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## Notes from our Headteacher

The first half of the summer term has been very busy for all of us, but particularly for the year ten and eleven pupils who have been busy sitting their exams. Exams can be stressful at any time but following a pandemic it can be particularly challenging as pupils adjust to being back in school and accessing live versus virtual learning. I am incredibly proud of both the staff and pupils who have demonstrated great resilience in the completion of these exams, well done to everyone involved.

I would also like to thank all the staff for their continued efforts to ensure that pupils have access to the wider curriculum outside of Quorn Hall School. There have been many educational visits this term including outdoor pursuits, park trips and running club. I have thoroughly enjoyed taking part in our sports leaders award and I am an avid member of the running club, led by one of our year ten pupils which will work towards her qualification. We look forward to developing more of these educational visits as museums and other cultural centres reopen in the roadmap out of lockdown.

It is with great sadness that we say goodbye to one of our therapists Emma as she has secured a promotion starting after half term. She is a valued member of the staff team and many pupils and staff alike will miss her, although we of

course wish her all the best in her new role. It is with great happiness that I welcome a new member of the staff team – Basil Bones. He has already worked wonders with some of the pupils including helping them access learning, undertake reading assessments and manage their emotions if they are a bit unsettled. Thank you to all of you who have bought him some lovely presents – he is very appreciative, or so his wagging tail suggests!

I hope you all have a lovely break over the bank holiday and half term,



**Antonia Jackson**

Headteacher

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Please Note:

You may need to click *View Entire Message* at the end of the email to enjoy this newsletter in full! You may also need to click to display images to appreciate the images in this newsletter.

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**Friday 28th May**

School closes for half-term

**Monday 7th June**

Back to school

**Thursday 8th July**

School closes for Summer Recess

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**If Basil Could Talk...**

Wow, what an amazingly friendly school, I've made so many new friends, all of which have given me lots of love and cuddles. Oh and presents too! Thank you for my toys!



I've been on my best behaviour, most of my toilet activity has been outside and I'm wagging my tail on demand.



Thank you to all the girls and boys at Quorn Hall School for making me feel so welcome.

Wags & Woofs,

## Basil Bones



## What will I do next?

Watch this space for more Basil Bones Pupdates! For now? I sleeps...

**ZZZZZZZZZZZZZZZZZZZ**





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## Mandela Updates

The Mandela class have been exploring Spring. Students have shown great creativity and included key vocabulary when creating Springtime acrostic poems and painting pictures of different things we find during spring. Well done Mandela!



## **Trips, Trips & more Trips!**

### **Lower School Visit to Leicester Outdoor Pursuit Centre**



As part of our enriching extra curricular curriculum, once a fortnight the Lower School cohort are facing their fears and working together to overcome being challenged in new ways, taking learning outside of the classroom at the Leicester Outdoor Pursuit Centre.

Pupils are transported out of their comfort zones and faced with high walls and team building exercises. They are ambassadors for QHS as they all excelled on their first trip, and we all cannot wait for our next visit! Bring on the challenge!





We also explored Beacon Hill to bring ancient history to life, we learnt that there were people who settled in this area dating back to the Bronze Age.



We explored the Labyrinth and told spooky stories using our environment for inspiration. We will return as there is much more to be discovered!



We have started a weekly trip to Quorn Park, where students get to have fun

and play together in a different environment.



Mandela class explored Bradgate Park – climbing rocks, feeding ducks and paddling in the stream looking for fish in their natural habitats.

Students will be comparing the differences between our now weekly local Quorn Park trip and Bradgate Park, which is a National Park.



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## Art Work

We wanted to share with you this beautiful artwork that was created by one of our year 10 pupils, Courtney.

Courtney has created the artwork to brighten up Mrs Perkins' office and bring a bit of the nature she loves indoors.

Mrs Perkins is so happy with her new artwork and said: "*Courtney knows that I love the colours in a phoenix rising from the ashes and that they remind me of my aspirations for the pupils at Quorn Hall School.*"





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## Exams

Over the past several weeks pupils in Year 11 have been taking their Functional Skills Maths and English exams and pupils in Year 10 are about to begin theirs.

This can be a time of pressure for our pupils, especially those who are preparing to leave us for their next steps. Staff, students and those at home have to go above and beyond at this time to ensure the exams run smoothly and to provide the support and guidance our pupils need and it truly is a team effort that makes such a difference to our pupils.

So a big thank you to everyone involved and well done to those who have been sitting their exams.

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## Seacole Trips to the Park

On alternate Fridays Seacole class have been walking down to Quorn Park to enjoy using the basketball court and the beautiful surroundings of the village.

All of the pupils have been perfectly behaved and played exciting games with Kieran our TA. Anna and Jack have enjoyed sitting on the playground equipment and chatting with us less energetic staff!

Each time we have been fortunate enough to walk to the cafe/shops and have a drink, cake or slushy which has made the mornings really enjoyable.

Keanu loved looking at the stream with Ella as nature is his passion.

Overall this activity (which is in place of Forest School whilst restrictions are still lifting) has been wonderful and we have all got on and enjoyed our time together. Luckily the weather has been mainly kind too!



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## Quorn Hall Running Club

At Quorn Hall, 'Running Club' happens every Wednesday afternoon. Each week, up to twenty students and five members of staff set off for a run.

Running Club started in school when Charlotte, a Year 10 student, began running around the field with Martin, our Premises Officer.

Charlotte started the club as part of her Sports Leaders Award but it has taught her more than just leadership skills. With the support of Martin and Antonia, Charlotte says that members have learnt how to run properly.

Charlotte also says that Martin taught her about wearing proper shoes for running and this means her feet have stayed nice and comfortable. With sensible shoes and students for company, Running Club has gone from strength to strength.

Students have now started running to Quorn Football Club where they can run around the pitch accompanied by motivational music.

Charlotte, who helped to found the club says "*Running Club is great because it*

*helps you to make friends”.*

When asked if she could sum up Running Club in one word, Charlotte said “*fun*”.

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## **Fantastic Food Tech**

Here at Quorn Hall School we have a fantastic Food Technology room. Cooking for our pupils is much more than simply learning the skills of cooking, it’s about learning skills such as budget planning, healthy eating, being resourceful, reading instructions, coping with busy environments, multi tasking, social skills of sharing and working together, and resilience when recipes don’t go to plan!

Galileo group in Year 10 have been working through a Scheme of Work around domestic cooking skills and have made some bowls of ramen, pizzas, jambalaya, pancakes, brownies and a lovely fruit mocktail. They will be cooking some more mouth watering dishes after the half term.

Courtney's ramen:



Dylan's fruit mocktail:



Dylan's jambalaya:



Immanuel's pizza:



Ziad's ramen:



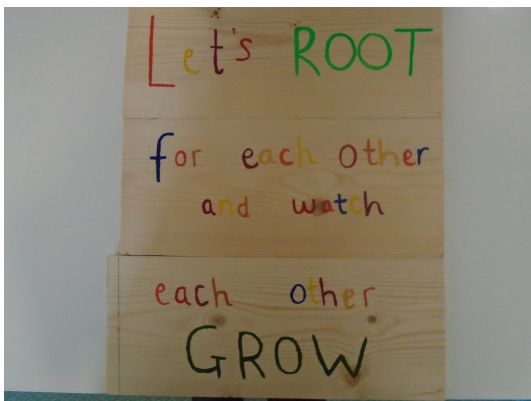
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## Earhart Class

The Earhart class have planted a variety of flowers to attract wildlife to support Mental Health Awareness Week.

Pupils prepared the planter, sowed the seeds, decorated the planter with stones that had been painted by other classes and contributed towards a sign to go above the area.

Pupils in our class also chose some seeds to plant in mini pots to take home!









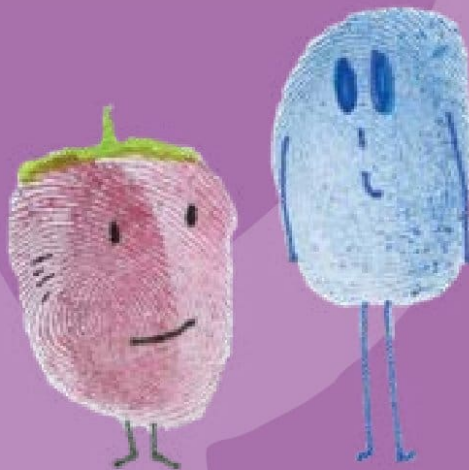




**Anna Freud**  
National Centre for  
Children and Families



# You're never too young to talk mental health



**Tips for talking for  
parents and carers**

An introduction from our Patron,  
HRH The Duchess of Cambridge

“ As parents, we all want our children to have the best possible start in life. Encouraging children to understand and be open about their feelings can give them the skills to cope with the ups and downs that life will throw at them as they grow up.

It's important that our children understand that emotions are normal, and that they have the confidence to ask for help if they are struggling.

This is why I am proud to support the *You're never too young to talk mental health* campaign by the Anna Freud National Centre for Children and Families, which is being rolled out across primary schools this autumn.

The campaign's resources are excellent tools to support parents. They demonstrate how we can help children express their feelings, respond appropriately, and prevent small problems from snowballing into bigger ones.

”



### What is mental health?

- ★ **We all have mental health.** Mental health is about our feelings, our thinking, our emotions and our moods. Looking after our mental health is important.
- ★ **We all have small feelings every day:** These sometimes feel strong and overwhelming, whether happy or sad, but they go away before too long.
- ★ **Sometimes we experience big feelings:** These feel strong and overwhelming for a long time. They stop us doing what we want to in our lives.



1 **Make conversations about mental health a normal part of life:** Anywhere is a good place to talk; in the car, walking the dog or cooking together. Model everyday talk about feelings such as by talking about a TV character's feelings.



2 **Give your full attention:** We all know it's horrible to be half listened to. Keep eye contact, focus on the child and ignore distractions.

3 **Check your body language:** Try to keep it open and relaxed and make sure you come down to the child's level.

4 **Take it seriously:** Don't downplay what the child is saying or tell them they're "just being silly". Resist the urge to reassure them that everything is fine.

5 **Ask open questions:** Such as "How did your day go today?" This will help to extend the conversation.



6 **Calmly stay with the feelings that arise:** It can be our automatic reaction to steer away from difficult emotions.

7 **Offer empathy rather than solutions:** Show that you accept what they are telling you but don't try to solve the problem.

8 **Remember we are all different:** Respect and value the child's feelings, even though they may be different to yours.

9 **Look for clues about feelings:** Listen to the child's words, tone of voice and body language.

10 **Some ways to start a conversation about feelings might be:**  
"How are you feeling at the moment?"  
"You don't seem your usual self. Do you want to talk about it?"  
"Do you fancy a chat?"  
"I'm happy to listen if you need a chat."





## Talking Mental Health Animation

TALKING  
MENTAL  
HEALTH

Talking Mental Health is an animation designed to help begin conversations about mental health in the classroom and beyond.

The animation and accompanying resources have been created by a team of animators, children, teachers and clinicians, and is being taught to year 5 and 6 children around the UK.

The animation and resources are freely downloadable from [www.annafreud.org](http://www.annafreud.org)



## Finding support

**ChildLine:** For 18s and under  
0800 1111

**YoungMinds Parent Helpline:**  
0808 802 5544

**NSPCC:**  
0808 800 5000

**Youth Wellbeing Directory:**  
[youthwellbeing.org](http://youthwellbeing.org)

## About the Anna Freud National Centre for Children and Families

**The Anna Freud National Centre for Children and Families** has developed and delivered pioneering mental health care for over 60 years.

**Our aim is to transform current mental health provision in the UK** by improving the quality, accessibility and effectiveness of treatment.

**We believe** that every child and their family should be at the heart of the care they receive, working in partnership with professionals.



**Our Patron:** Her Royal Highness  
The Duchess of Cambridge  
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## A message from the RNLI

It is anticipated that as the roadmap to recovery continues, the warmer weather and the longer daylight hours are enjoyed, people will head to the coast and open water environments to relax and spend time with friends and family. In a normal year, around 150 people lose their lives at the coast and we know that more than half of those never intended to be in the water.

The RNLI helps thousands of people who end up getting into difficulty in, on or around the water when doing all types of activities. In 2020, RNLI lifeguards saved 110 lives, aided 25,172 people and responded to 10,687 incidents, however, lifeguards can't be everywhere which is why we are asking you to help us share some important messages to children, their families and those who support their activities.

To help everyone who supports, educates & promotes safe behaviour to children - whatever their age - about water safety, we've created some amazing activities and videos that you can use for free, in whichever way suits your lessons best.

You'll find workshops & videos suitable for 3-7 years old, 7-11 years old, 11-14 years old and 14 - 18 year olds, which cover everything from swimming in open water and tombstoning to scenario and decision-making activities.

Resources for 3 - 7 year olds - [Click Here](#)

Resources for 7 - 11 year olds - [Click Here](#)

Resources for 11 - 14 year olds - [Click Here](#)

Resources for 14 - 18 year olds - [Click Here](#)

Whether you're a parent or schoolteacher, we've got lots of resources to help you entertain and educate during these uncertain times:

- \* Download and use our [Summer 2021 Water Safety Education resource pack](#)
- \* [Play our Water Safety](#) with Liam featured video - perfect for an assembly.

What else could you do?

Every little thing could help make a difference to end preventable drowning:

- \* Share our latest [Beach Safety Campaign](#) resources through your newsletters & social media outlets
  - \* Encourage someone in your community to become an [RNLI Local Ambassador](#)
  - \* Utilise our [Multi Lingual Coastal Safety Posters](#)
-



19/26



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# What Parents & Carers Need to Know about REC ROOM

Age Rating **9+**

Rec Room is a social hangout game, where users meet up with friends to explore and create rooms, each containing a different experience. One room might be a game of laser tag or dodgeball, while another could be a parkour course or virtual boxing. Available on iOS devices, PlayStation, Xbox, Oculus and PC/Mac, Rec Room is KIDSAFE COPPA Certified and carries an age rating of 9+. Nonetheless, parents and carers should remain mindful that gaming online with strangers always carries a potential risk.



## Intimidating Interactions

Rec Room is a huge online environment, with more than 10 million users worldwide. Before heading into the individual rooms, players usually mingle in the Rec Centre. Users can move their avatar around this social space and audio chat using their microphone. While most people just want to have fun and make friends, some may say or do things that others find uncomfortable, threatening or harmful.

## Questionable Connections

Adding someone as a friend is a good way to connect with a person you had fun with online. However, not everybody is who they seem, and some might have more sinister ideas once a friendship has been established. When two players (who don't have junior accounts) accept each other as friends in Rec Room, they're able to chat privately, track each other in-game, and plan to go into rooms together on their own.

## Online Bullying

As cliques can form naturally during a gaming session, situations could easily arise where some children feel left out or even bullied. Gamers can victimise other players for no reason at all, and many hide behind an online persona which offers a sense of immunity from their actions. Even when players are banned, those determined enough can simply make another account and re-enter the game.

## Violent or Scary Themes

Rec Room contains mild violent or scary themes, including weapons like swords and paintball guns. It is quite some compared with many other games but might still leave an impression on younger children. This applies even more when playing in virtual reality. VR significantly enhances an experience – whether exciting or frightening – and can have a lasting impact on young ones who may be upset by adult themes.

## Sexual Content

Some rooms have adult themes and absolutely should not be entered by children. The game's code of conduct stipulates that players must be warned about anything of this nature before entering a room, but users who don't have a Junior account could still potentially gain access. The major worry is that a young person could be lured into these rooms before realising what goes on inside.

## Advice for Parents & Carers

### Junior Accounts

Junior users can't send or receive audio and private messages, or create their own room. Anybody under 13 is required to have a Junior account, and those accounts are linked to (and moderated by) a parent or guardian account. To create one, start a new game of Rec Room, go to 'Create an Account' and follow the instructions. Be sure to explain the restrictions to your children before letting them play.

### Block and Report

To help moderate problem users, select the player (click the right thumbstick on PS4, press 'F' on PC, point in VR etc). The 'Report' and 'Moderate' screen presents options including block, unblock, vote, kick and report. Players you block will not be allowed in the same room as you. The Rec Room website's code of conduct can help you decide whether a player has violated the terms and should be reported.

### Tailor the Experience

In the settings (within the 'Watch Menu'), you can tweak individual parts of the Rec Room experience. Everything from muting other players' audio, muting your mic and tweaking voice pitch, through to selecting how close other players can get to you can be found here. This is ideal for people who prefer to avoid social interactions or simply want to enjoy the game without worrying about other players.

### Disable Payment Methods

Rec Room is free to download and play, but there are in-game purchases – items like cosmetics and costumes – that users pay for with real money. If you have a card attached to any platform accounts (like a PlayStation or Steam account), be aware that children might be able to incur costs on these without realising it. It's safest to unlink any payment methods before you download the game.

### Get Involved

As it's such a popular game, there are lots of content creators on YouTube and Twitch whose output focuses on Rec Room. Most of this content is tailored to a younger audience. Talking to your child about their favourite creators – and watching their videos together – is a good way of opening a dialogue about your child's experiences in Rec Room and understanding which aspects of the game they enjoy.

### Meet Our Expert

Mark Foster has worked in the gaming industry for several years as a writer, editor and presenter. He is the gaming editor of two of the biggest gaming news sites in the world, UNILAD Gaming and GAMMAGAZINE. Starting gaming from a young age with his siblings, he has a passion for understanding how games and tech work, but more importantly, how to make them safe and fun.





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#WakeUpWednesday

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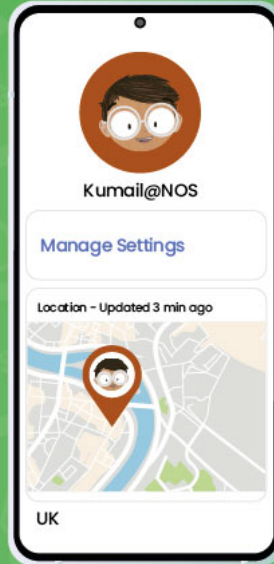
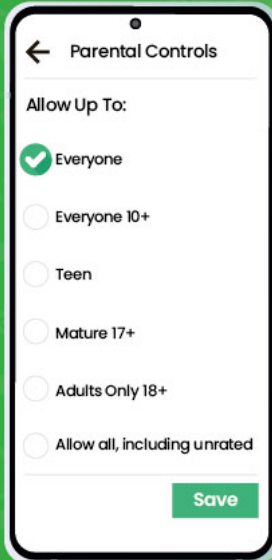
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# How to Set up PARENTAL CONTROLS to limit age-inappropriate CONTENT Android Phone



The settings on an Android device allow you to prescribe certain rules for when your child is using it. For example, you can block specific types of content to reduce the risk of your child being exposed to age-inappropriate material (music with explicit lyrics, for instance, and games, TV shows or movies that are unsuitable for young people). There are two ways to access parental controls on an Android phone: through Google Play or via the Google Family Link app. You can also lock your changes behind a PIN, so your child (or anyone else) can't change them back.



## Set up parental controls with Google Family Link

- 1 On your phone, install Google Family Link for Parents
- 2 Tap Open and review the information
- 3 Tap Get Started
- 4 Tap Next to set up your child's device
- 5 On your child's phone, download Google Family Link for Children & Teens and enter the Family Link setup code provided
- 6 On your phone, open the Family Link app
- 7 Tap your child's name
- 8 Tap Manage Settings
- 9 Tap Controls on Google Play
- 10 Tap the content you would like to restrict
- 11 Choose how to filter or restrict access

## Set up parental controls with Google Play

- 1 Open the Play Store app
- 2 Tap Menu (represented by three horizontal lines)
- 3 Tap Settings
- 4 Tap Parental Controls
- 4 Enable Parental Controls
- 4 Create Pin
- 4 Tap the content you would like to restrict
- 4 Choose how to filter or restrict access



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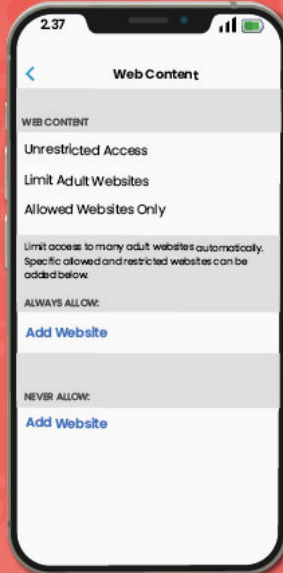
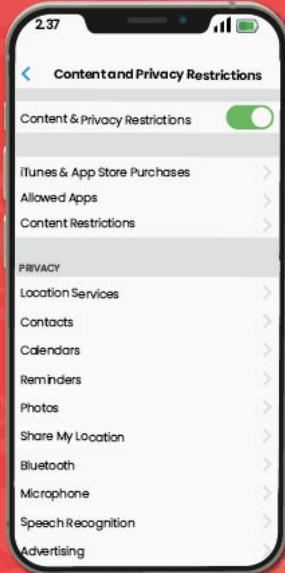
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# How to Set up PARENTAL CONTROLS to limit age-inappropriate CONTENT iPhone



The parental controls on iPhones allow you to block or restrict certain apps, features, content, downloads, or purchases. Setting limitations on content ratings, Siri and web searches enables you to filter out age-inappropriate content and vastly reduce the likelihood of your children being exposed to unsuitable material and information.



## 18+ Set up content rating restrictions

Content filters keep your child from viewing unsuitable material. They block apps, films and TV shows with specific age ratings, and music and podcasts with explicit content.

- 1 Open Settings
- 2 Tap Screen Time
- 3 Enable Content & Privacy Restrictions
- 4 Tap Content Restrictions
- 5 Choose the Settings for each feature you wish to restrict



## Set up web restrictions

Website content filters restrict age-inappropriate content on Safari. You can also blacklist certain websites or allow access only to approved sites.

- 1 Open Settings
- 2 Tap Screen Time
- 3 Tap Content & Privacy Restrictions
- 4 Tap Content Restrictions
- 4 Tap Web Content
- 5 Choose between Unrestricted Access, Limit Adult Websites and Allowed Websites Only
- 7 Choose which websites you wish to allow/block

## Set up Siri web search restrictions

You can screen out explicit language to avoid Siri displaying inappropriate results. You could also disable Siri entirely, so your child can't use it to search the web.

- 1 Open Settings
- 2 Tap Screen Time
- 3 Tap Content & Privacy Restrictions
- 4 Tap Content Restrictions
- 5 Scroll Down to Siri
- 6 Choose to block either or both Web Search Content and Explicit Language

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## What Parents & Carers Need to Know about ROBLOX

With more than 150 million users worldwide, Roblox is one of the most popular video games of recent times. Roblox allows users to create their own gaming experiences using Roblox Studio: building levels and games then allowing other people to play them. Similarly, players can play each other's creations, either on their own or with other people online. While it's a tool that can help foster creative thinking, Roblox is also intermittently in the news amid concerns over young users' safety.

**PEGI 7+**

**No Age Rating**

Roblox is rated 7+ by PEGI, but the platform itself doesn't have a minimum age requirement. It does ask for a date of birth when registering, but this can be easily fabricated. The sheer quantity of games available on Roblox means that some will fall into teen/adult categories. Users can also interact with each other freely – and the game has, historically, attracted scammers, griefters and online predators.

**In-App Purchases**

Roblox is the in-game currency used to buy things like special avatars or emotes, and to play certain sections of the game. A subscription service (costing £4.99 per month) called Roblox Premium offers more privileges and more in-game currency. Roblox can also be purchased in batches, for up to £4.99. Children can easily pay for these, or purchase a membership, without realising it.

**Chat Functionality**

Users can join group chats with almost anyone through the Chat & Party function. While the chat has some filters, predators will try to find ways around these to prey on young children. There have been recent reports of adults pretending to be children, attempting to groom younger players and encouraging them to chat privately in an unmoderated environment away from the game.

**ODers**

An 'ODer' (online dater) joins Roblox to find someone to 'date' online. While there's nothing inherently wrong with finding love on the internet, it becomes an issue in a space that's populated by children and young teens, like Roblox. Online dating is against Roblox's community guidelines, but certain player-built games on the platform are specifically for 'ODers' and should be avoided by children.

**Online Predators**

Roblox's developers aim to maintain a safe place for children; they employ human moderators for their players' protection. But there will, sadly, always be individuals who try to bypass these safeguards so they can chat to children and attempt to communicate outside the game. Anyone asking for your child's personal information or to talk privately should be blocked and reported.

## Advice for Parents & Carers

**Take Note of Ratings**

Recent press reports drew attention to Roblox's issues with potentially offensive content. Some players were using Roblox Studio to create games featuring nudity, sexual activity and extreme political views. In response, Roblox is introducing a ratings system which will rank content by age appropriateness, with clear warnings if a game is not suitable for younger players.

**Set Parental Controls**

Roblox has controls that allow parents to moderate who their children can talk to and which games they can play. To enable these, add your email address to your child's account through the Security menu, and create a secure PIN to stop settings being tampered with. Then head into the Privacy menu where you can apply moderation to in-game chat, personal messages, invites and more.

**Disable Messages**

It's advisable to block all messaging if you have concerns over your child's safety. If they're playing with friends they know in real life, encourage them to chat in another way (like on the phone), so you know exactly who they're talking to and how. Accounts can be tweaked to allow messages from specific groups of people, such as friends or users that your child follows.

**Block and Report**

To report players in a game, find the Roblox symbol on screen (or the 'Settings' button on some devices). Identify the offending player and click the flag icon. Clarify why the player is being reported by choosing a reason from the list. If you think a particular game is inappropriate, you can also flag it for a moderator to check by following the same steps but selecting 'Game' instead of 'Player'.

**Encourage Creativity**

It could prove a little too complex for younger children, but Roblox Studio is a great place to start learning the fundamentals of game design. Many budding developers have created Roblox games which have become popular among the community. There are plenty of tutorials on making games on sites like YouTube. You never know, your child's creation might be the next big thing!

**Meet Our Expert**

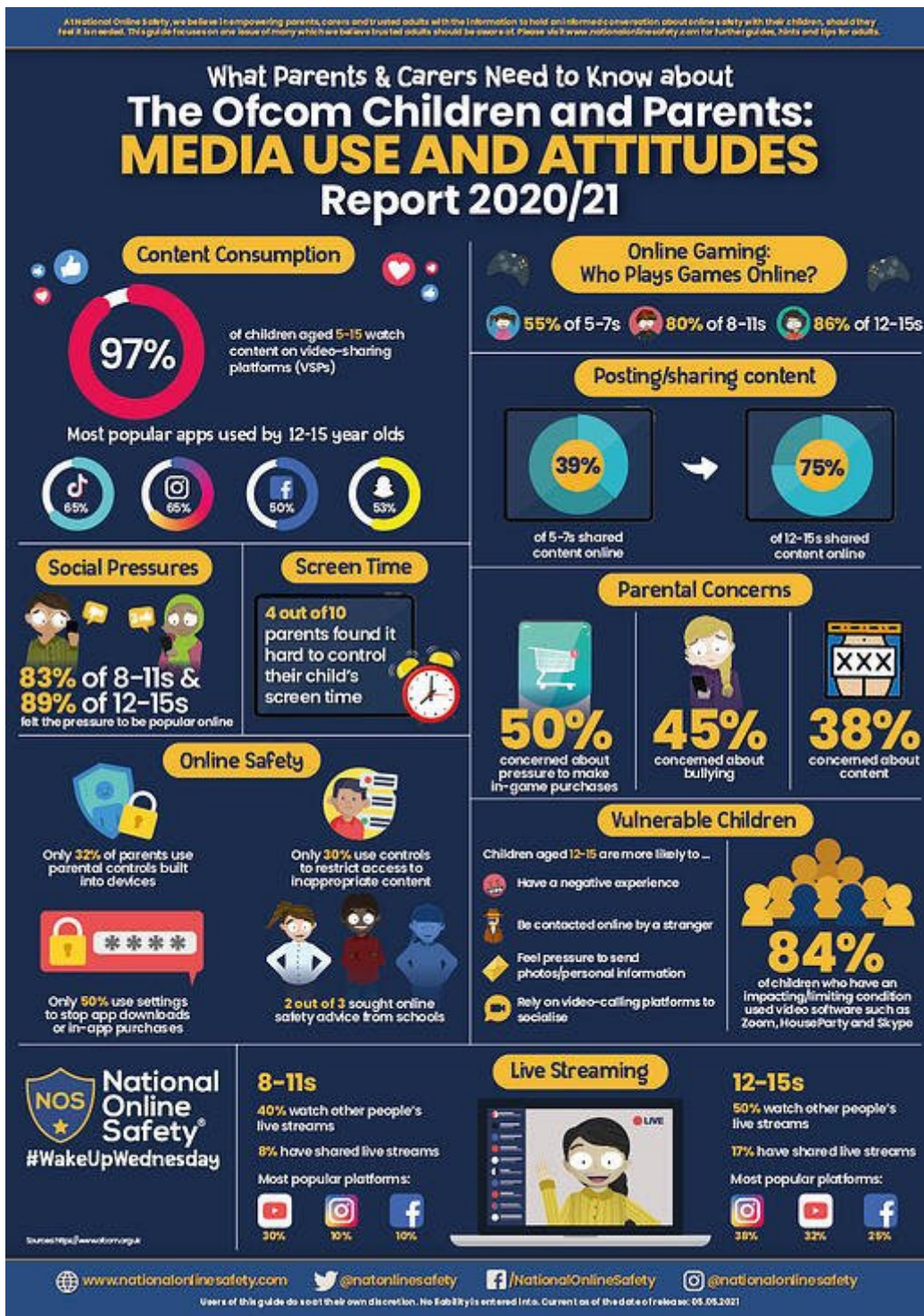
Mark Foster has worked in the gaming industry for several years as a writer, editor and presenter. He is the gaming editor of two of the biggest gaming news sites in the world, [4matgaming.com](http://www.4matgaming.com) and [gamingsite.com](http://www.gamingsite.com). Starting gaming from a young age with his siblings, he has a passion for understanding how games and tech work, but more importantly, how to make them safe and fun.

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# 12 Top Tips TO SUPPORT MENTAL WELLBEING THROUGH NATURE

## Online and Offline

Nature is a superb choice as the theme of this year's Mental Health Awareness Week, as there's clear evidence that getting access to nature is excellent for our mental health. With Covid-19 restrictions beginning to ease, it's the perfect time of year to rediscover the natural world and give ourselves a calming, uplifting treat. You don't have to drag the family on a four-hour hike, either – just 10 minutes each day in the garden, in the local park or your nearest green space could really help. Here are 12 suggestions for ways you can benefit from nature – both online and off.

### ONLINE

- 1 Give something back to nature**

A swift internet search should bring up details of any local conservation projects you could volunteer for, or litter-picking events that you could enrol the family in. It doesn't have to be a long-term commitment: most schemes are grateful for every bit of help.
- 2 Tranquil streams**

Search your preferred music player for some soothing natural sounds. A few minutes' gentle audio of rainfall, ocean waves or birdsong are all great ways of unwinding at the end of the day to get you ready for an excellent night's sleep.
- 3 Give geocaching a go**

If you've not heard of it, geocaching is a modern twist on the traditional treasure hunt. Participants look for items hidden in outdoor locations using a GPS-enabled device like a mobile phone or tablet. We'd recommend that an adult accompanies young adventurers!
- 4 Share what you see**

While you're out exploring nature, take a photo or video of anything you find that inspires you. Not only will it be a nice memory for you to look back on, but you could also share it safely on social media and maybe motivate others to engage with the natural world!
- 5 Watch the stars**

Looking at the night sky can be incredibly calming. There are some comprehensive stargazing websites and apps to help you locate and recognise different stars. It can take 20 minutes or so before you can see stars fully in the dark, even on clear nights, so allow your eyes time to adjust.
- 6 Wildlife on the web**

A Google search will bring up lots of sites that stream webcam footage of nature. From seals to barn owls, rabbits to badgers, you can get an intimate, heart-warming view of all kinds of animal communities from inside the comfort of your own home.

### OFFLINE

- 1 Ditch the phone**

Now the weather's improving, go for a walk in a green space nearby. If you're already familiar with your chosen route, you could always leave your phone at home to be completely free of the usual distractions and notifications.
- 2 Put down some roots**

Planting flowers, shrubs or vegetables can be extremely rewarding. Not only does it help us to connect with nature – it also provides an ongoing project to draw pleasure from. If your home doesn't have a garden, no problem: a window box will do the job just as well!
- 3 A different kind of tweet**

Most gardens in the UK attract a wonderful variety of birds, and just watching them for a few minutes can be immensely therapeutic. There are some excellent apps and sites to help you name any species you don't already know or even play a game: identifying bird song. Like bird song bingo!
- 4 Feed your feathered friends**

Hang a bird feeder where you can easily see it from a window. Then enjoy the feeble factor of satisfied avian visitors pecking where you can see them. For something more advanced, you could try building a nesting box to fix onto a fence or under a window sill.
- 5 Park your worries**

If you're lucky enough to live within easy travelling distance of a park, you'd benefit from using it. Whether it's to play ball games, get on your bike, walk the dog or just get some fresh air into your lungs, the potential bonuses for mental health are enormous.
- 6 Art and soul**

Younger children will enjoy drawing or painting animals or nature scenes, or writing a poem or song lyrics about nature. For extra art or crafting fun, you could collect natural materials – leaves, feathers, tree bark or seeds, for example – to use in your creations.

### Meet Our Expert

Anna Bateman is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department for Education, advising them on their mental health green paper.





**National Online Safety**  
#WakeUpWednesday

Sources: <https://nhs.uk/england/mental-health/mental-health-green-paper> | <https://www.nationalgeographic.com/magazine/article/can-it-kill-1-mental-health-and-nature/>, Mind, 2018

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