



## From the Headteacher...

Dear Parents and Carers

I hope you have had a good week.

Our Junior pupils have had a lovely week of wide ranging activities centred around Wellbeing. There have been lots of squeals of delight and singing heard along the corridors throughout the week. Mr Peck has also run a couple House activities – Quiz and Karaoke. Thank you to all our Junior colleagues who have created such wonderful and broad ranging activities and to our pupils who participated so wholeheartedly.

Our Year 1 and Year 2 pupils enjoyed a trip to the Tower of London today, which I am sure they will be telling parents all about over the weekend.

### Senior School Trips Day

As I mentioned in last week's letter the Trip Day for our senior pupils is on Wednesday 26 January. Year 11 and Year 13 will remain in school and have normal lessons, with their second mock exams not that far away.

The remaining year groups will have the following trips:

Year 7&8 – *Wicked* at the Apollo Victoria Theatre

Year 9 – Tate Britain

Year 10 – Royal Courts of Justice, The Strand

Year 12 – Queen Mary University visit

### PTA

Our wonderful PTA had a very active and busy term during the Autumn and through the variety of creative activities run for pupils and parents over the course of last term, and with your support, they have raised over £3500, a very impressive sum indeed.

We met yesterday to map out plans for the next two terms and details will follow in due course.

Mark Wallace – Headteacher  
@Challoner\_head





# Bishop Challoner News

14th January 2022 | No.66

## Art News

Congratulations to Sofia C in Year 10 who has had a most wonderful response to a fabulous piece of artwork that Mr Coultart posted on twitter. As I write this, Sofia's work has had over 110K views which is phenomenal. Mr Coultart challenged his Year 10 Art class to 'draw a doorway' over the Christmas holidays.



You can view Sofia's work and other pupils' work via Bishop Challoner Art twitter account <https://twitter.com/ChallonerArt>.

Mark Wallace – Headteacher  
@Challoner\_head





# Bishop Challoner News

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## Clubs

Miss Cobalchini will be commencing an *Italian Club* held every Friday from 3.45 – 4.30pm going forward. All pupils are welcome to attend.

## Football

Commiserations to our U16 Boys' Football team who were narrowly defeated in the Quarter Final of the ESFA Cup to Gordons School, Woking. Despite leading twice, we lost 2-3 in an evenly contested game. Our U16's next game is in the 1<sup>st</sup> round of the *Society of Heads Cup* which takes place in two weeks' time.

**Tomorrow we very much look forward to welcoming pupils taking our 11+ and 13+ entrance exams and next week will be scholarship assessments for Year 7 and Year 9 for September 2022.**

I hope you have a relaxing weekend.

With my very best wishes

Mark Wallace

Mark Wallace – Headteacher  
@Challoner\_head





# Bishop Challoner News

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## Sports News



Congratulations Jonny on being nominated as Athlete of the Autumn Term 2021. All nominees were invited to join an inspiring Q&A session with GB Athlete Nerys Pearce, kindly provided by Sports for Schools. Athletes had the opportunity to ask Nerys some questions to drive them in their own personal sporting journeys.

The ISA Athlete of the Term nominees had some brilliant questions for Nerys and received advice on setting sporting goals, maintaining focus, balancing sport and study and also finding time for their own personal interests.

Nerys, a multi-sport athlete who has won 10 medals at the Invictus Games and finished fourth at the Commonwealth Games, echoed her motto of 'being better tomorrow than we are today' to the children and gave helpful advice to them on maintaining short-term focus in sports training as they look ahead and become at risk of being overwhelmed by long-term targets.

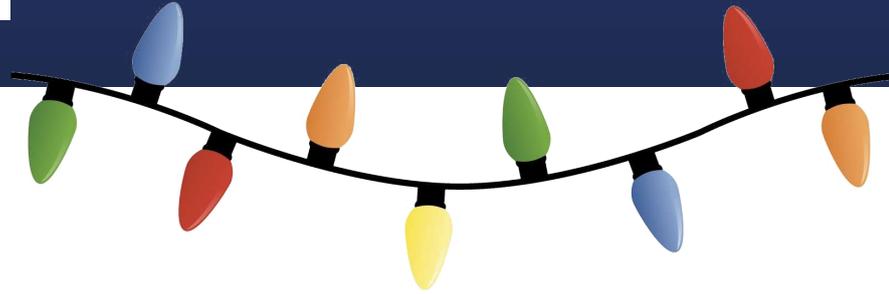
Nerys summarised it perfectly as she told the children: "Keep reaching outside of what you think is possible, because you're discovering another side of yourself."



# Bishop Challoner News

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Junior News



## Year 3 Christmas Album 2021



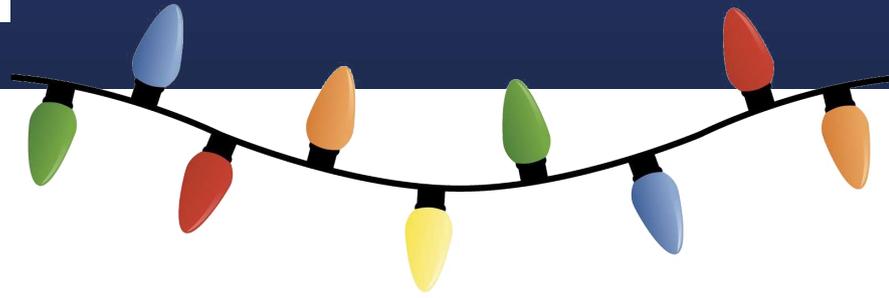
Ms Sweet - Year 3 Teacher



# Bishop Challoner News

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Junior News



## Year 3 Christmas Album 2021



Mrs Sweet - Year 3 Teacher



# Bishop Challoner News

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Junior News

## Year 5 & 6 Wellbeing Afternoon



During Wellbeing Week Year 5 & 6 pupils have attended Forest School, spent a lesson creating using modelling clay, created positivity jars, completed positive affirmation journals, danced, sang karaoke and completed quizzes. They also sampled the delights of lollipops that change the colour of your tongue and enjoyed an extended play time. A great time was had by all and pupils were all very happy and relaxed as well having had a chance to be creative.



Ms Prieto and Mr Fitzgerald



# Bishop Challoner News

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## Mental Health Section

### Emoji Competition



**First Prize**

Zara in year 1

Her feeling: Magical

Prize: A T-shirt with her drawing



**Second Prize**

Nicholas in Reception

His feeling: Cheeky

Prize: A book about feelings





# Bishop Challoner News

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## Mindfulness



### Mindful Moment – beating anxiety

This week we're focusing on practical ways to beat anxiety. Everyone gets anxious at some point but sometimes the feelings can be overwhelming.

Take these simple steps to combat the feelings when they arise:

1. Draw your shoulders down and back and broaden your chest
2. Take slow and steady breaths in for the count of four and then out for the count of four
3. Slow down your speech and speak softly (singing helps too)
4. Try to eat or chew gum (if appropriate)
5. Smile

**YOUR  
MIND  
MATTERS**



Year 11 are invited to Wednesday Wellbeing Club this term. The sessions are free and will take place in the PA Hut on Wednesday lunchtimes 1.10 to 1.40pm.

Mrs Patience and Mrs Miotti



## Nursery News

### Literacy In Nursery

In the last two terms of Nursery, we introduce a new letter sound to the children each week, using the Read, Write, Inc. approach to teaching literacy.

This week the children were introduced to the letter 'm.' With the aid of a rhyme, to help with letter formation, they were able to write some beautiful letter m's on the white boards. The children also made delightful maracas to shake in time to the music.

Each week, the Butterfly and Dolphin children take it in turns to take home the Sound of the Week Bag. They must find three things that begin with the phonetic sound of the week and bring it back to Nursery. They proudly share and talk about their objects or pictures with their friends.

Teaching literacy in Nursery gives the children a flying start before starting Reception!





# Bishop Challoner News

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## House News

This week we held a "Junior House Quiz", which was enjoyed by all. This was an event where all children from Reception to Year 6 - as well as a few teachers - could try and answer an array of challenging but entertaining questions, covering many genres. It was a very well received event by the children and staff.

The final scores are as follows:

1. St Edmund-4111
2. St Patrick-3531
3. St Michael- 3328
4. St Denis-2884

On Thursday morning, the whole Junior school sang for their Houses with gusto singing well known songs. The event was well received by pupils and staff.



Mr Peck - House Coordinator



## Wrap Around Care News

We were so pleased to see the children back at school full of news and ready to express their creativity in numerous ways.

Jenga has morphed into domino rallies of complex design, and a model of Stonehenge.

Learning about saving the planet through play has also entertained the children.

We look forward to a happy and healthy 2022 with them all.





# Bishop Challoner News

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## Other News...

### Summer 2022 Examinations

We will continue to keep you advised on any changes regarding summer 2022 GCSE and A Level examinations. At this time, examinations are planned to take place with some adaptations. Among the planned changes will be the release of advance information on the topics covered within exams and the option to take supporting materials into the exam hall for certain subjects. Contingency arrangements are also in place. Please be assured that we will continue to provide you with any updated information as soon as it is received.

### Lost Property

We have an array of black coats unnamed and unclaimed - please remind your child that if they've lost anything on the school premises it may be in lost property. Alternatively, please come to the office to have a look yourselves. We have items like lunch boxes, water bottles, shoes, jumpers, hats, blazers and more! If the items are not collected by February half term we will be donating them to charity.



### Drop off, Collection and Parking

When dropping off or collecting children please park outside the premises and walk in. This is to keep our pupils, parents and staff safe.





# Bishop Challoner News

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## SAFEGUARDING

**AGE RESTRICTION**  
13+

Snapchat is a photo sharing app for mobile phones and tablets. The app allows users to share images, videos and chat with friends. Users can share images and videos directly to specific friends, or through a 'story' shared with their entire friend list, which documents the previous 24 hours. In a study, Snapchat was ranked the 4th most negative app in terms of having an impact on young people's health and wellbeing, with children feeling that they can use the app Snapchat to "make you look pretty."

## What parents need to know about

# SNAPCHAT

### EXPOSING YOUR CHILD'S EXACT LOCATION

The 'Snap Map' lets you share your EXACT location in real-time through a map on the app. The user's location updates when the app has been opened on the device. There is a warning on the Snapchat website about uploading images and videos to 'Our Story', stating that "snaps you submit to 'Our Story' can still show up on the Map, no matter which location setting you choose!". When uploading to 'Our Story', your child's image or video could appear in "Search results and Stories on or off Snapchat - today or in the future."

### SCREENSHOTS & SAVED MESSAGES

While Snapchat's gimmick is that all photos, videos and text disappear eventually, users still have the capability to screenshot or record anything which has been sent to them. Users may sometimes forget that screenshotting is possible and send a compromising image or message to somebody who they think they trust. They may also accidentally send an image or message to somebody who they do not trust. Simply by pressing and holding a message, the user is able to save a message they have received, which can be screenshotted or used against them at a later date.

### SEXTING

Due to 'Snaps' disappearing, (users can even send a one-second photo or video), Snapchat has become the chosen platform for children and young people to send sexually explicit images or 'selfies'. Once a photo/video has been screenshotted, or recorded using another device or software, this can lead to further dangers, such as blackmail and cyberbullying. It is illegal to make, possess, download, store and share sexual images, photos and videos of a person under the age of 18. This also includes any sexual images, photos and videos that a child may have taken of themselves. However, if a young person is found creating or sharing images, the police can choose to record that a crime has been committed, but taking formal action isn't in the public interest.

### LENS EXPLORER

The 'Lens Studio' on Snapchat gives users the freedom to use their imagination to design their own filters for themselves and others to use. Snapchat states that the lenses users create "must comply with our Lens Studio Submission Guidelines and Community Guidelines and must be appropriate for Snapchatters ages 13+." The 'Lens Explorer' in the app now enables users to choose from thousands of these creations to alter their snaps. Anyone can create a lens for Snapchat, which gives opportunities for age-inappropriate content to be uploaded.

### SNAPSTREAKS & ADDICTION

'Snap Streaks' are gained when snaps have been sent back and forth consecutively between friends. The longer that snaps are sent between users, the longer the streak becomes. Furthermore, Snapchat rewards users who have achieved high Snap Streaks, by gifting emojis, adding incentives for users to keep the streaks. Children invest time into making their streaks as long as possible, which can put an incredible amount of pressure on both themselves and their friendships.

### SNAP ORIGINALS

Through 'Snap Originals' users can watch content which has been created by Snapchat on the app, including comedy shows, drama, news and more. Additionally, there are new lenses and filters available, inspired by the 'snap originals' shows. This is another feature to encourage addiction.

## Top Tips for Parents

### THE RISKS OF SEXTING

It can be slightly awkward talking about this topic with your child, but if it helps them protect themselves, it is worth it. Talk to them about the consequences of sexting and make sure that they're aware of the risks. Ensure your child knows that 'Snaps' can be screenshotted. Teach them that if they post anything potentially embarrassing or harmful (either of themselves or someone else) it can have severe consequences as the message, image or video can be shared further.

### USE 'GHOST MODE'

We highly recommend enabling 'Ghost Mode' on the app so that your child's location will no longer be visible to anyone on the 'Snap Map'. To enable this, go onto the Snap Map and tap the cog in the top-right corner. Here, change the setting to 'Ghost Mode'.

### RESTRICT STORY VIEWS

Your child can add videos and images to their 'Story' throughout the day which will last for 24 hours. By default, anyone in a user's friends list can see their story. We recommend checking the privacy settings to ensure that this has not been edited. This can simply be done in the app's settings under the 'Who Can View My Story' section. The options to choose from are 'My Friends', 'Everyone' or 'Custom' - we suggest that it is set to 'My Friends'.

### REPORTING A STORY, LENS, FILTER, SNAP OR MESSAGE

If your child comes across inappropriate Snapchat content sent directly to them or in another person's story, advise them to report it immediately. This may include an inappropriate lens, filter, message or snap. To report an offensive lens, they should open the app and select the lens they want to report. An info button will appear above the lens. Click this, followed by the flag icon. This will send a report to Snapchat for further investigation. Reports can also be made on the Snapchat support website: [support.snapchat.com](https://support.snapchat.com).

### HOW TO DELETE A MESSAGE

Advise your child never to send any negative messages (or images) through gallery in the chat on the app) as screenshots can still be taken. You should also advise your child to screenshot any negative comments they receive as the sender can also delete them. To delete a message, simply press and hold the sent message and press delete.

### TURN OFF 'QUICK ADD'

'Quick Add' helps friends find each other on the app. This is based on mutual friends or if their number is in their phone book. Explain to your child that this feature can open up their profile to strangers. We highly recommend that your child turns off the 'Quick Add' feature. This can be done in the settings.

**National Online Safety**  
 A whole school community approach to online safety  
[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)  
 Email us at [hello@nationalonlinesafety.com](mailto:hello@nationalonlinesafety.com) or call us on 0800 368 8061

© Status of Mind: Social media and young people's mental health | Life in Likes - Children's Commissioners Report | Google Play Store | <https://support.snapchat.com/en-GB>  
<https://insecurity.net/snapchat-parent-reviews/> | BT.com | [independent.co.uk](http://independent.co.uk)





# Bishop Challoner News

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## SAFEGUARDING AND WELL- BEING INFORMATION

### Online counselling support for pupils

<https://www.kooth.com>

### Support for parents | NSPCC

Parenting can be rewarding, but it can also be challenging. This is a Positive Parenting guide shares practical advice.

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/>

### Coping with your teenager - NHS

Many parents find their teenager's behaviour challenging. Teenagers' behaviour can be baffling, stressful, hurtful and often worrying.

<https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/cope-with-your-teenager/>

### Parenting teenagers | Relate

Here you'll find lots of practical advice on how to deal with common teen issues. If you have any questions, our counsellors are here to help.

[www.relate.org.uk](http://www.relate.org.uk) <https://www.relate.org.uk/relationship-help/help-family-life-and-parenting/>

### Information, training and support for parents and carers

Being a parent can be a joy. It should be a joy. And it often is. But when your child is suffering, parenthood can be a tough, lonely and frightening place.

<https://charliewaller.org/what-we-do/for-parents>

### Young minds Charity

Young Minds are a charity that provides information and advice to young people, and parents and carers.

[YoungMinds - children and young people's mental health charity - YoungMinds](https://www.youngminds.org.uk/)

**Designated Safeguarding Lead - Mrs Kate Brooker**

## DATES FOR YOUR DIARY



### Wednesday 19th January

- Year 1 and 2 Liturgy  
9:00 am - Chapel

### Thursday 20th January

- Junior Assembly  
8:45 am - Main Hall

### Friday 21st January

- Year 9 Vaccinations

### Monday 24th January

- Year 7 Football vs Farringtons  
2:30pm - Farrington School

### Tuesday 25th January

- 7+ Scholarship Morning  
9:00am

### Wednesday 26th January

- Year 3 and 4 Liturgy  
9:00 am - Chapel
- Year 7, 8, 9, 10, 12 Trip Day  
All day

### Thursday 27th January

- Junior Assembly  
8:45 am - Main Hall.
- Year 11 Sixth form Experience Day  
Internal and External Candidates  
9:00am
- Year 9 Options Evening  
5:00pm

### Friday 28th January

- Year 8 Liturgy  
9:00am - Chapel
- 'After the Storm' Exhibition for  
EYFS & KS1 – All parents welcome  
3:30pm

