



Nicholas Chamberlaine School

NEWSLETTER

Successful Learners | World Citizens

Friday 9th February 2024

Dear NCS families,

Although this half term has been a short one we have made excellent progress and have much to be proud of.

Our Year 11 pupils sat their trial exams to determine what they understand so far and on our results evening we shared what the next steps were for them to get the best possible results this summer. The evening was very well attended and it was great to see so many of you.

Year 13 students also sat their trial exams as they prepared for higher education or apprenticeships. We shared outcomes recently at parents' evening last week and are proud of the excellent progress they are making.

We welcomed scientists from our family of schools to plan for the Science Symposium and are looking forward to getting all schools together as part of this Proud Tradition over the next few months.

This week we started our options process with Year 9 and had a fabulous 90% attendance rate on the evening where we were able to provide guidance on what is involved in selecting courses for GCSEs in readiness for further and higher education. We explained that we determine options in February for our curriculum planning to ensure we get the best outcomes for our pupils. We are committed to continuing to study a broad and balanced curriculum right through to the end of Year 9.

We look forward to continuing to work with pupils, parents and our community in the coming weeks and hope you have an enjoyable break.

Warmest regards,

Peter Gilbride
Head of School

Alison Ramsay
Executive Head

Proud Traditions

Page 2-3

Wide Horizons

Page 4

High Achievements

Pages 5-10

Updates

Pages 10-17

Key Dates

Monday 12th-Friday 16th February
Half Term

Monday 19th February
All students return to school
8.40am

Year 11 Mock Exams
26th Feb—8th March

Thursday 29th February
Year 9 Tutor Evening
4.30-7.00pm

Friday 1st March
Founders Day

Thursday 21st March
Year 11 Parents' Evening

Founders Day

Founders day is coming up on **1st March 2024**

FOUNDERS DAY 2024

Our Foundations

Proud Traditions


- emphasise good hospitality
- provide good quality food enjoyed communally by children and staff in comfortable and companionable surroundings
- create own customs and traditions which bind the community and strengthen the sense of belonging
- tenancy and stewardship
- develop an understanding of their social responsibility and the scope they have to make a difference in their local communities and as world citizens
- enjoy school, their varied friends and be proud to be a part of the school community, the Trust family

Wide Horizons

- emphasise leadership and service
- explore beyond the familiar and the local
- demonstrate their commitment to equality and diversity
- look outwards, nationally and internationally for ideas and partnerships
- everyone's a leader

High Achievement

- regularly celebrate adult and student achievement
- give frequent opportunities for children to perform and demonstrate their skills and talents
- set the bar high and cast the net wide for ideas, artistic and musical works from wider world cultures
- a focus on impact not action



**GRIFFIN
SCHOOLS
TRUST**


This will be our ninth annual Founders Day. It is a time to reflect on our identity and our journey and what it means to be a Griffin. We are a family of schools and a generation of leaders, teachers, administrative and support staff whose single focus is to create and sustain 'great' schools, where children discover who they are and work to make the very best of their talents and interests, conscious that the world will be theirs to lead and protect.

FOUNDERS DAY 2024

LUNCH TIME FUNDRAISING IDEAS		
£1 to play, 50p to watch		
Date	Fundraising SPORTS activity	Location
WC- 5 TH /2/24 Lunch time	FOOTBALL Staff V Students	Tennis courts
WC- 19 TH /2/24	NETBALL Staff V Students	Tennis courts
WC- 26 TH /2/24	DODGEBALL Staff V Students	Tennis courts

Lunch Time snacks
Sold at the pod-

- Pop corn-50p
- Sweets-50p
- Ice pops-50p
- Hotdogs-£1.00
- Candy floss-50p



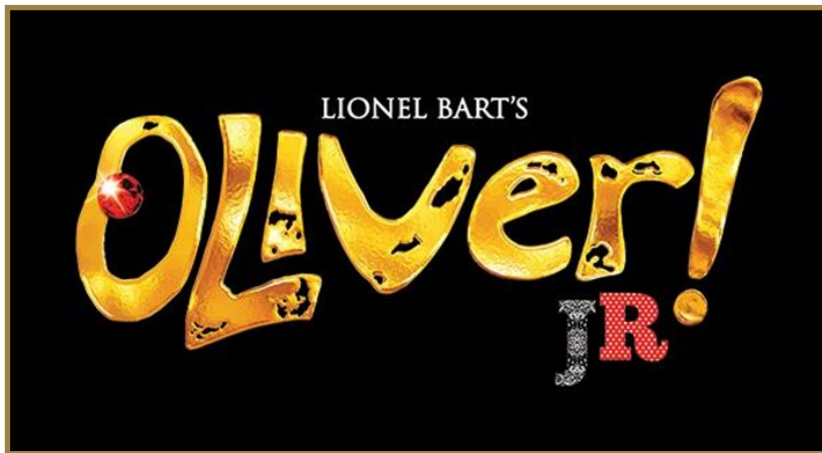
**GRIFFIN
SCHOOLS
TRUST**



Proud Traditions

GST annual school performance

We're excited to announce that our next school musical will be Oliver Jr. Oliver is a young orphan living in Victorian England. After escaping a workhouse and an horrid apprenticeship, he finds himself amongst a group of petty thieves and pickpockets, and so begins Oliver's whirlwind adventures and his search to find the true love of a family.



MiSST Bedworth Come and Play

Following the success of our Jingle Bell Orchestra event in partnership with Warwickshire Music, we will be taking part in the very first Bedworth Come and Play day. Several schools around Bedworth will be invited to take part in this orchestra event ready for a final performance at 2:30pm.



National Apprenticeship Week



This week celebrates the 17th National Apprenticeship Week and an opportunity for students to find out more about potential careers.

With increased number of students looking at apprenticeships as an option, the week is a reminder that there are a variety of roles available and at different levels. For example, within 10 miles of

the school there are currently 75 different apprenticeships on offer, covering everything from vehicle maintenance to hairdressing. One of the most exciting developments are Degree apprenticeships, that allow students to obtain a degree without the tuition fees.

Although larger companies often advertise apprenticeships on their websites, such as JLR: <https://www.jaguarlandrovercareers.com/content/Early-Careers/> many others use the government portal which can be found here: <https://www.gov.uk/apply-apprenticeship>

FutureGrads and Experience Warwick



As always we are grateful to our partner universities for the support they offer the school. Nicholas Chamberlaine School is one of very few schools that are participants in both the FutureGrads and Experience Warwick programmes.

With up to 70 students in every year group taking part, students can enjoy opportunities such as campus visits and mentoring sessions. For students in Year 9 and above, this can also include residential opportuni-

ties and Summer Schools.

This year has also seen students in Year 13 receiving contextual offers - reduced grades being required to get onto the courses of their choice. This recognises universities' commitment to recruiting students from local schools.

Over the next few weeks, more of our students will be participating in campus visits University of Warwick.

JLR

Alongside our links with universities, Nicholas Chamberlaine School is proud to have a relationship with JLR. This relationship allows students to experience a wide range of activities. We recently welcomed Jaguar TCS Racing into school to talk about opportunities within that division of their business.



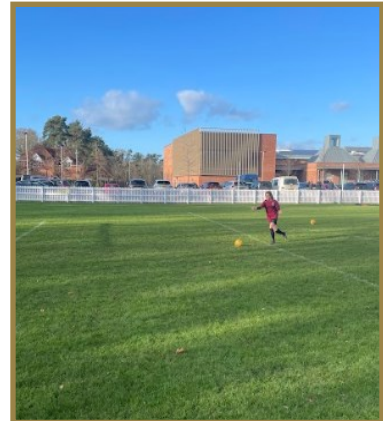
In the next month a group of female students will be attending a STEM conference at the University of Warwick to look at how women can play a greater role in engineering. More generally, JLRs Drive Your Future programme offers virtual work experience placements that can be accessed here:

<https://www.springpod.com/virtual-work-experience/jlr:-drive-your-future/WEXP-00211?queryID=addf6d7b25fea7d89934a84acf0fc756>

High Achievement

Year 8/9 Girls' Football

Our year 8/9 girls' football team played a County Cup game against Kings High School in Warwick. The game ended 2-2 so went to penalties but we couldn't quite come out on top, losing 5-2. The girls played some excellent football with some outstanding performances from Tia C and Sophie D who scored excellent goals. We have many more fixtures coming up this term so we are very much looking forward to seeing how the girls progress!



Year 8/9 Rugby Workshop

We took a group of year 8/9 girls to a Rugby workshop hosted by the Leicester Tigers to encourage girls to participate in sports. The girls had never done any kind of contact Rugby before and were hesitant to get stuck in but by the end they had gained so much confidence that they won the 'teamwork and enjoyment award' and won lots of the games against other schools. Well done to all of the girls involved for representing the school as well as you did.



High Achievement

Basketball

We are thrilled to share some exciting news from last week's basketball game as our talented young athletes took on Sidney Stringer at home. The atmosphere was electric, and our school spirit was palpable as our kids showcased remarkable skills and teamwork on the court.

In a spectacular display of sportsmanship, our boys emerged victorious with a final score of 47-32, reflecting their dedication, hard work, and commitment to excellence.

One standout player who deserves special recognition is Georgie, whose incredible speed provided our team with a significant advantage from the very beginning of the game. Georgie's agility and scoring prowess undoubtedly played a crucial role in securing our early lead and setting the tone for the entire match.

Josh and Miggy also made substantial contributions to the team's success. Josh's assistance on the court was invaluable, demonstrating both skill and a commendable team spirit. Meanwhile, Miggy's leadership and impressive long-distance shots showcased the kind of talent and strategic thinking that define a winning team.

Collectively, the performance of our boys was testament to their hard work during practice and their ability to come together as a cohesive unit when it mattered most. The victory not only reflects their individual skills but also underscores the strength of our basketball program and the dedication of our coaching staff.



High Achievement

Y11 County Cup Quarter Final

The boys in maroon were at it again last week!

An excellent display saw them overcome their fellow quarter finalists to book their place in the semi final of the Warwickshire County Cup.

The first half was well contested between the NCS team and the visitors from St Martins which saw both sides create half chances to try and take hold of the game. The NCS defenders were able to keep the ball at the back with great quality but were thwarted as they attempted to progress into the final third.

On the stroke of half time the home side were awarded a corner after a well worked move down the right hand side. The corner found Lewis D at the back post who struck the ball towards goal only to find Dylan D at the back post to poke the ball home to take a 1-0 lead into half time.

The second half saw NCS continue to dominate possession. However, this time they were able to create chances. Jayden O came off the bench and managed to get onto the end of a L Stanley cross from the left hand side to make it 2-0.

The 2-0 lead however was short lived. With 10 minutes to go the visitors managed to score a well taken goal against the run of play which placed immense pressure on the boys in maroon.

At 2-1 the game changed and the pressure was getting to the home side. A counter attack saw the St Martins striker brought down in the NCS box with 2 minute to go and a penalty was awarded. There was no need to panic as James W managed to make an excellent save in order to keep the game at 2-1 by pushing the ball around the post for a corner. James was then able to gather the corner and set Lucas S off on the counter attack, he was able to round the keeper and put the ball into an empty net to secure the teams spot in the Semi Finals of the County Cup.

Basketball

In a gripping basketball showdown, our school's young athletes showcased resilience and teamwork that left spectators on the edge of their seats.

Despite an initial setback, falling behind 8-0 at the start, our determined team quickly found their rhythm.

With an impressive collective effort on defense, they skillfully turned the tide of the game. The match remained nail-bitingly close throughout, keeping fans in suspense until the very end.

In a strategic move, the team transformed their solid defense into a potent offense in the last three minutes. The result? A triumphant 35-31 win! A testament to perseverance and teamwork, this game will surely be remembered as an inspiring moment on our sports journey. Go Nico!!



High Achievement

Year 9 Girls Fits-a-Knockout

Some of our year 9 girls took part in the Fits-a-Knockout County Finals Event in Solihull. There were 6 schools taking part in the event and our school won the 'Values' award as they showed excellent sportsmanship, teamwork and resilience going round the course. All students tried very hard on each event and represented our school in such a positive light so should all be very proud of themselves!



High Achievement

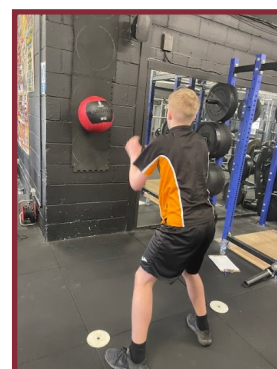
Year 7 Girls' Football

Our year 7 girls' football team played a quarter final County Cup game against Kings High, Warwick and won 3-0! They played some excellent football, worked hard as a team and really deserved the win. Sophie Davies, Amelia Atkins and Isabelle Steane scored some great goals and player of the match went to Skye-Jade Edwards who put in a solid performance at centre back, not giving the opposition any chances at all. We are now through to the semi-final of the County Cup which is a fantastic achievement so well done to the girls!



Year 9 County Final Fitness Competition

Some of our year 9 boys took part in a County Finals Fitness Competition in Solihull. They all showed off their sporting talents and put in 100% effort to every exercise they had to complete. They showed great respect, resilience, teamwork and determination throughout the competition and were all excellent sportsmen throughout. All boys should be very proud of themselves and how they represented our school!



High Achievement

Year 7 Indoor Athletics Competition



Our Year 7' competed in an Indoor Athletics competition this week against other secondary schools in the local area. Our students participated in a number of field & track events placing 3rd for the boys and 2nd for the girls. The students represented NCS amazingly, demonstrating motivation, fantastic sportsmanship and a positive attitude throughout! Well done, Year 7!

Jazz Dance Workshop

JVS came into school on Monday and delivered a Jazz Dance workshop to a group of Year 10/11 students. JVS are launching a fully funded BTEC Level 3 Extended Diploma in Performing Arts Practice from September which is a fantastic opportunity for talented children with aspirations of a career in the Performing Arts! Our students learnt a series of skills and a dance which was later performed.

Thank you, JVS!



Updates

Year 11 Newsletter

Please click on the link below to see the Year 11 newsletter, this is also available to view on the school website.

Link here: nicholaschamberlaine-gst.org/bskpdf/year-11-9-february-2024/



Expectations for Behaviour

Start of Lesson

- Line-up quietly outside of the classroom where appropriate
- Write and underline the date and title
- Promptly begin the starter activity



Punctuality

- Students have 5 minutes between lessons
- Students must leave and go straight to lessons—no laps or waiting for friends
- Minutes late will be logged and monitored this week
- Late for school will be 10 minutes hold back every



How we speak to each other—respect

- In school we insist on inside voices—there is no need to shout!
- Swearing is never acceptable



Mobile phones

- All phones are to be switched off and in bags
- If students are caught with a phone it will be confiscated until the next day and parents can to collect it
- If it confiscated again it will be held in the school safe for a week
- If students need a phone to get home safely we can supply a safeguarding phone



Equipment Reminder

Equipment Please ensure your children have the following for every day at school

- | | |
|----------------|---------------------------------|
| • 2 BLACK pens | • Calculator |
| • 1 GREEN pen | • Reading book (Years 7-9) |
| • Pencil | • Revision material Years 10-11 |
| • Ruler | • Pencil case |
| • Rubber | |



Expectations for Behaviour

Punctuality

We understand that sometimes unexpected circumstances arise that may cause students to be late for lessons. However, persistent lateness can have a negative impact on their learning experience and disrupt the wider classroom environment.

When students arrive late for lessons, they will miss valuable instruction time and may struggle to catch up on the material they have missed. Furthermore, arriving late can disrupt the class and cause a distraction for both the teacher and other students.


We understand that some families may be facing persistent difficulties with punctuality. If this is the case, please do not hesitate to reach out to us. We are here to support you and your child and work together to find a solution that works.

We thank all of our Nicholas Chamberlaine families for their support in getting our students to school on time every day!

Safeline Parent Workshop

To book on Eventbrite please use the link below:

<https://www.eventbrite.com/e/safeline-parent-workshop-tickets-830133069357?>



The poster is for a 'SAFELINE PARENT WORKSHOP'. At the top left is the Safeline logo with the tagline 'believe in you'. To the right are icons for Facebook, WhatsApp, Snapchat, Instagram, Messenger, and TikTok. The title 'SAFELINE PARENT WORKSHOP' is in large, bold, white letters on a green background. Below the title, a white box contains the text: 'Find out how to keep your child safe online and improve their mental health'. The date and time 'Wednesday 21st February 2024 6:00pm – 7:30pm' are listed, followed by the venue 'Nicholas Chamberlaine School, Bulkington Road, Bedworth, CV12 9EA'. A section titled 'This workshop will focus on...' lists five bullet points: 'Online abuse', 'Online grooming', 'Understanding the use of social media apps', 'How to use privacy settings to keep your child safe', and 'How to access support'. To the right of this list are icons for Facebook, Twitter, YouTube, Instagram, and LinkedIn. Below this, a white box states 'Free tickets available on Eventbrite'. The bottom section features an illustration of a laptop, a group photo of diverse people, and a large black telephone handset icon. At the very bottom are several accreditation logos, including Safeline, Quality Standard, and the Helpline Standard.

Safeline
believe in you

SAFELINE PARENT WORKSHOP

Find out how to keep your child safe online and improve their mental health

Wednesday 21st February 2024
6:00pm – 7:30pm
Venue: Nicholas Chamberlaine School
Bulkington Road
Bedworth
CV12 9EA

This workshop will focus on...

- Online abuse
- Online grooming
- Understanding the use of social media apps
- How to use privacy settings to keep your child safe
- How to access support

Free tickets available on Eventbrite

Safeline
believe in you

Quality Standard
Accredited

Helpline Standard
The Quality Standard for Helpline Services

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 devices which we believe trusted adults should be aware of. Please visit nationalcollege.com for further guides, hints and tips for adults.

SMARTPHONE SAFETY TIPS for young people

7

You may have been lucky enough to have unwrapped a smartphone at Christmas, or you might be eagerly anticipating getting a new one at some point during this year. Whether it'll be your first ever phone or an upgrade on your old model, it's always useful to have a refresher about how to set it up and adjust the settings to keep yourself – and your valuable personal info – safe and secure. We've collected some expert tips to help you enjoy your smartphone in the healthiest way possible.

NEVER SHARE YOUR PASSCODE

Alongside face or fingerprint recognition, your passcode is crucial to unlocking your phone and accessing your apps and personal information. You shouldn't give it out, even to close friends – after all, you wouldn't hand them a key to your house and let them go in for a nosey around! If a friend wants to use your phone, ask them why and make sure you can see what they're doing with it.

RESPECT PARENTAL CONTROLS

If you're allowed to have a smartphone, it's because your parents or carers feel that you're mature and responsible enough to use it safely. They might set controls and boundaries on your device – not to spoil your fun but to help you avoid hazards like too much screen time or costly in-app purchases. Following these rules means you can enjoy using your phone while respecting their wishes.

TALK TO A TRUSTED ADULT

Whether it's to listen to music, play games, create content or chat with friends, using a smartphone should be fun. If you're ever feeling anxious, worried or scared about going on your phone, then something isn't right. It's important not to ignore these feelings; instead, talk to a trusted adult about what's happening and how it's making you feel.

STAY ALERT

Two words: look up. It might sound obvious, but it's so easy to get immersed in what we're looking at or listening to on our phones that we can become unaware of our surroundings – or who might be around us. People often walk with their head down, focusing on their phone, and forget to check for obstacles in their path, cars or other pedestrians coming towards them, which is clearly dangerous.

DEVELOP HEALTHY HABITS

Phones offer a vast amount of content and the chance to chat with friends whenever we feel like it, which can make it difficult to take time away from the screen. If that's something you struggle with, you could try setting time limits on certain apps. Putting our phones down for a while gives us more time to interact with others or do something physical that helps keep us fit and healthy.

IGNORE UNKNOWN NUMBERS

There are some scammers who might call or text asking you to share personal data or to click on a link and provide your details. Some may claim to be from a genuine company, but trustworthy businesses don't spontaneously call or message to ask for your information. It's safest to ignore calls or texts from unknown numbers, and never give your personal details out over the phone.

ONLY USE AGE-APPROPRIATE APPS

Before downloading a new app or game, check what age rating it has. Don't feel pressured into getting a particular game or app just because your friends are using it. If it's intended for older people, there's a definite risk that it could include content (which is violent or frightening, for instance) or language which isn't suitable and may leave you feeling upset or disturbed.

REMOVE TEMPTATION

A good night's sleep is so important for concentration, mood and overall health. Unwinding properly before going to bed – which means not staring at a screen late at night – can often improve sleep quality. Put your phone on charge overnight, but not in your room. This means you'll have a lot less temptation to check any notifications, reply to messages or get caught up scrolling on social media.

THINK ABOUT OTHERS

Watching videos, listening to music or calling someone can all help to pass the time while we're on the bus, waiting in a queue or walking down the street. It's important to remain mindful of other people, though: they might not want to hear your tunes or your conversation. Likewise, if you're calling from a public place then don't forget that anyone could overhear something personal about you.

SWITCH OFF GEOLOCATION

In your phone's settings, you'll be able to disable geolocation for individual apps and photos: this means that people online (including strangers) can't see information about where you are when you share or post a pic. On the subject of images, it's also important to ask permission before taking or sharing a photo of someone – and don't share embarrassing images of your friends with others.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



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National Online Safety

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What Parents & Carers Need to Know about MYLOL

AGE RESTRICTION
13-19

WHAT ARE THE RISKS?

MyLOL is a free social networking and dating site aimed at teens. Profiles can publicly display users' images and information, including sexual orientation and personal interests. The service bills itself as "the number one teen dating website in the world", claiming to have more than a million users globally. Despite its popularity, the MyLOL app is no longer available from Google Play or the App Store, although the site is still active. In some countries, police forces and schools have previously warned parents about "sinister predators" and "inappropriate activities" on the site.

FLIMSY AGE GATES

Although MyLOL states it is exclusively aimed at users aged between 13 and 19, there is no credible age verification system to prevent a younger child – or an older adult – from signing up to the platform. Coupled with the fact that it's impossible to establish a user's true identity on MyLOL, this raises a serious concern that the site could be used for grooming.

AGE-INAPPROPRIATE CONTENT

MyLOL maintains that it monitors all uploaded images for nudity or sexual content. It also claims to be able to detect suspicious keywords. However, there have been numerous reports of explicit content being found on the platform, with users often posting provocative, semi-nude pictures of themselves and engaging in flirty or sexually explicit conversation.

POTENTIAL CYBER-BULLYING

MyLOL lets users 'vote' on other people based solely on their appearance, much in the same vein as the now-defunct site Hot or Not. This feature could easily lead to distress and bullying, especially if a young person's profile pics receive an unfavourable response. Various reviews of MyLOL have noted that bullying frequently becomes an issue in the platform's chat groups and private messages.

IN-APP SPENDING

MyLOL is free to join and use, but it also offers paid-for memberships. Users who have paid money get their profile promoted at the top of the site and in search results. They can also earn additional credits for increased engagement with the platform – such as sharing, replying to messages and voting. At the time of writing, the monthly membership fee was \$9.95 (just under £8).

DATA COLLECTION

According to its privacy policy, MyLOL collects user data including email addresses, contact details and interests. While the company says it is committed to protecting users' privacy, the small print states that information may be shared externally. MyLOL claims to follow procedures to keep data secure, but does not specify what these procedures are, or whether such information is encrypted.

CONTACT FROM STRANGERS

MyLOL makes it easy to connect with strangers. In fact, the site's rewards feature encourages users to send private messages to people they don't know. There have been several media stories of adults posing as teens on MyLOL to connect with minors, which could lead to extremely dangerous situations, such as a young person meeting up with someone who has been posing under a false identity.

Advice for Parents & Carers

DISCUSS ONLINE DATING

It's vital to talk to your child about the possible dangers of platforms like MyLOL – particularly the threat of online predators. Remind them of the risks of sharing intimate images and information with strangers and emphasise that most people don't realise they're being 'catfished' until it's too late – it really isn't wise for a young person to meet up with someone they've only spoken to online.

EXPLAIN PRIVACY RISKS

Before your child begins using a service such as MyLOL, it's important that they understand the potential pitfalls of giving out their personal data on this type of platform. Explain to them, for example, that they shouldn't divulge any personally identifying information to people who they don't know, as scammers can be quite convincing when attempting to steal someone's identity.

RESTRICT IN-APP SPENDING

If your child has access to a bank card or other payment method, they may be enticed into signing up for MyLOL's premium features. Having their profile boosted and receiving more attention could be especially tempting if their friends also use the site. You could consider altering their device's settings to disable internet purchases, or at the very least keeping an eye on their online spending.

SET UP LOCATION ALERTS

If you're worried that your child may be planning to meet up with someone they've met on MyLOL, you could consider utilising GPS or WiFi location tracking technology to follow their whereabouts in real time. You can even set up a virtual boundary or 'fence' and opt to receive an alert to your phone if your child enters or exits a specified area.

Meet Our Expert

Carly Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of tech tabloid The Inquirer, Carly is now a freelance technology journalist, editor and consultant.



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What Parents & Carers Need to Know about PERSUASIVE DESIGN ONLINE

'Persuasive design' refers to the techniques that companies employ to influence our thoughts and behaviours when we're on the internet. These approaches can be spotted on websites, in apps and even as part of some video games. Persuasive design means that this content has been deliberately presented in a way that's intended to encourage you to spend your time or money (or both). These methods often prove highly effective at keeping people engaged and invested for longer than we might expect.

WHAT ARE THE RISKS?

POTENTIAL ADDICTION

In the digital world, persuasive design can make certain activities more addictive and harder to walk away from: some people may begin to feel anxious or irritated without access to their device or their favourite app, for example. It can also often leave users feeling isolated, as – if they spend most of their time on social media – they may start to find it difficult to talk to other people in real life.

MENTAL HEALTH CONCERNS

Scrolling online or gaming without regular breaks is proven to be harmful to our mental health. The constant bombardment of news stories (many of them negative), images and influencers' posts can create sensations of unease, uncertainty and FOMO (fear of missing out). Young people can get so immersed in this environment that they become less likely to spot misleading posts.

PROLONGED SCROLLING

Social media can draw any of us – regardless of age – into a continuous pattern of refreshing our screen, following posts and links down rabbit holes or reading countless comments made by others. This aimless scrolling can eat up time which could have been spent on more productive activities. It could also lead younger users into areas of the online world which aren't age appropriate.

SENSORY OVERLOAD

Repetitively scrolling, clicking on links or playing games can create an unending stream of new information and visual stimuli. Put it this way: social media isn't exactly renowned as a carefree, chilled-out environment. Such overstimulation can become too much for young people to handle, resulting in sensory overload and causing them to feel stressed, overwhelmed and exhausted.

COSTLY ADDITIONS

Video games sometimes display offers for downloadable content or loot boxes which can be bought with real money. While these 'microtransactions' temptingly promise to improve a player's gaming experience, most of the time they are money sinks. Young people in particular, excited by the chance of enhancing their game, could spend quite a sizeable sum very quickly indeed.

PHYSICAL CONSEQUENCES

Hours spent sitting and scrolling means far less time moving around and getting exercise: hardly ideal for a young person's physical health. Additionally, prolonged exposure to the light given off by a phone's screen can lead to eye fatigue and discomfort, especially if viewing it in the dark. Extended phone use before bed can also impact on sleep quality, affecting mood and energy levels over the following days.

Advice for Parents & Carers

ESTABLISH LIMITS

Talk to your child about setting some time limits on how long they can use their phone, tablet or console in the evenings or at weekends – or perhaps how often they can go on a specific app, game or website. You could also decide to involve the whole family in creating this shared screen time agreement, making things fair (and healthier) for everyone.

NIX NOTIFICATIONS

Stop knee-jerk responses at the source by turning off push notifications and alerts. Whether it's a gaming notification or a social media update, these not-so-gentle reminders are designed to catch our attention and lure us back to our device. Switching them off – or even deleting any particularly intrusive apps – can help prevent your child from being reeled back into the online world.

ENCOURAGE MINDFULNESS

Acknowledging any addiction is key in overcoming it – and compulsive scrolling is no different. If anything mentioned in this guide sounds problematic, it could help to have an honest, open chat with your child about how much time they spend online. Get them to think about how often they scroll through social media aimlessly or habitually open it up whenever they have a spare moment.

MAKE A CHECKLIST

Considering a list of relevant questions can be an effective way of helping children figure out why they're scrolling on certain sites or consuming particular pieces of content. A checklist can prompt young people to ask themselves if they're learning anything or benefiting from this activity – or if they're wasting their time. Taking a step back can sometimes help us to see things more clearly.

Meet Our Expert

Rebecca Jennings has more than 20 years' experience in the field of relationships, sex and health education (RSHE). As well as delivering workshops and training for young people, parents and schools, she is also a subject matter expert on RSHE for the Department of Education.



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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 nationalcollege.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about MONKEY

Also known as Monkey Cool, this platform aims to fill the gap left by Omegle (which has now shut down) by placing users in random video chats with strangers. Participants use their mobile number and Snapchat username to connect to the service, where they can make matches, message other people and join group chats. The mobile version has been removed from the App Store due to safety concerns, but iPhone owners can still access the site via their web browser. The app remains available on Google Play, where its listing claims that Monkey has more than 30 million users worldwide.

WHAT ARE THE RISKS?

AGE-INAPPROPRIATE CONTENT

The app claims to use AI to detect sexual content or activity that violates its policies, along with having a 24/7 moderation team. However, reports in the media continue to indicate that explicit content remains commonplace on Monkey (including sexually graphic or violent material) and is therefore accessible to anybody who uses the app – including those aged under 18.



CONTACT WITH STRANGERS

The obvious risk in accepting random video chat partners is that users cannot know what or who they will see on their next connection. Talking to strangers is, of course, potentially dangerous – especially for children who might be persuaded to meet up with these people offline. The app lets users find each other by location, increasing the chances of a child being matched with a stranger from their local area.



IN-APP SPENDING

While Monkey is free to download, it nevertheless offers in-app purchases promising to unlock access to premium features. For example, users who wish to make use of 'Knock Knock chat' (Monkey's text-based messaging option), rather than the app's Chatroulette-style random video calling feature, will need to pay to be able to do so.



INTRUSIONS ON PRIVACY

According to Monkey's privacy policy, personal information (such as name, profile picture and date of birth), user-contributed content (any photos, texts, videos and screenshots shared) and each user's browser and IP address are collected. That is a considerable amount of data for Monkey to gather on its users – and all of this information is shared with third parties.



Advice for Parents & Carers

DISCUSS THE DANGERS

Even if you're comfortable with your child using Monkey, it's still important to talk about the potential dangers. It's crucial, for instance, that young people recognise the risks that stem from video chatting with strangers; that they understand not to share identifying information (like their street or school name); and that they know what to do if they are exposed to inappropriate content.



RESTRICT IN-APP PURCHASING

If your child is accessing Monkey via an Android device, you can prevent them from making in-app purchases through the device's settings. If you do allow your child to use the site, we'd recommend that you enable this feature: young people have been known to spend significant amounts of money in their desire to unlock more features in apps such as this.



REPORT INAPPROPRIATE CONTENT

Monkey states in the safety section of its site that "people are given the power" and that, to a large extent, Monkey is "self-governing." If a user is exposed to sexually explicit or inappropriate content on the platform, they can select the 'police' emoji in the top right corner of their screen to submit a report for Monkey's moderation team to review.



SPOT THE SIGNS

If you're concerned that your child is spending too much time on Monkey – or that they may have been exposed to inappropriate or distressing content – it's important to watch for potential indications that they've been affected emotionally. They could be unusually irritable or unable to concentrate, for example, or failing to complete their homework or even to eat regular meals.



Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



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Youth Impact

Youth Impact - Monday evening youth clubs from 6-8pm at All Saints Church Bedworth. Drop-in sessions where children can play ping pong, board games, on consoles and receive homework support if needed. Workshops that differ every week, but each week will have a second workshop teaching piano/ukulele/cahon drums depending on interest.

YOUTH IMPACT

@ ALL SAINTS CHURCH

EVERY MONDAY
HANGOUT SPACE
FROM 6PM - 7PM

sign up here!

WORKSHOPS
FROM 7PM - 8PM

COMMUNITY FUND

bpc YOUTH