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Key Dates

6 th Feb – 3 rd March	Year 11 Mock Exams
8 th February	Tuck Shop at lunch time – cash only Year 9 Parents’ Evening online Harry Potter Night
10 th February	Last day of Term
20 th February	INSET Day, school closed to pupils
21 st February	First Day of Term 4

JCA Routines: Attendance

As we move towards lighter mornings and evenings, we want to thank parents for continuing to encourage excellent attendance at school; many of our are battling colds and sniffles and coming in to learn as we know we feel better when we have got up and dressed and a busing ourselves with our day.

We have noticed that an increasing number of parents are calling in with a variety of reasons for lateness. We'd like to reduce the number of late arrivals we have as it disrupts the learning of the first lesson, which is essential for giving everyone a positive start to the day. Please do ensure your early morning routine is giving them plenty of time to be in school **before 08:40**- we know waking teenagers (and Bristol traffic) does not make this easy!

From Term 4, Tuesday 21st February, we will prioritise the positive learning in our period 1 lessons and late notes from parents will no longer excuse students from starting their day in the SLR if they continue to come in late

Gemma Read
Vice Principal

Harry Potter Art Finals

We have three finalists for our Harry Potter Art Competition, which will be revealed at the HP evening this week. Please like (or love) your favorite before Wednesday 8th February to vote for one of these brilliant pieces on our facebook page, [John Cabot Academy | Bristol | Facebook](#)



Georgie (y8)



Mars (y7)



Martha (y8)

Rock Night



8th February – National Online Safety Day



BE SMART ONLINE

S SAFE Keep your personal information safe. When chatting or posting online don't give away things like your full name, password or home address. Remember personal information can be seen in images and videos you share too. Keep them safe to keep yourself safe.

M MEET Meeting up with someone you only know online, even a friend of a friend, can be dangerous as this person is still a stranger. If someone you only know online ever asks you to meet up, for personal information or for photos/videos of you then tell an adult straight away and report them together on www.thinkuknow.co.uk

A ACCEPTING Think carefully before you click on or open something online (e.g. links, adverts, friend requests, photos) as you never know where they may lead to or they may contain viruses. Do not accept something if you are unsure of who the person is or what they've sent you.

R RELIABLE You cannot trust everything you see online as some things can be out of date, inaccurate or not entirely true. To find reliable information compare at least three different websites, check in books and talk to someone about what you have found.

T TELL Tell a trusted adult if something or someone ever makes you feel upset, worried or confused. This could be if you or someone you know is being bullied online. There are lots of people who will be able to help you like your teachers, parents, carers or contact Childline – 0800 11 11 or www.childline.org.uk

BE SMART WITH A HEART
Remember to always be smart with a heart by being kind and respectful to others online. Make the internet a better place by helping your friends if they are worried or upset by anything that happens online.

WWW.CHILDNET.COM

Online Safety – Safer Schools

Recently, friend-finding and social networking apps Wizz and HiPal Walkie Talkie have been topping the charts in their app store categories. Due to their appeal to young people, our experts investigated the apps for potential safeguarding risks, and compiled advice and tips on how to keep the children and young people in your care safer on friend-finding apps

<https://oursaferschools.co.uk/2022/11/25/hipal-walkie-talkie-and-wizz-social-apps/>

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

What Parents & Carers Need to Know about HiPAL

AGE RESTRICTION 12+
(with reduced functionality for under-12s)

HiPal is a trending social media app which turns phones into walkie-talkies, allowing people to have voice conversations with friends or strangers. There are two account options: one for users aged under 12 and one for those aged 12 or above. The former has fewer features and limits interaction with strangers, enabling use of the walkie-talkie feature or photo sharing with friends and family only. The 12+ accounts offer more options, including adding strangers as friends, sharing photos and videos publicly, sending private messages and holding voice chats with strangers as well as friends.

WHAT ARE THE RISKS?

CONNECTING WITH STRANGERS
HiPal's under-12 accounts don't allow direct connections with strangers (although children seeking more friends can share their 'Friend Code' on other platforms), but for older users, chatting with strangers seems to be the app's main appeal. The 'Public Square' shows nine online users (hitting 'refresh' replaces these with another nine), and clicking on someone's profile starts a conversation.

NO AGE GATES OR MODERATION
Although users are given an initial choice of the under- or over-12 profile, there is no verification method to confirm someone's age; it is quite clear that the 'older' option offers a more complete experience on the app, but there seems to be no content moderation in place. Likewise, there is a reporting button for users to make a complaint but these reports do not appear to be followed up.

SEXTING AND SUGGESTIVE PICS
Almost immediately after our expert downloaded the app, strangers began to message privately – asking for provocative images or sharing explicit photos of themselves. Likewise, in the 'Explore' feed, many of the pictures and videos are innocent... but some are far more salacious. There is always the risk of other users secretly saving a revealing photo and re-sharing it elsewhere.

INTRUSIVE FEATURES
HiPal's walkie-talkie gimmick is no different from a normal phone call and seems rarely used; although it allows conversations to still be heard while a phone is locked, which could have awkward results. HiPal also offers 'Boom' messages: unmissable large-text notifications which are highly distracting and briefly take over the phone – users can't access other apps until the message fades.

NEED FOR VALIDATION
Some users – particularly girls – post photos on apps of this type hoping for positive reactions and comments to boost their self-esteem. Suggestive images tend to attract more flattering feedback, encouraging the user to post more frequently and with more explicit content. Conversely, receiving unkind comments about their picture can impact a young user's confidence and sense of self-worth.

LARGE GROUP CHATS
The app offers group chats with up to 100 people – both friends and unknown users. This not only means excessive 'Boom' messages taking over your child's device, but near-constant notification alerts and – most worryingly – the potential for walkie-talkie chatting and sharing photos with strangers outside parental supervision and apparently with no moderation from the platform itself.

Advice for Parents & Carers





EMPHASISE CAUTION
Remind your child of the dangers of connecting with strangers online. Some may be using the app innocently; others may have more sinister intentions. Encourage your child to consider what information they disclose in private messages and emphasise that they should inform a trusted adult if someone on the internet ever attempts to persuade them to meet in person.

TALK ABOUT SEXTING
It can be an awkward conversation (which young people are often reluctant to have), but it's vital to talk openly and non-judgementally about sexting. Discuss the legal implications of sharing explicit images, as well as the emotional impact. Make it clear your child should never feel pressured into sexting – and that they should tell a trusted adult if they receive any unwanted explicit images.

BUILD RESILIENCE
With HiPal's lack of moderation, it's imperative that children are prepared for comments they might receive after uploading an image. You can build their resilience and equip them to manage these situations by having them show you any comments they've received. Together, discuss how the nice ones made them feel – and what they could do if someone posted a comment that upset them.

AVOID OVER-SHARING
Young people should think carefully about what they share in their profile, bio and posts. Talk to your child about not disclosing personal details such as phone numbers, other social media accounts or images which could reveal where they live or go to school. It's essential for children to recognise that strangers can assemble a detailed profile of someone based on things they can find online.

CONSIDER MENTAL WELLBEING
Many users on HiPal publicly share photos that are intended to be alluring in the hope of gaining more likes, friends and positive feedback – boosting their self-esteem and making them feel more self-assured. When young people regularly engage with social media platforms, it's important that parents and carers keep in mind the potential impact such platforms can have on mental wellbeing.

Meet Our Expert
Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.

<https://hipalapp/about/privacy.html>

NOS National Online Safety® #WakeUpWednesday

www.nationalonlinesafety.com @natonlinesafety /NationalOnlineSafety @nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 07.12.2022

Aspens Catering



Aspens Catering have been awarded the Gold Bristol Eating Better Award which is a part of the Bristol Health Schools Awards

SGPC School Coffee Morning



SCHOOL COFFEE MORNING

Monday 27th February
from 9.30am
John Cabot Academy




WORKING TO SUPPORT ALL PARENT CARERS

NO DIAGNOSIS NECESSARY

About SGPC

SGPC was started in 2009 by two mums who had trouble gaining the support they knew their children deserved and wanted to help make the journey easier for other Parent Carers.

Our team are Parent Carers themselves. We have felt the overwhelm, frustrations, heartbreak, determination, isolation, exhaustion, and unwavering love that many Parent Carers experience, and turned it into a passion to help make a difference for South Glos children with SEND, and their Parent Carers.

Volunteering Opportunities

We welcome Parent Carer volunteers to join us - you can help in as little as a few hours a month - and we promise you'll feel valued and supported in your role.



Join Us SGPC TEAM

team@sglospc.org.uk FB: @sgpc.community



Community Interest Company (not for profit) 8564675
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Members of  

National Network of Parent Carer Forums
"Our Strength is our Shared Experience"
www.nppcf.org.uk

www.sgpc.org.uk

We listen to your experiences and gather your views

We work with professionals to shape the services available to your family

We connect you with our community of parent carers and other support

Need Some Help Navigating Parenthood?

Is your parenting journey different to that of your friends? Maybe your child received an early diagnosis. Or maybe you are seeing areas where your child is experiencing difficulties, or you are finding their behaviour a challenge to handle. This could be:

- In school
- With friendships and peers
- At home
- During or after activities that should be fun
- Or all of the above.

Sometimes it comes as a shock to learn that you're providing much more support to your child than your friends need to; and we don't always realise we are Parent Carers to our child, until it's pointed out.

However you found out, we're here to guide you and welcome you into our supportive community.



SGPC School Coffee Morning



Young Voices

Aged 7-13? Love singing?
Come and join our choir....

Where: Warmley Music Centre

Sir Bernard Lovell School,
North Street,
Oldland Common, BS30 8TS

When: Saturday morning

Time: 11:15-12:15, term time only



**Just come along and if you enjoy it,
sign up here: bit.ly/youngvoices23**

For more information call 01454 863147
or email musicservice@southglos.gov.uk

