

NEWSLETTER

No. 8



This is what we are about.
We plant the seeds
 that one day will grow.

CAFOD
 Just one world

Headteacher's Message

Welcome again to our weekly newsletter.

It is hard to believe that we are nearly at the end of our academic year, only four weeks to go! Year 10 are in the middle of their mock exams with Year 9 to follow shortly. We have been impressed by the focussed approach that Year 10 have had with regards to these mocks and hope to see a similar approach from Year 9! Senior and Middle Leaders have been in discussion with regards to formulating an exciting and challenging Programme of Learning for next year. Work on site has continued on the flooring in the tower block and works are planned for over the coming weeks on the library.

This week I would like to talk to you about the transformation we are seeing here at Stuart Bathurst Catholic High School. On Monday we started the process of building a 100% Compliance Culture. You as parents have been kept informed as to when this was starting and what it entailed through these newsletters. In it's first four days the results have been amazing. We have seen a drop of 59% in terms of behaviour incidents. Most remarkably, in Year 10 a drop of 78%, and Year 7 which was 67%. We have also seen a drop in the number of pupils late to school. It is currently a third of what it used to be. Hearteningly, each day those figures are improving.

Staff and students are already reaping the benefits of consistently calm and orderly classrooms where great teaching and learning is happening. I'd like to share with you a comment made by one of our children who said to their teacher "Miss, can you pass a message onto Mrs Morris" the teacher was a little unsure but said "Yes of course" to which the pupil said "can you tell her thank you

for all she's doing". This one comment made my day and it has been followed by others directly to me of children and staff who are enjoying the freedom to teach and learn in a scholarly community.

I have to emphasise though that this is not a me or I situation here at Stuart Bathurst Catholic High School, every single one of our community has a part to play in making our school move forward.

I am very fortunate to be leading a hard-working, professional and proactive staff who go the extra mile voluntarily on every occasion. I am Headteacher to a group of young people who very much want to "Do and be of their best". Our children are genuinely delightful. In addition I am supported by a group of parents like yourselves who have seen the need for change and embraced it despite some of the decisions made being difficult. I appreciate the trust you have placed in both myself and the staff to turn the school around.

My message is relatively brief this week not because I have little to say - in fact I could probably write a book on the good work that is going on here. The quote above comes from Saint Oscar Romero, one of my favourite Saints. I have huge respect for him because he fought for Social Justice and against the drugs cartels in South America. He was murdered whilst saying Mass with his congregation. The quote above fits well in the week we bade farewell to Year 13. We hope the seeds sown with those wonderful young people about to step out into the world will bring them happiness and success. I was fortunate enough to attend their leaving mass which was a beautiful way to mark the end of their time with us. We remembered Viren Patel and his family in our prayers and ask you to do the same.

Once again thank you and God Bless,
Mrs Morris

**CONTACT US
 OR FOLLOW US
 ONLINE FOR MORE
 INFORMATION**



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@stuartbathurst

Charity Day 2019!

An update from the Charity Committee for Lower School

As our annual charity day looms, we reflect on why we decide to host it every year. We reflect on the charities that our fundraising helps such as Smile for Joel, Papyrus and CAFOD – all charities that are close to our hearts at Stuart Bathurst - and how it helps them achieve their goals, little by little.

This year, we want to make sure it is an unforgettable day so myself and Taylor Pedley are taking the lead on the coordination of charity day and have put together an excellent team of year 12 students with their own independent roles that will ensure that this charity day is the best one yet!

We are planning to hire bouncy castles, slush puppy machines, having raffles and lucky dips and ice cream and bake sales. We are also very excited to announce that the plans are being drafted for a Sixth Form vs Staff netball match; a match that, I imagine, will get very competitive; place your bets because it will be a tough match...for the staff.

As well as all this, we need you in your forms to start deciding on a stall that you will set up to raise money for our charities. In the past we have had Hawaiian theme stalls with coconut shies, soak the teacher stalls and henna stalls. So: get your thinking caps on and try to be as creative as possible. You will have a sixth form leader coming to take your ideas and help you get started with the creation of a plan in the following weeks.

If you have any suggestions on what you would like to see happening on Charity Day please come and see us or contact us; we would really appreciate your input.

Thank you.

Sophie Wain

13swain@stuart-bathurst.org.uk

Taylor-Jade Pedley

13tpedley@stuart-bathurst.org.uk

Virtues Awards

Each week we will be commending students who have demonstrated one of the Catholic virtues, either in their studies or their actions. This week's Virtues Awards go to:



Year	Student	Virtue Award
Year 7	Lukas Gruzdy	Curious
Year 7	Dhishika Luther	Wise
Year 8	Julia Sienkiewicz	Active
Year 8	Mason Halloran	Compassionate
Year 9	Jodie Hackett	Learned & Wise
Year 9	Sean Gardner	Learned & Wise
Year 10	Faheemah Patel	Faith-filled & Hopeful
Year 10	Adam Motara	Faith-filled & Hopeful
Year 12	Luqmaan Patel	Learned & Wise
Year 12	Tasharna Harris	Learned & Wise
Year 13	Liam McMulkin	Learned & Wise
Year 13	Hayley Chambers	Learned & Wise

International Youth Forum



Nearly 250 young adults will meet in Rome this week for the International Youth Forum to discuss how best to implement ideas from the 2018 Synod of Bishops in their home dioceses.

Citing Pope Francis' urging in *Christus Vivit* that "young people themselves are agents of youth ministry," the Vatican Dicastery for Laity, Family and Life invited young adults from 109 countries to participate in the forum June 19-22. All the "youth delegates," who are between the ages of 18 to 29, will listen to talks and panels on synodality, pastoral ministry, and vocational discernment. Pope Francis published *Christus Vivit*, a 50-page letter to "all Christian young people," April 2 following the Synod of Bishops on young people, faith, and vocational discernment.

In *Christus Vivit* Pope Francis addressed the obstacles to faith and personal fulfillment faced by young people today, such as isolation, over-consumption of media, and addiction to drugs and pornography. Do not let the world "rob you of hope and joy, or drug you into becoming a slave to their interests," Francis said.

"You need to realize one basic truth: being young is not only about pursuing fleeting pleasures and superficial achievements. If the years of your youth are to serve their purpose in life, they must be a time of generous commitment, whole-hearted dedication, and sacrifices that are difficult but ultimately fruitful."

On the final day of the International Youth Forum, Cardinal Kevin Farrell, prefect of the Dicastery for Laity, Family, and Life will celebrate Mass in St. Peter's Basilica with the young participants, after which they will meet Pope Francis.

Meet the PE Team

Mrs Wright

Head of PE

Favourite book: Matilda

Favourite film: Seven

Favourite hobby: I love playing netball but have had to retire this season due to being a taxi service to my three children to all of their sports clubs and fixtures.

Favourite teacher: Miss Massey my PE teacher. She always encouraged to participate in clubs and fixtures as I didn't think I was good enough to make the school teams. She helped to find a netball club outside of school and I've been playing netball ever since.

Favourite sports person: This is too difficult to name just one. Jade Clarke who plays centre for Wasps netball team and England is my favourite player to watch. Dame Jessica Ennis-Hill is an inspirational athlete and mother. I love her dedication to her sport and her determination to succeed even when overcoming injuries. My sporting icon has to be Muhammad Ali. He was an exceptional boxer who not only physically would beat his opponents but used sports psychology to mentally intimidate other boxers.

Favourite quote: "You know I'm bad. Just last week, I murdered a rock, injured a stone, hospitalised a brick. I'm so mean, I make medicine sick."

Favourite scripture: "Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up his fellow."

Fact or Fiction:

1. I used to compete in latin and ballroom dancing.
2. I have been a synchronized swimmer.
3. I have played rugby for Lichfield.

"I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed."
Michael Jordan



Mr Smith

PE Teacher & Head of Year 8

Favourite book: Anything by Andy McNab

Favourite film: Shawshank Redemption

Favourite hobby: I have always loved to play all kinds of sports. I still play football every week and have recently started playing golf. I use the term 'playing' loosely.

Favourite teacher: Mr Jones, my PE teacher. He was the teacher that inspired me to become a PE teacher. There was a time while I was at college that I was not even set on going to university, however he encouraged me to choose this career path. I will forever be grateful that I listened to him!

Favourite sports person: I have a few different ones for different reasons. Tiger Woods is an all-time great and I love watching videos of him when he was in his prime. The amount of people that turn out to watch him is amazing. Usain Bolt is the ultimate showman. Rafa Nadal is one of the most intense tennis players I have ever seen. And, of course, who can forget Gabriel Agbonlahor for scoring so many winning goals against Birmingham City?

Favourite scripture: "Be on your guard; stand firm in the faith; be courageous; be strong."

Fact or Fiction:

1. I have once ridden an elephant.
2. I wrote, on my first day in year 7, that I wanted to become a PE teacher.
3. I am older than Mr Summers.



Miss Merrett

Teacher of PE/Dance/
Health and Social Care

Favourite book: Quiet by Ferne Cotton

Favourite film: Grease

Favourite hobby: I love playing the piano

Favourite teacher: Mrs Morgan my dance teacher. She always supported and pushed me to reach my goals. At times when I didn't think I was good enough she pushed me even further. She could always make me smile, even during flexibility and conditioning class when we were all in tears through the pain. Her dance school is my second home.

Favourite sports person: Not quite a sports person but Darcey Bussell (a ballet dancer) is my idol. She has worked hard to become a dancer and, like myself, faced a lot of obstacles. She inspired me to keep dancing myself. After meeting her and seeing her qualities of kindness, passion and determination she became my hero! I even named my daughter after her.

Favourite scripture: 'As long as you know that God is for you, it doesn't matter who is against you' Romans 8:31

Fact or Fiction:

1. I have met Michelle Keegan
2. I have qualifications in law
3. I have been on TV



More of the PE Team

Miss Adams

PE Teacher & Head of Year 9



Favourite book: PS I Love You – Cecelia Ahern

Favourite film: Forrest Gump

Favourite hobby: Netball, which I play twice a week. My team won the treble this season being crowned Division 1 winners for both leagues, and we won the cup. I love being a part of a team and it is even better because I get to play with my best friend. I do have a second hobby of... SHOPPING! A girl can never have too many clothes!

Favourite teacher: Miss Muir, my PE teacher. She always believed in me, encouraged me to take part in lots of sports, some that I have never played before. She is one of the reasons for me being a PE teacher. In fact, I occasionally still see her now, playing against her on the netball court.

Favourite sports person: Billie Jean King, what an athlete she was. As a tennis player, she won 39 grand slam titles and a huge advocate for gender equality. She also won the 'battles of the sexes' tennis match against Bobby Riggs. 'Sports teaches you character, it teaches you to play by the rules, it teaches you to know what it feels like to win and lose-it teaches you about life'.

Favourite scripture: Psalm 23 - The Lord's my shepherd, I'll shall not want; He makes me down to lie, In pastures green; he leadeth me, The quiet waters by.

Fact or Fiction:

1. When I was in Year 5, I opened a new local shop over my road.
2. I lived in Australia for a year when I was 4 years old.
3. When I was growing up, I always wanted to be a hairdresser.

Mr Summers

PE Teacher & Careers Lead



Favourite book: Back From The Brink, Paul McGrath

Favourite film: very tough choice I have over 300 DVD's at home, lets go with - See No Evil; Hear No Evil

Favourite hobby: apart from sport it would be travelling, rock music and classic sports cars.

Favourite quote: Attitude, Action, Achieve

Favourite teacher: Mr Nallen my PE teacher. He always gave me more time to complete homework because of me swimming and training for the district. He lost to me in a table tennis tournament. He always pushed me to my best.

Favourite sports person: This is too difficult to name just one. Ayrton Senna who has always been my favourite F1 Driver to watch. Paul McGrath is an inspirational person and the first defender to win PFA player of the year. He had to miss many training sessions because of the injuries to his knees. I loved his dedication to sport and his determination to succeed even when overcoming alcoholism. My sporting icon has to be Michael Phelps. The most successful olympian of all time with 28 medals 23 of them gold (world record) he was an exceptional swimmer who overcame personal hardship and coped with ADHD throughout school and college.

Favourite scripture: "Be on your guard; stand firm in the faith; be courageous; be strong."

Fact or Fiction:

1. I owned shares in Aston Villa.
2. I once won a poetry competition.
3. I once swam with sharks.

SPORTS WEEK 2019

1st-5th July

GET READY TO COMPETE!

School News Round-up

ROUNDERS FIXTURES 2019

Thursday 27th June – Year 8
Thursday 4th July – Year 7

WEEKLY ATTENDANCE

OUR TOP
FORM GROUPS

100- 98.5%

10M - 97.6%

9S - 97.2%

10W - 97.1%

7O - 96.6%

REMINDER: SCHOOL LIBRARY REQUEST

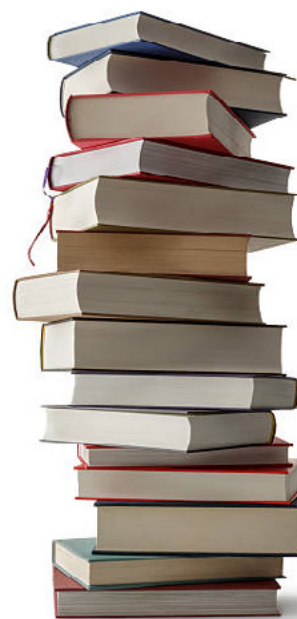
In Newsletter 5 we asked for your support with stock for our exciting new library. We are looking to stock the library with literary classics and worthwhile reads.

Here is a reminder of the 'wish list'.

If you have any books by the writers listed we would be extremely grateful for the donation.

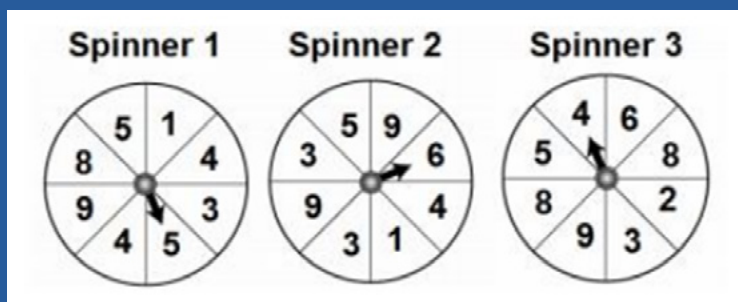
THE WISH LIST

Angela Carter
Cassandra Clare
Roald Dahl
Charles Dickens
Fyodor Dostoevsky
Arthur Conan Doyle
Neil Gaiman
John Green
Patrick Ness
Philip Pullman
JK Rowling
JRR Tolkien
Leo Tolstoy
Sue Townsend
Jacqueline Wilson



NUMERACY CHALLENGE

The 3 spinners below are each spun once
and the number written down.



Find the probability that when the three spinners are spun the numbers are either all prime numbers or all cube numbers.

WORD OF THE WEEK

euphoric

adjective:

feeling intense excitement
and happiness.

Can you:

Think of a synonym for this word?

Use this word in a sentence?

Test your friend on the spelling
of the word?

THE **gcsepod** LEAGUE!

Education on Demand



Aaron Dixon

Takira Keldo

Sinaan Jahangir

Luke Garmston



GCSE POD YEAR 9 AND 10 EXAM WEEK COMPETITION!

**Chance to win £20 voucher
for the highest podder.**

Get ready for your end of year examinations by using GCSEPOD. Remember that the pods are short bursts of core information that you can watch on your smartphone to support your classwork, homework and revision.

Miss G Raindi

Assistant Headteacher - Quality of Education
GCSEPod Lead

7W	3
7I	50
7S	25
7D	7
7O	653
7M	5

8W	55
8I	10
8S	25
8D	8
8O	8
8M	28

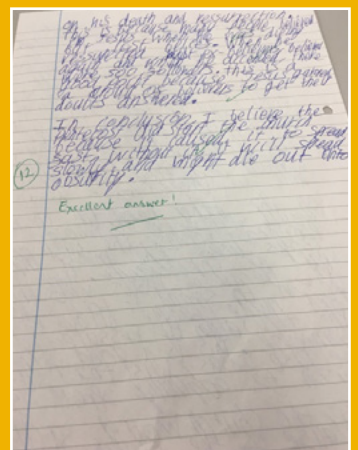
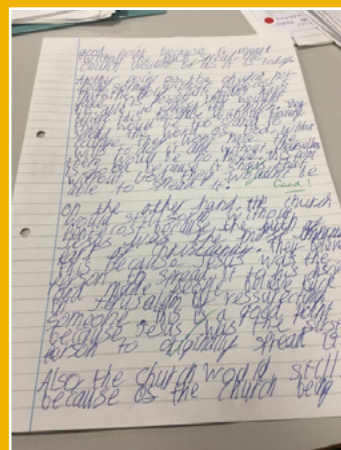
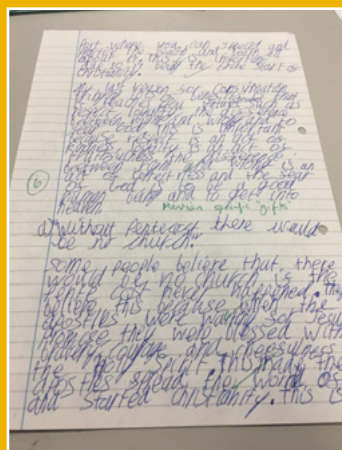
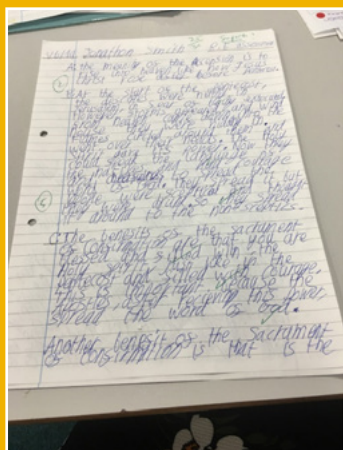
9W	86
9I	55
9S	71
9D	30
9O	69
9M	160

10W	228
10I	398
10S	248
10D	471
10O	164
10M	120

UNDER THE SPOTLIGHT

Showcasing Student Excellence

High quality work that our students have produced this week.
Well done to everyone mentioned below.
Keep up the great work!



Jonathon Smith's excellent Year 7 RE Assessment - nominated by Mr Thompson

Miss Raindi
Assistant Headteacher
Teaching & Learning

YEAR 7

Mr Connelly & Mrs Letford

CLASS CHARTS

Top 3 students - last week:

1. CASEY CLEWS (7O)
2. ADAM KUREK (7M)
3. THEA DIGGETT (7D)

Top 3 students - this half term:

1. TAKIRA KELDO (7I)
2. CASEY CLEWS (7O)
3. JONATHON SMITH (7M)

Top 3 students - since September:

1. TAKIRA KELDO (7I) - 1156
2. CASEY CLEWS (7O) - 1107
3. JONATHON SMITH (7M) - 1114

This week I have been overwhelmed with positive reports about how well Year 7 have adapted to 100% compliance and the new timetable. I have been in to over twenty lessons and in everyone witnessed a purposeful learning environment as students know that we have the highest expectations of them. Well done to 7W on some truly scrumptious chocolate cup cakes!

I would also like to highlight the fantastic work of Mia Webb (7S), pictured, for her recent Performing Arts award.

Finally, I have asked all Year 7 tutors to regularly check that students are ready to learn by asking to see their equipment. Students should come to school with:

2 Pens	Pencil	A purple pen	Rubber
Ruler	Sharpener	Planner	Maths Set
Casio Scientific Calculator		A set of colours	A reading book

All these items can be purchased in school, often at a far cheaper rate than the shops.



YEAR 8

Mr Smith & Mr Dawes

CLASS CHARTS

Top 3 students - last week:

1. AMIE ATKINS - 36
2. KOREY HAZELWOOD - 29
3. SHANE WOOD - 28

Top 3 students - this half term:

1. AMIE ATKINS - 156
2. KEELIE RAYBOULD - 162
3. PRABSIMRAN SIRAN - 143

Top 3 students - since September:

1. AMIE ATKINS - 1182
2. PRABSIMRAN SIRAN - 1097
3. KEIRA SOUTHAM - 1002

It has been a challenging week for Year 8 as we adjust to our 100% Compliance behaviour system. But, as always, our cohort have stepped up to the mark!

Those students who are conscientious and diligent have reaped the rewards of their good behaviour and perfect uniform. It has been a pleasure to walk through lessons that have a noticeably calmer learning environment for our pupils. Whilst a few mistakes are to be expected with the changes to our timetable implemented this week, our Year 8s are showing fantastic adaptability and are getting into lesson on time. Those who are ready to learn are setting themselves up for an excellent start to Year 9, which is fast-approaching.

Our highlights this week are Kaydee Jaundrill, whose excellent effort in Maths has not gone unnoticed, and Joyee Onik, who has displayed a consistently fantastic attitude to learning across all lessons.

The Year 8 Team would like all students to continue to arrive into school on time, fully equipped, and on their best behaviour. We have already noticed marked improvements, and are determined to see this continue!

YEAR 9

Miss Adams & Mrs Newell

CLASS CHARTS

Top 3 students - last week:

1. JODIE HACKETT - 46
2. KIAN GRAINGER - 38
3. EAN GARDNER - 36

Top 3 students - this half term:

1. JODIE HACKETT - 80
2. CHRISSIE MARTIN - 78
3. S GARDNER & J MORRISON - 70

Top 3 students - since September:

1. CHRISSIE MARTIN - 1305
2. AMELIA CLARK - 1109
3. TREVOR MCLAUGHLIN - 1049

This week marks the first week of the new timetable and 100% compliance. What a busy week it has been but it really has been fantastic to walk round lessons seeing so many year 9 students adapting to these changes and fully engaged in their studies. Great preparation for this mock exam period, keep up the great work!

Just a polite reminder that mock exams are continuing next week. Please make sure that we are organised and access all resources such as GCSE Pod to support our revision. Wishing you all lots of luck for your final mock exams.

This week the Year 9 Rounders team have taken part in their final round of the Sandwell schools tournament. It has been a privilege to watch the Year 9 team go from strength to strength, showing their determination and team spirit throughout. Huge well done to all the girls who have taken part.



YEAR 10

Mrs McCallum & Mrs Booker

CLASS CHARTS

Top student - last week:

1. JOSHUA GREEN
2. MEGAN STOKES
3. LEWIS PARKER

Top student - this half term:

1. JOSHUA WEBB
2. JOSHUA GREEN
3. LEWIS PARKER

Top 3 students - since September:

1. SABJOT SINGH
2. JOSHUA GREEN
3. AMIE WHEELER

Year 10 should be extremely proud of themselves and the mature way in which they have applied themselves during the first week of their mock exams. The second and final week of the exams begins with Maths, Science and RE exams.

Don't forget to continue to use GCSE Pod to support your revision.
The highest podder will receive a £20 voucher.

Over the next two weeks Year 10 will be holding cake sales to add to the money already raised for Birmingham Children's Hospital and the Edwards Trust. Towards the end of the term we will be looking for ways to raise funds and help to support the Acorns Children's Hospital in Walsall, which is being threatened with closure due to funding cuts. If you have any fundraising ideas please do get in touch.

Congratulations to Faheemah Patel and Adam Motara who were awarded certificates for putting into practice some of our school virtues.

**Y10 MOCK EXAM
TIMETABLE
ON PAGE 9!**

Year 11 into Year 12

Mrs Jordan & Mrs Meacham

Sixth Form Taster Week

JULY 8th – JULY 16th 2019

AM Sessions start at 8.55

PM Sessions start at 2.15

ALL STUDENTS PROGRESSING TO SIXTH FORM MUST ATTEND AT LEAST THOSE SESSIONS FOR SUBJECTS THEY WISH TO STUDY AT SIXTH FORM

All students are encouraged to try out other subject sessions to explore possible choices.

Day/Date	Time	Subject	Lead Facilitator	Venue
Monday 8 th	AM	Art	F Ward	DT1
	AM	IT	J Brookes/N Demitri	Media Room
	PM	Mathematics	P Sandhu	MA6
	PM	Music	A Pepper	MU4
Tuesday 9 th	AM	Digital Media	J Brookes	CIE
	AM – P3	Psychology	H Taylor	HU1
	PM	English Literature	C Kerr	EN1
Wednesday 10 th	AM	Biology and Chemistry	H Prosser & C Jones	Science Dept
	AM	Drama	C Pepper	Drama Studio
	PM	RE	A Virk	RE2
Thursday 11 th	AM	Physics	C Burrows	Science 4
	AM	Core Mathematics	H Boden	MA3
	PM	Health and Social Care	E Merrett	SFC1
Friday 12 th	AM	Business	N Harnedy	CIE
Tuesday 16 th	AM	Physical Education	T Smith	PE1

This week brought many tears as we wished our Year 13s farewell at their Celebration Mass on Thursday. Staff and students expressed their thanks and good wishes to all.

Year 13 have spent 7 years as part of our school community and they have contributed to the school each year through fund raising, representing the school at public events and setting an excellent example for others to follow.

As we wish our Senior Leadership Team led by Headboy Liam McMulkin and Headgirl Chloe Murray, goodbye, we look forward to the future and those students who have been inspired to lead our student body into the new academic year.



Student Leadership Elections Are Upon Us!

With the current political landscape introducing us once again to the importance of electing good leaders, we are now at the point where we are looking to elect a new Senior Student Leadership Team.

Student voices are powerful voices and we strongly encourage our students in Sixth Form to put themselves forward to represent themselves, their peers and their school through running for Head boy or Head girl in our Summer elections.

Students in Year 12 were invite to attend a special assembly where the challenge was set to them and they have responded with great enthusiasm. Many students have expressed an interest in becoming Senior Prefects, whilst others have confirmed their ambition to run specifically for the roles of Headboy and Headgirl.

We are proud to introduce this year's candidates:

For the position of Headboy:

Luqmaan Patel,
Rayhaan Perager,
Charles Brookes.

For the position of Headgirl:

Tasharna Harris,
Rashida Alkawaya,
Melissa Arslan.

Y10 & Y12 MOCK EXAM TIMETABLE

■ Y12 Exam ■ Y10 Exam

WEEK 2

	Mon 24th June	Tuesday 25th June	Wednesday 26th June	Thursday 27th June	Friday 28th June
Period 1	Maths Non Cal (1hr 30min)	Computer Science (1hr 30min)	Maths Cal (1hr 30min)	Physics (1hr 45 min)	Maths Cal (1hr 30min)
Period 2	Biology AS (1hr 30min) Geography (1hr 30min) RE (1hr 15min)	RE AS (1hr 15min) Biology (1hr 30min)	RE (1hr 15min) Psychology (1hr 30min)	Combined Science: Physics (1hr 15min)	
Period 3	Chemistry (1hr 45min) Combined Science: Chemistry (1hr 15min) History (1hr 45min)	English Lan (2 hrs) Physics (1hr 30min) Psychology (1hr 30min)	Geography (1hr 15min) Physics AS(1hr 30min)	GCSE PE (1hr 15min)	Computer Sci (1hr 30min)
Period 4					
Lunch					
Pastoral					
Period 5	RE (1hr)				

Publish date: 23/05/18
Edit date: 06/03/19



Instagram is a hugely popular social networking app with over 1 billion snap happy users worldwide. The app, which is accessible on iOS and Android devices, allows users to upload images and videos to their feed, like an online gallery. Images and videos can be transformed with an array of filters to edit the shot before sharing. Anyone with an account can see others' online 'galleries' if their account is not private. To make posts easier to find, users can include searchable hashtags and captions to their uploads. The app has additional features like an 'Explore Page', which contains videos and images tailored to each user based on accounts and hashtags they follow.

What parents need to know about INSTAGRAM



HOOKED ON SCROLLING

Instagram revealed that young users spent a minimum of 32 minutes on the app per day. Many social media platforms, Instagram included, have been designed in a way to keep us engaged on them for as long as possible. Behavioral economist Nir Eyal calls this the 'Hook Model' and the Instagram feed is a great example of this. Children and adults may find themselves scrolling to try and get a 'dopamine release'. Scrolling may become addictive and it can be difficult to stop scrolling until they find that 'something' they are looking for. Children may quickly lose track of time as they get deeper into their Instagram feed.

SLIDING INTO DM'S

Direct messages (or DM's) on Instagram allow users to share posts, images, videos, voice messages and calls between each other privately (or in a private group). Even if your child's account is set to private, anybody has the option to message them and send them content. If the person is not on your child's friends list, the message will still be sent to their inbox but the user has to accept their request to see the message.

INFLUENCER CULTURE

Influencers are sometimes paid thousands of pounds to promote a product, service, app and much more on social media. When celebrities or influencers post such an advert, they should add a disclaimer somewhere in the post which states that they have been paid for it. Commonly, this is well-hidden in the hashtags or in the comments of their post, making it unclear that their photo/video is actually an advert. This can be very misleading to young people who may be influenced into buying/wanting something promoted by somebody they admire. Dr Danielle Wagstaff, a psychology professor from Federation University Australia, said that social media and influencer culture can sometimes lead us to 'derive a false sense of what everyone else is doing' and that this "can definitely have a negative effect on our mental health and wellbeing."

DAMAGE TO CONFIDENCE, BODY IMAGE & MENTAL HEALTH

In a recent report by the RSPH, Instagram was ranked the worst for young people's mental health. Using filters on photos on Instagram can set unrealistic expectations and create feelings of inadequacy. Children may strive for more 'likes' by using realistically edited photos. Judging themselves against other users on the app might threaten their confidence or self-worth. In early 2019, Instagram boss Adam Mosseri promised to ban images of self-harm, following the suicide of 14-year-old Molly Russell, who had reportedly been looking at such material on the platform.

LIVE STREAMING TO STRANGERS

Live streaming on Instagram allows users to connect with friends and followers in real-time and comment on videos during broadcast, but this feature can be turned off. If your child's account is private, only their approved followers can see their story. It's important to note they may have accepted a friend request from someone they don't know, which means they could be live streaming to strangers. Children also risk sharing content they later regret, which could be re-shared online for years to come. Public accounts allow anybody to view, so we suggest your child blocks followers they don't know. In February 2019, the NSPCC demanded a crackdown on Instagram's 'failed self-regulation' after it was revealed grooming and abuse via the app had more than tripled. 5,000 cases of sexual communication with children, some as young as 5, took place in 18 months.

IN-APP PAYMENTS - Instagram allows payments for products directly through the app. It operates under the same rules as Facebook Payments, which state that if you are under the age of 18, you can only use this feature with the involvement of a parent or guardian.

EXPOSING LOCATION

Public locations can be added to a user's photos/videos and also to their stories. While this may seem like a good idea at the time, it can expose the location of your child. This is particularly more of a risk if it is on their story, as it is real time. Posting photos and videos is Instagram's biggest selling point, but with sharing images comes risks. A photo which includes landmarks in the area, their school uniform, street name, house and even tagging in the location of the photo uploaded to Instagram can expose the child's location, making it easy to locate them. If their account is not set to private, anyone can access their account and see their location.

HIJACKED HASHTAGS

Like Twitter, hashtags are also an extremely prominent tool in Instagram and with that comes dangers for your child. One person may use a seemingly innocent hashtag with one particular thing in mind, and before you know it hundreds of people could be using the same hashtag for something inappropriate or dangerous that your child certainly shouldn't be exposed to.

IGTV

Instagram TV (IGTV) works similarly to YouTube. Users can watch videos from favourite accounts on the platform, or create their own channel and post their own videos. It's important to note anyone can create an Instagram TV channel and doesn't have to be friends with a person to follow an account and watch their videos. In 2018 Instagram apologised and removed some of its TV content which featured sexually suggestive imagery of children. As the feature may encourage spending more time using the app, it's important to set time limits to avoid children's sleep or education being disturbed.

Top Tips for Parents

RESTRICT DIRECT MESSAGES

If your child receives a message from somebody they do not know, encourage them not to accept their message request and 'block' this person; this is the only way to stop them messaging your child again.

LOOK OUT FOR #ADS

In January 2019, the UK's Competition and Markets Authority launched an investigation into celebrities who were posting adverts on social media and not declaring that they were paid for. Influencers must clearly state that they have been paid for their posts, for example using a hashtag like #ad or #sponsored. Teach your child to look out for the signs of a paid post/advert and discuss with them that not everything they see from celebrities is their personal choice and opinion.

REMOVE PAYMENT METHODS

If you are happy for your child to have a card associated with their Instagram account, we suggest adding a PIN which needs to be entered before making a payment; this will also help prevent unauthorised purchases. This can be added in the payment settings tab.

SCROLLING

Instagram added a 'You've completely caught up' message in late 2018. This message breaks up the feed and notifies you when you are up to date and there are no more new posts from followers. This feature is enabled automatically, but have the conversation with your child about how much time they are spending on the app and set healthy time limits.

PROTECT THEIR PERSONAL INFORMATION

Your child may unknowingly give away personal information on their profile or in their live streams. Talk to them about what their personal information is and make sure that they do not disclose anything to anyone during a livestream, comment, direct message or any other tool for communication on the platform, even to their friends.

USE A PRIVATE ACCOUNT

By default, any image or video your child uploads to Instagram is visible to anyone. A private account means that you have to approve a request if somebody wants to follow you and only people you approve will see your posts and videos.

FILTER INAPPROPRIATE COMMENTS

Instagram has an 'anti-bullying' filter, which hides comments relating to a person's appearance or character, as well as threats to a person's wellbeing or health. The filter will also alert Instagram to repeated problems so they can take action against the user if necessary. This is an automatic filter, but it can be turned off. Make sure it is turned on in the app's settings.

TURN OFF SHARING

Even though this feature will not stop people from taking screenshots, it will stop others being able to directly share photos and videos from a story as a message to another user. This feature can be turned off in the settings. We also recommend turning off the feature which automatically shares photos and videos from a story to a Facebook account.

DON'T FORGET TO BE VIGILANT & TALK TO YOUR CHILD ABOUT THEIR ONLINE ACTIVITIES!



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SOCIAL MEDIA & Mental Health

What trusted adults need to know

Social Media is often scrutinised as having a negative impact on children's mental health. Whilst currently there is not enough evidence or research to say whether this is true or not, there are certain 'modern pressures' connected with social media which trusted adults need to be aware of. Children and young people are constantly connected and whilst this comes with some benefits, it also comes with a feeling that you are constantly visible. This guide is designed to encourage trusted adults to think about their children's mental health and their social media activities, providing them with some useful tips on improving and supporting mental health among young people.

Five potential signs & symptoms of mental health difficulties

1. Have you noticed a change in your child's personality? They may not be acting or feeling like themselves.
2. Any recent uncharacteristic anxiety, anger, or moodiness?
3. Is your child experiencing social withdrawal and isolation?
4. Is there a sudden lack of self-care or risky behaviours?
5. Does your child have a sense of hopelessness or feel overwhelmed?

NOS National Online Safety®
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Meet our expert

This guide has been written by Anna Bateman. Anna 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 of Education, advising them on their mental health green paper.



1. EDUCATE YOURSELF

Educate yourself about social media sites your child is using so you can really understand what they are experiencing and how this may be making them feel.

2. DISCUSS REAL-LIFE CONNECTIONS

Talk about the importance of face-to-face time with friends and family, and what enjoyment this can bring. Encourage your child to focus on their relationships with people who make them feel good about themselves.

3. SUGGEST REGULAR BREAKS FROM SOCIAL MEDIA

Encourage your child to take regular breaks from checking their social media platforms. You could suggest that they turn off their app notifications during certain times of the day so they can focus on other things.

4. ENCOURAGE OTHER HOBBIES OR INTERESTS

Spending time away from their phone and devices will offer them an opportunity to discover other interests and activities they may enjoy. This could be sports, playing a musical instrument or creative interests such as arts and crafts.

5. OFFER YOUR SUPPORT

Inappropriate and harmful content can be accessed on the internet which may impact your child's mental health. Explain to your child that not everything online is real and ensure they know that you are there to support and advise them about any worries or anxieties they may have.

HELPFUL APPS:

- Hub of Hope
- Mindshift
- Smiling Mind

OTHER SERVICES:

- Childline (0800 1111)
- Bullying UK (0808 8002222)
- Young Minds (0808 802 5544)

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