

BISHOP CHALLONER NEWS

15 SEPT 2023 | ISSUE NO. 117



FROM THE HEADTEACHER:

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

As I mentioned in last week's Newsletter, we have our first Open Event of the school year on Saturday 23 September from 9.30-12.00 noon. We are asking many of our pupils to help with Open Morning and this can be in the form of conducting tours, helping with department displays or even giving talks. You are more than welcome to join us throughout the morning as well to see the school, speak with fellow parents and listen to my talks.

Year 7 Retreat

Yesterday, Year 7 were off timetable following morning break to take part in an in-house Spiritual Retreat Day. As well as having time for prayer and reflection, Year 7 also worked on their classroom notice board prayer stations.

House News

A focus this year is to raise the profile of our Houses across the whole school community. Mr Peck will continue to lead the House system and to support him, we have appointed Heads of House. They are:

St Denis & St Margaret Ward: **Miss Harding**

St Edmund & St Catherine of Alexandria: **Ms Gainsford-De Giorgio**

St Michael & St Mother Teresa: **Mr Dennehy**

St Patrick & St Josephine Bakhita: **Miss Johnstone**

There will be many more house events across the school year with more opportunities for pupils to take on and aspire to leadership roles within each house.

We relaunched our House System this morning at Assembly, introducing our Pupil Heads of House as well as our new staff Heads of House. It was a wonderfully vibrant assembly created by Mr Peck, who has challenged each House to Dare to do their best this year for their house.

Year 12 Enrichment

The past two weeks have seen our Year 12 take part in an Army Teambuilding Exercise and a visit the House of Parliaments. This is all part of their Year 12 Enrichment Programme, a new initiative introduced into the Sixth Form.



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DIARY DATES

TUESDAY 3 OCTOBER	Sixth Form Taster Day (for our current Year 11 pupils)
WEDNESDAY 4 OCTOBER	Sixth Form Open Evening
MONDAY 9 OCTOBER	Pre-Prep & Prep Parents Evening
TUESDAY 10 OCTOBER	Year 13 Parents Evening
WEDNESDAY 11 OCTOBER	Whole-School Open Morning; Pre-Prep & Prep Parents Evening
THURSDAY 2 NOVEMBER	Year 11 Parents Evening

Macmillan Coffee Morning

Our MacMillan coffee morning will be taking place on Friday 29th September 8.30-9.30am in the Dining Hall. Everyone is invited to pop along for a cake and drink.



Challoner Connected

If you would like to become involved with the school in lending your expertise and knowledge in upskilling our pupils to the skills and expertise required for the world of work and further study, then please contact my PA, Ms Carolyn Chamberlain, at CChamberlain@bcswb.co.uk. We would be very pleased to hear from you. We have several upcoming Careers and Connected events, where we would be keen to have your expertise.

I hope that you have a lovely weekend when it comes around

With best wishes,

Mark Wallace

Week Ahead

Next Thursday evening from 5-7pm, Key Stage 3 parents (Years 7, 8 and 9) are invited to the school for an informal chat with your son's and daughter's form tutor at the Meet the Key Stage 3 Team evening. Discussions will be centred around their pastoral progress and how they have settled. You will have the opportunity to meet other parents within your cohort.

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Pupil & Staff Heads of House



St Edmund & St Catherine of Alexandria



St Denis & St Margaret Ward



St Michael & St Mother Teresa



St Patrick & St Josephine Bakhita

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FROM THE PTA:

Welcome from the PTA Committee

We are delighted to be your new PTA committee. In case you're wondering who we are, check out this photo from last academic year's summer fair which we planned and delivered in June. We are 7 parents who value the beauty and richness of the Bishop Challoner experience the school provides to our children. We are excited about the new academic year ahead and we're eager to meet you and hear your ideas.

PTA Meet and Greet

Come out and meet us at our first PTA meeting for this academic year on Monday, 18 September at 2:30 pm, followed by our first PTA meeting of the year at 3:45 pm. We will be planning some wonderful activities for your families to enjoy this year. We value your input and want to hear from you. Refreshments will be available.

In case you're wondering if you can join, please note that all parents and guardians of children at Bishop Challoner School are automatically members of the school PTA. The aim of the PTA is to help the school provide the best possible environment for our children.



We do this by:

- coordinating fundraising events (such as the Summer and Christmas Fairs) which help us purchase items for the school
- volunteering around the school to improve the atmosphere for the children to learn in pleasant surroundings
- supplying refreshments at select school functions
- promoting the school around the community
- supporting the teachers, where needed
- collecting and selling pre-loved school uniform items.

If you would like to serve on the committee, to help the committee at functions, or have any suggestion as to how we can support the school in any way, through donations or sponsorship, please drop a note into the PTA box at the school office or contact us via the PTA email at pta@bcswb.co.uk or just grab any of us at drop-off or pick up to chat.

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Where can you find the PTA committee this month?

Join us at any of the following events in September:

- 18 September at 2:30pm – PTA Meet and Greet on the lawn near the Junior school.
- 18 September at 3:45pm – PTA meeting in the Dining Hall
- 23 September at 9:30 am -12pm– PTA will be on hand to meet parents at the Bishop Challoner School Open Day.
- 29 September 8:45am – PTA will be serving tea, coffee and other treats at the McMillan Coffee morning. We will also be selling pre-loved uniforms. Stop by to say hello.

What fundraising events is the PTA planning this Term?

Please watch this space for more information on our fundraising activities for this term. In the interim, please save the date for the following fundraising events:

- 28 November - Wreath Making
- 1 December – Christmas Fair



Call for Support

Please join our PTA committee. We are looking for support from any parent with skills or an interest in poster creation, website updating and social media engagement. If this sounds like you, please send us an email or drop your details in the PTA box at the school office.

If you would like to propose a fundraising idea, please feel free to email us at pta@bcsweb.co.uk or come along to our next meeting on 18 September to share your ideas. Together, we will make this year a wonderful experience for our school community.



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COMBAT COURSE CHRONICLES



Our Sixth Form students were lucky enough to receive a Military taster session last Friday. They were encouraged to develop independence and team-building skills through leadership tasks and obstacle courses. Big thanks to everyone involved!

IPAD ROLLOUT

Year 11s and Year 13s got to grips with their brand new school iPads today, with Year 11s studying Latin words and Literature, and Year 13s studying the Roman author Cicero and his stylish speech at a trial



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Pre-Prep and Prep School

We would like to take this opportunity to welcome our students and their families back to school and extend a special welcome to our new children and their families also. We hope you are all settling back into the routine and enjoying your new year groups. It has been wonderful to see all of the children looking happy and excited to get back to school. They all look very smart in their uniforms.

The children have thoroughly enjoyed their return to school. This week began with a whole-school mass, led by Father Francis, welcoming the children back for the school year.

Year 1 and Year 2 have begun their Forest School sessions for the term and have got off to a great start, looking for treasures in the woods, digging, and exploring the natural area.

We would like to share with you the dates for our class assemblies this term. Parents and carers are warmly invited to attend their child's class assembly. This will be held at 8.45 am in the Main Hall.

4th
OCT | Year 5 Class Assembly

11th
OCT | Year 4 Class Assembly

8th
NOV | Year 3 Class Assembly

15th
NOV | Year 2 Class Assembly

22nd
NOV | Year 1 Class Assembly

29th
NOV | Reception Class Assembly

6th
DEC | Year 6 Class Assembly

We are looking forward to an exciting term.

We wish you a wonderful weekend.

-Mr Peck, Mrs Bateman and Ms Hoyles

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Pre-Prep and Prep School

STARS OF THE WEEK

★ Reception

Christian for wonderful speaking in Show & Tell

★ Year 1

Aila for a very positive start to Year 1

★ Year 2

Arabella for a great start to Year 2

★ Year 3

Imari for being bold and brave and taking a risk by suggesting an answer

★ Year 4

Tabitha for an excellent start to Year 3

★ Year 5

Eva for settling in so well to Year 5

★ Year 6

Joshua for persevering and staying motivated in a tricky English lesson

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

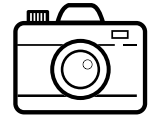
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EYFS

Our Topic of 'Marvellous Me'



For the 'Every object tells a story' project, children were invited to bring a small object or photograph to school and tell us its meaning or its story. These objects related to their own history or culture or even an heirloom.

For inspiration, we focused on the work of Malian photographer Seydou Keita. He took (in the 1930's) photographs of children and adults with objects that were special to them.

The children loved discussing and showing their personal belongings to the rest of the class.



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EYFS



The Pre-Prep enjoyed an enriching walk in nature, exploring their environment and making observations about the world around them.

They observed a variety of trees, making representations of what they could see using crayons on their clipboards. They were able to listen and follow the instructions to walk safely around the school grounds. Providing hands on experiences like this, we are able to nurture the Pre-Prep by developing their fine motor skills and foster a connection with nature.

-Ms Scicluna, Assistant Head of EYFS



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Final notes:

Please may all parents ensure that their child's name is written on the inside of their uniform. Lost uniform items are much easier to identify with names inside!

Year 12s embarked on a trip to Parliament today to tour the House of Commons and House of Lords. They then took part in a 'People's Parliament' workshop. Pictures coming soon in next weeks newsletter!

CLUB UPDATE:

Athletics club will now be starting on **Friday 22nd September**. Club will take place every Friday thereafter, **15:45 - 16:45** in the school grounds. Club will be run by Mr Forrest and Jonny Ellerton (Year 13). Open for all students in **Years 7 - 10**.



PETS ON PARADE

Are you the proud owner of a furry, feathery, scaly, or any other delightful kind of pet? We're creating a special "Pet Wall" to showcase the incredible variety of companions our school community has. We invite each and every one of you to share the love and joy your pets bring by sending in pictures of your adorable animal friends. Whether it's a loyal dog, a curious cat, a playful hamster, a colorful fish, or even a charming lizard, we want to see them all!

Please send a colour photo of your furry friends to vbastin@bcswb.co.uk



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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	£85 Payable to Bishop Challoner School
	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 th Formers-Art Studio	No charge
	Fencing	Seniors	3.30 - 5.30	Mrs Restivo Sports Hall	£95.00 Payable to Bishop Challoner School
THURS	Netball	Yr 4 -6	12.10 - 12.45	Mrs Hoyles Ball Courts	No charge
	Golf Club (ends Oct Half Term)	Yr 6 - 8	3.30 - 4.30	Mr Dennehy	No charge
	Creative Writing	Seniors	3.45 -4.45	Ms Pinnock T4	No charge
	GCSE Language Intervention	Year 11 (targeted)	3.30 - 4.30	Mrs Cutting Room 5	No charge
	String Group	Yr 7 - 13	8.30 - 9.00	Mr Kent Davies Music Room	No charge
	Basketball	Yr 7 - 10	3.45 - 4.30	Mr Lubi Ball court	No charge
	Board Games Club	Seniors	3.45 - 5.00	Mrs Cutting Room 5	No charge
	Keyboard and Composing Club	Yr 7 - 13 Max 4 (sign every Wed)	3.30 - 4.30	Mr Kent-Davies and Mae Music Room	No charge
	Community Languages	Seniors	3.40 -4.10	Mme Ryall Room 6	No charge
FRI	Virtue Taekwondo virtuetaekwondo.co.uk 07743653654	Rec to Yr 5	3.35 - 4.30	Dining Hall	Pay direct £90 per term
	Eco Club	Yr 7	1.00 - 1.35	Mrs Mapardi /Miss Domingo Lab 3	No charge
	STEM Club	Yr 8 &9	1.00 - 1.35	Dr Bovell Lab 1	No charge
	Dr Who Science Club	Yr 7	1.00 - 1.35	Ms Ghafoor Lab2	No charge
	Coding Club	Yr 10 - 13	1.00 -1.30	Ms Evans	No charge
	Athletics	Yr7-10	3.45-4.45	Mr Forrest/Ellerton	No charge

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



Extra-Curricular Activities – Autumn Term 2023 Booking Form

Name of Pupil _____ Class/Form _____

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

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

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

Signature of Parent _____ Date _____

Name of Parent Printed _____

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Camp Beaumont
Ages 3 - 11

Holiday camps kids will love this October half-term!

We accept childcare vouchers and tax-free childcare
BOOK NOW, PAY LATER!

Bishop Challoner School

Quote BCS23 save 10%

Scan to find out more!

Book Now!
visit www.campbeaumont.co.uk

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

Support regarding sexual health

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

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



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



At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to help an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guidance, advice and tips for adults.

Top Tips for SETTING BOUNDARIES AROUND GAMING

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

PROMOTE SAFER GAME CHOICES

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

ENCOURAGE REGULAR BREAKS

Help your child understand the need to take regular breaks, playing in shorter bursts rather than marathon sessions. Some in-game items (such as role-playing games) require time investment from the player, while others (online team games, for example) can't be stopped or paused at a moment's notice. A quick break every hour or so is good practice, and you could suggest some things to do in these breaks, such as having a drink of water or getting some fresh air.

AGREE SPENDING LIMITS

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

DISCUSS AGE RATINGS

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

FACTOR IN FRIENDS

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

ENJOY GAMING TOGETHER

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

TALK ABOUT EMOTIONS

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

BE PREPARED FOR TROLLS

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

Meet Our Expert

David Cavendish is a writer specialising in technology, video gaming, virtual reality and VR. He has also written IT guidesbooks for children, covering games such as Fortnite, Apex Legends, Valorant, Roblox and Minecraft, with most predominantly the use of PC, consoles, tablets, Pocket Beamers and VR. He has reviewed more than 100 games and products over the past year.

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#WakeUpWednesday

<https://www.nationalonlinesafety.com>

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Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 12.08.2023

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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>