



Notes/Video from our Headteacher



Antonia Jackson
Headteacher

Please Note:

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Easter Holidays

Monday 11th April – Friday 22nd April

INSET day - training day for staff

Friday 22nd April

An Easter Egg delivery to Lonsdale Mews Care Home

Three members of the Quorn Hall Student Council made an Easter Egg delivery to Lonsdale Mews Care Home.

Freddie spoke to the staff and residents at the care home. He told them that he was on the student council and that the staff and students at Quorn hall School had collected the eggs as an Easter treat for them all to enjoy. The residents were thrilled to receive such a delightful gift from everyone at Quorn Hall School.

Happy Easter Everyone!



Seacole Class

The Seacole Class have been busy working hard completing work on fractions, algebra and other mathematical equations.

In English they have been regularly practicing their speaking and listening as well as developing their essay writing ability.

The pupils have created some amazing work and have been a pleasure to teach.

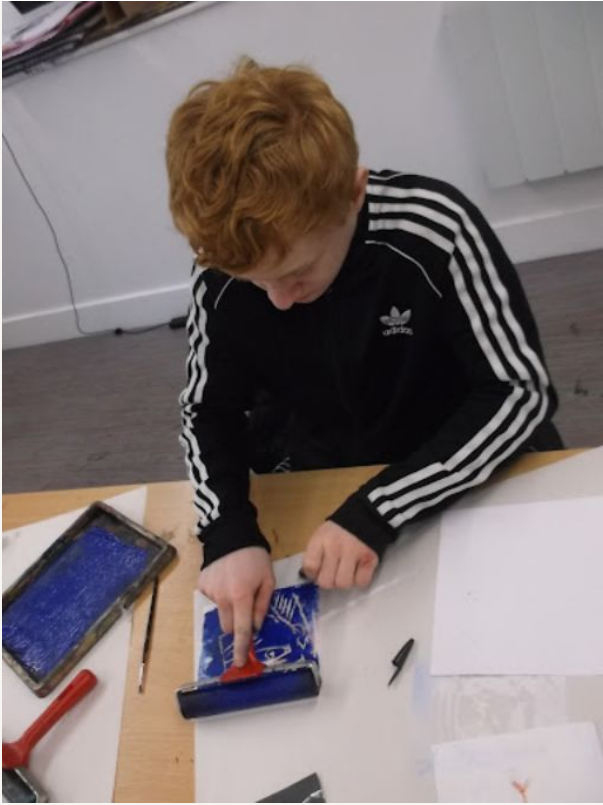
Art and Design

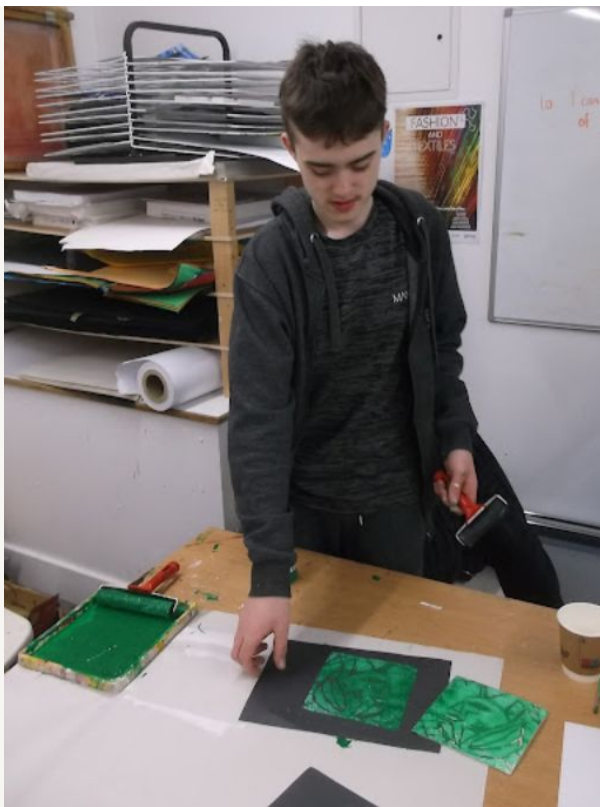
Tabai - Picasso Styrene Printmaking Session

Tabai have been looking at the artist Pablo Picasso this term and were introduced to styrene printing. The students were shown the various steps to create a styrene print based on the artist and had a go at creating their own designs.

River and Harvey both worked well to create their own Picasso styled styrene prints.







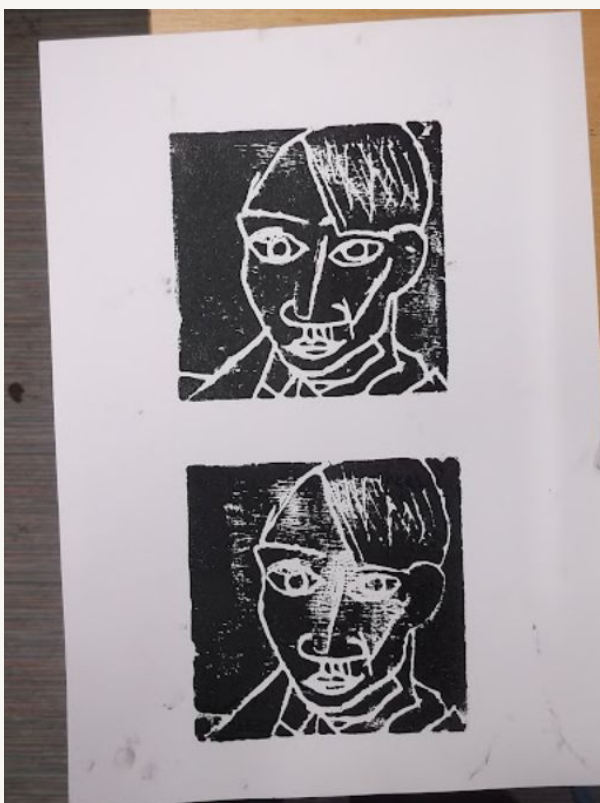
Mckellen Styrene Printmaking Session

The Mckellen's group also had a go at creating work based on Picasso, taking their ideas and developing their printmaking skills using styrene. Here, James enjoys creating his own styrene print from a Picasso drawing that he had previously created. His final print turned out very well indeed.





James' final styrene print:



Lower School Art and Design Sessions

Lower School have been creating coil pots using air drying clay this term. They were introduced to the process of creating long 'worms' which are then coiled round and round to create a base and sides of a pot. This technique is thought

to have originated from North Africa and has been used for over 3500 years to create different styles and sizes of pots.

Jacob and Cole worked hard to create their coil pots using this technique. Once the clay was allowed to dry they then painted them using acrylic paints.





It's Coming Home...

Pupils from QHS went on a fantastic trip to London to see Tottenham v Everton. The long coach journey was worth every minute, the pupils were WOWED as they entered the new billion pound Tottenham Hotspur stadium.

Unfortunately for Everton they didn't score however Spurs managed to delight our pupils five times with an amazing full-time score of 5 - 0. Sitting two rows behind the goal meant they saw all the Kane & Son action close up. What an amazing experience for all who attended.

Thank you to all the pupils who attended, you were a credit to the school.

Two of our sister schools, Gretton School and Wilds Lodge also represented on the day, everyone had a phenomenal evening.



Lower School Birdhouse Project

Cole has been busy applying the finishing touches to his birdhouse in Woodwork, which he has been producing over the last few weeks. He has glued and nailed the sides of his birdhouse together and fixed the hinges onto the roof. He just needs to varnish it, to make it waterproof and then select an area in Forest School to hang it, in the hope that a lucky bird will come along and nest in it over the next few months.



British Science Week 14th March - 18th March

Quorn Hall School celebrated their inaugural British Science Week this term. A selection of activities ran every day, including lunchtimes from Monday 14th - Friday 18th March. Each day, a class from Key Stage 3 and Key Stage 4 was also taken off timetable in order to take part in the BA Crest Award Challenge.

The challenge was called '*Stop The Spread*' and our students were challenged to make a hand washing device out of junk that could capture 250ml of rainwater and then be used to wash hands in developing countries that do not have access to running water.

Lunchtime activities included making UV bead bracelets which let you know when you are exposed to harmful rays from the sun; creating electrical circuits; and using our brand new STEM K'Nex kits to learn about pulleys and gears.

This term we have been studying Biology, investigating plant and animal cells and how animals and plants are adapted to their environment. We are currently waiting for our chrysalides to become beautiful Painted Lady butterflies; we have made DNA origami models and we have sprouted broad bean seeds to see how their roots grow!



Bronze Duke of Edinburgh

This term pupils have been presented with their Bronze Duke of Edinburgh Awards.

To achieve this award the pupils completed physical, volunteering and skills sections, finishing off with a two day expedition. For their skills section they have been doing life skills such as careers and cooking. For physical they have been orienteering and geocaching. For volunteering they have been caring for the environment doing activities like litter picking in the local area.

The pupils receiving their awards have been a credit to themselves and the school.

Stuart Taylor, the Duke of Edinburgh Coordinator in school, reminded all students that they should wear their Duke of Edinburgh badges with pride especially when they attend interviews etc. One student commented that he would always wear it. Each student collected their certificate and badge and they each received an applause for their achievement.

One parent spoke on behalf of all the parents and carers to thank Stuart and all the staff for working with the students to achieve this amazing award.

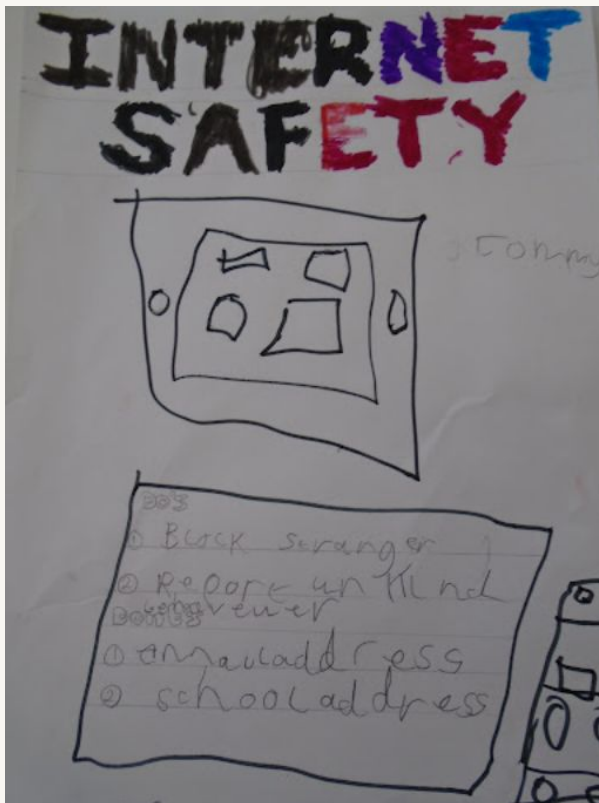
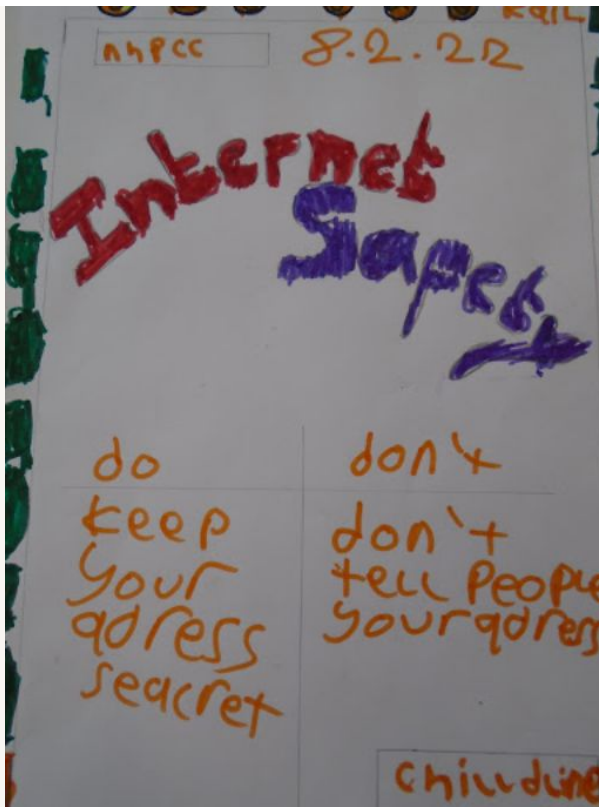
Staff came along to the awards which took place during the KS4 parents evening. We are all so proud to watch our young people get recognition that is well deserved.

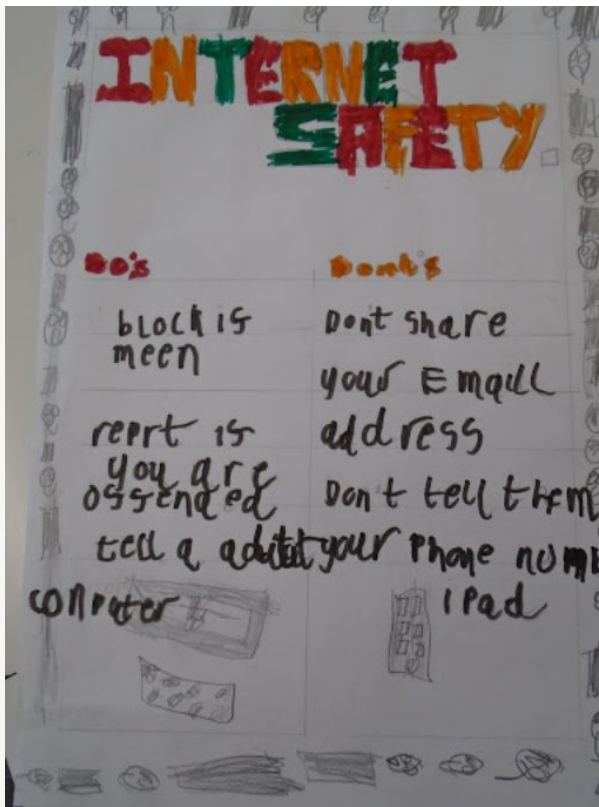


Mendela Internet Safety Day

On Tuesday 8th February Mandela class celebrated Internet Safety Day and spent the day learning and talking about keeping safe online. Our children showed great awareness of what they should do and what they need to be aware of when using the internet. We created posters to remind us of information we should not share and what we should do if we ever feel unsure or unsafe whilst going online.







Pancake Day

Shrove Tuesday fell in March this year and we made it a week long celebration at Quorn Hall School! As part of their Learning for Life lessons, pupils prepared, cooked and, of course, ate some delicious pancakes.



Quorn Hall School - Wilds Lodge School Football Tournament

Wednesday 30th March 2022

Quorn Hall School's football team made the short journey to Wilds Lodge School to compete in a 5-team tournament. Quorn Hall were seeking their first win and under the leadership of Cleveland Taylor and Adam Wheatcroft, this was the day we had all been waiting for. However, a few tired legs getting off the bus and playing their first match within five minutes of arriving was not the best start, although we did manage to score first. The first game ended in a 4-1 defeat.

Having picked ourselves up and after some inspirational words of wisdom from Cleveland, we started the second game strongly, with Logan scoring from a long distance free-kick, much to the surprise of his peers. Unfortunately, we could not

hold on for the win, and conceded in the last minute, so the agonising wait continued. Our third game, again with the inspirational words of wisdom from Cleveland, ensured that we continued the hard work, commitment, and self-belief leading to the attacking style of play the players are more than capable of. Some skilful footwork from Cameron and Tyler J resulted in two goals. With anticipation building on the side-line and all eyes on the official, the final whistle was blown – Quorn Hall School's first win in longer than anyone wanted to remember, with celebrations and jubilations from the players and staff. The team earning a much-deserved lunch break headed over to our designated spot, but were surprised by the misjudgement of timing of the staff, as we were playing again straight away. With sandwiches still in mouths and players re-hydrating as quickly as possible, we were back on the pitch. The fourth game did not start as well as planned as the team conceded four goals, resulting in their second loss.

However, a much-anticipated final game for the third-place play-off, was one to behold. With the weather taking a turn for the worse, and players jumping and running to keep warm, we started the game well, with a well struck right foot goal from Logan. The opponents responding with two well earned goals, dribbling through our defence. With heads dropping, the captain looked to create some buzz in the players by shouting words of encouragement, much to the amusement of the side-line. A well timed cross from Joe, resulting in Macks earning an easy left foot strike, ensured we were now level at 2-2. The players taking belief in their abilities, now looked to score the winning goal, which came from none other than Liam, who spent most of his time keeping warm on the local swing. Liam saw his opportunity and, much to the delight of the coaches who said they had never seen a football kicked so hard, the ball nearly ended up through the net, 3-2. Celebrations were amazing to behold, and Quorn Hall managed to hang on to their lead to earn their second win of the day, and resulting in a third place finish out of five. A fantastic effort from all of the players, and a big thank you to Cleveland and Tony for assisting on the day.

To conclude the momentous day, Mitchell was seen sitting on the floor outside the bus in disbelief, having been asked if he was ok, Mitchell responded "*Yes I am more than fine, I am crying with joy on the inside, I swear*"!



A vibrant poster for a 'Circus Skills Workshop'. At the top, the word 'pace' is written in a colorful, multi-colored font. Below it, the text 'HERE FOR YOU!' is in a handwritten style, followed by 'PRESENTS OUR APRIL POP UP EVENT' in bold. A central illustration of a red and white striped circus tent is surrounded by yellow confetti. To the left, a black circle contains the text 'INDOOR EVENT'. To the right, two black circles contain 'ENTRY £5.00 PER CHILD' and 'FOR CHILDREN FROM 4 - 14'. The main title 'CIRCUS SKILLS WORKSHOP' is in large, bold, black letters with a yellow outline. Below this, a yellow oval contains the text 'BOOK YOUR 90 MIN SESSION ON 11TH, 12TH, 13TH APRIL'. Underneath, three QR codes are provided for booking on Monday 11th, Tuesday 12th, and Wednesday 13th. To the right of the QR codes are three colorful balls (red, blue, yellow). Below the QR codes, the text 'Learn some circus skills : Arts & Crafts Music : Games : Face Painting : Pop up Cafe' is written in a red, cursive font. The venue 'Venue - NSC Arena, Unit 4 Belton Road West Extension, Loughborough, LE11 5XH' is listed in bold. At the bottom, a black banner contains the 'Radio 1 New Springs' logo and the text 'To book click on the QR code above, visit our facebook page or call us on 07305 470091'. The 'New Springs CITY CHURCH' logo is in the bottom right corner.

pace
HERE FOR YOU!
**PRESENTS OUR APRIL
POP UP EVENT**

**INDOOR
EVENT**

**ENTRY
£5.00
PER
CHILD**

**FOR
CHILDREN
FROM
4 - 14**

**CIRCUS SKILLS
WORKSHOP**

**BOOK YOUR 90 MIN SESSION ON
11TH, 12TH, 13TH APRIL**

MONDAY 11TH


TUESDAY 12TH


WEDNESDAY 13TH


*Learn some circus skills : Arts & Crafts
Music : Games : Face Painting : Pop up Cafe*

**Venue - NSC Arena, Unit 4 Belton Road West Extension,
Loughborough, LE11 5XH**

Radio 1 New Springs To book click on the QR code above, visit our
facebook page or call us on **07305 470091**

**New Springs
CITY CHURCH**



Messy Easter

EASTER THEMED
MESSY CRAFT • FOOD • FUN

Sunday 10th April
3pm – 5pm

THE NSC ARENA
NO.4 BELTON ROAD WEST EXTENSION
LOUGHBOROUGH LE11 5XH

A chance for families to have fun, relax,
explore faith & enjoy some Easter nibbles!

EASTER CRAFTS • MESSY FOOD FUN
CARD MAKING • SONGS
EASTER STORY • HOT CROSS BUNS!

Places are free but limited, you can book:



by clicking on the QR code, visit our facebook
page or email tracey@newsprings.org.uk

or call Tracey on **07305 470091**





Want to meet more friends?

Crafty Capers

TUESDAY
10:30am - 12:30pm

For friendship, laughs and cake!

PACE operate a food bank. If you or someone you know needs help in this way please call 07536 987 989. Or you can drop in on a Thursday between 10.00 and 13.00.

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FOOD BANK

Did you know that PACE offers a professional counselling service..... to find out more give us a call or check out www.paceuk.org.uk




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HERE FOR YOU!

Did you know that we have our very own radio station that you can listen to through the web www.newsprings.org.uk

There is something for everyone and we are on 24 hours a day!




Radio New Springs
Music For the Heart & Soul









**BABY SPRINGERS
Toddler Group**

**Every Wednesday term
time - 10.30 - 12.00**

Come to meet other parents, have fun
and hopefully a hot cuppa!

£2 per child, and 50p for additional
children. Tea / coffee & biscuits included
for parents and healthy snack for kids,

Head to our facebook page to book or call Tracey on 07305 470091



First session free!



Contact Us

NSC Arena, Unit 4 Belton Road
West Extension, Loughborough,
LE11 5XH
Email - tracey@newsprings.org.uk

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ADVENTURE

22

P A C E C A M P

FOR MORE
INFORMATION

HEAD TO:

THE PACE FACEBOOK PAGE

OR SCAN THE QR CODE



We have a 2 week jam packed
summer camp full of excitement!

For ages 8-14

From 9.30am - 5 pm

£62 per child - per week

Held @ THE NSC ARENA

4 BELTON ROAD WEST EXT

Loughborough LE11 5XH

You can also book your child in
for hot lunches and breakfast

pace
HERE FOR YOU

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

What Parents & Carers Need to Know about WHATSAPP

WhatsApp is the world's most popular messaging service, with around two billion users exchanging texts, photos, videos and documents, as well as making voice and video calls. Its end-to-end encryption means messages can only be viewed by the sender and any recipients: not even WhatsApp can read them. Updates to its privacy policy in 2021 (involving sharing data with parent company Facebook) caused millions to leave the app, but the new policy was widely misinterpreted – it only related to WhatsApp's business features, not to personal messages.

UK AND EUROPE 16+
13+ REST OF THE WORLD

WHAT ARE THE RISKS?

SCAMS

Fraudsters occasionally send WhatsApp messages pretending to offer prizes – encouraging the user to click on a link to win. Other common scams involve warning someone that their WhatsApp subscription has run out (aiming to dupe them into disclosing payment details) or impersonating a friend or relative and asking for money to be transferred to help with an emergency.

DISAPPEARING MESSAGES

Users can set WhatsApp messages to disappear in 24 hours, 7 days or 90 days by default. Photos and videos can also be instructed to disappear after the recipient has viewed them. These files can't be saved or forwarded – so if your child was sent an inappropriate message, it would be difficult to prove any wrongdoing. However, the receiver can take a screenshot and save that as evidence.

ENABLING FAKE NEWS

WhatsApp has unfortunately been linked to accelerating the spread of dangerous rumours. In India in 2018, some outbreaks of mob violence appear to have been sparked by false allegations being shared on the app. WhatsApp itself took steps to prevent its users circulating hazardous theories and speculation in the early weeks of the Covid-19 pandemic.

POTENTIAL CYBERBULLYING

Group chat and video calls are great for connecting with multiple people in WhatsApp, but there is always the potential for someone's feelings to be hurt by an unkind comment or joke. The 'only admins' feature gives the admin(s) of a group control over who can send messages. They can, for example, block people from posting in a chat, which could make a child feel excluded and upset.

CONTACT FROM STRANGERS

To start a WhatsApp chat, you only need the mobile number of the person you want to message (the other person also needs to have the app). WhatsApp can access the address book on someone's device and recognise which of their contacts also use the app. So if your child has ever given their phone number to someone they don't know, that person could use it to contact them via WhatsApp.

LOCATION SHARING

The 'live location' feature lets users share their current whereabouts, allowing friends to see their movements. WhatsApp describes it as a "simple and secure way to let people know where you are." It is a useful method for a young person to let loved ones know they're safe – but if they used it in a chat with people they don't know, they would be exposing their location to them, too.

Advice for Parents & Carers

CLICK HERE

CREATE A SAFE PROFILE

Even though someone would need a child's phone number to add them as a contact, it's also worth altering a young person's profile settings to restrict who can see their photo and status. The options are 'everyone', 'my contacts' and 'nobody' – choosing one of the latter two ensures that your child's profile is better protected.

EXPLAIN ABOUT BLOCKING

If your child receives spam or offensive messages, calls or files from a contact, they should block them using 'settings' in the chat. Communication from a blocked contact won't show up on their device and stays undelivered. Blocking someone does not remove them from your child's contact list – so they also need to be deleted from the address book.

REPORT POTENTIAL SCAMS

Young people shouldn't engage with any message that looks suspicious or too good to be true. When your child receives a message from an unknown number for the first time, they'll be given the option to report it as spam. If the sender claims to be a friend or relative, call that person on their usual number to verify it really is them, or if it's someone trying to trick your child.

LEAVE A GROUP

If your child is in a group chat that is making them feel uncomfortable, or has been added to a group that they don't want to be part of, they can use WhatsApp's group settings to leave. If someone exits a group, the admin can add them back in once, if they leave a second time, it is permanent.

THINK ABOUT LOCATION

If your child needs to use the 'live location' function to show you or one of their friends where they are, advise them to share their location only for as long as they need to. WhatsApp gives a range of 'live location' options, and your child should manually stop sharing their position as soon as it is no longer needed.

DELETE ACCIDENTAL MESSAGES

If your child posts a message they want to delete, WhatsApp allows the user seven minutes to erase a message. Tap and hold on the message, choose 'delete' and then 'delete for everyone.' However, it's important to remember that recipients may have seen (and taken a screenshot of) a message before it was deleted.

CHECK THE FACTS

You can now fact-check WhatsApp messages that have been forwarded at least five times, by double-tapping the magnifying glass icon to the right of the message. From there, your child can launch a Google search and decide for themselves whether the message was true or not.

Meet Our Expert

Parveen Kaur is a social media expert and digital media consultant who is passionate about improving digital literacy for parents and children. She has extensive experience in the social media arena and is the founder of Kids N Clicks: a web resource that helps parents and children thrive in a digital world.

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#WakeUpWednesday

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What Parents & Carers Need to Know about NFTs (NON-FUNGIBLE TOKENS)

A non-fungible token, or NFT, is a unique digital record of a particular file – such as an image, audio track or video (non-fungible meaning it can't be replaced by an identical item). NFTs let digital content producers like artists and designers control how their work is distributed and monetised. The offline equivalent would be owning a limited-edition art print, signed by the artist, with a certificate of authentication. The value of the tokens is incredibly volatile, unregulated and very much based on hype, publicity and marketing. These digital assets – typically collectibles, avatars for social media profiles or character add-ons for online games – are traded in specialised marketplaces using cryptocurrency.

WHAT ARE THE RISKS?

FAKE COLLECTIONS

When searching for a particular collection of NFTs, it is common for fake versions to appear alongside the originals, which can easily fool a less experienced buyer. Larger projects will be verified, but small ones will not, so check the volume that has been traded and check the activity to verify authenticity – fake collections will have almost no trading history.

LACK OF CLARITY

Buying a limited-edition print of a painting isn't the same thing as owning the original. Likewise, when someone buys an NFT, they're not acquiring ownership rights to an original work. Some buyers don't realise that – since many NFTs are publicly on view – purchasing one doesn't stop other people from making their own copies of your NFT (by saving a screenshot of it, for example). Sneak peeks of NFTs can also falsely advertise what the purchaser is investing in, leaving buyers disappointed in what they actually receive, and as they are unregulated, there isn't a procedure for returns and refunds.

IP THEFT & "WASHTRADING"

Many online thieves steal NFTs to sell, while another common scam is "washtrading". Here, an unscrupulous trader creates aliases to buy the same NFT multiple times at increasing prices (so A sells to B for 10, who sells to C for 100, who then sells to D for 300 – except A, B, and C are actually all the same person). The goal is to lure in naive speculators with the illusion of a juicy opportunity.

STORAGE ISSUES

An NFT is cryptocurrency which is linked to an additional file containing a digital asset. Due to the cost of storing data on a blockchain, it's typical for a project founder to store only the NFT's transaction record "on chain" to prove ownership – with the accompanying asset stored "off chain". Whether that storage is in the cloud or on a personal server, it must be permanently secure or the asset could be lost, so in a large number of cases, the NFT contains a link that points to the image data: it is not the image data itself.

TRANSACTION COSTS

Issuing an NFT requires "minting" it and any future sales require updating a blockchain ledger to transfer ownership. The cost of this – depending on the blockchain and market conditions – can vary wildly, based on supply and demand of "block space". In 2021, the fees paid for NFT transactions on one blockchain regularly cost more than the value of the asset itself, often by hundreds of US dollars.

PHISHING EMAILS & REPUCA SITES

There have been instances of messages being sent advertising the availability of new NFTs with a link to a fake website with a very similar URL to an authentic site. Users then link their cryptocurrency to the site, are able to "mint" the fake NFT, and once you press 'confirm', the cryptocurrency leaves your wallet and you are left without the NFT you were promised, and very much out of pocket.

Advice for Parents & Carers

CHECK AUTHORSHIP

Don't buy NFTs from unknown sources, and be wary of trading outside of official marketplaces. Branded NFTs, like those sold by sports franchisees, are typically available via a platform that's easy to authenticate. However, NFTs sold by individual artists can be harder to verify. Research their online reputation to ensure they have a consistent track record of authorship and a recognised cryptocurrency wallet before you send a payment.

WALLET SECURITY

Wallet security can be the difference between keeping NFTs secure and having them stolen. There are two primary types: a hot wallet (such as metamask) is used for minting NFTs and general day-to-day interactions with third-party sites. A cold wallet (or "vault") is for storing high-value assets, as interactions can't take place without physical confirmation on the hardware. Only buy these from official sites and not from third-party sellers (including Amazon).

DONT GAMBLE

Beginners should avoid investing significant sums of money and gambling on future NFT prices. Anyone can create NFTs: this potentially infinite supply of "limited-edition" collections means that, eventually, 99% of NFTs will likely be worth nothing. The market is largely based around building hype and making people believe that the next project will be the one that makes them rich. Take time over your decision and ensure you fully understand a project before getting involved.

SPOT THE SCAMS

Learn what type of message a hacker will leave. They'll often try to create the illusion that you're one of a select few who has this incredible, limited-time opportunity. These can appear on official pages via hacking, so be wary of this pressure-buying tactic. Hackers also send links outside official channels, such as on message boards and private messages. Turn off direct messaging from the server when you join, and never click links that aren't on a project's official page.

RESEARCH THE SPACE

If you're interested in NFTs and you've learned the basics of cryptocurrency, talk to people who are already involved in the space (like an NFT alpha group) on authentic marketplaces. Research the projects you're considering investing in to avoid scams: follow the project on Twitter or Discord and review the work they've done before – avoid artists and teams who insist on remaining anonymous.

Meet Our Expert

JP Vergara is Associate Professor at the UCL School of Management and a researcher at the UCL Centre for Blockchain Technologies. His award-winning research on technology and organisation has been published in leading academic journals as well as in two books. JP is also a speaker and startup advisor. He tweets at [jpvergara](https://twitter.com/jpvergara)

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SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From the continuing impact of COVID-19 to the war in Ukraine, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

FIND OUT WHAT YOUR CHILD KNOWS

There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they have seen.



RIGHT TIME, RIGHT PLACE

Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.



KEEP IT AGE APPROPRIATE

With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what is happening – but again, do stay aware of their emotional state.



EMPHASISE HOPE

Upsetting content can make us feel angry, scared. Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.



MONITOR REACTIONS

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.



CONSIDER YOUR EMOTIONS

It's not only young people who find upsetting news difficult to process: adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.



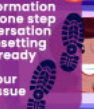
SET LIMITS

Managing screentime and content can be difficult at the best of times, but especially in unusual or stressful periods (at the start of the pandemic, for example), it's virtually impossible to keep children away from upsetting content completely, but it's important to try and at least limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screentime limits.



TAKE THINGS SLOWLY

Try not to overwhelm your child with information all at once; instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.



ENCOURAGE QUESTIONS

Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.



FIND A BALANCE

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.



BUILD RESILIENCE

News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.



IDENTIFY HELP

It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It is essential that children understand that they're not alone, and that help is available if and when they need it.



Meet Our Expert

Cayley Jorgensen is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp helps give a voice to bystanders by encouraging them to speak up and get the help they not only want but need.



Sources: <https://www.bbc.com/news/health-60473091> <https://www.who.int/news/story/2021/06/online-safety> <https://www.unicef.org/uk/press-releases/2022/04/04/online-safety> <https://www.unicef.org/uk/press-releases/2022/04/04/online-safety>



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

What Parents & Carers Need to Know about FACEBOOK

With 2.8 billion users, Facebook, owned by the recently rebranded Meta, is the world's most popular social media platform. It encourages interaction with other people by (among other things) adding them as friends, reacting to or commenting on their content, sharing images and videos, posting status updates, joining groups and playing games. Facebook is free, and anyone over 13 can join – but with no age verification, younger children can easily create an account: it's likely your child is already familiar with the platform, even if they don't yet use it themselves.

AGE RATING
13+

WHAT ARE THE RISKS?

ADDICTIVE NATURE

Facebook's quick reward cycle of likes and comments on shared posts can be hugely addictive. It encourages users to keep returning to post things and increases FOMO (the Fear of Missing Out), which leads to people checking the app even more frequently and finding themselves endlessly scrolling through content.

CYBERBULLYING

A 2021 Ofcom report found that around one in four UK 12–15-year-olds had been cyberbullied or trolled (intentionally antagonised online). On Facebook, this can happen through private messages (on Facebook Messenger); hurtful comments on their profiles and posts; pages or groups set up purposely to torment a victim; or exclusion from pages or groups.

FUTURE IMPACT

Like most social media platforms, anything posted on Facebook leaves a permanent 'digital footprint'. This can have future consequences for young people: many universities and employers, for example, now review someone's Facebook timeline during the application process.

CONTACT FROM STRANGERS

Just like in the offline world, there are people on Facebook with malicious intentions. Ofcom reports, for instance, that 30% of 12–15-year-olds have received a friend request from a stranger. This, sadly, can include individuals seeking to take advantage of impressionable youngsters.

OVERSHARING

Facebook encourages you to post "what's on your mind", but children should be wary of revealing too much about themselves online. Users can give away their location by checking in or using Facebook Live, for example, while some photos can also be traced using file data.

INAPPROPRIATE CONTENT

Facebook monitors and removes material like hate speech or extreme political views, while adverts on the platform are now forbidden from targeting under-18s based on their interests. Offensive content isn't always taken down instantly, however, so there's still a risk of children encountering it.

VIDEOS AND STREAMING

Facebook Live lets users stream video live to their friends or watch others' broadcasts. Viewers can comment in real time, which is problematic to moderate. Short, user-created clips called Reels can now also be displayed on profiles and feeds. These video features could contain unsuitable material or allow children to be coaxed into doing something on camera that they wouldn't normally do.

Advice for Parents & Carers

KEEP ACCOUNTS PRIVATE

In the settings area, you can choose whether a Facebook profile is public or private. By far the safest option is to switch your child's to private, so they can only interact with people who they are friends with on the platform. Facebook's settings can also prevent your child's personal information (such as contact details, school name or date of birth) from appearing publicly.

ENCOURAGE SAFE FRIENDING

Facebook can help your child to stay connected with the people and the things that they care about. However, it's important for them to understand that they should only accept friend requests from people who they know. The key questions to consider are "has your child met them in person?" and "do they know and trust them enough to feel comfortable accepting them as a Facebook friend?"

LEAD BY EXAMPLE

Let your child watch you using Facebook – this will demonstrate how it can be used safely and appropriately, reducing the risk of them encountering harmful content themselves. Teach them the habit of thinking before sharing anything online and try to follow the same rules that you set for them – so if you agree time limits on your child's Facebook use, then you should stick to them, too.

SAVVY SHARING

Make sure your child realises that what they share online with friends can end up being shared again by others. It's important that they think about what they share online and who they share it with. Facebook's 'Audience Selector' gives users the option to filter who sees what they are sharing, whenever a status is updated, photos are uploaded or anything is posted.

RESPECT BOUNDARIES

Once you've talked about Facebook safety with your child, give them some space and trust them to make smart choices. Make it clear, however, that you're always open to discussing social media if they need to. In the early stages, you could occasionally review your child's social media activity with them to put your mind at rest – but take care not to become reliant on checking it every night.

BLOCK AND REPORT

On Facebook, you're able to report harmful content and block particular people or groups so they can't contact your child or view their profile. Before they start spending serious time on the platform, show your child how these features work and explain why they might need to be used. Facebook's Bullying Prevention Hub offers advice on dealing with harassment on the platform.

Meet Our Expert

Alex Wright is a former Facebook employee and social media expert with more than 15 years' experience in digital media. He has worked with some of the biggest organisations on the planet and has a vast understanding of how social media platforms work and how they engage their audience.

Source: www.facebook.com/itsalexwright

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What Parents & Carers Need to Know about PHONE SCAMS

In a three-month period during 2021, no fewer than 45 million people in the UK experienced a suspicious attempt at being contacted via their mobile. Phone scams are a common form of cyber-attack where fraudsters engage directly with their intended victim through their smartphone. As our phones carry so many sensitive (and therefore potentially valuable) details about us, it's vital that trusted adults are alert to the tactics that scammers use to get access to user accounts, personal data and private information for financial gain.

WHAT ARE THE RISKS?

SMISHING
SMS phishing, or 'smishing' is one of the most common forms of mobile-based cyber-attack. Smishing is when a scammer texts their target, pretending to be a reputable person or organisation. They aim to trick the victim into supplying sensitive data such as bank details and personal information, so that they can then access the target's bank accounts and remove money.

IMPERSONATION
Fraudsters often impersonate someone else to trick the victim into actually transferring money directly. They might claim, for example, to be a friend or relative using a different number who urgently needs funds. Other common cons include sending fake texts informing the target that they have a package which requires a fee to be delivered, or that they have an unpaid bill to settle.

NUMBER SPOOFING
Here, the scammer takes impersonation one step further by cloning the phone number of a genuine company, so when the target receives a call or text, their phone recognises the sender's number as legitimately belonging to Amazon, HMRC, the NHS or the CMA (who have all been impersonated in these cons). This makes the scam far harder to spot and the victim much more inclined to comply.

FAKE TECH SUPPORT
Attackers contact a target, pretending to work for their employer's IT support team. They then advise them to download some software to fix a 'technical issue' with their device. In reality, however, the software grants the scammers access to the victim's private data and sensitive information. This con is more common on desktop and laptop devices, but is still possible to accomplish on mobiles.

SIM HIJACKING
SIM hijacking switches control of a phone account from the victim's SIM card to one in the scammers' possession. Criminals use personal details pieced together from social media (birthday, address, pet's name and so on) to pose as you, then instruct your phone network to transfer your number to their SIM - giving them access to all calls and texts meant for you, including one-time login passcodes.

Advice for Parents & Carers

DO SOME DIGGING
If you've received a call or text asking for specific information, research the caller's number. There are several websites that allow you to enter a phone number and will then display any relevant information about it - this usually includes feedback and comments from other people, so you can easily see if that particular number has been implicated in potential scams.

TRY A CALL BLOCKER
If a suspicious call comes through on your mobile, you can manually block the number if you believe it to be dubious or a nuisance caller. Alternatively, you could consider installing a call blocker service on your phone. They automatically stop calls getting through from numbers which have been reported as suspicious, halting potential scammers in their tracks before they can reach you.

VERIFY THE SOURCE
Never disclose confidential details to an individual or organisation you're unfamiliar with. If the caller claims to represent a company you trust but is still asking for personal information or payment on an outstanding charge, end the conversation. Then find the company's genuine number on a bill or on their website and call them directly to confirm if there really is an issue you need to address.

BREAK OUT THE TECH
Lots of anti-virus software now also protects mobiles. Some anti-virus apps can detect phishing links in text messages and alert you to the risk. When you're out and about, try not to use public Wi-Fi for sensitive transactions: it's far less secure than your home Wi-Fi network. Instead, you could consider installing a VPN (virtual private network), which encrypts all data travelling to and from your phone.

REPORT INCIDENTS
If you or a family member does give out confidential information to a caller you aren't sure about, contact the actual company mentioned to check if the call was genuine. If they confirm that the call was not made by their organisation, you should report it as a potential scam via the Action Fraud website and (depending on exactly what information was divulged) consider involving the police.

BE WARY OF LINKS
If you get a message from an unknown number asking you to click on a link, report it as spam and do not open the link. One recent example 'warned' victims they'd been exposed to the Cameroon variant and needed to click a link to buy a special test - only to find they had paid their money to scammers. Links can also install malware onto your device, so always treat them with extreme caution.

Meet Our Expert
Formed in 2018, KryptoCloud provides cyber security and resilience solutions to its customers. With offices in the UK, the company offers managed service operational packages including cyber security monitoring and testing, risk audit, threat intelligence and incident responses.

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Source: <https://www.actionfraud.org.uk/news-centre/2022/04/01/in-a-three-month-period-during-2021-no-fewer-than-45-million-people-in-the-uk-experienced-a-suspicious-attempt-at-being-contacted-via-their-mobile>

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