

The Convent Chronicle



Friday 26th January 2024

Inspiring Ambition,
Achieving Excellence

Dear Parents/Carers,

Today the Justice and Peace group went to the Holocaust memorial garden to pray, listen about and reflect on this horrific event in our past. They remember the six million Jews murdered in the Holocaust, and the millions of people killed under Nazi persecution of other groups. They also pray for and remember those murdered in more recent genocides in Cambodia, Rwanda, Bosnia, and Darfur. It is, needless to say these events are playing out across the world in current times, not in the past, and our prayers should be fervent.

At 8pm on 27 January people across the nation will light candles and put them safely in their windows to remember those who were murdered for who they were and to stand against prejudice and hatred today. This Sunday is also Racial Justice Sunday.

You may wish to join with our staff in doing this act of allegiance this weekend, as we remind ourselves to appreciate and guard our freedoms.



Loving God, we come to you with heavy hearts, remembering the six million Jewish souls murdered during the Holocaust.

In the horrors of that history, when so many groups were targeted because of their identity, and in genocides which followed, we recognise destructive prejudices that drive people apart.

Forgive us when we give space to fear, negativity and hatred of others, simply because they are different from us.

In the light of God, we see everyone as equally precious manifestations of the Divine, and can know the courage to face the darkness.

Through our prayers and actions, help us to stand together with those who are suffering, so that light may banish all darkness, love will prevail over hate and good will triumph over evil.

Amen

Penny Johnson
Headteacher



Important Messages

Severe Weather Arrangements



We are not anticipating weather, severe enough to close schools, but as it is that time of year we feel it best to keep you informed of the procedure.

In the **very unlikely** event that the school is closed due to snow, Mrs Johnson will make the decision as soon as possible and inform BBC Essex and Essex FM of any school closure. Should we experience severe weather, you are advised to listen to these stations, which list schools that are closed. If we are **not** mentioned – **we are open!**

We will also post a message on the front page of our website, so keep an eye on that too.

**BBC Essex - 103.5 FM or
95.3 FM**

**Essex FM - 102.6 FM or
96.3 FM**

If Grays Convent are NOT mentioned on these radio stations, and there is NOT a message on the front page of the website GRAYS CONVENT SCHOOL IS OPEN!

ParentPay Accounts



Can we stress how important it is for you to have activated your daughter's ParentPay account. It allows you to purchase equipment for your daughter when needed, and pay for trips and events – if you do not activate your ParentPay account, your daughter could miss out on taking part in these trips and events, as we can only take payment for trips and events via ParentPay.

With regards to trips, we always give a deadline for payment, and these deadlines must be met otherwise your daughter will not be able to go on the trip.

If you do not have a copy of your ParentPay activation letter then please contact Mrs Wood at:
woodj@graysconvent.thurrock.sch.uk

Finance Office

Year 11 Attendance

It is extremely important that Year 11 attend school regularly, as this a very important time with the lead up to the GCSE examinations. Lots of important information will be given to students, for example revision information, exam information, intervention etc. Please ensure that your daughter attends regularly at this crucial time in her education journey.



Attendance Office

COVID

If your daughter becomes unwell with flu-like symptoms, we urge you to test your daughter for COVID before sending them to school. This will eliminate further spreading by keeping them at home.

Attendance Office

Chicken Pox

We would like to make you aware that following the Christmas break, we have had a couple of confirmed cases of Chicken Pox. We ask that you are vigilant.

Pastoral Team

Parents Parking on School Site



It has come to our attention that a few parents are driving into the school car park to either drop off or pick up their daughters.

Whilst this practice is acceptable only for parents with students who have limited mobility, those parents should not be blocking car park entrances and exits, and must only come onto the site if it is safe to do so.

The school car park is private property, and unless your daughter has aforementioned mobility issues, you should not be driving onto the school site.

More importantly it is a health and safety issue for students who are entering and leaving the building in the morning and after school via the car park.

Health & Safety Officer

Assistant Headteacher's Bronze Awards

This week we have our first Year 11 receiving her Bronze Award - well done:



The following students also reached in excess of 200 achievement points which is fantastic:



The students received their Bronze badge and certificate from their Head of Year. Well done to all of the students.

Mrs Bishop

History in Action

This week Year 7 students in 7D & 7L have been looking at who should be king of England after the death of Edward the Confessor in 1066. Students took on the roles of either Harold Godwinson, William Duke of Normandy or Harold Hardrada and made speeches to convince their classmates that they were the suitable candidates.

The speeches were really impressive and put each candidate's case forward really well.

Achievement points all round to both groups.



Mrs Smith

Romeo & Juliet - Yr 10

There will be a Splats performance of 'Romeo & Juliet' within school for all Year 10 on Tuesday 26th March 2024.

The cost of £5 is to be paid via ParentPay by Friday 22nd March 2024.



Mrs Nyland

The Essex Autism Project

This month at the Essex Autism Project we are discussing privacy and safeguarding. To learn more about why we might need some of your information fill out our survey. This will also give you the chance to give us your opinions and suggestions on what is needed and how we can help you feel safe using the service.

Link to the privacy and safeguarding survey:

<https://autismsex.kids.org.uk/privacy-and-safeguarding-survey/>

We look forward to hearing from you.

The Essex Autism Team



Please get the **free Studybugs app** for reporting your child's absence due to illness.

<https://studybugs.com>



Report sickness, receive guidance, help improve children's health

See what illnesses are going around

Secure system, all communications encrypted



Working in partnership with:



brighton and sussex
medical school



Mrs Burrow

Year 11 Intervention 2023-2024

WEEK 1					
	Mon	Tues	Weds	Thurs	Fri
Lunch	Art-(KG rm16) Music		Photography (JL) History (LW)	Textiles (KP)	Computing
After School	Science		Food (LC) Maths w/ Nilesh	Geography (DD, RM1)	

Week 2					
	Mon	Tues	Weds	Thurs	Fri
Lunch	PE (Aiming higher)-KW PE (Making the grade)-SF		Math (SMA) D&T	Math (PM)	
After School	English (Set 4&6)- PJ	MFL (DPD)	Maths w/Nilesh RE (POH)	Drama MFL (SLE)	Maths (MAS GA,MT)

Option J	Option K	Option L	Option M
Fine Art	Art Textiles	Art Textiles	Computing
Drama	Design Tech.	Drama	Food
Food	French	Food	French
French	Geography	Geography	Geography
History	History	History	Media
Media	Media	Media	Music
	PE	Photography	Photography



Computing

Hexadecimal Numbers

Convert 171 from denary to hexadecimal.

A5

A1

AB

Answer: AB

Mr Burr

Maths

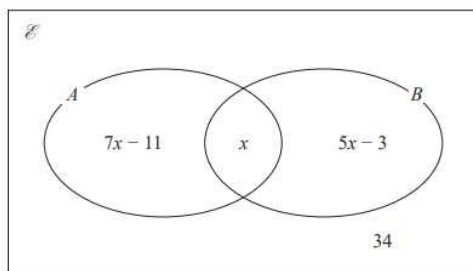


Maths Question of the Week

21 Vicky has a collection of medals.

The Venn diagram gives information about the number of medals in her collection where

\mathcal{E} = {all medals}
 A = {English medals}
 B = {gold medals}



Vicky is going to take at random a medal from her collection.

Given that the medal is gold, the probability that the medal is English is $\frac{2}{11}$

Work out the number of medals in Vicky's collection.

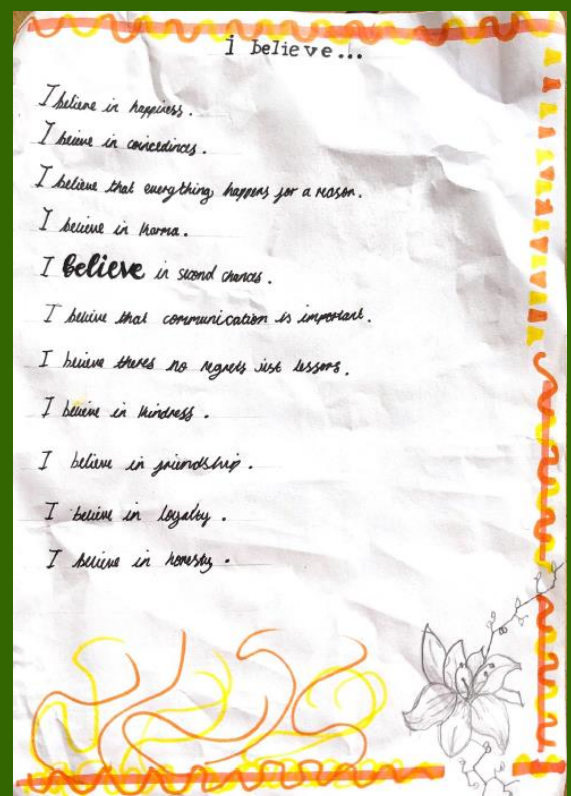
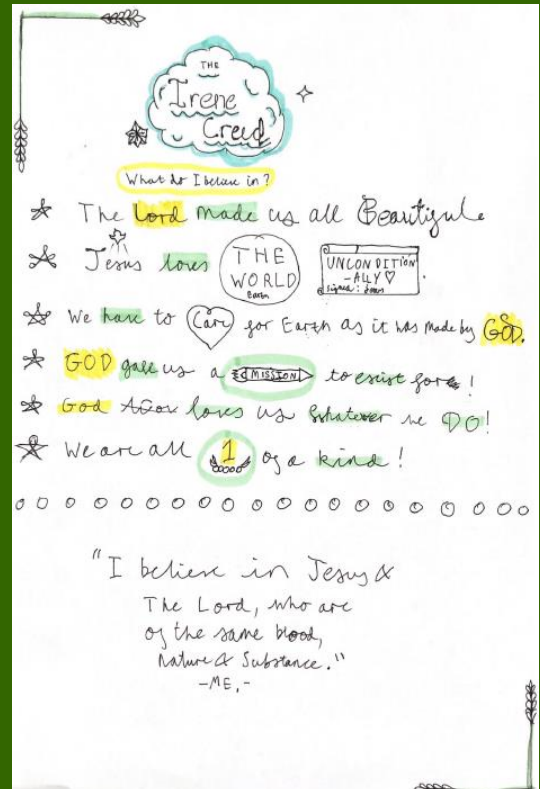
Submit by Break time on Monday 29th January in Room 21 to receive 5 Achievement points

Mr Amenze

RE



Mrs Gardner's RE class have been learning about how Christian beliefs are expressed in the Nicene Creed. For homework the girls were asked to go home and write their own creeds. Here is a selection of their work.



Mrs Gardner

Spelling Bee

Prepare for "*Excellent spelling!*" at **Spelling Tests, ASSESSMENTS** and *Spelling Bee!*

3 SPELLING BEE COMPETITIONS THIS YEAR

For Year 7- Autumn Term For Year 8 - Spring Term For Year 9 – Summer Term

Get ready! – week 17

FOR YEAR 7	FOR YEAR 8	FOR YEAR 9
available	serene	rhyme
average	tranquil	rhyme scheme
awkward	placid	end rhyme
bargain	unperturbed	internal rhyme
bruise	halcyon	perfect rhyme
category	peaceful	identical rhyme
cemetery	pacific	approximate rhyme (slant rhyme)
committee	still	double rhyme
communicate	composed	triple rhyme
community	restful	alternating rhyme

For Year 8: Learn the words –

Creative Writing: **calm**

serene: calm, peaceful, and untroubled; tranquil. "her eyes were closed and she looked very serene"

tranquil: free from disturbance; calm. "her tranquil gaze"

placid: not easily upset or excited. "a placid, contented man"

unperturbed: not perturbed or concerned. "Kenneth seems unperturbed by the news"

halcyon: (of a period of time in the past) peaceful and happy - "*the halcyon days of her youth*"

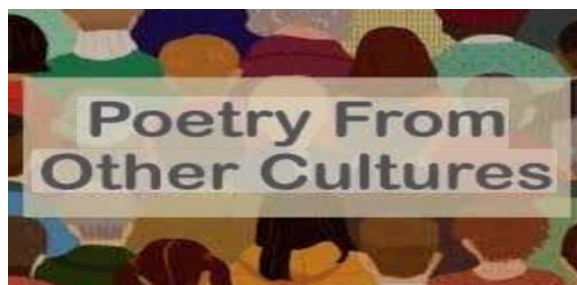
peaceful: free from disturbance; tranquil. "everything was so quiet and peaceful in the early morning"

pacific: peaceful in character or intent. "a pacific gesture"

still: not moving or making a sound. "the still body of the young man"

composed: having one's feelings and expression under control; calm. "a very talented and composed young player"

restful: having a quiet and soothing quality. "the rooms were cool and restful"



For Year 9 – in detail. Learn these terms for analysing POETRY:

Rhymes:

rhyme: the similarity of sound existing between two words.

rhyme scheme: it is a pattern in end rhyme; the first sound is represented with an "a," the second sound with a "b," etc.

end rhyme: similar sounds which occur at the end of two or more lines of verse.

internal rhyme: similar sounds which occur between two or more words in the same line of verse (usually at the middle and end of the line).

perfect rhyme: repetition of two or more words with the same accented vowel sound and all succeeding sounds: e.g. 1 syllable: crept, kept, leapt, sept, slept, stepped, swept, wept 2 syllables: accept, adept, backswept, except, inept, transept, unkept, well-kept.

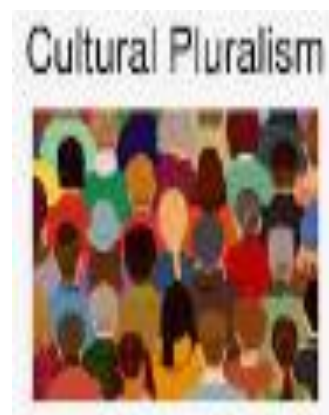
identical rhyme: repetition of two or more words with the same accented vowel sound, preceding consonant sound, and all succeeding sounds.

approximate rhyme (slant rhyme): two words that have some sounds in common but not enough to make them a perfect rhyme; often the words are spelled the same but pronounced differently.

double rhyme: occurs when the last two syllables of a word rhyme with another word.

triple rhyme: occurs when the last three syllables of a word or line rhyme.

alternating rhyme: a rhyme scheme in which the last word in every other line rhymes.



Learn them to improve your spelling!!!

Miss Petrova

Our Year 11's prepared a beautiful Service of the **Liturgy of the Word** followed by a time of silence during **Exposition**, for the Octave of Prayer for Christian Unity. As it was also the Feast of the Conversion of Saint Paul this week, they read the dramatic Bible story from Acts 9:1-19 as a playscript. Saint Paul, is a key witness to the resurrection of Jesus, because unlike other witnesses, he was not a friend or followers of Jesus: he was an enemy, who as a devout Jew believed it to be his religious duty to have Christians persecuted and put to death. He had a dramatic conversion on the road to Damascus when the risen Lord appeared and spoke to him. After his Baptism, at great risk to his own life he proclaimed salvation through the risen Lord Jesus and became persecuted himself. He suffered scourging, beatings, shipwrecks, imprisonment many times and was eventually beheaded. Even when Saint Paul was in prison his letters were full of joy. He said "Rejoice in the Lord always" "give thanks in all circumstances" because "God works all things for the good of those who love him." Saint Paul gives hope to us all, because every saint has a past and every sinner has a future.

Year 11's SHARING PERSONAL ENCOUNTERS WITH THE LORD

We reflected on Saint Paul's encounter with the Lord and on our own little encounters, light bulb moments that we can experience at different times in our lives. One example was when I heard the Bach St Matthew Passion sung at the Royal Festival Hall. The Gospel message came home to me in a new and deep way that Jesus died for me personally, for the forgiveness of my sins.

Acts of the Apostles – The Conversion of Saint Paul

Acts 9: 1-19 (Tomorrow is the Feast of the Conversion of Saint Paul.)

The word conversion means to have a change of heart and Saint Paul had a very dramatic change of heart, as recorded in the Acts of the Apostles in the Bible.

Saint Paul's name was originally Saul. He was a devout Jew and a Roman Citizen. As a respected Jew, he hated the followers of Jesus, who at the time were called The Followers of The Way. Saul believed it was his religious duty to arrest them and have all the followers of Jesus put to death. He was proud of how many he'd killed and was on his way to Damascus in Syria to arrest the Christians there too.

He was travelling on his way to Damascus when suddenly a bright light came from Heaven and he fell from his horse.



The voice of Jesus was heard saying:
Saul, Saul, Why are you persecuting me?

Saul asked "who are You Lord?"

The voice answered

"I am Jesus and you are persecuting me."

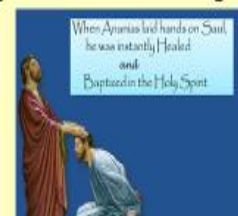
Saul was blinded by the light and had to be led by the hand into Damascus.

He fasted and prayed for 3 days and

Jesus sent Saint Ananias to lay his hands on Saul to restore his sight.

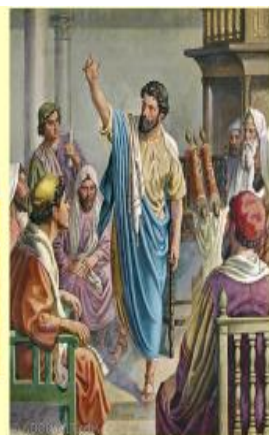
Something like scales fell from Saul's eyes and he could see again.

Saul asked to be baptised there and then and changed his name to Paul, because he'd had a change of heart and was making a new start.



He then went straight to the Jewish people in the Synagogues to proclaim that Jesus is the Son of God, that he is risen from the dead; he is alive and with us.

The people were amazed saying to one another "Isn't he the one who hated Christians and had them put to death!" (Acts 9: 1-19)



Paul told people that if God could forgive him, he could forgive anyone who was truly sorry.

Paul suffered beatings, imprisonment, shipwreck at sea and many hardships in order to spread the Good News of Jesus. He was eventually beheaded for preaching the Good News, but he died happily knowing that Jesus would raise him to life again in Heaven.

Reflection: Jesus said "Saul why are you persecuting me?" Jesus who lives in us shares our sufferings with us. When we are hurtful to others we are hurting Jesus who lives in them.

Prayer: Lord Jesus, please rescue all who are persecuted for their faith today. Please give a change of heart to all people of violence as you changed Saul who became Saint Paul. Help all governments to encourage respect for people of all faiths as everyone is created and loved by God. Lord in your mercy, hear our prayer.

On this feast we end the Week of Prayer for Christian Unity so let us pray our **L.S.U. Prayer:**

God of love and compassion, as an LSU School may we grow in loving union with you and with each other. Guided by your presence may we take your love to all people and cherish our planet, our common home. Amen.

Two of our lovely Year 11's who have made their Confirmation decided on the spot to share their own personal encounters with Jesus and what he means to them.

Benita Okwudili Y11

The Service was heart-touching and warm. We were able to adore God. We also prayed for our needs and the needs of others, feeling the touching love of God in our heart. I was able to share a personal encounter I had with Jesus. One time at my last school, I felt really sad because I got in big trouble as I was falsely accused. I also had an argument with all my friends which made my heart heavy. While I was praying in the Church. I felt better, a lot lighter in my chest. I regained my strength by feeling the presence of Christ in my heart and in the quietness of the church. After that day I realised what a great friend I had in Jesus and how He will always be there to help me and set me free.

Ijeeamaka Chidi-Ileka (Ijee) Y11

About 7 years ago I had an accident and wasn't really able to walk properly: my knee was really hard to bend and I could barely do anything, so I prayed the 'Our Father' prayer which was the first prayer Jesus ever taught his disciples. I felt so much better; I was able to kneel down to pray and walk around and I thank God for healing me completely since then."

Ope Lawal Y11 Reflection

"I have found these testimonies truly inspiring. It is so motivational to see people my age have such strong faith in God and being so confident in their knowledge of Christ. It encourages me to want to deepen my relationship with Christ, as through their testimonies it is clear that with Christ all things are possible."

Sienna Campbell Y11 Reflection

On Monday, Year 11 had a Service led by Miss Carson and students. This service was inspiring and relevant to issues going on in our world. Our first readings were read beautifully and were led by four students - this was a play script from the Acts of The Apostles. We learned about Saul persecuting Jesus and the effect it had on all of the people at the time. Following this, we had readings from the Scriptures. In addition, we were also delighted that two inspirational students, Benita and Ijee, brought to us their personal testimonies about times God has helped them through difficult times. The girls shared their message very passionately, motivating others to talk to God when needed.

Holocaust Memorial Day 2024

Anniversary of the Liberation of Auschwitz-Birkenau 27th January 1945

Theme this Year: The Fragility of Freedom

In assemblies and Form Prayers this week, we have been learning about the Holocaust in order to recognise the warning signs in our own time, to prevent it happening again. We learnt that the Holocaust didn't just happen. It began many years before with Nazis spreading **little hateful words** that dehumanised Jewish people calling them vermin, first through chatter, then through propaganda in the media. Then laws were passed to deny Jews of their human and civil rights. This dehumanising of the Jews in the minds of the people, who believed the media and didn't check their sources, led to the Holocaust.

"Evil flourishes when good people do nothing about it."

When Jesus washed the feet of his disciples at the Last Supper, he taught us that no one should ever look down on others or consider themselves better than anyone else. (Jn.13:2-15)

We are called to be a light in the darkness to stand out from the crowd by speaking the truth, defending the weak and standing up for what is right and just.

Fr. Maximillian Kolbe let his light shine in the darkness.

A sign of God's loving presence in the concentration camp at Auschwitz was a Roman Catholic priest called

Fr. Maximillian Kolbe who volunteered to die instead of another man, a stranger, who was a father of family and being taken away by the Nazis to die in the starvation camp.

Fr. Maximillian took his place and died instead of the man, following the example of Jesus, who died for us. Whilst suffering the slow death of starvation, Fr. Maximillian cheered up the other prisoners by leading them in praising and singing hymns to God.

Jesus said that there is no greater love than to lay down your life for a friend (Jn.15:13)



Fr. Maximillian Kolbe



Mrs Collis gave a very moving and highly informative talk about the Jewish Holocaust to our Justice & Peace Group. Students learnt about how it all started with propaganda: racist theories, sub-human name calling, petty restrictions, segregation, the plans to exterminate them and blind acceptance of orders. This talk was so that we can learn from the past and avoid the same errors which have led to sustained prejudice and intolerance of the Jewish people over centuries.

Mrs Collis talked about the importance today of finding reliable sources of information when we are surrounded by 'fake news' and conspiracy theories. The group also discussed the reasons why the Jewish community want the story of the Holocaust to be told, so that history will not be repeated. The Holocaust did not begin with concentration camps but began with words. Skilled architects, engineers, scientists and administrators used their expertise to carry out evil. We talked about the importance of using our talents for good.

The Justice & Peace Group attended the Holocaust Memorial Service at the Memorial Garden in Grays

Miss Warby wrote a very thought-provoking reflection on the Fragility of Freedom and chose a poem called the Threads of Liberty, which four of our students read very confidently and beautifully to the whole gathering. "Fragility of Freedom" compels us to examine the conditions that allowed the horrors of the Holocaust to unfold and to acknowledge the responsibility we bear in preserving the rights and dignity of all individuals. The echoes of the Holocaust remind us that the seeds of discrimination, racism, and injustice can quickly take root if left unaddressed. Holocaust Memorial Day serves as a call to action, urging us to confront contemporary challenges that threaten the very essence of freedom. By remembering the past, we equip ourselves with the knowledge and awareness needed to build a future where intolerance and hatred find no fertile ground. Miss Warby.

Student Reflections

On return from the Service the Justice & Peace Group had time in the Chapel to pray and to write and share their personal reflections. They said they were very moved by the presence of the young primary school children and their poem We Will Remember Them. Many said they were impressed by so many people old and young of different faiths and nationalities all coming together and taking part by listening; also by the simple gesture of laying a pebble which everyone took part in as a sign of remembrance and respect. Many said that it made them appreciate freedom we have which we often take for granted.

"The many speeches which took place all had a very significant message and reminded us how lucky we are to have our freedom, which many do not. All of the speeches today held great value, but the one which stood out for me was the one from my own school which was extremely educational and really emphasised how we must remember how important freedom is, as many died because of it.

We need to remember how the Holocaust started, when Germany faced extreme economic problems and the German Government looked for someone to blame and people were easily swayed into blaming the Jews. The idea was constantly reinforced over time beginning with name calling. We need to be aware of the warning signs in our own times."

Emily Riley Y10

"What stood out for me was the Statement of Commitment which we all read together. It truly showed the unity of all of us together and that this is possible no matter the age, race or gender. The atrocities of the Holocaust should never be forgotten so it will never ever be repeated. We thought about how it all started and how little things people say or do may have big impacts in the future."

Mishri Patel Y10

"O Lord, I pray to keep me and the community safe from the evil in this world and protect us from hate and discrimination."

Samira Wadud Y10



"I learnt that even in the face of evil and injustice, good can still triumph. I think that the Holocaust Memorial Service will stay with me forever because of all of the different stories that we were told."

Violet Simpson 10.23



"I thought that the event was very motivational and informative about the Holocaust and its victims as well as survivors. They spoke about freedom and why we shouldn't take it for granted. It made me think about everything we as a society take for granted."

Karina Strzepka Y10

"For us nowadays this is a continuous reminder of how peace and justice are crucially important. What stood out for me the most was that we were able to place a stone in memory and respect for those deceased. I am very grateful for what we did today."

Alyanna Diaz Y10

We are invited to light a candle in our window on Holocaust Memorial Day at 8pm.

Holocaust Memorial Day Saturday 27th January 2024




- Light a candle at 8pm
On Holocaust Memorial Day
#Light the darkness
- Learn more about the Holocaust from accurate sources @Auschwitz
- Use your voice
- Be a light where there is darkness

News from Mrs Collis about a former pupil, Gabriella Cantwell



I felt very proud of Gabriella Cantwell former pupil here, who is taking a year out of her studies to work for HET, Holocaust Education Trust

She came to talk to Year 10 classes recently on a Rise Above Day about Anti Semitism, stereotypes and conspiracy theories

On the day we discussed a book that we had both read called 'Jews Don't Count' by David Baddiel, Comedian and writer with 880k followers!

With her permission, I tweeted this picture and description of her presentation and we were both thrilled that David Baddiel liked this post!

God bless you,

Miss Carson

Pope Francis - Tweet of the Week



Pope Francis  @Pontifex · 6h

Accumulating material goods is not enough to live well, because life does not depend on what we possess (cf. Lk 12:15). Life depends on good relationships: with God, with others, and also with those who have less.

[#GeneralAudience](#)

 181

 702

 3.5K

 168K



Safeguarding our Children at Grays Convent

At Grays Convent our Designated Safeguarding Lead (DSL) is Mrs Collis, and our Safeguarding Officers are Mrs Wells and Mrs Bishop. Students can contact any of our Safeguarding Team during the school day.

Worried about a child?

You can phone or write to The MASH about your concerns. Phone immediately if you believe it is urgent.

- Thurrock MASH (Multi Agency Safeguarding hub), Civic Offices, New Road, Grays, Essex, RM17 6SL, Tel: **01375 652802**.
- Emergency Duty Team (for out of hours) **01375 372468**.
- Police Child Abuse Investigation Team **01277 266822** or call **999** if you are concerned a child needs immediate protection.
- Childline **0800 11 11** www.childline.org.uk
- NSPCC **0808 800 5000** www.nspcc.org.uk; www.facebook.com/nspcc

Mrs Collis

Internet Safety Tip - Snapchat



What is Snapchat?



Snapchat is a photo messaging app with a twist. Snapchatters can take photos, record videos, add text and drawings and send them to friends. These 'Snaps' aren't saved by default so it feels more like having an ordinary conversation. Once everyone has viewed a Snap, Snapchat's system is designed to automatically delete it from their servers. Opened Snaps typically cannot be retrieved from Snapchat's servers by anyone, for any reason. Upon registration 'Team Snapchat' will automatically send you a series of 'Snaps' to take you through the basics.

Age restrictions

Snapchat is not intended for children under the age of 13. Teens aged 13-17 should have permission from a parent or legal guardian to use the app.

A Snapchat account can be deleted by going to https://accounts.snapchat.com/accounts/delete_account and entering the child's username and password. If Snapchat obtains knowledge that a user is under the age of 13 they will terminate the account.

Note: If you forget your password you can submit a password reset request to Snapchat at: https://accounts.snapchat.com/accounts/password_reset_request

Mr Burr

What Parents & Carers Need to Know about INSTAGRAM

AGE RATING

13+

follow

WHAT ARE THE RISKS?

Instagram is one of the most popular social media platforms in the world, with over 1 billion users worldwide. The platform allows users to upload images and videos to their feed, create interactive 'stories', share live videos, exchange private messages or search, explore and follow other accounts they like – whilst at the same time continuously updating and adding new features to meet the needs of its users.

ADDICTION

Many social media platforms are designed in a way to keep us engaged on them for as long as possible. There's a desire to scroll often/more in case we've missed something important or a fear of missing out. Instagram is no different and young people can easily lose track of time by aimlessly scrolling and watching videos posted by friends, acquaintances, influencers or even strangers.

PRODUCT TAGGING

Product tags allow users (particularly influencers who are sponsored to advertise products) to tag a product or business in their post. This tag takes viewers, regardless of age, directly to the product detail page on the shop where the item can be purchased and where children may be encouraged by influencers to purchase products they don't necessarily need.

EXCLUSION AND OSTRACISM

Young people are highly sensitive to ostracism. Feeling excluded can come in many forms such as: not receiving many 'likes', not being tagged, being unfriended, having a photo untagged, or not receiving a comment or reply to a message. Being excluded online hurts just as much as being excluded offline – with children potentially suffering lower moods, lower self-esteem, feeling as if they don't belong or undervalued.

PUBLIC ACCOUNTS

Product tagging on Instagram only works on public accounts. If your child wants to share their clothing style, make-up etc and tag items in a post then they may be tempted to change their settings to public, which can leave their profile visible to strangers.

Buy Milk

Advice for Parents & Carers

HAVE OPEN DIALOGUE

Talk to your child about live videos and the risks involved and how they can do it safely with family and friends. Talk to them about ensuring they have safety settings on so only followers can view them live, and maybe help them prepare what they would say when they do go live.

FAMILIARISE YOURSELF

Instagram is one social media app which has its safety features available to parents in a user-friendly manner. The document provides examples of conversation starters, managing privacy, managing comments, blocking and restricting and can be found on the Instagram website > community > parents.

MANAGE LIKE COUNTS

Due to the impact on mental wellbeing, Instagram has allowed users to change the focus of their experiences online away from how many likes a post has by hiding the like counts. Users can hide like counts on all the posts in their feed as well as hiding the like counts on their own posts. This means others can't see how many likes you get. This can be done by going into settings > notifications > posts > likes > off

REMOVE PAYMENT METHODS

If you're happy for your child to have a card associated with their Instagram account, we suggest adding a PIN which needs to be entered before making a payment. This can be added in the payment settings tab and will also help prevent unauthorised purchases.

FOLLOW INFLUENCERS

Following influencers will allow you to monitor what they're sharing as well as being able to discuss anything which you deem inappropriate. Talk to your child about who they follow and help them develop critical thinking skills about what the influencer is trying to do. For example, are they trying to sell a product by promoting it?

USE MODERATORS

Instagram has launched 'live moderators' on Instagram live where creators can assign a moderator and give them the power to report comments, remove viewers and turn off comments for a viewer. It's recommended to keep devices in common spaces so that you are aware if they do go live or watch live streaming.

BE VIGILANT AND REASSURE

Talk to your child about the use of filters. While they can be fun to use they don't represent the real them. If you find your child continuously using a filter, ask them why and reassure them that they are beautiful without it to build up their feelings of self-worth. Discuss the fact that many images online are filtered and not everyone looks 'picture perfect' in real life, which can also lend itself to discuss what is real and not real online.

BALANCE YOUR TIME

Instagram now has an in-built activity dashboard that allows users to monitor and control how much time they spend on the app. Users can add a 'daily reminder' to set a limit on how much time they want to spend on Instagram, prompting them to consider if it's been too long with a 'take a break' message. There's also the option to mute notifications for a period of time. These features can help you have a conversation with your child about how much time they are spending on the app and to set healthy time limits.

Meet Our Expert

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



Sources: <https://about.instagram.com/blog/announcements/introducing-family-center-and-supervision-tools> | [https://about.instagram.com/blog/announcements/introducing-family-center-and-supervision-tools](https://about.instagram.com/en-US/blog/https://about.instagram.com/blog/announcements/introducing-family-center-and-supervision-tools) | <https://about.instagram.com/blog/announcements/introducing-reels-and-shop-tabs>

NOS
National Online Safety
#WakeUpWednesday



www.nationalonlinesafety.com



@natonlinesafety

















/NationalOnlineSafety



@nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 17.08.2022

Extra-Curricular Sports Timetable: From: 3:30-4:30

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>KS3 Trampolining: SF / GS</u>   <u>Y7 Netball: KW</u> 	<u>Year 10 & Y11 Netball : SF</u>  <u>KS3 (Y7-Y9) Football: GS</u> 	<u>U16 (Y10& Y11) Football: MB</u>  <u>KS4 Trampolining : SF</u>   <u>All years Rugby: LG</u>  <u>Year 7 Athletics</u> 	<u>Y8 Netball: ZB</u>  <u>Y9 Netball: GS</u>  <u>All years Fitness: SF</u>  <u>Year 7&8 Dance club LG</u> 	

Key Dates and Events

Monday 29 th January to Friday 2 nd February	Diversity Week	Whole School
Thursday 1 st February	Year 8 Parents' Evening	Year 8
Monday 5 th February to Friday 9 th February	National Apprenticeship Week	Years 10 & 11
Monday 5 th February to Friday 9 th February	Safer Internet Week	Whole School
Tuesday 13 th February	School Production – 7pm start	
Wednesday 14 th February	School Production – 7pm start	
Thursday 15 th February	Year 9 Parents' Evening	Year 9
Friday 16 th February	Students break for Half Term – 3:25pm finish	Whole School
Monday 19 th to Friday 23 rd February	Half Term	Whole School
Monday 26 th February	Students return to school – 8:25am start	Whole School

MAKE YOUR MARK TIMELINE OF EVENTS

Make
Your Mark



Youth Parliament
MAKING OUR MARK

2024

Involving Thurrock schools, colleges and youth groups

Running since 2011, Make Your Mark has reached millions of young people. It gives young people aged 11-18 the opportunity to vote on topics they feel are the most important issues facing young people locally and across the UK.

Make Your Mark voting period will run from Monday 29 January – Friday 1 March 2024. During this time we want Thurrock schools, colleges and youth groups to encourage as many young people to vote. Every vote matters!

Get involved! Here's what you need to do.

Now - 22 Dec 2023



REGISTER

For Thurrock schools, colleges or youth groups to take part in the 2024 Make your Mark consultation you need to register with Thurrock Youth Cabinet.

Register your school, college or youth group now by dropping us an email at

youthcabinet@thurrock.gov.uk

Registration closes on Fri 22 Dec.

From 15 Jan 2024



PRE-VOTING

From 15 Jan 2024 we will send you the resources you need to support the vote in your school, college or youth group. This will include printable tally sheets and explainer videos.

29 Jan - 1 Mar 2024



VOTING PERIOD

Voting is live across the UK! During this time use the tally sheet to capture students / young peoples vote.

By 1 March 2024



SUBMIT RESULTS

The deadline to return completed tally sheets is Friday 1 March by 5pm.

Please scan in and send all completed tally sheets to

youthcabinet@thurrock.gov.uk

22 March 2024



MAKE YOUR MARK RESULTS ANNOUNCED

We'll let you know the outcome so you can announce the results in your school, college or youth group.

PATT ADHD Support Group

For families with children and young people with
ADHD and neurodiversity

Booking essential

If we need to cancel a session you will get notification via email

To book: www.patt.org.uk/adhdsupport or scan the QR Code below.

Facebook: PATT ADHD Support

First Wednesday of each month 6.30pm to 8.30pm

7th February 2024	Stanford Le-Hope Family Hub
6th March	PATT Office
1st May	Stanford Le-Hope Family Hub
5th June	PATT Office
3rd July	Stanford Le-Hope Family Hub
4th September	PATT Office
2nd October	Stanford Le-Hope Family Hub
6th November	PATT Office
4th December	PATT Office

3rd Friday of each month 9.30am–11.30am

PATT Office, 51 Lodge Lane, Grays, RM17 5RZ

19th January 2024	16th February
15th March	19th April
17th May	21st June
19th July	27th September
25th October	29th November



Specialist Health Visitor Appointments with PATT SENDIASS via MS Teams

These appointments are for parents with children who have additional needs. It is an opportunity to meet with our team to discuss how our service may be able to assist. This may be signposting to other services, explaining processes, coordinating health care, referral, intervention, or support. It is also an opportunity to meet the PATT SENDIASS team and get advice and guidance on education and school issues.

To book a 15 minute, online appointment, visit www.patt.org.uk/booking-page Or scan the QR code below.

Please be assured that you will have the opportunity to speak with Caralyn or a member of her team in private during these sessions.

2023	Time	2024	Time
Thursday 21 st September	10.30am - 12.30pm	Thursday 18 th January	10.30am - 12.30pm
Wednesday 18 th October	10am - 12pm	Wednesday 29 th February	10am - 12pm
Thursday 16 th November	10.30am - 12.30pm	Thursday 28 th March	12.30pm - 2.30pm
Wednesday 13 th December	10am - 12pm	Wednesday 17 th April	10am - 12pm
		Thursday 16 th May	10.30am - 12.30pm
		Wednesday 19 th June	10am - 12pm
		Thursday 11 th July	12.30pm - 2.30pm

Because of the nature of the roles in this team we may need to cancel at the last minute, if this happens, I will arrange to speak with you at a different time.



Schedule 2024

where and when to find us

Sessions run term time only

To book an appointment: www.patt.org.uk
scan the QR code or call 07702 127 252



First Wednesday of the Month 5pm - 6.30pm
Stanford-Le-Hope Family Hub, Copland Road, SS17 0DF
Runs in conjunction with PATT ADHD Support group (6.30- 8.30pm)
6th Feb, 7th May, 2nd July, 1st Oct, 3rd Dec



First Thursday of the Month 9.30am - 11.00am
Tilbury Family Hub, London Road, Tilbury RM18 8EY
1 Feb, 7 Mar, 2 May, 6 Jun, 4 Jul, 5 Sep, 3 Oct, 5 Dec



Second Wednesday of the Month 10am - 12pm
Ockendon Family Hub, 2a Afton Drive, RM15 5AP
10 Jan, 14 Feb, 13 Mar, 8 May, 12 Jun, 10 Jul, 11 Sep, 9 Oct, 13 Nov, 11 Dec



Fourth Wednesday of the Month 4pm - 6.30pm
PATT Office, c/o Take 4 Care, 51 Lodge Lane, Grays RM17 5RZ
24 Jan, 28 Feb, 27 Mar, 24 Apr, 22 May, 26 Jun, 25 Sep, 23 Oct, 27 Nov



Third Monday of the Month 4pm - 6.30pm
30 minute online session with a member of the PATT team
15 Jan, 18 Mar, 15 Apr, 20 May, 17 Jun, 15 Jul, 16 Sep, 21 Oct, 18 Nov, 16 Dec



FAMILY VIEWS WORKSHOP

Second Tuesday of the Month 10am - 2pm

A one hour, one to one session at the PATT office to support you to complete the family views document. We will send you the template and guidance document when we receive your booking for you to start writing your child's story so far. Please bring the document with you when you attend.

13 Feb, 12 Mar, 14 May, 11 Jun, 9 Jul, 10 Sep, 8 Oct, 12 Nov, 10 Dec



FREE School Uniform

free for everyone,
no referral needed!

Events

Fridays
3 - 4.30pm

19th January
16th February
15th March
19th April
17th May
21st June

Saturdays
10 - 11.30am

20th January
17th February
16th March
20th April
18th May
22nd June

Community Church Chadwell St Mary
Defoe Parade (enter from Brentwood Road)
RM16 4QR

Save the planet 🌍, and your pennies 💰!
Hundreds of items in stock:

- Polo shirts
- Shirts & blouses
- Skirts
- Trousers
- Socks
- Pinafore dresses

- Jumpers & cardigans
- Blazers & ties
- PE kit incl football socks
- Plimsolls
- Black shoes
- Coats

Clean, good condition school uniform donations accepted when space allows. Please check our facebook page to see if we are currently collecting. Search facebook for "The 180 Project"

An event run by The 180 Project, part of Community Church
Registered charity no. 1062301. Tel: 01375 484 101

ReThink ReCreate ReCycle

Open to all young people aged 5-16 with SEND

Competition opens:
22nd January 2024
Competition closes:
28th March 2024

Take a plunge into the world of recycling like never before. It's not just about bins and bottles; it's about turning everyday items into extraordinary creations and give them a new lease on life.

We want to see your innovative minds at work, turning old items into mind-blowing masterpieces.

HOW TO ENTER

- Collect the items you want to recycle and transform these finds into a mind-blowing creation.
- Take a photo of your masterpiece, and in a paragraph, share the inspiration behind your creation while highlighting the materials you recycled.

Email it to QASEND@thurrock.gov.uk
Remember to include your name, age, year group and current school setting.



THINK ABOUT:

- What message does your creation convey about recycling?
- How did you recycle materials to create something new and exciting?
- How can your creation inspire others to join the movement?



thurrock.gov.uk



YOUTH VOICE GROUP SUPPORTED BY THURROCK YOUTH CABINET

Are you 16-25 years old?

Would you like to have a say on life, learning and living in Thurrock?

If so, Thurrock Youth Cabinet would like to hear from you!

Join a new Youth Voice group and turn your ideas into action.

- Attend three times a year at Grangewaters in South Ockendon
- Lunch, drinks and an activity provided
- Meet new people (16-25 olds with additional needs)
- Collaborate with Thurrock Youth Cabinet members and staff
- Have your say and be listened to!

Do you identify as neurodiverse, additional needs, special needs, SEND (Special Educational Needs and Disabilities) ?



To sign up or find out more, email today at
youthvoice@thurrock.gov.uk