

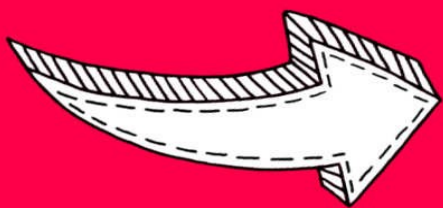


Welcome to the November newsletter from the Safeguarding Team.

We aim to bring parents and students the latest, relevant help, advice and reference material on issues that we feel will be of importance to you.

ANTI-BULLYING WEEK 2021

NEW THEME
ANNOUNCED



ONE
KIND
WORD

The theme of the 2021 Anti-bullying week is '**One kind word**'. Kindness to others is more important today than it has ever been and we all recognise the importance of saying kind things to our friends and colleagues. A small gesture to show we care is a kind and generous act which brings many benefits. The Core Values of All Hallows asks us to show consideration for others and to have courage to do so.

PSHE and Assemblies this month are based around the theme of Anti-bullying and we hope that all students will participate in National Odd Sock day which we have organised for Monday 15th November

The isolation and lockdown periods which our students have had to deal with has underlined how little acts of consideration can break down barriers and brighten the lives of the people around us.



Key messages from the One Kind Word campaign

- Ask if someone's OK. Say you're sorry. Just say, 'hi'.
- In a world that can sometimes feel like it's filled with negativity, one kind word can provide a moment of hope. It can be a turning point. It can change someone's perspective. It can change their day. It can change the course of a conversation and break the cycle of bullying.
- Best of all, one kind word leads to another. Kindness fuels kindness. So from the playground to Parliament, and from our phones to our homes, together, our actions can fire a chain reaction that powers positivity.
- It starts with one kind word. It starts today.

What should you do if you are being bullied or you know someone else who is being bullied?

The most important thing is to tell someone. Talk to your parents or your teachers—your form tutor or Head of Year

Top Tips- Try to stay calm.

Say nothing and walk away

Delete accounts where you are bullied. Take a screen shot so that you can share it with your parents or others for evidence and support.

Safety in numbers - keep yourself surrounded by people.

Spend more time with people who make you feel good about yourself

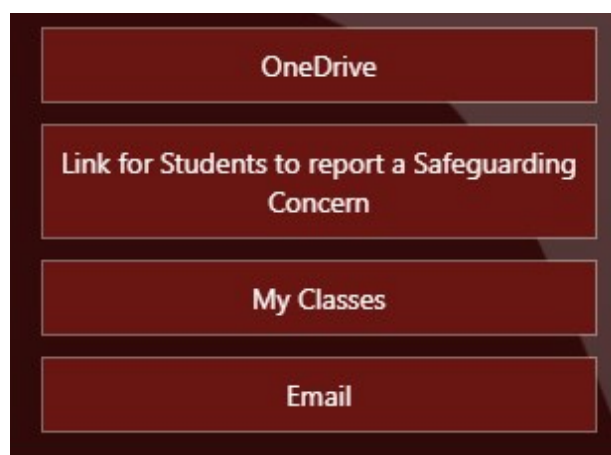
Speaking to a member of staff at All Hallows - How to report a concern

If you are a student and you or anyone you know has been harmed or is at risk of being harmed in any way, then please speak to a member of staff at All Hallows. We will be able to offer you help and support.. You can speak to any teacher but you may decide to speak to your form tutor or Head of Year. You may prefer to speak to one of the Designated Safeguarding Leads (DSL), teachers who are responsible for Safeguarding. They are;

Mrs Fanshawe, Mr Rees, Mr Antrobus, Mrs Gill and Mr Carney,

You are able to email any Safeguarding concerns to dsl@allhallows.net using your school email account.

We also have an area on SharePoint which is available for you to report any concern you may have. This link will take you to a form to complete and submit.



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In school we are seeing that more and more students are using Chat rooms so we wanted to share with you how these work- the pros and cons . It is vital that you continue to monitor your child's phone use- remember you pay the bill so any photos and images on the phone are in your name.

Discord- the online chat platform

What is Discord ? It is a free online platform (owned by Amazon) that hosts voice, video, and text chat.

The global COVID-19 pandemic saw a surge in active users for the platform. Now, Discord calls itself a "space for everyone to find belonging."

How does it work?

It uses a simple design layout and is split up into online communities called "servers". All users can create their own server for free. Servers are based on individual topics or interests They can be public (anyone can request to join) or private (requires an invitation from admin/moderators). Users can participate in an open chat with other users from all over the world. Many young people use the 'screenshare' option to communicate with each other while watching films, playing multiplayer video games, or watching sport matches. There are private chat options available as well.

Age Restrictions & Safety Settings

Discord has relatively ineffective age verification measures. It recommends that users should be at least 13 to use the platform, but only requests a date of birth on registration without asking for verified ID. User accounts also cannot be made explicitly private. This means that any user can see another user's profile and contact them, even if they are under 18.

The platform says it has an automatic privacy setting for users under 18 called **Keep Me Safe**. This scans all direct messages to block explicit content and restricts access to NSFW servers. These often have pornographic content, with some belonging to extremist or predatory groups.

What are the risks?

Discord's simple design and special interest categories are especially appealing to children and young people. However, this creates a prime environment for someone with harmful intentions to easily build rapport with a young person based on similar interests. This creates the illusion of friendship and trust, and can lead to more serious consequences

Top Tips for parents Talk to your child about the importance of privacy settings. Encourage them to visit Discord servers that are age-appropriate and only communicate with people they know. As your child is under 18, make sure they have the correct age on their profile to let the Discord age protection features work correctly. Remember - this setting is **not fool proof**. Make sure they know who to turn to if they see something that upsets them online. Make sure your child knows about healthy online relationships and how to set safe boundaries. Tell your child why it's important to not share any personal information, identification or photos to anyone online. Learn together how to block users and control who can send you friend requests and use the [Safety Card](#) on Discord that looks at reporting, blocking and privacy.



24/7 mental health crisis line for children, young people, and families

A new 24/7 mental health crisis line for children, young people and their families and carers in Surrey has launched.

The freephone number **0800 9154644** is available for children and young people up to the age of 18, including those with Special Educational Needs and Disability (SEND).

[Get help in a mental health crisis :: Surrey and Borders Partnership NHS Foundation Trust \(sabp.nhs.uk\)](#)

Counselling at All Hallows



Counselling is a space to identify and work through difficult feelings or issues in your life which may be causing distress with the help and support of a trained therapist. Counselling is about helping you to find your own answers to problems, an opportunity for you to look at your problems in a different way in a non-judgemental and safe environment.

To access this opportunity please contact your HOY or Mrs Fanshawe for more details.

Our All Hallows Website

<https://www.allhallows.net/useful-information.html>



Has many different links to help children and families get help. Please look at the website and you will be able to click on the links from our webpage.

Sharepoint link for Mental Health Advice

PSHE at All Hallows

The next PSHE lesson will take place on November 16th

Topics for this session-

Year 7 - Anti-Bullying

Year 8 - Anti-Bullying

Year 9 - Anti-Bullying

Year 10- Diversity

Year 11- Emotional Wellbeing

Year 12 - Safe Drive Stay Alive

Year 13 - Life after College



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What is Snapchat? A quick guide



One of the most popular social media apps out there, Snapchat gives young people what they really want: a simple way to share everyday moments while simultaneously making them look awesome. And unlike [Facebook](#) and [Twitter](#), which record and broadcast everything you do, Snapchat uses messages that are meant to disappear. Like so many social media apps, Snapchat is a mixed bag, so it's a good idea to understand how it works, how your child uses it, and how much time they spend on it so you can make sure their experiences are positive.

Do messages really disappear on Snapchat?

It depends. If they set a time limit on a snap, it will disappear after it's viewed. However, recipients can take a screenshot of an image using their phones or a third-party screen-capture app. A phone screen-capture will notify the sender that the image was captured. But third-party apps don't trigger a notification. For these reasons, it's best that students understand that nothing done online is really temporary. Before sending an embarrassing snap of themselves or someone else, it's important to remember that the picture could circulate in school the next day.

What are Snapstreaks?

With a Snapstreaks, two users have snapped back and forth within a 24-hour period for three days in a row. Once you've established a streak, special emojis and statistics display next to the streakers' names to show you how long you've maintained a streak.

What's a Snapchat story?

A story is a collection of moments in the form of pictures and videos that, taken together, create a narrative. On Snapchat, stories appear as circles, and when you tap them, they autoplay the pictures or videos the user collected. You can create personal stories that your friends can view for a 24-hour period.

The issues with using the app-

The myth of disappearing messages. Teens really need to understand that the content they share can be saved and shared and may never go away. **Everyone should also ask permission before sharing a picture of someone else.**

The time suck. Snapchat is a ton of fun to use, and there's lots to discover on it. Snapstreaks and stories add a time-pressure element that makes young people feel like they have to check in. If it ever seems like your child is stressing and not using the app for fun, it's time to step in.

Privacy and safety. Since it's so easy to add friends in Snapchat, students can end up with lots of people they don't know well on their friends list. And depending on their settings, the app can collect a ton of data about their habits in -- and outside of -- the app.

Keeping our school records up-to-date

Are all your contact details up to date? If you change your home phone/email/mobile number, please let the school Front Office know, so that we have the most up-to-date contact details. We must store at least two emergency contact numbers for you.

KOOTH

As part of Mental Health services for young people. It is a free online counselling and emotional wellbeing support service providing young people aged 11-25 years (up to 25th birthday), with a free, safe and secure means of accessing support with their emotional health and wellbeing from a professional team of qualified counsellors.

[Click here to go to Kooth.com](https://www.kooth.com)
[to sign up](https://www.kooth.com)

Free, safe and anonymous online counselling and support

"I don't think I could've spoken to someone face-to-face."

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