



Woodford County High School for Girls

Bulletin

Issue No. 381 23rd November 2021



The following information has been received from the Metropolitan Police:



Youth Engagement Team

EA Command Unit

Dear Parent or Carer,

There have been a number incidents in various schools where school children have been posting malicious information about school staff on social media platforms such as TikTok. This may include falsely accusing them of criminal offences involving children. Obviously this is very distressing to staff and their families.

Can you please remind your child that this is a criminal offence under the Malicious Communications Act 1988:

Where a person sends a letter, electronic communication or article of any description which conveys a message which is indecent or grossly offensive, a threat or information which is false and known or believed to be false by the sender

So even if a child writes something about a member of school staff which is false or grossly offensive, 'just as a bit of fun' or as a rumour and then posts it on social media – they commit a criminal offence.

The child may then be at risk of being permanently excluded and/or prosecution.

As your safer schools police team, we work hard with your school to avoid school children becoming excluded or criminalised, but sometimes where the level of harm or distress caused is so severe we have little choice but to follow these routes.

Please speak to your child regarding the sensible use of social media. Consider also using parental software to restrict what they can access and monitor where appropriate. We would also advise consideration to not allowing your children to have access to social media in their bedrooms so that this remains a safe space and reduces the opportunities to misuse social media.

If your child does genuinely suspect any adult (school staff or otherwise) of committing criminal offences then they must report this to either a senior staff member, or the police. They can also confidentially speak to Childline or report crime anonymously via the Fearless website.

If you would like to speak further about this I am happy to be contacted via Adam.Richmond@met.police.uk or please speak to your local school's safer schools officer.

Yours sincerely,

Adam Richmond

Inspector for Redbridge Schools Safer School Police



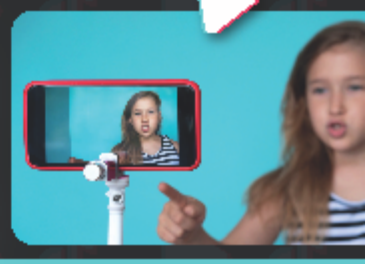
TikTok is a video-sharing social media app available on iOS and Android which lets users create, share, and view user created videos much in a similar manner to Facebook, Instagram and Snapchat. It's main draw, however, is that users can record and upload bite-sized looping videos of themselves lip-synching and dancing to popular music or soundbites, often for comedic effect, which can then be further enhanced with filters, emojis and stickers. TikTok has been designed with the young user in mind and has a very addictive appeal. At the beginning of 2019 it skyrocketed in popularity to become the iOS store's most downloaded app with over 33 million downloads. Estimates suggest that it now has anything between 500 million and over 1 billion monthly active users worldwide.

AGE RESTRICTED
12+
If under 18, supervision of a parent or legal guardian required.



What parents need to know about

TIKTOK



18+

MATURE CONTENT

On the iOS store, TikTok is listed as 12+. On the Google Play Store it is rated as 'Parental guidance recommended'. When signing up for the app, it's possible to lie about your age without any form of verification. As children scroll through their feed, most of the videos they're likely to come across are lighthearted or funny takes on dance routines which are designed to make people laugh. However there has been a slew of videos which have been reported for featuring drug and alcohol abuse, self-harm and sexual content, including young teens dressing overtly sexually and behaving suggestively. Given the deluge of material uploaded to TikTok every day, it's impossible to moderate everything and it can be quite common to come across explicit content on the 'for you' feed when logging into the platform.



INAPPROPRIATE MUSIC

TikTok revolves around creating music videos through lip-synching and dancing. Inevitably, some of the music featured by users will contain explicit or suggestive lyrics. Given the undeniably young user base, there is a risk that children may look to imitate the explicit language they hear or the suggestive actions they see when viewing others' videos on the app.



TIKTOK FAME

TikTok is very image focused and there is a notable preoccupation with appearing cool and attractive. Many teenagers now attempt to go viral and become what's known in-app as 'TikTok famous'. TikTok (and its predecessor Musical.ly) has spawned its own celebrities - social media stars Loren Gray and Jacob Sartorius have been catapulted to fame through their initial exposure on the app. Obviously, most budding influencers looking to become the next big thing will be disappointed, but this may have the knock-on effect of making them go to more and more drastic lengths to get noticed.



ONLINE PREDATORS

As a social network, TikTok makes it easy to connect with other users. This includes the ability to comment on and react to other user's videos, follow their profile and download their content. Be aware that by default, any user can comment on your child's video if their account is set to public. Most interactions are harmless enough but as an app, TikTok is prone to predators because of the abundance of younger users.



ADDICTIVE NATURE

Social media is designed to be addictive and TikTok is no different. It can be fun and hugely entertaining. However, it is also because of this that it can be hard to put down. In addition to the short, punchy nature of the looping video format, the app's ability to keep you guessing what will come on screen next makes it easy to turn a five-minute visit into a 45-minute visit.

IN-APP PURCHASES

Aside from the content, there's also the option to purchase in-app extras called 'TikTok coins'. Prices range from £0.99 for 100 coins to an eye-watering £93.99 for 10,000 coins. TikTok coins are used to purchase different emojis to reward content creators that a user finds funny or entertaining. In the iOS version of the app you can disable the option to buy TikTok coins but this sadly doesn't seem to be a feature in the Android version.



Safety Tips For Parents



TALK ABOUT ONLINE DANGERS

Assuming your child is above the age limit to use the app, make sure you also take the time to talk to them about what they are seeing on the app. Have a dialogue, get them to give you their opinion on what is appropriate and model the correct behaviour for them. Go over why they shouldn't give out private information or identifiable photos and be positive and understanding of them. In the long run, getting them to think critically about what they're seeing goes a long way to keeping them social media savvy.



USE PRIVACY SETTINGS

Undoubtedly, the easiest way to safeguard your child on TikTok is to make sure their account is set to private. This means only those users your child approves can view, like, and follow their content. Setting the account to private may clash with your child's goal of social media stardom, but it will keep their account secure from strangers. This setting can be enabled under the privacy and safety menu by pressing the ellipsis in the 'me' tab of the app. To be extra safe, there are additional controls available to toggle such as who can send comments and messages, among other options.



ENABLE RESTRICTED MODE

In the digital wellbeing section there's the ability to turn on restricted mode using a PIN. Restricted mode filters out content that is not age appropriate although it should be noted that this isn't always 100% fool proof. When enabling restricted mode, parents should still be vigilant to what their child is watching and take note that the algorithm moderating content is not infallible.



EXPLORE AND LEARN YOURSELF

Understanding and learning the app yourself is a great way to get to grips with TikTok. You could then even use the app with your child and watch some videos with them. If you are the parent of a teen, even if it does not make you popular, keep a close eye on what they're viewing and sharing. That said, it's a brilliant chance to turn it into a bonding opportunity with your child also. You could even unleash your inner performer and make videos with them while (more importantly) keeping them safe online.



LEARN HOW TO REPORT AND BLOCK INAPPROPRIATE CONTENT

With the proper privacy settings in place, TikTok can be a safe space for your child to express themselves. However, just in case something does manage to slip through, make sure your child knows how to recognise and report content that isn't appropriate and get them to come to you about what they have seen. TikTok allows users to report offenders and comments within the app. You can also block individual users by going on their profile.



MODERATE SCREEN TIME

As entertaining as TikTok is, you can help your child moderate their time on the app by making use of the digital wellbeing section. Under the screen time management option, you can limit the daily allotted time allowed on the app in increments ranging from 40 to 120 minutes. You can also lock this preference behind a PIN number which has to be inputted in order to then exceed the daily time limit. This way your child can get their daily dose of memes without wasting away the day.



Meet our expert

Pete Badh is a writer with over 10+ years in research and analysis. Working within a specialist area for West Yorkshire Police, Pete has contributed work which has been pivotal in successfully winning high profile cases in court as well as writing as a subject matter expert for industry handbooks.



Inside TikTok

internet
matters.org

A short form mobile video platform available in over 150 countries around the world

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The minimum age for users is 13



Getting started

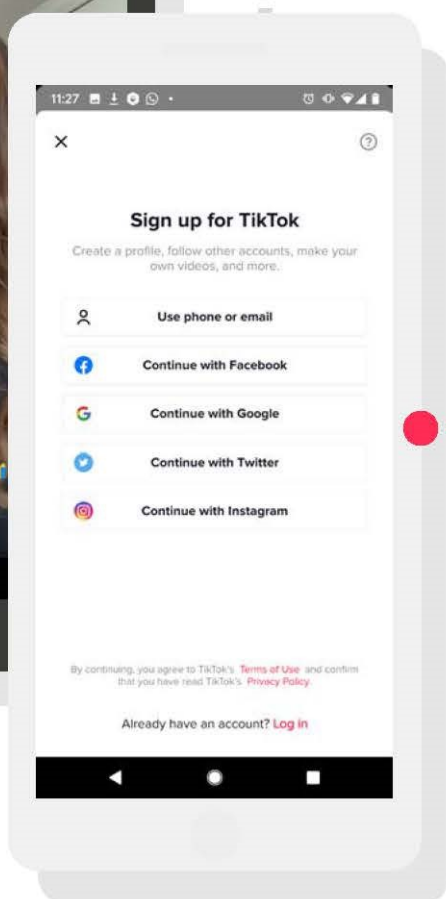
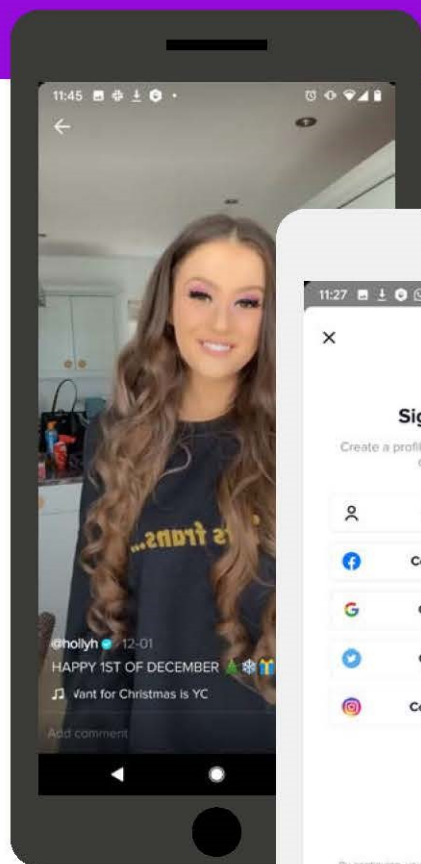
How does it work?

Once you download the app, you can instantly see the videos that others have posted on the app but to comment, like or share your own you have to set up an account.

Setting up an account

There are two ways to sign up, using an email, mobile number or through an existing account like Google, Instagram, Twitter or Facebook.

1. Choose birthday
2. Click 'Sign up with email or number'
3. Set your password



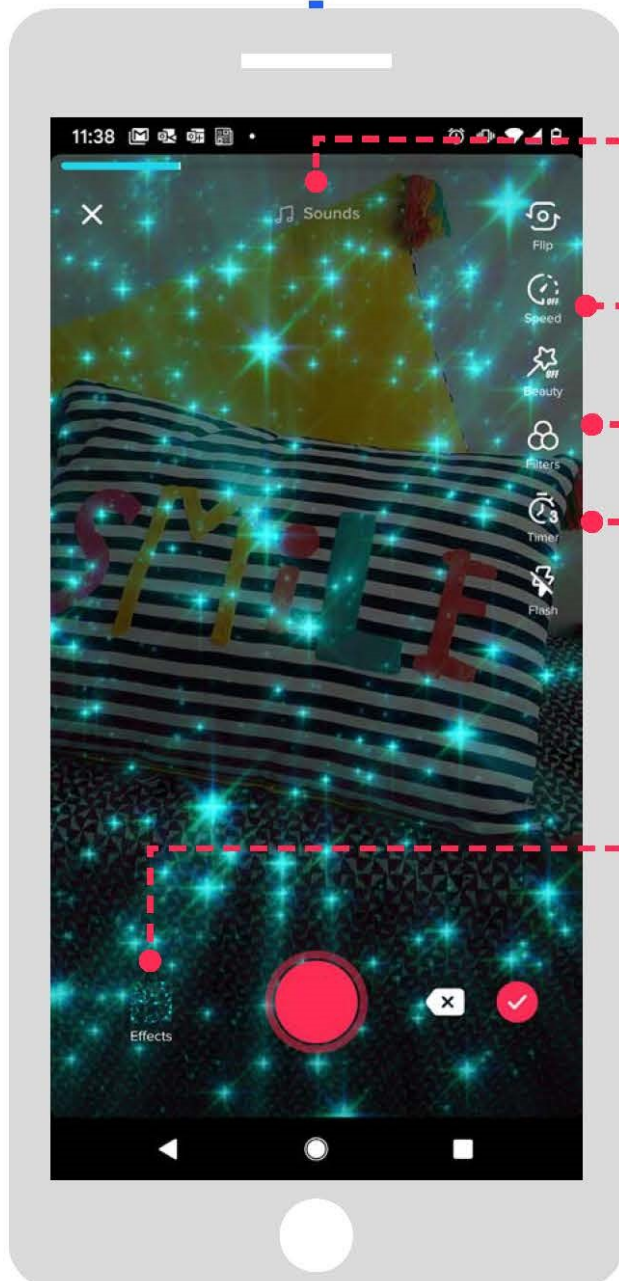
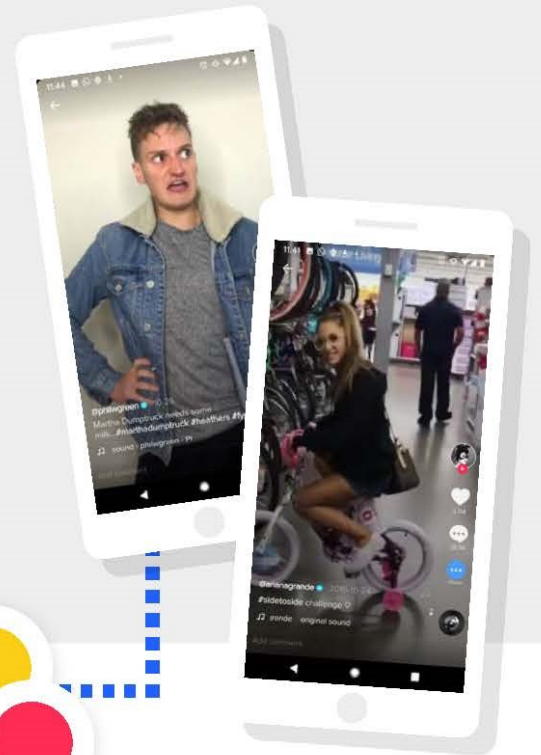
Getting creative with videos

TikTok allows users to create short-form video clips with a range of special effects to gain a following and build a community around their passions.

These videos can be shared outside of TikTok on other accounts linked to a user's profile.

How to create videos on TikTok

1. Click the '+' button - tap the '+' button at the bottom of and then you can choose a video from your album to upload
2. Shoot – tap to shoot – **Hold the red button** to shoot a video. You can split the video into multiple sections. 15s videos are recommended but you can capture up to 60s.



1. Pick a sound

Tap “**pick a sound**” at the top to search for a suitable song.

2. Speed

You can set the speed of your video by tapping this button.

3. Filters

Choose a filter to make an even cooler video.

4. Countdown

If you want to prepare yourself better, you can tap the “**countdown**” button on the right and then the shooting will start after a three-second countdown.

5. Effects

There will be hundreds of stickers waiting for you if you **tap the effects button** on the bottom of the screen.

Edit your video

You can cut sound, adjust the volume, pick a new sound or change a filter on this page

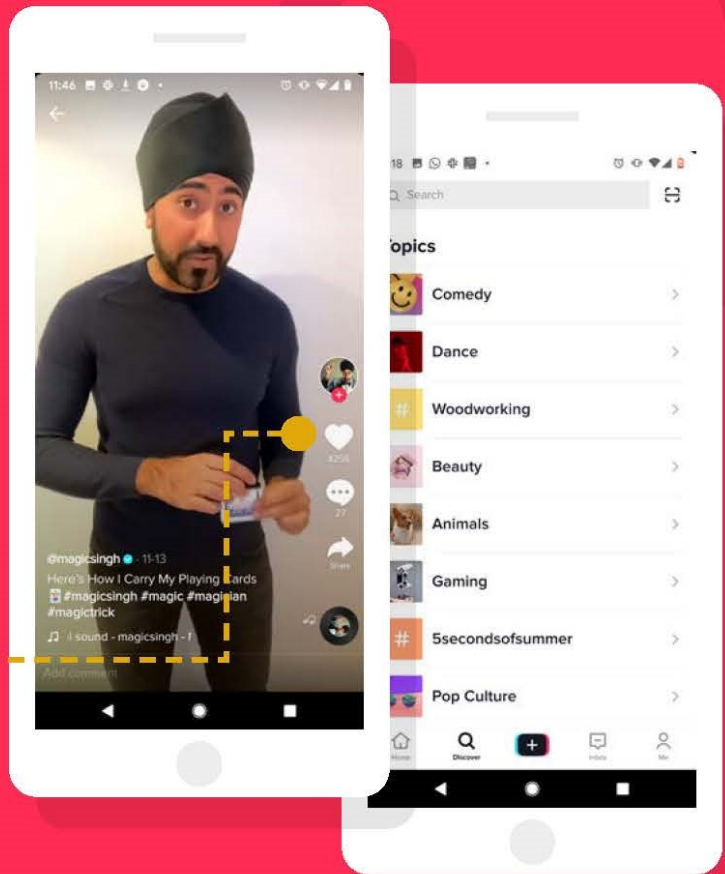
What you'll find on TikTok

In the **For You feed**, you'll see videos our community love alongside the world's trending content. The more you swipe, the more the content becomes tailored to your tastes.

#Challenges

The **'hashtag challenge'** is an online challenge initiated by TikTok to inspire users to express themselves through their creative content.

Note: When you press  on a video you like, you'll get more of the same type of video in your feed



Keeping it positive

There are a number of ways that the app helps users stay creative while staying safe

Safety Centre

[TikTok.com/safety](https://www.tiktok.com/safety) – this features a series of policies and tools to promote a positive in-app environment for all.

Safety videos

['You are in Control'](#) video series offers users useful information and safety guidelines on tools available to stay safe.



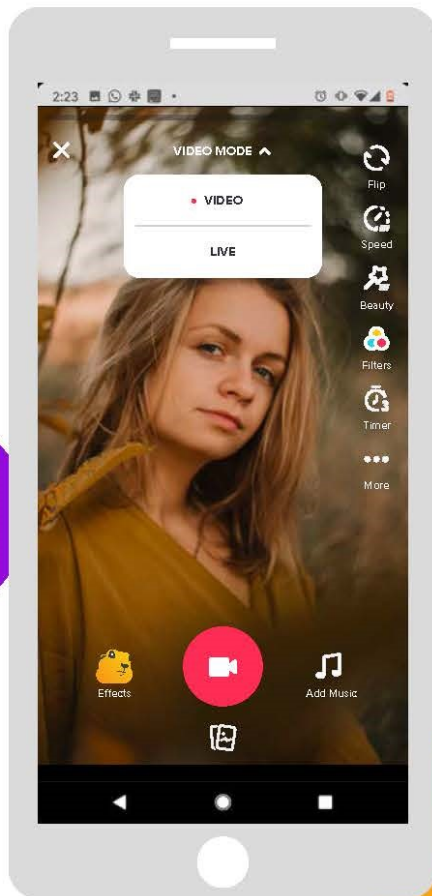
Clear community guidelines

TikTok's Community Guidelines strictly prohibit posting, sharing or promoting the following:

- Harmful or dangerous content
- Graphic or shocking content
- Discrimination or hate speech
- Nudity or sexual activity
- Child safety infringement
- Harassment or cyberbullying
- Impersonation, spam, or other misleading content
- Intellectual property and workplace content
- Other malicious activity

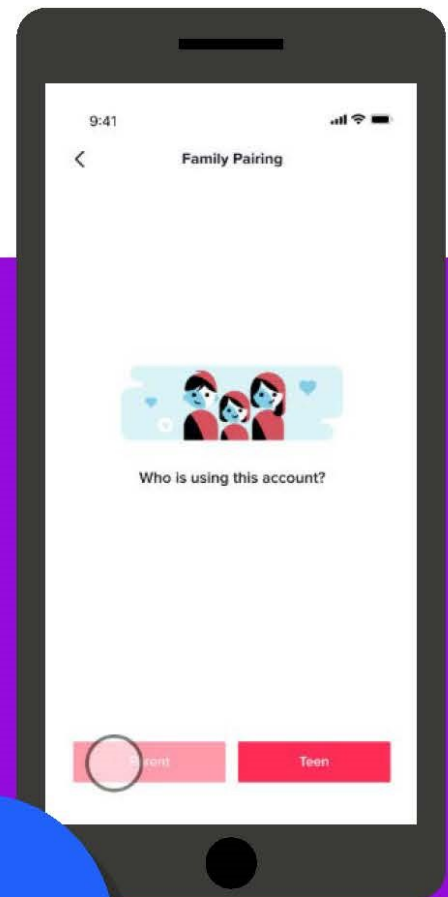


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Live streaming

The minimum age limit to host a live stream **will still remain 16+**, however, TikTok has updated their policy so only users aged 18 and over can purchase and give virtual gifts, and also only those 18 and over can receive gifts from their fans



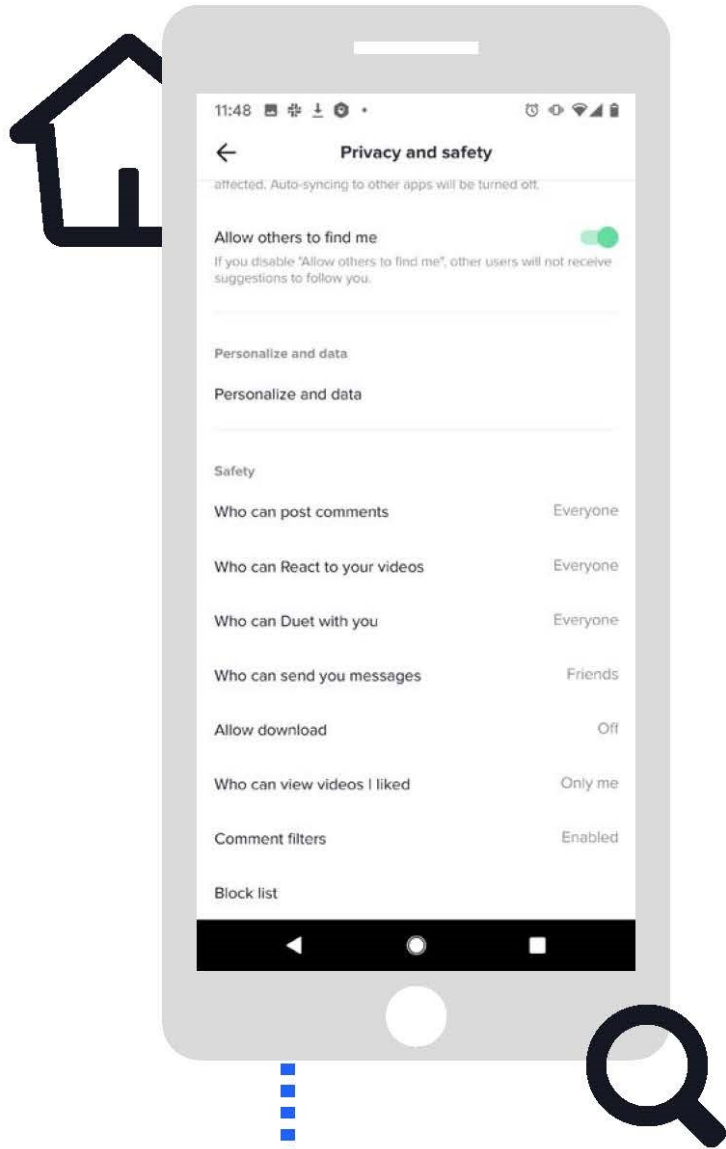
Family Pairing

Family Pairing links a parent's TikTok account to their teen's and once enabled, they will be able to **control Digital Wellbeing features**, including: Screen Time Management, Direct Messages and Restricted Mode.



Making use of privacy settings

You can find the privacy & safety settings within the **“Privacy and Settings”** section on the TikTok app.



Top Tip: Even after uploading each video you can still make changes to its privacy settings. To change who can see your video after uploading it click on the three dots next to the video and go to **“Permission Settings”**.

Allow others to find me

By disabling this function other users can't find you when searching for your TikTok profile.

Private account

You can set your account to private, so only your friends can see your videos.

Who Can Send Me Comments

Choose who can comment under your videos.

Who Can Duet with Me

Decide who can duet with you.

Who Can React to Me

Decide who can react to your videos.

Who Can Send Me Messages

Choose who can send you private messages on TikTok.

Filter Comments

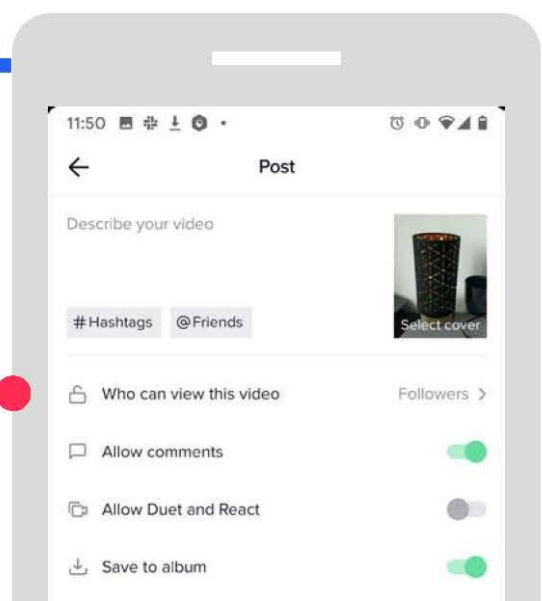
Use the self-defined comment filter to make sure no one can post comments under your videos using words that you find hurtful.

Allow Download

Disable downloads to ensure no one can download your videos.

My Block List

You can block people on TikTok you don't want to interact with. Moreover, before uploading each video, the app lets you decide who you want to share it with.



Reporting issues on TikTok

If you find content that seems inappropriate, such as abuse, spam, or anything else that violates our community policy, you can report it directly in the app.

Report an account:

1. Go to the profile page of the account you want to report
2. Tap the **Menu button**
3. Tap on **“Report”**
4. Follow the instructions on the screen

Report a Video:

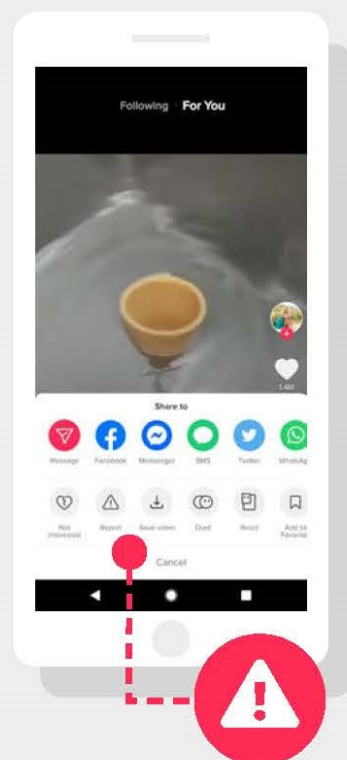
1. On the TikTok screen, tap **Menu**
2. Tap on **“Report”**
3. Follow the instructions on the screen

Report a comment

1. Tap the comment you want to report
2. Tap on **“Report”**
3. Follow the instructions on the screen

Report a chat

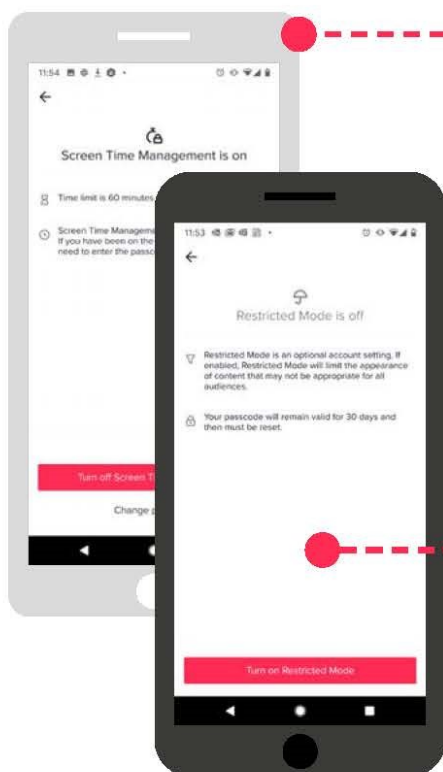
1. Open the conversation you want to report
2. Tap on the **name of the person/ group (iOS)** or on the **Menu button (Android)**
3. Tap on **“Report”**
4. Follow the instructions on the screen



Staying in control of screen time

By enabling the Digital Wellbeing feature, you can control the time spent on TikTok and limit the appearance of content that may not be appropriate for all audiences.

You can find these features in the **“Privacy and Settings”** section within the TikTok app.



Screen Time Management

With this feature users will be able to select if they want to spend 40, 60, 90 or 120 minutes per day on the app. This feature is password protected. If users reach their screen time limit they will need to enter a password to continue to use TikTok.

Restricted Mode

Once enabled, this setting will limit the appearance of content that may not be appropriate for all audiences. The feature is activated via a password.



November 2021

16 – 17 year olds now eligible for second dose of Covid-19 vaccination

The Joint Committee on Vaccination and Immunisation (JCVI) has advised that all healthy 16 to 17 year olds should be offered a second dose of the Pfizer vaccine.

The decision is based on a review of the latest evidence and has been accepted by the Government.

The second vaccine dose is available to these young people 12 weeks or more following the first vaccine dose. For those in this age group who have had the Covid-19 infection, the second vaccine dose can be given 12 weeks or more following the first vaccine dose, or 12 weeks following a positive Covid-19 test result, whichever is later. Those young people deemed 'at risk' will continue to be offered a second dose 8 weeks after their first dose.

16 and 17 year olds can access their second injection like the general public through vaccination centres, community pharmacies and GP- led primary care sites.

The national booking service opens booking for these young people on Monday 22 November.

YEARS 7 - 11

Flu Immunisations will be taking place throughout the day in the conference room on Wednesday 15th & Thursday 16th December.

Please complete the consent form that has been sent home with your child and return to Mrs Sawyer in the medical room by 02/12/21.



**flu
fighter®**

Online safety Training for Parents

November 2021

Dear Parents

Congratulations to those of you that completed the online safety training last month.

Due to popular demand this is being made available again for parents that missed out last month.

Remember that this can be carried out in the comfort of your own home at a time that suits you best! There is no time limit once you commence the training but please allow yourself twenty minutes to complete this comfortably.

Don't forget to enter your name in full at the start as once completed you will be able to download your certificate. The most up to date training link can always be found [here](#) on the school website.

[Click here to start your online safety Training for Parents - November 2021](#)

Regards

Mrs Del Giudice

Network Manager





The Christmas concert will take place on **Thursday 9th December at 7:00pm.**

Parents will be able to book tickets for this event via a link which will be sent out from the school.

Bookings will be staggered so that parent priority is given to parents of Year 13 students performing in the concert, who were able to book from **Monday 22nd November**, followed by parents of Year 7 who are performing, who can book from **Wednesday 24th November**, and finally all year groups from **Friday 26th November**.

Due to social distancing restrictions, audience numbers are capped at 120, and so tickets will be allocated on a first-come first-served basis.

For those unable to attend, the concert will be streamed after the event.

The following extra-curricular groups will be involved in this:

- Jazz band
- Orchestra
- Flute ensemble
- String quintet
- String orchestra
- Senior choir
- Junior choir
- Junior band
- Year 8 brass (classes 8A, B and C who are doing brass project for their curriculum)
- Year 7 will also be singing for the concert



School Christmas Lunch

Wednesday 15th and Thursday 16th December

Christmas Lunch will be served on 2 days this year during the normal lunchtime period.

The days will be split as follows:

Wednesday 15th December—Forms 7 (A-C), 8 (A-C), 9 (A-C), 10,(A-C), 11(A-C) Staff & 6th Form

Thursday 16th December—Forms 7 (D-F), 8 (D-F), 9 (D-F), 10 (D-F), 11(D-F) Staff & 6th Form

The cost of the Christmas meal will be £3.50, and will be served by ticket only. Tickets must be purchased and paid in advance at the tills at Breakfast and Lunch sessions from Monday 29th November till Friday 3rd December.

There will be a meat and vegetarian option consisting of

**Roast Halal/Non Halal Turkey OR Butternut Squash & Mushroom Loaf with a selection of
Roast Potatoes, Baton Carrots, Brussel Sprouts, Pigs in Blankets, Sage and Onion Stuffing and Gravy.
Chocolate cake topped with orange butter cream Or Chocolate mince pie.**

Tickets will be on sale up until Friday 3rd December as numbers need to be known in advance for catering purposes

On the days /times you are not having a Christmas dinner, PLEASE BRING A PACKED LUNCH.

There will be the usual snacks / sandwiches at breakfast and morning break.

Please ensure that you purchase your tickets in advance



Christmas Concert Hamper Appeal

*For our first Christmas concert since lockdown,
we are looking for items to be able to raffle on the day!*

*Please give generously for our school,
all funds raised help the girls: -*



Luxury Toiletries, Candles



**Any Vouchers for a business
owned by a parent**



Luxury Biscuits/Chocolates

**** No Alcohol pls.**

Donations to be dropped to

School Office by 9th December 2021.





Advanced Notice

WCHS will be taking part in the National Christmas Jumper Day to raise money for Save the Children. This is on Friday 10th December.
Plan / save up / create / make / customise your jumper!

WWW.WOODFORD.REDBRIDGE.SCH.UK

**FOLLOW US ON
SOCIAL MEDIA**



@WCHS_UK



@WoodfordCHS_UK



CAKE SALE

MONDAY 13TH DECEMBER

BREAK TIME IN
THE DINING HALL

Cake donations, made by parents/carers/girls,
to be taken to MAIN DINING HALL
before morning registration on
Monday 13th December

* NO NUTS IN ACCORDANCE WITH SCHOOL POLICY *

* FACE MASKS TO BE WORN WHILE PURCHASING CAKES *

Thank you!



50p - £1 PER CAKE

All proceeds will go to Parents and Friends Association

Holiday Activities and Food Programme – December 2021

What is the Holiday Activities and Food Programme?

Also known as HAF, this programme is being provided to enable eligible children to access the following during the school holidays:

- ✓ Daily physical activity
- ✓ Enriching activities ✓ Nutritional education

Children and young people who took part in the summer had a great time and made new friends too.

When is it?

Sessions will take place from 10.00am to 2.00pm, Monday 20 December to Thursday 23 December 2021. Once we've confirmed your place, you'll be able to turn up on all four days, but you don't have to. If you have other plans then you can just join in on one, two or three days instead.

Where is it?

Primary age children will be able to attend one of the following sites:

- Cranbrook Primary School, The Drive, Ilford, Essex, IG1 3PS
- Coppice Primary School, Manford Way, Chigwell, Essex, IG7 4AL
- Fullwood Primary School, Burford Close, Barkingside, Ilford, Essex, IG6 1ER
- Ray Lodge Primary School, Snakes Lane East, Woodford Green, Essex, IG8 7JQ
- South Park Primary School, Water Lane, Seven Kings, Ilford, IG3 9HF
- Uphall Primary School, Uphall Road, Ilford, Essex, IG1 2JD
- Woodlands Primary School, Loxford Lane, Ilford, Essex, IG1 2PY

Secondary age children will be able to attend one of the following sites:

- Caterham High School, Caterham Avenue, Clayhall, Ilford, IG5 0QW
- Oaks Park High School, 45-65 Oaks Lane, Ilford, IG2 7PQ
- If you live in Ilford and are unable to travel to Oaks Park or Caterham, we will also be running a transport service daily, to and from the front of Loxford School, Loxford Lane to the Oaks Park High School HAF.

We are also considering running online activities sessions for children who are unable to attend in person. If you are interested in these sessions, please indicate so on the application form and we will contact you with the relevant login details, if there is sufficient public interest.

Is my child eligible?

Your child will need to meet both of the following:

- ✓ Eligible for, and in receipt of, Free School Meals (not including those accessing universal entitlement for Free School Meals unless they also meet the eligibility criteria for FSM)
- ✓ Age 5-16 years

How do I book?

If you would like your child to take part, please register your interest no later than 5.00pm on Friday 10 December 2021 at <https://forms.office.com/r/tu6QRztcG5> . Places are on a first come first served basis so please book as soon as possible to avoid disappointment.

MUSIC CLUBS

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunchtime	Junior Choir Conference Room 13:50- 14:35	Junior Band IBO (SF1) 13:50-14:40	Jazz Band KHN (SF1) 13:25-14:15 GCSE/A-level support IBO (SF2) 13:25- 14:05	Senior Choir KHA (SF1) 13:25- 14:05 Theory IBO (SF2) 13:30-14:20	Orchestra IBO (SF1) 13:30-14:20
After school	String orchestra IBO (SF1) 15:45-16:30 Brass Ensemble (SF2) 15:45-16:15	Chamber groups IBO (SF1) 15:45-16:30			

These music sessions will be on weekly, girls should bring their own instrument and no registration is required for the sessions.

PE Extra-curricular (Autumn 2)
November 2021



	Monday	Tuesday	Wednesday	Thursday	Friday
Before School			Y7/8 Sports hall athletics <i>JBR - Sports hall</i> 7:50 – 8:20		All Year Groups - Morning Mile <i>JBR – Field</i> 7:50-8:15 Year 11 Badminton <i>VJA – Sports Hall</i> 7:50-8:20
Lunch time (Times vary)	Year 9 Badminton <i>HBA – Sports Hall</i> 13:40-14:20	Running Club with Rachael Lam (Y12) Field 13:30 – 14:00	Year 7/8 Football <i>TLE – Netball courts</i> 13:30-14:00 All Years – Athletics <i>KRI – Sports hall</i> 13:25-14:10 Year 9/10 Football <i>HBA – Netball courts</i> 13:40-14:20	Year 9 Netball <i>HBA - Netball Courts</i> 13:30-14:20 Year 10 Netball <i>KRI – Netball Courts/Sports Hall</i> 13:10-14:00	Y12/13 Netball <i>LMA – Sports Hall</i> 13:10 – 2:00 Boxercise (Invitation Only) <i>HBA – Dance Studio</i> 13:40-14:10 Year 10 GCSE Catch Up <i>KRI</i> 13:30-14:00
After school	Year 7/8 Football <i>JBR - Field</i> 15:45-16:30 Year 9/10/11 Netball <i>VJA/LMA – Sports Hall</i> 15:30-16:30	All years Trampolining <i>JBR/LMA – Sports Hall</i> 15:40 -16:40	Year 7 Netball <i>VJA/LMA – Sports Hall</i> 15:45-16:45	Year 8 Netball <i>JBR – Sports Hall</i> 15:45-16:45	

All years welcome



CROSS COUNTRY CLUB

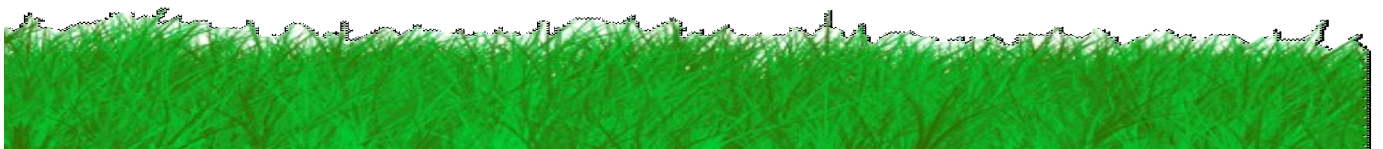
Date: Every Tuesday

Time: 1:40 – 2:00

Location: Go to the Sports building to meet me and get changed. I will register you.

If it is sunny, we go to the field; if it is wet, we stay indoors.

Queries: talk to Rachael Lam (Year 12)



Wanstead Rugby club invites
Woodford County girls
to go and try rugby

Girls & Womens Touch Rugby

Get Involved | Get Social | Have Fun

Sunday's from November
21st 2021 | 1pm - 3pm

All Ages
Welcome

Contact

info@kdwsportscoachinglimited.com

020 8550 1561

Centenary Field, Roding Lane North
Woodford, IG8 8JR



Wanstead RFC



Camps – London Pulse Netball

Dear Pulse Fans, our Xmas Camps will be at our home venue this year!

Take the opportunity to go Xmas shopping at Westfield whilst your child plays with some of our Netball stars in the best Netball Arena in the Country!

londonpulsenetball.com



The poster features a black background with white snowflakes. At the top left is the 'LONDON PULSE' logo, with 'LONDON' in small white letters above 'PULSE' in large white letters, and a pink circle with a white lightning bolt. Below the logo is a cartoon reindeer with a red nose and a pink banner that says 'CAMPS'. The main text reads 'DECEMBER NETBALL CAMPS AT THE COPPER BOX ARENA' in white, followed by 'HOSTED BY' and 'Pulse Players' in a large, pink, cursive font. On the right side, four circular portraits of female netball players are arranged vertically, connected by thin pink lines. At the bottom, a white wavy line represents snow, with the text 'BOOK NOW!' in pink and '20TH, 21ST & 23RD DECEMBER' in black.

LONDON PULSE

CAMPS

DECEMBER NETBALL CAMPS AT THE COPPER BOX ARENA

HOSTED BY

Pulse Players

BOOK NOW!
20TH, 21ST & 23RD DECEMBER

**SILVER CAPS
ACCREDITED CLUB**

**AP SAINTS**
Netball Club



**AGES 10-14
WEEKLY TRAINING SESSIONS**

AP SAINTS NC

**LOCATION: LAMMAS SCHOOL AND SIXTH FORM, 150
SEYMOUR ROAD, LONDON E10 7LX**

**DATE: EVERY WEDNESDAY STARTING 3RD NOVEMBER 2021
Time: 5:30-7:30PM**

**JOIN US FROM 3RD NOVEMBER FOR FRIENDLY BUT INTENSE
TRAINING SESSIONS TO IMPROVE BALL SKILLS, FITNESS AND
TECHNICAL & TACTICAL SKILLS**

**COMPETING IN A COMPETITIVE DIVISION IN THE ESSEX MET
NETBALL LEAGUE WITH FORTNIGHTLY MATCHES**

TO JOIN EMAIL SHANA.APSAINTS@GMAIL.COM



With over 14 million daily users, Discord is one of the most popular communication tools for gamers. It allows you to create or join what are known as 'servers', where different users can talk in groups via text message or voice call. There is also the option to send direct messages and make video calls.



What parents need to know about **DISCORD**



INAPPROPRIATE CONTENT

Discord has a large community of users, many of whom are young. This means there is a risk of inappropriate content being shared. Parents should monitor their child's activity and ensure they are not exposed to anything inappropriate.



SEXUAL IMAGERY

Discord has a large community of users, many of whom are young. This means there is a risk of sexual imagery being shared. Parents should monitor their child's activity and ensure they are not exposed to anything inappropriate.



RISK OF CYBERBULLYING

Discord has a large community of users, many of whom are young. This means there is a risk of cyberbullying. Parents should monitor their child's activity and ensure they are not exposed to anything inappropriate.



HIDDEN CHARGES

Discord has a large community of users, many of whom are young. This means there is a risk of hidden charges. Parents should monitor their child's activity and ensure they are not exposed to anything inappropriate.



RISK OF CYBERCRIME

Discord has a large community of users, many of whom are young. This means there is a risk of cybercrime. Parents should monitor their child's activity and ensure they are not exposed to anything inappropriate.



STRANGER DANGER

Discord has a large community of users, many of whom are young. This means there is a risk of stranger danger. Parents should monitor their child's activity and ensure they are not exposed to anything inappropriate.



Top Tips to Protect Your Child



1 BEWARE OF WHAT'S SHARED

With over 14 million daily users, Discord is one of the most popular communication tools for gamers. It allows you to create or join what are known as 'servers', where different users can talk in groups via text message or voice call. There is also the option to send direct messages and make video calls.



2 IMPROVE SECURITY SETTINGS

To help protect your child, make sure they are using a secure password. You should also consider using two-factor authentication for extra security. This means you will need to provide a second code when logging in, which can be sent to your phone or email.



3 CHECK THEIR FRIEND LIST

Discord has a large community of users, many of whom are young. This means there is a risk of cyberbullying. Parents should monitor their child's activity and ensure they are not exposed to anything inappropriate.



4 REPORT & BLOCK SUSPICIOUS USERS

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5 BEWARE OF NSFW CONTENT

Discord has a large community of users, many of whom are young. This means there is a risk of cyberbullying. Parents should monitor their child's activity and ensure they are not exposed to anything inappropriate.



6 SHOW RESPECT TO OTHERS

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7 TURN ON SAFE MESSAGING

You should encourage your child to enable the Safe Messaging option. This will help protect them from receiving inappropriate messages from people they don't know.



Meet our expert

Dr. Sarah Houghton is a leading expert in child online safety. She has worked with the police, the NHS, and various government departments to help protect children from online risks. She is also a frequent speaker at conferences and events on this topic.

**"When I grow up,
I want to be a superhero!"**



Foster for Redbridge

0208 708 6068

fostering@redbridge.gov.uk

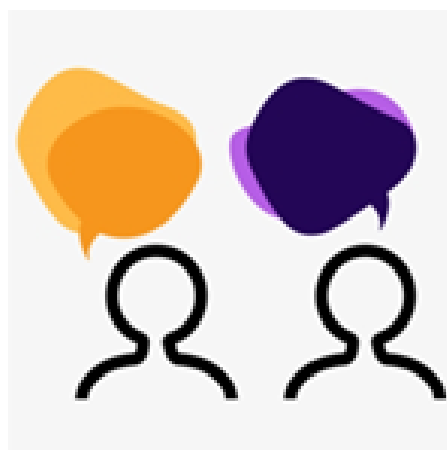


Educational Psychology Parent Helpline

Would you like to talk to someone about difficulties that you or your child are experiencing during the COVID-19 pandemic? Do you need some support with creating a daily routine for your child? Are you concerned about your child's emotional wellbeing? Are you struggling to motivate your children at home or manage sibling relationships? The Educational Psychology Service are here to support you.

The Redbridge Educational Psychology Service have a **dedicated telephone helpline for parents/carers** where you will receive advice and guidance from a professional psychologist.

The EPS helpline is available for all parents and carers - your child does not need to be known to the EPS, does not need to have a special educational need or additional support within school. We welcome calls from all parents and carers.



EPS Helpline

Telephone: 077 41 3 31 009

Opening hours:

Every Wednesday 10am - 4pm

Webpage: <https://www.redbridge.gov.uk/schools/educational-psychology-service/>



FIND: [Educational Psychology Service](#)

@Redbridge_aep Twitter account.

INVESTIN

AMBITION BEYOND EDUCATION

YOUR INVITATION TO SUCCESS BEYOND SCHOOL

You are cordially invited to the latest in our
Success Beyond School events series.

Free-of-charge, live online parent events designed to give
you the essential tools needed to support your child
on their career journey



**FREE TO
ATTEND**

REGISTER NOW

See reverse for more details

LEARNING TO LEAD

Join us to help supercharge your child's
leadership skills today

WEDNESDAY 24TH NOVEMBER | 7.00PM-8.00PM (GMT)

BUILDING A FUTURE IN FINANCE

Learn from leading experts on how your child can
break into the finance industry

WEDNESDAY 1ST DECEMBER | 7.00PM-8.00PM (GMT)

LEVEL UP WITH LAW

Discover expert tips on how to support your child in
their law career journey

WEDNESDAY 8TH DECEMBER | 7.00PM-8.00PM (GMT)

SCAN TO REGISTER



www.investin.org

Lost property wooden trunk in Reception

We have a large number of unclaimed outdoor coats and school uniform sitting in the large lost property box in reception.

Please remind your daughter to check the box if she has misplaced something.

Thank you for co-operation.



Dates for the Diary

AUTUMN 2021		
Term	Friday 3 September	Friday 22 October
Half-term	Monday 25 October	Friday 29 October
Term	Monday 1 November	Friday 17 December
Non Contact Day	Friday 8 October	
SPRING 2022		
Term	Tuesday 4 January 2022	Friday 11 February 2022
Half-term	Monday 14 February 2022	Friday 18 February 2022
Term	Monday 21 February 2022	Friday 1 April 2022
Non Contact Day	Tuesday 8 March 2022	
SUMMER 2022		
Term	Tuesday 19 April 2022	Friday 27 May 2022
Half-term	Monday 30 May 2022	Friday 3 June 2022
Term	Monday 6 June 2022	Friday 22 July 2022
Non Contact Day	Wednesday 29 June 2022	



KEY DATES TO REMEMBER

Tuesday 30th November—Year 11 Parents Evening
 Monday 6th December—Year 13 Parents Evening
 6th to 10th December—House Charity Week (Warner)
 Thursday 9th December—last day for donations for the
 Christmas Concert hamper
 Thursday 9th December—Christmas Concert
 Friday 10th December—Christmas Jumper Day
 Monday 13th December—Cake Sale
 15th/16th December—Years 7 –11 Flu Vaccines