

# The Bulletin

Edition 1

Dear Parents and Carers,

It's good to be back! We hope you have had a wonderful summer and that you thoroughly enjoyed the break. The staff have come back well rested and full of enthusiasm for the year ahead and we are delighted to see that the pupils have the same attitude.

We have created this weekly bulletin for our centre and home students to keep them up to date with any school news and helpful information for our families.

Thank you to those who were able to make our attendance matters session with Goz our Education Welfare Officer last week. We hope you will find her support for the duration of your child's placement here a really meaningful one.

Next week I will be sending out the dates for our half-termly family support group sessions. We hope that many of you will be able to attend.

Our centre target setting evening was also a great success with 100% attendance.

Well done to all our students on such a brilliant return to school - have a wonderful weekend.

Louise.

Our value this half term is

## Resilience

**Our vision:**

- To provide a safe, enriching and nurturing environment, with wellbeing at its heart; where children and young people, can learn, gain confidence and thrive.

**Our values:**

To promote **resilience**, **self-confidence**, **tolerance**, and **respect**

**Our aims: 'Building confidence for the future'**

Please support your child in ensuring they are wearing the correct uniform each day at school or for their home tuition lesson.

We ask that all centre pupils dress in a smart, appropriate manner in the centre and the following uniform requirements apply:

- A light blue polo shirt (can be purchased from reception)
- Child's own school trousers or school knee length shorts or skirt.
- No jeans, joggers, leggings or non-school shorts are permitted, or ripped trousers
- Plain black, navy or grey jumper, cardigan or sweatshirt
- Sensible and comfortable footwear
- No sliders, high heels or Crocs
- If jewellery is worn, please ensure that it is discrete; a pair of studs or sleepers are permitted for earrings
- If make-up is worn, please ensure that it is subtle
- No hats, hoods or sunglasses (indoors)
- No bare shoulders or midriffs
- No long or acrylic nails.

Home tuition pupils are not required to wear a uniform but we ask that parent/carers support their child in wearing appropriate clothing (no shorts, night wear, crop tops or bare shoulders).

Getting back to school routines is often hard as sleep hygiene has regressed over the summer break when less routine and structure to our day is likely to occur. Last week we discussed ways to improve sleep hygiene during our wellbeing session. Click on the link below for some helpful tips to support your child.

<https://thesleepcharity.org.uk/information-support/children/>

**sleepember**

**Sleepember**  
1st - 30th September 2023

This campaign looks at how you can achieve better sleep and what benefits a good night's sleep can bring.

Mild Illness and School Attendance - UK Government

"This year the UK Government is kicking off the school term with a discussion on issues related to mild illness and school attendance. An issue which has been particularly active since the commencement and draw down of the UK Government's response to the COVID-19 period. Many parents are increasingly unsure of how to act when a child reports themselves to be ill. In addition, the growing instability of world affairs has translated in increased anxiety among pupils. The UK Government is committing itself to mitigating this rising issue, with the Royal College of General Practitioners (RCGP) producing new guidance on medical absences and the Department for Education writing to school leaders on the matter. To read both the letter, and the RCGP guidance, please follow the links:" (credit – Andrew Hall Safeguarding Briefing)

<https://www.gov.uk/government/publications/letter-to-school-leaders-on-mild-illness-and-school-attendance/letter-to-school-leaders-on-mild-illness-and-school-attendance>

<https://bigplife.com/the-role-of-the-gp-in-maximising-school-attendance/>



On Friday 22<sup>nd</sup> September all staff and students will be invited to wear jeans in return for a small donation to raise money for Jeans for Genes.

The Jeans for Genes campaign raises awareness of the daily challenges faced by those living with a genetic condition and raises money to fund projects that make a tangible difference to the lives of those affected.

**Here to listen: our safeguarding team**



Designated safeguarding lead (DSL): **Louise Togher**  
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At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

# Top Tips for SETTING BOUNDARIES AROUND GAMING

If your child loves video games, then you'll probably be aware that how long they spend gaming – and what they're actually playing – can occasionally become a source of concern or conflict. The UK's trade body for interactive entertainment, Ukie, has recently launched a campaign to promote safer and more responsible gaming among young people – with parents and carers helping by setting sensible and fair boundaries. Our guide has tips on key areas where you could agree some healthy ground rules for your child's gaming activity.

## PROMOTE SAFER GAME CHOICES

Deciding which online games are OK – and which should be avoided – is tricky. Some titles allow children to cooperate or compete with strangers, which creates potential risks. Watching your child play online for a while could provide more insight into a particular game, while the parental controls on most consoles allow you to limit who can chat to your child or send them friend requests. Remind your child of the hazards around strangers online when you discuss this boundary with them.

## ENCOURAGE REGULAR BREAKS

Help your child understand the need to take regular breaks, playing in shorter bursts rather than marathon sessions. Bear in mind that some games (such as role-playing games) require time investment from the player, while others (online team games, for example) can't be stopped or paused at a moment's notice. A quick break every hour or so is good practice, and you could suggest some things to do in these breaks, such as having a drink of water or getting some fresh air.

## AGREE SPENDING LIMITS

There's no doubt that gaming can be expensive, and younger players often don't realise how much paying for digital items and subscriptions can add up to. Many young gamers love to buy new skins or upgrades for their character, so you could settle on a fixed amount that your child is allowed to spend on in-game items each week or month. This sort of boundary will not only help your child to manage their expectations but will also make you more aware of the price of these items.

## DISCUSS AGE RATINGS

18 CENSORED

Children often ignore the age ratings on games – or are unaware they even exist. If you're happy with your child playing a particular game even though it's rated above their age, then establish that as a boundary, emphasise that you've made an exception, and talk about what age ratings mean and why they're important. You could add context to this boundary by browsing games boxes together while shopping, discussing why some games might have earned certain age ratings.

## FACTOR IN FRIENDS

If your child is a keen video gamer, the chances are that they'll have other gamers among their social circle, too. When friends visit, do they instantly dash to their console or computer? You could put boundaries in place before their guests arrive by agreeing on a length of gaming time. Bear in mind, though, that they may try to extend this once they're together. Try coming up with activities or challenges for them during screen breaks – if they join in, they earn a little extra time on their game.

## ENJOY GAMING TOGETHER

Setting time aside to play video games together can be an enjoyable bonding exercise. Undeniably, some young gamers may be less enthusiastic about a parent or carer joining in, but it can be a productive way of encouraging them to share their hobby with you. Setting goals or tasks might be useful: if they love Minecraft, choose something to build together; if Fortnite's their favourite, ask to try out some of the fun game modes, like Prop Hunt, which don't require high skill levels.

## TALK ABOUT EMOTIONS

Help your child to monitor their emotions as they play. Discuss what is (and isn't) an acceptable level of competitiveness to show while gaming. Are they allowed to trash talk other players, for example? Can they notice when they get angry if they lose? Do they think these emotions are healthy? Some games can provoke anger, but others can bring joy, humour and the thrill of overcoming a challenge. Try to steer your child towards games that tend to produce these more positive feelings.

## BE PREPARED FOR TROLLS

A frequent problem when gaming online is other players who are deliberately troublesome. Make sure your child knows how to report and block someone who makes their experience a negative one. Between you, decide if or how they should deal with these online trolls. Talk about where your child's boundaries are in terms of what they think is acceptable: what behaviour by other users is merely frustrating, and what crosses the line to become upsetting or abusive.

## Meet Our Expert

David Upcombe is a writer specialising in technology, video gaming, virtual reality and Web3. He has also written 13 guidebooks for children, covering games such as Fortnite, Apex Legends, Valorant, Roblox and Minecraft. With work published by the likes of PC Gamer, Kotaku, Pocket Gamer and VG247, he has reviewed more than 50 games and products over the past year.



Source: <https://hipol.app/about/privacy.html>



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#WakeUpWednesday