



# Ursuline Academy Ilford

Weekly News – 2023/2024 Issue 18  
26th January 2024



## Upcoming Events

**Parent Coffee Morning 2**  
Thursday 1 February 2024  
9.00 – 10.00a.m.

**Year 11 Progress Evening**  
Wednesday 7 February  
4.30 – 7.00p.m.

**Half Term**  
Monday 12 February –  
Friday 16 February

**INSET DAY**  
Monday 19 February 2024  
(School closed to students)

**Year 7 Progress Meeting**  
Wednesday 28 February  
4.30 – 7.00p.m.

**Year 9 Progress Meeting + Options Information**  
Thursday 14 March  
4.30 – 7.00p.m.

**Year 8 Progress Meeting**  
Monday 22 April  
4.30 – 7.00p.m.



Dear Parents/Guardians,

## Headteachers Headlines

Welcome to our new look Newsletter, I'm very grateful to Mrs Herbert, the headteacher's PA, for creating this and hopefully you will find this easier to navigate. You'll see here on the left a list of upcoming dates, we want to make sure parents are well informed. I've added this following parental feedback. We really value your feedback here at the academy so please do write to me with anything you think we could do to ensure our students and parents/guardians have a great experience at the academy.

On this note, we are very much looking forward to our second parent coffee morning on Thursday 1st February, I encourage you to come along. <https://forms.office.com/e/sbkFGKblav>

We are renewing our efforts to ensure all pupils at the Ursuline are wearing their uniforms correctly at all times, which of course the majoring of girls do. Please do check the guidance below to support your daughters in adhering to our uniform rules.

On Wednesday I hosted our Year 7 history competition winners with Ms Mackie (Subject lead for history) at breaktime. Well done to the students, their work is inspiring!

Finally, today we celebrate the feast of St. Angela Merici, the founder of the Ursulines. May she continue to inspire us to do our best everyday

St. Angela Merici, pray for us!

Thank you for your continued support!  
Fiona Stone [headteacher@uai.org.uk](mailto:headteacher@uai.org.uk)





## Newsletter Contents this week:

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### Chaplaincy News

Pope Francis@Pontifex – 24th January 2024

Accumulating material goods is not enough to live well, because life does not depend on what we possess (cf. Lk12:15). Life depends on good relationships with God, with others, and also with those who have less. #GeneralAudience

### Forward in Joy – 366 days with Angela Merici – Daily words of wisdom from our patron saint

January: Trust

26th January: We will find thorny and rocky roads becoming flower-strewn for us.

27th January: I shall always be in your midst, helping your prayers.

28th January: Be bound to one another by the bond of charity.

29th January: Be happy, and always full of charity and faith and hope in God.

30th January: in God, one has all wealth.

31st January: God will never fail to provide for all their needs.

February: Esteem

1st February: Among the good and necessary means that God has granted me, you are one of the most important.





## Feast Day of St Angela Merici

Tomorrow in the school calendar we celebrate the Feast Day of St. Angela Merici, (Saturday 27th January) the founder of the Ursuline's. This morning we celebrated Mass together in school to mark this special occasion. As a treat, everyone was given a Twix and school finished at 12.40p.m!

Angela Merici was born in Desanzano in Italy, a contemporary of Christopher Columbus and Leonardo da Vinci. She was orphaned at 10 years of age and she grew up in a society where women were not valued, not educated and had few options in life. She was self-educated and well read, she left her home and went on pilgrimage more than once! This makes her a remarkable woman and an excellent role model for young women today. In 1535, after years of reflection and prayer, she founded the Company of St. Ursula with a vision of a life of service and piety. It is these principles of service and empowering young women upon which our school and Ursuline schools around the globe are founded.

We wish you all a very happy feast day in advance of Saturday!



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*"Act, move, believe, strive, hope, cry out to him with all your heart for without doubt you will see marvellous things."*

*St Angela, Prologue to the Counsels, 16-18*

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## Uniform Guidelines

# Uniform

What are the uniform items you must wear?



- School blazer with SERVIAM badge pinned to the lapel
- White shirt/blouse
- School V-neck sweater or cardigan
- Blue school skirt – worn to the knee or UAI School trousers
- White or Navy knee length socks *or* black or navy tights
- Black, flat-heeled school shoes [leather or leather appearance].
- Head coverings must be blue or black
- Cloth coats [no real or imitation leather] must be plain black or blue and **longer** than the blazer
- Hair must be 'natural' colours only

**Optional:** two plain studs worn in the lobe of each ear, a small religious symbol on a thin plain chain, a watch.



- Additional jewellery
- Nail polish or nail extensions
- Make-up
- False eye lashes or eyelash extensions
- 'Hoodies'
- Leggings
- Socks over tights
- Hair accessories must be black, blue or clear only
- Sweaters must be worn correctly and not tied at the back



What are you not allowed to wear?



## Drama News



On Wednesday 24th February, our Year 11 GCSE Drama students went to watch the evening production of Matilda the Musical at The Cambridge Theatre.

The production was brilliant – from the dazzling set, the fantastic performances from the talented cast and the crowd-pleasing song and dance numbers. The Year 11 students thoroughly enjoyed the show and are busy evaluating it in preparation for their written examination for the Drama GCSE.

Thank you to Miss Agudelo for accompanying the wonderful theatre trip.

**Ms Milne, Subject Lead Drama**



## History News

### **Year 11 History Trip to The Old Operating Theatre and the Golden Hinde**

On Tuesday 16th January year 11 History students visited two sites in London that are closely linked to their studies. In the morning we visited the Old Operating Theatre Museum, which is the site of the oldest surviving operating theatre in Europe. Students heard a talk on nineteenth century surgery and the dangers of infection, blood loss and pain. Students were able to see artefacts from surgery at the time, including knives and saws, as well as early apparatus used to administer chloroform and ether. In the herb garret, students saw a wide range of other objects relating to medical history; from the herbs used to treat common ailments, to preserved human organs and written accounts of surgery in the past.

In the afternoon, students visited the Golden Hinde on the Southbank, a replica of the ship that Francis Drake captained to circumnavigate the globe in 1577-1580. Our tour guide gave an excellent guided tour, looking at Drake's motives for sailing, the consequences of the journey and the conditions on board the ship.

Students were perfectly behaved all day, despite the freezing cold and being outside for most of the day. They were a credit to the academy and hopefully will be able to apply what they learned to their History GCSE.

**Miss Mackie, Subject Lead History**



On Wednesday, some of our year 9 students had a fantastic trip to His Majesties Theatre, Mayfair to see "The Phantom of the Opera" Our Jack Petchey Award winner Vira very kindly wished to treat her classmates out to see this show with the help of her Jack Petchey grant.

The students loved being out and about in London taking in the sights too! Thank you, Vira, for giving your friends and peers an evening filled with lots of fun memories!

***Ms Eakins, Jack Petchey Coordinator***





## Library News

Holocaust Memorial Day, 27 January 2024. Theme: Fragility of Freedom

Recommended reads from Scholastic Book Club



*"A gripping story of love, courage and triumph over evil"* – The Bookseller



***The Boy Who Didn't Want to Die*** describes an extraordinary journey, made by Peter, a boy of five, through war-torn Europe in 1944 and 1945.

The young adult edition of the incredible bestselling true story.



***The Tattooist of Auschwitz*** is based on the true story of Lale and Gita Sokolov, two Slovakian Jews who survived Auschwitz. When Lale, given the job of tattooing the prisoners, saw Gita waiting in line, it was love at first sight. In that moment he determined to keep them both alive.

This is a story of hope and of courage.



Berlin, 1942. When Bruno gets home from school one day, he discovers that his belongings are being packed into crates.

When they arrive at their new home, Bruno is baffled by its isolation. Surely there must be more to this desolate place than meets the eye? And who is the boy across the fence, wearing striped pyjamas?



An extraordinary, eye-opening account of the Holocaust. Occupied Warsaw, Summer 1940: Witold Pilecki, a Polish underground operative, accepted a mission to uncover the fate of thousands interned at a new concentration camp, report on Nazi crimes, raise a secret army and stage an uprising. The name of the camp – Auschwitz.

It is 1939. In Nazi Germany, the country is holding its breath. Death has never been busier – and will become busier still.



By her brother's graveside, Liesel's life is changed forever when she picks up a single object, abandoned in the snow. It is The Gravedigger's Handbook, and this is her first act of book thievery...

Books available to purchase at <https://www.scholastic.co.uk/>

**Ms Finlay, Librarian**



## MFL NEWS

### **French Pop Song/ Video club**

Francophonie UK, a group formed of 6 Francophone embassies and delegations, including Belgium, Canada, France, Monaco, Tunisia and Quebec, is inviting all students and teachers of French to take part in the French Pop Video Competition!

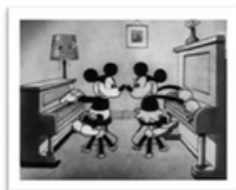
**All our language students are welcome to join our French Pop Video Club on Wednesdays from 12:70 until 1:10 pm in G6. There will be no clubs this week (31st January) but it will resume on 7th February.**

**Ms Grassi, Subject Lead MFL**



## Music News

<b>EXTRA-CURRICULAR MUSIC CLUB TIMETABLE</b>					
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breaktime</b>	Music Practice (Invitation only) <u>@10.40am</u> (S5)	Music Practice (Invitation only) <u>@10.40am</u> (S5)	<b>UKULELE GROUP</b> <u>@10.40am</u> S5	Music Practice (Invitation only) <u>@10.40am</u> (S5)	Music Practice (Invitation only) <u>@10.40am</u> (S5)
<b>Lunchtime</b>	Music Practice (Invitation only) <u>@12.40pm</u> (S5)	<b>COMPOSITION CLUB</b> <u>@ 12.40pm</u> S5	Music Practice (Invitation only) <u>@12.40pm</u> (S5)	<b>WORSHIP BAND</b> <u>@ 12.40pm</u> S5	<b>UAI BAND</b> <u>@ 12.40PM</u> S5
	<b>GUITAR ENSEMBLE</b> <u>@ 1.10pm</u> S5	<b>VIOLIN ENSEMBLE</b> <u>@ 1.10pm</u> S5	<b>UAI CHOIR</b> (All years) <u>@ 1pm</u> S5	<b>WOODWIND ENSEMBLE</b> <u>@1.10pm</u> S5	<b>GLEE CLUB</b> <u>@ 1.10PM</u> S5



**Ms Deller, Subject Lead Music**

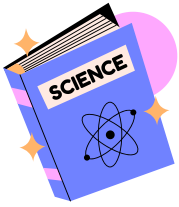
# RELIGIOUS EDUCATION

## Religious Education News

During this week's General RE lesson, Year 12 students were able to hear first-hand, from Pastor Jonathon Somerville minister at Woodford Baptist church, of the current demand and challenges faced by the Redbridge Food bank. Ursuline has been a long-standing supporter of the food bank (located just over the road from the school at the Jubilee Church) most recently collecting items in Advent. This was a very informative talk, full of examples of the incredible work the Foodbank does and rooted in gospel values to care for the poor and the needy. Students were inspired and many asked afterwards how they could help, including donating, through prayer and volunteering their time. As a school, we continue to support the foodbank and will keep you updated on our endeavors.

**Mr McGhee. Head of Religious Education.**





## Science News

### **Egg Drop Parachutes**

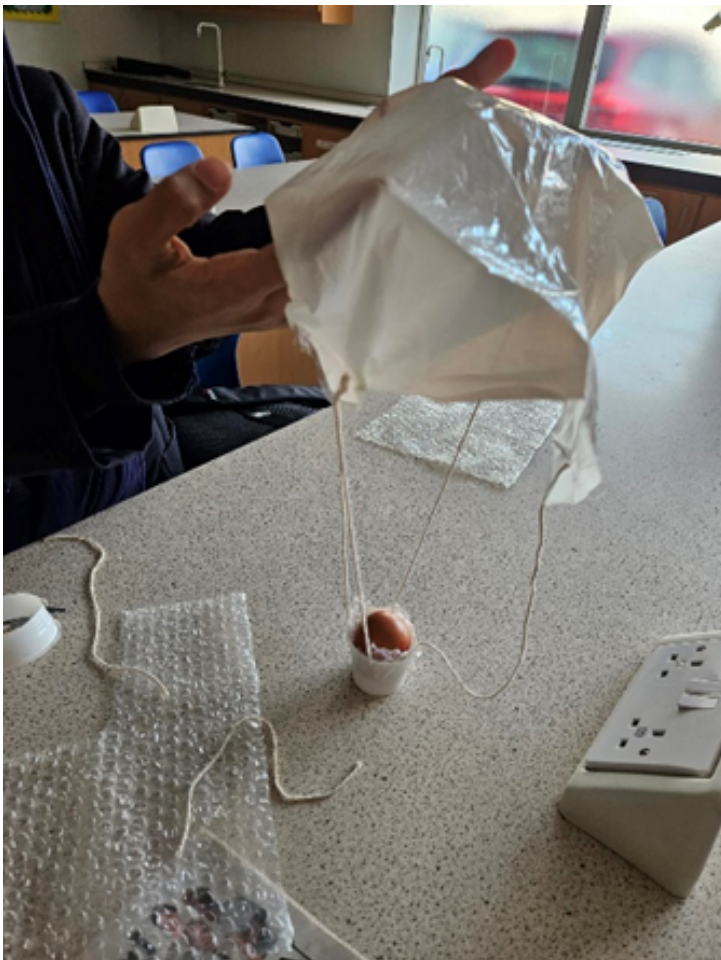
This week we made parachutes for an egg drop. The main aim was to protect our eggs from breaking, we had some bubble wrap, tissues, paper and tape available to use. The challenge was to prevent the egg from breaking when it was dropped from a first-floor window.

Key features of the designs:

- Aerodynamic Design
- Cushioning their eggs
- Ensuring the parachute was the correct size and would deploy
- 

We then dropped these from the first-floor English corridors and watched how they came down into the Science courtyard.

### ***Mr Uddin and Ms Agudelo***





## Year 9 Knife Crime Workshop

On Thursday morning our Year 9 students had a workshop on Knife Crime. This was delivered by Graham who is a member of the MET Police and Mariano who works with the London Ambulance Service. This workshop gave the students a real insight into the dangers of knife crime and also taught us about how we can help someone who has been injured without putting ourselves in danger. We were also reminded of the importance of not being a bystander and that if we know of anyone who is in danger or at risk of putting themselves in danger, it is always best to tell an adult, a teacher or even the police so that they can deal with the situation accordingly.

Being a bystander can also result in a severe sanction. The Year 9s really enjoyed this eye-opening workshop and had lots of question to ask. Both of our guest speakers were very impressed with how well behaved and keen they all were too.

Thank you, Graham and Marino, and well-done Year 9 for being such a fantastic audience.

***Ms Eakins, Head of Year 9***



## **Did you know...just registering your daughter for Free School Meals means that our school gets extra money!!**

You can register your daughter for Free School Meals if you receive any of these benefits:

- Universal Credit (provided you have an annual net earned income of no more than £7,400, as assessed by earnings from up to three of your most recent assessment periods)
  - Income Support
    - Income-based Jobseeker's Allowance
    - Income-related Employment and Support Allowance
  - Support under Part VI of the Immigration and Asylum Act 1999
    - The guaranteed element of Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit run-on – paid for four weeks after you stop qualifying for Working Tax Credit

If you want your daughter to have a free, healthy meal at lunchtime that's great – she will get a free meal (saving you more than £400 per year!). There is NO stigma attached and no one will know because we operate a cashless payment system in our Dining Hall.

If you qualify but don't want your daughter to have Free School Meals, please still register as the school will get additional funding. Your daughter can still continue to have her packed lunch as normal!

To apply please complete the on-line Free School Meals application on the [Redbridge.gov.uk](http://Redbridge.gov.uk) website. You can apply regardless of which borough you live in because your daughter attends a school in Redbridge. It is a simple 1-page form, so don't delay, apply today!!

It is important to note that:

- Taking the meal is recommended but not compulsory
- Your daughter may receive additional help as a result of being registered, for example, help with the cost of music lessons or school trips
- No one will know and it will not affect any other benefits you are claiming
- Registering your daughter for Free School Meals will bring in more money to our school. Thank you for your co-operation.





## Careers

### Year 11 Open Events

1. **Waltham Forest Open Event:** Sat 27 January, 10.00am – 2.00pm, 707 Forest Road, Walthamstow, E17 4JB <https://www.waltham.ac.uk/students/open-events>
2. **School 21, Pitchford Street, Stratford, London, E15 4RZ**  
You can apply via this link <https://school21.applicaa.com/year12>

### Career Inspiration for Students

Introducing our free career quiz and workshop, helping students reflect on their next steps. [Take Our Career Quiz](#)

**Free Workshop: Choosing Your Future Career, 6th February | 6.30-7.30pm UK Time**  
[Webinar Registration](#) **Families and Students)**

### Where can parents get information on Apprenticeships

1. Understanding Apprenticeships animated film [WATCH THE FILM](#)
2. The Parents Perspective Podcast, [LISTEN NOW](#)
3. The Parents & Carers Pack [READ THE LATEST PACK](#)
4. The Parents' Guide to Apprenticeships [DOWNLOAD THE GUIDE](#)

### Apprenticeships

<https://bigcreative.education/apprenticeship/vacancies/>

[Cyber Specialist Development Programme Ref. 3156 - Recruitment Services \(applicationtrack.com\)](#)

[Apprenticeship Opportunities in Digital with Google](#)

[Accountancy Apprenticeship Opportunities with the NAO](#)

[Insight into Deloitte: Apprenticeships and Work Insights](#)

[IBM Apprenticeships: Accepting Applications Soon!](#)

[Apprenticeships in Engineering with National Grid](#)

- [Human Resources Higher Apprenticeship](#) [Finance Higher Apprenticeship](#)
- [Procurement Higher Apprenticeship](#) [Asset Management Higher Apprenticeship](#)
- [Network Engineering Higher Apprenticeship](#)

### NHS Virtual Work Experience

Medicine: <https://medicmentor.org/get-into-medicine-ucas-conference/>

The NHS Virtual Allied Healthcare **Work Experience** : <https://alliedhealthmentor.org/nhs-healthcare-careers-virtual-work-experience/>



EXTRACURRICULAR ACTIVITIES

## Extra-Curricular Activities

Day	Activity	Time	R0om	Year
<b>EVERY DAY</b>	Rise & Shine Biology Time!: LMB	7.45 - 8.30a.m.	G7	Year 11
<b>MONDAY</b>				
<b>BREAKTIME</b>	Music Practice (Invitation only): SDE	10.40 – 11.00am	S5	Years 7-11
<b>LUNCHTIME</b>	Music Practice (Invitation only): SDE	12.40 – 1.10pm	S5	Years 7-11
	Guitar Ensemble: SDE	1.10 – 1.40pm	S5	Years 7-11
	Indoor Rowing: JMA/CHB	12.40 – 1.10p.m.	Gym	All Years
<b>AFTER SCHOOL</b>	Library Club: CFI	3.20 – 4.30pm	Library	Years 7-13
	Netball Club: JMA	3.30 – 4.30p.m.	Playground/Gym	Years 7-8
<b>TUESDAY</b>				
<b>BREAKTIME</b>	Music Practice (Invitation only): SDE	10.40 – 11.00am	S5	Years 7-11
<b>LUNCHTIME</b>	Music Composition Club: SDE	12.40 – 1.10pm	S5	Years 9 - 10
	Violin Ensemble: SDE	1.10 – 1.40pm	S5	Years 7-11
	STEM Club: AKO	1.00 – 1.30pm	G12	Years 7-11
	Debating Team: EDO	12.40 – 1.10pm	F19	Years 12-13
	Maths Club: TKA	12.40 – 1.40pm	S6	Years 7-11
	Chemistry Club: JOS	12.40 – 1.10pm	G8	Years 10-13
	GCSE PE Intervention: SFR	12.40 – 1.30p.m.	G18	Years 10-11
	Newspaper Club: NAS	12.40 – 1.40p.m.	F9	Years 7-11
<b>AFTER SCHOOL</b>	Subject Champions: RBA	3.30 – 4.30pm	G15	Years 12-13
	Library Club: CFI	3.20 – 4.30pm	Library	Years 7-13
	Netball Club: SFR	3.30 – 4.30p.m.	Playground/Gym	Years 9 - 13
	Humanities Revision Club: EDO/HMA/HCO	3.30 – 4.30p.m.	G3	Year 11
<b>WEDNESDAY</b>				
<b>BREAKTIME</b>	Ukulele Group: DEA	10.40 – 11.00a.m.	S5	Years 7-8
<b>LUNCHTIME</b>	Music Practice (Invitation only): SDE	12.40 – 1.00p.m.	S5	Years 7-11
	UAI Choir: SDE	1.00 – 1.40p.m.	S5	Years 7-11
	Mindfulness and Wellbeing: NKA	12.40 – 1.10p.m.	G9	Years 12-13
	Indoor Athletics: JMA	12.40 – 1.10p.m.	Gym	Years 7-8
	French Pop Club: LGR	12.40 – 1.10p.m.	G6	All Years
	Spanish Speaking Club: SCL	12.40 – 1.10p.m.	G5	Year 11
	SEN Science Club: MUD	12.40 – 1.10p.m.	G11	Year 8
	Islamic Society: AAH	1.05 – 1.30p.m.	F8	All Years
<b>AFTER SCHOOL</b>	DT Catch Up: AKO	3.30 – 4.30p.m.	G12	Year 11
	Football Club: LBU/DOK	3.30 – 4.30p.m.	Playground/Gym	All Years
	Peer Mentor: NKA/RBA/HCO/SFR	3.30 – 4.30p.m.	G15	Years 7-13
	Library Club: CFI	3.20 – 4.30p.m.	Library	Years 7-13
<b>THURSDAY</b>				
<b>BREAKTIME</b>	Music Practice (Invitation only): SDE	10.40 – 11.00a.m.	S5	Years 7-11
<b>LUNCHTIME</b>	Worship Band: SDE	12.40 – 1.10p.m.	S5	Years 7-11
	Woodwind Ensemble: SDE	1.10 – 1.40p.m.	S5	Years 7-11
	Art Club: RBU	12.40 – 1.40p.m.	S2	Years 7-13
	Knitting Club: HMA & Mrs Mackie	12.40 – 1.40p.m.	F18	Years 7-11
	Charity and Enterprise: LBU	12.40 – 1.10p.m.	F10	Years 12-13
	Sports Ambassadors: SFR	12.40 – 1.10p.m.	Dance Studio	Years 12-13
<b>Fortnightly</b>	African Caribbean Society: TKA/SFR/NKA	1.10 – 1.40p.m.	S6	All Years
<b>Fortnightly</b>	ECO Club: HCO/JMC	12.40 – 1.00p.m.	G3	Years 7-8
<b>AFTER SCHOOL</b>	Library Club: CFI	3.20 – 4.30p.m.	Library	Years 7-13
<b>FRIDAY</b>				
<b>BREAKTIME</b>	Music Practice (Invitation only): SDE	10.40 – 11.00a.m.	S5	Years 7-11
<b>LUNCHTIME</b>	UAI Band: SDE	12.40 – 1.10p.m.	S5	Years 7-11
	Glee Club: SDE	1.10 – 1.40p.m.	S5	Years 7-11
	Art Club: RBU	12.40 – 1.40p.m.	S2	Years 10-13
	Chess Club: BFA	1.00 – 1.30p.m.	F13	All Years
<b>AFTER SCHOOL</b>	Library Club: CFI	3.20 – 4.30p.m.	Library	Years 7-13
	Running Club: JMA	3.30 – 4.30p.m.	Playground/Gym	All Years

# SMARTPHONE SAFETY TIPS

## for young people

7

You may have been lucky enough to have unwrapped a smartphone at Christmas, or you might be eagerly anticipating getting a new one at some point during this year. Whether it'll be your first ever phone or an upgrade on your old model, it's always useful to have a refresher about how to set it up and adjust the settings to keep yourself – and your valuable personal info – safe and secure. We've collected some expert tips to help you enjoy your smartphone in the healthiest way possible.

### NEVER SHARE YOUR PASSCODE

Alongside face or fingerprint recognition, your passcode is crucial to unlocking your phone and accessing your apps and personal information. You shouldn't give it out, even to close friends – after all, you wouldn't hand them a key to your house and let them go in for a nosy around! If a friend wants to use your phone, ask them why and make sure you can see what they're doing with it.

### RESPECT PARENTAL CONTROLS

If you're allowed to have a smartphone, it's because your parents or carers feel that you're mature and responsible enough to use it safely. They might set controls and boundaries on your device – not to spoil your fun but to help you avoid hazards like too much screen time or costly in-app purchases. Following these rules means you can enjoy using your phone while respecting their wishes.

### TALK TO A TRUSTED ADULT

Whether it's to listen to music, play games, create content or chat with friends, using a smartphone should be fun. If you're ever feeling anxious, worried or scared about going on your phone, then something isn't right. It's important not to ignore these feelings; instead, talk to a trusted adult about what's happening and how it's making you feel.

### STAY ALERT

Two words: look up. It might sound obvious, but it's so easy to get immersed in what we're looking at or listening to on our phones that we can become unaware of our surroundings – or who might be around us. People often walk with their head down, focusing on their phone, and forget to check for obstacles in their path, cars or other pedestrians coming towards them, which is clearly dangerous.

### DEVELOP HEALTHY HABITS

Phones offer a vast amount of content and the chance to chat with friends whenever we feel like it, which can make it difficult to take time away from the screen. If that's something you struggle with, you could try setting time limits on certain apps. Putting our phones down for a while gives us more time to interact with others or do something physical that helps keep us fit and healthy.

### IGNORE UNKNOWN NUMBERS

There are some scammers who might call or text asking you to share personal data or to click on a link and provide your details. Some may claim to be from a genuine company, but trustworthy businesses don't spontaneously call or message to ask for your information. It's safest to ignore calls or texts from unknown numbers, and never give your personal details out over the phone.

### ONLY USE AGE-APPROPRIATE APPS

Before downloading a new app or game, check what age rating it has. Don't feel pressured into getting a particular game or app just because your friends are using it. If it's intended for older people, there's a definite risk that it could include content (which is violent or frightening, for instance) or language which isn't suitable and may leave you feeling upset or disturbed.

### REMOVE TEMPTATION

A good night's sleep is so important for concentration, mood and overall health. Unwinding properly before going to bed – which means not staring at a screen late at night – can often improve sleep quality. Put your phone on charge overnight, but not in your room. This means you'll have a lot less temptation to check any notifications, reply to messages or get caught up scrolling on social media.

### THINK ABOUT OTHERS

Watching videos, listening to music or calling someone can all help to pass the time while we're on the bus, waiting in a queue or walking down the street. It's important to remain mindful of other people, though: they might not want to hear your tunes or your conversation. Likewise, if you're calling from a public place then don't forget that anyone could overhear something personal about you.

### SWITCH OFF GEOLOCATION

In your phone's settings, you'll be able to disable geolocation for individual apps and photos: this means that people online (including strangers) can't see information about where you are when you share or post a pic. On the subject of images, it's also important to ask permission before taking or sharing a photo of someone – and don't share embarrassing images of you or friends with others.

### Meet Our Expert

Dr Claire 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.



The National College



National Online Safety

#WakeUpWednesday