

# The Bulletin

Friday 3rd November

Dear Parents and Carers,

We hope you had a lovely half term break and managed to take some well-deserved rest.

It's been wonderful to have the children back in school, and today marks an exciting milestone as some of our centre and home students embark on their first equine therapy session. This therapeutic experience is intended to help them not only academically but also emotionally, fostering valuable skills in managing their emotions and well-being.

We had a visit from our safeguarding link governor Denyse this week who spent some time with the children during the weekly student voice session and had a walk around the school. She commented on the positive and calm atmosphere around the school.

Thank you for ensuring that your child was dressed in the correct uniform this week, we had 0% reported difficulties with uniform and hope this continues.

Wishing you a restful weekend.

Louise.

## 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'**

Our value this half term is

**TOLERANCE**

SAVE THE DATE -Christmas Lunch

All centre students and their families are invited to a Christmas lunch on **Tuesday 19<sup>th</sup> December at 12:30pm.**

Further details to be sent nearer the time.



## Calling all parents/carers of ADHD/autistic children in North West London.

As a parent of two autistic young people and 20+ years of navigating support, I know how difficult getting the right help can seem at times.

I have been asked by NHS North West London to find out what ADHD/autistic young people and their parents/carers really think about services in your local area.

The information gathered will be used to decide what services are offered in future, so taking part is genuinely worth your time.

Use the link below or the QR Code in the yellow circle.  
<https://nwlscooping.typeform.com/Parents>

Ask your child / young person to complete a survey too. They can use the link below or the QR Code in the blue circle.  
<https://nwlscooping.typeform.com/NWLCYP>

The eight NorthWest London boroughs are:  
Brent, Ealing, Harrow, Hammersmith & Fulham, Hillingdon, Hounslow, Kensington & Chelsea and Westminster.



We are in the process of renewing our Optimus Wellbeing Award. All parents should have received a questionnaire in their inbox this afternoon – we would be very grateful if you could complete



## Parent Talk

Down-to-earth parenting advice you can trust.

We're here for you, when you need us. Find answers to parenting questions in our advice articles. Or talk to a parenting coach about anything that's worrying you. It's all free, and no topic is too big, small, or embarrassing.

## Here to listen: our safeguarding team



Designated safeguarding lead (DSL): **Louise Togher**  
Contact details: **07735826382**  
[ltogher@ashleycollege.brent.sch.uk](mailto:ltogher@ashleycollege.brent.sch.uk)



Deputy DSL: **Ranjna Shiyani**  
Contact details: **07900192271**



Deputy DSL: **Anne-Marie Mika**  
Contact details: **07866217122**

[1:1 chat - Parent Talk \(actionforchildren.org.uk\)](https://www.actionforchildren.org.uk)

We know that some of our parents/carers are currently having difficulty with getting their child in to school each day. We hope the support we are providing at the moment is having a positive impact on your child's attendance. Please reach out if you feel there is something else you need at this time.

This is a very helpful article [How do I deal with school refusal and school anxiety? - Support for Parents from Action For Children](#)

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 [nationalcollege.com](http://nationalcollege.com) for further guides, hints and tips for adults.

# What Parents & Carers Need to Know about



AGE RESTRICTION  
**13+**

In October 2022, the enormously popular social media network Twitter was purchased by tech tycoon Elon Musk. That sparked a host of changes to the platform – not all which have been received positively by its fans. The alterations have continued with each passing month, many of them raising online safety concerns among the 530 million users of Twitter (now rebranded as simply X). With further adjustments reportedly in the pipeline, X has attracted more than its usual share of controversy and caution in recent times.

## WHAT ARE THE RISKS?

### A BLOCK ON BLOCKING

X has announced plans to remove its blocking feature. Previously, this stopped other users from viewing your profile or sending you direct messages, while also hiding their posts from your feed. Only this latter function will now remain. The decision has been criticised by some members, who feel that blocking (in its current form) protects them from X users who promote denial and hatred.

### LIMITED REPORTING FEATURES

X offers a premium membership, with some functionality (such as controlling who can view and reply to your posts), increasingly being made exclusive to those who pay the subscription fee. Several commentators have speculated that X could one day become an exclusively paid-for service, with access to accounts being revoked for anyone unwilling or unable to take out a subscription.

### AGE-INAPPROPRIATE CONTENT

Many of X's less age-appropriate posts can feature anything from extreme political views to pornography. While accounts marked as 18+ are restricted from non-members, it's still fairly easy to stumble across this material accidentally. X's new 'For You' page also shows content from accounts that a user doesn't already follow – meaning that almost anything could end up on a child's feed.

### VERIFICATION FOR SALE

Historically, Twitter's moderators granted account verification; certifying someone as authentic by placing a blue tick next to their username. One of X's earliest changes was to place verification behind a paywall; this caused the number of celebrity impersonators to rise and left no way to distinguish, say, a legitimate influencer from a copycat take account seeking to exploit other users.

**BLUE TICK SALE**

## Advice for Parents & Carers

### PROTECT PRIVACY

Unsavory characters may try to gain access to a young person's X account – either to view their posts and gather information on them, or to completely take control of it. To minimise risk, ensure the account has a strong password and enable the 'Protect Your Posts' feature (via the account settings), so that strangers can't view your child's posts without first being approved as a follower.

### DON'T RISE TO THE BAIT

To gain more views and followers, some X users post deliberately inflammatory comments on sensitive topics such as race, sexual orientation and gender issues. Many young people could find this upsetting. Emphasise that, if your child encounters someone spreading hate on X, it's best not to give that person what they want: an argument. Ignore them, mute their account and move on.

### STAY ALERT FOR IMPOSTERS

Make sure your child understands that X's blue ticks no longer guarantee the identity of anyone on the platform. While it might be exciting if a celebrity liked your child's post, it could just as easily be an imposter with malicious intentions. If your child's not 100% sure that an X user actually is who they claim to be, advise them to err on the side of caution and avoid interacting with that account.

### ONLY FOLLOW TRUSTED ACCOUNTS

Using the 'Following' tab on X helps to ensure that the only content your child sees has come from accounts they've chosen to follow; this should reduce the chance of them inadvertently being exposed to harmful, violent or explicit content. Show your child how to report another user's account if, say, they're behaving inappropriately by spreading misinformation or offensive opinions.

### BE READY TO TAKE ACTION

If your child suffers harassment on the platform or becomes the target of a hack, you could consider deactivating their account entirely. Recently, X's safety features have been criticised for allegedly failing to protect users' wellbeing – so if your child is being subjected to abusive messages or similar mistreatment on the platform, it might be prudent to remove them from X altogether.

### Meet Our Expert

Lloyd Coombes is Editor in Chief of gaming and esports site [GCR.com](http://GCR.com) and has worked in the gaming media for around four years. Always eager to test out the latest apps, games and online trends, he's also a parent who understands the importance of online safety. Writing mainly about tech and fitness, his articles have been published on influential sites including [IGN](http://IGN.com) and [TechRadar](http://TechRadar.com).



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