising awareness about Disability Hate Crime. Ms Essien is holding a number of places for Bishop Challoner pupils who may be interested in attending this conference. We have made our pupils aware that this opportunity exists and if they are interested they should speak with Mrs Brooker in the first instance. There are now only 4 places remaining so do let Mrs Brooker know as soon as possible!

BISHOP CHALLONER NEWS

06 OCT 2023 | ISSUE NO.120



Careers Fair and Challoner Connected Event

Ms Chamberlain has begun planning our first Careers Fair for Years 7, 8 and 9 that will take place on **Thursday 9th November 2023 from 2.00 - 3.30pm in the Main Hall.**

We hope this will be a useful and fun introduction for pupils into the world of application forms, CVs, interviews, and industries/careers.

We are in need of volunteers for the Fair; parents, carers, family members and friends, colleagues or business connections are all welcome to come along and help guide our pupils into the world of careers. Volunteers would talk to small groups of pupils about their chosen career and the industry they work in, help run mock interviews giving pupils a taste of what to expect and help pupils reflect on their strengths to enable them to fill in application forms and create their CVs.

If you are interested or know of anyone who may be interested in volunteering for the afternoon, please email Carolyn Chamberlain at cchamberlain@bcsweb.co.uk as soon as possible. As we are a registered charity, this could count towards charity work goals companies may have. We will also be running our first Challoner Connected event on **Wednesday 22 November** for pupils in Key Stage 4 & 5. If any parent or carer has an office locally or in London that we may be able to use for this event, please get in touch with Carolyn on her email address above.

Next week we are looking forward to our next Parent and Alumni Think Tank Meeting. This will take place next Friday 13th October. If anyone else is interested in joining this meeting, then please contact Carolyn Chamberlain at cchamberlain@bcsweb.co.uk. The purpose of the meeting is to discuss how parents and our wider community can support the school in preparing our pupils for the 21st Century workplace.

Job Opportunity

You may have seen in the letters that have been distributed this week that there is a Teaching Assistant opportunity at the school. This may appeal to a parent or carer in our community. Do have a look at the job specification if you are interested.

I hope you have a relaxing weekend.

With best wishes

Mark Wallace

BISHOP CHALLONER NEWS

06 OCT 2023 | ISSUE NO.120



DIARY DATES

MONDAY 9 OCTOBER

Pre-Prep & Prep Parents Evening - R, Y1, Y3, Y5

TUESDAY 10 OCTOBER

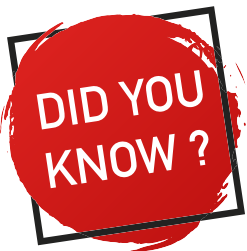
Year 12 & 13 Parents Evening

WEDNESDAY 11 OCTOBER

Whole-School Open Morning; Pre-Prep & Prep Parents Evening - R, Y1, Y3, Y5

THURSDAY 2 NOVEMBER

Year 11 Parents Evening



Good Attendance

100% = 0 weeks learning missed

95% = 1 week 4 days learning missed

This is the expected level of absence that should be aimed for.

Poor Attendance

90% = 3 weeks 4 days of learning missed

85% = 5 weeks 3 days of learning missed

At this level of absence your child will be classed as a persistent absentee.

Very Poor Attendance

80% = 7 weeks 3 days of learning missed

75% = 9 weeks 1 day of learning missed

If your child is absent from school for 1 week they would miss 5 hours of Maths and 5 hours of Literacy!



SWINGING FOR SUCCESS

Well done to everyone in Year 5 and 6 who participated in the cricket skills festival on Thursday 5th October. It was a delightful event which consisted of 9 stations with various games and activities to complete. The students represented the school perfectly through behaviour, effort and engagement with every session.



Each game was related to batting, bowling and fielding but also required team work which this group of students were excellent with.

All the students showed their competitive side, demonstrating very accurate batting and fast bowling to get high scores on the task cards.

Thank you to Kent cricket for hosting.





Netball Tournament: Teamwork and Tenacity

The Year 5 and 6 netball mixed team had their first tournament of the year on Tuesday. The first game of the day was a draw against last year's champions. The team worked extremely hard during this game coming out with a well fought 2-2 draw. After a regroup and lots of tactics spoken about, the pupils were ready for their second and third game - both coming out on top with a 5-0 win and a 2-0 win after some fantastic shooting from Olamide and Rhys.

After winning our pool with an unbeaten record we took on Oak Lodge in the semi finals. Despite some fantastic play from all pupils we came out short with a 2-0 loss. Overall out of 12 teams we came in 3rd place. A fantastic achievement for their first tournament of the year.



BISHOP CHALLONER NEWS

06 OCT 2023 | ISSUE NO.120



Dear Parents,

Bishop Challoner are hosting another Staff vs Parents vs 6th Form football competition on Friday 17th November 2023.

We will be playing at Goals football centre, Elmers End Rd, Beckenham BR3 4EJ.

Kick off from 5:30- 6:30pm.

If you are interested in playing in the tournament, please email Mr

Harrison at

Fharrison@bcsweb.co.uk

We hope you can attend the competition.

Well done to the U14 netball team that won their second league game of the season against Knights Academy. A very competitive side whom the girls have come up against many times. The girls had an incredible start with some fantastic shooting from Mariah and Tegan who saw them 6-0 up at half time.

Some incredible defensive interceptions from Princess and Amelie stopped any chance of Knights coming to the third final. In the second half Knights started finding their feet, and although they had a few chances, they managed to get some goals in. Final score 8-4.



STAR PLAYER

CONGRATULATIONS to Louis B in year 8 who attended the U13 district prep trials. He went to the trials on Sunday and found out that he got in to the A team. He will now be attending a training camp and the Gothia world cup in Sweden. We hope he enjoys his experience whilst out there.



BISHOP CHALLONER NEWS

06 OCT 2023 | ISSUE NO.120



Pre-Prep and Prep School

This week in the Preparatory school we have been busy practising songs to sing at Harvest Festival on Friday, in celebration of harvest time and to give thanks to God for the harvest. Thank you to all the families who have sent food items in for Bromley Foodbank, if you have not yet done so but would like to, these will be gratefully received until half term.

The children have been preparing their wonderful Christmas cards; we have seen a delightful range of drawings and designs across the school. A reminder that if you would like to place an order, to please do so by Monday 9th October.

On Wednesday, the Year 5 children entertained us with a wonderful assembly to celebrate National Poetry Day. We were impressed by the range of poems performed by the children. They ended the assembly with a beautiful hymn accompanied by British sign language. The rest of the school also tried to join in with the sign language. Well done Year 5. Thank you to the parents who were able to join us.

We wish you all a wonderful weekend,
-Mr Peck, Mrs Bateman and Ms Hoyles



Pre-Prep and Prep School

STARS OF THE WEEK

★ Reception

Alexander for excellent effort

★ Year 1

Elsa-Grace for working hard in her independent writing

★ Year 2

Yosan for being a good friend

★ Year 3

Alexander for effort in writing, particularly focusing well and working hard on handwriting

★ Year 4

Orla for amazing contribution and effort in history

★ Year 5

Georgina for excellent effort and presentation in maths

★ Year 6

Morayo for excellent writing in English

Many congratulations to all our Stars. We are very proud of you!

BISHOP CHALLONER NEWS

06 OCT 2023 | ISSUE NO.120



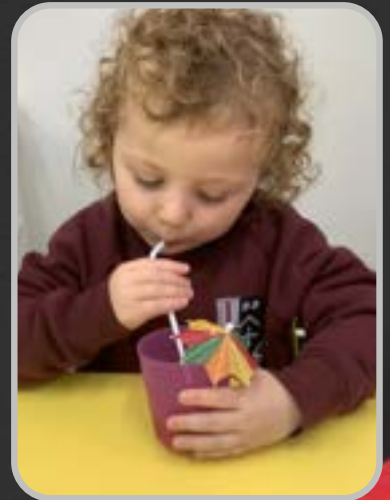
EYFS

Black History Month is a special time when we celebrate the important contributions and achievements of Black people throughout British history.

The Pre-Prep have been introduced to the Windrush Generation. They have been listening to Floella Benjamin's book 'Coming to England', where she writes about her true story of courage, determination and belonging. Floella Benjamin was ten years old when she made her journey from Trinidad to England.

The Pre-Prep have explored the diverse cultures and have been learning about the delicious fruits that come from Africa and the Caribbean, blending them into delicious tropical smoothies.

-Ms Scicluna, Assistant Head of EYFS



BISHOP CHALLONER NEWS

06 OCT 2023 | ISSUE NO.120



Bishop Challoner News

06 October 2023 | Issue No. 120

Chaplain's Corner

Harvest Festival 2023 at Bishop Challoner

A very big thank you to pupils, their families and school staff, for donating so generously, over the past week, and for our pupils who were spotted lugging very heavy bags into school, this morning. Our aim was to respond to Bromley Foodbank's List of Top-5 Most Wanted items: FRUIT JUICE UHT, HOT/COLD MEATS TINNED, SQUASH, TINNED POTATOES, TOILET ROLL and so far, we have loaded over 400 items in dry food & toiletry donations. Can we hit the top 5% of donors on the Bromley Foodbank App? We'll report back next week with the final weigh in at tonight's drop-off. If you still wish to donate items or money it is not too late...



Please drop donations off to reception Mon-Fri next week. We also enjoyed a zippy performance of Harvest Samba by Years 3 & 5 in assembly. Click here to sing along! >> <https://bit.ly/3rKRaNq>

Thanks in advance for everyone's support!



"When you reap the harvest of your land, do not reap to the very edges of your field or gather the gleanings of your harvest.

Do not go over your vineyard a second time or pick up the grapes that have fallen. Leave them for the poor and the foreigner."

Leviticus 19:9-10

BROMLEY BOROUGH FOODBANK
HELPING LOCAL PEOPLE GET BACK ON THEIR FEET

Blessings to all for a peaceful weekend!
Mrs Bell
School Chaplain

Coming up next week:

Monday 9th Oct
Junior Chaplaincy Chapel 12.15-12.30pm
Senior Chaplaincy Chapel 1.15-1.30pm

Tues 10th Oct 3.30-4.45pm
FHC Prep Years 3 & 4 - Yr 3 Form Room
FHC Prep Years 7 & 8 - T1

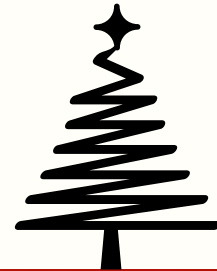
Wed 11th Oct all day
Year 12 Leadership Training with CAFOD

BISHOP CHALLONER NEWS

06 OCT 2023 | ISSUE NO.120



FROM THE PTA:



Bishop Challoner PTA Present

Friday 10th November
5.30pm to 7.30pm

Reception to Year 7

DISCO Night

£5.50 Ticket includes:

DRINKS | SNACKS | GLOW TOYS | GAMES | DANCERS

Parents from reception up to and including year 2 required to stay

 Bishop Challoner School PTA
228 Bromley Road, Bromley, BR2 0ES 

Festive Wreath Making Workshop

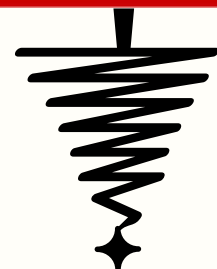


28th November, 7-9pm
£45 including a festive drink

Choice of Door Wreath or Table Centrepiece,
please advise when booking

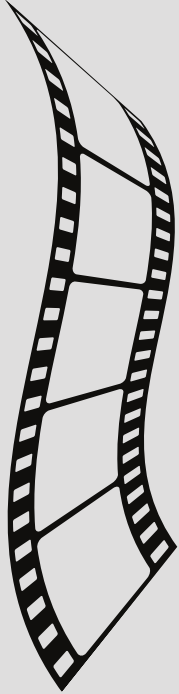
Mulled wine, drinks and snacks, available to
purchase from our bar (cash or card accepted)

Email pta@bcswebcouk to book by 20th November



BISHOP CHALLONER NEWS

06 OCT 2023 | ISSUE NO.120

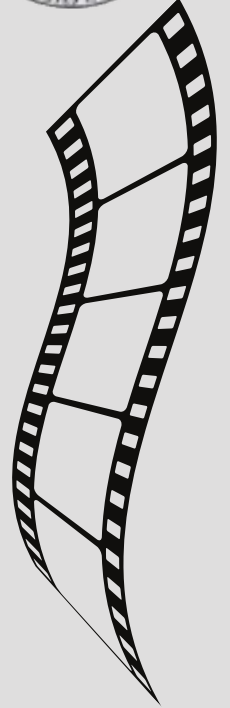


Senior School

Disney
COOL RUNNINGS

MOVIE NIGHT

STRAIGHT AFTER SCHOOL- THURSDAY 12TH OCTOBER 2023-DINING HALL
ENTRY FREE!
POPCORN, DRINKS & SWEETS
FOR SALE



BISHOP CHALLONER
SCHOOL

**CHRISTMAS
Fair**

SAVE THE DATE

Saturday 9th December 2023

Limited tables available: £20 (£10 school parents)
To book a table email pta@bcsweb.co.uk
More details to follow

228 Bromley Rd, Bromley, BR2 0BS





in celebration of

BLACK HISTORY MONTH

we invite students to wear
either cultural or traditional
dress from either their
community or country on

Thursday 12th October



HOLIDAY FUN **JASON'S TOTALLY TENNIS**

4 Hours of Fun. 9am - 1pm

£23 per session. AGE 4 - 14

Indoor Facilities - play rain or shine

At **BROMLEY LTC (BR2 9AN)**

**Tennis + the chance to try lots
of fun sports.**

**Tennis, Football, Pickleball, Badminton,
Goodminton, Frisbee, Rounders & Racketball**

BOOK VIA THE WEBSITE



JASONSTOTALLYTENNIS.COM

BISHOP CHALLONER NEWS

06 OCT 2023 | ISSUE NO.120



30 Day #Wellbeing Challenge		
<p>Day 1 Smile and say good morning to everyone in your household. <input type="checkbox"/></p>	<p>Day 2 Take 5 minutes to write down your feelings today. <input type="checkbox"/></p>	<p>Day 3 Do 20 Jumping Jacks and 50 knee ups. <input type="checkbox"/></p>
<p>Day 4 Visit an art gallery! Go online and explore the collections online. <input type="checkbox"/></p>	<p>Day 5 Reply to a pen pal or to someone you have not spoken to in a long time. <input type="checkbox"/></p>	<p>Day 6 Design a pair of trainers or shoes. <input type="checkbox"/></p>
<p>Day 7 Read 20 pages from the book you are reading or start a book <input type="checkbox"/></p>	<p>Day 8 Come up with a 10 question multiple choice quiz <input type="checkbox"/></p>	<p>Day 9 Listen to your favourite song and dance around the room. <input type="checkbox"/></p>
<p>Day 10 Go to bed 1 hour earlier tonight to wake up 1 hour earlier tomorrow. <input type="checkbox"/></p>	<p>Day 11 Sit down and focus on your breath for 5 minutes. <input type="checkbox"/></p>	<p>Day 12 Play a card game or board game you haven't played in a while. <input type="checkbox"/></p>
<p>Day 13 Write a letter of appreciation to someone who helps. <input type="checkbox"/></p>	<p>Day 14 Draw and paint the most colourful thing in your house. <input type="checkbox"/></p>	<p>Day 15 Write a poem or short story. <input type="checkbox"/></p>
<p>Day 16 Ask your parent/caregiver about happy things in their life <input type="checkbox"/></p>	<p>Day 17 Research places you would like to travel to in your life time. <input type="checkbox"/></p>	<p>Day 18 Close your eyes and visualise your future life. <input type="checkbox"/></p>
<p>Day 19 Draw your favourite animal using geometric shapes. <input type="checkbox"/></p>	<p>Day 20 Use 10 French or Spanish words today. <input type="checkbox"/></p>	<p>Day 21 Make sure you get >8 hours sleep tonight. Note how you feel the next day. <input type="checkbox"/></p>
<p>Day 22 Draw but listen to your favourite music. See what flows naturally <input type="checkbox"/></p>	<p>Day 23 Do something nice for a sibling or parent/carer. <input type="checkbox"/></p>	<p>Day 24 Stretch and move your body any way that feels good for 10 minutes <input type="checkbox"/></p>
<p>Day 25 Clean a room in the house that is not your bedroom. <input type="checkbox"/></p>	<p>Day 26 Design a pair of trainers or shoes. <input type="checkbox"/></p>	<p>Day 27 Tidy your room, maybe re organise the layout. <input type="checkbox"/></p>
<p>Day 28 Ensure you have >5 fruit and veg today – Write them all day <input type="checkbox"/></p>	<p>Day 29 Do something helpful for a friend or family member today. <input type="checkbox"/></p>	<p>Day 30 Write down 10 things you love about your life <input type="checkbox"/></p>

Encourage your child to take part in the 30 day Wellbeing Challenge



All National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should the need arise. This guide focuses on one of many games which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for action.

What Parents & Carers Need to Know about **AMONG US**

A multiplayer 'social deduction' game set in outer space, *Among Us* enjoyed a surge in popularity in 2020, and has since maintained a dedicated fan-base (globally, around 80 million regular players each month) thanks to its unique nature, simple premise and ease of access across numerous platforms. The game's on-screen action revolves around danger, disguise and deception – and there are certain parallels to be drawn with some of the real-life risks that parents and carers of young *Among Us* players need to be aware of.



WHAT ARE THE RISKS?

SENSITIVE PREMISE

In *Among Us*, up to three players are secretly assigned to be alien imposters, tasked with murdering their colleagues while the survivors try to uncover them. While the story's not far removed from traditional games like *Wink Murder* or TV shows such as *The Traitors*, some parents may feel uncomfortable about their child playing a video game in which deception and killing are prioritised.

VIRTUAL VIOLENCE

The on-screen death of characters may be fundamental to the gameplay of *Among Us*, but the majority of the animations depicting this are deliberately cartoonish and only appear very briefly. However, it is worth bearing in mind that the game has a PEGI age rating of 7 – meaning that certain elements (however heavily stylised they may be) could still upset some younger players.

CHAT BETWEEN PLAYERS

With up to 10 people participating in each game online, a large part of *Among Us*' appeal is speculating with fellow players who the imposters might be and making accusations. This dialogue through the in-game text chat can occasionally become heated – and could, of course, involve your child being put into contact with people (including adults) who they don't know in real life.

GOING OFF PLATFORM

While *Among Us* provides basic ways to communicate, many gamers prefer to use external services such as Discord, a popular app which offers voice and video chat functions. These undoubtedly make cooperation easier, but also create a potential route for children to hear inappropriate language – or for strangers to message them privately in an environment which isn't regulated by the game itself.

IN-GAME PURCHASES

Among Us is free to download on mobile devices, and costs less than £5 to obtain on console and PC. A related longer-term price, though, is that the game also includes options to buy for updates such as removing ads on the mobile version or adding cosmetic touches to characters (such as different costumes). It's certainly possible that a child could spend a significant sum without realising it.

Advice for Parents & Carers

CONSIDER SOFTER ALTERNATIVES

Although *Among Us* is hugely popular with young gamers, it's possible that some children might find the murder themes unsettling. If so, plenty of similar social deduction games are available (in both digital and traditional board game formats) which downplay the potentially grislier elements: some centre around undercover spies, for instance, and there's even a Marvel superhero-themed variant.

CHAT ABOUT CHATTING

You might feel it's prudent to talk to your child about the risks associated with voice chat while gaming, explaining in particular that strangers online aren't always who they claim to be. Keeping the conversation relaxed will reinforce your child's confidence that they can always come to you with any online concerns – not just about *Among Us*, but any potential future issues as well.

DISCUSS DISCORD

In general, Discord is an excellent app for keeping online communities together because of its use of dedicated individual servers, which allow comprehensive control over who can join – and who can't. Once you're familiar with the platform, you could set up a secure server for your child and their friends to communicate during games of *Among Us*, with no access for people they don't know.

AMONG US, AMONG FRIENDS

When your child and their friends get together, they can enjoy a private game of *Among Us* by choosing a 'local lobby' – that is, only people connected to the same WiFi (your home network, for example) can enter. This prevents any random online users – who may be total strangers – from joining and removes the need for voice chat, as the players are all physically in the same location.

STOP SURPRISE SPENDING

If you're concerned about the possibility of your child racking up an unexpected bill on *Among Us*' microtransactions, you could consider using a prepaid card with a set limit. Likewise, you could specify in the game's options that adult authorisation is required for every purchase – or you could make sure that no payment methods are enabled on the device that your child plays the game on.

Meet Our Expert

Lead Specialist Officer in a role of gaming and esports, who believes and has worked in the gaming industry for over four years. A regular contributor to the app helps to try and keep kids, he's always present when you discuss the value of online safety, writing mainly about teen and young adults. No articles have been published on an adult site including this and Tech Radar.



BISHOP CHALLONER NEWS

06 OCT 2023 | ISSUE NO.120



All The National College, we provide everything educators and trusted adults need to strengthen, manage and enhance their professional, and personal development, in one place, on one platform. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit www.thenationalcollege.co.uk for further information and resources.

What Parents & Carers Need to Know about THE DANGERS OF VAPING

Data collected for ASH (Action on Smoking and Health) shows an increase in 11 to 17-year-olds experimenting with vaping: from 7.7% in 2022 to 11.6% in 2023. It's concerning that these age-restricted products are getting into the hands of under 18s as most contain nicotine, which can be detrimental to brain development and cause long-term addiction. Some schools have reported students having their focus in lessons affected by nicotine cravings; vaping in school toilets; and even trying vapes found in their local park. Raising awareness of the risks among young people could help to prevent these problems from escalating and reduce the number of young vapers.

WHAT ARE THE RISKS?

NICOTINE ADDICTION

Since they were initially developed to help people stop smoking, the vast majority of vape liquids contain nicotine. Not only is this a highly addictive stimulant, but it can also have detrimental effects on brain development in the under-25s. Nicotine can decrease the ability to pay attention, weaken impulse control, affect mood and increase the likelihood of substance addiction as an adult.

WHAT IS VAPING?

Vapes contain a liquid (vape juice/e-liquid) that is heated by a battery and evaporates, creating a chemical vapour which the user inhales. They can be disposable (once the liquid or battery runs out, the vape is thrown away) or rechargeable (the user replaces the liquid and recharges the battery on demand). Most vape liquids contain nicotine and other chemicals.

LACK OF AWARENESS

A proportion of young people tend to view vaping as harmless, mainly because of the products' appearance and the perception (often strengthened on social media) that "vaping is cool" and on trend. In many instances, young people don't fully appreciate the concept of addiction, that is, they aren't adequately aware of the risk of becoming hooked on nicotine before trying a vape.

POTENTIAL TOXICITY

Many vape liquids have been found to contain "heavy" metals such as lead, tin, nickel and (in some cases) mercury – all of which are toxic. These metals often leak the form of tiny shards inside a device's liquid tank, which are then inhaled into the body. Some media reports have suggested these metals are particularly prevalent in illegally imported vapes which don't comply with UK regulations.

WIDER HEALTH CONCERNS

Studies are already showing a link between vaping and oral health problems such as tooth decay and gum disease. This is because vaping reduces the amount of saliva in the mouth, while increasing bacteria – resulting in bad breath and a build-up of plaque. There are also concerns that, in some users, vaping could lead to the development of asthma, a persistent cough and breathing difficulties.

UNCLEAR LONG-TERM CONSEQUENCES

The liquids in vapes also contain chemicals, which can create carcinogens at the point of consumption. Vapes were only introduced into the UK in 2005 – and, because of the relatively short timeline involved, there is insufficient medical evidence to assess the long-term harms that regular inhalation of these chemical fluids might have on the human body.

UNREGULATED VAPING PRODUCTS

The number of retailers willing to sell vapes to under-18s is a worry, as the chance of these products being unregulated (and therefore containing illegal chemicals and higher levels of nicotine) is high. A related concern is that the mechanisms inside unregulated products are unlikely to have been tested and safety checked – presenting a possible fire risk if the liquid and battery come into contact.

ATTRACTIVE PACKAGING

The packaging of many disposable vapes is very appealing to young people, frequently evoking the colours and flavours of the sweets or fizzy drinks they're used to buying. There's a relative lack of regulation around vape marketing, and vaping is often depicted positively on social media – which can lead young people to dismiss the possible harms.

SCARCE INFORMATION

The lack of information about the ingredients and potentially harmful chemicals in a vape is troubling. Some vape fluids (unregulated in the UK) contain traces of nuts, which can cause an allergic reaction or anaphylactic shock. To date, medical warnings aren't required on vape packaging – with only medical disclaimers being found on the websites of the various brands.

ENVIRONMENTAL EFFECTS

In the UK alone, around 5 million disposable vapes go to landfill every week. Due to such significant numbers of these products not being recycled, their components – a lithium battery and a chemical liquid – pose a toxic risk to the environment, the ecosystem and wildlife. Vapes are also predominantly made of plastic and metal materials that, of course, do not naturally decompose.

VAGUE INGREDIENTS LISTS

Early research has suggested that the chemicals used to produce some strawberry and banana flavour e-liquids can kill cells in the blood vessels and heart. These ingredients aren't identified on the packaging, instead being listed under the umbrella term "natural and artificial flavourings". Such vague listings mean that consumers aren't aware of the liquid's content so can't identify potential risks.

Meet Our Expert

Run by The Cambridgeshire and Peterborough Healthy Schools Service Commissioned by Cambridgeshire County Council and Peterborough City Council. Catch Your Breath is a school-based project aimed at young people. Its goal is to embed a proactive, preventative approach to raising both primary and secondary schools in discouraging smoking and vaping behaviours.



HEALTHY SCHOOLS
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All National Online Safety, we believe in empowering parents, carers and trusted adults with the information to help or inform conversations about online safety with their children, should they feel it is needed. This guide features an area of money (cash) which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](https://nationalonlinesafety.com) for further guides, tools and tips for adults.

Top Tips for SETTING BOUNDARIES AROUND GAMING

If your child loves video games, then you'll probably be aware that how long they spend gaming – and what they're actually playing – can occasionally become a source of concern or conflict. The UK's trade body for interactive entertainment, Ukie, has recently launched a campaign to promote safer and more responsible gaming among young people – with parents and carers helping by setting sensible and fair boundaries. Our guide has tips on key areas where you could agree some healthy ground rules for your child's gaming activity.

PROMOTE SAFER GAME CHOICES

Deciding which online games are OK – and which should be avoided – is tricky. Some titles allow children to communicate or compete with strangers, which creates potential risks. Watching your child play online for a while could provide more insight into a particular game, while the parental controls on most consoles allow you to limit who can chat to your child or send them friend requests. Remind your child of the hazards around strangers online when you discuss this boundary with them.

ENCOURAGE REGULAR BREAKS

Help your child understand the need to take regular breaks, playing in shorter bursts rather than marathon sessions. Bear in mind that some games (such as role-play or strategy games) require time investment from the player, while others (online team games, for example) can be stopped or paused at a moment's notice. A quick break every hour or so is good practice, and you could suggest some things to do in these breaks, such as having a drink of water or getting some fresh air.

AGREE SPENDING LIMITS

There's no doubt that gaming can be expensive, and younger players often don't realise how much paying for digital items and subscriptions can add up to. Many young gamers like to buy new skins or in-game items for their characters, so you could agree on a fixed amount that your child is allowed to spend on in-game items each week or month. This sort of boundary will not only help your child to manage their expenses but will also make you more aware of the price of these items.

DISCUSS AGE RATINGS

Children often ignore the age ratings on games – or are unaware they even exist. If you're happy with your child playing a particular game even though it's rated above their age, then explain to them as a boundary: sometimes that you're making an exception, and talk about what age ratings mean and why they're important. You could add context to this boundary by browsing games' boxes together, while shopping, discussing in-game games' might have earned certain age ratings.

FACTOR IN FRIENDS

If your child is a keen video gamer, the chances are that they'll have other gamers among their social circle, too. When friends visit, do they insist on going to their console or computer? You could put boundaries in place before their guests arrive by agreeing on a length of gaming time. Bear in mind, though, that they may try to extend this once they're together. Try coming up with activities or challenges for them during screen breaks – if they join in, they earn a little extra time on their game.

ENJOY GAMING TOGETHER

Setting time aside to play video games together can be an enjoyable bonding exercise. Underlying, some young gamers may be less enthusiastic about a parent or carer joining in, but it can be a productive way of encouraging them to share their hobby with you. Setting goals or tasks might be useful if they love Minecraft, choose something to build together, if Fortnite's team mode, ask to try out some of the fun game modes, like Prop Hunt, which don't require high skill levels.

TALK ABOUT EMOTIONS

Help your child to monitor their emotions as they play. Discuss what is (and isn't) an acceptable level of competitiveness to show while gaming. Are they allowed to trash talk other players, for example? Can they refuse when they get angry if they lose? Do they think these emotions are healthy? Some games can provoke anger, but others can bring joy, humour and the thrill of overcoming a challenge. Try to share your child's love of games that tend to produce these more positive feelings.

BE PREPARED FOR TROLLS

A frequent problem when gaming online is other players who are deliberately troublesome. Make sure your child knows how to report and block someone who makes their experience a negative one. Between you, decide if or how they should deal with these online trolls. Talk about where your child's boundaries are in terms of what they think is acceptable, what behaviour by other users is truly frustrating, and what crosses the line to become upsetting or abusive.

Meet Our Expert

Heidi Copeland is a writer specialising in technology, video gaming, virtual reality and VR. She has also written 10 guidebooks for children, covering games such as Fortnite, Apex Legends, Overwatch, Roblox and Minecraft. Her work is published by the likes of PC Advisor, Games, Pocket Gamer and more. She has reviewed more than 100 games and products over the past year.



Source: <https://help.nosabout.co.uk/en>

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BISHOP CHALLONER NEWS

06 OCT 2023 | ISSUE NO.120



Extra-Curricular Activity Schedule – Autumn Term 2023
Clubs start second week of term Monday 11 September 2023 and finish on Friday 8 December 2023

DAY	CLUB DESCRIPTION	Yr GROUP	TIMES	TUTOR/VENUE	PAYMENT
MON	Multi Sports	Year 5 – 6	3.30 – 4.30	Mr Harrison Ball Courts	No charge
	Mini Fencing	Yr 1 & Yr 2	3.35 – 4.30	Mrs Restivo Sports Hall	£75.00 Payable to Bishop Challoner School
	Irish Dancing	Y1 – 3 Max 12	3.15 – 4.15	Miss Leonidas Dining Hall	No charge
	Taskmaster Club (Start date: 18/09/2023)	Yr 6 – Yr 8	3.40 – 4.30	Mrs Newbould Year 6 Classroom	£5 a session for 8 weeks Payable to Taskmaster
	Crochet Club	Yr 7 – 13	1.00 – 1.35	Mrs Shields The Chapel	£10 must commit to all sessions
	Touch Typing	Yr 7 - 9 Max 8	3.40 – 4.30	Miss Harding T5	First half term free of charge
	School Newspaper / Magazine	Seniors	3.30 – 4.30	Miss Scicluna- Chapman/Mrs Cutting Room 5	No charge
	Football	Yr 7 & 8	3.30 - 4.30	Mr Oliver HSBC grounds	No charge
	Senior Bands	Yr 7 - 13	1.10-1.35	Mr Kent-Davies Music Room	No charge
	GCSE Spanish Club	Yr 10 & 11	3.30 – 4.30	Ms Prieto Spanish Room	No charge
	Netball	Seniors	3.30 - 4.30	Miss Johnstone Ball Courts	No charge
	Drama Club	Yr 7 – 10	3.45 - 4.30	Miss Cobalchini Drama Studio	No charge
	GCSE French Clinic	Year 11	3.40-4.40	Mme Ryall Room 6	No charge
	TUES	Junior Fencing	Yr 3 – 6	3.30 – 5.00	Mrs Restivo Sports Hall
Hockey Club		Yr 3 - 13	3.45 – 4.45	Mr Wallace Ball courts	No charge
Junior Problem Solving		Yr 5 - 7	3.40-4.30	Mrs Bastin Year 6 Room	No charge
After-school Faith in Action		Yr 5 – 11	3.30 - 5.00	Mrs Bell Senior Library	£15
Brass Club		Yr 4 to Seniors	3.30 – 4.30	Mr Kent-Davies Music Room	No charge
Debate / Public Speaking Society		Seniors	3.30 – 4.30	Mrs Cutting Room 5	No charge
Show Chorus		Yr 7 – 13	8.30 – 9.00	Mr Kent Davies and Mrs Brooker	No charge
Chess Club		Yr 7 – 13	1.00 - 1.35	Mrs Shields Room 4	No charge
Table Tennis		Yr 7 - 9	1.00 - 1.30	Mr Oliver Sports Hall	No charge
Art Club		Yr 7	3.40-4.30	Ms Gordon Room 4	£10 Termly cost
Francophonie Club		Yr 7 – 13	3.40- 4.10	Mme Ryall Room 6	No charge
KSE Art Club (Invitation only)		Seniors	3.40-4.30	Mr Coultart Art Studio	No charge
Football (Girls Only)		Seniors	3.30 -4.30	Miss Johnstone	No charge

BISHOP CHALLONER NEWS

06 OCT 2023 | ISSUE NO.120



				Courts 1 / 2	
WED	Chamber Choir	Yr 3 - 6	12.15-12.45	Miss Leonidas Yr 2 Classroom	No charge
	Construction Club	Yr 1- 2 Max 13	3.15 - 4.15	Mr Peck Reception classroom	No charge
	Art Club	Yr 6	3.40 - 4.30	Mr Coultart Junior Library	No charge
	Netball	Junior	12.00 - 12.30	Miss Johnstone Ball Courts	No charge
	Film Club	Yr 1 & Yr 2	3.15- 4.15	Miss Bateman Yr 1 Classroom	No charge
	Board Games Club	Yr 7-9	12.45 - 1.40	Mrs Cutting Room 5	No charge
	Karaoke Club	Yr 7 - 13	1.15 - 1.40	Mr Kent Davies Music Room	No charge
	Lacrosse	Seniors	12.45-1.35	Mr Harrison	No charge
	KS4 GCSE Table Tennis	Yr 10 & 11	12.45-1.35	Mr Winter/Harrison Sports Hall	No charge
	HPQ & GCSE Art Club	Yr 11	3.40-4.30	Mr Coultart/6 th Formers-Art Studio	No charge
	Fencing	Seniors	3.30 - 5.30	Mrs Restivo Sports Hall	£95.00 Payable to Bishop Challoner School
THURS	Netball	Yr 4 - 6	12.10 - 12.45	Mrs Hoyles Ball Courts	No charge
	Golf Club (ends Oct Half Term)	Yr 6 - 8	3.30 - 4.30	Mr Dennehy	No charge
	Creative Writing	Seniors	3.45 -4.45	Ms Pinnock T4	No charge
	GCSE Language Intervention	Year 11 (targeted)	3.30 - 4.30	Mrs Cutting Room 5	No charge
	String Group	Yr 7 - 13	8.30 - 9.00	Mr Kent Davies Music Room	No charge
	Basketball	Yr 7 - 10	3.45 - 4.30	Mr Lubi Ball court	No charge
	Board Games Club	Seniors	3.45 - 5.00	Mrs Cutting Room 5	No charge
	Keyboard and Composing Club	Yr 7 - 13 Max 4 (sign every Wed)	3.30 - 4.30	Mr Kent-Davies and Mae Music Room	No charge
Community Languages	Seniors	3.40 -4.10	Mme Ryall Room 6	No charge	
FRI	Virtue Taekwondo virtuetaekwondo.co.uk 07743653654	Rec to Yr 5	3.35 - 4.30	Dining Hall	Pay direct £90 per term
	Eco Club	Yr 7	1.00 - 1.35	Mrs Mapardi /Miss Domingo Lab 3	No charge
	STEM Club	Yr 8 &9	1.00 - 1.35	Dr Bovell Lab 1	No charge
	Dr Who Science Club	Yr 7	1.00 - 1.35	Ms Ghafoor Lab2	No charge
	Coding Club	Yr 10 - 13	1.00 -1.30	Ms Evans	No charge
	Athletics	Yr7-10	3.45-4.45	Mr Forrest/Ellerton	No charge

Colour Code: Red = Nursery and Juniors Green = Mix of Juniors and Seniors Blue = Seniors



Extra-Curricular Activities – Autumn Term 2023 Booking Form

Name of Pupil _____ Class/Form _____

DAY	ACTIVITY	COST (if applicable)
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		

ALL FEE PAYING CLUBS REQUIRE A HALF-TERM'S NOTICE OR PAYMENT IN LIEU

For the clubs marked as 'Pay Direct', payment should be made direct to the company or person who runs the activity. If a cost is not stated, they will invoice you direct.

Signature of Parent _____ Date _____

Name of Parent Printed _____

BISHOP CHALLONER NEWS

06 OCT 2023 | ISSUE NO.120



Camp Beaumont
Ages 3 - 11

Holiday camps kids will love this October half-term!

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Book Now!
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06 OCT 2023 | ISSUE NO.120



SAFEGUARDING & WELL-BEING

If you feel unable to keep yourself, or others, safe from harm, call the NHS 111 telephone line or go to Accident & Emergency. For non-emergency concerns please contact your GP.

Crisis Support Lines

Samaritans	Free phone 116 123	www.samaritans.org
The Miz (for under 25s)	Text THEMIX to 85258	www.themix.org.uk
Papyrus HOPELINE (suicidal feelings in young people)	0800 068 4141	www.papyrus-uk.org
Childline (up to 18 years)	0800 1111	www.childline.org.uk

Support websites for help with mental health, dealing with bullying, or supporting a friend

Kooth		www.kooth.com
Young Minds		www.youngminds.co.uk

BISHOP CHALLONER NEWS

06 OCT 2023 | ISSUE NO.120



SAFEGUARDING & WELL-BEING

School Counselling General Consent Form link and QR Code: [HERE](#)

If you feel unable to keep yourself, or others, safe from harm, call the NHS 111 telephone line or go to Accident & Emergency. For non-emergency concerns please contact your GP.

Support regarding sexual health

The Havens	020 3299 6900	www.thehavens.org.uk
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Support regarding online content or behaviour, including cyber-bullying

The Safer Internet Centre		www.saferinternet.org.uk
Report Harmful Content		www.reportharmfulcontent.com
Internet Watch Foundation		www.iwf.org

BISHOP CHALLONER NEWS

06 OCT 2023 | ISSUE NO.120



SAFEGUARDING & WELL-BEING

For help contact Bromley Well

0808 278 7898

spa@bromleywell.org.uk

Monday - Saturday 9am - 5pm

<https://www.bromleywell.org.uk/assets/documents/counselling-services>

<https://www.bromleywell.org.uk/assets/documents/emotional-wellbeing-factsheet>



Parenthood..

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Need some advice about your child's behaviour?

Contact YoungMinds
Parents Helpline
0808 802 5544
www.youngminds.org.uk/parents

YOUNGMINDS



SAFEGUARDING & WELL-BEING



Message from your Safer Schools Officers: Talk to your child about phone safety

Mobile phones are a great way to stay in contact with family and friends. Most Secondary School aged children now own one or have access to one.

As useful as they are, they can make children vulnerable to thieves who are particularly interested in new models and other valuable items such as cash, airpods and expensive coats. Reducing robbery is our top priority and our officers are working hard to catch those responsible, with activity to prevent it taking place daily.

There are however, a number of things you can do to help reduce your child's risk of becoming a victim and keep safe whilst using their phone. **If you can, talk to them about where and how they use their phone using the following advice:**

Safety when out and about:

- Keep your phone and valuables out of sight in a safe place when travelling to and from school. Be careful when you take your phone out in public places.
- Bus stops, train stations and surrounding areas are common target areas for thieves, who can approach on foot, moped or on a pedal bike or e-scooter.
- Earphones/headphones can distract you, stopping you from seeing or hearing someone approach you from behind.
- Don't confront a thief – it's not worth risking your own safety for possessions that can be replaced.
- Robbery or attempted robbery are serious crimes and should be reported. It's important you *seek help straight away by dialing 999* rather than contacting police when you get home or at school the following day. Use a friend's phone or the phone of a trusted adult. This gives us the best chance to catch the suspects, recover any stolen property and ensure your safety.

If you have information about a robbery and do not want to report it to police, speak to Fearless 100 % anonymously at www.fearless.org. Fearless is the youth service of independent charity Crimestoppers.

Whether you have a phone or not, memorise or keep a parent/carer's phone number in a separate place in your bag/zipped pocket in case of emergency.

Help protect your child's phone if it's stolen:

- Use your device's security features, apps or PIN locking mechanisms to protect your data and prevent the phone being used.
- Keep a record of the phone's IMEI number (not on your phone!). This is a 15-digit unique number which can be obtained by keying in *#06#. You need this information if the phone is lost or stolen.
- Consider installing a tracker app, available online.

For more information go to www.fearless.org/campaigns/robbery. For help and advice on staying safe online and how to keep cyber criminals at bay, the Met has some great videos and other resources at www.met.police.uk/littlemedia