



# Saint John Wall Catholic School

## A Catholic School For All



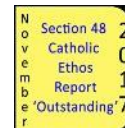
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## Weekly Information Bulletin



### Mission Statement

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

### Headteacher's Message

Half term was a busy week for our site and business teams as they were setting up the school for a phased return of some pupils. The government is asking that eligible pupils return to school as soon as possible, and that small groups of Year 10 pupils are invited to attend for face to face contact from 15 June. If you are one of the pupils that might be invited to attend staff will have phoned you over the last few weeks to ascertain your views. Staff at Saint John Wall are working together to finalise a risk assessment and trial the arrangements to make any return as safe as possible for everybody concerned. You will receive more information via the post and text, if you are one of the pupils that will be invited to attend. In the meantime, here are some photos of some of the safety measures that have been put in place.

#### Socially distanced markers on the lane to pupil entrance



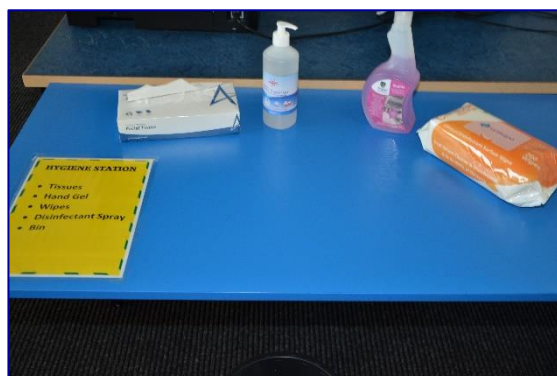
#### Bins for disposable face coverings



#### One-way system past lockers



#### Hygiene stations in every classroom



#### Socially distanced markings on playground



By Miss Marston

### SJW Values

**Eloquent & Truthful**

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

## Catholic Life

### Prayer

Lord God, we entrust to you the families and communities affected by Coronavirus, wherever they may be. We pray especially for health care workers, that you may guide and protect them. We pray that your Spirit might inspire those researching new medicines and treatments. And in the midst of this, keep us strong in faith, hope and love. Grant us the courage and perseverance to be good neighbours and look after those around us. Amen.

### Solidarity: Love the World

This week, more than ever, our theme of 'Solidarity' has been so very important. Whilst the world continues to fight this virus, you may have also seen the shocking events taking place in the US regarding the death of George Floyd. You will have also seen how Americans and people across the world have responded in different ways to these events.

Pope Francis has stood in solidarity with George Floyd's family and all those affected by racism around the world. Today he joins Catholic Churches throughout the entire US and across the world, in praying for the memory of "the soul of George Floyd and of all those others who have lost their lives as a result of the sin of racism." Please do join him by saying a prayer to remember all those affected by racism around the world.

In an email sent to all pupils this week, Mrs Crooks reminded you all of our mission statement:

To educate **each and every unique child in our care** to hear and respond to what God is calling them to be.

She said 'We are all unique individuals with strong minds and probably feel various emotions about what is going on in America. Some of you may feel unaffected by these reports where as others may feel that this is very personal and want to join a local response. Please take a moment to reflect on the current climate, social distancing and your own safety when responding to any events in Birmingham. Consider the impact any of this will have on your current and future social situations. I would encourage you to not get involved in any local events but to continue to stay safe by staying away from large crowds and thinking about different ways that you can respond.'

This is in line with recent advice from West Midlands Police who have requested that all people remember to stay safe during this Coronavirus pandemic and remember to keep themselves, their families & friends safe when considering how to respond to these events. (Watch here: [https://www.youtube.com/watch?v=ZROE6CjpAzU&feature=emb\\_logo](https://www.youtube.com/watch?v=ZROE6CjpAzU&feature=emb_logo))

### Wellbeing support

Here at Saint John Wall, the health and well-being of all our staff & pupils is of utmost importance. To make sure that we can look after all members of the SJW family, we have created a new email address [wellbeing@sjw.bham.sch.uk](mailto:wellbeing@sjw.bham.sch.uk).

This email account is being used by a small team of trained staff members. They are happy to offer you any support you may need at this time, including:

- Mental health & wellbeing support
- Bereavement support
- Difficulties with stress and anxiety

Where we may not be able to help, we will make sure you get the best support & care you can. Please do send an email to this account if you are struggling.

Most importantly - take care, be kind & stay safe.

**'Sympathise with each other. Love each other as brothers & sisters. Be tender-hearted, and keep a humble attitude' (1 Peter 3:8)**

**By Mr Price**

## Pentecost

The events of the past few months since the pandemic began have created holes in the fabric of our lives. Now a spirit of compassion, mercy, generosity, and creativity is seeping through to bond us together once more. Making us realize that despite our differences, we are all one through this same Spirit.

*When the day of Pentecost came, they were all together in one place. Suddenly a sound like the blowing of a violent wind came from heaven and filled the whole house where they were sitting. They saw what seemed to be tongues of fire that separated and came to rest on each of them. All of them were filled with the Holy Spirit and began to speak in other tongues as the Spirit enabled them. Acts 2:1-4.*

For Christians around the world, Pentecost is not just another feast, but a way in which to live our lives. We celebrate the power of the Holy Spirit within our lives, allowing it to work in us and through us. Through the work of the Holy Spirit we can show true solidarity to those in our homes, our communities and within our world. Let the power of the Holy Spirit reignite in you today!

**To join in with the celebrations of Pentecost, why not have a go at some of the craft activities below. Email Mrs Ellis or Mrs Harms a picture of your finished items.**

**By Mrs Ellis**

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

## Theft of Mobile Phones or Bicycles

When considering the easing of lock down restrictions please be aware of the following:

### Crime Prevention – Robbery

There are some general street safety tips you can follow to help you feel safer and reduce your chances of becoming a victim. These include:

- Listen to your instincts - if you don't feel safe move to a busier area.
- Know your route and avoid badly-lit streets.
- Always try and tell someone where you're going and when you'll be back.
- If you take a different route home from your friends, let each other know that you've arrived safely. Call or text your friend once you arrive home safely.
- Carry your bag securely. Put the strap across your body and make sure the fasteners are facing you.
- Avoid carrying your wallet or phone in your back pocket and never hold it out on display.

### Travel

- Keep valuables, especially jewellery, out of sight. Put jewellery chains under clothing
- Keep keys separate from anything with your address on it. If you are travelling, someone may assume your house is empty
- When on a bus, train or tram, sit as near to the driver as possible
- Stay safe
- Be discreet on the street – keep your valuables out of sight.
- Stay alert – don't let headphones block out traffic, strangers or potential trouble.
- Listen to your instincts – know your route, avoid dark places and if you don't feel safe, move to a busier area.

### If you feel you're in danger

- If you still think you're being followed, try to get away from the situation. If necessary, raise alarm and awareness.
- Seek help from someone such as a shopkeeper or hotel receptionist.
- If you are worried, frightened or think you may be in danger, call 999.
- If you are robbed, try to remember as much detail as you can, for example descriptions of offenders and contact us.

### Crime Prevention: Ten ways to help prevent anyone taking your bike

#### 1. Register it

- Get your bike security marked and registered at BikeRegister. It's a highly effective, visible deterrent to bike thieves. They know that if they are caught with a registered bike, the owner can be traced and they will be arrested.

#### 2. Record it

- Remember to record details of your bike such as the frame number (normally found underneath the bike between the pedals or where the back wheel slots in), the BikeRegister number plus any other distinguishing features, and take a photo.

#### 3. Double-lock it

- It can take thieves as little as few seconds to cut through some locks, so use two good quality locks, at least one of which is a D-lock.

#### 4. Lock the lot

- Lock the frame and both wheels to the cycle parking stand.

#### 5. Secure it

- Secure your bike as close to the stand as possible to give any thieves little or no room to manoeuvre.

#### 6. Remove the removable bits

- Take parts that are easy to remove with you. Or use locking skewers or nuts which can increase security by securing the bike's components to the frame permanently, making it difficult for thieves to steal detachable parts.

#### 7. Park secure

- Lock your bike at recognised secure cycle parking. It should be well lit and covered by CCTV.

#### 8. Remember safety begins at home

- Take the same care to lock your bike securely at home as you would on the street.

#### 9. Check ownership

- Ask for proof of ownership and check the bike frame number on the Bike Checker at BikeRegister.

#### 10. Act fast

**If your bike has been stolen**, contact us as soon as possible (you can report a crime online). Give us your frame number, BikeRegister number, a photo and any other details and make sure you update the status on BikeRegister. The sooner we know, the sooner we can act, which might stop it being sold on.

**By Mrs Crooks**



## Working at Home Humanities and MFL Focus on Geography

Despite all the hardships and anxiety that have been placed upon us during this period, it is also a unique opportunity for you to explore aspects of Geography that interest you most. Be it human or physical Geography, there is a plethora of articles, documentaries, and games to keep you occupied. Try taking a little time each day to explore something that captures your imagination regarding Geography. Start by looking at some of the resources below...

National Geographic Kids is a fantastic website with lots of interesting activities you can do at home.

<https://www.natgeokids.com/uk/>

BBC iPlayer is a great place to find interesting documentaries about our planet. Try one of the following documentaries:

- Seven Worlds, One Planet
- Caribbean with Simon Reeve

Years 7 to 9 should have received an email on Monday from myself with some work to complete over the next two weeks.

Year 7 should complete the '**Plastic Pollution Research Project**'.

Year 8 should complete the '**Improving the Slums Research Project**'.

Year 9 should complete the '**Home Learning Project**'. Once completed, send your work to your Geography teacher.

It has been a pleasure to read the work completed so far and I look forward to seeing more of it. It is great to see you putting so much effort into your work despite not being in school. Well done!

Stay curious, look after yourselves and most importantly, stay safe!

**By Mr Warrington**

## 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. **Free science** lessons website.

**Active learn** have just granted access to their KS3 online textbooks, I have granted access to all Year 7, Year 8 and Year 9 pupils. KS3 Pupils can now use the active learn books online.

**By Mr Rahman**

Topics for next week

Year 7 Pressure in Liquids and Gases and Floating and Sinking.

Year 8 Indicators and The pH Scale.

**By Mrs Adams**

I send out e-mails to my classes at the beginning of each week. If you have lost it, just send me an e-mail and I will send you instructions again.

**Instructions to access:**

**Century**

Use [this link](#) to login in, your school e-mail and the password is sjw2020

You will find your assignments in the bottom left part of your dashboard, click on them.

**Seneca**

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. To join the class, use [this link](#).

**ActiveLearn (Year 9 and Year 10 only)**

Access at [this link](#). Usernames will be sent out by e-mail. You can reset your password if you cannot remember it using your school e-mail address.

**By Dr Consonni**

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

## Next week science topics

Year 7 Magnetism- Identify what is magnetism?

Year 8 Reactions with metals- Identify what happens when metals react with other substance?

Year 9 Newtons 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Law- Identify what are Newton's 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> law of motion?

Year 10 Reactivity and Ores- Identify what is a reactivity series? Describe how metal ores are extracted.

## Motivational videos

**Denzel Washington Motivational Speech 2020**

<https://www.youtube.com/watch?v=tbnzAVRZ9Xc>

**Never give up, Believe in yourself!**

<https://www.youtube.com/watch?v=3CQusoJSh0E&v=en>

**Dream**

<https://www.youtube.com/watch?v=g-jwWYX7Jlo>

**By Ms Forbes**

**10SC6** - Please look out for powerpoints, worksheets and quizzes for you to complete next week.

**9SC1** - Please look out for worksheets and quizzes for you to complete next week.

**8Y2** - Please look out for worksheets and quizzes for you to complete next week.

**7Y3** - Please look out for worksheets and quizzes for you to complete next week.

I will send all further details to individual classes by email.

**By Mr Rahman**

This week Year 7 are working on Electricity topic, Year 8 on Acid and Alkali, Year on Distance/ Time graph and Year 10 on Electrolysis.

Please continue to send in completed Homework. Stay alert and be in control.

**By Mrs Habibullah**

## Working at Home Performing Arts

### Drama

#### Year 10

I have emailed you with your tasks for this week. Please complete the Skills Audit in your C2 Booklet. Please email if you are having trouble accessing your work. There is a distinction example for you to look at in the support sheets folder. I have copied the link to this in the email I have sent. Looking forward to seeing you in the coming weeks! Please complete your skills audit by Tuesday 9th June and email once you have completed the task on your one drive document. I will call you all next week for a catch up and to give you feedback on your work.

#### Year 9

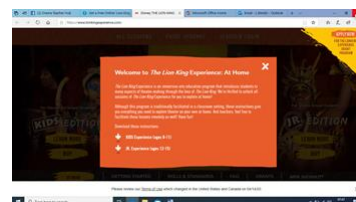
I have emailed you with your tasks. You need to focus on the Job Roles and Approaches of the Practitioners in your C1 booklet. There are distinction examples in the support folder for you to look at and I have included the link in the email I sent. Please email me when you have done this on your one drive document. I will call you next week for a catch up and give you feedback on your work.

#### Years 7 & 8

**Please continue with the project on The Lion King. The link is below:**

<https://www.lionkingexperience.com/#:~:text=The%20Lion%20King%20Experience%20is,lens%20of%20The%20Lion%20King.&text=Although%20this%20program%20is%20traditionally,on%20your%20own%20at%20home.>

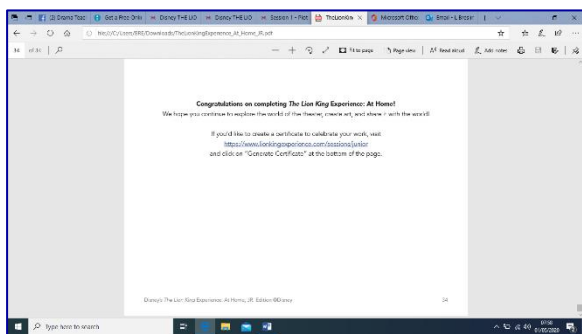
Please follow the link below click on the 12-15 year old experience:



It will then take you to this page:



There are 18 lessons all together and once you have completed the lessons you can generate a certificate:



At the top of the page for each session it tells you what you need to complete the lessons. Mostly a pen and some paper. Make sure you watch the video clips as they will support your learning.

Email me if you need anything. You can submit your work by taking pictures and sending them to me.

## Music

### Year 10 Reminders for Music

Please read the email of video links sent out this week to assist you with your revision towards our exam next year.

### Year 7 and 8 Music

You have been sent links this week to the next installment of 10 pieces at home by the BBC.

This weeks focus is on Stravinsky's The Firebird, using art to reflect what we hear. Get creative and have a go.

<https://www.bbc.co.uk/teach/ten-pieces/ten-pieces-at-home/ziv3382>

By Mrs Breslin

## Working at Home

### RE

The RE team hope you had a restful half term break- enjoying the sunshine safely!

**Year 7 & 8**, your teachers are continuing to set you new pieces of work every Monday. Year 7, you've been focusing on important religious people like Saint Bernadette, this includes the lovely poster below from Hannah Khan.

### Saint Bernadette

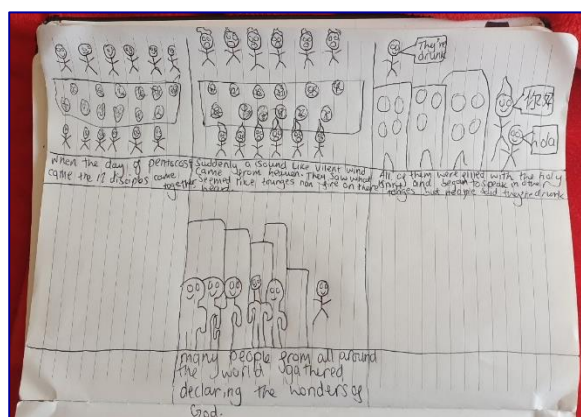
**Faith in God**  
Bernadette said that when she showed faith to God and prayed, she cured the sick.

**Important events**  
She was baptised on January the 9<sup>th</sup> in her local church. She was beatified in 1925 and canonised by Pope plus XI on December 1933.

**Early life**  
She was born on the 7<sup>th</sup> of January 1844 in Lourdes. She was the oldest of nine siblings and was born a saint.

**Why and how she became a saint**  
When she was 14, she saw visions of Mary at a grotto called Massabieille. She went there every fortnight to see her and one day Mary told her to drink the water of the spring. So she did. She spoke about it and became a saint on December 8<sup>th</sup> 1833.

Some Year 8 pupils have been focusing on the very important celebration of Pentecost. Jannatpreet Singh created an excellent cartoon version of Pentecost.



**Year 9**, your teachers have been setting you work on our new topic of Judaism. To help you with this, there might be some useful information on the link below:

<https://www.bbc.co.uk/bitesize/guides/zh9vgdm/revision/1>

**Year 10**, you all should've received a booklet focusing on Sin & Forgiveness, this includes some very interesting topics like crime and sin. Please email your teachers with the correct pages completed. Keep hold of these booklets as they will be used when we return to school!

Follow us: sjw\_re

By Mr Price

## Mathematics Department

Hi Everyone, this week's Maths site is Mangahigh.

<https://www.mangahigh.com/en-gb/>

Mangahigh is a game-based learning platform. It uses fun filled games to teach and practice mathematical skills. Each game covers certain learning topics and is designed to dynamically adapt in difficulty to the ability of each individual student using intuitive software. This enables students to stay in their zone of proximal development "the level of difficulty that is neither too hard nor too easy and is the level at which optimal learning tasks place".



All pupils have their own individual log-in to the site (this is the same as their MathsWatch login with the password changeme including the school I.D. 38242).

There is a fantastic range of games to play which are all based on the national curriculum. These are just a few (Pyramid Panic & Flower Power are two of my personal favourites)

Pupils will earn bronze, silver, or gold medals within the game as they play depending on their scores. There are also class & whole school leader boards. Will you be in the top 10 of your class?

I hope you enjoy exploring this site and playing the games which will make your learning fun whilst you are at home. If you need any help with your login details just contact your Maths teacher or Mrs Forde ([dforde@sjw.bham.sch.uk](mailto:dforde@sjw.bham.sch.uk)).

By Mrs Forde

## Working at Home Health and Well-Being Family

### Child Development RO18 Examination Unit

Pupils are to watch episodes of BBC 1 Life and Birth. <https://www.bbc.co.uk/programmes/m000hk2j>  
This programme covers aspects of pregnancy and childbirth including multiple births and complications.

### Health and Social Care Component 2- Health and Social Care services and Values

Pupils are to watch episodes of BBC 1's Ambulance <https://www.bbc.co.uk/programmes/b09393rd/broadcasts/upcoming>

You need to identify and explain the 7 Core Values:

1. Dignity
2. Safeguarding and Duty of Care
3. Empowering and promoting independence
4. Respect for individuals
5. Confidentiality
6. Effective communication
7. Promoting anti discriminatory practice

### Hospitality and Catering Unit 1 Food Practical Task

Pupils need to watch episodes of BBC 1's Britain's Best Home Cook- <https://www.bbc.co.uk/programmes/b0b22t4x>  
What knowledge and skills can you pick up that will help you with your controlled assessment practical?

### KS3 Food and Nutrition

I will be emailing a PowerPoint and question sheet that covers nutrition and healthy eating.

Stay safe, be kind.

By Miss Williamson

## Stars of the Week

**MFL/ Polish**

For excellent effort and achievement:

**Gabriela Krupa**

**Piotr Zapolny**

**English**

For excellent effort and achievement:

**Jakub Borawski**

**Fabrice King**

**Simran Kaur**

**Alexandra Tatomir**

**Ashpreet Kaur**

**Randul Fernando**

**Mahfuzur Rahman**

**By Mrs Wieremiewicz**

**Natesh Phagania** – For an excellent assessment result.

**Rayyan Ali** – For perseverance after working for 3 hours on his RE work - he forgot to save it and was totally despondent. He is doing it all over again and submitting it.

**By Ms Hanson**

**Navien Khangura**

**David Lemvoka**

**Vidhu Singh**

**Natasha Phangania**

**Irene Rose Jain**

**Mankaran Sodhi**

**Callum Khan**

**Olivia Janiszewka**

**Benedict Ejiofor**

**Zainab Bouterse**

**Prabin Yadav**

For excellent work.

**By Miss Moyo**

**Ashpreet Kaur**

**Kameron Chem**

**Haider Nawaz**

**Chetan Sohal**

**Mahfuzur Rahman**

**Chenai Pryce-Andrade**

**Shahab Butt**

**Rayyaan Afzal**

**Alisha Shafiq**

**Malika Rahman**

**Randul Anton Fernando**

**Victoria Omozee Ufumwen**

**By Mr Warrington**

**Stephen Odiase (10F3)** - for taking up the challenge following my call to his home to start engaging with work.

**By Mrs Aghanenu**

**Tallulah Wagenfuhrer**

**Ricky Sangar**

**Samuel Milligan**

**Alisha Shafiq**

**Rohan Luggah**

**Natalia Moszczynska**

**Amrita Gill**

Well done for all of the fantastic work that you have sent me over this week. Keep up the hard work!

**By Miss Jones**

**Loc Tran**

**Darren Omali Okonkwi**

**By Mrs Gandhi**

## Stars of the Week

**Ehsan Mohammed & Fritz Bayong** - for being curious and active by completing all work set so far.

**By Mrs Wallace**

**Mohammed Ehsan**

**Esha Kumari**

**Fritz Bayong**

**Talullah Wagenfuhrer**

**David Lemvoka**

**Irene-Rose Jain**

**By Mr John**

The following pupils have all been working hard at home over the half term holiday. They have completed fantastic work in History:

**Julia Zyla**

**Alisha Shafiq**

**Isadara Jalo**

**Pavan Kumar**

**Maja Tchorek**

**Gertrude Mafotsop**

**Pamela Sidhu**

**Moses Johnson**

**Tobi Babalola**

**Linh Hoang**

**Julian Omenma**

**Kyle Niemic**

**Rohan Sehjail**

**By Miss Lally**

**Fanus Yowhannes** - for completing work on seneca

**Chelle John Omozee**

**Sebastian Paul**

**Julita Wrukowska**

For completing project work.

**By Ms Johnson**

**Sebastian Paul**

**Allyn Utomwen**

**Dina Isaac**

**Sophia Baloghova**

**Ashpreet Kaur**

**Andrei Dahorea**

**Trevon Davidison-Harris**

**By Adams**

**Rayyaan Afzal**

**Fabrice King**

**Jakub Borwaski**

**Moses Johnson**

For great engagement with work set.

**Rayyaan Afzal** - for carrying out a practical to investigate pressure and sending pictures:

**By Dr Consonni**

**Modou Nijie**

**Khadija Nyarko**

**Jaskarn Sampla**

**Kemystery Wright**

For being active and curious on Seneca.

**Irene Rose Jain**

**Azhan Faisal**

**Jannatpreet Singh**

For Submitting excellent homework on time.

**By Mrs Habibullah**

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



## Stars of the Week

Sadiq Miah	Nadwa Hassan
Alyah Khan	Natalia Moszczynska
Malika Rahman	Alvin Titah
Ivie Imadonmwinyi	Simran Tiwani
Julia Zyla	Amelia Baldyga
Brajesh Lal	Samiya Muhumed
Szymon Skrobisz	Navien Khungura

Thank you all for completing both science Seneca and topic materials you have all been learned and wise.

By Ms Forbes

Zainab Bouterse	Ricky Sangar
Shiv Patel	Alexandra Tatomir
Joel Wren	Aleksy Chmura
Sanvir Kaur	Simran Kaur
Aryan Mann	David Kurek

Samuel Milligan	Chetan Sohal
Himna Mustafa	Alisha Shafiq
Ravjot Singh	

Maja Tchorek	Rayyan Ali
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By Mr Rahman

Piotr Zapolny	Donat Yonas
Kiem Hoang	Jasmeet Singh
Natesh Phagania	Mishaal Madubuko
Arun Kaler	Sara Akhtar
Tamanjoot Singh	Ryan Ashford
Ben Ejiofor	Ehsan Mohammed
Callum Khan	Talullah Wagenfuhrer
Kabanza Simamba	Samah Khan
Esha Kumari	David Lemvoka

Chandani Chana	Mohammed Adam
Rahima Riya	Grace Ihaza
Joseph Ajayi	Linh Hoang
Zohaib Sheikh	Roop Kaur
Shantae Campbell	Randul Fernando
Pamela Sidhu	David Kurek
Tomasz Czech	Tamar Weir

By Miss Timmins

Some pupils have been chosen as the RE stars of the week for producing excellent pieces of work, high assessments results and showing determination and resilience whilst working at home, they are:

### Year 7 & 8

Hannah Khan	Jannatpreet Singh
Pavan Kumar	Brajesh Lal
Amelia Badgyal	Chandani Chana

### Year 9 & 10

Randul Fernando	Jenny Tran
Talullah Wagenfuhrer	Ehsan Mohammed
Irene Rose-Jain	Embrima Ceesay
Rayyan Ali	Natesh Phagania

Well done- keep up the good work!

By the RE Team

## Seneca Learning

We have been using the online learning platform Seneca Learning in school and they have just released a free parent monitoring platform.

This lets you see how long your child has spent on their different subjects, their average score & number of questions answered.

Here are some instructions for getting started:

1. [Click here to create a parent account](#) (if you arrive at a login page, make sure to click on the 'Sign up' option)
2. Click 'invite child'
3. Share your code with your child(ren) and ask them to click on the link
4. Login to review their progress.

**Get Started as a Parent**  
Monitor your child's progress in all their subjects for FREE!

**Sign up**

1. Click 'Invite child'

2. Share the invite code  
This code can be sent to multiple children

3. Edit the filters  
You can customise whose stats you see and the time range

4. Sort by a new column  
You can sort by any of the columns by clicking on the column header

**Monitor your child's progress for free**

By Miss Timmins

## Isolation activities

### Update on our Inclusion Plants

As you can see both our Inclusion plants, James and Kevin, have enjoyed the glorious, sunny weather and lots of watering. They have grown quickly and now they have flowered I have pinched out the tops so they use their energy to grow their beans. Kevin has caught up fast and has the most beans at the moment. I am not sure what type of bean they are. Perhaps someone else knows? Their produce will not go to waste and I will update you on how tasty they are once cooked!



By Mrs Slee

## Isolation activities

Over the half term, I have started reading a great sci-fi book. Why not start to read a science or sci-fi book yourself?

Birmingham libraries have an online service where you can borrow e-books to read on your laptop/tablet/phone. You can access the kids&teen section [here](#). You can choose the genre from the "subject" tab. There is a science section but also a sci-fi section (scientists love sci-fi too).

To borrow an e-book, you will have to sign in the website (tab at the top right of the page).

If you have a Libraries of Birmingham card, you can simply use your membership number at the back of the card.

If you don't have a library card or your membership number does not work on the website, follow the instructions at [this link](#).

During the Holidays, I have also done a small sewing project to make a reusable face covering for when I go outside. Governmental guidance on face coverings can be found [here](#).

If you want to understand why handwashing is so important to fight Coronavirus, this is a great video: <https://youtu.be/RifWeORuHmw>

By Dr Consonni

How is your hope? Does it bounce back after being hit? Does it cause you to doubt when you lose hope in a situation? God knows that we all struggle with finding and holding onto hope. When you are facing tests of faith, even the strongest Christians can find it a challenge to find hope.

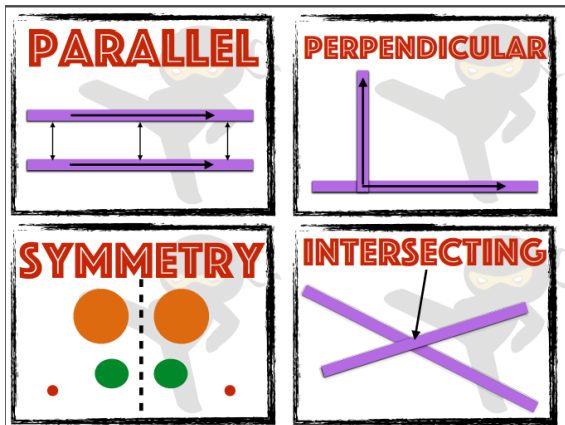
A Prayer for Hope Lord, I maintain my hope in You and I hold onto the assurance that what I am praying for is already accomplished in the name of Jesus. Your Word promises "no good thing does He withhold from those that walk uprightly" (Psalm 84:11). I wait upon You for Your definition of the "good thing" You will not withhold from me. As David prayed in Psalm 18:1: "I love you, Lord, my strength. The Lord is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge, my shield and the horn of my salvation, my stronghold. Amen

By Ms A Forbes

## Numeracy Ninjas

Hallo my Ninja!!!

There is this week task for super Ninjas, Match the cards



### PROPERTIES PAIRS - MATCH PROPERTIES TO THE SHAPE

Parallel Lines	lines that pass or lie across each other.
Intersecting Lines	Two lines at $90^\circ$ to each other
Perpendicular	Two lines that continuously have the same distance between them.
Point of intersection	The exact point at which lines cross.

Stay safe.

By Mrs Pawlowska

## Online safety

Parent and pupils, I know you have all been working hard at home during the past 10 weeks and we all appreciate what you are doing.

I would like to make sure you are all safe online as many of you are using the internet far more than you have ever done before.

Please take note of the advice on the posters in this newsletter so that you can be safe and secure online.

For any concerns or complaints about online platforms you can email [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

By Mrs Crooks

## Isolation Activities

So, I've bought a tent! I haven't been able to put it up yet due to the rain, but I will let you all know what it looks like once I do. We all know there is a lot of talk on the news about whether holidays will happen this summer so I thought I'd get my family to have a camping experience in our garden, so plenty of visits to Costa Del Backyard here we come!

By Mrs Crooks

### Sunflower update

I know you are all eagerly waiting for an update on the growth of my sunflower.



I can report that it is now 37cm tall!

I'm really pleased with how it is growing I still hope to win the competition with my road.

I have also been successful with other plants in my garden...as you can see from the pictures I have successfully grown radishes which are delicious! Carrots are coming along, my garden peas and green beans are also growing nicely too!

I'm really looking forward to eating some strawberries and raspberries too!



This week I have worked with my oldest son on a project do with writing instructions for a recipe to make pancakes.

Here is the recipe if you'd like to have a go...

You need 3 eggs, 250g plain flour, 300 ml milk, a whisk, frying pan and some oil.

Whisk all the ingredients together so the batter is smooth and full of bubbles.

Then heat a frying pan with a little oil, pour some of the mixture in and swish around the frying pan so it's all covered, after a couple of minutes flip the pancake over so the other side cooks. You can use a spatula or something similar from your kitchen.

Then serve...I like ice cream and toffee sauce on my pancakes!

By Mrs Crooks

Remember: To stay 2 metres away from other people



## Isolation Activities

Hello everyone! We have had such a lovely time over the half term holidays, trying out new recipes, playing lots of imaginative games, and exploring our local parks and ponds.

This week was my brothers 20th Birthday. As we couldn't travel to see him, we made a lovely chocolate cake in his honour, then called him on facetime to blow out the candles! My other brothers joined in so there were four cakes in total enjoying their screen time before being gobbled up!



We have been encouraging our daughters to try new recipes. This week we made a chicken, broccoli and mushroom stir-fry. It was a huge hit! You should give a new recipe a go, you never know what you might be able to create if you don't try!



Throughout the week our two daughters earn 'Dojo Points' by doing small chores, completing school work or through acts of kindness to one another. At the end of each week the points are added up and they have to work together to 'spend' them. On Sunday they use the points to choose the film they would like to watch that evening, along with the dinner of their choice and snacks. This week the girls did very well with their points and used them on pizza (we made our own!), popcorn, home made fairy cakes and their film of choice was Moana!



Hope you are all working hard at home, be kind to your families and those around you!

Stay safe!

By Mrs Ellis

## eBooks, eAudiobooks and eMagazines

You can access free **eBooks** through [Overdrive](#) - you need to live in Birmingham and have a current Library membership. If you do not have an account or have a query about accessing Overdrive then email [enquiries@libraryofbirmingham.com](mailto:enquiries@libraryofbirmingham.com).

Birmingham library provide **eAudiobooks**, **eMagazines**, **eNewspapers** and **eComics** for free through [RBDigital](#) - you can create your [own account](#) through their website.

If you do not have a library membership you join online and your SELFREG number for both Overdrive and RBDigital.

By Miss Guest



## Black Lives Matter

Here are some passionately written articles by Naomi Osayamwen and Ruth Mumba expressing their views on the recent death of George Floyd in America. As a Catholic School For All, we welcome everybody and treat discrimination and racism seriously, working hard to stamp it out. We have already contacted our pupils by email to encourage them to make a peaceful contribution to any subsequent campaigns. Thankyou Naomi and Ruth for your articles, you are great Cultural Ambassadors for the school, Miss Marston.

On the 25th of May 2020 in the United States of America, yet another black man named George Floyd, was a victim to police brutality and was murdered by a white police officer by the name Derek Chauvin.

George was arrested by Chauvin on suspicion of forgery. The police were called to his location because he was accused of using a fake \$20 bill at a shop. When the policemen came, video footage shows that he didn't show signs of resisting arrest, which is contrary to what the officers had stated.

A video has been circulating social media, in which you can see George laying on the floor and Chauvin's knee on his neck and his hand in his pocket. The whole time, George was screaming "I can't breathe", "mama" and was begging the officer.

For 8 minutes and 46 seconds, Chauvin's knee was pressed hard on George's neck and eventually led to his untimely death.

Paramedics came to the scene where they had checked his neck pulse, but George was already laying there motionless.

Consequently after, all four officers that partook in this outrage were fired and Chauvin was charged with 3rd degree murder, but recent developments have allowed it to be moved up to 2nd degree, along with the 3 colleagues who were guilty by association.

George Floyd's death sparked multiple riots across states in America. Lootings and arson have taken place, not to mention the protest that took place at the White House also. The #blacklivesmatter movement has never been so powerful even outside the USA.

We have seen protests and people in power speaking about the subject in the UK, New Zealand, Australia, Germany, France, Japan, some African nations, and obviously America.

Banners with headings "I can't breathe", "no justice no peace" have never been higher as cries of outrage from the black community are dominating the streets.

Due to this, curfews have been placed in various American cities to contain the protests.

Many celebrities have taken it upon themselves to pay for protesters' bail and many petitions are being signed and boxer Floyd Mayweather has taken a pledge to cover all funeral expenses.

What is happening currently is history. For the first time in 400 years, black people are being heard. Martin Luther King said "a riot is the language of the unheard". Through the burning and protests and looting, everyone across the world can finally begin to fathom the injustice we have been facing. Years and years of oppression have led to this. Years of institutionalised racism have led to this. Years of nobody listening have led to this. Until white people begin to understand that they have privilege, that black folk have to work twice as hard to get where they are, that discrimination in job places are real, then we'll never see change.

What happened to George Floyd is only one case in thousands.

Tamir Rice, Ahmaud Arbery Trayvon Martin, Oscar Grant, Philandro Castile are black people who were killed because of their skin colour. It is 2020 and we still have to ask to not be killed, to be seen as humans, to at least have a chance to be seen in court rather than officers taking the laws into their own hands.

I urge everyone reading this to sign petitions, donate and educate themselves on the discrimination faced by the black community. Watch shows like "When they see us", "13th", "The Hate U Give", that educate you on unfairness we are put through and please help us to spread awareness by using the #blacklivesmatter hashtag on social media.

*Dear God*

*You are our creator and made us all uniquely and perfectly.*

*Help us realise that we are all your children and you made us diverse to appreciate the variety of humankind.*

*Help us understand that if we discriminate against other races, we are discriminating against your creation.*

*Father enlighten us and give us knowledge on how we can help the black community as they are trying to be heard.*

*In this time Father, we pray especially for the Floyd family. Father give them comfort and peace in this devastating time. Give them strength and courage to pull through this hard circumstance and send your Holy Spirit to be with them.*

*In Jesus Name we Pray.*

*Amen*

**By Naomi Osayamwen -Year 11**

## Black Lives Matter

Good evening everyone,  
I read somewhere that “how can we be unarmed if the weapon they fear the most is our blackness.”

If you don't know what's been going on at the moment, well it's not a moment is it, this issue began a long time ago and if we don't do something it won't stop. It's disgraceful that black people still have to fight for equality and rights. It's shameful that it's ironic that some police officers who have sworn an oath to protect us and uphold the law are the ones abusing their power and putting some people in danger and even committing legalised murder.

To be black in this world is to be judged only by the colour of your skin, which you have no control over. To be automatically put into a statistic or stereotype just because your skin has melanin. To have to work ten times harder than the average white person because we are working for a system that was never designed for us to succeed. Race should never be an obstacle but for black people it is.

No one is born racist or hateful, they become it. I think it starts with the little things which build up a discriminative opinion. Such as normalizing racist slurs which should have never been acceptable. Schools taking and banning afro combs because some how they are 'dangerous' associating the tool we need to use for our 4c hair because an ordinary hairbrush will damage our beautiful curls with 'danger' is unfortunate. When we are seen grouped in school you say we look like a 'gang' or we look threatening and intimidating.

On May 25, 2020, in America, George Floyd was arrested when a shopkeeper called the police on suspicion of him using counterfeit money. The officers that arrived at the scene said he was physically resisting arrest, however, there is video footage showing he was not resisting. Then Officer Derek Chauvin proceeded to restrain him to the ground like an animal and placed his knee on George's neck mercilessly for almost nine long minutes as he repeatedly said “I can't breathe” and “don't kill me” “mama” as he slowly dies in agony. All the officers involved in the murder were fired and now soon to be charged with murder. Derek Chauvin was originally charged with third-degree murder and manslaughter but later changed to second degree murder, which is another important step to justice. I and many others including George Floyd's family lawyer think Derek Chauvin should have been convicted with first-degree murder.

Gianna Floyd (George Floyd's daughter) heartbreakingly but proudly said that “Daddy changed the world” and yes, he did. His death sparked a movement that will never be forgotten. Protest in America, France, the UK, and many other places. We demand change!

It's the same story but with different names, the same headline but different black faces. Due to George Floyd's death, there have been riots, protest, all demanding justice- not just for Floyd but for the countless black people murdered. We must say their names and we must remember them and not let history forget them. Kendra James, Ahmaud Arbery, Alton Sterling, Jamar Clark, Terrance Franklin, David Mallard, and thousands of more.

It would be quite ignorant to think that “it's not that bad in the UK”. Was it not that bad for Mark Duggan – who was shot dead in Tottenham by a police officer, an inquiry into his death cleared the police officer of wrong doing. Was it not that bad for Belly Mujinga – a railway worker who was spat at by a man who claimed to have Covid-19 and subsequently died. Unfortunately, she didn't get the justice she deserved as police said that her death was not linked to the attack and there was no video footage of him spitting on her. Was it not that bad for Terrel Jones Burton – who was critically injured after the police pushed him off his bike causing him to have severe brain damage after just being profiled by police officers. Just because you serve the law does not make you above the law. Racism does exist in the UK and It is extreme and overt.

You may ask but what can I do? You can use your white privilege to speak out and fight injustice and racism. You can partake in peaceful protest and stand with us. You can sign petitions and fight for change with us. You can educate and spread awareness whether it be by word of mouth or social media. You can't be a silent bystander, you can't do nothing because then you become part of the problem.

There are some movies and tv shows that depict exactly what is going in this world such as 'When They See Us', 'The Hate You Give' and 'Just Mercy'. I also suggest you listen to Dave's song called 'Black' the striking lyrics in that song are powerfully true, every word is the truth, our black truth. You don't have to be black to understand what's going on all you need is a heart.

To conclude what I have to say is that yes, all lives matter, nobody said only black lives matter but it's black lives that are in danger right now.

Thank you for listening to me and I hope I have had some sort of impact on you.

### JUSTICE FOR BLACK LIVES

BLACK IS BEAUTY, BLACK IS EXCELLENCE  
BLACK LIVES MATTER BUT THAT IS NOT EVIDENT.  
YOU SEE MY SKIN AND YOU'VE ALREADY MADE UP YOUR  
MIND

WHAT IS WRONG WITH HUMANKIND!  
YOUR WHITE PRIVILEGE MAY EXCLUDE YOU BUT DON'T  
THINK FOR A SECOND YOU CAN'T HELP MAKE A CHANGE  
TOO.

YOU CALL US A GANG WHEN WE ASSEMBLE  
SO, YOU KICK US DOWN AND WE TREMBLE.  
WHEN WE STAND UP FOR A BROTHER OR SISTER WHO  
HAVE DIED

YOU THROW TEAR GAS AT OUR EYES  
NOT DIED, MURDERD AND THAT IS INJUSTICE FOR OUR  
BROTHERS AND SISTERS

GEORGE FLOYD WAS OUR BROTHER!  
AND THERE ARE PLENTY OF OTHERS...

SAY THEIR NAMES,  
TONY ROBINSON.

JAMAR CLARK.

KENDRA JAMES.

CHRISTIAN TAYLOR.

REMEMBER THEIR NAMES,  
AND FIGHT FOR INJUSTICE AS THIS IS NOT A GAME!

By Ruth Mumba – Year 11

## Resources

Headspace is free for educators if they follow this link:

<https://www.headspace.com/educators>

It is also free to anyone currently unemployed:

<https://www.headspace.com/unemployed>.

Headspace is a meditation and mindfulness app, which is designed to help people gain control over mental health issues through simple techniques.

**By Miss Lake**

## Echoes from a Sombre Empire

Of human ignorance I am almost in despair  
For racism is around me everywhere  
But like they say sheer ignorance is bliss  
Just like Judas betrayed Jesus with a kiss.

Some people carry their honour in a flag  
And of their Nationality they brag  
They feel superior and they differentiate  
And against those who are different they discriminate.

So many people still judged by their race  
For such there never ought to be a place  
'A fair go' those untruthful words I do recall  
There is no such a thing as a 'fair go for all'.

Though we live in a so called democracy  
Of racism we never will be free  
They judge you by where you come from and the colour  
of your skin  
For many equality and respect seems impossible to win.

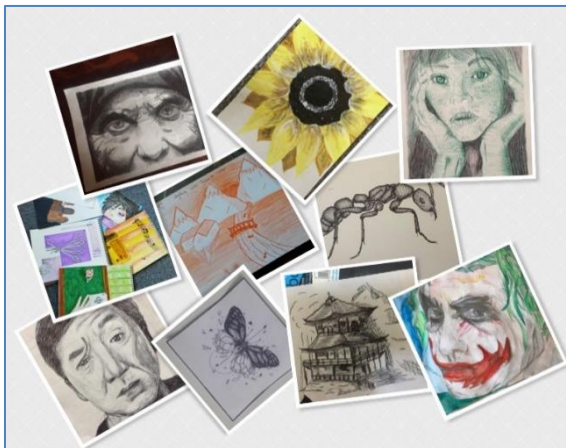
It's been awhile since the days of Martin Luther King  
His name to it has a familiar ring  
If against racism he did not choose to strive  
Today the great man he would be alive.

So many holding the reins of power not spiritually aware  
And racism is around me everywhere  
And racism only leads to division and war  
Just goes to show how ignorant some are.

**By Asher Rogers – Year 8**

## Year 9 30 Day Art Challenge

Year 9 Art pupils were set the challenge to draw each day for 30 days – they could draw whatever they liked but we asked them to think outside of the box. What materials can you find at home? Many artists use natural resources and scrap paper to create their artwork, so we really looked forward to seeing what Year 9 Art could produce. We have received some fantastic work, that shows individual interests and hobbies! If you had to draw every day for 30 days, what would you produce? How would you make it? Here's a few pieces we have received from Year 9, to give you some inspiration!



Mariam has produced a lovely painting of some lavender, on a giant leaf found outside – a naturally resourced canvas!



Aryan has drawn a really intricate illustration of a robin, using tea bags found in the kitchen! The colour of the tea bag works really well to represent the robin's red breast!



Chenai has really shown off her illustrative Anime skills here, with a really effective use of fine liner. Any black pen with white paper can create this look!



Sunil has drawn this really accurate observational drawing of a pigeon, with pencil crayons and less black line, which contrasts well with the background.



Finally, Ricky has painted the Joker and has used watercolours to create a dripping effect portraying the character!



So, do you think you'd be up for the challenge? It could be drawing, modelling, painting, sculpting, origami, digital art – anything at all! You don't even have to do it for the full 30 days, just a week perhaps, its completely up to you. The aim is to keep drawing and get creative!! We would love to share more ideas next week, so feel free to send them in.

This brief goes out to all pupils in KS3, including staff! If you would like to give it a go and want some further information, then please email Miss Dowling.

By Miss Dowling

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



## Poetry Competition

By Miss Flinn

### ATTENTION ASPIRING POETS OF SJW!

Last half term saw the launch of the English Department's 'Lockdown' poetry competition open to Year 7-9. We received some fantastic entries revealing some fabulous SJW talent. Thank you to all of the students who made the effort to enter and kept us entertained with your poems. The standard of competition was high, but with careful deliberation we finally managed to decide upon our winners. Congratulations to the following eloquent and learned prize-winners:

	YEAR 7	YEAR 8	YEAR 9
1 <sup>st</sup> place	<b>FABRICE KING 7OWE</b>	<b>ASHER ROGERS 8PEJ</b>	<b>LINH HOANG 9FOD</b>
2 <sup>nd</sup> place	<b>ASHPREET KAUR 7WIO</b>	<b>MALIKA RAHMAN 8PAR</b>	<b>MARIAM RAHMAN 9PIC</b>
3 <sup>rd</sup> place	<b>SOPHIA BALOGHOV A 7WIO</b>	<b>AMELIA BALDYGA 8HAR</b>	<b>ALEKSY CHMURA 9PIC</b>

### Year 7 – 'Life in Isolation' by Fabrice King

Every morning, I wake up,  
Hoping for a change,  
Watching the news round- up,  
Seeing the American stock exchange  
Drop every second.

But the thing that's on everyone's mind,  
Is the Pandemic that silenced the world,  
Now that the world is confined.

Our NHS Is restless,  
For all the people who are careless,  
They need our support, they need our  
help,  
So the world can survive,  
STAY AT HOME, SAVE LIVES.

### Year 8 – by Asher Rogers

No more shaking hands.  
Don't touch your face.  
Never stand too close  
In a crowded place.

A virus is amongst us.  
It's roaming around our land.  
It contaminates and does us harm  
By the simple touch of our hands.

Dark days are fast approaching.  
We have to be aware.  
Hygiene is our only shield  
To this demon who waits out there.

Our world is now at war  
With an enemy that's unseen.  
But we can beat the invader  
If we all keep our hands squeaky clean.

### Year 9 – 'The Right Page' by Linh Hoang

Life is a story book,  
The front cover page can capture you with just one  
look,  
Full of beauty, fantasy, excitement,  
Or perhaps reality, facts and fear,  
Despite the appearance and emotions,  
It sparks an interest and proceeds further on.

They say a blurb is just a summary,  
But it can lead you to anything unordinary,  
Your mind fills with expectations and imaginations.  
As you start to read the book,  
The further the more engaged,  
But less the more enraged.

However, if you get disturbed,  
The distraction could make you even worse.  
You begin to lose your page being stuck and trying  
to find your place.

Life is a story book,  
As we get distracted in life,  
We forget the golden times,  
Every book is different following truths and  
opinions,  
A single book could destroy many.

People ostracize others without knowing the truth,  
People hide it and only listen to what they like,  
Thus, causing everyone to lose their page.  
Everyone's story has paused,  
Understanding and trying to find the right page.

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

# 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 every Monday morning. 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).

## Healthy Mind

Headspace- an app providing a range of meditations & resources to help you relax, sleep and more.

[www.headspace.com](http://www.headspace.com)

YoungMinds- Mental health support for children of all ages

[www.youngminds.org.uk](http://www.youngminds.org.uk)

Pixel thoughts- A relaxing meditation tool for those moments when you need support

[www.pixelthoughts.co](http://www.pixelthoughts.co)

Kooth- a safe, confidential and anonymous mental health and emotional well-being platform

<https://www.kooth.com/>

Keep your mind as active as possible whilst at home.

## 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](mailto:ask@winstonswish.org)

Cruse Bereavement Care

Website: <https://www.hopeagain.org.uk/>

Phone: 0808 808 1677

Childline

Website: [www.childline.org.uk](http://www.childline.org.uk)

Phone: 0800 1111

Grief Encounter

Website: <https://www.griefencounter.org.uk/young-people/>

Phone: 0808 802 0111

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

## Healthy Body

PE with Joe Wicks- every weekday at 9am on Joe's YouTube channel- [www.youtube.com/thebodycoachtv](https://www.youtube.com/thebodycoachtv)

Yoga- A great way to look after your body whilst also helping you focus your mind-

[www.doyogawithme.com/yoga-classes](http://www.doyogawithme.com/yoga-classes)

Shake it with Oti Mabuse- live dance classes from the professional dancer's living room- follow her on Facebook & Instagram @OtiMabuse

# Pause.

ForwardThinking  
Birmingham



Need someone to talk to?  
Struggling to cope with feelings?  
We're here for you.

We are operating a telephone-based service while Pause in Digbeth is closed.  
Drop us an email on [askbeam@childrenssociety.org.uk](mailto:askbeam@childrenssociety.org.uk) in the first instance.

Or call [0207 841 4470](tel:02078414470) and we will arrange for one of our friendly staff to call you back but email is much quicker.

## Who can use us?

You can use us if you have a Birmingham GP and are:

- Under 25 years old (If you are under 14 you will need to have a parent / caregiver with you when we call to give consent).
- Or if you are a parent / caregiver looking for support for their child who is under 25 years old.

## How can we help?

We can offer:

- Self-help strategies, skills for managing difficult situations and feelings.
- A non-judgemental listening ear.
- Details for other organisations that might also be able to help you.
- Each call lasts around 20-30 minutes which focuses on ways forward.

## Our Opening Hours:

Email or Call Us - 10am - 6pm, 7 days a week



Need someone to talk to?  
Struggling to cope with feelings?  
We're here for you.

If you're under 25 and have a registered Birmingham GP, email: [askbeam@childrenssociety.org.uk](mailto:askbeam@childrenssociety.org.uk) or call: [0207 841 4470](tel:02078414470), 10am-6pm - 7 days a week for support.



Pause.



ForwardThinking  
Birmingham



## BE SOCIAL, STAY SAFE

At the British Council, we take child protection very seriously.  
Many parents have commented to us that they are worried about their children and social media.  
So we have prepared these

# 5 GOLDEN RULES

designed to help keep your children safe online while they enjoy social media.  
We hope you find them useful.

### 1. Show me



**Ask your child to show you the sites they use**

Show an interest, take note of the sites your children visit and re-visit them later when you are alone. Find out how to set the safety features and how to report any issues directly to the site.

**46%** of parents admit that their children know more about the internet and social media than they do.

### 2. Low profile

**Ask your child to set profile settings to private**

Since children use social media sites to share just about everything they do, setting their profile to private can help protect them against photos, personal information or even location in the real world ending up in the wrong hands.



**80%** of 12-15 year olds in the UK have an active social networking site profile.

### 3. Just ask



**Ask your child about their online friends**

Help your children understand that people can create fake identities online and lie about who they are. They should only give out personal information and be "friends" with people they know and trust in the real world.

**35%** of children have unsupervised access to the internet.

### 4. Photo check

**Ask your child to only share photos that they wouldn't mind showing you first!**

Talk to your child about the images they send, the sites and apps they use to share them and who they are sending them to.



**Children aged 12-15** are spending more time online.

### 5. Don't worry



**Ask your child to tell you if they are worried about something online**

By talking to your child about the internet, their favourite sites and the risks they may encounter, they are more likely to turn to you if they get into situations online where they don't feel comfortable or see something they don't want to see.

**Children aged 8-11** are more likely than they were in 2011 to watch and download user-generated content\*.

You can find further internet safety tips on the British Council's LearnEnglish Kids site:  
<http://learnenglishkids.britishcouncil.org/en/parents/articles/using-the-internet-and-computer-safety>

This infographic has been put together with the kind participation of the UK's Child Exploitation and Online Protection Centre. If you have more questions and would like further advice, please visit their Thinkuknow website at [www.thinkuknow.co.uk/parents](http://www.thinkuknow.co.uk/parents)

"The British Council believes that all children have potential and that every child matters - everywhere in the world. The British Council affirms the position that all children have the right to be protected from all forms of abuse as set out in article 19, UNCRC, 1989."



# Online Reputation Checklist

Your digital footprint is the mark that you leave behind when using the internet and can shape your online reputation. Your digital footprints can be positive or negative and can influence how people see you now or in the future. Use our simple checklist to help manage and maintain your online reputation.



## Make a positive footprint

The internet is a fantastic way to shout about all your achievements and to let everyone know about all the amazing things you create and do online. The best way to keep your online reputation in check is to use your time online to get creative and leave a positive mark behind. For example, you could write a blog to promote all the great things you're doing or create a video to teach others something new.



## Search yourself online

Do you know what is online about you? It's recommended that you search your name online regularly. You might be aware of the content you post about yourself online, but are you aware of what others post about you? Set up Google Alerts - where you will receive an email every time your name appears in a Google Search result. Remember: if your Instagram or Twitter pages appear you can change this by adjusting your privacy settings.



## Check your privacy settings

Make sure you know what information you are sharing on the platforms you use, in particular social networking sites. Most social networking sites have privacy settings to help you manage the content you share and who you share it with; you can decide if you want your posts to be shared with all your online followers, or a specific list of followers or the public. Keep in mind that your friend's content and their settings can also affect your digital footprint; remember you're only as private as your most public friend! Have a look at [www.saferinternet.org.uk/safety-tools](http://www.saferinternet.org.uk/safety-tools) to learn about how to set up privacy settings on your account.



## Think before you post

Be proud of everything you post online! Before you post that silly photo of a friend on Instagram, ask yourself if you would be happy for that same friend to post a photo like that of you. Even if a service states that once you post a photo it will disappear after a certain period of time, once something is online it could potentially be there forever!



## Deactivate and delete

If you stop using a social media account it's a good idea to deactivate or delete your account. Deactivating your account means that you can still access the content posted for a period of time. Deleting the account removes the account completely. Over time, this will prevent it appearing in search results on a site or through a search engine, and it will remove the risk of these accounts being hacked without you knowing.