



# Sharples

## SCHOOL

### Newsletter

ISSUE 415  
21st October 2022

#### Ms Webster's Half Term Letter

Dear Parent/Carer,

As we approach the end of a very busy and productive half term, I want to share with you a few of our achievements.

As always, Sharples continues to live by our motto 'Learn, Dream, Achieve,' which we place at the heart of everything we do. Every day, across classrooms in all curriculum areas I see highly effective learning taking place and showcasing that Sharples is a caring, inclusive learning community where pupils achieve well.

In addition to our classroom provision, we work hard to ensure that our students have access to high quality enrichment activities. This half-term our Duke of Edinburgh Programme has once again got off to a flying start with record numbers of students working towards the Bronze and Silver Awards. Our Year 7 have now signed up to an extensive range of lunchtime clubs and are working towards the completion of their Sharples Baccalaureate. We are also all looking forward to celebrating Sharples' Diversity Day on Friday.

Over the past few weeks, we have also hosted a number of open events to enable the families of Year 6 pupils to see our school in action; as usual our students did us proud and were great ambassadors for Sharples. Many families visited us for our Open Evening and their feedback has been extremely positive. I would encourage parents/carers to follow Sharples on Twitter and to read our weekly newsletter in order to keep up to date with the numerous opportunities which are provided to support and encourage our learners.

As we move into winter and the inclement weather sets in, it is important to note that your child will be outside at some points during the school day. It is therefore recommended that your child has a warm coat and an umbrella with them every day.

On a final note, I hope that you all enjoy a well-earned half term break and I look forward to welcoming our students back to school, ready for a prompt start to registration at 8.45am on Monday, 31st October 2022.

Yours faithfully

Ms Webster  
Headteacher

[Click here to view the original letter as a PDF.](#)

**[Click here to view the Student Affairs Committee Newsletter](#)**

Sharples School, Hill Cot House, Hill Cot Rd. Bolton, BL1 8SN

Tel: 01204 333253

Fax: 01204 333250

[www.SharplesSchool.co.uk](http://www.SharplesSchool.co.uk)



# Sharples

## SCHOOL

# Newsletter

### Maths Department Year 8 Countdown Competition

Following the heats last week (see Newsletter for more details), the Year 8 class champions (pictured right) competed against each other on Tuesday to become the overall Countdown Champion.

There were 3 rounds, based on the TV gameshow: the numbers game, where they used their arithmetic skills to get as close as possible to a random 3-digit number; a word round, where they had to make the longest word from 9 random letters; and the Conundrum, where they had to solve a 9-letter anagram.

As expected, all competed brilliantly and the result was very close, but there could only be one winner... Congratulations to Maya A!



## Year 7 Maths Competition

Due 1<sup>st</sup> November

### Create a Poster on a Career in Mathematics

Explore careers using [National Careers Service](https://nationalcareersservice.direct.gov.uk) and find out about what jobs involve maths

You may include the following facts in your poster:

- Job title
- Average Salary
- Typical Hours
- Work patterns
- Pathways/How to Become
- Essential Skills
- Daily Tasks

Research Ideas:

- [Senior Systems Engineer](#)
- [Accounting Technician](#)
- [Quantity Surveyor](#)
- [Finance Officer](#)
- [Sales Associates](#)

Prizes will be given to the best posters from each year group.

**National Careers Service**  
We provide information, advice and guidance to help you make decisions on learning, training and work.  
This service is available to people who live in England.

<b>Skills assessment</b> Learn more about your skills and match them to potential new careers. <a href="#">Assess your skills</a>	<b>Explore careers</b> Choose from over 800 career profiles to discover what each job involves. <a href="#">Search job profiles</a>	<b>Find a course</b> Look for online learning opportunities and training courses local to you. <a href="#">Look for courses</a>
<b>Making career choices</b> Whether starting your career, changing job or if you have been affected by COVID-19, understand and make the right choice for you.	<b>Getting a job</b> Be successful in the recruitment process with tips on great CVs, interviews and graduate scheme applications.	<b>Progressing your career</b> Hone up to your career by developing new skills. Find opportunities like volunteering and online learning.
<b>About us</b> The National Careers Service can help you with your career, learning and training choices. Find out more about the different ways we can support you.	<b>Speak to a careers adviser</b> Whenever you are in your decision-making, you can call us on 0800 100 900 or use webchat.	<b>Follow us</b> <a href="#">Twitter</a> <a href="#">Facebook</a> <a href="#">LinkedIn</a> <a href="#">YouTube</a>



# Sharples

## SCHOOL

### Newsletter

#### Year 9 Maths Competition

Year 9 have just finished the Similarity unit and now you have the opportunity to put the skills you have learned to the test! Can you use your skills to create a model version of a famous landmark or of your actual or dream house or bedroom?

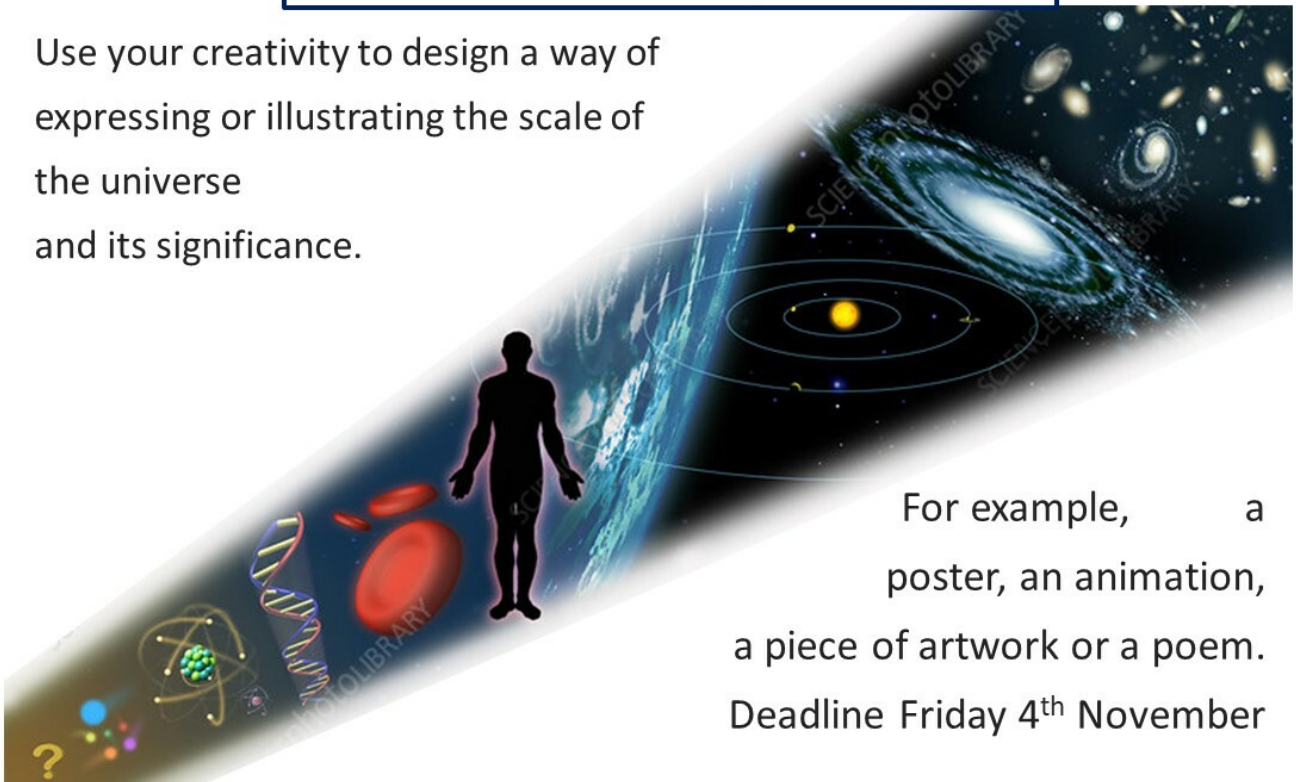
Prizes available for the best creations!

Deadline for entries is Tuesday 1<sup>st</sup> November.



#### Y10 Maths Competition

Use your creativity to design a way of expressing or illustrating the scale of the universe and its significance.



For example, a poster, an animation, a piece of artwork or a poem.  
Deadline Friday 4<sup>th</sup> November



# Sharples

## SCHOOL

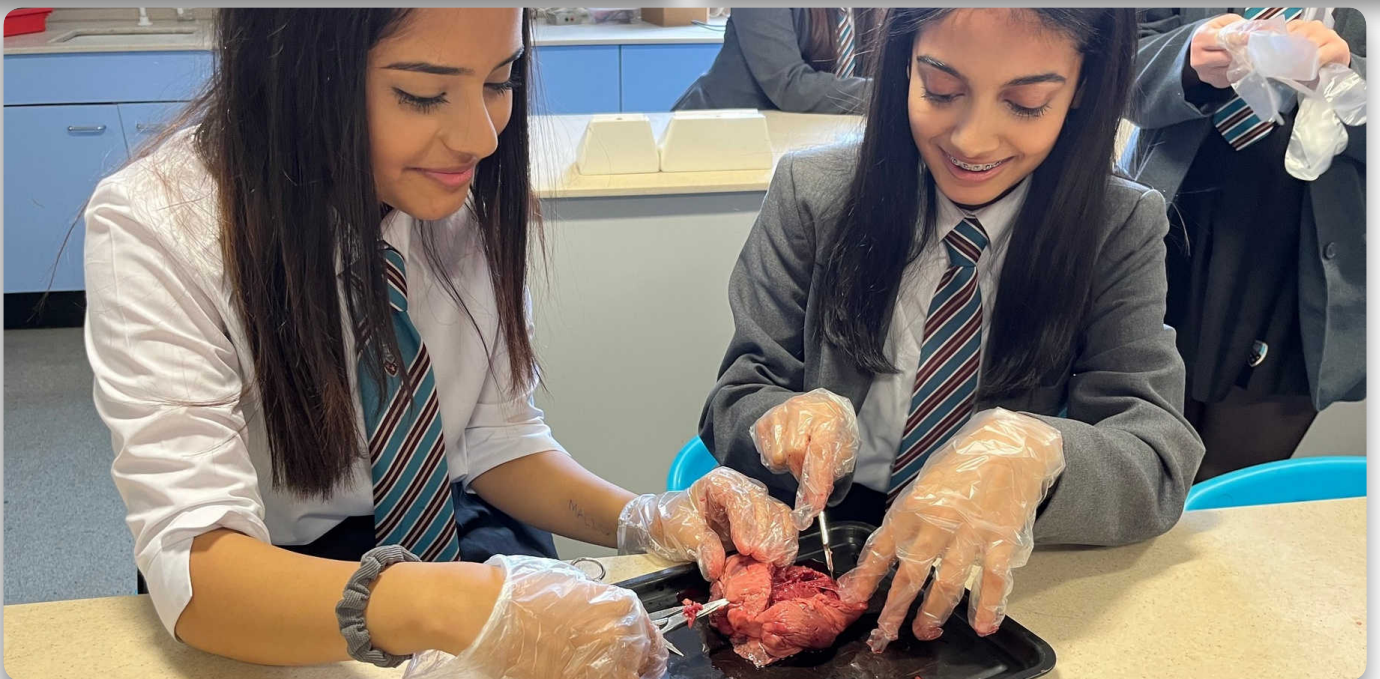
### Newsletter

#### Science Enrichment Newsletter

#### Black History Month

Science at Sharples is celebrating the contributions of Black scientists by inviting students to design a creative bunting design to be displayed in the STEM centre. For inspiration, come and see the bunting that is already on display. Please submit your entries to Mrs. Heaton by Friday 4th November. A prize will be awarded for the best entry.

#### Dissection





# Sharples

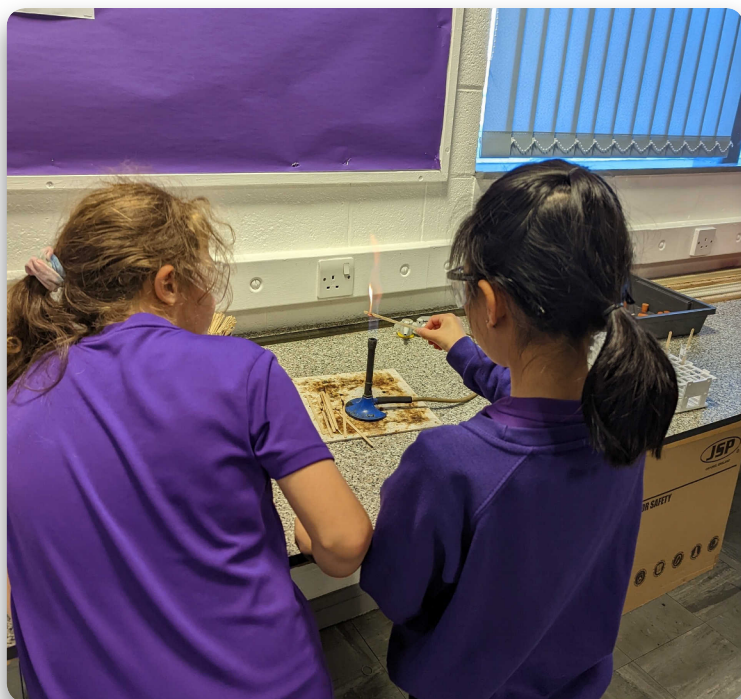
## SCHOOL

### Newsletter

Miss Melmoth's class has been studying the heart and the circulatory system. Above are some pictures of students carrying out heart dissections, in order to investigate the structure of the heart and how it is able to pump blood all around the body.

#### **Sharples Primary**

As part of their STEM club, students from Sharples Primary were invited into our laboratories to learn all about flame tests with Mr. McCann. Here are some photos of students using Bunsen burners to investigate the different colours produced by different elements.



#### **Educake Update**

Congratulations to all students who completed their home learning this week. Top scorers this time were:

Year 9 - Marizhka Jones, Nimra Mehmood, Aimee Kay, Mariya Patel, Alizah Afzal, Mantasha Mansur and Joshua King.

Year 10 & 11 - Sadiya Khan, Ifra Rehman, Imaan Hassan, Fatimah Ismail, Raeesa Mank and Zainulabidin Mohmed.

#### **Revision opportunities**

With Year 11 PPEs just after half term, it is essential that students are making the most of the revision provision that is on offer.

CGP revision guides are on sale at a discounted price. These are available to both Year 11 and Year 10 students. The guides can be purchased via MCAS. Any queries, please speak to Mrs. Singleton.



# Sharples

## SCHOOL

### Newsletter

Physics, Biology and Chemistry Clinics are available during lunchtimes Tuesday, Wednesday and Thursday. Teachers will provide support with whichever topic you would like help with.

ALS continues on Thursdays. Students have really impressed the science department with their efforts and commitment during these sessions. We impress upon students the importance of maintaining this attitude throughout the year.

Other sources of online revision can be found on the following websites: Cognitoeu.org, Educake, Seneca and Isaac physics. Mr. Simpson' linktree page also has lots of links to additional resources: [linktr.ee/Mr\\_Simpson\\_Chemistry](https://linktr.ee/Mr_Simpson_Chemistry).

#### Space news

Look out for a Partial Solar Eclipse on Wednesday, October 25th. The Moon will pass between the Sun and Earth, blocking part of the Sun from view. This will occur at 10:06 am. Do not look directly at the Sun! Use solar glasses when observing the eclipse.

*Mr. Fowlds - Science Enrichment Coordinator*

#### Work Experience Placements

Well done to following Year 10 students who have already found a work experience placement and returned the parental consent and work placement form.

Amina Adam	Zara Moyawala	Sadie	Eve Halliwell
Saleeka Afinwala	Henley Naylor	Westhead-Unsworth	Dawud Imtiaz
Safa Awadalla	Zainab Pir	Ali Kaleela	Chloe Jackson
Ellie Mae Brooks	Safaa Yusuf	Amara Buksh	Leah Keane
Jacob Davies	Alisha Babariya	Rayhan Ismail	Rehana Khan
Abby Ho	Joshua Crompton	Zahra Issa	Mia Lambert
Aliya Kazi	Rihanna Garikai	Mohammed Zain	Ella Malloy
Emily Lomax	Bethany Kaye	Mogra	Connie Oliver
Aishah Mohmed	Ayesha Moosa	Ammarah Patel	Anya Patel
Aalia Patel	Jack Ross	Cherie Ufuoma	Muhammad Patel
Maria Sunni	Thomas Ross	Fenani Abdalla	Luca Sutcliffe
Safa Thagia	Zahra Alarkhia	Tayyab Kulasi	Bradley Edge
Ayesha Vepari	Safa Patel	Elysee Muhammad	Finlay Fogarty
Joseph Webster	Ali Shazad	Zenab Ahmed	Micah Walker
Huda Leliwala	Muzen Shenaif	Ruby Eite	

As a reminder, the deadline for returning the forms is the 11th November 2022. If you require any help finding a work placement please email Mr Jackson or Mrs Patel.

Sharples School, Hill Cot House, Hill Cot Rd. Bolton, BL1 8SN

Tel: 01204 333253

Fax: 01204 333250

[www.SharplesSchool.co.uk](http://www.SharplesSchool.co.uk)



# Sharples

## SCHOOL

### Newsletter

#### **English Department's Stars of the Week**

##### **Work of the Week**

Year 7

Azeem N has written a great review of a book he has recently read. [Click here to view the work.](#)

Year 8

Ismael has produced a wonderful poem all by himself. [Click here to view the work.](#)

Year 9

Hatim K has produced some excellent revision notes. [Click here to view the work.](#)

Year 10

Anya P has written a brilliant analytical paragraph. [Click here to view the work.](#)

Year 11

Joshua Elliot-C has written a wonderful review about Romeo and Juliet. [Click here to view the first page](#), [here to view the second page](#) and [here to view the third page](#).

##### **Reader of the Week**

Year 7

Mustafa D for showing great enthusiasm and reading with considerable clarity and confidence.

Year 8

Oliver Mc for consistently volunteering to read out loud and always ensuring he is projecting his voice clearly and fluently.

Year 9

Ayesha M for excellent pace and good understanding of high-level vocabulary when reading Orangeboy.

Year 10

Ammarah P for her reading of an extract from The Kite Runner.

Year 11

Ibrahim M for reading part of a report well, ensuring the punctuation was considered.



# Sharples

## SCHOOL

### Newsletter

#### Sharples Baccalaureate



It has been fantastic to see the number of Year 7s enjoying the many clubs that have been on offer this half term (see pictures above, below and on the next page). Attendance at clubs has been excellent since the start of September with Creative RE club, Debate club, STEM club and Dodgeball amongst the most popular. Over 2,500 Bacc points have already been collected and many students are on track to receive at least the bronze award at Christmas. Clubs will be changing after half term with many new exciting activities taking place at lunchtime and after school. For those who have already received their gold award, there will be a VIP club starting after half term which is exclusive to students with over 30 points. Well done Year 7 on an excellent start to the year!



Sharples School, Hill Cot House, Hill Cot Rd. Bolton, BL1 8SN

Tel: 01204 333253

Fax: 01204 333250

[www.SharpleSchool.co.uk](http://www.SharpleSchool.co.uk)





# Sharples

## SCHOOL

# Newsletter

ISSUE 414  
14th October 2022

### Sharples Bacallaureate (continued)



### Maths Skills Improvements



A group of Year 8s, pictured above, have been working hard over the last few weeks to improve their maths skills, including their times tables. The pupils have been involved in a times table rockstars competition, as a reward and celebration of all their hard work they were treated to a times table rockstars party at lunch time. Well done to the Year 8 students, including Leon B, Shaniece C, Ebony A and Cerys J.

Sharples School, Hill Cot House, Hill Cot Rd. Bolton, BL1 8SN

Tel: 01204 333253

Fax: 01204 333250

[www.SharpleSchool.co.uk](http://www.SharpleSchool.co.uk)



# Sharples

## SCHOOL

### Newsletter

#### Reading Reward Parties



Congratulations to: 7S3, 8S1 and 9P1 for reading and reviewing the most books this half term. They were rewarded with a pizza party complete with popcorn and a film of their choice. The numbers have been reset so make sure you read several books to be in with a chance of winning the December reading party!

Sharples School, Hill Cot House, Hill Cot Rd. Bolton, BL1 8SN

Tel: 01204 333253

Fax: 01204 333250

[www.SharpleSchool.co.uk](http://www.SharpleSchool.co.uk)



# Sharples

## SCHOOL

### Newsletter

#### English G2G: Utopian and Dystopian Fiction



This week, Year 7s enjoyed a lecture on Utopian and Dystopian fiction, see picture above. Pupils not only discussed relevant fictional examples, but discussed dystopia in the modern world and the attainability of a utopic future.

The students involved now have till 12th December to complete and hand in their projects on utopian and dystopian fiction. Students are encouraged to be creative and showcase their talent and skills. Examples of projects from last year include: paintings, musical compositions and the creation of short stories/films.

Good luck and see Mrs Dedat (U23) if you need anything.



# Sharples

## SCHOOL

### Newsletter

#### Year 11 Rewards Breakfast



Fifteen Year 11 students enjoyed a rewards breakfast this morning after receiving the highest number of reward points in the year group combined with an excellent attendance record. All students received a gift bag filled with various treats for their positive contribution to Sharples School. Well done Year 11.



# Sharples

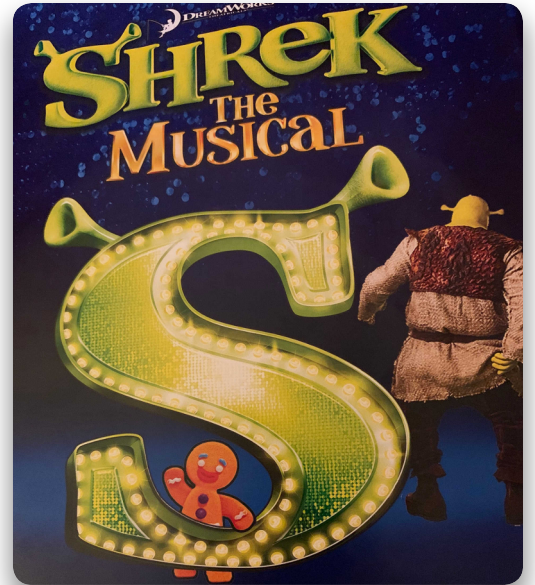
## SCHOOL

### Newsletter

#### Performing Arts Update

##### Shrek Theatre Trip

Students from all year groups enjoyed a trip to the Albert Halls in Bolton to watch Shrek the Musical. Finley particularly liked the costume design for Shrek and Farquaad and Jess's favourite was the Gingerbread man, which she thought was very well made. Students really enjoyed the singing and we were proud to see ex-pupil Stevie in the lead role as Fiona. By the end of the show, the whole audience were up on their feet dancing!



##### Twelfth Night Theatre Trip



We were so pleased to watch the Royal Shakespeare Company perform at the Grand Theatre in Blackpool last month. The professional cast superbly retold the story of Twelfth Night, with an added Calipso vibe, which was a highly entertaining story of hoaxes, heartbreak and hidden identities. Students chatted with the cast before the show and were able to ask questions about the process and influences of the piece. Our very own Ahmed volunteered and was invited onto the stage to play the priest! Amazing

Sharples School, Hill Cot House, Hill Cot Rd. Bolton, BL1 8SN

Tel: 01204 333253

Fax: 01204 333250

[www.SharpleSchool.co.uk](http://www.SharpleSchool.co.uk)

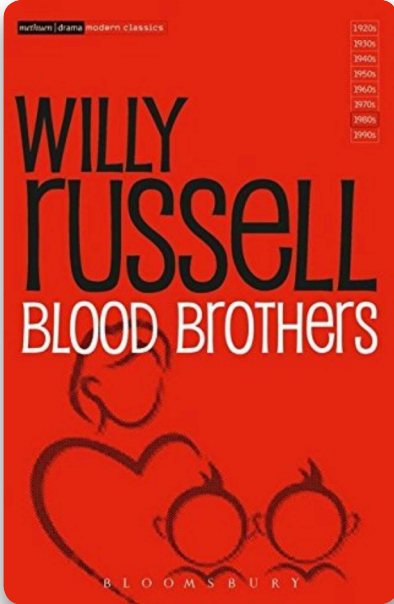


# Sharples

## SCHOOL

### Newsletter

performances, set design and costumes!



#### **Blood Brothers Theatre Trip**

As part of their coursework, Year 11 students travelled to the Lowry Theatre in Manchester to watch the fantastic cast of Blood Brothers. Zayn said, 'This was a gripping and emotional piece of drama that has inspired me to focus on my own final performance'. Diane and Kito both agreed that the final scenes were intense and they will draw on this experience to support their own performance of Blood Brothers in December. Kimberly said,

'The narrator's stage presence was unforgettable and the set design reflected the social context of the play.' All students are looking forward to their own performance evening on Tuesday 6th December, 7pm, in the theatre.

#### **Coram Shakespeare Schools Festival Theatre Workshop**

As part of our Coram Shakespeare Schools Festival, students from our own Sharples Theatre Company, worked with actor Kim Burnett on key scenes for our upcoming Festival performance of Twelfth Night at the Contact Theatre, Manchester on Thursday 3rd November at 7pm. If you'd like to support our young actors, tickets are available from the Contact Theatre Box Office on Tel. 0161 274 0600.

#### **Music News**

It's been a busy start to the year in Music. Year 7 Students have begun learning new skills such as how to play Guitar, Ukulele and Keyboard in Music lessons.

Lots of students have been attending extra-curricular clubs at lunch times such as Keyboard and Ukulele/Guitar club. These clubs are open to all students, in all year groups and all abilities. Please see the extra-curricular programme which can be found on the last page of this newsletter.

Music student Santiago said, 'I'm really enjoying guitar lessons at the moment as I'm learning about different genres and styles of playing guitar. The complicated style of flamenco is particularly challenging, which I love!'

If you are interested in learning a new musical instrument come down to the music room (G66) and speak to either Mr Corrigan or Mrs Stevens. Also, please see the attached flyer from Bolton Music Service for instrumental and vocal lessons.



# Sharples

## SCHOOL

### Newsletter

#### Year 7 & Year 9 Netball vs King's



A huge well done to the Year 7 netball team (pictured above) who secured their first win of the year against King's Leadership Academy on Wednesday afternoon. It was clear the training over this half term had paid off with the girls playing brilliantly to come away with an 8-2 win. It was also fantastic to see Ruby M, Sifan A and Emily A working the ball so well around the circle edge. Sienna E also had an excellent match and came away with the girl of the game award. A brilliant effort, girls!

The Year 9s also faced King's on Wednesday night and they too came away with a win. Izzy F, Evie A and Darcy M worked the ball brilliantly through the centre court and helped the team secure a 13-5 victory. They put on a fantastic display with Izzy F coming away with the girl of the game award! Great effort, girls!

Sharples School, Hill Cot House, Hill Cot Rd. Bolton, BL1 8SN

Tel: 01204 333253

Fax: 01204 333250

[www.SharpleSchool.co.uk](http://www.SharpleSchool.co.uk)



# Sharples

## SCHOOL

### Newsletter

#### Year 10 Bolton Schools Netball Tournament



A big well done to Year 10 (pictured above) on their performance in the Bolton Schools Tournament on Tuesday night. Placed in a tough group, the girls knew they had a tough task on their hands. However, the girls demonstrated some of the best netball they have played all year with the stand out performance being against Turton. After suffering a narrow defeat a couple of weeks ago in the league, the girls were determined to make amends! At half time the score was 8-2 in favour of Turton but the girls dug deep and demonstrated excellent resilience to finish with a 9-9 draw. The decision of who went through to the semi-finals went down to the final game. Unfortunately, Sharples just missed out on a semi-final spot on goal difference. This was a fantastic effort from the girls who have their final league against Thornleigh on Thursday.

Sharples School, Hill Cot House, Hill Cot Rd. Bolton, BL1 8SN

Tel: 01204 333253

Fax: 01204 333250

[www.SharpleSchool.co.uk](http://www.SharpleSchool.co.uk)





# Sharples

## SCHOOL

### Newsletter

#### Year 9 Boys Football vs Thornleigh Match Report



Year 9 continued their excellent start to the season finishing the term with a 4-3 victory against Thornleigh. Sharples started the game well and soon found themselves in the lead when Bagasi headed into the top corner from a set piece. Soon after, Aashan fired in a free kick into the top corner to give Sharples a well deserved 2 nil lead going into half time. Sharples took their foot off the gas in the second half and in a dramatic turnaround found themselves 3-2 down in 10 minutes to go. However, the team showed great character and levelled after good work from Harley and then Noah dramatically won the game in the dying moments of the match.



# Sharples

## SCHOOL

### Newsletter

#### Dates for your Diary

Monday 24th to Friday 28th  
October - October Half Term

Sunday 30th October -  
Daylight Saving Time ends

Tuesday 1st November  
Library Grand Opening

#### Attendance Information

Reporting an absence:

If your child is too ill to attend school, please contact the school before 9.30am with full details of your child's illness/symptoms. The attendance email is the easiest way to contact school as the phone line can get very busy.

The school attendance email is: [attendance@sharplesschool.co.uk](mailto:attendance@sharplesschool.co.uk)

If we are unable to make contact and you do not provide a reason for your child's absence, this absence will be recorded as unauthorised.

### Career of the Week: Life Coach

*Life coaches support and encourage people to help them make informed decisions in their working and personal lives.*

**Average Salary:** £

**Typical hours:**  
(per week)

**You could work:**

#### Qualifications:

- You can apply for this job through a university course, college course, applying directly or specialist courses.
- 1 or 2 A levels, or equivalent, for a foundation degree or higher national diploma.
- 4 or 5 GCSEs at grades 9 to 4 (A\* to C) and A levels, or equivalent, for a higher or degree apprenticeship.
- 2 or 3 A levels, or equivalent.

#### Skills required:

- Counselling skills including active listening and a non-judgemental approach.
- Knowledge of psychology.
- Customer service skills.
- The ability to understand people's reactions.
- Sensitivity and understanding.
- Excellent verbal communication skills.

#### Relevant Subjects:

- Health and Social Care.



Information sourced from: <https://nationalcareers.service.gov.uk/job-profiles/life-coach>

Sharples School, Hill Cot House, Hill Cot Rd. Bolton, BL1 8SN

Tel: 01204 333253

Fax: 01204 333250

[www.SharplesSchool.co.uk](http://www.SharplesSchool.co.uk)



# Sharples

## SCHOOL

### Newsletter



#### PE Lunch Time Clubs - September - October

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Y7 Football (Big Astro) - AHM & CCH	Y8 & Y10 Football (Big Astro) - PGR & AHM	Y9 Football (Big Astro) - PGR & AHM	Y7 Football - Boys & Girls (Big Astro) - GBA & SCU & AHM	Girls only Football Football (SH) - GBA & SCU
Netball Yr 7/8 (SH) - GBA & SCU	Y7 Dodgeball (SH) - CCH	Just Dance- all years (SH) - GBA	Y9 Dodgeball (SH) - CCH	Y7/8 Football (Big astro) - AHM
		Y8 Dodgeball (Gym) - SCU		KS4 Dodgeball (Gym) - CCH
		Fantasy Football Club - CCH		



#### PE After School Clubs - September - October

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Yr 7 Swimming	Yr 7/8 Netball practice	Yr 8 Swimming	Clubs cancelled- PDS session for all staff	
KS4 Girls fitness suite	Yr 7,8 & 9 Football match v Westhoughton (h)	Basketball- all years		
Yr 9/10 Girls Netball practice	Primary tournament 4-5pm	Running club- all years		
		Girls football practice- all years		

Week beginning 31st Oct



**Sharples**  
SCHOOL

# NEW LIBRARY GRAND OPENING

1ST NOVEMBER 2022

Remember that  
Best Reader Golden  
Tickets are  
available to win a  
place at the  
opening!

Time/Period	Activity
<b>Form Time</b>	Grand unveiling of the library with Ms Webster, Governors and Danielle Jawando! Virtual assembly for all forms
09:10 – 09:55	Y8 assembly in the theatre
09:55 – 10:45	Y7 assembly in the theatre
<b>Break</b>	<b>Golden Ticket winners exclusive access</b>
11:05 – 11:55	Writing Workshop: G2G Y9 students in the library
11:55 – 12:45	Writing Workshop: G2G Y10 students in the library
<b>Lunch</b>	<b>Golden Ticket winners exclusive access</b>
13:25 – 14:15	Writing Workshop: Y7 students in library
14:15 – 15:05	Writing Workshop: Y8 students in library
15:05	End of school day



# What Parents & Carers Need to Know about

# BEREAL

BeReal is the latest trending social media app. The concept is that people see others in their authentic day-to-day lives, sharing candid photos without editing or applying filters. Each day at a random time, users are simultaneously notified to take a picture of what they're doing at that exact moment. The two-minute window to submit an image means there's no time to select a particularly glamorous or exciting activity. BeReal shares two pictures: a selfie, and an image of the immediate surroundings. Users can only view and react to their friends' photos once they upload their own.

AGE RATING  
**13+**  
from the  
App Store &  
Google Play

## WHAT ARE THE RISKS?

### CONTINUOUS NOTIFICATIONS

Like any social media app, BeReal's developers want users to be on it regularly and scrolling for long periods. BeReal only sends one notification to post a picture each day, but there are other alerts for events such as mentions, comments, friend requests and reactions to your photo. This can cause young users to feel pressure to open the app and respond, distracting them from other activities.

### CONNECTING WITH STRANGERS

When someone signs up to BeReal, it highlights anyone in their phone's contacts list who already has the app – so users can connect with friends, or invite others from their contacts. The 'Discovery' feed, meanwhile, shows posts from strangers and gives users the option to add them as friends, too. This means your child could potentially connect with – and communicate with – a stranger.

### PUBLIC SHARING

As well as sharing posts with friends in the moment, the app also allows posts to be shared publicly and public content to be viewed. Before a user can see this public content, they must post their own photo first. Unfortunately, there currently seems to be a lack of moderation on the content that's being uploaded, so a young user could be exposed to posts which aren't suitable for their age.

### EASY LOCATION

BeReal's default setting is to share the exact location of where a post was sent from. Given that images are usually shared within the two-minute window, anyone your child is friends with on the app will know exactly where they are (or at least, where they were two minutes earlier). As we've noted, this could include strangers who are intending to use this geographical information for malicious purposes.

### VISIBLE PERSONAL DATA

As with any other form of social media, it's important that your child doesn't share too much personal information on their profile. BeReal allows for a photo, full name, approximate location and a short bio. It's safest to make sure that your child's profile doesn't display anything which could identify where they go to school or exactly where they live.

### REPUTATIONAL DAMAGE

What your child says and does online – their digital footprint – shapes the way that other people see them. It's essential that young people understand that when they post something online, they are giving the app in question the right to do whatever they wish with that image or content, including sharing it elsewhere. This form of permission is explicitly referenced in BeReal's terms of use.

## Advice for Parents & Carers

### LIMIT NOTIFICATIONS

BeReal offers the option to turn off individual types of notification. Doing this will significantly reduce the number of times your child is tempted to open the app by incoming comments, uploads, friend requests and so on. Ironically, it will allow them to actually 'be real' by being present in the moment and their current environment as opposed to being engrossed on social media.

### STOP AND THINK

BeReal's goal is for users to be authentic with friends, removing the pressure of that flawless photo or perfectly worded post. It's still vital, though, that children stop and think rather than uploading something risky just to meet the two-minute deadline. Point out to them what kind of information strangers could extract from an image: school crests, street names or local landmarks, for example.

### KEEP IT AMONG FRIENDS

Remind your child why adding strangers to their contacts isn't a good idea, and advise them to decline any friend requests from people they don't know in real life. If something your child sees on BeReal makes them feel uncomfortable, they can report it by clicking on the three dots in the top right. The reporting tool allows them to state the reason that they're flagging up the post.

### CREATE A SAFE PROFILE

Remind your child to use an avatar as their profile pic (as opposed to a photo of themselves) and use a nickname or just their first name, not their full name. Any information they add to their bio (which is optional) should be kept vague, and personal details should remain private. It's also worth turning off the geolocation feature either through the device's settings or in BeReal itself.

## 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.



**NOS** National Online Safety®  
#WakeUpWednesday

Sources: <https://bereal.com/en/privacy> | <https://bereal.com/en/terms>  
<https://berealapp.notion.site/FAQ:-BeReal-English-2d1af9a0418c4524bed2a40b04de832a> | <https://www.commonssensemedia.org/app-reviews/bereal>

# Tips for Supporting Children in DEALING WITH GRIEF

It's important that trusted adults feel able to help children and young people cope with grief – particularly at the moment, when we are a nation mourning the loss of a public figure who was treasured by so many. Children are seeing bereavement and sadness being featured heavily the national news and in their favourite online spaces, and hearing it being talked about extensively among families and in the community. How can we help them in processing this healthily?

## 1 UNDERSTAND WHAT GRIEF IS

Grief is emotional distress which is a normal response to the death of someone close, well known or admired. It may feel overwhelming – especially for young people – and is often accompanied by feelings of shock, disbelief, anger or fear. These emotions may also mean that sleep, eating and our relationships with others could be affected.

## 2 MEET THE CHILD 'WHERE THEY ARE'

This could be a child's first experience of grief and loss – or conversely, they may have already encountered it several times. Make sure that any conversations you have with them, and the support that you give, are led by their experiences and their understanding of death – and in the context of their religious or community beliefs.

## 3 EXPLAIN CLEARLY WHAT DEATH IS

It may often feel uncomfortable, but it's healthier to actually use the words "dead", "death" or "died". Abstract explanations of death can frequently create even more confusion – particularly for younger children, who are still trying to grasp this complex (and possibly unfamiliar) concept.

## 4 BE PREPARED FOR QUESTIONS

On subjects such as this – especially when it involves a person who's well known to them – children and young people often have lots of questions, all at once. Sometimes, new queries about the issue will occur to them weeks after the event. Be ready to answer their questions as honestly as you can, using language that's appropriate for their age.

## 5 FIND WAYS TO REMEMBER THEM

It can help to talk to about the person who's died, even if that individual wasn't personally involved in the child's own life – such as a significant public figure, for instance. You and your child can discuss what that person meant to you, celebrate the things they achieved or go to a place where they can be remembered.

## 6 ENCOURAGE COPING STRATEGIES

You can help a child or young person to identify what their usual positive ways of coping are when they have overwhelming feelings. For example, do they find that talking with someone, drawing, going for a walk or listening to music help when they're feeling upset? These same activities could form an important part of the grieving process.

## 7 REACH OUT FOR SUPPORT

If a child or young person is struggling with grief to the extent that it's impacting on their everyday life, there are lots of expert organisations that you could reach out to for further help. Samaritans provides a listening ear for anyone in emotional distress; The Mix offers specialist support to people under 25; and Winston's Wish deals specifically with helping young people who are grieving.

**SAMARITANS:**  
116 123

[WWW.THEMIX.ORG.UK/GET-SUPPORT](http://WWW.THEMIX.ORG.UK/GET-SUPPORT)  
0808 808 4994

**WINSTON'S WISH:**  
08088 020 021

## Meet Our Expert

Anna Bateman is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department for Education, advising them on their mental health green paper.



The  
National  
College®



# WHAT PARENTS & CARERS NEED TO KNOW ABOUT OMEGLE

Omegle is a free anonymous online chatroom where users are randomly paired with strangers to chat via video call or instant messaging. It is popular, despite no longer having its own app, and is primarily accessed on a web browser. Videos showcasing OmeGLE chats have popped up on platforms like Instagram and TikTok, which have added to its popularity with children and young people.

## OMEGLE CAN BE DANGEROUS BECAUSE . . .



- **No account sign up required** – users can join a chat immediately and are automatically paired with a complete stranger.
- **No age verification** – it says users must be 13+ with 'parental permission and supervision' but does not check this at any point.
- **No effective moderation** – it claims to use 'AI and human moderators', but there is little to no evidence or clarity that this is implemented.
- **No reporting or blocking features** – users are unable to report inappropriate behaviour, and offending users can continue to use OmeGLE freely.

## WHY MIGHT A YOUNG PERSON USE OMEGLE?

Living in a digital world that erases distance between online strangers, the thought of being able to talk to anyone from anywhere might be exciting to a child or young person. They may also be curious about negative reports in the press and might want to check the platform out for themselves, to see if the reports are true.

While OmeGLE claims to take the 'safety and well-being' of their users seriously, they also state that "predators have been known to use OmeGLE". Despite this, very little action has been taken to implement safeguarding measures. This creates an environment for harmful actions such as grooming, sexual exploitation, manipulation, and abuse to take place without moderation or intervention.

## NEXT STEPS AND FURTHER ADVICE



- **Go over online safety.** Talk to the young person in your care about staying safe online and how to protect themselves.
- **Discuss responses and action plans.** Ask them what they would do if someone made them uncomfortable or worried, and talk through any cracks in the plan.
- **Don't mention the platform when discussing.** Rather than mentioning OmeGLE, talk about online chat platforms and ask what their friends are using.
- **Remind them of the dangers of talking to strangers.** By ensuring they recognise how dangerous they are, you help them make more informed online decisions.
- **Use online safety filters to prevent access.** Web browsers, internet providers, and more have parent filters available that can restrict access to specific websites.
- **Stay calm if a problem arises.** If a child or young person in your care has fallen victim to an online danger, remain calm and reassure them.

## WHAT ARE THE RISKS?

In the last year, there have been multiple cases of grooming, sexual exploitation, and indecent exposure involving children as young as 10. Our online safety experts were exposed to sexual advances within seconds of testing the platform. The following risks are very real threats that any user could be exposed to:

- Seeing distressing, violent, or highly sexualised imagery without warning.
- Grooming by strangers who 'trick' them into performing inappropriate actions.
- Exposure to blackmail, sextortion, and threats which could be upsetting or scary.
- Pressure to remove clothing, reveal personal information, or send sexual images.
- Malicious links or spam that could make them vulnerable to hackers or scammers.
- Catfishing or cyberbullying, which could cause emotional or mental duress or fear.
- Intimate images or videos being recorded without their consent or knowledge.

## RED FLAGS

- Sudden mention of a friend you have not heard of who does not attend school.
- Appearing withdrawn, isolated, upset, nervous, moody, or secretive.
- Long periods of screentime video chatting online in a private place.
- Being overly protective of their device

## IF A CHILD OR YOUNG PERSON IN YOUR CARE HAS LOST CONTROL OF AN IMAGE OR VIDEO:

- **SUBMIT A REPORT TO THE CHILD EXPLOITATION AND ONLINE PROTECTION COMMAND (CEOP).**
- **CONTACT IWF TO HAVE THE IMAGE OR VIDEO REMOVED WHERE POSSIBLE ONLINE.**

**IF YOUR CHILD OR YOUNG PERSON HAS BEEN GROOMED OR YOU HAVE CONCERNS ABOUT THEIR IMMEDIATE SAFETY, CONTACT EMERGENCY SERVICES ON 999 WITHOUT DELAY.**



Scan to see available  
dates and register!



**LIVE!**

9:30am-  
13:30pm

# Get Into Medicine.

**FREE**

**CONFERENCE**

**Dr Siva and Dr Kennedy will take you  
step-by-step through your application to medicine.  
This includes:**

- Application Timelines
- Interview Training
- Personal Statements
  - CV Building
- Entrance Exams: UCAT & BMAT
- Accessing Medical Leadership Programmes, Awards Programmes and Scholarships to University

**You'll also hear from a recently successful applicant  
on what it takes to make your candidacy to Med  
School stand out!**

With Dr. Kennedy & Dr. Siva





Scan to  
register!



LIVE!

# Get Into Veterinary.

FREE

CONFERENCE

Dr James and Dr May will take you  
step-by-step through your application to vet  
school.

- Application Timelines
- Interview Training
- Personal Statements
- CV Building
- Accessing Medical Leadership Programmes, Awards Programmes and Scholarships to University

You'll also hear from a recently successful applicant  
on what it takes to make your candidacy to  
Vet School stand out!



# MUSIC

## EXTRA-CURRICULAR

### SEPT - DEC



#### WHAT?

**KEYBOARD CLUB** - Learn new skills on the Keyboard or Piano.  
**ALL YEAR GROUPS**

**WHEN?**  
**LUNCHTIME**  
12.55 - 1.25



#### WHAT?

**Y11 BAND**- A club just for Y11 students to play together in a band.

**WHEN?**  
**LUNCHTIME**  
12.55 - 13.25

**SHARPLES BAND** - Sharples School band. **ALL YEAR GROUPS**

**AFTER SCHOOL**  
15.05 - 16.00



#### WHAT?

**GUITAR & UKULELE CLUB** - Learn new skills on the Guitar and Ukulele. **ALL YEAR GROUPS**

**WHEN?**  
**LUNCHTIME**  
12.55 - 13.25

**ROCKSCHOOL** - Learn an instrument, and create your own band. **ALL YEAR GROUPS**

**AFTER SCHOOL**  
15.05 - 16.00



#### WHAT?

**SHARPLES CHOIR** - Sing as part of a group.  
**ALL YEAR GROUPS**

**WHEN?**  
**LUNCHTIME**  
12.45 - 1.25



#### WHAT?

**MUSIC THEORY CLUB** - Learn about the theory behind Music.  
**ALL YEAR GROUPS**

**WHEN?**  
**LUNCHTIME**  
12.55 - 1.25

Sign up in Music (G66). First come, first served. Speak to Mr Corrigan if you have any questions.