

Saint John Wall Catholic School

A Catholic School For All



Mission Statement

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



Issue 23

Weekly Information Bulletin

Date: Friday 10 March 2023

Catholic Life - This year we are focusing on 'The Year of Sanctuary'.

Termly theme: Peace

Termly SJW Values – Eloquent and Truthful

NEU Strike Action

The planned NEU strike action is due to go ahead next week. The arrangements will be as follows:

Wednesday 15 March:

- Year 8 and Year 9 pupils will be provided with work to complete at home.
- Year 7, 10 and 11 pupils will be educated on site. Year 7 and Year 10 pupils should attend in PE kit and bring school bag and equipment. Year 11 should attend in normal uniform with equipment. Year 11 will be doing half a day, leaving after lunch at 12.15pm.

Thursday 16 March:

- Year 7 and Year 10 pupils will be provided with work to complete at home.
- Year 8, 9 and 11 pupils will be educated on site. Some Year 8 pupils will be on the Globe Theatre trip and have been given separate instructions. The remaining Year 8 and all Year 9 pupils should attend in PE kit and bring school bag with equipment. Year 11 should attend in normal uniform with equipment. Year 11 will be doing half a day, leaving after lunch at 12.15pm.

On both strike days, pupils eligible for free school meals, who are working at home, can visit school to collect a meal during 12.30pm and 1.00pm if they would like one.

Please note that there is a planned bus strike on Thursday 16 March, so you may need to make alternative arrangements for your child to get to and from school.

Thankyou again for your co-operation and patience with accommodating education changes during this industrial action. **By Miss Marston**

This week in Weekly Worship... "At the start of Weekly Worship, we listened to a reading from the Bible about the transfiguration of Jesus. This was linked to our Mission Statement about hearing and responding to what God calls us to be. I think it is important to have a Weekly Worship about careers as it helps us to think about what we can become in the future. Weekly Worship gave us ideas about how to pick a future that suits us best. At the end of Weekly Worship, we were inspired to be who we want to be most and to pick a future that will work best for us".

By Eryk Romanowski 9BRK

This week in Afternoon Prayer... "We prayed about International Women's Day. This is important because by doing this we can bring inequality to light and empower future women to know they can accomplish anything. In afternoon prayer, we also prayed about Fairtrade Fortnight. Fairtrade makes sure farmers get an accurate amount of pay for their work in providing for us. We also prayed for National Careers Week. This reminded us about the paths ahead and guided us to reflect on what God calls us to be".

By Tennice Wright 9MCI



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Remote Learning Day

A huge thankyou to all our teachers who made the swift change to remote learning today in order to facilitate continued high-quality education despite the hazardous weather. It was lovely to drop-in to a few lessons to see the creative way teachers had adapted their practice for online learning. This was especially impressive because teachers had to plan lessons at the last minute as today's lessons were originally planned for a careers values@SJW day. Due to the poor weather we had to postpone the values@ day and also the Year 8 Pathways Afternoon. We hope to be able to rearrange those events over the next few weeks.

Thankyou also to our support staff who have helped to monitor teams attendance, answer IT enquiries and ensure the smooth running of the site during this time.

By Miss Marston

Important Dates to Note

- **Possible NEU Strike Action**
Wednesday 15 March 2023
- **Possible NEU Strike Action**
Thursday 16 March 2023
- **Year 8 Globe Theatre Trip (35 pupils)**
Thursday 16 March 2023 – 9.30am to 7pm
- **Year 10 University of Birmingham Trip (14 pupils)**
Wednesday 22 March 2023 – 8.30am to 3.30pm
- **Alton Castle Retreat (30 Year 7 pupils)**
Monday 27 March 2023 to Wednesday 29 March 2023
- **Year 11 Parents' Evening**
Thursday 30 March 2023 – 4pm to 6pm
- **Easter Holiday**
Monday 3 April 2023 to Friday 14 April 2023

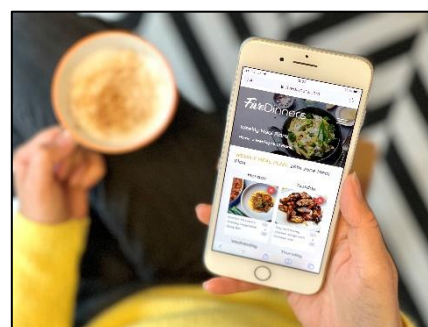
Free Lifetime Membership to FiveDinners.com

Limited time offer

We know how hard times are at the moment so the folks at FiveDinners.com – online meal planning service - have decided to give away FREE lifetime memberships to try and help you save money on food shopping and reduce the mental load of deciding what to eat every night. There's no catch or restrictions, simply full access to our meal plans to make your dinnertimes a little easier and cheaper.

FiveDinners.com is an online meal planning service co-founded by author and TV chef Theo Michaels. To help with the cost of living crisis so many families and individuals are facing, Theo has decided to offer their meal planning service for FREE (usually £49.99 per year); every week they publish a new meal plan with an automatically generated shopping list; set to your serving size so you know exactly what you need for the week ahead. It saves you time, money on food shopping and ultimately takes away the headache of deciding what to cook every night. You can even create and save your own meal plans choosing from hundreds of recipes.

Simply head to <https://FiveDinners.com> and click green Join button now.





Transport for West Midlands Notice

Industrial Action on the Transport Network Starting Next Week

Dear all,

From Thursday 16 March onwards, public transport across the West Midlands region will be severely impacted by industrial action taking place by National Express drivers and engineers, this will have an impact on all National Express Bus Services in the West Midlands and Coventry.

Industrial action on the rail network will also impact services on **Thursday 16 March and Saturday 18 March** where there will be a limited rail service in operation across the West Midlands on these days.

For this reason, transport services will be extremely limited and roads will be busier than usual.

Please plan ahead, check before you travel and ensure you leave plenty of time for your journey. TfWM and operator staff will be present at bus stations and a small number of other locations on the network who can provide some help and support.

Journeys will be disrupted, please be patient and consider other passengers and all staff working on the strike days.

Please see below for further information on each transport mode.

The TDM and Behaviour Change Team will be back in touch with school early next week via email with some more targeted advice depending on the area you live or work in.

Bus

- Due to continuous industrial action from Thursday 16 March onwards, National Express West Midlands and Coventry will be operating a limited network at a reduced frequency and for a reduced period of the day.
- More information can be found at www.nxbus.co.uk/west-midlands/service-updates/strike-action-from-16th-march-2023
- Services provided by other operators are unaffected and will operate as normal. This includes services on routes shared with National Express including those provided by Diamond, Arriva and Stagecoach.

- For information on other operators and for travel advice please visit www.tfwm.org.uk/industrial-action
- NX tickets will not be accepted on other operators.
- Bus services which will be running on strike days are likely to be very busy.
- Ring and Ride and West Midlands on Demand will operate as normal.
- National Express coach services are not affected and continue to run as normal. (If you are visiting Cheltenham Festival 16 -18 March, additional coach services are available: [Cheltenham Festival 2023 | National Express](#))

Rail

- Due to industrial action on Thursday 16 March and Saturday 18 March, there will be a limited rail service in operation across the West Midlands on these days.
- West Midlands Railway will be running a limited service and more information about this can be found at www.westmidlandsrailway.co.uk
- Services on 15, 17 and 19 March may also see some level of disruption with later starts and earlier finishes possible.
- Trains may also be busier during ongoing National Express industrial action so please ensure you plan ahead. More information about this can be found here www.tfwm.org.uk/industrial-action

West Midlands Metro

- West Midlands Metro will be operating a normal service. Please plan your journey in advance as it is expected that services will be busier than usual. You can see when there is usually fewer people travelling here [Tram Stop Maps - West Midlands Metro](#)

Walking and Cycling

- Depending on your journey, walking or cycling may be an option. Please visit www.cyclestreets.net to plan your journey by bicycle.
- For detailed cycle routes in the West Midlands please visit: [Find cycle routes in the West Midlands | Transport for West Midlands \(tfwm.org.uk\)](#)
- Where appropriate, why not try West Midlands Cycle Hire? Anyone over 16 can use these bikes, to see your closest bike dock, download the Beryl app to get started.
- Our Behaviour Change Specialists can help you plan your journey. Please get in touch via: BehaviourChangeHub@tfwm.org.uk



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National Careers Week in Music

This week music pupils were looking at the variety of careers available in the music industry. Pupils looked at a long list of jobs based around the music industry, and we discussed what they all mean. Pupils then had the opportunity to experience a day in the life of that job. For example, pupils were able to compose a piece of music like a composer, produce a piece of music using music technology like a producer or write song lyrics like a songwriter. This gave the pupils an opportunity to understand what working in those careers is really like, broadening their understanding of the field. **By Miss Antonucci**

Music....? As a career....?!

There's a huge amount of jobs available in the music industry - not just musicians! Some do not even involve playing an instrument.

Have a look at some of the jobs here --->

ACTIVITY

Turn to task 1 in your booklets.

Write down one job role you know already and one you have never heard of before.

Then write down one job role you would consider choosing.

POTENTIAL CAREERS PATHS IN THE MUSIC INDUSTRY

A&R MANAGER	PRESS AGENT
ACCOUNTANT	PRODUCER
ADVERTISING REPRESENTATIVE	PRODUCT LICENSOR
ARTIST / COMPOSER MANAGER	RADIO PRODUCER
BACKGROUND SINGER	RECORD STORE WORKER
BLOGGER	RECORDING ARTIST
BOOKING AGENT	RECORDING ENGINEER
BRAND MANAGER	RECORDING MAINTENANCE ENGINEER
COMMUNITY ARTIST	RIGHTS MANAGER
COMPOSER	SESSION MUSICIAN
CONCERT PROMOTER	SONGWRITER
DIGITAL PRINT MANAGER	SONIC ARTIST
DJ	STAGE MANAGER
FIELD MERCHANDISER	SYNC MANAGER
FILM / TV / GAME COMPOSER	TECHNICAL CREW
INSTRUMENT MANUFACTURER	TOUR COORDINATOR
INSTRUMENT TECHNICIAN	TOUR MANAGER
INSURANCE MANAGER	WEBSITE DESIGNER
LAWYER	
LECTURER	
LIGHTING DESIGNER	
LIVE SOUND ENGINEER	
LIVE SOUND TECHNICIAN	
MARKETING REPRESENTATIVE	
MASTERING ENGINEER	
MUSIC JOURNALIST	
MUSIC PR	
MUSIC PUBLISHER	
MUSIC STORE MANAGER	
MUSIC TEACHER	
MUSIC TRADE ASSOCIATION	
MUSICAL DIRECTOR	
ORCHESTRA MUSICIAN	
PR MANAGER	

COMPOSER-SONGWRITER



You have been asked by a record label to write the versus to my song 'I Love You'.

They have asked that it be a song based around the topic of loving someone, could be a partner, friend or family.
Using the the song I have written...

Compose 1 verse with your partner. Remember the theme of the song!
Here's the lyrics to my chorus:

No, no one can ever stop me from giving you my love,
And no, no one can ever stop me from giving you my love,
Because I love you, love you. X4



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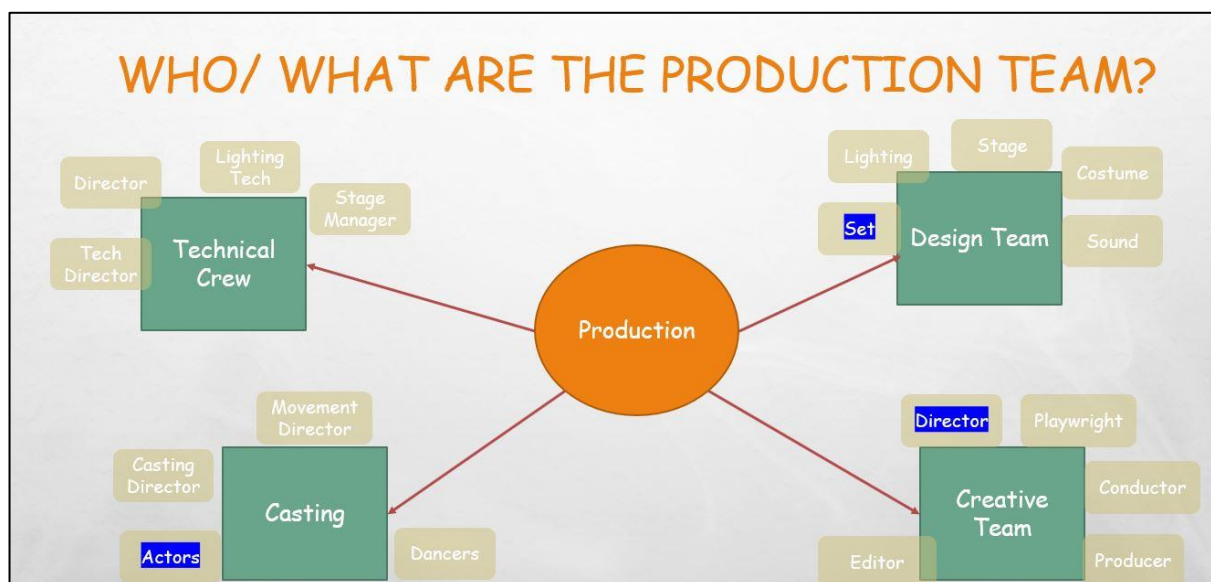
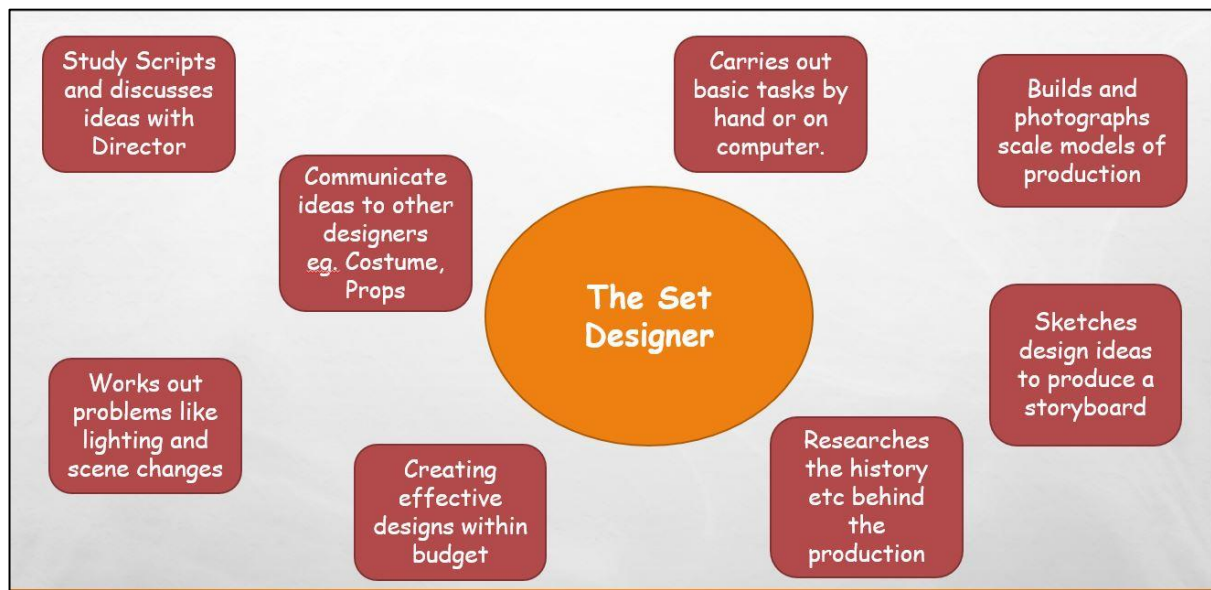


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National Careers Week in Drama

This week in Drama, Year 9 pupils have been looking at different types of staging and the role of a set designer to prepare them for their Unit 2 coursework. The class explored a range of staging and discussed what impact these have on the audience. The class also watched an interview video with Set Designer Bunny Christie who tells us all about her inspirations for her set design for *A Curious Incident of the Dog in the Night-Time*. **By Miss Cummings**





National Careers Week in History and Geography

Year 10 pupils in Miss Lally and Mr Woodward's class researched the National Trust organisation. They looked into the volunteering roles available at the different historical houses and areas of natural beauty. They considered what each role entails and which skills they could develop in these roles to benefit them in their future career choices. **By Mis Lally and Mr Woodward**

#NCW2023 National Careers Week 2023
Volunteering Research Task

Research 1-2 volunteering roles from the email sent by Miss Lally. Complete the profile below with your findings.

Name of organisation:	National trust
Volunteering role:	House Experience Volunteers.
What does it entail:	Giving everyone a warm welcome, bring stories from Wightwick Manor to life and helping people get the best out of their day.
What skills will you develop:	Gain an experience in storytelling and visitor welcome. Develop and share your knowledge.

Name of organisation:	National trust.
Volunteering role:	Ranger Volunteer.
What does it entail:	Know what our outdoor visitors need. Great at taking care of the wildlife and stunning landscapes of Moseley Old Hall.
What skills will you develop:	Look after Landscapes. Helps communication skills. Gain knowledge about the area.

#NCW2023 National Careers Week 2023
Volunteering Research Task

Research 1-2 volunteering roles from the email sent by Miss Lally. Complete the profile below with your findings.

Name of organisation:	Moseley Old Hall, Ranger Volunteer
Volunteering role:	Tailored
What does it entail:	Helping to keep the countryside in great condition. Making visitors feel welcome. Informing staff of any issues. Getting to know health and safety procedures.
What skills will you develop:	• Outdoor skills • Taking care of wildlife • Communication skills • Leadership skills • Passion for nature.

Name of organisation:	Coughton Court
Volunteering role:	Food & Beverage Volunteer
Volunteering role:	Template
What does it entail:	Welcoming people and serving them. Making sure food is on display. Working with others to minimise wait time. Keeping the cafe clean and tidy.
What skills will you develop:	• Communication skills • Friendly • Hospitality skills • Catering skills • Cleaning skills.

Year 11 pupils considered how volunteering can develop their career prospects as well as support a person's mental health and wellbeing.

#NCW2023 National Careers Week 2023
How could volunteering help you in the future?

Label the outside of the outline to show the benefits of volunteering for advancing your career. On the inside, write all the advantages that volunteering can add to a person's social, emotional and mental health.

Outside labels (benefits for advancing career):

- Advance your career
- Gaining career experience
- Teaches skills
- Teamwork
- Expose you to organisations or internship benefiting your career.
- Giving something back
- Offer you to try out new career without making a long-term commitment

Inside labels (advantages for social, emotional and mental health):

- Beneficial for well-being.
- Improving confidence
- Creating new friends

By Ivie Imadonmwinyi 11LAL

By Anay Parekh 10GOS and Amelia Wrukowska 10GOS



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National Careers Week in Geography

During remote learning today, pupils researched different types of job to do with weather and climate, Looking at meteorologists, weather forecasters, climate relief specialists and many more. **By Mr Woodward**



Year 7 – Remote learning – National careers week

Climate and Weather related Geography jobs:

Meteorologist, Weather forecaster, Weather scientist, Hurricane Disaster Relief Specialist.

- Check out the following link for some more information:
<https://nationalcareers.service.gov.uk/job-profiles/meteorologist>

Fun fact: Meteorologists can earn up to £60,000 a year!

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National Careers Week in History

For National Careers Week 2023, Year 10 have been reflecting on the importance of volunteering not only for themselves but those around them too. Pupils then watched a short vlog showing the day in the life of a volunteer who works for English Heritage. This allowed pupils to see the important work that volunteers do and the key skills that could be developed through this activity. **By Mr McIntosh**

National Careers Week 2023: Volunteering

Define the word volunteering.

Volunteering is doing something to benefit the environment while they are unpaid.

How can volunteering help me and my future?

- Experience
- References
- Social with other people.
- Improve your CV.
- Support people who need physical or emotional help.

Volunteer Diary: A Day in the Life

1. Where does Jo volunteer?
Eltham Palace, London
2. Why did Jo become a volunteer for English heritage?
To give something back to a community.
3. What are some of the benefits of volunteering for Jo?
Help to answer questions that visitors have.
4. What does Jo do as part of her volunteering role?
Does house and gardening tours to visitors.

National Careers Week 2023: Volunteering

Define the word volunteering.

Doing something unpaid that aims to benefit the environment or a person out of your own good will.

How can volunteering help me and my future?

Make the world a better place experience.
References.
become more social
learn new things.

Volunteer Diary: A Day in the Life

1. Where does Jo volunteer?
Eltham Palace, London.
2. Why did Jo become a volunteer for English heritage?
To give back to her community.
3. What are some of the benefits of volunteering for Jo?
Gets to meet new people
learns key skills.
4. What does Jo do as part of her volunteering role?
Provides support for people.
tours people round, answers questions.

By Gerrard Mendoza 10HEA

By Bethany Butlin 10GOS



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National Careers Week in MFL

This week with Year 11, we read an article about why foreign languages are important in the world of work. Pupils had to focus on key word links with careers in order to find 5 different reasons why speaking an additional language can be a major asset for them when looking for another why. **By Miss Gosselin**

National Careers Week 2023

Pourquoi les langues étrangères sont importantes dans le monde du travail ?

L'apprentissage des langues étrangères n'apporte pas seulement un *Personal fulfillment* ^{épanouissement personnel}, il peut aussi *Financial reward* ^{apporter une récompense financière}. En effet, un collaborateur maîtrisant plusieurs langues étrangères peut *gagner jusqu'à 10 à 15 % de plus que son collègue qui ne parle pas ces langues*. Apprendre les langues étrangères offre d'autres avantages parmi. *You could earn from 10 to 15% more than someone that does not speak any additional language.*

- ❖ **Nouvelles possibilités d'emploi**
 - La possession d'un certificat ou autre preuve de son niveau de maîtrise d'une langue *ouvre la porte à une variété de possibilités d'emploi* qui ne sont pas accessibles aux candidats parlant une seule langue par exemple. Ces possibilités existent dans les domaines: du marketing, du transport, de l'administration, de la vente, du commerce de détail, de la banque, de l'éducation, du droit, de la communication, des relations publiques, du tourisme, du gouvernement, etc. *More career options, opportunities that are accessible to candidates speaking only one languages.*
- ❖ **Augmenter les chances d'être embauché**
 - Plus de 60 % des entreprises qui souhaitent faire des affaires dans un pays étranger n'y parviennent pas parce qu'elles n'ont *pas suffisamment de collaborateurs multilingues*. Pour toute entreprise (en particulier les entreprises exportatrices) le fait de pouvoir parler une langue étrangère fait automatiquement du candidat une proposition attrayante. *Companies are unable to make business with foreign companies because there are not enough people speaking different languages*
- ❖ **Des salaires plus élevés**
 - C'est une simple *question d'offre et de demande*. Les collaborateurs qui peuvent parler plus d'une langue sont *plus demandés* que ceux qui ne le peuvent pas, car ils sont *moins nombreux*. Par conséquent, les collaborateurs multilingues ont également un prix plus élevé. *Higher wage because higher demand of employees speaking different languages*
- ❖ **Possibilités de progression de carrière**
 - Le fait de pouvoir parler une ou plusieurs langues étrangères et d'avoir une expérience de différentes cultures permet aux collaborateurs d'obtenir des promotions et des postes de niveau supérieur. Les grandes entreprises ont besoin de *gestionnaires capables de voyager à l'étranger pour conclure des affaires et superviser les opérations*. Les petites entreprises ont besoin de collaborateurs multilingues qui peuvent aider à explorer de nouvelles opportunités commerciales dans des pays étrangers et à établir de nouvelles opérations à l'étranger. *Easier to get promotion as easier to negotiate, make deal with foreign businesses*

Why are foreign languages so important in the world of work?

Read the article and give at least 5 reasons why speaking a foreign language can be a major asset in the world of work.

↳ Better financially → More salary than an employee who knows only one language.
↳ Has more options careerwise.
↳ Business want people who can speak multiple language in case there is business abroad.
↳ More required → People who speak multiple languages get jobs more easily.
↳ Easier to get promotions and higher job posts.
↳ It can help me to get a higher salary and possibly work abroad.



By Mohit Badhan 11BAT

• Companies are in search of candidates who can speak more than one language.
• You may be paid up to 10% - 15% more by your employer.
• More career options
• It is in demand to be multilingual.
• It is personally fulfilling.
• Easier to be promoted as a result of the ease of communication.
In the future I'd like to head towards being capable of understanding another language will help with communication with patients.



By Darin Diako 11LAL



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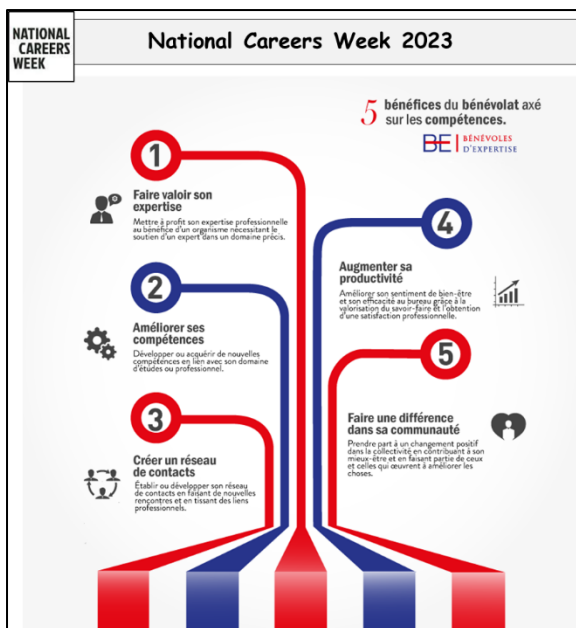


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For National Careers Week, Year 10 and 11 also had to find some skills they could gain by taking part in voluntary work. In class, Pupils also discussed what other benefits they could acquire on a personal level. **By Miss Gosselin**



What are the benefits of voluntary work?

Read the information and write 5 skills you could acquire from doing voluntary work.

- Showing your experience
- increase your Productivity
- upgrade your abilities
- create a network of contacts
- Made a difference in your community

By Shahab Butt 10JON

Could you think of other benefits you could gain from working as a volunteer?

You develop your intention to help others out of selflessness.
It may also increase your employability.

By Darin Diako 11LAL

The Year 10 Spanish pupils learnt about the skills you can gain from speaking another language as well as its importance in order to access the best colleges and universities in the country. They discovered how speaking an additional language contributes towards achieving better positions and higher incomes in careers such as journalism, law or nursing. They also played 'el juego del detective' (The detective's game), where they had to find different celebrities hidden in the class who, due to their ability of speaking another language, became more successful in their careers and helped them to grow faster.

By Mr Rosellón

El juego del detective 15 minutos

1. There are five celebrities around the room.

2. Find them, then fill in your grids in, in English with as many details as possible (does not have to be in sentences).

While you are completing the task, think about this question...
Do you have to be able to understand every single word in Spanish to give information from a reading passage?

El juego del detective - Go around the class and find the 5 celebrities to help you fill in this table

name	home (where they live)	languages they speak	why they know this/these language(s)	why they think it is helpful
Emma Watson	London	French and English	They were born in Paris and lived there for 5 years	She travels alone
Leonardo DiCaprio	Hollywood	German and English Italian	They lived in Italy	They can communicate with family
Wili Smith	Los Angeles	Spanish English	He was born in Argentina	He's able to communicate
Shakira	Medellin or Barranquilla	Spanish, French, Arabic, Portuguese, English	Learned while working to music while young	Can't understand different cultures
Antoine Griezmann	Madrid	French and Spanish English	Caused by a footballer	It allows you to widen your horizons

By Anay Parekh 10GOS



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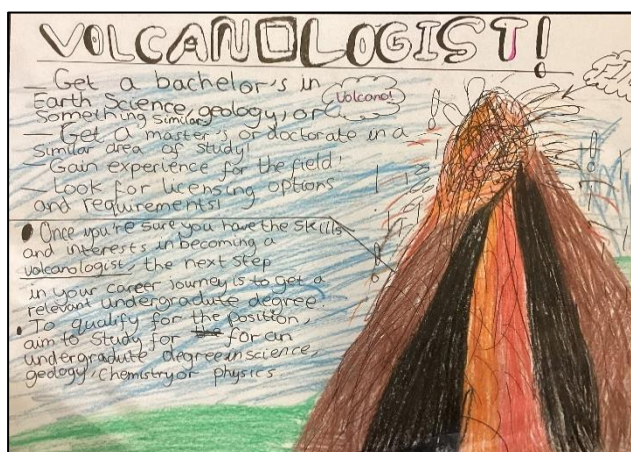
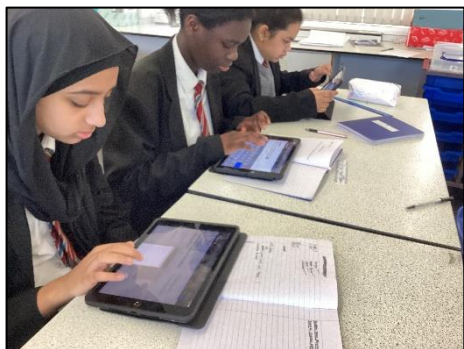
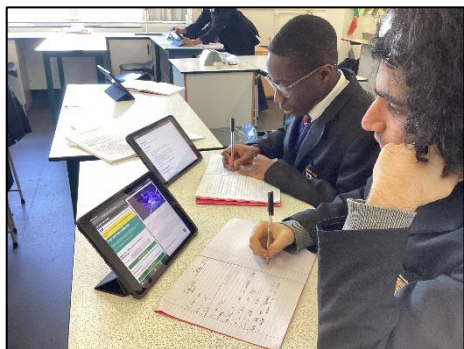
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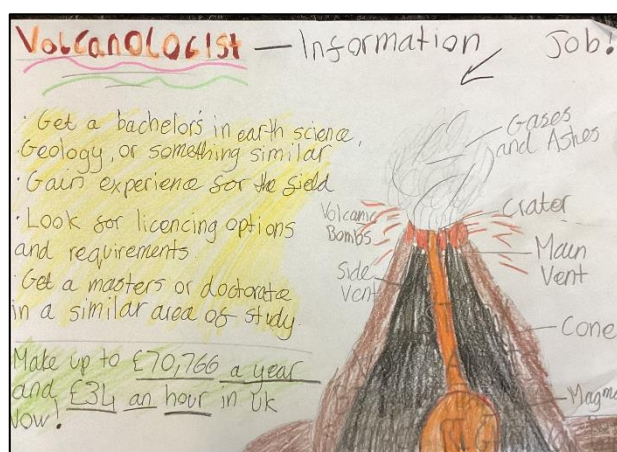
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National Careers Week in Science

For National Careers Week Science pupils had the opportunity to research about the vast array of careers within the Science Industry. The Science team linked this to the topics that the pupils have been completing throughout the key stages. Pupils were then given the opportunity to research a career that interested them. We encouraged them to look at pathways of how to be successful within the career that they have chosen. We also looked at what it means to be a volunteer and how this could then help in the future to gain a job. **By Mrs Bates**



By Roya Abdul 7LEV



By Ethan Mthinsi 7ESM





National Careers Week in Maths

In Maths, we have looked at a variety of careers and looking at how mathematics is used within it. Pupils enjoyed learning about potential career paths. We also looked at volunteering opportunities in Bernardo's, looking at how maths may be used whilst working there. **By Mr Simmons**

Get an idea of what they do!

What is **INSURANCE**?

The table shows some data on road incidents where cars were damaged.

Males	Incidents	Females	Incidents
17-20	6964	17-20	2741
21-29	12578	21-29	5674
30-39	12571	30-39	5506
40-49	10085	40-49	4487
50-59	6603	50-59	2742
60-69	3682	60-69	1401
70+	3096	70+	1232

What is **CAR INSURANCE**?

Who should pay higher car insurance?
Males or Females? Why?

Who should pay higher car insurance?
30-39 or 50-59 year olds? Why?

Why is the 17-20 year olds data actually the highest?

What other data would you need to work out the cost of insurance for different people?

You will use your Maths in **EVERY** job you do...

...but look at some careers that use a lot of **MATHEMATICS**!

Career profile:

Meteorologist

The **MATHS** they use:

Statistics
Probability

What do they do?

A meteorologist looks at the weather and climate and analyses the data to make predictions.

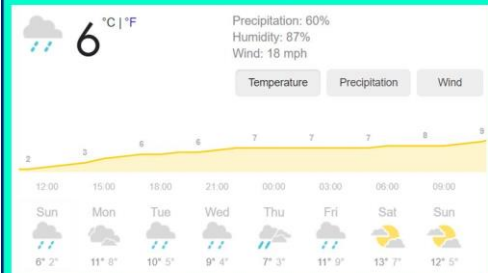
They predict data like temperature, winds, rain, cloud cover, and flying conditions.

Who do they work for?

- the media
- government (e.g. for advice on climate change policy)
- the aviation industry
- farmers
- insurance companies
- the shipping and sea fishing industries

Get an idea of what they do!

Here is some information produced by meteorologists.



What data do you think they used to make this forecast?

What does "Precipitation: 60%" mean?
How do they work this out?

What do the meteorologists forecast the temperature to be at 8:00pm?

Why are there 2 temperatures for each day?



You will use your Maths in **EVERY** job you do...

...but look at volunteering options that involve using maths!

Believe in children
Barnardo's

Volunteer in a shop

What do they do?

- Make a real difference to disadvantaged children and young people by volunteering at your local Barnardo's shop.
- You'll be one of 10,000 shop volunteers keeping our 700 shops up and running and supporting our work.
- It's a great way to help vulnerable children and build your skills. We'll give you training and support - and you can choose how much time you volunteer.
- Some volunteers give us two hours a week, others give us 20. They're all making a vital contribution to our work. We welcome children and young people as volunteers too - you just need to be **14 or over**.



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www.sjw.bham.sch.uk

My child has seen porn, what do I do?

If your child has accidentally come across pornography or actively sought it out by searching for it, it will prompt questions about what they have seen.

Here are some things you can do to, to help them make sense of what they have seen and keep them safe in the future:

Steps you can take

Talk about it

- **Have an age appropriate conversation** and explain that there are some things online that are for adults only and if they see something that upsets them online, they should always come and tell you.
- It may be a good time to **help your child think critically** about the images they see online and offline.
- **Try and give them coping strategies** to help them deal with any online content that they are uncomfortable with like closing the laptop lid or turning off the screen.
- Reassure them that **they can always come to you** if they feel they have seen something online that has worried them.
- **Be prepared** that they may have questions about sex and relationships.
- **Discuss the problem** with other parents to encourage a shared strategy.



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Block inappropriate content



- Limit the chances of exposure to inappropriate content by **setting up filters and parental controls on devices** – i.e. filters on your home internet, and YouTube Restricted Mode and Google Safe Search.
- **Make sure the devices are used in a shared room**, like living room or kitchen to limit.
- **Report any child abuse images** you find hosted by websites to the Internet Watch Foundation

Get help

Childline

If your child wants to talk to someone in confidence they can call Childline on **0800 1111** or **Get Connected** on **0808 808 4994 (text 80849)**.

NSPCC

You can call the NSPCC's free 24/7 adult helpline on **0808 800 5000**, email **help@nspcc.org.uk** or text **88858**.





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