

BISHOP CHALLONER NEWS

15 DEC 2023 | ISSUE NO.128



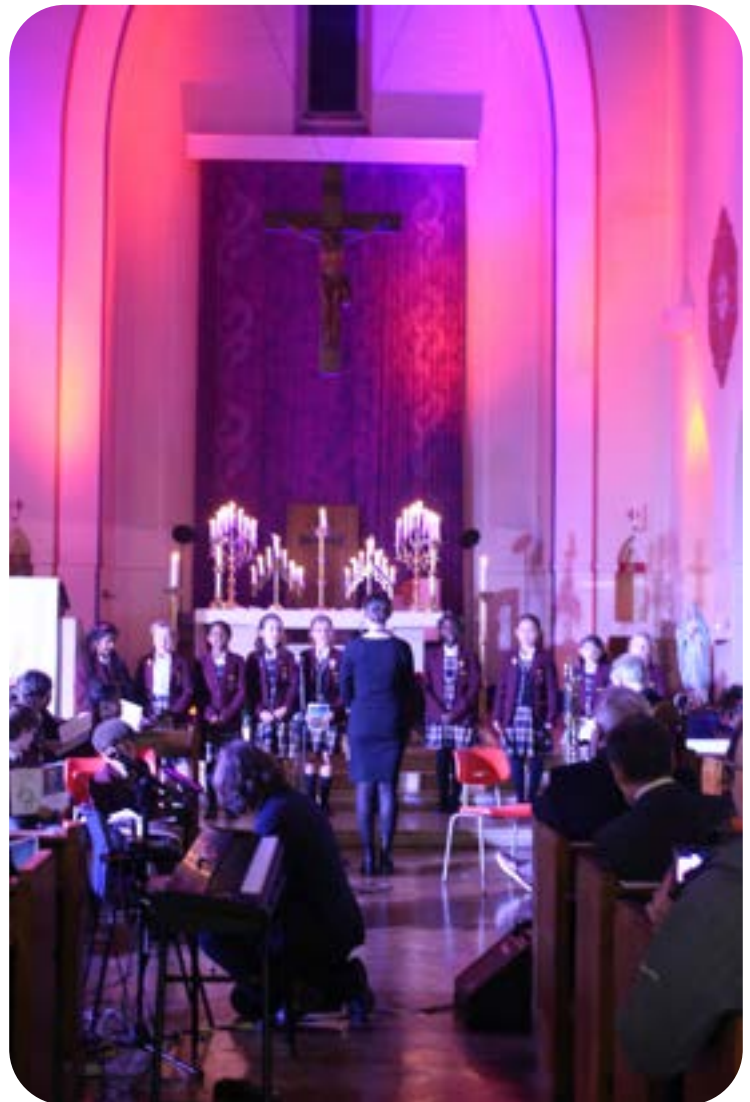
FROM THE HEADTEACHER:

Dear Parents and Carers

I hope you have had a good week.

It is hard to believe that we have come to the end of term. I have been delighted with how much we have been doing as a school in the classroom, developing our trips provision, giving opportunities outside the classroom for pupils to develop their skill sets and reaching out to the wider community. Thank you for your support in making a number of these initiatives possible.

It was lovely to attend our **Carol Service** on Tuesday evening. I thought it was a wonderfully festive and joyous event. Thank you to all the pupils and colleagues who worked so hard in making the Service so memorable, particularly Ms Bell, our Chaplain, Miss Leonidas and Mr Kent-Davies. I thought our Junior, Year 7, Sixth Form and Chamber Choirs were all in great voice and the pupils reading were very clear and well spoken. The final piece of the evening, Feliz Navidad, was an excellent way to bring the Service to a close. It was nice to have the Deputy Mayor, Cllr. Keith Onslow and Deputy Mayoress, Cllr. Sue Onslow present along with many Alumni, and of course to see so many of you at the Service.



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Thank you so much for coming. The retiring collection at the Service raised £350 and this will support The Passage charity, who support people who are experiencing or at risk of homelessness. Thank you for your kindness in your donations.

Our PTA were once more supporting with refreshments served in the Hall afterwards. This, and the Christmas Show, capped a very busy term of support from the PTA, and we thank them enormously for all they do for Bishop Challoner.

Their **Christmas Fair** last Saturday was hugely successful, and it was wonderful to see such healthy numbers from our school community supporting the Fair. I thought the range of stands were really appealing.

Staff

Ms Kowalczyk has been a wonderful temporary addition to the Maths Department this term, supporting the department across all three Senior School stages, building pupils confidence and abilities in the subject. Ms K, as she is affectionately known, will be missed and we hope that one day she will be able to return on a more permanent basis. We wish her all the very best and know she will keep in touch. I will let you know who is replacing Ms Kowalczyk at the beginning of term, as we are finalising the paperwork as I write this.

Ms Evans, teacher of Business Studies and Economics, is being replaced by Mr Gianpaolo Mochini from January. Mr Mochini has been Head of Business Faculty at Christ The Kings' School for the past 19 years and brings a wealth of experience to the role. We thank Ms Evans for all she has done during her time with us.

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This Week

It was very uplifting to lead the final assembly of this term with an *Awards Assembly* on Monday. Pupils from all year groups were rewarded for their contributions and efforts across a number of subjects and events including Performing Arts, Art, Music, History, English, Science, Maths, Geography, Classics, Sport and PSHE. Well done all!



The **Christmas Show** was an unqualified success. Weeks of preparation and dedicated hard work paid off with outstanding performances in the Matinee (Wednesday) and Evening (Thursday) shows. Well done to every single pupil who were involved, whatever your part and a huge thank you to RH, GL and all Prep and Pre-Prep staff for their enthusiasm and hours of dedication in making the show possible and come to fruition.



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This morning's Liturgy finished with a surprise for the pupils when they were treated to a staff rendition of the *Three Kings*. Following this surprise, the whole school nearly took the roof off with the *Twelve Days of Christmas*. What a lovely way to finish the term!



Junior and Senior Chaplaincy

Congratulations to our Junior and Senior Chaplaincy members for a term of committed service and support, and for being the very first Chaplaincy cohort to help host the first of many retreat days for fellow SELCAT school chaplaincy members and faith friends. Here is a picture of some of our Junior Chaplaincy members with their new Chaplaincy badges



House Update

Final House Points total for the end of term, following House Karaoke being added in, are as follows:

St Patrick & Josephine Bakhita - **2370**

St Michael & Mother Teresa - **2015**

St Denis & Margaret Ward - **1975**

St Edmund & Catherine of Alexandria - **1950**

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Well done to all the houses for their efforts this term and also to Mr Peck in leading the House system.

The Challoner Hive

The first edition of the Challoner Hive has been released. As a pupil led newspaper, it is wonderful to see their insightful and creative works where they have shared competitions, artwork, interesting articles and interviews. The Editorial Team of Christian W, Barney McD, Evelyn S-C (Editor-in-Chief), Sjoukje W-S and Morayaluwa A have brought meticulous planning and enthusiasm to their roles supported by contributors Daria R, Yohana N and George E. They should all be very proud of their work, and you can see this for yourselves as we have copies of the Hive in Reception.

Thank you to colleagues Ms Cutting, Mr Coultart and Ms Newbould for their parts in helping the Hive come to fruition.

Quantity Surveyors (Residential) and Structural Engineer

We are undertaking a space audit with regards to maximizing our space usage at the school. If there are any quantity surveyors (residential) and structural engineers within our school community who can give advice and expertise, that would be very much appreciated. If you could contact me in the first instance on MWallace@bcsweb.co.uk

May I wish you all a restful and peaceful festive period and I look forward to seeing you all again in the New Year.

With my very best wishes
Mark Wallace

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Autumn Term 2023

INSET DAYS - 30th, 31st August and 1st September 2023

START OF TERM - Monday 4th September 2023

HALF TERM - 16th - 27th October 2023

PUPILS BACK TO SCHOOL - Monday 30th October 2023

CHRISTMAS BREAK BEGINS - Friday 15th December 2023
(1/2 day)

Spring Term 2024

WHOLE SCHOOL RETURNS - Monday 8th January 2024

HALF TERM - 12th - 16th February

PUPILS BACK TO SCHOOL - Monday 19th February 2024

SPRING TERM ENDS - 28th March 2024 (normal time)

STAFF INSET DAY - Monday 15th April 2024

Summer Term 2024

WHOLE SCHOOL RETURNS - Tuesday 16th April 2024

HALF TERM - 27th May 2024 - 31st May 2024

WHOLE SCHOOL RETURNS - Monday 3rd June 2024

LAST DAY OF TERM - Friday 5th July 2024 (12 noon)

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Thanks to Mrs Afzal for decorating and setting up the dining hall for Junior and Senior Christmas lunches yesterday! And our gratitude to our two Nourish cooks Neta and Emma for delivering a roast turkey lunch with all the trimmings.

PUPIL SUCCESS

Well done to Myles K, Y7, who took part in a 60m and 200m race and long jump over the weekend at Lee Valley Athletics Centre as a member of Cambridge Harriers Athletics Club. Myles won a silver medal and also got the chance to meet Olympian Sir Mo Farah.

Well done Myles!



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**More Christmas
festivities!**



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Pre-Prep and Prep School

Dear Parents, Carers, and Families,

As we come to the end of a wonderfully festive term in the Prep School, we are delighted to share some highlights that have made this season truly special for our Prep School community.

Fireside Nativity Success:

Our young stars shone brightly in this year's Fireside Nativity, captivating audiences with their enthusiasm, talent, and heartwarming performances. The dedication and hard work of our students, along with the support from our amazing staff, created a magical atmosphere that filled the hearts of all who attended. Thank you to everyone who contributed to making this cherished tradition a resounding success.

Memorable Carol Concert:

St. Edmund's Church in Beckenham echoed with joy and melody during our annual Carol Concert, where students from Years 3 to 7 showcased their musical prowess. From traditional carols to modern interpretations, each performance was a testament to the musical talents of our students. The festive spirit was truly alive as families and friends came together to celebrate the joy of the season.

Wishing You a Peaceful and Happy Christmas:

As we approach the holiday season, we extend our warmest wishes to each and every one of you. May this Christmas be filled with joy, laughter, and precious moments spent with loved ones. May the spirit of giving and gratitude bring warmth to your homes and hearts.

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Pre-Prep and Prep School

Looking Forward to the New Year:

As we bid farewell to 2023, we eagerly anticipate the opportunities and adventures that the new year will bring. May it be a year of growth, learning, and shared achievements for our students, staff, and families alike. We look forward to continuing our journey together and creating even more wonderful memories in the coming months.

On behalf of the Bishop Challoner Prep School family, we express our deepest gratitude for your ongoing support and collaboration. May you have a restful and joyous holiday season.

Wishing you a Merry Christmas and a Happy New Year!

Warm regards,

Mr Peck, Mrs Bateman and Ms Hoyles



Pre-Prep and Prep School

STARS OF THE WEEK

★ Reception

Sharon for being an excellent helper with the Nursery children in the school play

★ Year 1

Ryan for his dedication and enthusiasm in everything he does

★ Year 2

Reeviah for excellent effort in her homework

★ Year 3

Tabi for her enthusiasm in the school production

★ Year 4

Karl for demonstrating resilience and a positive attitude

★ Year 5

Gaby for being a reliable and focused member of the class, especially in play rehearsals

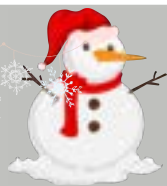
★ Year 6

Sula for being kind to everyone

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

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EYFS



What a lovely term the nursery children have had! The children wrapped up the term and year with a festive bow of creativity.

They have been busy making a range of Christmas crafts, ranging from festive bags, snowflakes, Christmas cards, pine cone Christmas trees.

The children had a great time making Christmas playdough, measuring, counting and weighing. They also made some yummy chocolate dipped strawberry Christmas trees.

What fun!

The nursery children enjoyed having Mrs Gordon visit them in our setting to read a Nativity story to them and share with them how she spends Christmas.

Such a delight to have her take the time to bless us with her Christmas experience. Thankyou Mrs Gordon!



Have a Blessed
Christmas.
Mrs Zimbiti
-EYFS Practitioner



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AND NOW IT IS CHRISTMAS
This term has been busy and filled with fun and creativity.
Our thanks to all children and parents with
Best wishes for Christmas and the New Year
-The Wraparound Care Team





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, wherever their child is online. This guide features an area of many apps which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, tips and sign for...

What Parents & Carers Need to Know about YOUTUBE KIDS

YouTube Kids is a child-friendly version of YouTube which offers a colourful and easy-to-navigate environment that's suitable for young children. This app is easily accessible and available for mobile devices, which can be downloaded without needing the YouTube app on the device. Despite YouTube Kids seeming like a very child-friendly platform, it has raised concerns over its advertising and inappropriate content seeping through the curation process.

SETTING UP

1 Download the YouTube Kids app and connect your own YouTube channel.

2 Input your child's name, age and birth month.

3 Select the types of videos you want to include for your child based on their age and your own personal choice.

4 If you decide to approve the content yourself, the app will present you with sample videos for you to accept and reject.

5 Once you've made your choice, you're ready to use the app!

Advice for Parents & Carers

REMOVE ADVERTISEMENTS

Like YouTube, adverts on YouTube Kids are also quite pervasive. If you decide you don't want your child being exposed to adverts, you can subscribe to YouTube Premium which will remove adverts on YouTube Kids. However, it's worth remembering that this doesn't block adverts that content creators decide to make as part of their content, and children are still able to access channels from branded fast food or toy companies.

BE WARY OF UNSUITABLE CONTENT

YouTube Kids has a far lower chance of showing unsuitable material than YouTube, but there are still reports of malicious users deliberately uploading inappropriate content. It's important that your child feels able to talk to you if they were ever exposed to upsetting content in the future. It's also safest to report inappropriate videos: tap the three dots in the corner of the video and select 'Report'.

DISABLE SEARCH OPTION

YouTube Kids allows you to disable the search feature, which you may find useful in preventing your child from unintentionally finding age-inappropriate content. Doing this will also give you more control over what your child is watching. It's also worth noting that setting an age limit will ensure that your child is only exposed to recommended videos that are deemed suitable for their age group.

RESTRICT VIEWING TIME

The YouTube Kids app provides you with the option of setting up a timer to monitor and limit your child's daily usage, which automatically stops the video when it reaches the set time. It may be best to make use of this feature to prevent screen addiction - which can potentially lead to children staying up too late, affecting their mood and concentration the following day.

MONITOR WATCH HISTORY

YouTube Kids has also made it possible for parents and carers to see what their children are watching on the app by clicking on the 'Recommended' icon on the top right of the home screen. It may also be worth having a look at what your child has recently watched by clicking on their history tab. The red bar on the video shows how much of the video has been watched.

WATCH TOGETHER

It's important to make YouTube Kids a fun and positive experience for your child. This may require spending time finding channels and content that you and your child will enjoy and benefit from. Try introducing family sessions where you can share the most enjoyable videos that you and your child have recently watched. This can be a great way of giving you and your child many new things to talk about with each other.

Meet Our Expert

Cara Godwin (a.k.a. Lunamini) has worked as an editor and journalist in the gaming industry since 2015, providing websites with event coverage, reviews and gaming guides. She is the owner of Lunamini Gaming and is currently working on various gaming-related projects including game development and writing non-fiction books.



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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, whenever it is needed. This guide focuses on one of many apps which we believe trusted adults should be aware of. Please visit nationalonlinesafety.com for further guidance, links and tips for safety.

What Parents & Carers Need to Know about



WHAT ARE THE RISKS?

In October 2022, the enormously popular social media network Twitter was purchased by tech tycoon Elon Musk. That sparked a host of changes to the platform – not all which have been received positively by its fans. The alterations have continued with each passing month, many of them raising online safety concerns among the 530 million users of Twitter (now rebranded as simply X). With further adjustments reportedly in the pipeline, X has attracted more than its usual share of controversy and caution in recent times.

A BLOCK ON BLOCKING

X has announced plans to remove its blocking feature. Previously, this stopped other users from viewing your profile or sending you direct messages, while also hiding their posts from your feed. Only this latter function will now remain. The decision has been criticised by some members, who feel that blocking (in its current form) protects them from X users who 'promote denial and hatred'.

LIMITED REPORTING FEATURES

X offers a premium membership, with some functionality (such as controlling who can view and reply to your posts) increasingly being more exclusive to those using the subscription fee. Several commentators have speculated that X could one day become an exclusively paid-for service, with access to accounts being reserved for anyone unwilling or unable to take out a subscription.

AGE-INAPPROPRIATE CONTENT

Many of X's less age-appropriate posts can feature anything from extreme political views to pornography. While accounts marked as 13+ are restricted from non-members, it's still fairly easy to stumble across this material accidentally. X's new 'For You' page also shows content from accounts that a user hasn't already followed – meaning that almost anything could end up on a child's feed.

VERIFICATION FOR SALE

Historically, Twitter's moderators granted account verification, verifying someone as authentic by placing a blue tick next to their username. One of X's earliest changes was to place verification behind a paywall. This caused the number of celebrity impersonators to rise and left no way to distinguish, say, a legitimate influencer from a copycat fake account seeking to exploit other users.



Advice for Parents & Carers

PROTECT PRIVACY

Unscrupulous characters may try to gain access to a young person's X account – either to view their posts and gather information on them, or to completely take control of it. To minimise risk, ensure the account has a strong password and enable the 'Protect Your Posts' feature (via the account settings), so that strangers can't view your child's posts without first being approved as a follower.

DON'T RISE TO THE BAIT

To gain more views and followers, some X users post deliberately inflammatory comments on sensitive topics such as race, sexual orientation and gender issues. Many young people could find this upsetting. Emphasise that, if your child encounters someone spreading hate on X, it's best not to give that person what they want: an argument. Ignore them, mute their account and move on.

STAY ALERT FOR IMPOSTERS

Make sure your child understands that X's blue ticks no longer guarantee the identity of anyone on the platform. While it might be exciting if a celebrity liked your child's post, it could just as easily be an imposter with malicious intentions. If your child's not 100% sure that an X user actually is who they claim to be, advise them to err on the side of caution and avoid interacting with that account.

ONLY FOLLOW TRUSTED ACCOUNTS

Using the 'Following' tab on X helps to ensure that the only content your child sees has come from accounts they've chosen to follow: this should reduce the chance of them inadvertently being exposed to harmful, violent or explicit content. Show your child how to report another user's account if, say, they're behaving inappropriately by spreading misinformation or offensive opinions.

BE READY TO TAKE ACTION

If your child suffers harassment on the platform or becomes the target of a hoax, you could consider deactivating their account entirely. Recently, X's safety features have been criticised for allegedly failing to protect users' wellbeing – so if your child is being subjected to abusive messages or similar mistreatment on the platform, it might be prudent to remove them from X altogether.

Meet Our Expert

David Marshall is a Fellow of the Chair of Computing and eSafety at Bournemouth and has worked in the gaming industry for several four years. He's also eager to help out the internet apps, games and online threats, he's a co-presenter on the radio about the importance of online safety. He's also a member of the National Online Safety. His articles have been published in publications like TechRadar and TechCrunch.



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When parents and carers finally have the chance to spend some quality time with their child over Christmas, many face a familiar struggle to prise their young one's attention away from their phone, console, tablet or computer. Fun family bonding over the festive period, however, doesn't have to exclude devices. There are sockfuls of Christmas activities and ideas online which grown-ups and children can enjoy together. We've compiled our own 'nice list' of seasonal suggestions for how to...

MAKE THE MOST OF THE ONLINE WORLD THIS CHRISTMAS

1 EAT, DRINK AND BE MERRY

Budding bakers will relish helping out in the kitchen with some tasty festive treats. Spend some time together researching child-friendly Christmas recipes online (the BBC Good Food site is an excellent place to start), and then you and your little elves can rustle up gingerbread seniles, marshmallow snowmen or reindeer shortbread. The only thing that's more fun is eating your creations afterwards!

WHEN THE SNOWMAN BRINGS THE SNOW...

4 A WORLD OUTSIDE YOUR WINDOW

From turkey on the beach in Australia to roller-skating to church in Venezuela, Christmas is celebrated in a variety of ways worldwide - curious youngsters might enjoy discovering other nations' festive traditions online. Google's Santa Tracker is a brilliant (and free) starting point, with games, activities and animations to help children enjoy learning as they count down to the big day!

2 THE OLD SONGS ARE THE BEST?

We've all had that Christmas compilation CD that was almost perfect, if it wasn't inexplicably missing one of your best-loved tracks. In this era of music streaming, however, your little helpers can assist you in compiling a definitive playlist of all your favourite seasonal songs - no more pinning for The Pretenders or wishing for Wizard.

5 THE NEAR AND THE DEAR ONES

Between time constraints, distance and the weather and Covid precautions (or a combination of all four) for many families it just won't be possible to physically spend time with everyone they'd ideally like to this Christmas. Video calling technology, of course, takes some of the sting out of the disappointment by virtually transporting loved ones into your living room.

3 DECK THE HALLS

There's no such thing as 'too many' Christmas trimmings! Let your child channel their excitement into some creative crafting, and you'll make memories as well as your own DIY decorations. There are loads of step-by-step guides online (including video walkthroughs on YouTube) for seasonal showpieces like paper plate angels, handprint wreaths and cupcake wrapper Christmas trees.

6 KIDS FROM ONE TO 92

If Santa's brought your young ones a console this year (or they already had one), it's a perfect excuse for some quality time while they gleefully trounce you at FIFA or Mario Kart. Digital versions of traditional board games like Monopoly and Cluedo are available on most platforms, too; get the whole household together for a modern take on some old-school family fun.

7 A WINTER'S TALE

Everyone enjoys a story at this time of year: after all, the whole celebration is based on an engrossing yarn. Sites such as Audible are an excellent way of entertaining excited young ones, with classics like Dickens' A Christmas Carol and seasonal short stories by Enid Blyton alongside more contemporary Christmas tales by the likes of Tam Fletcher, JK Rowling and Ben Miller.

8 CAN'T WAIT TO SEE THOSE FACES

People used to express their gratitude for a thoughtful Christmas gift with a thank you card or a dutiful phone call. Not in the digital age: now your relations can see first-hand on video calls how delighted the children are with their presents - and even how they look in that slightly questionable hand-knitted pullover.

9 BROUGHT ME SOME CORN FOR POPPIN'

Snuggling up against the winter weather with the family (and a generous helping of chocolates) to enjoy a well-loved movie is a delightful Christmas tradition. The usual streaming services have some classic candidates on offer: Home Alone and The Sandlot are on Disney+, while Amazon Prime has Elf and The Grinch, and Netflix goes with The Princess Switch and The Christmas Chronicles.

10 GUESS WHAT I FORGOT?

Friends and family pitting their wits against each other on Zoom, Teams or Skype really look off during lockdown, so why not revive the tradition over the holidays? Your questions could be on the biggest news, sport and showbiz stories of 2021, or be Christmas themed, or you could stick to classic general knowledge. Ideal for those days between Christmas and New Year.

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What Parents & Carers Need to Know about

NETFLIX

Netflix is a subscription-based streaming service that allows users to watch TV shows and movies on any internet-enabled device that supports the software, such as smart TVs, phones and tablets. The pandemic saw a surge in children consuming on-demand content as many families relaxed their screen-time rules. Netflix's diverse range of programming caters for all age groups – so it's important for parents to recognise the potential risks of children using the service and the measures to help their child enjoy a safe streaming experience.

INAPPROPRIATE CONTENT

Netflix produces and curates an extensive catalogue of content that can provide hours of entertainment. If they share the same user account as an adult, this can potentially lead to children accidentally viewing all manner of inappropriate content, including nudity, profanity and extreme violence. This can happen easily on shared accounts, as Netflix cannot establish who's watching.

BINGE-WATCHING

Netflix allows users to view shows and movies quickly and easily without adverts or interruptions, making excessive screen time a concern. Binge-watching has become more common during the pandemic, due to Netflix's regularly updated content and algorithms which recommend content very similar to what's previously been enjoyed. Marathon viewing sessions can lead to children staying up too late, affecting their mood and concentration the next day.

SCREEN ADDICTION

From TVs and phones to consoles and tablets, Netflix is available on almost any device with an internet connection – making it extremely difficult to manage children's screen time. The service is now adding games to its mobile app, tempting users to spend even more time on the platform. Screen addiction can distract children from important activities like schoolwork and socialising, and can impact their health by reducing their exercise and sleep.

HACKING ATTEMPTS

With millions of users worldwide, Netflix is often targeted by hackers who try to steal usernames and passwords to gain access to people's accounts. If successful, they can then steal payment details or try to sell stolen personal data on the dark web, providing other criminals with a profitable opportunity. Netflix also doesn't provide two-factor authentication, making the hackers' task that little bit easier.

CONTACT FROM STRANGERS

Netflix's Teleparty feature became popular during lockdown periods as it allows users from different households (friends and relatives, for example) to synchronise when they watch content. It requires an access link to be sent to the people you wish to invite; the link, however, can also be distributed to people you don't know. A text chat feature enables interaction with the other users in real-time; this represents a risk to children if a stranger gains access to the Teleparty.



Advice for Parents & Carers

KEEP ACCOUNTS SECURE

Netflix doesn't use two-factor authentication, so a strong password is vital. Your child's Netflix password should be unique (not one they've used elsewhere) and a minimum of eight characters with a mix of letters, numbers and symbols. Emphasise not to share their login details with anyone and remind them to always log out after using the app – so their account remains inaccessible, even if their device is lost or stolen.

CHECK MATURITY RATING

Netflix warns about content that includes violence, sex, profanity and nudity. These warnings form part of the show or movie's 'maturity rating'. Users can restrict age ratings to avoid children viewing age-inappropriate content. On their profile, open the Profile and Parental Control settings and choose the maturity level for the shows and movies you want to allow.

CREATE A KIDS' PROFILE

Setting up a Netflix Kids experience profile means your child can only access content which is suitable for children aged up to 12 years. All other content is automatically blocked. This rating can be further restricted via the child's profile settings. Setting up a Netflix Kids experience profile will help to prevent your child from viewing age-inappropriate content.

SET UP PROFILE PINS

Netflix account holders can lock profiles using a four-digit PIN. Doing this can prevent your child from accessing the wrong account and viewing content that isn't appropriate for their age. Try setting a PIN for each account on your Netflix app – ideally avoiding numbers that would be easily guessed, such as dates of birth. Remember not to share these PINs with anyone, including family.

SWITCH OFF AUTO-PLAY

When a show or movie concludes, Netflix's algorithms select content with similar themes that it thinks your child will enjoy next. This new content starts automatically after a 10-second countdown. Disabling this auto-play feature reduces the possibility of your child being shown something inappropriate and provides a natural break to help prevent them becoming too immersed in Netflix.

CHECK VIEWING HABITS

Netflix has tools which enable parents and carers to monitor what their child has been watching. Selecting 'Viewing Activity' in each profile's account settings displays a list of what content has been viewed (and when). This can reassure parents that their child is watching age-appropriate content and can open avenues for discussing your child's favourite shows and movies, and why they like 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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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

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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](#)**

**Protecting Young People
From Social Scams:
[HERE](#)**

**What Are Social Media
Scams?: [HERE](#)**

Snapchat Checklist: [HERE](#)

**Mobile Phones for
Children: [HERE](#)**

TikTok Checklist: [HERE](#)

**Children's Tech Guide
2023: [HERE](#)**



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
YOUNGMINDS



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>

e-scooters
are illegal in Bromley
except on private land with the
landowners permission!

e-scooters and the law
Under Government regulations, e-scooters are classed as 'powered transporters' – a term used to cover a variety of novel and emerging personal transport devices which are powered by a motor.

This means they are treated as a motor vehicle and subject to the same legal requirements such as MOT, licensing, tax and insurance.

As e-scooters don't have number plates, signal ability and don't always have a visible rear light, they can't be used legally on the roads.

Their use is also prohibited on cycle lanes and pavements.

e-scooters are currently only legal to ride on:
- private land with the landowner's permission,
or
- as part of a Government trial rental scheme, which Bromley is **not** part of.

Any **illegal** e-scooters stopped by the Police can be seized, and riders can be **fined in excess of £300.**

Supported by

Scan the QR code for more information



SAFEGUARDING & WELL-BEING



**METROPOLITAN
POLICE**

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