



Mossley Hollins High School

Our Newsflash (14)

Friday 16th December



MERRY CHRISTMAS FROM MOSSLEY HOLLINS

Our school has very much been enjoying the festive spirit, this week.



Christmas Jumper Day

On Wednesday, we enjoyed our annual Christmas Jumper Day. This year, we asked staff and students to donate £1 or food, toys and toiletries for Mossley Food Bank and Emmaus. We are so proud of the generosity of our school community and on the day we managed to raise £152 for Emmaus and a huge collection of food for Mossley and Stalybridge Food Banks.



Christmas Dinner

We are so grateful to our amazing kitchen staff who provided a fantastic Christmas Dinner for us on Wednesday. Students from all year groups sat down together in the Drum to the soundtrack of our brilliant school band to enjoy a traditional Christmas dinner.

It was a joy to see and certainly fed our Christmas spirit!

Technology Charity Decoration Sale Update

A huge thank you to everyone who bought a charity decoration to raise money for the Mossley Food bank. This year we raised £129.15 which will be put towards buying lots of food for the local community. Thank you to all.



Manners + Hard work + Honesty = Success





School Band Huge Success with Local Community

Our school band were out spreading Christmas cheer, this week, playing at Ashton's Arcade Shopping Centre.

The band played beautifully and were celebrated by the public. In particular, we'd like to share a comment from Jigsaw Homes' Neighbourhood Engagement Officer:

"I just wanted to pass on huge thanks to you and the band for playing for us today. I had some lovely comments about the young people and the band from staff."



Christmas Carol Service

On Friday, we enjoyed our first Christmas Carol Service in three years. It was a joy to have all of our staff and students together for a joyful celebration.

We would like to extend our thanks to Mr Beardmore for leading the school band with spectacular renditions of *O Come All Ye Faithful* and *Away In A Manger*, as well as some more modern classics such as *I Wish It Could Be Christmas Everyday*.

Well done to our student readers for narrating the nativity story: Harry Beech (year 7), Max Buckley (Year 8), Abi Gregory (Year 9) and Sienna Shaw (Year 10). You read beautifully.

Thank you to all of the hard work our students have put in this term. You have achieved some fantastic accomplishments and we look forward to welcoming you back after a well-earned rest.

Merry Christmas to all our Mossley Hollins community.



Spotlight on: Year 7 Cookery Club

On Tuesday, our Year 7 Cookery Club embarked on decorating Christmas Cakes. There were some wonderful designs across the whole club.

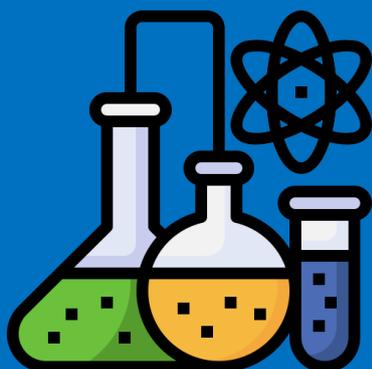
We would like to congratulate the winners: Ziva Capar, Isabella Hodgkinson and Nancy Fletcher.

Well done and Merry Christmas!



Scientist of the week

Elijah Mercer (Year 7)



Miss Walton would like to nominate Elijah for Scientist of the week as he has shown a natural flare for science since starting with us at Mossley Hollins. He can confidently articulate a wide variety of scientific concepts. This was reflected in his fantastic T1 assessment score.

Well done, Elijah!





Year 11 Geography Trip

Our Year 11 Geographers have recently undertaken their Human Fieldwork at Salford Quays. It was incredibly cold conditions on the day, but a real opportunity to investigate their research question: 'Has the regeneration of Salford Quays been sustainable?'.

Students were looking at how the site has changed from an old dockland following the height of the industrial revolution, to the economic hub and media-based centre it has become today with data collected through environmental quality assessments, traffic surveys, questionnaires, and land-use maps.

Thank you to the students for their resilience to the cold, and hard work during the trip.



Lexonik

We are delighted to be able to offer a new, intensive literacy intervention programme that will commence in January. A select group of Year 11 students will be the first to benefit from this programme. Through its strategic teaching approach the Lexonik programme has been shown to improve reading ages by an average of 27 months in just a six week course!

The National Literacy Trust conducted an independent review of Lexonik this year and concluded that 'Lexonik Advance has been beneficial for the students who took part. Staff also told us that the programme was beneficial for students' reading as well as their learning overall, including improving their confidence.'

The programme will be rolled out to the other year groups in the new year by our dedicated team of Lexonik teachers; Ms Armfield, Ms Cooper, Miss Montero and Ms Barclay.



Character Awards- Wednesday 1st February

The first Character Awards ceremony of the year will take place on **Wednesday 1st February**.

Students and parents/ carers will be invited to join in the celebration where badges and certificates will be awarded.

In order to count up all the Character points that students have earned we will need to close the form on Wednesday 18th January. Students should ensure that they bring in the relevant evidence for their portfolios and speak to their form mentors before this date. Thank you.



OUTSTANDING SPORTS NEWS

Dancers Receive Masterclass

On Thursday, our Year 10 and 11 dance students had the pleasure of a professional dancer/choreographer come and lead a dance workshop with them.

The dancer/choreographer, Abi, has performed in shows all over the world. As well as performing, she now choreographs for shows as well as owning and runs her own agency and dance company! This was an amazing opportunity for our students.

Abi commented on our students' excellent behaviour, positive attitude to learning, respect for one another and passion for dance. Well done to our year 10 and 11 dancers!



Featured Athlete: Lillia Clegg (Year 10)

Lillia began swimming at the age of 3 and completed her lessons and all badges by the time she was 5. She was immediately recruited into Chadderton ASC where she has been swimming regularly, ever since.

Lillia achieved team status aged 8 and is still swimming competitively in both club and external galas. Over recent years, Lillia has swam in the central Lancashire league (junior, intermediate and Jubilee leagues). This year, she has attended the team sprint and senior leagues. Next Year, she will be qualified to swim the Open league and team sprint league.

Whilst swimming for the club, Lillia has held numerous club records and has also won the coveted Winterburn Shield, for best Breaststroke, as well as other trophies.

Lillia competes annually in the British long-distance swimming association (a 1-hour swim challenge where swimmers have 1 hour to swim as many lengths as they can) and has done so since she was 5. Lillia's record is 120+ lengths and she has several patches to show for this.

Lillia's medal collection has been growing over the years and she is very proud of this and her club, which has given her so much. Well done, Lillia, on your dedication to your sport!



CHADDERTON AMATEUR SWIMMING CLUB **INVITATION TO MOSSLEY HOLLINS PUPILS.**

We would like to introduce you to **Chadderton Amateur Swimming Club**, a club which has been in existence for over 125 years, and whose main claim to fame is Henry Taylor, an Olympic Champion.

In 2006 the club achieved "SwimMark" status which is the recognised accreditation for swimming clubs, and ensures that the club has achieved, and must continue to meet high standards in all areas. We are very proud of this status and include the logo on all club media.

If you are a keen swimmer and would like to improve your skills and fitness, or just be part of a fantastic club environment, then this could be perfect for you. We train in the Henry Taylor pool at the Chadderton Wellbeing centre and pupils of Mossley Hollins School are cordially invited to try a taster session with us. You can arrange this by contacting our club on chad.asc@ntlworld.com or by calling Duncan Prince on 07886 796371 and leaving a message.

Training is held 4 evenings a week (Monday, Tuesday, Thursday and Friday), to give club members plenty of choice and the ability to fit their training around other activities they may undertake. Foundation groups train at 6-7pm Tuesday and 6.30-7.30pm Friday.

During the year, we hold our own Club Galas, where swimmers compete in all 4 strokes over 4 distances. Medals and certificates for all galas and leagues are awarded at our annual Presentation Evening. We also take part in the British Long Distance Swim Challenge.

We are a professional, yet friendly club with a great team spirit and are highly supportive of all our members. We also have a fun social calendar. Call us to find out more, or talk to Lillia Clegg.

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



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EXAMINATION COUNTDOWN



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 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.

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



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)

Wednesday 4 th January	Students return to school (normal school times)
Monday 9 th January	Year 11 Life Skills Day
Wednesday 18 th January	Year 11 Revision Conference
Thursday 26 th January	Year 9 Parents Evening
Wednesday 1 st February	Character Awards Evening (Years 7 – 10)

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

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.

The national influenza immunisation programme - Mossley Hollins High School – 18th January 2023

This year, the 2022/23 NHS Annual Influenza Vaccination Programme is currently being extended to school years 7, 8 and 9. Vaccination is the best protection against flu. Vaccination of school-aged children not only provides protection to the children themselves but for the wider community, reducing the number of absence days from school, GP consultations and hospital admissions. This will ultimately continue to provide support for the wider NHS systems.

Programme Delivery Intrahealth are commissioned to deliver the school aged seasonal influenza vaccination programme across Greater Manchester (GM). The national ambition is to achieve a 100% offer to our pupils. Please [click here](#) to either consent or decline this year's nasal flu vaccination. Please note that the link will close on 4/01/23.

We are awaiting national guidance in relation to potential year group extension to years 10 and 11.

Should you have any questions regarding the programme or giving consent, please contact Intrahealth via Email: contactimms@intrahealth.co.uk or telephone 0333 358 3397.

It would be fantastic if our school could attain as close to a 100% return rate for the forms as possible.



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Please fill in a Yes consent if you do want your child to have the Flu vaccination OR a No consent if you **do not** want your child to have a Flu vaccination. **But please fill in a form either way** - [click here to access the form](#).

Reminder to Parents

Please can we remind parents, if your child forgets any equipment (including PE kit) we are not able to call you at home / work to arrange for you to bring it into school. Please ensure your child has all of the correct equipment they need before they arrive at school, otherwise they may be issued with a Nuhope for Lack of Equipment.

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. We are a very busy school and therefore ask that you 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 NUHOPE queries are the Attendance Team, the admin office are unable to assist with your queries. Nuhope notification messages will make it clear why the Nuhope has been issued, please speak to your child about this prior to any enquiries to school.

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 be accepted.

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 they should speak to their head of year or the office staff who will make arrangements for this to happen, where appropriate, 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.

LIFE SKILLS AT MOSSLEY HOLLINS

Life Skills in form Time

Life skills sessions in form time will recommence from the week beginning 9th January 2023. However, year 11 will no longer undertake Life Skills in form time in order to focus on essential revision sessions in this time.

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

The timetable below shows the theme for Sprint Term 1:

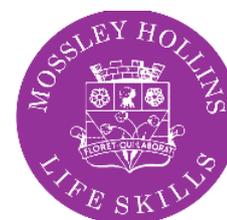
Year Group	Theme
Year 7	Exploring Family Life and Relationships
Year 8	Healthy Relationships
Year 9	Healthy Relationships and Readiness for Sex
Year 10	Managing Relationships

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>

Year 11 Life Skills Day Monday 9th January 2023

On Monday 9th January 2023, our year 11 pupils will participate in a Life Skills Day – ‘Life beyond Mossley Hollins’ that will cover the following sessions:

- Cancer Awareness
- Being Gambling Aware
- Developing Resilience
- Celebrating Diversity and Recognising Protected Characteristics
- Career Workshop – what roles might I be suited to?
- Fertility and Issues Surrounding Pregnancy (revisited)



The purpose of this day is to ensure students are equipped with the knowledge and understanding to make informed choices as they make their next steps and move on from Mossley Hollins to navigate their way into becoming confident young adults. Pupils will attend sessions within their forms -though form 11 Y will be split across the other



six for the day. Our intention is that the students find the sessions engaging, informative and of great practical benefit.

If you wish to discuss the event or have any questions or concerns about your child attending these sessions, please contact Co-Ordinator of Life Skills, Ms O'Donnell at m.o'donnell@mossleyhollins.com

Future Life Skills Days

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

- 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

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:



<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



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 /



notifications when new app messages come through

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.



other devices - toggle 'Allow Notifications' ON)

7. Restart your device

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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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 SETTING UP APPS, GAMES AND SOFTWARE

Millions of new phones, tablets, laptops and games consoles will be nestling under Christmas trees this year. However, even if parents and carers have gone to the trouble of setting up these new devices and enabling the safety features, there are still potential hazards in the apps, games and software that children will want to install and use. Knowing what to look for and discussing those risks with your child may help avoid any nasty surprises this Christmas. Here are our top tips for ensuring that unwrapping this year's presents doesn't unleash any unexpected dangers.

TAKE NOTE OF AGE RATINGS

Back when most games were bought in shops, checking the age rating was easy: it was on the front of the box. Now that most games are downloaded, it's tougher – but not impossible. All reputable download stores show a game's age rating at the point of purchase, and you can check the suitability of a specific title your child wants to play at videostandards.org.uk/RatingBoards/games.

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'FREE' ISN'T ALWAYS FREE

The games market has changed radically in recent years. Many titles are free to download, but then tempt players to pay for cosmetic items (as in Fortnite) or to unlock additional content. There can be huge peer pressure for children to pay for these items. Agree a budget for in-game purchases before the game is downloaded, and make sure children can't authorise in-game purchases by themselves.

DISABLE IN-APP PURCHASING

It's not wise to leave children with devices that can make in-app purchases without your permission. Ideally, set up computers, consoles and phones so child accounts need an adult's authorisation to buy anything. On shared devices (like iPads, which don't allow user accounts), check the settings to ensure that in-app purchasing requires the account holder's password, fingerprint or face ID.

APPS ARE AGE RATED, TOO

Like games, apps in the major stores have age ratings, too – so you can see in advance whether an app's appropriate for your child. Additionally, phones' parental control settings allow you to set age limits, preventing young ones from downloading unsuitable apps themselves. These ratings aren't infallible, however: we've seen TV apps featuring adult shows with an age rating of 3, for example.

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CONSIDER STORAGE

Most apps and games will tell you in the online store how much space they need on a device. Check this carefully – especially with games, which can run into hundreds of megabytes and beyond. If you don't have enough free storage on a device to run the game or app, you won't get a refund from the store. You can normally check a device's available storage space through the settings menu.

WATCH OUT FOR IMITATORS

Even in the official stores, untrustworthy rogue apps can slip through the net. Common tricks are apps or games that have a slightly different name to the genuine article (Fortnight rather than Fortnite, for instance) or use logos which deliberately look very similar to the official app. To avoid downloading these imitations, read the app's description and check who the publisher is listed as.

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LEGAL APPS THAT BREAK THE LAW

There are many apps that are perfectly legal but enable illegal activity – streaming apps which let people watch football matches, say, without paying for Sky or BT Sport. Prosecution for using such apps is rare, but they can lead to risky behaviour like viewing rogue streams on sites teeming with malicious links. Watch for children installing unusual apps with 'TV', 'stream' or 'sport' in the name.

IN-APP REGISTRATION

It's common for apps and games to ask users to register: entering personal details like email address, date of birth and other information you might not want your child to divulge. Ask them to get your permission before giving any personal info to an app – and consider using your details rather than the child's, so they're not targeted by marketing spam or put at risk of having their data stolen.

STAY UPDATED

Most games and apps are subject to regular updates, which not only offer new content and features but also provide critical security improvements. Children tend to ignore such updates – usually because they don't understand why they're important, or they simply want to get straight on with gaming. Check your child's devices periodically to make sure these updates are being installed.

Meet Our Expert

Barry Collins has been a technology journalist and editor for more than 20 years, working for titles such as the *Sunday Times*, *Which?*, *PC Pro* and *Computeractive*. He's appeared regularly as a technology pundit on television and radio, including on *Newsnight*, *Radio 5 Live* and *ITV News at Ten*. He has two children and has written regularly about internet safety issues.



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