

Mossley Hollins High School

Our Newsflash (13)

Friday 9th December



OUR TOP STORIES THIS WEEK

Christmas Jumper Day 2022

On Wednesday 14th December it is Christmas Jumper Day at Mossley Hollins.

As Student Leaders, we have chosen to donate to Mossley and Stalybridge Foodbanks. To support this great cause, please donate items such as dry/ tinned food, toiletries, gloves, scarves, hats, socks, chocolates, sweets, Christmas decorations, toys and books (all in perfect condition).

Your donations will be collected on Wednesday as you enter school, you can also hand them into Pupil Reception or to the desk on the third floor.

If you don't have a Christmas jumper you can still participate by wearing Christmas socks or a Christmas t-shirt.

Please note: No hoodies will be allowed. Your blazer is optional but your usual school trousers and shoes must be worn.

Make sure you are in with a chance of winning a treat for your form. The best form from each year group will win a big box of chocolates!



Christmas Poster Competition Winners

Over the last few weeks students in Miss Heapey's & Mr Chalmers' classes have been collaborating to design, make, promote and sell Christmas Decoration to help raise money for Mossley Food Bank

Congratulations to Ruby Dickson and Harriet Darby for their winning posters to promote the Christmas Decoration Sale.

5k Saddleworth Santa Dash

Congratulations to Chloe Smith, Maddie Marler (year 8), Millie Goddard, and Isla Wilson (year 7) for completing the 5K Saddleworth Santa Dash, last week.

The Dash raised a fantastic amount of over £15,000 for charity.

The girls had a great day and can't wait to do it again next year. We're all behind you, girls!



Notice of Tame River Educational Trust – Annual Public Meeting Monday 16 January 2023 (6.00pm)

Parents and carers of pupils of Mossley Hollins High School are invited to register their intention to attend an Annual Public Meeting of the Tame River Educational Trust, to be held on Monday 16 January, as the school is an Associate Member. The Chair of Trustees and Chief Executive will be in attendance to report:

- the performance of the Trust over the past year;
- proposed activities of the Trust Board for the year ahead.

If you would like to attend, it is essential that you respond to contact@tret.org.uk by 3.00pm on Friday 16th December 2022, confirming your intention to attend and we will be in touch to let you know of the venue.

In order to ensure that the best information can be provided at the meeting, you are asked to submit written details of any questions or matters you may wish to raise – to the above provided email address, also no later than 3.00pm on Friday 16th December 2022. Further details of the meeting will be available by return email from Monday 9 January.

Spotlight on: Quiz Club



Quiz club continues to be a weekly favourite for our pupils at Mossley Hollins High School. With 26 pupils taking part last week, it was our largest attendance to date! Thank you to everybody that has taken part so far since the start of the year, it continues to be a highlight of Miss Gardner's week.

We would love the competition to grow even further. If you love quizzes come and join us on a Wednesday lunchtime in room 2:03. It is open to all year groups with prizes to be won! Next week we will be hosting a special Christmas themed quiz, see you then!

MCSP Year 6 Meeting 1



Well done to our year 6 students who represented their primary school so well at the MCSP meeting this term.

The students planned a joint Christmas Jumper day and chose the Mossley Food Bank as the charity to support on Christmas Jumper Day.

Please Sir, I want Some More

Last week, Mrs Ryan was lucky enough to watch the latest production from Mossley's Operatic and Dramatic Society – an incredible production of 'Oliver!'. The cast included many of our students in roles such as orphans, Fagin's gang and revellers in the tavern.

Mrs Ryan said "There are so many memorable moments! However, I really enjoyed spotting our students in the fantastic opening number of *Food Glorious Food*, a stunning performance of *Got to Pick a Pocket or Two* and a rousing rendition of *Omph Pa Pa*. I know just how much work goes into putting on a show and all the performers should be very proud of themselves. I hope you heard me clapping and cheering for you at the end of the show!"



The warmest of congratulations go to Millie Wright, Lexi O'Mara, Charlotte Potts, Ryan Lever, Holly Dewsnap, Maya Wainwright, Reuben Ryder, Amelia Buckett, Niamh Edge, Alex Schofield, Ava O Connell, Ella Gallagher, Nancy Fletcher and Keira Gardener.

See our School Band at Saddleworth Cricket Club's Christmas Market – Saturday 10th December

We are very proud to announce that on Saturday 10th December, our fantastic school band will be performing at Saddleworth Cricket Club's Christmas Market.

You can catch our school band from 2pm while enjoying a fabulous, festive day out.

Further School Band Engagements

Our school band will also be performing at **Arcades Shopping Centre** in Ashton on **Tuesday 13th December**.

Players need to meet at 9.30am upstairs where Woolworths used to be – near to the café.

Players do not need to come into school but will get their usual mark for representing school all day in Ashton.

Any pupils that need transport to the venue must come to school at the usual time and can travel in the school mini bus.

We will finish playing at 3.00pm.

From 12.00pm we will be at the Jigsaw Headquarters in Ashton where we are being served lunch and then playing for the staff there before returning to the arcades to finish off the afternoon.

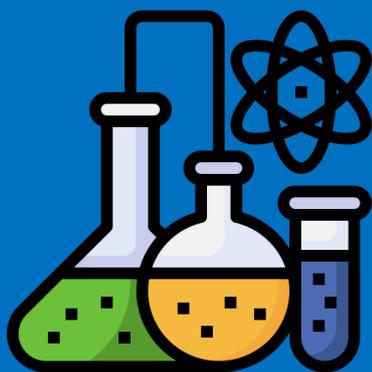
Equipment; All Christmas music / instruments. School uniform to be worn.

Our band will also be playing, in school, on Wednesday 14th December for the school Christmas lunch and on Friday 16th December for our School Christmas Carol Service.



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Scientist of the week

Oliver Unsworth (Year 8)

Mrs Smith has nominated Oliver as he has been working hard in his Science lessons and as a result he has produced a fantastic result in his T1 Assessment.

Great Job, Oliver!

Spanish Christmas Card Competition

The MFL department are inviting you to design a card which shows the Christmas traditions of another country, for a chance to win a £5 voucher!

Entries are to be submitted in Spanish.

Each card should be no larger than a sheet of A4 paper and must be completed by hand, but any form of materials can be used – felt tips, paint, fabric etc.

Judges will be looking for originality of illustration as well as accuracy of language and content.

Each entry must be clearly marked on the back with your name, tutor group and Spanish teacher's name. You must hand them in to your Spanish teacher in the MFL building **by 12th December**.

Please note: entries containing English language will not be accepted.



OUTSTANDING SPORTS NEWS

TAMESIDE CROSS COUNTRY – Outstanding performance.

On Tuesday, students from all year groups took part in the Tameside Cross Country Championships at East Cheshire Harriers.

The pupils demonstrated outstanding fitness levels when competing against the top athletes from across Tameside and they were a credit to the school. They produced some excellent individual performances and this helped to achieve outstanding team results with the Year 8 and 9 boys and Year 10 and 11 boys' teams finishing in **2nd place** and the Year 8 and 9 girls and Year 10 and 11 girls' teams finishing in **3rd place**.

A special mention to the following pupils who all managed to finish in the top 20 out of over 100 athletes. Congratulations and well done to:



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Ava Hanson (3rd)
Molly Wolfenden (5th)
Amy Starkey (6th)
Kai Holden (7th)
Joseph Taylor (7th)

Ace Norton (8th)
Leo Moreland (8th)
Harvey Merrills (10th)
Mia Newton (11th)
Oliver Loughman (12th)

Jonathon Vincent (14th)
Henry Wood (15th)
Rowan Dewsnap (15th)
Charlotte Potts (19th)

What an outstanding achievement!

For more stories and updates, please see our News page on our website. You can also follow us on Twitter @MossleyHollins.

OUR GCSE COUNTDOWN

EXAMINATION COUNTDOWN

16 **WEEKS**

WHY USE GCSEPOD?

What is it?

- One website, 3 apps and over 6000 Pods.
- Content produced specifically for mobile devices, tablets and PCs.
- Designed to squeeze exactly the right knowledge needed for exam success into short 3-5 minute chunks.
- Helps with learning, homework and revision.
- For years 10 and 11 only.

It will help your child get organised. Your child can create personal playlists to listen to in the run-up to an exam, to help with homework or on the go to help consolidate learning. The viewing history feature enables your child to return to Pods they found useful. There's also a 'Favourites' playlist, which enables them to easily return to Pods on areas they may be finding difficult. Premade exam specific

SUPPORT YOUR CHILD ON THE PATH TO SUCCESS



Your child's school has invested in the award winning resource, GCSEPod, to help your child reach their goals!

Join the thousands of parents/carers encouraging their children to use GCSEPod to support learning, homework and revision.

- ▶ Proven to increase results
- ▶ 28+ exam mapped subjects
- ▶ Available online and offline
- ▶ Audio visual content
- ▶ Builds confidence
- ▶ Independently accessible assessments

Want to find out how you can support your child more with GCSEPod? Then join one of our free webinars by registering here: <https://www.gcsepod.com/podup-presents-webinars/>

"The correlation between success and failure was made almost 100% clear by the use of GCSEPod."

Head of MFL
at Yateley School

"I found GCSEPod especially useful to compliment my knowledge and I'm certain it helped me secure the grades that I have been so happy to receive."

Student

"My daughter used GCSEPod for her GCSEs and was very successful with her results, she absolutely loved your Pods and this style of revising."

Parent

Student Activation

Please follow these instructions if your child has not yet activated their GCSEPod account

1. Go to GCSEPod.com and click 'LOG IN'
2. Click 'New to GCSEPod? Get Started'
3. Enter your child's details and confirm the name of the school they attend
2. Create a username and password

For more information please visit www.gcsepod.com/parents



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playlists, available in the 'My Courses' area are neatly organised meaning your child can manage revision quickly and easily whilst prioritising their time.

College Application Deadlines

Ashton Sixth Form College – 16th December

Clarendon Sixth Form College – are accepting applications until the end of January.



Clarendon
Sixth Form College



Clarendon Sixth Form are accepting applications until the end of January but Ashton Sixth Form College (whose places fill up quickly) state their deadline is the **16th December**.

Ensure you get your applications in!

If you need any support with your application, speak to Ms O'Donnell or get in contact with the college's directly.

DATES FOR YOUR DIARY

(Please see our website for further details)

Week of 12 th December	Year 9 Tests 1s in class
Wednesday 14 th December	Christmas Jumper Day School Christmas Lunch
Friday 16 th December	Christmas Carol Service and End of Term, school will close at midday for students. Year 11 are invited but can leave at the end of lesson 2

UPDATED TERM DATES 2022-23

In light of the announcement of His Majesty's coronation on Saturday 6 May 2023, an additional bank holiday has been announced on Monday 8 May. School will therefore be closed on this day. The HPV 2 Vaccinations which were scheduled for this date will be rearranged. The new date for these will be communicated when they have been confirmed.

OUR REMINDERS AND MESSAGES

Year 9 Vaccines

The NHS immunisation team will be in school from Monday 12th December to administer the tetanus/ diphtheria/ polio and meningitis boosters to all of our Year 9 students. An NHS consent form has been sent home for you to complete, if not done so already please ensure your child brings in the form on Monday.

Many thanks in advance for your support.

In the event of extreme weather

In the event that school opening is impacted by extreme weather, updates will be provided via School Gateway. This is the quickest and most cost-effective way in which to communicate with families. Whilst we are not expecting any extreme weather in the coming weeks, it would be really beneficial for families to download the School Gateway app if you have not already done so and turn on notifications, to ensure effective communication.



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Collecting your child during the school day

Please ensure your child knows what time they need to leave their lesson to attend any appointments you may have made for them. Our Attendance team must be notified in advance and proof of the appointment provided to them via attendance@mossleyhollins.com.

A note must be written in your child's planner and they must sign out at the Attendance office before coming to Reception to be collected. Please do not arrange to pick child up on Huddersfield Road.

Please do not rely on admin staff to send notes or to be available to collect your child from their lesson.

NUHOPE Notifications / Queries

Please be aware that the only team who are able to deal with Nu-Hope queries are the Attendance Team, the admin office are unable to assist with your queries.

Mobile Phones Handed into Reception

From Monday 12th December pupils' who are handing in their mobile phone to Student Reception must ensure they are contained within a clear, sealed bag with their name and form clearly displayed. Any phones which are not presented in this way will not be accepted. The current use of paper envelopes will no longer continue.

Mobile Phone Policy

Our mobile phone policy, which has been in place for many years, is generally very well complied with and we are grateful for the support of parents/carers and students. The school is a sociable place during break and lunchtime as a result of this policy, which requires that mobile phones/devices are not seen, heard or used during the school day or on the school premises. We have had a couple of instances recently where students have used phones during the school day, including to call parents. Where it comes to our attention that a student has used a phone, we will take action as this is a breach of our rules. This does include calls made to parents; if a need for a student to call a parent arises during the day we will make arrangements for this to happen through the school office.

Behaviour and Conduct in the Community

The overwhelming majority of our students are excellent ambassadors for our school when in the community and we receive many more compliments about their conduct than complaints, which are rare. However, we want to make it clear that we always challenge and sanction any negative behaviour from our students in the community, that does not meet our high standards.

Chewing Gum

We would like to make it clear to all parents/carers and students that chewing gum is a banned item at Mossley Hollins High School. Any student found to be chewing gum in the building will serve Removal for a day. There are a number of reasons behind this, including the mess that it leaves behind, the difficulty of removing it from our carpets, chairs, desks and tarmac outside and more importantly, the distraction to learning and the negative impact it can have in the classroom. After feedback from our student council and teaching staff, we did adapt our behaviour policy and made the decision to reduce the sanction for chewing gum at Mossley Hollins High School from a fixed term exclusion to Removal from lessons and social time for a day. We have the highest of expectations of students at Mossley Hollins High School and as always we really appreciate the support from parents and carers with this matter.

Redgrave college NUHOPEs



Please be aware that if a year 7 student receives a NUHOPE on Friday Period 6 or Monday, it will be sat on Tuesday. Students that have Nurture after school on Tuesday will sit Wednesday and any received on Thursday sat on Friday.

Life Skills in form Time

Life skills is now taught in the curriculum in Religion and World Views, Drama and Computing lessons. However we feel that students will benefit even more having a second opportunity to cover the content of our life skills curriculum by re-introducing it to form time as well. Therefore, we will be teaching life skills in form time, alongside its place in the curriculum, to ensure our students continue to remain safe, healthy and prepared for life's opportunities. These are the revised days that each year group will deliver the session in Form Time:

Redgrave (year 7)	Faraday (year 8)	Bronte (year 9)	Nightingale (year 10)	Turing (year 11)
Tuesday	Friday	Thursday	Friday	Wednesday

The timetable below shows the theme for Autumn 2 and the topic for next week (week 2):

Year Group	Theme	Week Seven Topic
Year 7	Step into the NHS	Advertisement Entry
Year 8	Online Safety	Protecting my digital reputation
Year 9	Gangs and anti-social behaviour	Support and advice
Year 10	Citizenship and Democracy	Citizenship/Democracy Quiz
Year 11	Planning for Life after Mossley Hollins	Interview preparation continued

If you currently have a child in year 11, you may find this website useful for discussing options going forward:
<https://nationalcareers.service.gov.uk/careers-advice/career-choices-at-16>

Upcoming Life Skills Days

The following Life Skills Days are scheduled in the school calendar. Further details on the year 11 event will follow shortly:

- Monday 9th January 2023 - Year 11
- Friday 10th March 2023 - Year 9
- Tuesday 18th April 2023- Year 8

If you have any queries regarding our Life Skills curriculum or our Pastoral Programme please contact Ms M O'Donnell at m.o'donnell@mossleyhollins.com





Rehearsals for the school production of *We Will Rock You* continue to take place on Mondays and Thursdays, 3pm-5pm, in the Arts Theatre.

Homework

We would like to remind parents that students use their homework planners to record their homework. Please support your child at home by reminding your child about completing their homework for the due date.

Setting routines are recommended to help children adopt these strategies for themselves and so does not stop the development of independence but instead helps it. Support at all levels can be helpful in the beginning:

- Creating a homework schedule to be displayed somewhere obvious (e.g. on the fridge) and added to as tasks are set.
- Sitting together and discussing the tasks that have been set and how your child will complete them.
- Reminding your child about presentation skills.
- Encouraging your child to ask questions to their teacher if they are finding the work challenging.

We will also be offering homework clubs in different faculty areas to provide support for your child.

Mental Health and Wellbeing

The safety and wellbeing of our students is our highest priority. We offer a number of support streams for our students to reach out to if they ever feel anxious, overwhelmed, stressed, worried or lonely. All the details of our Mental Health and Wellbeing support streams can be found under the student tab of our website:

www.mossleyhollins.com/students/mental-health-and-well-being/

We have also signposted other support services, which are available to young people outside of school, at the end of this edition of the newsflash.

NATIONAL ONLINE SAFETY

At Mossley Hollins High School, we are fully committed to the safeguarding of the young people in our care and believe it is important everyone takes an active role in ensuring students are safe online.

We would like to welcome parents to join National Online Safety by following the link below:

<https://nationalonlinesafety.com/enrol/mossley-hollins-high-school>

Once you have registered, you will have access to a multitude of resources to help keep your child safe online

We would especially like to recommend the Online Safety Course for Parents and Carers, which can be accessed by following the links below:



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<https://nationalonlinesafety.com/hub/view/course/os-for-parents-carers-of-children-aged-11-14>

<https://nationalonlinesafety.com/hub/view/course/os-for-parents-carers-of-children-aged-14-18>

E-Safety: Protect yourself on the Internet: remember the GOLDen rules.

Ground rules

1. Keep information private – think, would I tell this to a stranger?
2. Agree rules about meeting online 'friends' in real life
3. If it's not acceptable in real life it shouldn't be acceptable online

Online safety

1. Use anti-virus and monitoring systems
2. Know where to get advice – see below
3. Activate security and privacy settings

Location

1. Internet access should be in a family room, rather than a bedroom
2. Know that Internet access can be gained by the use of other devices; such as gaming consoles, mobile phones or the neighbour's wireless

Dialogue

1. Talk to your parents about your internet use
2. Talk to your parents if you have a problem or feel uncomfortable

Our serious concerns about Vaping

We have serious concerns regarding students vaping (using electronic cigarettes). Students have been observed in school uniform smoking/vaping near to our school grounds or on public transport.

Vaping is prohibited at all public transport stops and stations in Tameside and on transport to and from school. Any student found vaping will be in serious trouble at school and their parents/carers will be notified.





Health risks associated with Electronic cigarettes (E-cigarettes)

- Can contain high levels of nicotine. Adolescence is a critical period for brain development and exposure to nicotine can have long-term health consequences, impacting memory, attention and learning.
- E-cigarettes (Vapes) are often available in different flavours which can be appealing to young people and may expose them to chemicals and toxins such as formaldehyde, heavy metals, particulate matter and flavouring chemicals, at levels that have the potential to cause adverse health effects.
- Sometimes vapes are disguised as USB's, pens and cosmetics.
- Second-hand smoke exposure can cause disease and premature death in children and adults who do not smoke. Specifically, children exposed to second-hand smoke experience a range of upper and lower respiratory illnesses and symptoms such as colds and flu, cough, phlegm production, wheezing and pneumonia.

Your support

There are ways you can help protect your children and support our school community. These include:

- Talking to students about why smoking/vaping are harmful for them.
- Learning about the different types of e-cigarettes available and the risks associated with using these products. We recommend that you have a look at images of vapes above and online to familiarize yourself on what they can look like.
- Report anyone you see vaping or anyone that has an e-cigarette with them in school. Please contact the child's Head of Year or a senior member of staff immediately.

CONTACTING SCHOOL

If you phone or write to a member of our staff and you do not get an acknowledgement or reply within 48 hours, we ask that you contact the Headteacher's PA, directly, letting them know who you contacted and what your concern or question was, the Headteachers PA will ensure you get a reply within the next 24 hours. Please write by email to heads.pa@mossleyhollins.com giving details of which member of staff you have contacted and what your question, concern or request is.

This facility can only be used if you have first followed the correct channels and not received an acknowledgement and reply by the end of 2 working days. The Headteacher's PA will not be able to help before that stage.

Ensure notifications are on for School Gateway app

As a school we are looking at ways to reduce costs, one area highlighted is the amount we are spending on text messages.

Even if you have the School Gateway app you must ensure that you are logged in all the time and have push notifications manually turned on for this app within your phone settings. Every device will have other settings that can affect push notifications (for example, battery optimisation, which prevents some devices from receiving push notifications when the battery is below a certain percentage).



Please also ensure that you are running on the latest version of the app, which can be confirmed in the Play Store or App Store. If you are still not receiving notifications and have followed the guidance below, you would need to refer to the help guide for your specific device and/or contact your device manufacturer:

If both parents\carers are registered on Gateway please ensure that each registered user is using the School Gateway app.

Guidance for switching on notifications:

Apple

1. On your phone, go to settings
2. In here, scroll down to the 'Notification Centre'
3. Select School Gateway
4. In here, ensure that under the heading 'Notification Centre' is switched on
5. Close the screen; you will now receive notifications when new app messages come through



Huawei

1. Tap the Apps icon on your home screen
2. Tap settings
3. Tap Apps or App Manager
4. Scroll down and tap School Gateway
5. Tap Notifications
6. Confirm 'Block all' is toggled OFF (Samsung / other devices - toggle 'Allow Notifications' ON)
7. Restart your device



Android

1. On your phone go to Settings > Applications Manager
2. Scroll down the list of apps until you find School Gateway and select it
3. In here there will be a tick box that says 'Show Notifications'. Ensure this is selected
4. Close the screen; you will now receive notifications when new app messages come through.



Samsung

1. On your phone got to Settings > Notifications and Status Bar > Notifications Centre
2. Scroll down your list of apps until you find 'School Gateway' and select it
3. Activate 'allow notifications' and also 'priority display'
4. Restart your device
5. You will now receive notifications when new app messages come through.



OUR VACANCIES AND OUR TRAIN TO TEACH OFFER

Job Vacancies – Mossley Hollins High School

Role: Administration Officer/Co-curricular and Electives Co-ordinator - MHHS

Pay Scale: Grade D (Point 7-10)

Actual starting salary at Grade D Point 7: £19,057.09

Hours: 36 hours per week, term time only

Contract: Permanent

Closing Date: Friday 13th January 2023 (12 noon)

Start Date: As soon as possible

Further details are available on the school website at www.mossleyhollins.com

Train to Teach

Train to Teach with us here at **The Tame River Teaching & Curriculum Institute** through School Direct in partnership with **everyonelearning@ Hawthorns Kingfisher**.

We are currently recruiting for **Biology, Chemistry, Physics, English, Geography, History, Maths, PE with Ebacc, Art, RE, Design & technology, Computer Science and MFL**. We lead and host training and placements in strong schools at secondary and primary level. Bursaries may be available.

For more details, please contact eduggan@tret.org.uk or look at the **Train to Teach** Section of the Trust Website: www.tret.org.uk.



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Get Into Teaching Recruitment Event

If you are interested in a career in teaching, then why not come along to our 'Get Into Teaching Recruitment Event' on **23rd November** between **5pm and 7pm**.

- Wednesday 23rd November
- 5-7pm
- Halcyon Way School, Chadderton, Ram Mill, Gordon St, Chadderton, Oldham OL9 9RH



Be an inspirational Teacher

Train to teach with

everyone learning

with everyonelearning @ Hawthorns,
Kingfisher, Mossley Hollins Teaching Partnership

Visit our website

www.everyonelearning.co.uk

Apply for Teacher Training

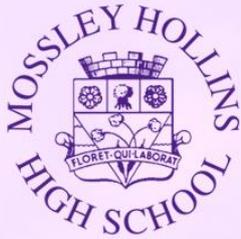
www.gov.uk/apply-for-teacher-training
Course code 2A1



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General



Concerns in or out of school? Use the the Confide reporting tool to report any concerns.



Childline- general support for young people.
Call **0800 1111** or visit
<https://www.childline.org.uk/>

childline



Think you know: <https://www.thinkuknow.co.uk/>

Mental Health and Well-being

Off the Record: Suitable for children and young people aged 10-25 in Tameside who are experiencing mental health difficulties such as anxiety, worry, low mood, bereavement, bullying and stress etc. www.otr-tameside.org **0161 355 3553**



Samaritans
www.samaritans.org
Freephone: **116 123**
Text message: **07725 90 90 90**

Eating Disorders B-eat – Eating Disorder Charity
www.b-eat.co.uk
Tel: **0845 634 141**



Mind: Suitable for young people aged 8-18 years struggling with different issues such as anxiety, worry, low mood, stress, bullying etc.



Sexual Health and Well-being

YOUthink are a specialist team for sexual health intervention and prevention, which focus on improving young people's sexual health. The team is made up of youth workers who offer FREE one to one individual support to young people aged under 25 to access local contraception and sexual health services. The service also offers a variety of services including: pregnancy testing, condom distribution, advice and support.

The Service is confidential and designed to keep young people SAFE and not judge.

To contact YOUthink about any sexual health issue, or ask a question about services, Monday to Friday 9.30am to 4.30pm:

Tel: **0161 342 5600** or **0161 342 5671** or **0161 342 5672** and ask to speak to someone from the YOUthink team.



Or visit 31 Young People's Centre, Clarence Arcade, Ashton-under-Lyne, OL6 7PT. LGBT Foundation is a national charity delivering a wide range of services to lesbian, gay and bisexual and trans (LGBT) communities. <https://lgbt.foundation/> Advice Support & Information **0345 3 30 30 30**

SEXWISE – online honest advice about contraception, pregnancy, STIs and pleasure.

<https://www.sexwise.fpa.org.uk/>

Sexual Assault:

<https://www.sexwise.fpa.org.uk/where-to-get-help/sexual-assault-services>



Domestic Abuse



Refuge <https://www.nationaldahelpline.org.uk/>
0808 2000 247



Self Harm



Self-Harm Network <https://www.nshn.co.uk/>

SHARE

Self-Harm Awareness & Recovery - Support group in Manchester
Tel: **0161 226 5412 / 07876 166 625**

Papyrus

National suicide prevention charity. Tel: **0800 068 41 41**

Drugs and alcohol



Tobacco <https://www.nhs.uk/smokefree>



Young Minds: <https://youngminds.org.uk/find-help/-looking-after-yourself/drugs-and-alcohol/>



My Recovery Tameside:
<https://www.changegrowlive.org/my-recovery-tameside>
You can also phone or email: **0161 672 9420** or email tameside.referrals@cgl.org.uk

Or if you live in Manchester: **0161 839 2054** from 09:00 - 17:00 on weekdays or email eclipsemanchester@cgl.org.uk.



Talk to Frank: <https://www.talktofrank.com/>
0300 1236600



What Parents & Carers Need to Know about

HiPAL

AGE RESTRICTION
12+

(with reduced functionality for under-12s)



WHAT ARE THE RISKS?

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

CONNECTING WITH STRANGERS

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

SEXTING AND SUGGESTIVE PICS

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

NEED FOR VALIDATION

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

NO AGE GATES OR MODERATION

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

INTRUSIVE FEATURES

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

LARGE GROUP CHATS

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



Advice for Parents & Carers

EMPHASISE CAUTION

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

TALK ABOUT SEXTING

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

BUILD RESILIENCE

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

AVOID OVER-SHARING

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

CONSIDER MENTAL WELLBEING

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

Meet Our Expert

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



<https://hipal.app/about/privacy.html>

