

The Convent Chronicle



Friday 3rd November 2023

Inspiring Ambition,
Achieving Excellence

Dear Parents/Carers,

John Keats talks of Autumn as a 'Season of mists and mellow fruitfulness'. He talks about how Autumn too has its music, just as Spring does. Although the weather has been just dreadful lately, so dreadful that we have included in this newsletter a reminder of our bad weather processes for you, there is indeed some 'music' to this season, as we start preparing for Advent. It may seem to be coming quickly but in my house it is never too early for a mince pie; I have been testing them just in case!

As a part of the 'season of mists' however, our whole school mass was very poignant on All Saints day and our prayers yesterday, and my attendance at mass at the Cathedral with all of the Brentwood Heads, for All Souls. We prayed especially for those 'saints' who are from all walks of life, and for those in our community who have passed away. We prayed with great fervour for those who have been killed in such dreadful conflicts in Gaza and in Ukraine.

At this time of year, we recall those in our families who have died, and we ask you to send your daughters to the chapel to write their names in the Book of Remembrance we have there, so that we can pray for them. It is always good to remember however that although such occasions are sad, we are joyful for the opportunity to celebrate the lives of those that we have loved and lost. My family spent some time talking about my grandfather, lovingly known as 'Silly Grandad Ireland', laughing at the funny things he said and mulling over old pictures. His party piece was to roll his trousers up, put on my grandmother's coat and hat, and entertain us with Irish songs. I prayed for my mother and father in law, and my father in law especially, whose anniversary was yesterday, would have been very pleased to have 'made it' to the Cathedral for prayers.

Having started with a poem, I shall end with one. One of my favourite poems, "The Station" by Robert Hastings. The poem talks about not wishing our lives away and that "Sooner or later, we realize there is no station, no one place to arrive. The true joy of life is the trip." Towards the end of the poem he says, "stop pacing the aisles and counting the miles. Instead, climb more mountains, eat more ice cream, go barefoot more." This may not be good advice for the weather this last few days, but nevertheless, we could substitute that for hot chocolate (and maybe a mince pie?)!

May you see Christ in those you meet this week,

Penny Johnson
Headteacher



Inspiring ambition, achieving excellence



MUSIC MARK
SCHOOL
2022 - 2023



Artsmark
Silver Award
Awarded by Arts
Council England

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!

Annual Christmas Cracker event planning

Here are the student Arts Council having their meeting on Wednesday of this week to begin plans for our Christmas Cracker annual event in December held here at Grays Convent.



There's talk of dances, songs, play extracts to be performed to parents, governors and members of the local community as well as refreshments and even a raffle!

Mrs Grint

Success in World Championship Irish Dancing



Over half term Veonica Thomson headed over to Galway, Ireland for the Irish Dancing World Championships.



She returned with a glittering haul of prizes, achieving 5th in the Reel Section, 2nd in the Light Jig and 3rd in Slip Jig.

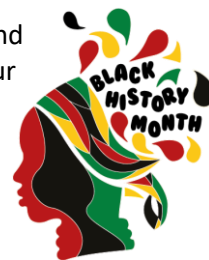
Well done and congratulations!

Miss Coughlan



Black History Month – another successful event!

Congratulations and well done to all our pupils who took part in the Black History Month Event at the Thameside Theatre on Monday evening.



The Theatre team were so pleased with our contribution of music, dance, poetry recitals and poster displays on the theme of 'Saluting our Sisters'; it was full of energy and joy and folks were already talking about their plans for next year's event.



A special thank you to Itunnu Adela-Faboro our Year 11 star baker who baked 100 cupcakes for the event and raised £50 in sales for our nominated charities. Thanks also to Mrs O'Donoghue and Ms Desgoutte who helped produce the show. Until next year...!

Mrs Collis

Annual Poppy Appeal

Grays Convent will, once again, be selling poppies in school in aid of the Royal British Legion's Poppy Appeal 2023. Your daughter will be able to buy a standard poppy for a minimum donation of 20p. This year the Royal British Legion have introduced a new style of poppy made from recycled plastic cups, which they will be selling alongside the more traditional style poppy:



We also have poppy wrist bands at a minimum donation of £1, and reflective poppy zipper/bag charms at a minimum donation of 50p:



If your daughter would like to purchase one of the above, please send her in with the appropriate minimum donation in cash. We thank you in advance for your generosity for this very worthy cause.

Get the Studybugs App
the quick and easy way to report your daughter's
absence

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:



Studybugs

Mrs Burrow

Vacancy

We have vacancies for Exam Invigilators to work during the exam periods. If you are interested in joining on a casual basis please see the full advert and job description on the school website or contact Jackie Reynolds at finance@graysconvent.thurrock.sch.uk for further information.

Finance Office

Lunch Money

If your daughter has loaned lunch money from the Finance Office could you please ensure it is paid back the following day.

We have a large amount of outstanding money owing and emails have been sent home. If you have received an email could you please ensure the money is returned as soon as possible.

This service is only available for emergencies and if the money is not returned on time it could lead to us being unable to loan money to another student.

Finance Office

ParentPay Accounts



ParentPay It is important that our Parents have a ParentPay Account, and that this account is activated. This enables parents to purchase equipment and not to miss out on school trips.

If you require another copy of your ParentPay Activation Letter then please email Mrs Wood on:

woodj@graysconvent.thurrock.sch.uk

Finance Office

Spelling Bee

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

3 SPELLING BEE COMPETITIONS THIS YEAR

Year 7- Autumn Term

For Year 8 - Spring Term

For Year 9 – Summer Term

Get ready! – week 7



FOR YEAR 7	FOR YEAR 8	FOR YEAR 9
deceive	debate	school
conceive	hoist	ague
receive	confess	forced
perceive	lump	siege
ceiling	devote	posterity
protein	exaggerate	verity
caffeine	congratulate	oracle
seize	tame	indissoluble
either	prepare	parricide
neither	toil	dauntless



For Year 7: Week 7

The 'i before e except after c' rule applies to words where the sound spelt by ei is /i:/. Exceptions: protein, caffeine, seize (and either and neither if pronounced with an initial /i:/ sound).

For Year 8: Learn the words – from Animal Farm:

debate - a discussion with reasons for and against some proposal

hoist - raise or haul up with or as if with mechanical help

confess - admit to a wrongdoing

lump - a compact mass

devote - dedicate

exaggerate - enlarge beyond bounds or the truth

congratulate - say something to someone that expresses praise

tame - brought from wildness into a domesticated state

prepare - make ready or suitable or equip in advance

toil - work hard



For Year 9 – in detail. Learn these words - they are all from Macbeth – Act 1

school: (verb) to teach; to discipline

ague: fever and chills

forced: reinforced

siege: a military blockade of a town or fort in order to force its surrender

Act III

posterity- all succeeding generations

verity- a statement or belief acknowledged to be an established truth

oracle- something or someone believed to be a source of wisdom,

indissoluble- lasting or permanent

parricide- murder of a parent

dauntless- fearless

unlineal- not hereditary



Learn them to improve your spelling!!!

Miss Petrova

Subject News...



Computing

Primary Storage (Memory)

When is virtual memory needed?

When the ROM is full

When the user goes online

When memory fails

When RAM capacity is low

Answer: When RAM capacity is low

Mr Burr

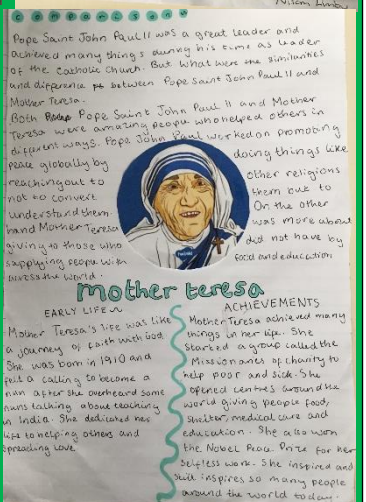
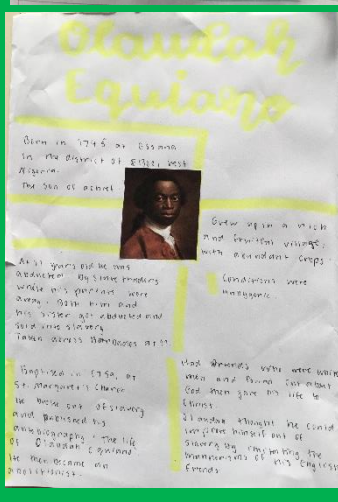
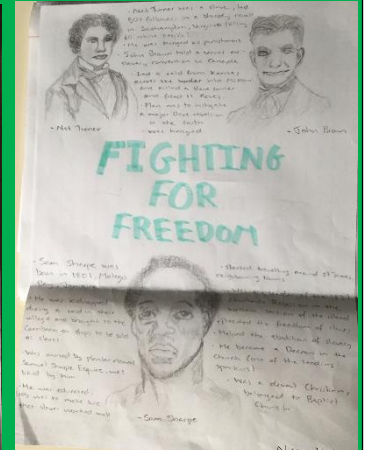
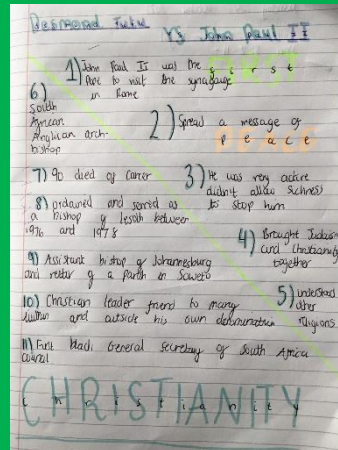


RE

For the topic of Leadership, 9L have been researching a variety of leaders within the Catholic Church.

Some have also done a comparison with the leadership of Saint John Paul II.

Their work has been inspirational, and I hope it will encourage the girls to be leaders in the future.



Mrs Wilsher

The Den! An online engagement opportunity for 11-16 year olds with SEND

CALLING ALL YOUNG PEOPLE AGED 11-16 - WE WANT TO HEAR FROM YOU!

The Den is an informal virtual hangout for young people aged 11-16 providing an opportunity for young people to share their experiences and work together to improve services for young people with Special Educational Needs and Disabilities, living or attending education in Thurrock.

Meeting via MS Teams from 5.30pm on the following dates:

Monday 13th November 2023
Wednesday 13th December 2023

You can join 'The Den' and participate in regular online meetings and share thoughts and feelings on our online pinboard. Parents and/or guardians must complete this online registration form: <https://forms.office.com/e/xECdu8uE5A>

Thurrock Children's Services

Thank You!

This week we celebrated the Feast of All Saints on Wednesday with a lovely Mass celebrated by Fr Marius from Rainham and beautifully prepared by Year 11, who read brilliantly. Thank you to all the parents who encouraged your daughters to sign-up for this voluntary Mass; it was very well attended and the girls were impeccably well-behaved and participated beautifully in the prayers and hymns.

The Feast of All Saints

We remember not only all the famous, **canonised** saints like Saint Peter and Saint Paul, and the Martyrs who were heroic in their witness to the risen Lord Jesus, but all the people in Heaven; members of our own families whose faith in Jesus has inspired us, who have let the light of Christ's love shine through them and are now united with God in Heaven.



We are all called to be saints, to be holy; full of God's love by responding to Jesus' invitation to personal friendship with him. We are called to let his love shine through us to all the people we meet, by being kind in all our thoughts words and actions.

(**Canonised** saints means they are on the official list called the **Canon of Saints**)

Saints are not perfect, all saints have a past and all sinners have a future. **Saints are repentant, forgiven sinners**, who through their faith in Jesus Christ, are made holy by the power of his death and resurrection, and are clothed in his purity and filled with his love. We are called to love and forgive others as much as God loves and forgives us.

At every Mass we give thanks to God for the saving power of Jesus.

Sin separated us from God who is Love and Only Jesus' sacrifice on the cross could save us and bring us back into relationship with God who loves us and gives us eternal life.



Saint John had a vision into Heaven in which all the angels and saints were praising God singing the Holy Holy prayer which we now sing/pray at Mass. So our voices join in the praise of all the angels and saints in Heaven as we pray:

PRAYER Holy, holy, holy Lord God of Hosts.
Heaven and earth are full of your glory;
hosanna in the highest!
Blessed is he who comes in the name
of the Lord, hosanna in the highest!



Feast of the Holy Souls - Thursday 2nd November

We celebrated the Feast of the Holy Souls with reflective Form Prayers. November is the month of the Holy Souls when we pray for all who have died. God who is not limited by time anticipates our prayers for them; he is infinitely merciful and with God all things are possible.

Book of Remembrance

We have a Book of Remembrance available in the Chapel for students and staff to write the names of anyone who has died that they would like us to pray for in this month of Remembrance.

Prayer:

Eternal rest grant unto them O Lord and let perpetual light shine upon them. May they rest in peace and rise in glory. Amen.

**The Feast of All Souls,
all who have gone before us to the
Wedding Feast in Heaven.**



Youth Gather 2023 was a great success!

A group of students in Years 9 & 10 took part in the BCYS Youth Gather weekend away on Mersea Island the first weekend of half term. They had a wonderful time and were so happy they went and made new friends with students who came from all the different Catholic Schools in the Diocese. They enjoyed sports/adventure/ activities such as rock climbing, archery, high ropes and zip wires and they had creative prayer times and reflection and Mass with lots of singing and they really enjoyed it. The girls were very grateful to Mrs Johnson who offered to pay 50% of the cost so they could enjoy this wonderful opportunity and to the BCYS Team for all their care and organisation of the event. Some are now thinking of going to Lourdes with BCYS which is an amazing experience. Students can keep in touch and see what is going on with bcys.net.

Emily Riley Year 10 wrote: *During our time at Youth Gather we participated in many fun activities and games. We had time to socialise but we also had time to reflect upon many things, including the environment, countries in need and our own personal obstacles in life. We had periods of reflection and celebrated Mass together. During reflection the first thing we moved around in groups to different activities. The hall was filled with relaxing music and everyone had time to be by themselves and have a time to think about things. The first activity I did was about the environment, there was a tree and we all had to write a prayer for the environment on a leaf. We then moved onto the next activity which was more about self-reflection. We had to tie a knot in a string to symbolise each obstacle we have overcome and how our faith has helped us through that. We had time in between to reflect upon these things. The last activity we did was about countries in need. We all had a chance to write a prayer for a country which is undergoing war or conflict and we also prayed for the people all across the world. After this we celebrated Mass and had a peaceful night in our cabins. The next day, we did another activity (adventure course for my group) and played some games. We then concluded our time at Youth Gather and had time to say Thank You to everyone involved.*



Ava Armstrong Year 10 wrote: *I really enjoyed the evening prayer corner with the prayer stations. We wrote prayers about global warming and for countries who are at war. I really enjoyed the adventure course, team building activities, quizzes and making posters. This was a really good opportunity and I thank Mrs Johnson for contributing to this trip and I highly recommend it to anyone who will be in Year 9 or 10 next year.*



The girls will be speaking to Years 8 & 9 in their assemblies on Monday to let them know about Youth Gather, so they can enjoy the experience next year.

Miss Carson

Key Dates and Events

Monday 13 th to Friday 17 th November	Anti-Bullying Week	Whole School
Wednesday 8 th November	Year 11 Information Evening – 6-7pm	Year 11
Friday 1 st December	Year 11 24 Hour Fast and Sleepover	Year 11
Wednesday 6 th December	Rise Above Day (students finish at 2:30pm)	Years 7-11
Thursday 7 th December	Christmas Jumper Day Parents Carol Service 6-7:30pm	Whole School
Friday 8 th December	PE CNAT Trip to Hadleigh	Year 10
Monday 11 th December	Christmas Concert in Hall – 7-9pm	Years 7-11
Tuesday 12 th December	Christmas Dinner – Canteen	Whole School
Thursday 14 th December	Christmas Cracker Event	Years 7-11
Wednesday 20 th December	School Carol Service	Years 7-11
Wednesday 20th December	Early closing for Christmas break Students dismissed at ????	Whole School
Thursday 21st December - Wednesday 3rd January 2024	 Christmas Break 	Whole School
Thursday 4th January 2024	Spring Term commences Students to arrive for 8:25am start	Whole School

Pope Francis – Tweet of the Week



Pope Francis @Pontifex · 3d

[#PrayTogether](#) [#Peace](#)
vatican.va/content/france...



*Mother of God and our Mother,
we seek refuge in your Immaculate Heart.
Mother of mercy, we appeal for mercy!
Queen of Peace, we appeal for peace!
Touch the hearts of those imprisoned by hatred;
convert those who fuel and foment conflict.
Dry the tears of children,
be present to those who are elderly and alone;
strengthen the wounded and the sick;
protect those forced to leave their lands;
console the crestfallen; awaken new hope.*

Franciscus



356

1K

4K

256K



Year 11 Mock Exam/NEA Timetable

Date	Period(s)	Subject	Paper	Duration	Venue/Extra timers max
1Mon 6 th November	P1-7	Textiles 11K (KG)	Mock	All Day	Room 16
1Tues 7 th November	P1-7	Textiles 11L (KAP) MFL Speaking: French Spanish	Mock Mock	All Day	Room 17 Library/R15
1Wed 8 th November	P1-7	Photography 11L (JL) MFL Speaking: French Spanish	Mock Mock	All Day	Room 17 Library/R15
1Thu 9 th November	P1-7	Photography 11M (KAP) MFL Speaking: French	Mock Mock	All Day	Room16 Library/R15
1Fri 10 th November	No hall set up for exams				
2 Mon 13 th November	P1-7 P4 P5-7	Art 11J (KG) DT exam students lunch DT Exam 1 pupil clash	Mock	All Day 120	Room 16 Hall extra timers 30 mins
2Tues 14 th November	P1-4 P4 Line up 12.40 P5-7	Y9 CATS P1-4 Lunch P4 with Y7 Mathematics Paper 1 Non calc F/H	CATS Mock	1-4 90 mins	Hall Hall Extra timers 25 mins
2Wed 15 th November	P1-2 P3-4 P6-7	English Paper 1/A English Paper 1/B History Paper 2: Elizabeth	Mock	60 mins 45 mins 50 mins	Hall extra timers 15 mins Hall extra timers 15 mins Hall extras timers 15 mins
2Thu 16 th November	P1-2 P3-4 P6-7	Media Paper 1 Computer Science Drama	Mock	90 mins 90 mins 45 mins	Hall extra timers 25 mins Hall extra timers 25 mins Hall extra timers 15 mins
2Fri 17 th November	P1-2 P4 Line up 12.40 P5-7	Geography Paper 1 Lunch P4 with Y7 Biology Triple Science Biology Combined Synergy Paper 1	Mock	90 mins 105 mins 75 mins 105 mins	Hall extra timers 25 mins Hall extra timers 25 mins Hall extra timers 20 mins Hall extra timers 30mins
1Mon 20 th November	P1-2 P3 P4 Line up 12.40 P5-7	English Paper 2 Section A English Paper 2 Section B Lunch P4 with Y7 Religious Education	Mock	80 mins 45 mins 105 mins	Hall extra timers 20 mins Hall extra timers 15 mins Hall extra timers 25 mins
1Tues 21 st November	P1-2 P3 P4 Line up 12.40 P5-7	History P3: Nazi Germany Geography Paper 2 Lunch P4 with Y7 Physical Education	Mock	75 mins 60 mins 105 mins	Hall extra timers 20 mins Hall extra timers 15 mins Hall extra timers 30mins
1Wed 22 nd November	P1-2 P3 P4 Line up 12.40 P5-7	English Literature: IC English Literature: R&J Lunch P4 with Y7 Chemistry Triple Science Chemistry Combined Synergy Paper 2	Mock	55 mins 50 mins 105 mins 75 mins 105 mins	Hall extra timers 15 mins Hall extra timers 25 mins Hall extra timers 20 mins Hall extra timers 30mins
1Thu 23 rd November	P1 P2 P3 P4 P6-7	French Listening F French Listening H Spanish Listening F Spanish Listening H French & Spanish Reading F French & Spanish Reading H	Mock	35 mins 45 mins 35 mins 45 mins 45 mins 60 mins	Hall Extra timers 10 mins Hall Extra timers 12 mins Hall Extra timers 10 mins Hall Extra timers 12 mins Hall Extra timers 12 mins Hall Extra timers 15 mins
1Fri 24 th November	P1-2 P3 P4 Line up 12.40 P5-7	French & Spanish Writing F French & Spanish Writing H Lunch P4 with Y7 Maths P2 Calc H/F	Mock	70 mins 80 mins 90 mins	Hall Extra timers 20 mins Hall Extra timers 20 mins Hall extra timers 25 mins
2Mon 27 th November	P1-2 P3 P4 Line up 12.40 P5-7	Food Prep& Nutrition Above late to class P3 Lunch P4 with Y7 Maths P3 Calc H/F		105 mins 90 mins	Hall extra timers 25 mins Hall extra timers 25 mins
2Tues 28 th November	P1-2 P3 P4 Line up 12.40 P5-7	Music Pupil mop up DT due to clash with Art Lunch P4 with Y7 Physics Triple Science Physics Combined	Mock Mock Mock	90 mins 120 mins 105 mins 75 mins	Hall extra timers 25 mins Large Dormer Hall extra timers 25 mins Hall extra timers 20 mins

Year 11 Intervention 2023-2024

WEEK 1					
	Mon	Tues	Weds	Thurs	Fri
Lunch	Art–(KG rm16) Music		Photography (JL) History (LW)	Textiles (KP)	
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)	Computing
After School		MFL (DPD)	Maths w/Nilesh RE (POH, Jan-May 24)	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

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 – Safer Internet

Resources for Parents and carers

Help to keep your child safe when they're using their smartphone.

<https://www.saferinternet.org.uk/advice-centre/parents-and-carers/parents-guide-technology/smartphones>



Online issues ▾ Guides and resources ▾ Training and events ▾ Safer Internet Day ▾ Blog Research About

Home • Guides and Resources • Parents and Carers • Phones

Advice for parents and carers

Phones



How to start a conversation with your child about using a phone safely:

Why do you want to get a phone?

Whilst deciding if it is time for your child to have their first phone can be a great opportunity to find out what your child expects to use their phone for. This could be for connecting with friends, playing games, for keeping in touch whilst out of the house or other reasons.

Mr Burr

What Parents & Carers Need to Know about

X

AGE RESTRICTION
13+

WHAT ARE THE RISKS?

In October 2022, the enormously popular social media network Twitter was purchased by tech tycoon Elon Musk. That sparked a host of changes to the platform – not all which have been received positively by its fans. The alterations have continued with each passing month, many of them raising online safety concerns among the 530 million users of Twitter (now rebranded as simply X). With further adjustments reportedly in the pipeline, X has attracted more than its usual share of controversy and caution in recent times.

A BLOCK ON BLOCKING

X has announced plans to remove its blocking feature. Previously, this stopped other users from viewing your profile or sending you direct messages, while also hiding their posts from your feed. Only this latter function will now remain. The decision has been criticised by some members, who feel that blocking (in its current form) protects them from X users who promote denial and hatred.

LIMITED REPORTING FEATURES

X offers a premium membership, with some functionality (such as controlling who can view and reply to your posts) increasingly being made exclusive to those who pay the subscription fee. Several commentators have speculated that X could one day become an exclusively paid-for service, with access to accounts being revoked for anyone unwilling or unable to take out a subscription.

AGE-INAPPROPRIATE CONTENT

Many of X's less age-appropriate posts can feature anything from extreme political views to pornography. While accounts marked as 18+ are restricted from non-members, it's still fairly easy to stumble across this material accidentally. X's new 'For You' page also shows content from accounts that a user doesn't already follow – meaning that almost anything could end up on a child's feed.

VERIFICATION FOR SALE

Historically, Twitter's moderators granted account verification: certifying someone as authentic by placing a blue tick next to their username. One of X's earliest changes was to place verification behind a paywall: this caused the number of celebrity impersonators to rise and left no way to distinguish, say, a legitimate influencer from a copycat fake account seeking to exploit other users.

BLUE TICK SALE

Advice for Parents & Carers

PROTECT PRIVACY

Unsavory characters may try to gain access to a young person's X account – either to view their posts and gather information on them, or to completely take control of it. To minimise risk, ensure the account has a strong password and enable the 'Protect Your Posts' feature (via the account settings), so that strangers can't view your child's posts without first being approved as a follower.

DON'T RISE TO THE BAIT

To gain more views and followers, some X users post deliberately inflammatory comments on sensitive topics such as race, sexual orientation and gender issues. Many young people could find this upsetting. Emphasise that, if your child encounters someone spreading hate on X, it's best not to give that person what they want: an argument. Ignore them, mute their account and move on.

STAY ALERT FOR IMPOSTERS

Make sure your child understands that X's blue ticks no longer guarantee the identity of anyone on the platform. While it might be exciting if a celebrity liked your child's post, it could just as easily be an imposter with malicious intentions. If your child's not 100% sure that an X user actually is who they claim to be, advise them to err on the side of caution and avoid interacting with that account.

ONLY FOLLOW TRUSTED ACCOUNTS

Using the 'Following' tab on X helps to ensure that the only content your child sees has come from accounts they've chosen to follow: this should reduce the chance of them inadvertently being exposed to harmful, violent or explicit content. Show your child how to report another user's account if, say, they're behaving inappropriately by spreading misinformation or offensive opinions.

BE READY TO TAKE ACTION

If your child suffers harassment on the platform or becomes the target of a hack, you could consider deactivating their account entirely. Recently, X's safety features have been criticised for allegedly failing to protect users' wellbeing – so if your child is being subjected to abusive messages or similar mistreatment on the platform, it might be prudent to remove them from X altogether.

Meet Our Expert

Lloyd Coombes is Editor in Chief of gaming and esports site GGRecon and has worked in the gaming media for around four years. Always eager to test out the latest apps, games and online trends, he's also a parent who understands the importance of online safety. Writing mainly about tech and fitness, his articles have been published on influential sites including IGN and TechRadar.



National Online Safety
#WakeUpWednesday

[@natonlinesafety](https://twitter.com/natonlinesafety)

[/NationalOnlineSafety](https://facebook.com/NationalOnlineSafety)

[@nationalonlinesafety](https://instagram.com/nationalonlinesafety)

[@national_online_safety](https://tiktok.com/@national_online_safety)

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 01.11.2023

What Parents & Carers Need to Know about

FIVE NIGHTS AT FREDDY'S

AGE RESTRICTION
PEGI
12

WHAT ARE THE RISKS?

Five Nights at Freddy's is a series of indie point-and-click horror games whose word-of-mouth success and widespread spin-off content on YouTube have helped each of the nine instalments so far to sell almost five million copies on Steam (the PC gaming platform) alone. Set in various deserted locations at night, with creepy animatronic characters suddenly coming to life, the games are rated PEGI 12 for disturbing/violent content, mild profanity and horror themes.

FRIGHTENING THEMES

Five Nights at Freddy's (FNaF for short) doesn't feature bloodshed like many horror games – but it does build tension and use jump scares, which may be too intense for young players. The sinister animatronic characters and the sensation of being trapped and defenceless could be particularly unsettling, as could the inclusion of disturbing elements such as murder or possession by evil spirits.

AGE-INAPPROPRIATE CONTENT

18

As a result of FNaF's popularity, a sizeable YouTube community based on fan-made content has developed around the game. While the majority of this material is still child friendly, there are a number of channels which are geared more towards mature audiences: they contain adult and disturbing themes, for example, and (in some cases) age-inappropriate language.

STRESSFUL SITUATIONS

Due to FNaF's suspenseful atmosphere, it can be extremely stressful for players. Constantly checking that one's surroundings are safe is a crucial part of the gameplay and could create residual stress or even obsessive-compulsive behaviours. Several media reports have suggested that some younger children have experienced severe nightmares or sleep anxiety after playing games from the series.

PLAYING IN ISOLATION

Many parents will be relieved to learn that Five Nights at Freddy's is a single-player game which doesn't include any online chat functionality. Conversely, however, this could also make playing FNaF quite an isolating experience – especially if your child is spending a lot of time investigating the game's spooky, shadowy environments alone in their room, for example.

IN-GAME SPENDING

FNaF doesn't foreground in-game purchasing as strongly as many other well-known games, but some titles in the series do offer additional content that promises to enhance the experience. Five Nights at Freddy's: Help Wanted, for instance, is complemented by a Halloween-themed expansion pack called 'Curse of Dreadbear' (costing £8.99), which unlocks new levels and mini-games.

Advice for Parents & Carers

USE PARENTAL CONTROLS

Five Nights at Freddy's doesn't have conventional parental controls. However, if you're concerned about the potential impacts of the game's themes and content, you can simply choose not to let your child play it. If they use an Android or iOS device for gaming, you can adjust Apple and Google's built-in parental controls to restrict your child's access to certain content.

TRY IT YOURSELF

Every child is different, of course, so it could be worth playing Five Nights at Freddy's yourself for a while to gauge how your young gamer might cope with the series' more frightening and disturbing aspects. If they're old enough, you could spend some time playing it together – after all, it usually only takes between two and ten minutes to complete a level.

LIMIT SPENDING

Unlike many popular titles, Five Nights at Freddy's doesn't bombard players with tempting in-game purchase offers. It's worth noting, however, that some instalments in the series do provide the option for players to spend real-world money. With that in mind, it's important to either keep a close eye on your child's expenditure or limit their access to digital payment options.

SPOT THE SIGNS

If you're concerned that your child might be spending too much time on Five Nights at Freddy's, or you're worried that the game's scary themes are taking a toll, watch out for warning signs. Young people may start to prioritise gaming over everyday essentials like schoolwork or sleep; irritability or a lack of concentration could also indicate that their gaming sessions are going on too long.

TALK ABOUT THE RISKS

Before you allow your child to play Five Nights at Freddy's, it's wise to have a conversation about the game so that they're aware of the potential risks. Ensure that your child understands that the series is purposely designed to be tense and unsettling, and that they should stop or take a break if the intensity of the gameplay is making them feel uncomfortable or putting them on edge.

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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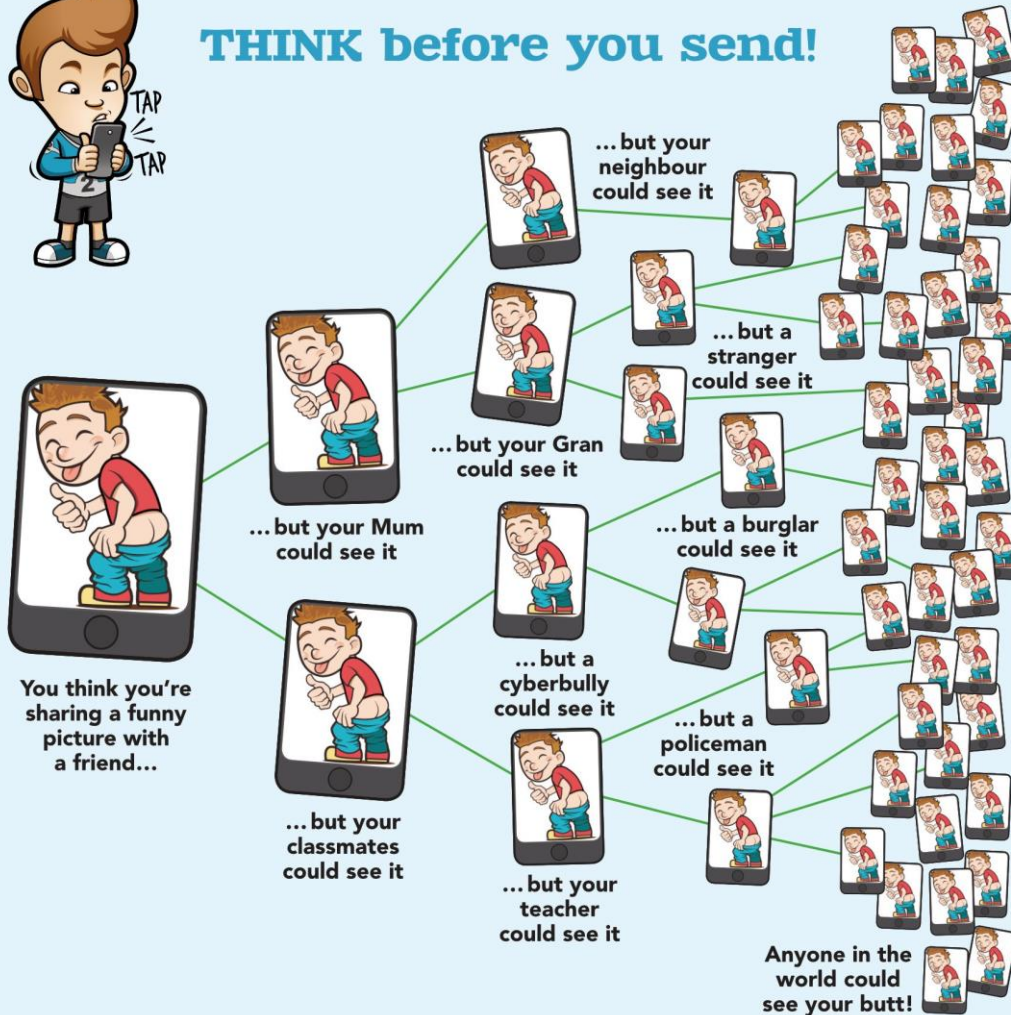
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Parent Guides to Online Safety



THINK before you send!



scan the QR code with your phone's camera for Parent Guides on how to help keep your children safe online



If you share it, you are involved

If you have, or forward an indecent image of someone under 18, it is a criminal offence. It can affect your future.

Online safety is when young people know who they can tell if they feel upset by something that has happened online.

Parents please contact your school to enquire attending their next e-safety workshop or have any concerns.

Working with Home Office 'PREVENT', The Police and Crime Commissioner and Children's Safeguarding Partnerships to help keep children safe online.

Skips Educational Email: info@skipsed.com Tel: +44 121 227 1941

Developed in partnership with



ASK ABOUT
OUR SOUP OF
THE DAY
with crusty roll

GRAYS CONVENT OCTOBER 2023 - APRIL 2024 LUNCH MENU

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	CHEESEBURGER	COTTAGE PIE	ROAST CHICKEN & YORKSHIRE PUDDING	CHICKEN NUGGETS	COD IN BATTER
MAIN 2 (V)	SOUTHERN FRIED QUORN BURGER	QUORN "COTTAGE" PIE	VEGETABLE QUICHE	QUORN NUGGETS	MAC 'N' CHEESE
POTATO	FRENCH FRIES	DICED HERB POTATOES	ROAST POTATOES	POTATO CRISPERS	CHUNKY CHIPS
VEGETABLE 1	SWEETCORN	GREEN BEANS	CABBAGE	PEAS	BAKED BEANS
VEGETABLE 2	BAKED BEANS	DICED CARROT	ROAST PARSNIPS	SWEETCORN	PEAS
GRAB "N" GO	A VARIETY FROM TOMATO PASTA, PIZZA, TOASTIES, PANINIS & JACKET POTATOES				
DESSERT 1	ANGEL DELIGHT	FRUIT JELLY	CARROT CAKE	ARTIC ROLL	CHOCOLATE DOUGHNUT
DESSERT 2	ICED SPONGE	JAM DOUGHNUT	ICE CREAM TUB	FRUIT TURNOVER	PANCAKES & SYRUP

WEEK COMMENCING 30th OCTOBER, 20th NOVEMBER, 11th DECEMBER, 8th JANUARY, 29th JANUARY, 26th FEBRUARY, 18th MARCH

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	PORK SAUSAGES & GRAVY	PASTA BOLOGNAISE WITH GARLIC BREAD	ROAST GAMMON & YORKSHIRE PUDDING	CHEESEBURGER	FISH FINGERS
MAIN 2 (V)	QUORN SAUSAGES & GRAVY	PASTA WITH QUORN "BOLOGNAISE" WITH VEGAN GARLIC BREAD	CAULIFLOWER CHEESE	SOUTHERN FRIED QUORN BURGER	TOMATO PASTA
POTATO	MASHED & DICED	SEASONED WEDGES	ROAST POTATOES	CURLY FRIES	CHUNKY CHIPS
VEGETABLE 1	BAKED BEANS	MIXED VEGETABLES	ROASTED ROOT VEGETABLES	SWEETCORN	PEAS
VEGETABLE 2	BROCCOLI	GREEN BEANS	CABBAGE	TINNED TOMATOES	BAKED BEANS
GRAB "N" GO	A VARIETY FROM TOMATO PASTA, PIZZA, TOASTIES, PANINIS & JACKET POTATOES				
DESSERT	ANGEL DELIGHT	CHOCOLATE MUFFIN	ICED FINGERS	ROCKET LOLLY	FRUIT JELLY
DESSERT	ICE CREAM TUB	VANILLA CHEESECAKE	FLAP JACK	CHOCOLATE SPONGE & CHOCOLATE SAUCE	JAM & CREAM SLICE

WEEK COMMENCING 6th NOVEMBER, 27th NOVEMBER, 18th DECEMBER, 15th JANUARY, 5th FEBRUARY, 4th MARCH, 25th MARCH

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	BBQ CHICKEN THIGHS	LASAGNE BOLOGNAISE WITH GARLIC BREAD	ROAST PORK & YORKSHIRE PUDDING	ALL DAY BREAKFAST	FISH IN BATTER, FISH FINGERS OR FISH CAKES
MAIN 2 (V)	CHEESE & ONION ROLL	VEGETABLE LASAGNE WITH VEGAN GARLIC BREAD	QUORN 'CORNISH' PASTY	CHEESE & TOMATO PIZZA	VEGETABLE PASTA BAKE
POTATO	CRISS CROSS FRIES	SEASONED WEDGES	ROAST POTATOES	HASH BROWNS	CHUNKY CHIPS
VEGETABLE 1	BAKED BEANS	CARROTS	ROAST PARSNIPS	BAKED BEANS	PEAS
VEGETABLE 2	SWEETCORN	CAULIFLOWER	CABBAGE	MUSHROOMS	BAKED BEANS
GRAB "N" GO	A VARIETY FROM TOMATO PASTA, PIZZA, TOASTIES, PANINIS & JACKET POTATOES				
DESSERT	ANGEL DELIGHT	FRUIT JELLY	ASSORTED COOKIES	VANILLA CHEESECAKE	FRUIT SMOOTHIE
DESSERT	ICED CHOCOLATE SPONGE	CHOCOLATE BROWNIE	FRUIT CRUMBLE	RICE CRISPY TRAY BAKE	VANILLA SPONGE WITH SYRUP SAUCE

WEEK COMMENCING 13th NOVEMBER, 4th DECEMBER, 1st JANUARY, 22nd JANUARY, 12th FEBRUARY, 13th MARCH

JACKET POTATOES ARE AVAILABLE EVERY DAY WITH A CHOICE OF FILLINGS SUCH AS BAKED BEANS, CHEDDAR CHEESE AND TUNA MAYONNAISE.
ALSO AVAILABLE A WIDE VARIETY OF SANDWICHES AND BAGUETTES OR CHOOSE FROM OUR SALAD BAR.

Walk Online Roadshow for Parents, Carers and Practitioners Wednesday 22nd November 2023 - 20:00 till 21:30

**THURROCK LOCAL
SAFEGUARDING
CHILDREN
PARTNERSHIP**

Thurrock LSCP have offered the Walk
Online Roadshow for all Years 5s.

We are pleased to be able to offer a
session for parents, carers and
practitioners.

This session explores how parents, carers
and practitioners can support their
children to navigate the online world.

Visit the website to access the link.

Please note that this session is for over 18s
only.

www.thurrocklscp.org.uk

An Awareness Raising Session for Parents and Carers to Increase Knowledge of Gangs and Child Criminal Exploitation

~~Thursday 14th September 2023~~

Thursday 7th December 2023

18.00 till 19.00

Via MS Teams

This session will identify the harms associated with gangs and county lines and will
look on practical advice on how to support a young person who you may be
concerned about in relation to Exploitation

To book your place visit www.thurrocklscp.org.uk



What's on in November 2023

Mondays

Start	End	Activity	Age groups	How to join in
8.30am	12.00pm	Housing Advice for council Tenants		Book in advance 01375 413 820
9.30am	10.30am	Stay and Play	12 to 24 Months	All welcome

Tuesdays

9.30am	11.30am	Triple P Baby Parenting Programme	Ante-natal or parents with a child aged 0-12 months	
11.00am	12.00pm	WellComm – Lets talk together	24 to 48 Months	Referral only
1.00pm	4.30pm	Domestic abuse and violence support		Book in advance
1.30pm	2.30pm	Stay and Play	0 to 12 Months	All welcome

Wednesdays

9.00am	12.00am	Local Area Co-Ordinator Donna Burnett 29 th		Book in advance 07584 345 551
10.00am	12.00pm	EPEC - Living With a Teenager Parenting Group	Parents/Carers	Book in advance 01375 652 653
10.00am	12.30pm	Job club – Supported Families Employment Advisor	Parents/Carers	Book in advance 07776 245 301
1.30pm	2.30pm	Stay and Play - 1 st , 15 th , 22 nd and 29 th	24 to 60 Months	All welcome

Thursdays

10.00am	11.00am	Childminder Support Group - 23 rd		Referral only
1.00pm	2.30pm	Parent/Carer Panel - 10 th		Referral only

Fridays

9.30am	10.30am	Lets Talk Dental - 24 th	24 to 60 Months	Book in advance
10.00am	11.30am	Baby Weighing Clinic	0 to 60 Months	All Welcome
11.00am	12.00pm	Let's Talk to your Toddler	12 to 24 Months	Book in advance
1.30pm	2.30pm	Lets Talk to Your Toddler	12 to 24 Months	Book in advance

Saturdays

10.00am	1.30pm	Dads and Partners Antenatal Group	info@parents1st.org.uk	Book in advance 01268 525 758 info@parents1st.org.uk
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What's on in November 2023

Mondays

Start	End	Activity	Age groups	How to join in
8.30am	12.00pm	Housing Advice for Council Tenants		Book in advance 01375 413820
9:00am	11:00am	Local Area Co-Ordinator – Helen Catterick		Book in advance 07710950318
9:30am	10:30am	Baby Rhyme Time	0 to 12 Months	All welcome
9:30am	10:30am	Bring a Story to Life Three Little Pigs - 6 th Billy Goats Gruff - 13 th Cwl Babies - 20 th Goldilocks - 27 th	24 to 60 Months	All welcome
11:00am	12:00pm	Baby Massage	0 to 12 Months	Book in advance
11:00am	12:00pm	Bookstart Toddler	12 to 24 Months	Book in advance
1.30pm	2.30pm	Lets Talk to Your Baby	0 to 12 Months	Book in advance
2:00pm	3:00pm	Stay and Play	24 to 60 Months	All Welcome

Tuesdays

9:30am	10:30am	Stay and Play	12 to 24 Months	All Welcome
11:00am	12:00pm	Fun with Mark Making – 7 th Fun with Painting – 14 th Fun with Gluing and Sticking – 21 th Fun with Instruments – 28 th	12 to 60 Months	All Welcome
1:00pm	4:30pm	Domestic abuse and violence support Call 07494167408		Book in advance
2:00pm	3:00pm	Messy Play	24 to 60 Months	All Welcome

Wednesdays

9:00am	4:00pm	Midwife	Ante Natal	Book in advance
10:30am	11:30am	SEND - Just For You 1st, 15 th Specialist Health visitor, 22 nd , 29 th	0 to 60 Months	All welcome
11:00am	12:00pm	Stay and Play 1st, 15 th , 22 nd , 29 th	0 to 12 Months	All welcome
1.30pm	2.30pm	Let's Talk to your Toddler	12 to 24 Months	Book in advance
1.30pm	2.30pm	Fussy Eating Information and Advice 22 nd	24 to 60 Months	Book in advance
4.00pm	5.30pm	Young Carers		Referral only

Thursdays

9:00am	4:00pm	Midwife	Ante Natal	Book in advance
9:30am	11:00am	Chatterbox	24 to 60 Months	Referral only
9:30am	11:00am	Parental Outreach advice session 30 th	Parents/Carers	Book in advance 01375 387894
1.30pm	2.45pm	Baby Weighing Clinic-- Drop In	0 to 60 Months	All Welcome
1.30pm	2.30pm	Play and Learn	24 to 60 Months	Book in advance
2:45pm	3:45pm	Baby Massage Acorns Community Centre, Headon Hall, Crawford Avenue, Stifford Clays, RM16 2AS	0 to 12 Months	Book in advance

Fridays

9.30am	10.15am	Garden Group 17 th and 24 th	24 to 60 Months	All welcome
9.00am	1.00pm	Speech and Language Drop-In 6 th		Referral Only
9:00am	1:00pm	Early Interaction Advice Sessions	24 to 60 Months	Referral Only
10:00am	12:30pm	Job Club – Supported Families Employment Adviser		Book in advance 07776245301
11.15am	12.15pm	Let's Talk to your Baby	0 to 12 Months	Book in advance
1.30pm	2.30pm	Stay and Play 17 th and 24 th	0 to 12 Months	All welcome

Brighter Futures – Family Hub Offer

Please use this link to see the Family Hub's offer and activity details –

www.thurrock.gov.uk/family-hub-activities

Please see the Thurrock website for details of each Family Hub and what is on offer each month and Face Book for information:

www.facebook.com/groups/thurrockchildrenscentres

Are you registered with the Family Hub? If not, you can do this online.

Visit: www.thurrock.gov.uk/family-hubs