

Dear Parents and Carers,

I hope that you have all been managing okay in the rain and storms we have had this week. Well done to all the students who have persevered on getting in on time despite the delays to public transport this week.

The students have had a great week, the centre students particularly enjoyed their visit to the farm.

A gentle note to please ensure you are checking and signing your child's homework diary every weekend ready for tutor time on Monday. As the colder weather creeps in please ensure any cardigan or sweatshirt is a plain black, navy or grey jumper is worn. No other colours or logos are permitted.

Thank you to those who were able to donate to our Jeans for Genes cause this week.

As promised last week here are the dates for this term's parent/care support sessions. We are able to facilitate online or face-to-face attendees – although there will be tea/coffee and nice biscuits if you come to the centre!

- o Wednesday 18th October 9:30-10:30am – guest speaker – school therapist Amanda Ashton
- o Wednesday 6th December 9:30-10:30am – guest speaker – Safer School's Officer

Have a great 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).



Self-Care September 2023

This week in wellbeing the students focused on self-care and thought about achievable self-care targets. Self-care isn't selfish it is essential. Self-care means taking the time to do things that help you live well and improve both your physical health and mental health. When it comes to your mental health, self-care can help you manage stress, lower your risk of illness, and increase your energy.

[Self Care September | Action for Happiness](#)



Harvest Festival

Harvest Festival celebrates the time of year when crops have been gathered from the field and people can reflect and show gratitude for the food that they have. It dates back a long time in British history, to when people relied on crops for food and farmers would give thanks for a good harvest.

Next Friday we will be collecting non-perishable items at school to donate to our local food bank Suфра which provides emergency food parcels to families living in North-West London. Please leave any items in reception.

Student Voice Nominations

This week we discussed with the pupils the prospect of being part of our student voice group. There are 3 roles Chair, Vice-Chair and Secretary,

We will be holding votes on Monday during tutor time and will announce the successful candidates next week.

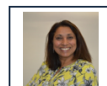
The student voice gives our student body a chance to have their views heard formally and "bring to the table" changes they would like to see at the college. Good Luck to all the nominees!



Here to listen: our safeguarding team



Designated safeguarding lead (DSL): **Louise Togher**
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Deputy DSL: **Ranjna Shiyani**
Contact details: **07900192271**



Deputy DSL: **Anne-Marie Mika**
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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 apps which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about WHATSAPP

AGE RESTRICTION
16+

In UK and Europe; rest of the world 13+

With more than two billion active users exchanging texts, photos, videos and documents, as well as making voice and video calls, WhatsApp is the world's most popular messaging service. Its end-to-end encryption only allows messages to be viewed by the sender and any recipients: not even WhatsApp itself can read them. This privacy issue has been in the spotlight recently, as the UK's Online Safety Bill proposes to end such encryption on private messaging; WhatsApp is unwilling to do so and has reportedly considered withdrawing its service in the UK should this legislation go ahead.

...MSG ME...

WHAT ARE THE RISKS?

EVOLVING SCAMS

WhatsApp's popularity makes it a lucrative hunting ground for scammers. Recent examples include posing as the target's child, requesting a money transfer because of a spurious 'emergency'. Plus a scam where fraudsters trigger a verification message by attempting to log in to your account, then (posing as WhatsApp) call or text to ask you to repeat the code back to them, giving them access.

CONTACT FROM STRANGERS

To start a chat, someone only needs the mobile number of the WhatsApp user that they want to message. If your child has ever given their number out to someone they don't know, that person could then contact them via WhatsApp. It's also possible that your child might be added to a group chat (by one of their friends, for example) containing other people that they don't know.

FAKE NEWS

WhatsApp's connectivity and ease of use allows news to be shared rapidly – whether it's true or not. To combat the spread of misinformation, messages forwarded more than five times on the app now display a 'Forwarded many times' label and a double arrow icon. This makes users aware that the message they've just received is far from an original – and might not be entirely factual, either.

ONLINE

'VIEW ONCE' CONTENT

The facility to send images or messages that can only be viewed once has led to some WhatsApp users sharing inappropriate images or abusive texts, knowing that the recipient can't re-open them later to use as evidence of misconduct. People used to be able to screenshot this 'disappearing' content – but a recently added WhatsApp feature now blocks this, citing increased privacy.

CHAT LOCK

Another new option allows users to store certain messages or chats in a separate 'locked chats' folder, saved behind a passcode, fingerprint or face ID authentication. The risk here is that this function creates the potential for young people to hide conversations and content that they suspect their parents wouldn't approve of (such as age-inappropriate material).

VISIBLE LOCATION

WhatsApp's 'live location' feature lets users share their current whereabouts, which can be helpful for friends meeting up or parents checking that their child's safely on the way home, for example. However, anyone in your child's contacts list or in a mutual group chat can also track their location – potentially letting strangers identify a child's home address or journeys that they make regularly.

Advice for Parents & Carers

...TYPING...

EMPHASISE CAUTION

Encourage your child to treat unexpected messages with caution: get them to consider, for example, whether the message sounds like something a friend or relative would really send them. Make sure they know never to share personal details over WhatsApp, and to be wary of clicking on any links in messages. Setting up two-step verification adds a further layer of protection to their WhatsApp account.

ADJUST THE SETTINGS

It's wise to change your child's WhatsApp settings (go to 'Privacy', then 'Groups') to specify which of their contacts can add them to group chats without needing approval; you can give permission to 'My Contacts' or 'My Contacts Except ...'. Additionally, if your child needs to use 'live location', emphasise that they should enable this function for only as long as they need – and then turn it off.

THINKING BEFORE SHARING

Help your child to understand why it's important to stop and think before posting or forwarding something on WhatsApp. It's easy – and all too common – for content to then be shared more widely (even publicly on social media). Encourage your child to consider how an ill-judged message might damage their reputation or upset a friend who sent something to them in confidence.

CHAT ABOUT PRIVACY

Some parents like to check in with their child about how they're using WhatsApp, explaining that it will help to keep them safe. If you spot a 'Locked Chats' folder, you might want to talk about the sort of chats that are in there, who they're with and why your child wants to keep them hidden. Also, if your child has sent any 'view once' content, you could discuss their reasons for using this feature.

Meet Our Expert

Dr Clairy 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.



...HEY OSCAR...

NOS National Online Safety®
#WakeUpWednesday

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