

# Saint John Wall Catholic School A Catholic School For All

Issue: 24

#### Thursday 7 May 2020

Oxhill Road, Handsworth, Birmingham B21 8HH • Tel: 0121 554 1825 • www.sjw.bham.sch.uk • enquiry@sjw.bham.sch.uk



Weekly Information Bulletin



To educate each and every unique child in our care to hear and respond to what God calls them to be'

#### **Catholic Life**

#### Solidarity: Love the World

In the Bible, it says 'For where two or three are gathered in my name, there am I among them'. This may sound really strange at this time, where we are all being told to stay home and protect ourselves and each other... How can two or three gather & God be there? Well, families, friends, groups & communities are all trying ways to be closer than ever, in solidarity with each other.



One amazing example that has been shared on the news and social media is the work of The UK Blessing, a group of Christians from across the UK singing & praising together on YouTube. They've recorded a song called 'The Blessing' with the phrase 'Our Building may be closed, but the Church is alive!'. Check out the video here:

#### https://www.youtube.com/watch?v=PUtll3mNj5U

The same can be said for our Saint John Wall family, our school may be closed but our community is alive! We are all busy supporting one another, standing in solidarity with each other and everyone else through this tough time. Keep an eye out for what our staff have been doing to show solidarity!

An easy way you can do this is by taking part in our first challenge:

#### SJW Values

#### **Eloquent & Truthful**

#SOLIDARITY Challenge 1 For the first #SOLIDARITY challenge, we want YOU to show solidarity those around you by:

Leaving a note or small token of thanks on display outside your home for those key workers still serving your community, this could be:

Refuse Collectors Postmen/women Delivery Drivers Shop keepers/workers Nurses/Doctors

You can do this however you want to, as long as you do it safely & in line with social distancing rules. There are some examples below. When you've done it, take a photo and email it to Mr Mull or Mr Price by next Wednesday!





Remember: Wash your hands regularly with soap and water for at least 20 seconds

# **VE DAY**

#### "Greater love has no one than this: to lay down one's life for one's friends." – John 15:13

O God of truth and justice, we hold before you those men and women who have died in active service, particularly in the Second World War, whose sacrifice brought Victory in Europe. As we honour their courage and cherish their memory, may we put our faith in your future; for you are the source of life and hope, now and forever. Amen.

Tomorrow is a Bank Holiday across the United Kingdom. It has been moved from the usual Monday May Day, to Friday 8 May because this marks the 75th anniversary of VE Day, Victory in Europe. Despite the current lockdown, people will still be commemorating this occasion at home, either indoors or by having a picnic in their front gardens. This week's newsletter is a special red, white and blue edition and Miss Guest has provided more information about VE day here:

#### What is VE Day?

On Friday 8 May, the 75<sup>th</sup> anniversary of VE day will take place. VE Day commemorates the formal acceptance of Nazi Germany's surrender by the allied forces at the end of the Second World War. However, VE day did not signify the absolute end of the Second World War because some fighting continued around the world, with Japan surrendering in August 1945 and the war coming to an official end on 2 September 1945.

#### How was Victory in Europe Day celebrated 75 years ago?

Dance halls stayed open past their normal closing times and people bought red, white and blue bunting for decorations. In London, thousands of people packed the streets in Trafalgar Square and the Mall leading up to Buckingham Palace, where the King, Queen, Princess Elizabeth and Princess Margaret waved at them from the balcony. King George VI delivered a radio address to the nation and paid tribute to those who lost their lives in their war. He said "Let us remember those who will not come back... let us remember the men in all the services, and the women in all the services, who have laid down their lives... we have come to the end of our tribulation and they are not with us at the moment of our rejoicing".



Miss Guest spoke to her grandmother and grandfather who have memories of VE day in 1945. Here are their responses:

#### Miss Guest's grandmother (Joan):

"I can remember lying in bed and one of my family members running up the stairs to tell me that the war was over. We had a big party in the street. Everyone was putting Union Jack flags out of the bedroom window (I still have it). It was absolute mayhem with everyone cheering, clapping, shouting and dancing".

The picture on the right is the actual Union Jack Flag that hung out of Joan's window on VE day.







Miss Guest's grandfather (Ken):

"I can remember we had a big street party with tables all along the road and everyone contributed what they could even though rationing was still going on".

This is an extract from a letter written by Miss Guest's family friend on 29 April 1945 (the picture on the right shows the original letter): *"be of good heart, the news is good and soon it will be all over, then most troubles with vanish, and we can live our lives in peace once more"*.

#### GCSE History pupils - here is a challenge for you....

Why are memories useful to a historian investigating the past? Why may a historian have to be cautious when using memories?

#### How is the event being honoured this year?

- A two-minute silence will be held on the day at 11am.
- A broadcast of Churchill's victory speech will be aired in the afternoon.
- At 8pm there will be a televised musical event VE Day 75: The People's celebration.
- At 9pm the Queen's special VE Day address will be broadcast on BBC One.
- The BBC will also air a pre-recorded video message from Prince Charles who will read an extract from his grandfather King George VI's diary describing the day's events.



#### Why not find out more...

Ms Williamson has emailed pupils with information about VE day, rationing and some recipe ideas. She is keen for you to email pictures of any recipes you try out at home. Below is a recipe for a **chocolate cake with no eggs**:

#### Ingredients

- 100g margarine or fat
- 200g plain flour
- 50g cocoa
- 100g sugar
- ¼ pint warm milk mixed with water
- 1 tsp baking powder
- ½ tsp salt
- 1 tsp bicarbonate of soda
- 1 tbsp vinegar
- <sup>1</sup>/<sub>2</sub> tsp vanilla essence

#### Method

- Rub the margarine or fat into the flour, baking powder and salt.

- Add the cocoa and sugar and mix with the milk and water.
- Dissolve the soda in the vinegar and add to the cake mixture, along

with the vanilla essence.

– Mix, then turn into a greased 6" tin and bake in a moderate oven (Gas Mark 4 / 180 C) for approximately 45 mins (or until a knife comes out clean when removed from the centre of the cake).

Click on the links below for photographs, information and video clips about VE Day:

https://www.iwm.org.uk/history/what-you-need-to-know-about-ve-day https://www.bbc.co.uk/newsround/48201749 https://www.bbc.co.uk/cbbc/watch/horrible-histories-songs-ve-day-song https://www.bbc.co.uk/teach/ve-day-How-did-the-british-plan-to-celebrate/zndn7nb

#### What else to watch on VE Day

- VE Day: Countdown to Peace, Yesterday, 5pm- this tells the story of the days leading up to Churchill's announcement of peace and the celebrations on VE day itself.
- **The One Show, BBC, 7pm-** this special episode will pay tribute to World War Two heroes and celebrate the spirit of VE day.
- VE Day: The Lost Films, Channel 5, 7pm- a collection of rarely seen clips showing the jubilation when peace was declared in Europe.
- **Captain Tom's War, ITV, 8pm-** fundraiser Thomas Moore will share his memories of serving alongside Allied Troops in Burma, fighting Japan during World War Two.
- VE Day 75: The People's Celebration, BBC One, 8pm- a big entertainment event to show thanks to the veterans.
- VE Day: Remembering Victory, BBC One, 9.10pm- this documentary asks famous faces to share their memories of VE day. The show also features archive footage of celebrations on the streets of Britain.

#### What VE activities staff have been completing at home...

During lockdown I have been doing lots of gardening but when it was raining I have been doing jigsaws, after a 2000 piece one, I vowed to do no more, but then I found the one in the picture in a bag of stuff from my inlaw's house. Seems appropriate to start this on Friday. **By Mrs Harms** 



This week at home my children and I have been setting about creating a display to commemorate VE Day. We used coloured card to make Union Jack flags while watching short documentaries on what happened 75 Years ago. We have lots of other activities planned to look at rationing and WWII and we will be celebrating on Friday with an afternoon tea party complete with lots of cake! We will be sure to take lots of photographs for next week's newsletter. How are you commemorating the 75 year anniversary at home? I look forward to seeing your displays and hearing about what you have all been getting up to! By Mrs Ellis







#### The Month of May

May is a special time within the Catholic Church for prayer and devotions to Mary, Mother of Jesus; Mother to us all; the first and most perfect disciple; our advocate. The special month itself dates back to the middle ages as May was a time to say good by to the winter months and welcome new growth.

We as Catholics do not worship Mary, we honour and venerate her. (Venerate is another word for respect) This month has always been very special to me and my family. Every year we would visit the church of Saint Maria Goretti in Stoke-on-Trent, my Grandmother's Parish. During the first Sunday of the month of May we would begin Mass with the Rosary, and a statue of Mary would be brought into the church, carried on a wooden chair with flowers covering it. A pupil from the local primary school would then come up to the altar and place a crown of flowers on top of the statues head.

We can learn so much from the love, life and example of Mary. Just reading through the Bible during the early days of her pregnancy we hear how Mary goes to visit her cousin Elizabeth, who is also pregnant with her son, John the Baptist. I don't think we will ever know the exact reasons for her visit to her cousin, after all, there would have been a lot going on in Mary's life at the time with so much going on around her. One thing is for sure, as we read on to their greeting of one another we get a real feel of solidarity between the two cousins. Both sharing and caring for one another. Both having something to offer the other, whether it be help, advice, faith, confidence. Both experience the love of God within their lives. I hope you are all able to share your faith and love with those around you at this time, just as Mary did.

By Mrs Ellis

#### Working at Home RE

This week I have seen some excellent examples of RE work from pupils in all year groups. It is great to see that even during this strange time, many of you are working hard and showing how important learning is to you-well done!

Year 7 & 8, don't forget to check your emails regularly throughout the school week to see what work your RE teachers are setting for you. When you have finished, email your work to your teacher for them to have a look at.

Year 9 & 10, many of you have been working really hard completing your SENECA assignments. In addition to that, Mrs Harms set you all an end of topic test. It is really important that you complete these assignments so that all the GCSE content sticks in your head. This means when we finally return to school you won't have forgotten everything you've learnt so far! Some pupils have been chosen as the RE **stars of the week**, they are:

#### <u>Year 7 & 8</u>

Kymani Harvey Jakub Borawski Natasha Phagania Hardi Pembele Sebastian Paul Kameron Chem

#### <u>Year 9 & 10</u>

Aleksy Chmura Shantae Campbell Pamela Sidhu Irene-Rose Jain Shiv Patel Sunil Sehjail Navien Khangura Ehsan Mohammed

Well done- keep up the good work!

Follow us: sjw\_re

By Mr Price

#### **Important Notice**

#### School is still fully closed to all pupils

Please note that this is a national closure. We will re-open as soon as we can and will keep you updated on the school website and via text message.

- Pupils in Years 7 to 10 should complete <u>development</u>. <u>homework</u> found on the school website, and any other work your teachers set you.

- Pupils in Year 11 should complete examination/revision/coursework/<u>development</u> <u>homework</u> using the materials provided by their subject teachers.

Eligible parents will receive free school meal voucher codes via the school email system. Beware of scam emails from other sources - DO NOT provide your bank details to anybody.

#### Working at Home Humanities and MFL: Focus on Polish

Dear all Polish students,

I have been sending you tasks to complete for Polish weekly. I am impressed with the work you have done so far, Oliwia Suchocka, Szymon Skrobisz, Aleksy Chmura and Szymon Wrukowski your stories are really amazing and creative.

I would like to encourage more of you to complete work at home to consolidate and extend your learning. There are a range of different tasks and activities to help you. Please email your completed work to me and do not hesitate to contact me if you need any help.

Please find the list of websites to help you with home learning:

www.wolnelektury.pl - you can find here a range of free audiobooks.

<u>www.dyktanda</u>.net - the website offers you an interactive spelling and grammar tests. It is very funny and entertaining.

www.ortografka.pl - similar website to the previous one, offers a selection of grammatical games and quizzes.

I have also found that many Polish museums are offering free interactive tours during lockdown. It is a very good way to make yourselves more familiar with the Polish heritage and culture while staying safe at home.

Why not try to visit:

<u>www.kulturadostepna.pl</u> - the website offers you to visit places like: Auschwitz - Birkenau, Symphony Hall in Warsaw, the famous Salt Main in Krakow, an official Polish Historic Monument, and absolutely amazing The Warsaw Uprising Museum).

I have to mention that recently we celebrated **The National Flag Day in Poland.** 



I would like to encourage you ALL to take a part in the competition - Create a PowerPoint Presentation about National Flag Day in Poland.

You might want to find out:

1.How did it start (historical/ political context)? 2.Why is it an important celebration in Poland?

3.How do people celebrate it and how people make it so special?

4. Do you know any other countries across the world where National Flag Day is celebrated?

Please send your completed work to me. The best Presentations will be featured in our School Newsletter.

Have fun, stay safe and good luck.

By Mrs Wieremiewicz

#### Working at Home Health and Well-Being Family

#### **Child Development**

**Unit R019:** Understand the equipment and nutritional needs of children from birth to five years.

The first two learning aims should be done now -

**Learning Outcome 1**: Understand the key factors when choosing equipment for babies from birth to 12 months.

**Learning Outcome 2**: Understand the key factors when choosing equipment for children from one to five years.

You will need to begin the next section of the assignment:

**Learning Outcome 3**: Know the nutritional guidelines and requirements for children from birth to five years.

**Learning Outcome 4:** Be able to investigate and develop feeding solutions for children from birth to five years.

This section is about nutrition. I will email work that you can use for reference when starting the 'nutritional needs' section. I have included the link for you to locate the specification too –

https://www.ocr.org.uk/Images/264237-centrehandbook.pdf Pages 18-27

**Hospitality and Catering** 

Unit 2 - Hospitality and Catering in Action

Many of you have completed some work for this assignment, however, you must make sure that you have included all the assessment criterion from each Learning Outcome.

#### Remember: Stay Home • Protect the NHS • Save Lives

Learning Outcomes 1 - Understand the importance of nutrition in planning menus-

AC1.1- AC1.4

Learning Outcomes 2- LO2Understand menu planning -• AC2.1- AC2.4 P

a picture we will feature it in next weeks' newsletter.

should be done by now- use the performance bands on pages 37 & 38 of the specification to help you understand and include what is needed for Pass, Merit and Distinction criterion. I have included the link to help you locate and use the specification

https://www.wjec.co.uk/media/55bnplb2/wjec-level-1-2award-in-hospitality-and-catering-spec-a-from-2016-e-1.pdf

#### Moving forwards....

Learning Outcomes 3 -Be able to cook dishesAC3.1- AC3.5

For this section, I would like you to cook a dish-with different techniques. It doesn't have to be overly complicated-or expensive, but you can't use ready made ingredients e.g. a ready-made pizza bases etc... Send me

#### Health and Social Care

Component 2- Health and Social Care Services and Values

#### Learning aims - A

Understand the different types of health and social care services and barriers to accessing them.

For this assignment you need to understand what the 7 Care Values are and how they are used in the Health and Social Care sector. I will email a work booklet out for you, but in the mean time I would like you to watch a few episodes of 'Inside the Ambulance'. Think about' Dignity'. How does the ambulance crew uphold a patient's dignity?

Think about 'Confidentiality'. How does the ambulance crew uphold a patient's confidentiality-is it the same way that we do in school?

I have included the link to the specification too

https://qualifications.pearson.com/content/dam/pdf/btectec-awards/health-and-social-care/2017/specification-andsample-assessments/tech-award-HSC-spec.pdf

I look forward to receiving your work and emails.

Stay safe. Best wishes,

By Miss Williamson

#### Working at Home Maths Department

#### Hi Everyone,

Each week I will focus on an online maths site that is available for you to use at home.



Teachers can set you tasks to complete, or you can select any topic you want to work on yourself.

You can access your tasks from the home page. Any tasks that your teacher has set will be listed here, along with the due date. Click 'Complete task' to take you to the questions and get going! Remember that to complete the task you need to complete the quiz.

You can view your performance in every topic in as much detail as you want. Just click Progress Summary in the menu and you will see this view. Your teacher will also be able to see your Progress summary for all the tasks you complete not just the teacher set tasks.



I hope you enjoy this new site and find it useful as a home learning Platform.

#### **By Mrs Forde**

#### Working at Home Music

#### Years 7 and 8

At the end of last week I emailed you all about the following:



I hope you have had a chance to have a look...I will be emailing out the next weeks movies, pieces of music and activities on Thursday.

I have already received a lovely poem from Ashpreet Kaur:

#### **My Music Poem**

Music travels all around my body, Now I can say it's living right though me, Listening to music puts me in a good mood, It makes me want to stand up and groove. Music makes me want to sit all day, And listen to the instruments, Then I'm blown away.

Music can teach you many things, For example, how to spread your wings, Many people think the same way, As they listen to music every day.

By Mrs Crooks

#### Working at Home Science

I thank all our pupils for completing the tests from our online platform (Seneca and Century tech). Please also remember to complete your development homework. To log into seneca or century tech, please note the following:

seneca - username: pupil's school email address, password: own password

century tech: username: pupil's school email address, password: sjw2020

Please also use these websites to do additional independent work: BBC bitesize edexcel KS3 science (Years 7-8), BBC bitesize edexcel KS4 science (Years 9-11) Physics tutor website.

This week the Year 9s have been asked to continue the assignments on Seneca. They have also been given some past paper Biology questions to complete and I launched an assignment on Century.

The class code for seneca is

https://app.senecalearning.com/dashboard/joinclass/qtwfwxi1qs

The class code for Century is

#### 7 G U Z X 5

#### By Ms Johnson

Your login details for SENECA are your school email and the password that you created in your science class. Follow the link in my emails to make sure that you have joined the correct class.

If you have not logged into SENECA before you will have to create an account, if you cannot remember your password then there is a link to set yourself a password.

Your login details for CENTURY are your school email and the password is sjw2020.

Don't forget to check your weekly emails to check what new work I have set you.

#### Science Project of the Week

Well done to Sophia Baloghova, who completed an excellent piece of work on how to complete a Density Rainbow.

#### Remember: To stay 2 metres away from other people

Work for next week: Please continue working on the revision tests set on seneca: Biology, Chemistry and Physics.

#### By Mrs Adams

#### Instructions to log in to Seneca and Century

To work on the assignment on Century

You will find your assignments in the bottom left part of your dashboard, click on them. The assignment we are currently working on is called Ecosystems 2. It is due on Tuesday 15 may.

Use <u>this link</u> to login in, your school e-mail and the password is sjw2020

#### To join the new Seneca class

Use your normal Seneca account. If you still need to sign up, remember to use your real name and your school's e-mail address.

Use <u>this link</u>. The assignment we are currently working on is Physics Revision 1, which is due on Tuesday 15 may. You can also work on older assignments if you need to catch up.

#### Work for next week:

Seneca: "Physics revision 1" assignment Century: "Ecosystems 2" assignment

#### By Dr Consonni

Year 11 Seneca activities are chemistry basics, the periodic table and Physics magnetism.

Year 11 Higher students please complete on Seneca: Calculating masses of products and reactants and Electrolysis.

#### By Ms Forbes and Mr Rahman

Work for Next week on Seneca:

Class code: lsjtl6iaz3, CP3 Physics CTG assignment, Combined science Physics GCSE Higher.

#### **By Mrs Habibullah**

#### Stars of the Week

Linh Hoang Anay Parekh Amelia Baldyga Pamela Sidhu

#### By Miss Lally

Jaskarn Sampla Natalia Moszczynska Amelia Wrukoska Teya Davidson- Harris

**By Mrs Breslin** 

#### Stars of the Week

Mariam Rahman Aleksy Chmura Alexander Tatomir Charnae Duffield Linh Hoang Safir Butt Shiv Patel

#### By Ms Johnson

#### Year 7 Seneca

Amelia Wrukowska Rhodasia Welch Rayyaan Afzal Marguise Harris Sara Baranowska Asthon Noussi Rahma Miah Kyle Niemiec Manmeet Singh Laaiba Akhtar Warren Bauwise Jakub Borawski Azhan Faisal Gabriel Sylva Marvellous Aziegbemhin Cairo Herbert

#### Year 7 CENTURY

Sophia BaloghovaJakub BorawskiCairo HerbertEmmanuel IfeosameAshpreet KaurZaida KhanomFabrice KingMuhammad, HasanHaider NawazSebastian PaulMarvellous Oselvoemen Aziegbemhin

#### By Mrs Adams

Best achievers:

Jaspreet Kaur Kiet Nguyen Natalia Moszczynska Varlin Kaur

Completed all assignments due this week on Seneca and Century:

Amelia Baldyga Jaspreet Kaur Alya Khan Samuel Milligan Moses Johnson Varlin Kaur Brajesh Lal Himna Mustafa

#### By Dr Consonni

Ahmed Ibraheem Natesh Phagania Khadija Nyarko Ehsan Mohammed Kiem Hoang Larry Quansah Salaar Muhammad Donat Yonas Talullah Wagenfuhrer Ben Ejiofor Karanjit Nijjar Jasmeet Singh Oliwia Suchocka Lovejit Dhanda Maurice Davy

for working actively on SENECA.

#### **By Mrs Habibullah**

Yuseph Mufti Ainab Bouterse Aryan Mann Joel Wren Ricky Sangar Sarah Ishma Tina Nguyen

Natasha Phagania Ashpreet Kaur Hasan Muhammad Allyn Utomwen Roi Mahey Keiron Mokanda Rohit Din **Emmanuel Ifeosame** Fatou Ndow Daniaal Ahmed Isiah Brou-Henry Natalia Frackowiak Rayaan Nawaz Adam Hannan Amari Stewart Fabrice King



#### **Stars of the Week**

' The Health and Well-Being Family' Food and Nutrition, Hospitality and Catering, Child Development and Health and Social Care

I would like to say, "well done and thank you", to the following pupils who have completed work from Health and Well-Being subjects.

#### <u>Year 11</u>

Daniel Mbiyi - Health and Social Care Iqra Sajid - Health and Social Care Joyce Jahle - Health and Social Care Shemary Smith - Health and Social Care

#### <u>Year 10</u>

Khadija Nyarko - Child Development Haddyjatou Njie - Child Development Mariah Bibi - Child Development Rayhan Ali - Hospital and Catering

#### Year 9

Mariam Ali - Hospitality and Catering

Year 8

Moses Johnson - Food and Nutrition

#### Year 7

Kyra Mills - Food and Nutrition Amelia Wrukwska - Food and Nutrition Natasha Phagania - Food and Nutrition

Keep up the good work, I am so proud of you.

#### **By Ms Williamson**

Janelle Ajayi Daniel McDonough Daniel Wojciul Merveille Diansambu Atif Mohammed Sakshi Mahey Jarhle Ingram Jaskarn Sampla Salaar Muhammad Saima Akhtar

Hashem Hassan

David Lemvoka

Natasha Phagania

**Navien Khangura** 

#### By Mrs Forde

Theo Gottshalk Irene Rose-Jain Benedict Ejiofor Oliwia Janiszewska Amelia Wrukowska

By Miss Moyo

#### **Stars of the Week**

Sara Akhtar Fritz Bayong Ben Ejiofor Irene Jain Esha Kumari Natesh Phagania Oliwia Suchocka Ryan Ahford Ehsan Mohammed Ahmad Ibraheem Arun Kaler Rohan Luggah Kabanza Simamba Donat Yonas

For completing their home learning for maths.

#### **By Mr Simmons**

Chandani Chana Tomasz Czech Temi Luxmoore-Babalola

For outstanding commitment to completing work during this time, constant communication and high standard of work completed for GCSE PE.

#### By Mr Owen

Julita Wrukowska Ashpreet Kaur Rayyaan Afzal Natalia Budna Jakub Borawski Ricky Sangar

For Completing Geography homework to a high standard.

#### By Mr Warrington

Aleksy Chumra Amelia Wrukowska Maurice Davy Natasha Phagania Daniel Wainer

For a good standard of exam homework completed.

#### By Mr Woodward

Khushpreet Kaur Izaiah Shakes Keiron Mokanda Szymon Skrobisz Rayyaan Afzal Aman Luggah

For working actively on mathswatch.

#### By Mrs Gandhi

Szymon Skrobisz

Aleksy Chmura

For showing an excellent effort and completing extended writing task in Polish to the highest standards.

#### **By Mrs Wieremiewicz**

Kemystery Wright 10XS Ricky Sangar 9XS Pamela Sidhu 9XS Hyab Woldai 9XS Natalia Moszczynska 8XS Malika Rahman 8XS

For their continuing hard work and dedication to their English work.

**By Miss Jones** 

Remember: Wash your hands regularly with soap and water for at least 20 seconds

#### **Isolation Activities**

This week we have been trying to think of ways of showing solidarity in our world. On Saturday I made another donation at the blood centre. Blood donation is something that my family feel very strongly about. I remember going along with my Dad to the donor centre when I was younger to find out more as he has been a regular donor for years. Giving blood saves lives and can be a lifeline in an emergency or for people who need long term treatments. It is an absolute honour for me to play a small part in helping others in need.



My baby spider plants have finally grown big enough to be re-potted. This week (while following social distancing rules, I met (2 meters apart) Mrs Breslin to hand over an important folder for school. I had the pleasure of giving her a gift of one of the baby spider plants to have at home. We have also left two of the plants on the door step of our next door neighbours to cheer them up during lock down.



**By Mrs Ellis** 

#### Isolation Activities you can do at Home

Would you like to be featured in our weekly newsletter? If yes, then why not attempt one of the activities below. Write a sentence about what you did or take a photo and email it to <u>pmull@sjw.bham.sch.uk</u>

- Go through your camera roll, pick your favourite photos from the past year and make a storyboard to retell the events.
- Make a list of things for which you are grateful.
- Make lists of all the museums, sporting events and concerts you want to visit when they finally reopen.

#### **By Miss Lally**

#### Having the time to read

Like many people, and particularly at the moment, I seem to be using my phone a lot. To give my eyes a rest I am now consciously making time to read a book, a magazine or a newspaper for a block of time every day. A good friend of mine kindly sent friends a book or two to read whilst we are all staying safe at home. I had never read any Philip Pullman books but I am really enjoying them.

I have also read a couple of autobiographies, a few crime novels and a few books that have been sitting on the bookshelf for a long time.

With libraries shut I have been interested to see how people are finding new books to read. People living in nearby roads have put boxes of books they no longer want outside their house for people to help themselves to. Friends have dropped books off on front doorsteps on their daily walks and neighbours with little children have been swapping books to add variety to bedtime reading.

Have you been reading? Is there a book or article that has really brought you pleasure or taught you something whilst you have been home? I hope that you can enjoy some time reading for pleasure and lose yourself in a book.

By Miss Slee

#### Remember: To stay 2 metres away from other people

#### **Isolation Activities**

This week I have been working in the garden mowing the lawn and weeding. It is lovely to get out in the fresh air and I always feel a sense of accomplishment when the garden looks pretty again.

I have also been walking along the canal in my local area. It is wonderful to see a range of different wildlife and listen to the birds singing. I have spotted a heron quite a few times waiting silently on the bank of the canal. I always walk past Cobb's Engine House (see the picture). It once housed a great steam engine which pumped water from the local coal mines. The 30ft thick coal mined here was one of the reasons the Black Country got its name.

In my house we have enjoyed playing scrabble and monopoly too this week - they are classic games and always good fun.

I am still reading my book about Jack the Ripper's victims. It is really interesting to see how the author has done lots of research and pieced evidence together in order to tell the stories of these women.

I recommend watching the film 'The Darkest Hour'- about World War Two. It is on BBC this Saturday at 7.30pm.

Thank you to all of those pupils who have completed 'History at home' tasks this week you are all superstars: Zainab Bouterse, Simran Kaur, Shiv Patel, Ashpreet Kaur, Donat Yonas, Chandani Chana and Jakub Borawski.

Take care, stay safe and stay at home.



**By Miss Guest** 

#### Maths

#### Last week's Quiz Solutions

A=118, B=99. C=25, D=10 E=24, F=217, G=124, H=35, I=34, J=341, K=159, L=69 M=500, N=228, O=728

#### This weeks Quiz

Each of the eight segments of the spider's web should be filled with a different number from 1 to 8, in such a way that every ring also contains a different number form 1 to 8.

Some numbers are already in place. Can you fill in the rest?



By Mrs Forde

#### Football

League Champions - Massive congratulations to the Year 8 and Year 9 Boys' Football Teams with both sides winning their respective leagues. The boys demonstrated outstanding commitment throughout the season, representing the PE Department and the School fantastically well. The boys will receive the trophy and their medals when school re-opens.

The school have achieved a lot of sporting success this year, we look forward to celebrating this success when we return to school.

By Mr Janes



Remember: Stay Home • Protect the NHS • Save Lives

#### **Recipe of the Week**

Thank you for all your requests. This one has been a very popular request this week; home made Ice cream.

This ice cream recipe is an easy and quick version of delicious vanilla ice cream made with only 3 ingredients. No cook, no churn and no ice cream maker required. This ice cream recipe yields a creamy, smooth and soft homemade ice cream without any ice crystals.

#### Ingredients:

- 1 small can chilled sweetened condensed milk or 400 grams sweetened condensed milk
- 650ml-750ml of chilled whipping cream (25% or 50% fat content)
- 2 teaspoons vanilla extract or 1 teaspoon vanilla essence or vanilla bean
- some grated chocolate for garnish optional

In this basic ice cream recipe, I have used vanilla extract to give a vanilla flavour. In fact, this recipe is very adaptable and you can have any flavoured ice cream by adding various flavouring ingredients. So, you can use this ice cream recipe base to make various types of ice creams.

#### Variations possible with this Ice Cream recipe:

- Chocolate ice cream for a chocolate flavour, then add 2 to 3 tablespoons cocoa powder or drinking chocolate in a bit of warm milk, whisk well and fold along with the condensed milk.
- Butterscotch ice cream For butterscotch ice cream, add ½ cup of crushed praline or butterscotch chips in the ice cream.
- Mango ice cream add 1 cup mango pulp
- Dry fruit ice cream about ½ cup of chopped dry fruits can be added.
- Pistachio ice cream add ½ cup chopped or coarsely crushed pistachios.
- Fresh fruit flavoured ice cream-1 cup of diced or pureed fruit (strawberry, banana, rasberry and many more you could try).

#### Instructions

- In a large bowl, pour you chilled whipping cream. Add 2 teaspoons vanilla extract. If using vanilla essence, then only add 1 teaspoon of it.
- With an electric beater at full speed, begin to whip the cream. Timing will vary depending on the fat content in the cream, it takes about 6 to 10 minutes.
- Also, be careful while whipping and do not whip too much, as then the cream would get churned into butter.
- Whip till stiff peaks are formed. You can also whip till soft peaks if you wish, this will leave your ice cream softer to scoop.
- Now add 400 grams of chilled sweetened condensed milk (about 1.6 cups).
- Fold gently but very well. Also remember not to overfold as then the ice cream mixture can fall flat.

- Remove the vanilla ice cream mixture in a container or box and then cover it tightly. Or you can cover the same bowl (if its freezer safe) with a tight-fitting lid or aluminium foil.
- Freeze till the ice cream is set, I usually leave it in the freezer overnight. Before serving, keep the ice cream box or bowl for some minutes at room temperature. Then using a scoop, remove the ice cream.
- Serve vanilla ice cream. You can grate some chocolate or sprinkle chocolate chip if you wish.

Please carry on sending your recipe requests to kkaur@sjw.bham.sch.uk

#### **By Ms Kaur**

#### **Isolation activities**

As most of our time is spent inside and sadly, I don't have a garden, I have decided to buy more house plants. You can find house plants in most supermarkets, they brighten up your room and it's quite nice to have something pretty to take care of. Here is one of my newest additions-fingers crossed I can keep it alive!



#### **By Miss Jones**

#### **Isolation activities**

Over the past 6 weeks I have been keeping myself busy with lots of different things. I have been spending a lot of time running, getting out at least once a day, trying to run 30 miles a week. By the end of May I hope to be running 50 miles a week. I have also been listening to a lot of football podcasts, missing watching football and other sports.

I have, similarly to many other teachers also spent a quite a bit of time gardening. However, digging is hard work and I don't think I am cut out for it. I'll stick to running.

Below is a photo of my garden and also a photo of a view from one of my runs:





During down time when I'm not out running or completing tasks for school and emailing pupils with work, I have dug out my PS4 and have been playing a lot with some of my friends from university and high school. Many of who aren't working due to lockdown and have a lot of spare time on their hands.

In the evenings, I have been watching a couple of films and "The Last Dance" which is about the 6 time NBA championship winning Chicago Bulls basketball team in the late 80s-90s, maybe the best side ever! It focuses a lot on Michael Jordan, but also some other players such as Scottie Pippen, Steve Kerr and Dennis Rodman (who is a bit of a character). If you have access to Netflix and like basketball you should give it a watch!

Remember to keep checking your emails, keep in contact with one another, keep safe and continue with your school work and hopefully things will be back to normal soon.

#### **Food Preparation**

Well done to Amelia Wrukowska for cooking spaghetti at home.



By Ms Williamson

#### **Isolation activities**

I have really enjoyed cooking whilst being in lockdown. Especially a no bake cake which my children love.

Here is the receipe:

- 250g/8oz <u>digestive biscuits</u>
- 150g/5oz milk chocolate
- 150g/5oz <u>dark chocolate</u>
- 100g/3½oz unsalted <u>butter</u>

All you do is melt the chocolate, break up the biscuits in a separate bowl then mix together! You then need a lot of patience whilst it sets in the fridge - at least you have the bowl to lick clean!

By Mr Woodward

Remember: To stay 2 metres away from other people

I have also been doing some gardening...here is an update on my sunflower:



I have also grown some beans, peas, carrots and radishes from seed as well as attempting to grow sweet pea flowers from seed - these were the flowers I had in my bouquet when I got married. I think they have a lovely smell!











By Mrs Crooks

#### **Isolation activities**

During the Easter holidays my children and I decided to enjoy the lovely warm weather and build a bug hotel, we used old wood that my husband was getting rid of and then filled it with twigs, and stalks and leaf litter from around the garden. The RSPB website has lots of great ideas on how you can make your own large or small depending on how much space you have.



This week my son (who has quite a sweet tooth) wanted to make some fudge. Here's the recipe if you would like to have a go yourself.



#### Ingredients:

397g tin of Carnation Condensed Milk 150ml of Milk 450g of Demerara sugar 115g of Butter

- 1. Place the ingredients into a large non-stick saucepan and melt over a low heat, stirring until the sugar dissolves.
- 2. Bring to the boil then simmer for 10-15 minutes, stirring continuously and scraping the base of the pan.
- 3. Remove the fudge from the heat and leave to cool for 5 minutes.
- 4. Beat the mixture until it is thick this can take up to 10 minutes.
- 5. Press into the prepared tin with the back of a spoon and leave to set before cutting into squares.

If you have an e-reader, I found this great website for getting updates for discounted books (sometimes they are even free) check out bookbub.com. I look forward to hearing what you have been reading.

Take Care and Stay Safe.

**By Mrs Adams** 



#### **Isolation activities**

Science bob has some amazing experiments you can explore with videos. There are also some interesting scientific questions with answers and research help. Here is the link try it out start exploring;

#### https://sciencebob.com/

Create a photobooth from card board Create a crown of flowers

Make fake moustaches, sunglasses, or other props from paper and attach them to dowels for your own stick props (no dowels, just tightly roll up a sheet of paper—it'll be sturdy enough to hold your pictures

Create a Polaroid-style frame like the one below, write your own caption and start taking pictures.



#### Create a paper airplane

Paper airplanes are pretty much the first thing anyone turns to when they're bored. There's just something about flying that sparks the imagination.

You can find tons of paper airplane designs and templates online. Or you can be creative and design your own. Remember to take pictures and send them in for the newsletter.

#### T shirt chromatography

#### MATERIALS

White t-shirt Isopropyl Alcohol (80% or above) Eyedropper Coffee can (or a wide-mouthed jar or bowl) Rubber band Permanent markers in a variety of colours Newspaper

#### Activity for you and your family

Take a yoga Class in the comfort of your living room

Many yoga studios are offering online classes during this time, so take advantage. Yoga helps kids improve flexibility, strength, and coordination, as well as increasing body awareness. Plus, it can offer a sense of calm and relaxation that your kids desperately need now that their schedules have been disrupted. Do a quick search on YouTube for kids' yoga or click on the link below https://youtu.be/dF7O6-Qablo

By Ms A Forbes

#### Head of Year 8 Message

Hello Year 8, I've had the pleasure of speaking with a number of you this week and I have really enjoyed hearing what you have been up to. Your form tutors have passed on some fantastic reports of all your hard work. Well done! Please keep helping at home and spending time talking with your family. Whilst this time may be quite frustrating at moments, it is a good opportunity to put your mobile phone or games console down and play games, paint, draw, sing, cook, de-clutter your space and ask questions about when your older family members were younger. Celebrate those who have served in wars, fought for the rights of others and who have inspired a younger generation.

With the government due to make announcements in the coming days, if there is anything regarding schools we will be in touch directly with all families. Please continue to keep safe and learn from home. Remember schools are finding out plans at the same time as the rest of the country.

God bless you all and keep you safe.

**By Mrs Breslin** 

#### **Isolation activities**

This week we have celebrated two birthdays in the Breslin household. We spent time on Zoom with our family and posted out party bags so that we all wear party hats and sing happy birthday. I was very pleased with the Incredible Hulk cake I made for my 2 year old and the strawberry cake for my Husband. Considering we couldn't be with everyone we would normally, we all had a great time!

This week we have also made a real effort to get out for an early evening walk to get some exercise and fresh air. It makes such a difference to everyone's mood and because we haven't been rushing, we've spent time looking at flowers, buzzy bees, running water at the river and clouds which my boys loved. This is something I would really like to continue doing when lockdown is lifted. Is there anything about lockdown that you will miss? What have you been grateful for during lockdown?

This week's challenge: teach your family something new you have learnt this week. Write me an email and let me know how you get on.





**By Mrs Breslin** 



Remember: Wash your hands regularly with soap and water for at least 20 seconds

#### **Isolation activities**

This week I have attempted to make fried chicken wings and aubergine pakoras to improve my cooking skills.

#### Chicken Wings

The raw chicken wings were first washed very thoroughly in order for it to be clean and safe to eat, it is important that we start everything with hygiene, so also wash your hands thoroughly too! Then I beat 2 eggs in a bowl and then kept it aside. After soaking the chicken in the eggs, I then gathered my special spice (chicken seasoning powder) in another bowl. The chicken was then coated in the spice until all areas of the chicken were full of spice and rich flavour. The chicken wings were then slowly and safely dipped in the medium hot oil for it then to be deep fried. This usually takes around 15 minutes. The chicken wings came out very nicely, with a rich golden-brown colour. They were extremely tasty!

#### **Aubergine Pakoras**

Firstly, a special batter was made by mixing the following: *Gram flour, Chilli powder, Turmeric powder, Baking powder and salt.* Then, I washed the aubergines and sliced it into thin even slices. After that, I then dipped the aubergine into the batter, and then safely and slowly dipped the aubergine into the medium hot oil for it then to be deep fried. This usually takes around 10 minutes to cook both sides. They also came out with a rich golden-brown colour. The texture was very crunchy and it was tasty too! If you require a full recipe for both then please email me.





By Mr Rahman

#### Year 11: Post 16 Updates

Miss Lally has emailed all Year 11 pupils requesting an update on college and sixth form applications. Parents of pupils will have received a text reminder about this. All Year 11 pupils must reply to Miss Lally by email with the following information:

- 1. Name of college/s or sixth form/s applied to.
- 2. Name of course you intend to do.
- 3. Your type of course, e.g. GCSE/BTEC/Apprenticeship
- 4. If you have received a conditional/unconditional offer or you're awaiting an interview.

If pupils have not applied to any colleges or sixth forms, you should also inform Miss Lally so that she can provide you with any necessary support.

The current lockdown situation can be stressful for young people considering College after their GCSEs. Whilst Colleges are currently shut to the public, they are still accepting online applications for courses starting in September 2020. Once a young person has applied, they will be contacted by the College for an informal discussion and follow up guidance. Colleges are putting systems in place to support students in September, even if lockdown continues.

There are many sectors providing 'virtual work experience' which may be of interest to Year 11 leavers when considering their options going forward:

For students interested in **Medicine**, Brighton and Sussex Medical School are offering 'virtual work experience.' Please see:

#### https://bsmsoutreach.thinkific.com/courses/VWE

The Medical Portal has also issued some general advice on things **prospective Medical students** can be doing at home. Please see:

#### https://www.themedicportal.com/blog/5-things-to-dofrom-home-to-support-your-medicine-application/

Please see below for information on an exciting 'virtual' work experience with an **architectural firm**. This is interesting for anyone considering a career in architecture or the wider **construction industry**.

#### https://workexperience.hfm.co.uk/

For students wanting to do Virtual Work Experience related to **law**, the website below covers some large firms, including White and Case, Pinsent Masons and Linklaters.

https://www.thelawyerportal.com/free-guides/law-workexperience/virtual-work-experience-for-law-students/

For students wanting to do an apprenticeship, the website below helps you to research and apply for something suited to you:

https://www.gov.uk/apply-apprenticeship

If you need any further advice or support, contact Miss Lally - mlally@sjw.bham.sch.uk or our careers adviser Tina Smith - tinasmith9466@gmail.com

#### Remember: To stay 2 metres away from other people

# English Create a leaflet for teenagers about Coronavirus



# Teenagers in lockdown by Sebastian Paul

# **English Create a leaflet for teenagers about Coronavirus**



# **By Ashpreet Kaur**



WOW......Another successful week where more students from SJW took part in a live chat with Scientists and Psychologists.

Here's some of the questions asked: (You can find out the answers on the website)

#### ? Recent Questions

Do you believe Virtual Reality is the future?

Do you think CBT can help with self harm?

How can you help elderly with mental health?

Do childhood experiences/trauma ever stop affecting somebody?

Why do girls with autism go undiagnosed for longer than boys? (2 *Comments*)

How can you seem more approachable to patients/clients?

How did you find a level psychology? Was it difficult? (1 Comment)

How can you help someone's self esteem when the person can't change whatever is causing them trouble? For example if a

How can you help someone who is having a panic attack?

Why do some teens find it hard to make eye contact while talking to adults?

View all answered questions

BIG SHOUT OUT 🕲 to following pupils for being active and curious - Well Done! (House points/ Class chart positives awarded)

Rayaan Nawaz 7WIO Emmanuel Ifeosame 7OWE Asthon Noussi 7HUS Yanis M Nchang 7HUS Kameron Chem 7JOS Irene Rose Jain 10HUL

# Next live session will be on Wednesday 13 May at 2pm

(Remember to Login)

#### The Psychology Zone Scientist of the Week!



We're delighted to announce that Priya Silverstein has been crowned 'Psychologist of the Week'. Priya works as a developmental psychologist at the University of Surrey.

Who do you want to win? VOTE!

## Don't forget to

VOTE for your Scientist of the Week

**By Mrs Habibullah** 

# Do you need any support?

Food:

Food Parcels collections 5-6pm Daily (hunger relief) Midland Langar Seva Society Dale End Bus Stops (Stall) Birmingham City Centre B4

Food Bank Centres New Life Weslyn Church Holyhead Road Handsworth Birmingham B21 0RA 0121 507 0734 (Thursdays 1-3pm) Salma Food Bank Project Unit 8 Ash Court Crystal Drive Smethwick B66 1Q 07767164246

If you qualify for Free School Meals, please check your emails <u>every Monday morning</u>. A member of staff from school will have emailed you a code to use, follow the instructions in the email to claim your money. (Check your junk email folder if you cannot find it).

#### **Being Safe Online**

During this time at home, it is likely that you are spending more time online.

It is VERY important that you stay safe and keep others safe on whatever platform you are using. Here are a few top tips:

- Don't share personal details

- Think before you post
- Watch out for scams- do not click on
- a link unless you trust it
- Think about who you are talking to
- Keep your device secure

- Be careful when using webcam and photographs

If you need more support or are worried, please speak to your parents or teachers or contact childline on 0800 1111.

#### Bereavement & Loss:

If you or anyone in your family suffers the loss of a family member or friend at this difficult time, there are some websites below that may help & comfort you: Winston's Wish

Website: https://help2makesense.org/ Email: ask@winstonswish.org

Cruse Bereavement Care Website: https://www.hopeagain.org.uk/ Phone: 0808 808 1677

Childline Website: www.childline.org.uk Phone: 0800 1111

Grief Encounter Website: https://www.griefencounter.org.uk/young-people/ Phone: 0808 802 0111

Please remember <u>you are not on your own</u>- if you need more support, please email Miss Marston, Mr Price or Mrs Crooks.

#### Support During Ramadan:

Now Ramadan has begun, people living in Birmingham and Solihull are being encouraged to take care of their health during the fasting period; and to ensure that they continue to practice social distancing during the COVID-19 pandemic. For more support, visit these websites:

-Muslim Council of Britain: <u>https://mcb.org.uk/resources/ramadan/</u> -Birmingham Central Mosque: <u>https://centralmosque.org.uk/timetable/</u>



# VE Day 75th Anniversary Celebration

# Host your own street party at home

Friday 8th May 2020

Decorate your house in Red, White and Blue and enjoy a picnic in your garden to commemorate the Heroes of the Second World War.

(Remember to observe the social distancing measures)

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

🏩 🗖 🖸



## Q +

YouTube is an online platform - owned by Google - where anyone can upload & watch video content. All different types of information, advice & entertainment are uploaded & billions of people tune in to watch, rate & comment on it. As a parent, it's important you understand exactly what content your children might be seeing.

# What parents need to know about 💟

۲

#### INAPPROPRIATE CONTENT EASY TO ACCESS

Any child with a Gmail account can sign into YouTube & access videos. Some content is flagged 'age-restricted', but the platform relies on self-verification, meaning kids can get around the rules with a fake date of birth. This could enable access to vulgar, violent & dangerous videos.

# YOUTUBE SUGGESTS RELATED CONTENT

YouTube will often 'auto play' videos based on your child's viewing habits. The aim is to show related & appropriate content. But the problem is: it's possible your child will be exposed to inappropriate content that isn't accurately related.





#### USERS CAN PRIVATELY CONTACT YOUR CHILD

When your child is signed-in to YouTube with their Gmail account, there are various ways they can send & receive messages. This could be via the messages icon, or via the 'About' tab. There is scope here for users who your child does not know to make contact.

# 'CHALLENGE VIDEOS' CAN GO TOO FAR

Challenge videos refer to a stunt you're encouraged to recreate & film. Many challenge videos can be harmless & for a good cause, like the ice Bucket Challenge. But some are dangerous & even life threatening, such as the Bird Box Challenge.

# SHARING VIDEOS RISKS YOUR CHILD'S PRIVACY

If your child has a Google account, they can upload their own videos. To do this, they must create a personal profile page known as a 'YouTube Channel'. The videos uploaded here can be viewed, commented on & shared by anyone. This could put your child's privacy at risk.

Meet our expert Pete Badh is a writer with over 10+ years in research and analysis. Working within a specialist area for West Vorkshire Police, Pete has contributed work which has been pivotal in successfully winning high profile cases in court as well as writing as a subject matter expert for industry handbooks



# © Tips To Protect © © Your Child ©

#### APPLY 'RESTRICTED MODE'

Restricted mode helps to hide any mature or unpleasant vide from your children. It uses YouTube's own automated system nated system & ooks at what other users flag as inappropriate content. It must e enabled in the settings menu on each individual device.

#### CHANGE WHO CAN SEE VIDEOS

You can change who can view your child's content in the settings. Options include Public (available to all), Private (only available to people you share it with & cannot be shared) or Unlisted (available to people you share it wit s can be shared further).

#### BLOCK CONCERNING USERS

To help protect your child from cyber-buillies, harassment persistent offensive comments, you can 'block' individual users. Doing so hides your child's videos from the user & stops the user being able contact your child in any way.

#### CUSTOMISE THEIR EXPERIENCE

Influence & control what your child watches using features such as Playlists (your videos play continuously rather than videos YouTube recommends) & Subscriptions (you choose channels your child can watch). It's also good to turn off auto play by toggling the blue button alongside the 'Up Next' title when viewing a video.

# CREATE A 'FAMILY' GOOGLE ACCOUNT

Create a Google account to be used by the whole family. This will allow you to monitor exactly what your child is watchin uploading & sharing. Plus, your child's YouTube page will display their recently watched videos, searches, recommended videos & suggested channels.



13+

#### GET YOUR OWN ACCOUNT

Create your own account so you can explore features yourself. Learn how to flag inappropriate videos, how to moderate comments & how to block users. This will help you feel more confident when providing advice & guidance to

#### **BE MINDFUL OF** CYBERBULLYING

Once your child has posted a video, a worldwide audience can see it. Strange may choose to comment on the video, both positively & negatively. So, be careful to check comments & any other interactions your child is making through the platform



#### GET TO KNOW POPULAR CHANNELS

It's good to know which channels are most popular with you children. Some of the most popular channels right now are: PewDiePie, NigaHiga, Zoella, KSI, JonnaMarbles, Markiplier, Smosh, ThatcherJoe & Casper Lee.

#### DON'T ASSUME YOUR CHILD IS TOO YOUNG

the chosen viewing platforms for children between the ages of 3-15 & it's likely this trend will only increase. It's also possible children will become familiar with the platform at a younger & younger age. So it's important to understand the positives & negatives of the platform.

(e.noviercoord/answer1150400, https://support.google.com/yeu/abs/answer0407082, https://support.google.com/yeu/a m-OR/yticlouid.joiliniu:rcooreawity-guidabless.https://www.alvan.org.alv.\_.dodasseriu/pdf\_Ne-0024114440/CN00ees.an nthrology/2014/jav16/you/abs-bare:dangerous-guidab-abse-challenge /288227276- ov-GR, Frtps: Media Use and Attitudes pport google.com/pautube/answer/105498096-en-C&, Eputt https://www.sauropdigitalisetives.com/pautube-pur SOURCES: https://www.pout.do.com

> www.nationalonlinesafety.com Twitter - @natonlinesafety Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 10.04.2019

Facebook - /NationalOnlineSafety