

# The Bulletin

Friday 24<sup>th</sup> November

Dear Parents and Carers,

It has been a busy and very productive week, many of our students achieved 100% attendance to school this week – congratulations, your perseverance and determination has not gone unnoticed.

Much of the week has been focused on the upcoming mock exams and helping our year 11 students to best prepare for this.

This week in assembly we discussed the International Day for Elimination of Violence Against Women. We recognise the importance of raising awareness about violence towards women, especially among our youth. It is important that children and young people know about healthy and unhealthy relationships and how to get support. We know that by challenging problematic behaviour, language, beliefs and attitudes we can contribute to ending a culture of abuse that is disproportionately against women and girls.

Have a great weekend.

Louise.

Our value this half term is

**TOLERANCE**

**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'**

TIPS FOR REVISION



[Help your child beat exam stress - NHS \(www.nhs.uk\)](http://www.nhs.uk)

Ashley College Parent and Carer Support Group - 6<sup>th</sup> December 9:30 – 10:30

Our next session will run at the above date and time. Please come and contribute to this safe space which will be supported by our school therapist Amanda. We will also be delivering a session on "Post 16 Options".



The Children's Commissioner for England has recently launched 'The Big Ambition' to hear directly from children, young people and parents across the country.

We want to hear from all children, in every part of the country and in every setting.

This is your chance to tell key policymakers what is important to you ahead of the general election. Take part now and ensure your needs are reflected in the decisions that will affect you in years to come.

Scan the QR code to take part



CHILDREN'S COMMISSIONER

[www.childrenscommissioner.gov.uk/thebigambition](http://www.childrenscommissioner.gov.uk/thebigambition)



**BPCF CIC**

BRENT PARENTS AND CARERS FORUM

Wednesday 29th November 7-8.30pm -online

Join Zoom Meeting

<https://us06web.zoom.us/j/3905806354>

Meeting ID: 390 580 6354



**Brent Youth Forum**

If you are aged 14 to 25 years with a Special Educational Needs and Disability (SEND) join our online forum.

Our next session takes place on Tuesday 28 November, from 6 to 7.15pm, in this session we are interested in hearing about the best way for us to communicate with you.

This is an opportunity to give your opinion on what you want to see, do and experience in Brent. Join the session on Microsoft Teams by scanning the QR Code or clicking [HERE](#)

If you have any queries please contact Natalie Bissah at [Natalie.bissah@brent.gov.uk](mailto:Natalie.bissah@brent.gov.uk) and 07920 834819

 Brent

If you would like to request this information in a different language or format, such as accessible PDF, large print, easy read, BSL, audio recording or braille, email [design@brent.gov.uk](mailto:design@brent.gov.uk) or call 020 8937 1234.

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**  
Contact details: **07866217122**

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

## Top Tips for Safer Online Shopping on

# BLACK FRIDAY AND CYBER MONDAY

Black Friday and Cyber Monday have become established as two of the year's biggest shopping events, giving consumers the opportunity to snap up a stash of stunning bargains. While this is generally good news, of course, the resultant retail frenzy can lead to people dropping their guard – especially online. In previous years, a seasonal surge in cyber-crime has seen schemes such as phishing emails and credit card scams being unleashed on unwary buyers. Our guide has some essential pointers on keeping your details – and your money – safe while you shop.

### ENSURE A SITE'S SECURE

Before inputting sensitive information (like your card details) into a website, check that the site's secure. The key thing is to look for a padlock symbol in the address bar and check that the URL begins with "https://". The "s" indicates that the web address has been encrypted with an SSL certificate. Without that, any data entered on the site could be intercepted by criminal third parties.

### TRUST YOUR INSTINCTS

If a deal seems too good to be true, then it probably is. Be especially wary if a site offering unbelievable discounts doesn't look professional (for example, if it's covered with pop-up adverts or it looks particularly outdated) – this often serves as a red flag that the seller might not be entirely trustworthy. Minimise risk by sticking with well-known, reputable retailers instead.

### REVIEW BANK STATEMENTS

Even if you've followed all our tips, it's probably worth checking your next bank statement for any unusual transactions. Criminals know that on Black Friday and Cyber Monday, lots of people make numerous purchases online: they're hoping that any stolen money will get lost in the crowd of other transactions. If you see a payment or payee you can't identify, raise it with your bank straight away.

### BWARE OF SUSPICIOUS EMAILS

Black Friday and Cyber Monday often bring a significant spike in phishing emails, as criminals use the events' sense of urgency as cover for stealing personal information. Even if they look legitimate, be wary of emails requiring you to do something unusual or suspicious: providing your personal details in exchange for access to last-minute deals, for example, or clicking on a link to an unfamiliar site.

### CHECK IT'S THE REAL DEAL

It's not just cybercriminals you need to be wary of. Research has shown that some online retailers increase the price of certain items in the weeks before Black Friday and Cyber Monday – enabling them to then advertise "discounts" (which, in reality, have simply restored the cost to normal levels). Use an online price comparison tool to verify whether these "reductions" truly equate to a saving.

### MINIMISE MICROTRANSACTIONS

Black Friday and Cyber Monday promotions extend to digital items as well as physical ones. Some gaming companies will offer discounts on in-app and in-game microtransactions such as loot boxes. If you're concerned about how much your child might spend on these upgrades, you can restrict their ability to make purchases (via their device's settings) or remove any linked payment methods.

### SET STURDY PASSWORDS

A strong, unique password is one of the most straightforward ways to protect yourself from cyber-crime. As most of us have multiple online shopping accounts, it can be tempting to use the same password for them all – but this puts your personal data at greater risk. You could try using a password manager to create a different, robust password for each online retailer that you visit.

### DITCH THE DEBIT CARD

Where possible, it's safest to shop online with a credit card (as opposed to a debit card) because it offers additional protection. If a purchase is made fraudulently on your credit card, there's a fair chance of your bank reimbursing you. Should criminals obtain your debit card details, however, they could empty your account in moments – and it can be difficult to recover your money.

### RESIST THE INFLUENCE

Recommendations from social media influencers are another thing to remain vigilant for on Black Friday and Cyber Monday. While many of these will be legitimate, remember that influencers are often paid to promote products – and to publicise deals that aren't quite as amazing as they might seem. Don't feel pressured into buying purely on their advice; look at everything with a critical eye.

### TAKE CARE ON SOCIAL MEDIA

Social media scammers are more active on Black Friday and Cyber Monday, as they know people are hunting for deals online. These scammers tend to concentrate on platforms such as Facebook and Instagram, posting malicious links that can compromise shoppers' personal details. Other scammers, meanwhile, falsely advertise products in an attempt to trick users out of their hard-earned cash.

### Meet Our Expert

Carly Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of tech tabloid *The Inquirer*, Carly is now a freelance technology journalist, editor and consultant.



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