

# BISHOP CHALLONER NEWS

10 NOV 2023 | ISSUE NO.123



## FROM THE HEADTEACHER:

Dear Parents and Carers

I hope you had a restful half term and had time together as a family. We had a respectful Remembrance Service this morning led and organised by Mr Dennehy. Thank you to Mr Kent-Davies for playing The Last Post.

### Letters

You will see in the letters this week some important information with regards to 7+, 11+ and Sixth Form Scholarships. Do take a moment to read these and if you have any queries or questions, please get in touch with Lauren Forde at [lforde@bcsweb.co.uk](mailto:lforde@bcsweb.co.uk)

Also, Year 11 and Year 13 parents will see a letter with information on Mock Exams week which runs from 27 November – 1 December. If you have any questions with regards to the mocks, please contact Ms Restivo (Year 11) at [mrestivo@bcsweb.co.uk](mailto:mrestivo@bcsweb.co.uk) or Mrs Shields (Year 13) at [rshields@bcsweb.co.uk](mailto:rshields@bcsweb.co.uk)

### Parents Evenings

On Monday (13th) it will be Year 10 Parents Evening, and this will be the first time introducing our new online booking system. I hope that you find this new process easy to follow. This booking system will be used for all parents evening bookings moving forward.

### Careers Fair

Our first Careers Fair for Years 7, 8 and 9 took place yesterday and it was hugely successful. This was down to the organisation of Ms Chamberlain and the participation of so many parents and alumni. Thank you so much for your time yesterday and contributing to the success. Our Year 7 – Year 9 pupils really enjoyed the afternoon and having the opportunity to engage with different people and take them outside their comfort zone.

It was certainly a useful and fun introduction for pupils into the world of application forms, CVs, interviews, and the many different industries and careers available to them.

Our next Careers event will be the *Challoner Connected* event in **January** 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 Chamberlain ([cchamberlain@bcsweb.co.uk](mailto:cchamberlain@bcsweb.co.uk)) or myself ([MWallace@bcsweb.co.uk](mailto:MWallace@bcsweb.co.uk)). We would be pleased to hear from you.



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## Open Morning

Our next Open Morning takes place next Thursday (16th November) and as part of the morning, our Sports Department have organised a Year 6 Boys' Football tournament. Next term, in March, during another Open Morning we will host a Year 6 Girls' Netball tournament.

## Next Week

A reminder that for those pupils attending the school's Disneyland Paris trip the Information Evening for parents will take place on 16 November from 5.00 – 6.00pm in the Dining Hall.

### Trips Day

Our next Senior Trips Day will take place on Friday 24 November with a Science trip to Drusillas Park, Poetry Live and University visits all part of the schedule.

I hope you have an enjoyable weekend.

With best wishes

Mark Wallace

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## **Term Dates 2024/25**

### **Autumn Term 2024**

(Monday 26 August – BANK HOLIDAY)

START OF TERM Monday 2 September

HALF TERM Friday 18 October 4pm – Monday 4  
November 8.30am

TERM ENDS Friday 13 December 12 noon

### **Spring Term 2025**

START OF TERM Monday 6 January

HALF TERM Friday 14 February 4pm – Monday  
24 February 8.30am

TERM ENDS Friday 4 April 12 noon

(Easter Weekend: Good Friday 18 April to Easter  
Monday 21 April)

### **Summer Term 2025**

START OF TERM Wednesday 23 April

HALF TERM Friday 23 May 4pm – Monday 2 June  
8.30am

TERM ENDS Friday 4 July 12 noon

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## BOOKBUZZ 2023



Following a kind donation earlier on this year, the English department has been delighted to join The Book Trust's Book Buzz scheme for 2023. All year 7 and 8 students have been given the opportunity to choose a book from a list of 12. These texts (both fiction and non-fiction) range from books about animals, gruesome medical facts, discovering friendship, creatures from outer space, and a crime-fighting bird watcher.

Along with a text of their choice, students have also received a handy bookmark that doubles up as a reminder for the key features of spelling, punctuation and grammar. It would be fantastic if once they've read and enjoyed their own choice they swap books amongst friends so they can experience more great stories.

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## Sports News

Well done to the year 6 mixed netball team who won 3 games against Raglan School in a mini tournament. They showed great teamwork throughout putting all their hard work in lessons into action on the court. All pupils played a variety of positions and enjoyed working together from different angles of the court. Their passing and movement up and down the court both on the attack and defensively was floorless. Fantastic performance from all pupils involved.



Congratulations to our year 10 football team who managed to get an impressive 3-2 win over Farringtons on Thursday. After going 2-0 down at half time it seemed like an impossible job to get a result out of this fixture, however the boys demonstrated great resilience to score 3 goals in the second half. Goals coming from Dan E, Eli T and Barclay N.

This was the second football win this week as our u18 boys also managed to get a 3-2 win against Farringtons on Wednesday with Sam-Al B scoring twice to seal the win.



## Advanced Performer Trip to the Wellcome Trust Galleries

On Wednesday 8th November a group of 17 students from years 9, 10, 11 and 12 set out on a venture to the Wellcome Trust Galleries which are based in a lovely building on the Euston Road. Under the watchful eye of Mrs Ghafoor and myself, the students were impeccably behaved and great company as we negotiated train and then the Victoria Line tube on the journey north into central London. We were there to see three exhibitions of art inspired or influenced by the world of Science. These made for fascinating and thought-provoking displays. During the morning the students had a good look around a show entitled "The Cult of Beauty" which investigated historical and cultural understandings of beauty through a series of intriguing artworks.



After lunch in the Gallery's restful foyer, which features an elegant spiral staircase, we saw the Trust's permanent collection of work which featured such gems as Yinka Shonibare's wonderful Space Traveller and Heather Dewey-Hagborg's 3D printed portrait taken from collected DNA and then spent a significant amount of time watching 4 captivating films by the artists Larry Achiampong and David Blandy which explored, through AI inspired imagery, issues of race, gender, stereotyping and history.

Exhausted by so much challenging material to absorb, we headed back to Shortlands, in the rain, happy but with inspired minds. Thanks to all the students for being such great company.



-Mr Coultart

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**Huge congratulations and well done to Year 7's Daniel R and his band, 'Savage Peppers' for their rocking performance last month at the Herne Hill Music Festival !**



CANVA STORIES

CANVA STORIES

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## Pre-Prep and Prep School

Our pupil led assembly on Wednesday was about Diwali. The Year 3 class spoke beautifully about the Hindu festival, informing the children, teachers and parents what Diwali is and why it is celebrated. The children shared the rangoli patterns they had created with us, and their knowledge of diya lamps. It was wonderful to see so many parents coming along to share the assembly with us. Well done Year 3!

The Year 5 children enjoyed a trip this week to the London Eye and the London Aquarium, to enhance learning around their class text 'The London Eye Mysteries'. Despite the rain they had an excellent day, enjoying a whole pod to themselves on the London Eye, getting a fantastic view across the London skyline.

On Friday, we held a Remembrance assembly for the whole school. The children from the prep school have been learning about the importance of Remembrance and why we mark this with a 2 minute silence. They have been respectful and thoughtful in their response.

We rounded off the week with a prep school practise for our school house music competition, which is now being held next week. The children really enjoyed being in their house groups and practising together, ready to earn points for their teams next week.

As we come to the end of a rainy Autumn week, we would like to thank all of the parents for sending their children to school looking smart in correct uniform, with a coat. If your child does not bring a coat to school currently, please ensure that they have one in the coming weeks.

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



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## Wraparound Care News



The last two weeks have been busy. The window was suddenly covered with spiders of many hues. Lego, cork board, wooden shapes and pins, and Interstar were used to make stunning pictures and fascinating buildings. Of course, empty boxes are a winner every time filling hours with imaginative role-play. All children no matter their age were eager to try their hand at making poppies, with beautiful results, in readiness for Remembrance Day. -Mrs Vander Elst



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## EYFS



The Pre-Prep have been painting pictures of poppies, decorating biscuits and making representations of poppies using play dough, to commemorate Remembrance Day.

They understand the importance of remembering all the people that were very brave a long time ago. To celebrate their efforts and creativity the Pre-Prep have proudly displayed their artwork for families and friends to see in the foyer.

-Ms Scicluna, Assistant Head of EYFS





## Pre-Prep and Prep School

### STARS OF THE WEEK

#### ★ Reception

**Tabitha** for working hard in all areas of the curriculum

#### ★ Year 1

**Fred** for great effort in Maths

#### ★ Year 2

**Charles** for working hard in English and Maths

#### ★ Year 3

**Harry** for excellent progress in handwriting

#### ★ Year 4

**Arin** for adapting to change and taking adult feedback on board

#### ★ Year 5

**Micah B** for enthusiasm on the school trip

#### ★ Year 6

**Delilah** for excellent effort in English lesson

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

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## DANCE LEADERS AWARD

Dear Parents,

We are really proud to offer some fantastic opportunities for our students to strengthen their dance knowledge and ability. The Level 1 and Level 2 Dance Leadership courses are a 10-month program. Upon completion, dancers obtain an official SLQ Dance Leadership certification, as well as vital knowledge and experience that will help them within the industry, careers and personal lives.

### Applicant Criteria (required):

- At least 12- 18 years of age by the end of the application year (2023) Level 1, at least 13 years of age for Level 2.
- Commitment to being available for course delivery and weekly practical sessions.

### Purpose

**Level 1** – Once qualified, your child will be able to assist in leading safe, purposeful, and enjoyable dance sessions under direct supervision.

**Level 2** – Once qualified, your child will be able to assist in leading safe, purposeful, and enjoyable dance sessions under indirect supervision.

### 5 Key Skills you will learn:

- Problem Solving
- Self-management
- Teamwork
- Self-belief
- Communication

### The course will:

- Help dancers gain confidence and self-assurance.
- Give dancers experience within the dance industry and within your community.
- Equip dancers with experience needed for the next stage of their learning, the Level 2 Dance Leadership course (Level 1)
- Equip dancers with experience needed for the next stage of their learning, a potential apprenticeship/employment (Level 2).

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SLQ have created over 1 million leaders through their qualifications, this is what those leaders have said:

- 98% improved their communication skills.
- 96% learnt to work in a team.
- 94% believed they were more employable.
- 78% said it helped get their first job.
- 87% were inspired to get more people engaged.
- 83% wanted more in the community.



## Investment

There is an investment of time of one hour a week to assist in lessons and there is a booklet to complete also.

There will be theory lessons once a month.

The registration to the course is £50 a dancer and the heavily subsidised fee of £160 for the course which can be payable at £16 a month.

The course will begin on **28th November 2023**. Please let Jess know if you would like to enroll and or have any questions. This will run every Tuesday in the dining hall from 3.15pm-4.15pm.

Look forward to hearing from you and hope your dancer will want to take up this opportunity.

Please contact jess for more information and to sign up:  
[jess@jsdancefactory.co.uk](mailto:jess@jsdancefactory.co.uk)



## Final Notes...

### Fun Language Workshop Morning

Following our recent outreach link with St Olave's Grammar School, our years 7 & 8 will experience a morning of language enrichment day held on Friday 17th November. Each year group will have 2 period immersions delivered by French A level Sixth form Students and Head of French of St Olave's school. The aim of the workshop is to engage our students in a fun and interactive way as well as to introduce our students to global cultural aspects of Francophone countries.

-Haleh Ryall  
(Outreach Lead & Head of MFL)



A big thank you to Lennie's Nanny for talking to the Pre-Prep all about life during WWII.

-Ms Scicluna



## CHAPLAIN'S CORNER

### Remembrance



On Sunday 12th November we will remember with thanksgiving and sorrow those who gave their lives in war. At St George's Cathedral in Southwark on Sunday, there will be an Act of Remembrance in front of the Cathedral beginning at 10.50am, with a silence at 11am. At 12 noon will be a Solemn Requiem Mass. St George's Cathedral, Southwark, formally the Metropolitan Cathedral Church of St George, is the Mother Church of the Archdiocese of Southwark, which covers the London boroughs south of the Thames, the county of Kent and the Medway Unitary Authority. Many Challoner pupils have visited the cathedral and Canon Michael Branch, Dean of St George's has extended a warm invitation to all the families in our school community, to attend the Sunday Mass of Remembrance.

At St Edmund's, our local parish church, there is no 9.30 family Mass on Sunday. Please do attend the 11.00 am Mass of Remembrance (please be seated by 10.55am) and please continue to pray for Fr Steve as he recovers from his operation. Also please pray for Father John Olaniran's mother Mary Olaniran whose funeral is in Nigeria today. May she rest in peace. We were grateful to Fr John for his inspiring homily at our Mass of All Saint's Feast Day.

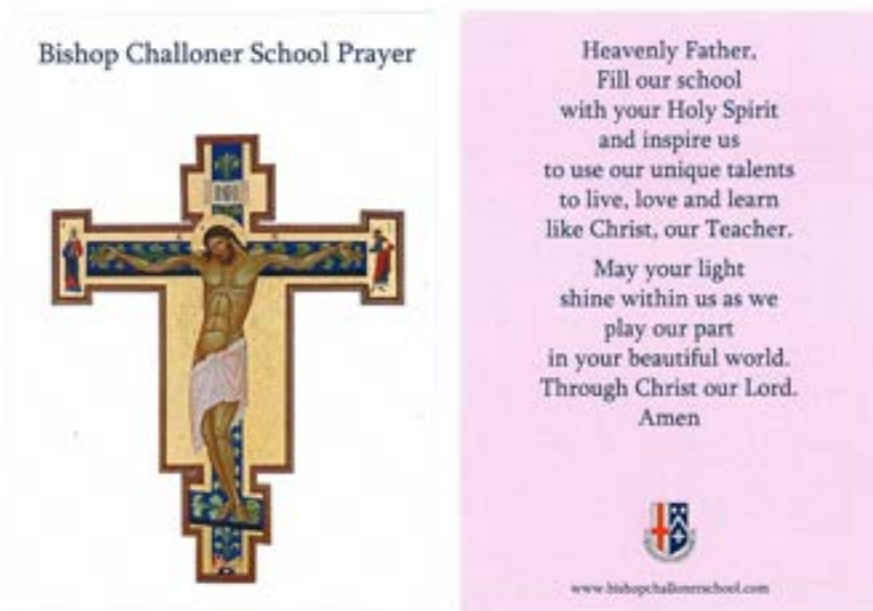


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On Thursday, Nursery and Reception attended their weekly Chapel Time putting the best of their listening and stillness and their skills into work! I was very impressed by their attentiveness and their willingness to pray for all the war heroes and their families. I wish to thank our nursery and reception teachers, and parents for all the support you are providing the children to learn the School Prayer off by heart. Why not continue this journey tonight, before bedtime? Here are the words:



## ShoeBox Appeal – Thank You!

A huge shout of thanks to each and every family that has donated a shoebox filled with useful gifts for our friends in eastern Europe. We have received almost 20 boxes in the last couple of days. The organisers Blythwood.org were in touch to confirm the collection time of 12pm on Monday (originally 9am) so there is time still, to prepare a box if you have not done so already. Please refer to last week's news letter for the full instructions. All boxes will be gratefully accepted at Reception on Monday morning.



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## Junior & Senior Chaplaincy

We are expanding Junior and Senior Chaplaincy, ahead of a Chaplaincy & Faith Friends Advent Retreat Day we are hosting for a number of other Catholic primary and secondary schools in early December. Chaplaincy is a wonderfully fulfilling responsibility here in school, where young people are given a platform to voice their faith interests, growing in faith while they develop their sense of purpose and belonging in our community and the wider community also. Together, chaplaincy members recognise the presence of God in their own lives and in the lives of those people around them, especially those who need help and assistance. And in working together, the extraordinary love and mercy of God, present in all of us, is reflected in the ordinary but everyday experiences of our school life. Please encourage your son or daughter to come and see, by attending Junior Chaplaincy on Monday at 12.15pm and Senior Chaplaincy at 1.15pm. I look forward to greeting them then.

With every blessing for a peaceful and reflective weekend

-Mrs Bell, School Chaplain.

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## J'S | DANCE FACTORY

# STREET DANCE CLUB FOR YEAR 3&4



**£75 PER TERM  
SIGN UP NOW  
LIMITED SPACE**

Numbers need to be finalised by  
Friday 17th November  
New joiners - Classes will start next  
term

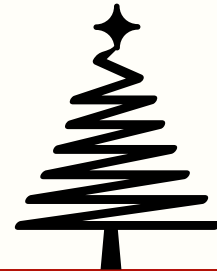
**STARTING  
28TH NOV**

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## 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 0BS 

## Festive Wreath Making Workshop

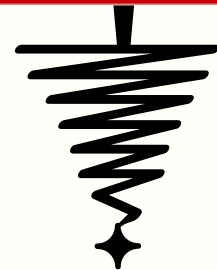


28th November, 7-9pm  
£45 including a festive drink

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](mailto:pta@bcswebcouk) to book by 20th November



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## CALL FOR HELP



We're gearing up for a fantastic Christmas fair at school this year, and we need your help to make it a reality! Last year, we missed out on this festive fun due to a shortage of volunteers, and we're determined to bring the holiday cheer back. We're looking for enthusiastic parents to pitch in and help organize, decorate, run stalls, and contribute in any way possible. Whether it's your creative flair or your knack for organizing, every pair of hands counts!

Please consider lending a hand and let's make this year's Christmas fair a memorable one for our school community. Reach out to the PTA at [pta1@bcswb.co.uk](mailto:pta1@bcswb.co.uk) to volunteer or for more details. Together, we can spread the joy of the holiday season!

Warm wishes, Bishop Challoner PTA



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## ORDER YOUR CHRISTMAS TREE ONLINE

FREE LOCAL DELIVERY  
OR CLICK & COLLECT  
FROM BROMLEY FC



FOR EVERY CHRISTMAS TREE SOLD  
£5 WILL GO TO  
BISHOP CHALLONER SCHOOL

WHEN SELECTED FROM DROP-DOWN MENU AND PURCHASED ONLINE



[WWW.OTHEREARTH.CO.UK](http://WWW.OTHEREARTH.CO.UK)

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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 they feel it is needed. This guide focuses on one issue of many which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, tips and tips for adults.

## What Parents & Carers Need to Know about AGE-INAPPROPRIATE CONTENT

"Inappropriate" means different things to different people. What's acceptable for one age group, for example, may be unsuitable for a slightly younger audience. Online, young people can chance upon inappropriate content in various ways – from pop-up ads to TikTok videos. The increasingly young age at which children become active in the digital world heightens the risk of them innocently running into something that they find upsetting or frightening. Trusted adults need to be able to help children be aware of what to do if they're exposed to age-inappropriate content.



### WHERE IS IT FOUND?

#### SOCIAL MEDIA

Age-inappropriate content is easily accessible through many social media platforms. TikTok for instance, is hugely popular with young people but is arguably best known for clips featuring sexualised dancing or profanity. Some social media users also express hate speech or promote eating disorders and self-harm, which could cause lasting damage to a child's emotional and mental health.

#### GAMING

Gaming is an enjoyable source of entertainment, but many popular titles can expose children to inappropriate material such as violence, horror, gambling or sexually explicit content. Playing games unsuitable for their age risks normalising to children what they are seeing. Some games also include in-game chat, where other (usually older) online players often use language that you probably wouldn't want your child to hear or repeat.

#### STREAMING

The range of video streaming services available online means that users can find almost anything they want to watch on demand. Children are therefore at risk of viewing TV shows and movies which contain nudity, drug and alcohol abuse, explicit language and extreme violence. Unfortunately, these streaming platforms aren't always determined that it's not an adult who's watching.

#### ADVERTS

Online adverts frequently include age-inappropriate content: usually gambling and nudity or partial nudity, although adverts for alcohol or e-cigarettes are also common. Some search engines also feature adverts that are responsive to your search history: so if you've recently looked up a new horror movie, shopped for lingerie or ordered alcohol online, then the ads appearing on screen could reflect this the next time your child borrows your device.

## 18 Advice for Parents & Carers

### TALK IT THROUGH

Embarrassment or fear of getting into trouble can make it difficult for children to talk openly about age-inappropriate content they've watched. Remind your child that ads always come to you if they're troubled by something they've seen online, without worrying about consequences. Before offering advice, discuss what they saw, how they felt and how they came to find the content in question.

### CONNECT, DON'T CORRECT

If your child's been particularly distressed by exposure to content that wasn't suitable for their age, it's important to offer guidance to prevent them from repeating the same mistake – but it's equally vital to help them deal with the emotions that the situation has raised. You could tell them about any similar experiences you might have had of their age, and how you dealt with it.

### BLOCK, REPORT, CONTROL

After discussing the problem, you and your child can take action together. This could include blocking any inappropriate sites and reporting any content which violates a platform's rules. To further safeguard your child online, set up parental controls on internet-enabled devices that they use. This will significantly reduce the chances of your child being exposed to age-inappropriate content in future.

### GET SPECIALIST HELP

Age-inappropriate content can potentially have a negative impact on a child's mental health, which is sometimes displayed through changes in their behaviour. If the problem becomes more severe, you might consider reaching out to a mental health professional or an expert in this field who can provide you and your child with the proper support.

### STAY CALM

Even though it is obviously difficult to stay rational in a situation where your child has been put at risk, it's essential to think before you react. Your child may well have hesitated to open up to you about watching inappropriate content for fear of the consequences, so being calm and supportive will reinforce the notion that it would be easy to talk to you about similar issues in the future.

### Meet Our Expert

Dayley Jorgensen is a Registered Counsellor with The Health Professions Council of South Africa, and she runs a private practice offering counselling to children, teenagers and families. Her main focus is raising awareness and educating the community on the mental health pressures of today's world, as well as resources and techniques to understand and cope better.



National Online Safety is a registered charity. The content of this guide is for informational purposes only. It is not intended to be a substitute for professional advice. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, tips and tips for adults.



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## What Parents & Carers Need to Know about GROUP CHATS

Occurring through messaging apps, on social media and in online games, group chats are among the most popular ways that young people engage with their peers online. Involving, by definition, three or more individuals, these groups allow users to send messages, images and videos to everyone in one place. While they are useful for helping friends, people with shared interests or members of a club to communicate and coordinate activities, they can also leave young people feeling excluded and bullied – as well as providing opportunities for inappropriate content to be shared and viewed.

### WHAT ARE THE RISKS?

#### BULLYING

Unkind comments or images which are purposely aimed at an individual can be shared freely in a group chat – allowing and often encouraging others to join in the bullying behaviour. If this content is shared in a group of their peers (especially a larger group), it serves to amplify the hurt, embarrassment, anxiety and isolation that the victim feels.

#### EXCLUSION AND ISOLATION

This common issue with group chats can happen in several ways: starting a new group, for instance, but deliberately excluding a certain child. Likewise, the chat may take place on an app which one child doesn't have access to, meaning they can't be involved. A child can also feel isolated when a group chat is used to discuss or share images from an event that everyone else but them attended.

#### INAPPROPRIATE CONTENT

Some discussions in group chats may include inappropriate words, swearing and unsuitable images or videos. These could be viewed by your child if they are part of that group, whether they actively engage in it or not. Some chat apps have a disappearing message function, so your child may be unable to report something they've seen because it can only be viewed once or for a short time.

#### SHARING GROUP CONTENT

It's important to remember that – while the content of the chat is private between those in the group – individual users can easily share a message, photo or video with others outside of the group or screenshot what's been posted. The risk of something your child posted as private becoming public (and potentially going viral) is higher if there are people they don't know well in the group.

#### UNKNOWN MEMBERS

Within larger group chats, it's more likely your child will be communicating with people they don't really know. These strangers may be friends of the host, but not necessarily friendly toward your child. It's wise for young people not to share personal details and they should be aware that they have no control over the messages and images they share after they've put them online.

#### NOTIFICATIONS AND FOMO

A drawback of large group chats is the sheer number of notifications. Every time someone in the group messages, your child's device will be 'pinged' with an alert; potentially, this could mean hundreds of notifications a day. Not only is this highly distracting, but young people's fear of missing out on the latest conversation results in increased screen time as they try to keep up with the chat.

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## Advice for Parents & Carers

#### CONSIDER OTHERS' FEELINGS

Group chats are often an arena for young people to gain social status. This could cause them to do or say things on impulse, which could upset others in the group. Encourage your child to consider how other people might feel if they engaged in this behaviour. If your child does upset a member of their group chat, support them to reach out, show empathy and apologise for their mistake.

#### GIVE SUPPORT, NOT JUDGEMENT

Remind your child that they can confide in you if they feel bullied or excluded in a group chat. Instead of responding to the person who's upset them, validate their hurt feelings and help to put them back in control by discussing how they'd like to handle the situation. On a related note, you could also empower your child to speak up if they're in a chat where others are being picked on.

#### BLOCK, REPORT AND LEAVE

If your child is in a chat where inappropriate content is being shared, advise them to block the users sending the material, report them to the host app or platform and exit the group. If any of this content could be putting a minor at risk, contact the police. Emphasise to your child that it's OK for them to simply leave any group chat that they don't feel comfortable being a part of.

#### PRACTISE SAFE SHARING

In any online communication, it's vital for young people to be aware of what they're sharing and who might potentially see it. Discuss the importance of not revealing identifiable details like their address, their school or photos that they wouldn't like to be seen widely. Remind them that once something is shared in a group, they lose control of where it may end up and how it might be used.

#### AVOID INVITING STRANGERS

Sadly, many individuals online hide their true identity to gain a child's trust – for example, to gather information on them, to exchange inappropriate content or to coax them into doing things they aren't comfortable with. Ensure your child understands why they shouldn't add people they don't know to a group chat – and, especially, to never accept a group chat invitation from a stranger.

#### SILENCE NOTIFICATIONS

Having a phone or tablet bombarded with notifications from a group chat can be a massive irritation and distraction – especially if it's happening late in the evening. Explain to your child that they can still be part of the group chat, but that it would be healthier for them to turn off or mute the notifications and catch up with the conversation at a time which better suits them.

### Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and texting behaviour of young people in the UK, USA and Australia.



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## SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

### A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From climate change to military conflicts around the globe, right now children across the globe can scarcely go online without being exposed to upsetting stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

#### 1 FIND OUT WHAT YOUR CHILD KNOWS

There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they've seen.



#### 2 RIGHT TIME, RIGHT PLACE

Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.



#### 3 KEEP IT AGE APPROPRIATE

With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what's happening - but again, do stay aware of their emotional state.



#### 4 EMPHASISE HOPE

Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.



#### 5 MONITOR REACTIONS

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.



#### 6 CONSIDER YOUR OWN EMOTIONS

It's not only young people who find upsetting news difficult to process; adults often have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.



#### 7 SET LIMITS

Managing screen-time and content can be difficult even in normal circumstances, but especially in unusual or stressful periods (at the start of the pandemic, for example). It's virtually impossible to keep children away from upsetting content completely, but it's important to try to limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screen-time limits.



#### 8 TAKE THINGS SLOWLY

Try not to overwhelm your child with information all at once. Instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.



#### 9 ENCOURAGE QUESTIONS

Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate - you want to be their ultimate source of information, not their device.



#### 10 FIND A BALANCE

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.



#### 11 BUILD RESILIENCE

News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.



#### 12 IDENTIFY HELP

It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It's essential that children understand that they're not alone, and that help is available if and when they need it.



#### Meet Our Expert

Coyley Jergensen is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp helps give a voice to bystanders by encouraging them to speak up and get the help they not only want, but need.



[@natonlinesafety](https://twitter.com/natonlinesafety)

[/NationalOnlineSafety](https://www.facebook.com/NationalOnlineSafety)

[@nationalonlinesafety](https://www.instagram.com/nationalonlinesafety)

[@national\\_online\\_safety](https://www.tiktok.com/@national_online_safety)

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# BISHOP CHALLONER NEWS

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**NOS** National Online Safety  
#WakeUpWednesday

## 12 Social Media Online Safety Tips FOR CHILDREN WITH NEW DEVICES

With Christmas only a few weeks away, many of you will be using social media to share your excitement with friends and family. Being active on social media is a great way to show others how much fun you're having, but it's important that you know how to use these apps safely and securely so that bad things don't happen. By following our safety tips below, you can make sure that your personal information stays private, your postings are positive and that your social media use overall is responsible, healthy and most of all enjoyable.

### 1 DON'T ACCEPT FRIEND REQUESTS FROM STRANGERS

Make sure that you set your profile to private so that people you don't know can't find you online. Always tell a trusted adult if a stranger or somebody you don't know sends you a message or a friend request.

### 2 NEVER SHARE YOUR PERSONAL INFORMATION WITH PEOPLE YOU DON'T KNOW

Keep your personal information personal. Sometime people online aren't always who they say they are and might ask you to share things that you don't feel comfortable sharing.

### 3 DON'T SHARE EMBARRASSING PHOTOS OR VIDEOS OF OTHERS ONLINE

This could really upset them and could get you into a lot of trouble. Always think twice before posting anything on social media and treat people online as you would in real-life.

### 4 NEVER SEND NAKED PICTURES OF YOURSELF TO OTHERS

This is illegal if you are under 18 and you could get into trouble with the Police. If you are being pressured by someone, always say no and tell a trusted adult. Even if you think it is innocent fun, the photo could be shared with other people and you won't be able to control who else sees it.

### 5 CREATE A POSITIVE ONLINE REPUTATION

Always be kind and polite when posting comments on social media and only upload pictures and videos of things you are proud of. This forms part of your digital footprint. Everything you do online can be tracked and monitored and could affect what people think of you in real-life if it is negative.

### 6 LIMIT YOUR SCREEN TIME

Social media can be addictive, and it is easy to keep checking newsfeeds or your notifications every 3 minutes which can affect your behaviour and stop you from doing other things. Remember to only use your phone at certain times of the day, turn notifications off at bedtime and go out and have as fun as much as possible. This will keep you fit and healthy and make you appreciate there's more to life than just what's on social media.

### 7 BLOCK ONLINE BULLIES

Sometimes people might say nasty things to you online or post offensive comments on your pictures or videos. If this happens, always tell a trusted adult who will help you block them from your profile and support you in taking further action.

### 8 REPORT INAPPROPRIATE CONTENT

If you see something on social media that you don't like, offends you or upsets you, you should always report it to a trusted adult. You should also report it to the social media app who will be able to remove the content if it is against their user policy and can block the person who posted it.

### 9 ONLY USE APPS WHICH YOU ARE OLD ENOUGH TO USE

Before downloading any new social media app, always check the age-rating. If you need help, ask your parent or carer to make sure that the app is safe for you to use and never download anything which you are too young for as it may contain content that isn't safe for you to see.

### 10 ALWAYS SECURE ALL YOUR SOCIAL MEDIA PROFILES WITH A PASSWORD

This will help to keep your private information safe and won't allow others to access your profiles without your permission. Make sure your passwords are memorable and personal to you but something which other people can't guess, and always share them with your parents just in case you forget them.

### 11 ASK PARENTS TO SET-UP 'PARENTAL CONTROLS' FOR SOCIAL MEDIA

When you download a social media app, you should always ask a trusted adult to help you set it up for the first time. This will help you control who sees what you post, who can contact you and make sure you are able to enjoy using the app safely and securely.

### 12 ALWAYS TALK TO YOUR TRUSTED ADULT IF SOCIAL MEDIA IS MAKING YOU UNHAPPY

Sometimes, social media can make us feel bad about ourselves or sad that we aren't the same as someone else or doing the same things as someone else. Remember, if you ever feel this way, it's really important to talk to your trusted adult(s) like your parents, carers, other adult family members or a teacher, all of whom will be able to support you and discuss your feelings with you to help make you feel better.

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AT BISHOP CHALLONER SAFETY WE BELIEVE IN FOSTERING POSITIVE ONLINE AND OFFLINE BEHAVIOUR WITH THE UNDERSTANDING THAT WE ALL HAVE AN ONLINE CONNECTION ABOUT ONLINE SAFETY WITH OUR COLLEAGUE. WHILE THAT FEELS IT IS A CHALLENGE THE SAME CHALLENGE IS THE REALITY OF MANY WHO ARE BEING TARGETED BEHAVIOUR WHICH IS BEING IN PLACE NOT BEHAVIOUR WHICH IS BEING IN PLACE FOR FURTHER ONLINE SAFETY AND FOR OUR SUBJECT.

## LITTLE REMINDERS OF HOW TO BE KIND ONLINE

ONLINE ABUSE CAN HAVE A SEVERE IMPACT ON PEOPLE'S LIVES AND IS OFTEN TARGETED AT THE MOST VULNERABLE. CYBERBULLYING HAS BEEN SHOWN TO HAVE PSYCHOLOGICAL AND EMOTIONAL IMPACT. IN ORDER FOR US TO DEVELOP EMPATHY FOR OTHERS WE SOMETIMES NEED TO MOVE AWAY FROM PREOCCUPING OUR OWN NEEDS AND THINK ABOUT THE NEEDS OF OTHERS. THIS IS SOMETIMES MORE CHALLENGING ONLINE BECAUSE WE CANNOT SEE THE PERSON, CONNECT WITH HOW THEY FEEL NOR INTERACT FACE TO FACE.

THIS GUIDE WILL HELP YOU TO BE MORE CAREFUL ONLINE AND IS SUITABLE FOR ANY ENVIRONMENT I.E. GAMING, MESSAGING AND SOCIAL MEDIA. IT WILL HELP YOU TO UNDERSTAND THE IMPORTANCE OF SHOWING KINDNESS AND HOW TO DEVELOP EMPATHY ONLINE.

### TOP TIPS FOR EVERYBODY

### #WAKEUPWEDNESDAY

#### UNDERSTAND WHAT 'EMPATHY' IS

**EMPATHY** IS THE SKILL OF RECOGNISING, UNDERSTANDING AND CARING ABOUT ANOTHER PERSON'S FEELINGS AND TAKING ACTION TO HELP. THIS IS TACKLER ONLINE BECAUSE RECOGNISING AND IMAGINING HOW ANOTHER PERSON FEELS IS HARD WHEN WE ARE NOT WITH THEM FACE TO FACE. WHEN WE TRY AND UNDERSTAND HOW SOMEONE FEELS THROUGH WORDS ALONE, IT CAN LEAD TO CONFUSION OR A MISUNDERSTANDING.



#### FEEL, SEE AND UNDERSTAND

IF WE IMAGINE OURSELVES IN THE SITUATION OF ANOTHER PERSON, WE TAKE ANOTHER STEP DOWN THE PATH OF EMPATHY. IT DOESN'T MEAN AGREING WITH THE OTHER PERSON, BUT IT MEANS **UNDERSTANDING** HOW THEY FEEL. IF YOU FEEL YOURSELF BECOMING DETACHED AND UNCARING, PERHAPS DEVELOP A MENTAL PICTURE OF THEM. DO YOU CAN IMAGINE THEM AS REAL PERSON AND NOT JUST A BUNCH OF WORDS. IF YOU KNOW THE PERSON, CONSIDER A VIDEO CHAT OR VIDEO CALL.

#### # DEVELOP SELF EMPATHY

ALTHOUGH WE TEND TO SHOW THE BEST OF OURSELVES THROUGH SOCIAL MEDIA, THE REALITY IS WE ARE NOT ALL PERFECT. HAVING **EMPATHY** FOR OTHERS MEANS WE NEED TO ALSO HAVE SELF EMPATHY. IF WE UNDERSTAND THAT WE ARE NOT ALL PERFECT, INCLUDING OURSELVES, WE CAN FIND KINDNESS.

#### ★ OFFER HELP ★

ACCORDING TO DR DAN SIEGEL, A CLINICAL PROFESSOR OF PSYCHIATRY, BEING KIND IS REALLY ABOUT RESPECTING EACH OTHER'S VULNERABILITY AND WANTING TO HELP. SO, WHEN SOMEONE IS SHARING THAT THEY ARE STRUGGLING OR FINDING LIFE HARD, OFFER HELP, EVEN IF THE HELP IS A **LISTENING** EAR OR SAYING 'I CAN UNDERSTAND YOU WOULD FEEL THAT WAY. I'M HERE FOR YOU'.

#### TRY TO ADD VALUE

CONSIDER, BEFORE YOU COMMENT ON A POST OR MESSAGE, HOW CAN I HELP THIS PERSON TO LOWER THEIR STRESS? HOW CAN I ADD SOMETHING TO **IMPROVE** THEIR DISTRESS AND HAPPINESS? SHOWING OTHER PEOPLE'S PAIN AS ENTERTAINMENT AS A WAY TO GET NOTICED OR MORE LIKES DOES NOT ADD VALUE.

#### BE RESPONSIBLE

THINK TWICE BEFORE YOU ACT. CONSIDER, ARE YOU ACTING IN ANGER, FRUSTRATION OR IN A MOMENT OF JUDGING A SITUATION WITHOUT KNOWING THE **TRUTH**? ONLINE, IT IS EASY NOT TO HAVE ALL THE FACTS AND REACT TO A SITUATION WHICH IS BEING PORTRAYED.

#### UNDERSTAND THE IMPACT OF YOUR ACTIONS AND WORDS

COMMENTING ONLINE SOMETIMES MEANS THAT WE DON'T ACTUALLY 'SEE' THE IMPACT OF OUR COMMENTS AND WORDS. THIS MEANS IT CAN BE **EASIER** TO DETACH FROM THE CONSEQUENCES OF OUR ACTIONS. UNKIND COMMENTS DO HAVE CONSEQUENCES AND CAN ADD TO SOMEONE'S DISTRESS AND FEELING ABOUT THEMSELVES.

#### DISASSOCIATE FROM PACK MENTALITY

ONLINE, IT IS EASY TO GET CAUGHT UP WITH POSTING **NEGATIVE** COMMENTS BECAUSE EVERYONE ELSE SEEMS TO BE. GET COMFORTABLE WITH STANDING OUT, AND NOT GETTING CAUGHT UP POSTING NEGATIVELY BECAUSE EVERYONE ELSE IS. EVEN IF THIS MEANS STANDING ALONE AND REMINDING OTHER PEOPLE THAT THEIR BEHAVIOUR IS UNKIND, YOUR COURAGE COULD SAVE A LIFE.

## #BEKIND



**National Online Safety**

#WAKEUPWEDNESDAY

#### MEET OUR EXPERT

THE GUIDE HAS BEEN WRITTEN BY ANNA EXTENDING, ANNA IS PROFINITE ABOUT PLACING PREVENTION AT THE HEART OF EVERY SCHOOL, INTEGRATING MENTAL WELLBEING WITHIN THE CURRICULUM, SCHOOL CULTURE AND SYSTEMS. SHE IS ALSO A MEMBER OF THE ADVISORY GROUP FOR THE DEPARTMENT FOR EDUCATION ADVISING THEM ON THEIR MENTAL HEALTH GREEN PAPER.



For further info, check out these online resources too

<https://www.themix.org.uk/>

<https://youngminds.org.uk/>

<https://www.mind.org.uk/>



www.nationalonlinesafety.com Twitter - @natonlinesafety Facebook - /NationalOnlineSafety Instagram - @nationalonlinesafety

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

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

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## 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

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				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 <sup>th</sup> 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 \_\_\_\_\_

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## 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	<a href="http://www.samaritans.org">www.samaritans.org</a>
The Miz (for under 25s)	Text THEMIX to 85258	<a href="http://www.themix.org.uk">www.themix.org.uk</a>
Papyrus HOPELINE (suicidal feelings in young people)	0800 068 4141	<a href="http://www.papyrus-uk.org">www.papyrus-uk.org</a>
Childline (up to 18 years)	0800 1111	<a href="http://www.childline.org.uk">www.childline.org.uk</a>

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

Kooth		<a href="http://www.kooth.com">www.kooth.com</a>
Young Minds		<a href="http://www.youngminds.co.uk">www.youngminds.co.uk</a>

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## SAFEGUARDING & WELL-BEING

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

**Child Mental Health &  
Wellbeing - 10 Top Tips for  
Parents: [HERE](#)**

**Talking Mental Health  
(Subtitled): [HERE](#)**

**We All Have Mental Health  
(Subtitled): [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	<a href="http://www.thehavens.org.uk">www.thehavens.org.uk</a>
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### Support regarding online content or behaviour, including cyber-bullying

The Safer Internet Centre		<a href="http://www.saferinternet.org.uk">www.saferinternet.org.uk</a>
Report Harmful Content		<a href="http://www.reportharmfulcontent.com">www.reportharmfulcontent.com</a>
Internet Watch Foundation		<a href="http://www.iwf.org">www.iwf.org</a>



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## 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..**

The most rewarding job in the world

And also the toughest

Need some advice about your child's behaviour?

Contact YoungMinds  
Parents Helpline  
0808 802 5544  
[www.youngminds.org.uk/parents](http://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](http://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](http://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](http://www.met.police.uk/littlemedia)