Colchester County High School for Girls
Parent Weekly Bulletin
5 February 2021

Term Dates 2020 – 2021

Spring Term
Monday 4 January
Friday 26 March

Half Term
Monday 15 February
Friday 19 February

Summer Term
Monday 12 April
Wednesday 21 July

Bank Holiday
Monday 3 May

Half Term
Monday 31 May
Friday 4 June

Non-Pupil Days
Wednesday 2 September 2020
Thursday 22 October 2020
Friday 23 October 2020
Friday 18 December 2020
Monday 19 July 2021

Academy Days
Tuesday 20 July 2021
Wednesday 21 July 2021

Term Dates 2021 – 2022

Autumn Term
Wednesday 1 September
Friday 17 December

Half Term
Monday 25 October
Friday 29 October

Spring Term
Tuesday 4 January
Friday 1 April

Bank Holiday
Monday 3 January

Half Term
Monday 14 February
Friday 18 February

Summer Term
Tuesday 19 April
Friday 22 July

Bank Holiday
Monday 18 April
Monday 2 May

Half Term
Monday 30 May
Friday 3 June

Non-Pupil Days
Wednesday 1 September
Thursday 2 September
Thursday 21 October
Friday 22 October
Friday 17 December
Tuesday 4 January
Thursday 21 July
Friday 22 July

Follow us on Twitter: @CCHSG_
English & Drama Dept: @CHSG_Eng_Drama
PE Dept: @CchsgD
Music Dept: CCHSG_Music

Dates for Your Diary

Monday Week A	Feb	8	Assembly: Yrs 12 & 13 Yr 11 Reports to Parents
Tuesday	Feb	9	Safer Internet Day Assembly: Yrs 10 & 11
Wednesday	Feb	10	Assembly: Yrs 8 & 9 Yr 9 Parent Consultation Evening 16.15 – 19.30
Thursday	Feb	11	Assembly: Yr 7 Colchester Train to Teach Virtual Event 17.00-19.00
Friday	Feb	12	

We thank the whole school community for the continued hard work and efforts this week.

School Meals
For students in school are range of jacket potatoes and pasta salad pots along with panini, sandwiches, wraps and samosas are available for pre-order. Drink, fruit and snack items can be purchased at lunchtime on the day. Please order by following the link: StudentLunch
A separate order form should be completed for each day that students require lunch. Orders must be submitted by 09.00 on the day required.

Information for Families – Signs and symptoms of Type 1 Diabetes
Please find attached a letter from the Chair of East of England Children and Young People's Diabetes Network, highlighting the risks of undiagnosed diabetes and stressing that health services remain open and are available.
It is important for all to recognise the signs and symptoms of undiagnosed Type 1 diabetes in children, which is a medical emergency. The main symptoms of Type 1 diabetes are called the 4 Ts:
THIRST (often all the time) **TIREDNESS**
TOILET (needing to urinate more often) **THINNER** (losing weight)
Information about the signs and symptoms of all types of diabetes at:
https://www.diabetes.org.uk/diabetes-the-basics/diabetes-symptoms

Yr 9 Parent Consultation Evening – Wednesday 10 February, 16.15 – 19.30
Parents have been sent a letter inviting them to this event, along with guidance for booking appointments via SchoolCloud.

Yrs 9 – 13 Examination Statement of Entry
Students should have received their statement of entry, a reminder that they must check the information carefully including all the personal details and entries.
Students must email Mrs Mandal via smandal@cchsg.com confirming that they and their parent are happy with all the details and the name on the certificate on the statement of entry.
Deadline: Wednesday 10 February. Entries will not be submitted to the awarding body until this confirmation email is received.

Get involved in the #ThankATeacher campaign
Students may want to show a special member of staff (teaching or support staff) how much their work is valued by sending a free Thank a Teacher card.

Highways England: Advance Notification of Works on A12 Junction 27 Slip Road Repairs
Highways England is currently resurfacing the A12 southbound carriageway between junctions 27 and 26, they expect the work to be completed by mid-February, subject to weather conditions.
Further to this, we have been notified that repairs to the concrete road surface of both the A12 northbound and southbound slip roads at junction 27 Spring Lane are to take place starting on Wednesday 17 February for approximately 2 weeks, subject to weather conditions. The work will be carried out overnight between 20.00 and 06.00 on weekdays, with two full weekend closures from 20.00 on Friday 19 February until 06.00 on Monday 22 February, and 20.00 on Friday 26 February until 06.00 on Monday 1 March. Regular updates should be made available on their A12 scheme webpage www.highwaysengland.co.uk/A12concrete.

For daily news updates follow CCHSG on Facebook or Twitter @CCHSG_

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PE Weekly Challenges – The CCHSG Distance Challenge
The PE department have created an exciting challenge for all students and staff to take part in. This is a challenge to see how far we can travel as a school community between the 8 – 21 February. If students and their families go for a walk, run or cycle then make a note of how far you have travelled each time and submit the total distance in kilometres to their PE teacher via MS Teams on Monday 22 February. Please see the end of the Bulletin for full details of the challenge and information on the benefits of walking. This challenge is running in place of the previous weekly challenges, this is not compulsory over the Half Term break. Good Luck!

PE Weekly Challenge Results (25 – 29 January)
Well done to everyone who completed last week's PE challenges! The Yrs 10 & 11 Challenge results:

Yr 10 Core Groups	Yr 11 Core Groups	
1st – 10FF 370 points	1st – 11DD with 401 points	Students can view the top scorers
2nd – 10EE 329 points	2nd – 11BB with 352 points	from the whole school via the
3rd – 10AA 321 points	3rd – 11FF with 350 points	Student Bulletin.
4th – 10DD 291 points	4th – 11CC with 291 points	
5th – 10CC 259 points	5th – 11AA with 215 points	
6th – 10BB 197 points	6th – 11EE with 203 points	

Healthy Living – Focus on Food
This week's recipe for **Moroccan Chicken Tagine** (easily made as vegetarian) is hearty and warming, particularly as it is so cold outside at the moment. It is quick to prepare, packed with nutrients and full of colour and flavour. Just a handful of ingredients, that can be easily amended to suit your tastes, make this delicious meal. Find the recipes on SharePoint, with all the other recipes so far, via Focus on Food.
Do send pictures of your breakfast to nwebb@cchsg.com.

Wellbeing Information
Any student who feels they need wellbeing support at this time should contact their Year Leader who can advise and signposts suitable resources and support organisations.

A Message from the Wellbeing Ambassadors to Students
The Wellbeing Ambassador team is here for you! We are a group of students in different Year Groups at CCHSG, who are able to support you by giving advice, proposing new ideas, suggesting coping mechanisms/stress relievers, or just listening when you need us. We are going to try and use this page as a way to communicate with you, introduce some activities for you to do at home, and be a platform for you to know how to contact us on.
Our inbox is always open if you would like to chat with someone, we can listen to you and do our best to help you in any way possible. It is really important that you take time to recognise how you are feeling and to always try your best to prioritise your mental health.
Our email address is aa-wellbeingteam@cchsg.com

This week is Children's Mental Health Week 2021 so we have compiled a list of suggestions you could do to support your mental wellbeing:

1. **Try not to spend all day at your computer!** Make the most of break and lunch time by stepping away from your screen
2. **Exercise** (I know this is said often but it is really important! Even if it is just for a 20 minute walk, or trying one of the PE challenges)
3. Try to take some time to **get outside** and take in some fresh air
4. **Talk** to a friend or your family
5. Practice some **meditation** or **yoga** (or mindful breathing or colouring – this is really good at reducing stress levels!). We have some videos on the school Wellbeing MS Teams page, or YouTube is full of them
6. Get a good amount of **sleep** every night

Things to remember:

- It's important to look after yourself
- It's okay (and beneficial!) to cry
- It's okay to have bad days
- It's okay to feel low
- It's okay to reach out for help! ♡

Keep trying your best with your school work, and make sure you take some time for yourself and reach out if you would like some guidance (or just someone to chat to) - your struggles will always be valid!

From two Yr 11 students and the Wellbeing Ambassador Team.

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Action for Happiness
Are a movement of people from all walks of life who are taking action in their personal lives, communities, workplaces and schools to help create a happier and more caring society. They help people learn practical ways to increase their wellbeing and make others happier too. Please see the end of the Bulletin for their outline of Ten Keys they have identified to happier living. More information can be found at www.actionforhappiness.org, and there is a free App that can be downloaded to your phone.

E-Safety Information

Safer Internet Day – Tuesday 9 February
In support of Safer Internet Day 2021, we would like to direct parents who would like to find out more, to the UK Safer Internet Centre website by following the link https://www.saferinternet.org.uk/

This site is an invaluable resource where you and your child can find out the best ways to stay safe online and what to do if you encounter a problem. In addition, Yrs 7 & 8 students will be learning about online safety in their Computing lessons and all Form Tutors will be given the opportunity to run an internet safety quiz with their Form Group one day next week.

We would also like to remind parents and students that we have an e-safety section on the school website which has lots of helpful information and guidance about specific online activities students are involved in:
https://www.cchsg.com/e-safety/

We recognise that with more time being spent at home and in-particular more time spent in front of computer screens and mobile devices, our students and their parents are more likely to need relevant and up-to-date information about their online activities.

We would like to suggest some top tips for staying safe online, found at the end of this Bulletin, from one of our training providers. Our staff have completed training courses from this online provider and find the materials to be high-quality and very informative.

Finally, we would like to take this opportunity to remind all parents that if you have any concerns at all about the online activities or safeguarding of your children then please do not hesitate to make contact with the school or other relevant authorities.

Extra-Curricular and Enrichment Activities

Yrs 12 & 13 VetSoc
Vetsoc continues every Tuesday at 13.00 via MS Teams, focusing on applying to university and how COVID-19 may have affected applications. Students who would like to be added to the Microsoft Team, should see details on the Student Bulletin.

Yr 12 Sutton Trust Summer Schools
These enable students to take part in a weeklong residential at a leading UK university. They will take part in academic taster sessions and social activities, getting the chance to meet like-minded young people from across the UK and explore a subject of their choice. The programme do specifically look at students who would be the first generation in their family to attend university, have been in receipt of Free School Meals whilst at secondary school, live in a neighbourhood with a low rate of progression to higher education or a high level of socio-economic deprivation or have been looked after or in care. The more criteria students meet, the more likely they are to get a place on the programme. Applications are open now and close on Tuesday 2 March.

The Sutton Trust Apprenticeship Summer School (19-21 July) is an excellent opportunity for students to gain an in depth understanding of degree apprenticeships, what they involve and whether a degree apprenticeship is the right choice for them. They will hear from current apprentices, experience networking opportunities, attend sessions hosted by employers and learn the different application processes employers use. Applications are open now and also close Tuesday 2 March.

All applications must use Mrs Pigott as a teacher reference. Please visit the following website for further information:
https://www.suttontrust.com/our-programmes/

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EcoSchools Update
If students are wondering how they can continue helping us on our Eco-Schools journey, whilst adhering to COVID guidelines, they can click the link below to be inspired. As a school we are focusing on biodiversity, energy and the school grounds, but they are free to choose any activities from the list! https://www.eco-schools.org.uk/wp-content/uploads/2021/02/EcoSchoolsAtHome-Topic-Actions.pdf Students can submit evidence of their EcoSchool efforts to jking@cchsg.com or students can post to the GeogSoc MS Teams channel code: ihvp5o7.

Online Learning Resources
Resources that may be of use/interest:
My Online Schooling provides a full-time British education online to all children of school age.
https://myonlineschooling.co.uk/community/free-homeschooling-resources/
OCR - Past exam materials connected to exams, or internal assessments, that have taken place in the past.
https://ocr.org.uk/blog/how-can-students-use-past-exam-materials/
Quiz your English App https://www.cambridgeenglish.org/learning-english/games-social/quiz-your-english/
Improve your English Grammar https://www.cambridge.org/gs/cambridgeenglish/catalog/grammar-vocabulary-and-pronunciation/english-grammar-use-4th-edition/product-details/app

International Women and Girls in Science Day: Yrs 12 & 13 Q&A Session – 11 February 18.00 – 19.00
The University of Warwick are celebrating International Women and Girls in Science Day by hosting a live Q&A session with some of their leading female academics, who will give you a first-hand account of their journeys into Science, how they discovered their pathways and what inspiring ideas they are leading on. Students will have the chance to ask questions, hear from a Warwick graduate, as well as a current Warwick Science student. **Register your interest here to find out more!**

Support Through Court, Women Who Challenge: The Legal Sector, Virtual Event Monday 8 March
A charity providing practical and emotional support to those facing court alone to ensure they best access justice, are hosting this event to compliment the theme of International Women's Day which is #ChooseToChallenge, for students who are either studying or have an interest in law. Hosted by Kay Burley, Sky News presenter and broadcaster, the panel discussion will showcase women in the legal sector, with speakers sharing their experiences and what challenges they have had to overcome. Tickets are discounted for students, costing £8, all funds raised will go directly to funding the work of Support Through Court. Further information and the link to register for the event is: www.supportthroughcourt.org/events/social-events/women-who-challenge-the-legal-sector

Virtual Talks from Speakers for Schools
Next week's schedule can be found via **Live Broadcasts Schedule**.

Date & Time	Speaker	Talk Information
Monday 8 February 10.00 – 11.00 **LINK TO JOIN**	Tom Toumazis MBE, Former Media, Entertainment and Tech Executive, now investor in start ups	Sharing his work/life experiences and encouraging young people to explore a career in the world of media and entertainment
Monday 8 February 14.00 – 15.00 **LINK TO JOIN**	Milo Beckman, Author, *Maths without Numbers*	Milo will be talking about a famous question in abstract mathematics: Is there anything bigger than infinity?
Wednesday 10 February 14.00 – 15.00 **LINK TO JOIN**	Jean-Patrick Cheylan, Head of Entertainment Partnerships, Europe, Twitter	Sharing insights into his career journey and where to gain relevant work experience. He will be providing advice on how we can develop our resilience.
Thursday 11 February 10.00 – 11.00 **LINK TO JOIN**	David Cordon, Head of TV and film and Jo Wilkinson, Head of Production & Yuval Turgeman, 3D Artist	Sharing an insight into their careers and will be providing tips for students who are interested in a career in Film and TV. Students will have the opportunity to ask the panel questions.
Thursday 11 February 14.00 – 15.00 **LINK TO JOIN**	Sathnam Sanghera, author and journalist and Zawe Ashton, actress, playwright and director	Discuss the impact of Empire on modern Britain, its absence from the school curriculum and why it's relevant to young people today.

Watch pre-recorded broadcasts from their library here

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Careers and University Information

CCHSG Careers Information

Mrs Kee is continuing to hold telephone appointments with students these are available on one day every week, either Monday or Wednesday. Interested students should email Mrs Mandal via smandal@cchsg.com and include in their email a preferred telephone number for the appointment. This information will be passed on to Mrs Kee who will contact the student to fix an appointment. Students are not to approach Mrs Kee directly.

Student Life at Russell Group Universities – Monday 8 February, 16.30

Students can join a panel of current students as they discuss what life is like at a Russell Group university. They will share their journey from making an application to looking for employment opportunities, and everything in between: Meet The Russell Group
Whether students are considering university or already applied, this session may be of interest.
To book: https://zoom.us/webinar/register/WN_9mWl4mHwRFOT3TLiI7CUlw

Yrs 10 – 13 Young Professionals: 'Apprentice Talk Sessions' Monday 8 February 15.00 – 17.00

A free event for those interested in learning more about apprenticeships, with the opportunity to ask questions and learn about different types of apprenticeships. To register go to https://www.research.net/r/NAW2021

HSBC Investing in Futures

HSBC Foundation and Degree Apprenticeships will be going live to coincide with the National Apprenticeship Week (8 February). These opportunities will be available on their UK Apprenticeships page. In addition, HSBC 2021 Work Experience opportunities are live now and students can apply via their Work Experience page.

HSBC Bite-Sized Virtual Events

The Early Careers team at HSBC have created a series of bite-sized virtual events and supporting material, all designed to give confidence on current and future employment. The webinars are free to attend, hosted via Meet & Engage or Zoom. Please register in advance through the links below. Spaces are limited, and will be allocated on a first come, first serve basis.
8 February, 18.00 – 19.00: HSBC & You: Uncovering the culture, benefits, mission and breadth of opportunities available at HSBC.
10 February, 18.00 – 19.30: Do I need a degree to enhance my career? An exploration of various career routes that are available.
Register for these webinars via https://meetandengage.com/hsbcfutures

Half Term Health and Care Academy Opportunity

Care Development East are organising a virtual Health and Care Academy that will be available for students aged 14-18 during Half Term.
The sessions will be delivered by professionals working in the health and care sector and will provide information on career pathways, rewards and challenges of the profession, different specialisms etc. Students will also have the opportunity to ask questions.
Flyers with more information and an event available during National Apprenticeship Week relating to health and care apprenticeships can be found at the end of the Bulletin.

The University of Warwick National Apprenticeship Week Digital Resources

The university have compiled some digital resources for students to help raise awareness of Degree Apprenticeships.
Watch their 3-minute video explaining exactly what a Degree Apprenticeship is.
Read about what our Apprentice Blogger Sabrina chose a Civil and Infrastructure Degree Apprenticeship.
Listen To their apprentices' experiences and putting that knowledge into practice in the workplace.
In addition, they currently have opportunities available on their **vacancies page** with Jaguar Land Rover and Murphy Group.

Community Information

The Discover Colchester Project

Launched today, two differing project activity books entitled “Discover Colchester” which are free for families to download and print at home. Sponsored by the Lion Walk Shopping Centre it aims to support families; education, learning, creativity, local history knowledge, mental stimulation, and much more, through lockdown. The books are available via https://www.willquince.com/discover-colchester and www.lionwalkshopping.com
In addition, there are six x £50 competition prize giveaways, with the online completed submission of work to discovercolchester@lionwalk.co.uk

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Essex Young Musician of the Year 2021
The competition aims to support and encourage young Essex musicians of talent and potential – this year marks the 37th competition which will be held on Sunday 4 July. It is open to instrumentalists (not organists due to the lack of a suitable instrument) and singers, aged 26 or under on 4 July 2021, who were either born in Essex (including the old Essex towns of Ilford, Wanstead and Woodford), whose home address is in Essex, or who attend or have attended school or college in Essex. First prize is £1,000 and the offer of a recital engagement, further additional cash prizes will also be awarded. Prizes will also awarded to two candidates under 19, who have given the most outstanding performances in their age group.
Full details can be downloaded from the club's website: www.ongarmusicclub.org.uk. Applications are made online through the website, the closing date for entries is Monday 31 May.

Bin It! 2021
A competition for students to help spread the word about how easy it is to bin litter; 2020 was tough for everyone and it was tough on our environment; a new type of litter, PPE, damaging to health as well as the environment.
Create a created advert that encourages both behaviour and attitude change towards litter, for a bus stop, a radio advert or even a Tik Tok, to win £500 for the school and £500 for themselves. To read more about the competition and to download the entry form go to https://binit-education.co.uk/1NJG-78248-3U3YKH-4C648O-1/c.aspx

Colchester Police Local Update
Essex Police have shared with us their latest newsletter and updates, this is available via:
https://colchesternhw.org.uk/colchester-and-essex-police/

Correspondence Sent Out This Week
Yr 9: Parent Consultation Evening
Yrs 9, 10 & 12: Additional Language Examinations Information (selected students)
Yrs 9 – 13 Examination Statement of Entry

Deadline for Replies and Payments

Year Group	Trip or Event	Deadline for Response
Yrs 9 – 13	Examination Statement of Entry	Wednesday 10 February

This Week's Brainteaser
For each of the following, place the two words together and rearrange the letters to give a type of sauce. What are the three sauces?
ART + TEAR =
TOO + MAT =
SUCH + SEAR =

Last week's answer: Home, mark and right.

Word of the Week for w/c 8 February
Next week the word is: **ACQUIESCE** – submit or comply silently or without protest.

Colchester County High School for Girls
5 February 2021

PTFA
Registered Charity No. 1110464

1. Second Hand Uniform and Revision Books
Due to the uncertainty over school re-opening and following the latest Government and NHS advice, the planned one-day uniform and revision books sale on Saturday 27 February will be postponed for the foreseeable future. The safety of parents, students and volunteers running and attending such an event is paramount. Rest assured that we will definitely organise a sale as soon as it is safe to do so.

If you are having a sort out, please keep items of outgrown uniform and revision books, as we will gratefully accept your donations when school reopens.

2. Classlist Sign-up – All Year Groups
Would you like to connect with other parents from your child's Form and Year Group? If you have not done so already why not join the CCHSG Classlist? Year 7 parents may find Classlist particularly useful in connecting with other parents, as the usual social opportunities have been very limited this year. Classlist offers a fully GDPR-compliant way for you to communicate directly with school families. It is the perfect way to connect easily and safely, because users have full control over what data they would like to share. Simply go to www.classlist.com, search for our school and sign up. You can also download the Classlist app on iOs and Android.

Class Reps Needed to Host Virtual Meet-up of Parents
Since the start of the pandemic, the PTFA has endeavoured to support our local communities and keep our members connected through events like our virtual quiz nights. We would now like to encourage parents to engage with other parents from their child's Form. We are seeking volunteers who have paid Zoom accounts to host virtual coffee mornings, cocktail hours, quiz nights or other virtual gatherings. If you can help with this, or would like more information, please get in touch with Agness O'Brien via Classlist or email cchsgptfa@gmail.com.

3. Seamstress Available for Uniform Alterations
We are pleased to be collaborating with Mrs Sally (Sal) Williams of Copford, Colchester who will be able to do alterations to your child's uniform, including blazer, at a very affordable price. Contact: Sal at 01206 211735 / 07542 182552 or email sallyannwilliams1965@gmail.com

4. Help Raise Funds for CCHSG PTFA
If you have ideas that could help generate funds and/or create virtual social opportunities for the PTFA community, please email us at cchsgptfa@gmail.com. Here are some simple ways that you can already support the school during this difficult time:

- **Easyfundraising** – Every time you do your online shopping via Easyfundraising, retailers donate money to CCHSG PTA, completely free. Please sign up here: https://www.easyfundraising.org.uk/causes/colchestercountygirlspta/
- ***AmazonSmile*** – You now need to search for amazon on www.easyfundraising.org.uk or the App. You will then be directed to AmazonSmile. Sign up to support Colchester County High School for Girls PTFA.
- **STIKINS ® by Label Planet** – Multipurpose name labels for all a school items. CCHSG PTFA earns up to 30% commission on all sales. Name labels are essential for busy parents and schools who don't have time to deal with lost property. Stikins are an easy self-adhesive solution with no sewing needed. CCHSG PTFA have been allocated a unique code 35809 for parents to use. Visit https://www.stikins.co.uk to order online.
- **Ink Cartridges Recycling In Support of CCHSG PTFA**. With home schooling and many parents working from home at the moment, you can help raise funds simply by recycling your ink cartridges via the Recycle4Charity programme. For each inkjet cartridge recycled via the programme we will receive a £1 donation. Cartridge brands accepted include HP, Dell, Canon, Kodak, Frama, Pitney Bowes and Neopost, full list here https://www.recycle4charity.co.uk/InkjetCartridges
  For your convenience, FREEPOST envelopes can also be sent to your home address so you can send cartridges directly via freepost. To do this, please register at: http://www.recycle4charity.co.uk/Register/C95556

PTFA CONTACTS:
Chair: Agness O'Brien
agnessobrien@hotmail.com
Tel. 01376 573694 or 07951 511653
For all enquires related to the PTFA, email cchsgptfa@gmail.com

CCHSG DISTANCE CHALLENGE

How far can we travel?

Monday 8 February - Sunday 21 February



How can you complete the distance?

Walk

Run

Cycle

Alternatively, any other format of travel...Except for in a car!



CCHSG TO..... LONDON (104 KM)

CCHSG TO..... PARIS (513 KM)

CCHSG TO..... BERLIN (951KM)

CCHSG TO..... MADRID (1,777 KM)

CCHSG TO..... ROME (1,890KM)

CCHSG TO..... MOSCOW (2,733KM)

CCHSG TO..... NEW YORK (5,625KM)

CCHSG TO..... BEIJING (8,062 KM)

CCHSG TO..... TOKYO (9,488 KM)

CCHSG TO..... SYDNEY (16,916 KM)

CCHSG TO..... WELLINGTON (18,753 KM)

Please remember to read the PE safety leaflet if you are going out for a walk/run/cycle



Keep a log of the distance that you have travelled. You could also get your family involved in the challenge too! You will need to submit your total distance travelled to your class TEAMS Assignment on Monday 22 February.



The Benefits of Walking

Walking is a great way to improve or maintain your overall health. Just 30 minutes every day can increase cardiovascular fitness, strengthen bones, boost muscle power and endurance.
Walking can boost your wellbeing and mood, is a great way to unwind from the stresses of life.

TOP TIPS:

- Walk at a brisk pace. To measure this, you should still be able to talk however; you will struggle to sing a song!
- Increase your walking distance gradually
- Try a new route each time
- Walk as a family
- Longer routes may require some supplies. Ensure you have plenty of water and appropriate clothing for the weather

~~I'm tired~~
~~It's too cold~~
~~It's too hot~~
~~It's raining~~
~~It's too late~~
Let's go



Helpful Websites:
https://www.nhs.uk/live-well/exercise/walking-for-health/
https://www.walkingforhealth.org.uk/
https://www.livewellcampaign.co.uk/activities/walking-in-essex/



PARENT FACTSHEET – JANUARY 2020

10 tips to stay safe online

Not sure what advice to give your child? Our pointers have got you covered.

1. You should only talk to people you know and trust in real life – anyone can pretend to be a child online
2. If you do talk to people you don't know, don't give away personal information – like what street you live on or where you go to school, or share your location with them. Say no to any requests they send you for images or videos of yourself, and stop talking to them
3. Set your profiles to private, to limit what others can see
4. Be 'share aware' – think carefully about what you share and with who. Once it's out there, you've got no control over what the other person does with it. Remember, it's illegal to take, share or view sexual images of under-18s, full stop
5. Be mindful of your digital footprint. What you post online now could come back to bite you later, like when applying for jobs, college or university
6. If you see something upsetting, or someone bullies you, tell an adult you trust



7. Be aware that people will try to make their lives look more exciting online. There's a lot people can do with photo editing to make their photos look better. So don't assume everything you see is a true to life representation
8. Watch out for hoaxes and scams, like messages you're meant to forward on or that ask you for payment details or your password
9. Take any content that glamorises gang lifestyles with a very large pinch of salt – it's not as glamorous as it looks. Be wary of schemes promising easy cash for receiving and transferring money too, they're almost definitely criminal activity
10. Watch out for loot boxes or other parts of games where you pay money to take a chance on getting a reward – you can get sucked into spending lots of money on them

Don't feel confident starting a conversation with your child about what they're up to online? Read this advice from the NSPCC: https://www.nspcc.org.uk/keeping-children-safe/online-safety/talking-child-online-safety

Further information

This factsheet was produced by Safeguarding Training Centre from The Key: www.thekeysupport.com/safeguarding

- 'Stop kids from loot box gambling in games', BBC News, 12 September 2019
  https://www.bbc.co.uk/news/technology-49681870
- 'Rescue and Response county lines project: strategic assessment 2019', Greater London Authority
  https://www.london.gov.uk/mopac-publications/rescue-and-response-pan-london-county-lines-service
- Home, Money Mules
  https://moneymules.co.uk/
- Share Aware resources for schools and teachers, NSPCC Learning (scroll down to the parent's leaflet in the grey box)
  https://learning.nspcc.org.uk/research-resources/schools/share-aware-teaching/
- Sexting in schools and colleges, UK Council for Internet Safety
  https://www.gov.uk/government/publications/sexting-in-schools-and-colleges

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Safeguarding Training Centre from The Key



Are you aged 14-18 living in Suffolk and North East Essex?
Want to know more about careers in Health and Care?

Register Today

Free online sessions during February Half Term Monday 15th to Friday 19th February

For more information contact
ambassadors@caredevelopmenteast.co.uk

HEALTH & CARE ACADEMY

The Next Generation Project
"Inspiring the next generation"
An Integrated NHS and Social Care project

CAN DO HEALTH & CARE



Want to find out more about Apprenticeships within Health and Care?

Join us for a **free** virtual event on Thursday 11th February from 11.30am – 1pm

National Apprenticeship Week 8-14 February '21

To register email:
l.rees2@nhs.net

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Apprenticeships
National Apprenticeship Week 8 - 14 February 2021