

YEAR 7 PARENTS' INFORMATION EVENING

Tuesday 7th October 2025



- **Mr Rayner** – Assistant Headteacher Key Stage 3
- **Mrs Rachel Jessop** – Head of Year 7
- **Miss Natalie Guppy** – KS3 Secretary
- **Mrs Roanne Harper** – KS3 Achievement Leader
- **Mrs Maz Wraight** – DA/PP/FSM Progress Leader
- **Mr Jon Linz** – Student Wellbeing Lead
- The **Year 7 Tutors** – your first point of contact for the vast majority of things
- Also, in the KS3 Office we have **Mrs Apsey** – Head of Year 8

THE KEY STAGE 3 TEAM

**Always here
to help.**





QR CODE

To register that
you are here, **IF**
you have not
already done so.



POSITIVE START + CATS

- Year 7 have made a great start to their secondary education.
- They all look very smart in their jumpers/polo tops with red badges.
- They all seem to have all their equipment – long may that continue.
- The CAT tests all went well – so thank you for your support with those.
- Tutors are very impressed.
- The KS3 Team are very impressed.
- Both Mrs Jessop and myself are also impressed and pleased with the transition from Primary to Secondary.



When we think about Year 7 pupils and this year, what we are looking for is:

1. a smooth start to Year 7
2. forming new friendships as they become part of the Little Heath Family
3. pupils embracing the curriculum and their discrete subjects across the site
4. pupils trying something new – a club, an activity ...
5. being kind and respectful
6. to have great attendance and to be punctual to school & lessons
7. to become resilient and to try their very best – Growth Mindset
8. to grow in confidence
9. to be the best version of themselves, each and every day

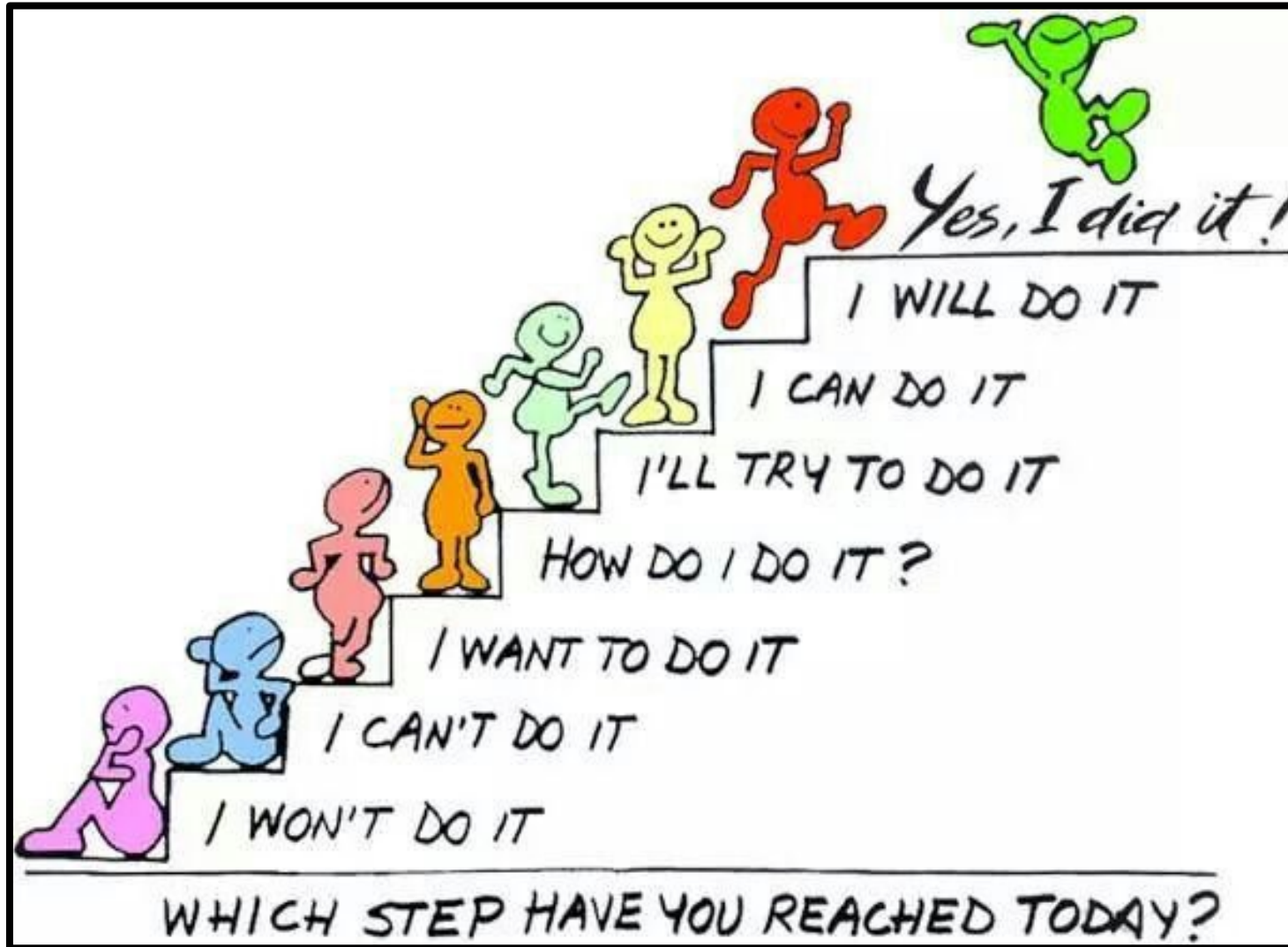
THE YEAR AHEAD & BEYOND

The journey through Year 7 and into Year 8 in **Key Stage 3**, as we prepare you for **Key Stage 4** and GCSEs.

And then into **Key Stage 5** and A Levels here at LHS, hopefully?



HAVING A GROWTH MINDSET HELPS TO ACHIEVE YOUR GOALS



How to Achieve Your Goals

- 1 Take action.
- 2 Try hard.
- 3 Keep practicing.
- 4 Explore a different way.
- 5 Ask someone for advice.
- 6 Do your best.
- 7 Learn how others did it.
- 8 Build upon your strengths.
- 9 Review and fix mistakes.
- 10 Don't give up.



- At LHS, we use a two-week timetable – week 1/A and week 2/B.
- Pupils have 5 different lessons each day + AM and PM registration
- In Year 7 students study: English (+ a Reading lesson), Maths, Science, History, Geography, PSHE (+ a Digital Skills lesson), Drama, Art, Music, Technology, RE, PE and French
- All students have 20 minutes of **DEAR time** every day (Drop Everything And Read), which rotates from p1 to p2 to p3 etc. on a weekly basis)
- After a holiday the timetable continues, it does not necessarily start again at week 1. If it was a 'Week 1' before the holiday, it will be a 'Week 2' afterwards.

YEAR 7 CURRICULUM



Subject	Number of Lessons
English	6
Reading/Library	1
Mathematics	7
Science	6
History	4
Geography	4
PSHE + Digital Skills	3
Drama	2
Art	2
Music	2
Technology	3
RE	2
PE	4
French	4
Over 2-weeks =	50

YEAR 7 CURRICULUM STRUCTURE & NUMBER OF LESSONS



- September = **Intro Y7 Recording**; EwL (Engagement with Learning) on our 4-1 point scale [Outstanding / Good / Requires Improvement / Poor]
- October = Intro Y7 Reports go home
- October = CAT data sent home
- December = Y7 pupils assigned to Higher / Intermediate / Foundation tier in each subject – based on KS2 data, CAT data & initial assessments by subject teachers
- February = **Y7 Interim Recording**, including EwL and an indication of how well the pupil is doing in their subject tier – Developing / Secure / Excelling
- March = Y7 Interim Reports go home
- April = Y7 Parents Evening – **Thu 23rd April** [4-7pm] online
- June = **End of Year 7 Recording** – as February
- June/July = End of Y7 Reports go home

ASSESSMENT TIMELINE





LHS ATTENDANCE LADDER

Minimum Expectations



100%

Perfect!

98%

Impressive
4 Days off school per year

96%

Good
8 Days off school per year

95%

Nearly There
9 Days off school per year

94%

Needs to improve
11 Days off school per year

90%

Concerns
19 Days off school per year

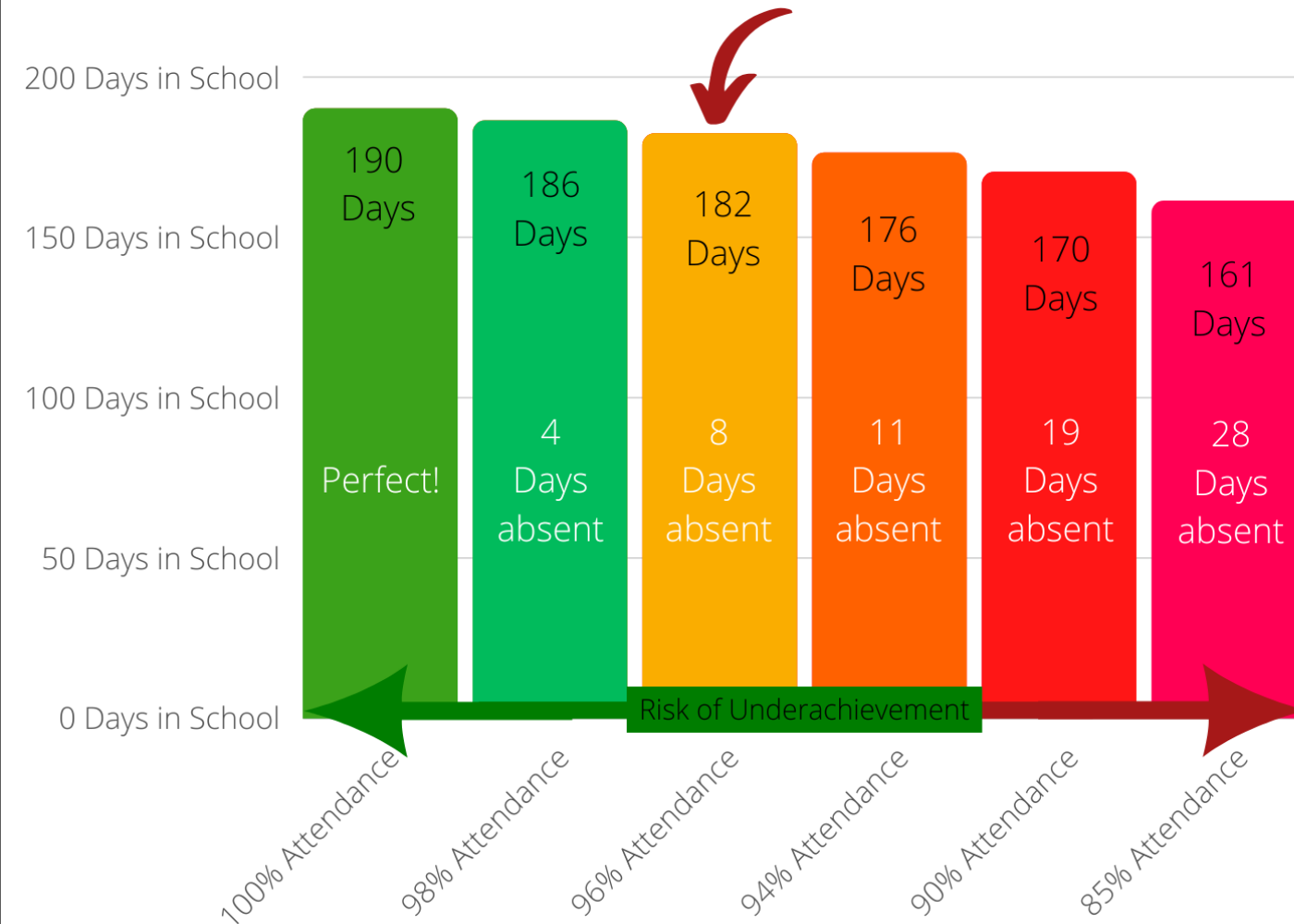
85%

Serious Concerns
28 Days off school per year

ATTENDANCE PART 1



Minimum Expectations



**Good
attendance is
important.**

Having 90% attendance or less means you are 33% less likely to gain a grade 4 in English and Maths.

An attendance rate of 90% is the equivalent of missing half a day of school per week.

6 out of 10 students with an attendance rate of 95% or more gain at least 5 GCSE grades 5-9.



ATTENDANCE PART 2



ATTENDANCE REALLY MATTERS

- **Year 11s from 2024: [actual data]**

Attendance	No. of students	Progress Score against Target Grade	Average GCSE grade (9-1)	4+ in Maths and English	5+ in Maths and English
0-80%	14	-2.07	2.5	21%	0%
80-90%	26	-0.92	3.3	46%	12%
90-94%	41	-0.31	4.2	63%	41%
94-97%	57	-0.17	4.6	68%	49%
97-100%	117	+0.28	5.1	78%	56%

Every lesson counts; punctuality is crucial.



PUNCTUALITY

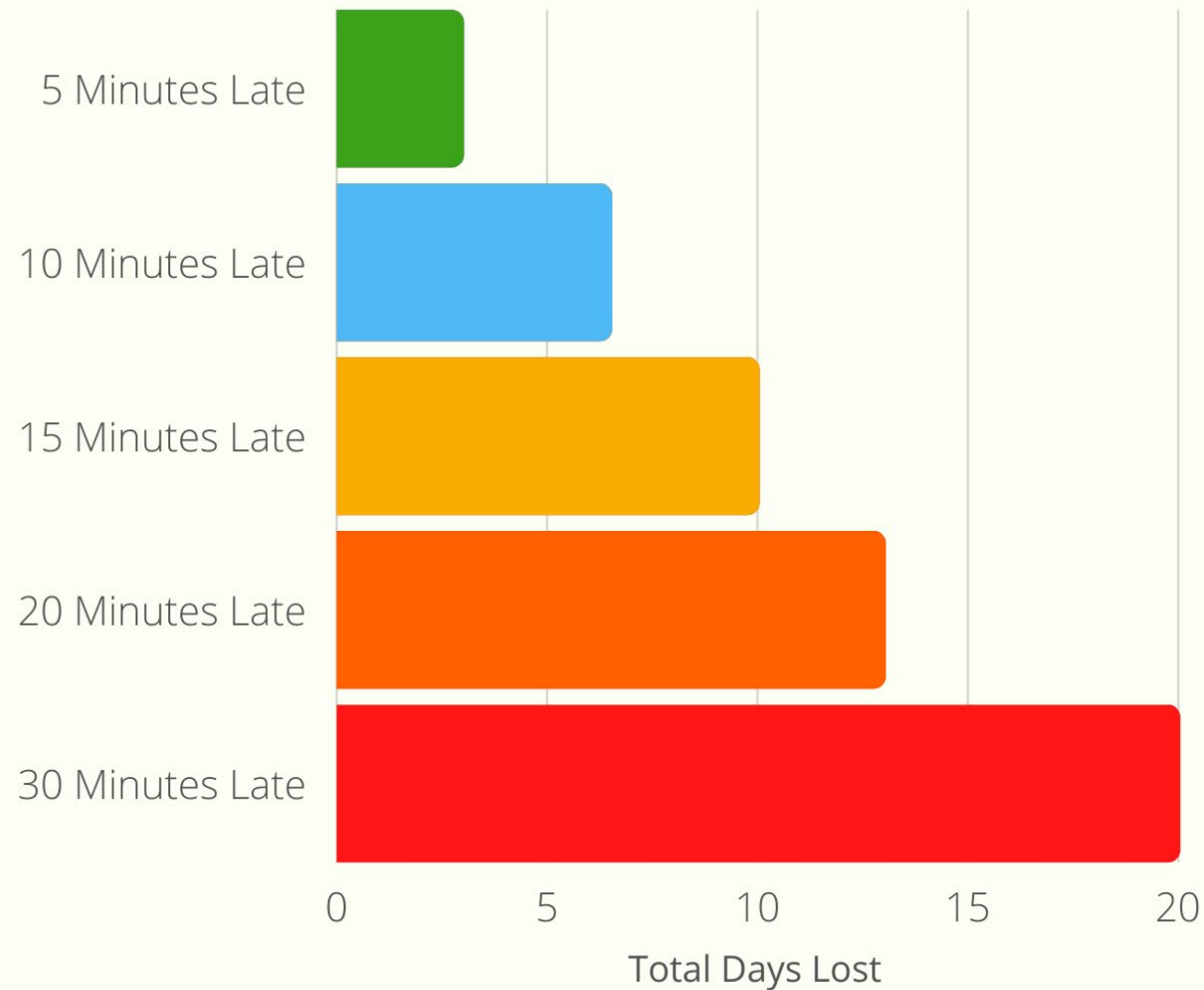
Being late to school adds up.

The most crucial learning hours of a school day are the morning hours, because this is when students are most attentive. Students who are late and miss the beginning of their morning classes also cause a distraction when they arrive late to class.

If a student is consistently late by just 15 minutes a day, this adds up to be 10 days lost in total across the school year.



Daily Lates to School



Getting ready for the real world of work.

What are employers looking for when it comes to Attendance & Punctuality?



- Pupils should know how to access and navigate **SATCHEL**, in particular to check their timetable, to check HWK & messages/announcements (such as practical equipment needed for Technology / PE) and how to 'tick off' HWK completed and to use the calendar function to plan ahead.
- **SENECA** – lots of subjects use it to set HWK.
- **ARBOR App** – our main conduit for Praise / Behaviour Points & Detentions
- **WhatsApp** – very useful, but can also be very divisive & horrible, especially large groups. Is your son/daughter part of big groups? What is the purpose of them?

**APPS –
SATCHEL /
ARBOR /
SENECA AND
BEING
ONLINE**



Top Tips for...

Buy
Milk

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.

DEVICE
BOX

The
National
College®

 **National
Online
Safety***
#WakeUpWednesday

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the Internet – like social media platforms – can also boost your wellbeing.

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

SCREEN TIME VS. USEFUL LEARNING

- Pupils will be set homework on Satchel One.
- Please support your child in completing homework and by the deadlines.
- Some homework will be completed online, e.g. SENECA.
- Homework hub is on Monday – Thursday from 3.30 – 4.30pm in the library. Pupils will have access to the computers.
- If there is an issue with a piece of homework, then please contact the member of staff before the deadline.

HOMEWORK



Day	AM Registration	PM Registration
Monday	Register & messages Announcements Uniform/ equipment checks	Wellbeing check-ins/ attendance Behaviour/ achievement points DEAR Time
Tuesday	Register & messages Announcements Uniform/ equipment checks	Tutor work
Wednesday	Register & messages Announcements Uniform/ equipment checks	Literacy tutor work
Thursday	Register & messages Announcements Uniform check – basketball courts	Key updates/ wellbeing check ins SMILE team
Friday	Register & messages Announcements Uniform/ equipment checks	Assembly

YEAR 7 TUTOR PROGRAMME



UNIFORM POLICY REMINDER

- LHS LOGO WHITE POLO SHIRT - RED LOGO FOR LOWER SCHOOL (KEY STAGE 3) AND SILVER LOGO FOR UPPER SCHOOL (KEY STAGE 4). DIFFERENT COLOURED TOPS (LONG OR SHORT-SLEEVED) SHOULD NOT BE WORN UNDERNEATH POLO SHIRTS.
- LHS LOGO V-NECK JUMPER - RED LOGO FOR LOWER SCHOOL AND SILVER LOGO FOR UPPER SCHOOL.
- HOODED TOPS, CARDIGANS, SPORTS TOPS, DENIM ETC ARE NOT ACCEPTABLE TO BE WORN AT ANY POINT WHEN ON SCHOOL SITE E.G. LUNCH, BREAK OR LESSON CHANGEOVERS.
- A WATERPROOF SCHOOL COAT FOR OUTDOOR WEAR ONLY.
- DESIGNATED SMART BLACK TAILORED SCHOOL TROUSERS. NO OTHER STYLES ARE ACCEPTABLE I.E. NO JEANS, LEGGINGS, SKINNY TROUSERS ETC.
- DESIGNATED SMART, PLAIN BLACK SCHOOL SKIRT, WITHOUT BUCKLES OR VISIBLE BUTTONS. NO OTHER STYLES ARE ACCEPTABLE.
- BLACK SHOES THAT ARE SUITABLE FOR SCHOOL - PLAIN, POLISHABLE, WITH A LOW HEEL AND WITHOUT LOGOS. CANVAS SHOES, SANDALS, BOOTS AND TRAINERS ARE NOT ACCEPTABLE AT ANY POINT OF THE SCHOOL DAY (EXCEPT OF COURSE FOR PE LESSONS AND IF STUDENTS ARE ACTIVELY AND OBVIOUSLY PARTICIPATING IN SPORT AT BREAK OR LUNCH).
- STUDENTS ARE ALLOWED TO WEAR A WATCH, A PLAIN RING AND ONE EARRING IN EACH EAR. THIS EARRING MUST BE A STUD OR SMALL SLEEPER.
- FACIAL PIERCINGS ARE NOT ACCEPTABLE IN ANY FORM.
- HAIR STYLES SHOULD BE NEAT AND TIDY, AND SHOULD NOT REFLECT EXTREMES OF FASHION, FOR EXAMPLE, PATTERNS IN HAIR OR BRIGHT COLOURS.
- STUDENTS SHOULD NOT WEAR EXCESSIVE MAKE UP.
- FALSE EYE LASHES AND COLOURED NAIL VARNISH OR FALSE NAILS ARE NOT ACCEPTABLE.



STUDENT STATIONERY SUPPLIES

"Essential" Stationery Pack	2 x Black Pens, 2 x Blue Pens, 2 x Purple Pens, 2 x Pencils, Pencil Sharpener, Eraser, 2x Highlighters, Glue Stick, Colouring Pencils, Clear Pencil Case, Compass, Protractor, 15cm Ruler	£3.50
"Exam Pack"	2 x Black Pens, 2x HB Pencil, Eraser, Protractor, Compass, 15cm Ruler, Sharpener, Highlighter, Clear Zip Wallet	£2.00
	Casio fx-85GTX Scientific Calculator (Solar)	£10.00
	Geometry Sets	£1.00
	Ballpoint Pen (Black or Blue)	5p
	HB Pencil	5p
	Record Cards	60p
	Eraser	10p
	Ruler 30 cm	15p
	Ruler 15 cm	10p
	Highlighter (Yellow)	25p
	Highlighter (Assorted pack of 4)	£1.30
	Pencil Sharpener (plastic)	15p
	Post-It Pad	25p
	Punched Pocket A4	5p
	Glue Stick	50p
	Clear Zip Wallet	20p
	Pack 12 Colour Pencils	60p
	Pack 24 Colour Pens	£2.20
	Protractor	10p
	Compass	30p
	House Badge	50p
	A6 Study Planner Notebook	£1.30
	Gum Shields	£1.50
	LHS Sports Socks	£6.50

All items listed are available from the **Resources Department**.
Stationery Packs, Exam Packs, Gum Shields and Calculators
 are also available to purchase via **Parent Mail**.



**P6****EXCEPTIONAL PERFORMANCE**

MEET WITH MR RAMSDEN

P5**BRILLIANT WORK / EFFORT ABOVE & BEYOND**

REWARD FROM DH / AH

P4**RECOMMENDATION TO HOD / HOY**

HOD / HOY REWARD >>>> PRAISE

P3**SUSTAINED EXCELLENCE**

POSTCARD >>>> LETTER >>>> PHONE CALL + PRAISE POINTS

P2**ABOVE & BEYOND IN LESSON/OUT**

PRAISE POINT

P1**POSITIVE LEARNING BEHAVIOURS**

VERBAL PRAISE + ENCOURAGEMENT

LHS POSITIVE BEHAVIOUR FOR LEARNING

N1**SLIPPING INTO NEGATIVE LEARNING BEHAVIOURS**EXPLAIN >>>> REFRAME >>>> PUT IT RIGHT - *I need you to...***N2****REPETITION OF NEGATIVE LEARNING BEHAVIOURS**

EXPLAIN NEGATIVE BEHAVIOURS >>>> FINAL WARNING >>>> BEHAVIOUR POINT

REFRAME AND MOVE ON >>>> **PUT IT RIGHT****N3****UNACCEPTABLE NEGATIVE LEARNING BEHAVIOUR**

SAFEROOM >>>> PUT IT RIGHT >>>> PHONE HOME >>>> DEPARTMENT DETENTION

N4**ESCALATION OF NEGATIVE LEARNING BEHAVIOUR**

ON CALL SUPPORT >>>> REFERRAL TO HOD >>>> MEET PARENTS

>>>> SUBJECT REPORT >>>> SOS

N5**REPETITION OF SEVERE NEGATIVE BEHAVIOUR FOR LEARNING**

INTERNAL EXCLUSION + HOY INTERVENTIONS + HEAD'S DETENTION

N6**SUSTAINED UNACCEPTABLE NEGATIVE BEHAVIOUR DESPITE INTEVENTIONS**

EXTERNAL AGENCIES + SUPPORT PACKAGES



LHS POSITIVE BEHAVIOUR FOR LEARNING



- It is important that pupils follow all staff instructions, both in & out of lesson time
- It is important pupils respect their peers
- Manners are very important
- Appropriate language for a school / place of work is also important. 'Banter' can be taken far too far!
- We are a 'no hands' school – in particular at social times when fun games & play sometimes can get out of control!
- Travelling to and from school – it is important pupils represent the school in a positive way and are safe – whether walking / cycling / on the buses etc.
- Parents – please be mindful of our neighbours when dropping/collecting your son/daughter, and of other road users and our buses!

BEHAVIOUR AND CONDUCT IN / OUT OF SCHOOL



- We have four houses.
- All tutor groups are part of a house.
- Pupils can gain house points through their effort and engagement with learning in lessons, attendance, punctuality, being helpful, meeting tutor expectations, etc.
- There are also house competitions that tutors/ departments will make pupils aware of.
- We like to encourage pupils to participate in as many house competitions as possible and be proud of the house they are in.



HOUSE SYSTEM / PRAISE POINTS ETC

Arundel

Conway

Stirling

Warwick



IT'S CHALLENGE TIME

- Which Y7 pupils – a boy & a girl can get the MOST Achievement/House Points this term?
 - Which Tutor Group can top the table for House Points in term 1?
 - There are prizes to be won!
-
- Can your son/daughter impress their Tutor/Teachers and get HPs?
 - For example - good manners, helpfulness, trying their best, being pro-active with learning, giving HWK their very best effort, going above & beyond, attending extra-curricular activities etc.





EXTRA CURRICULAR ACTIVITIES TIMETABLE - AUTUMN 2025

	CLUB	YEAR GROUP	TIME	LOCATION	LEADER
MONDAY	Basketball	Y10 - Y13	1:20 - 2:00pm	Sports Hall	M Hanham
	Table Tennis	Y9, Y10, Y11	1:20 - 2:00pm	Activity Studio	D John, T James
	Girls Choir	All	1:20 - 2:00pm	M2	N Hancock
	Homework Hub	All	3:25 - 4:15pm	Library	Student Support Team
	Science Club (Week 2)	Y7 /Y8	3:35 - 4:15pm	C8	F Nazar
	A Level PE Revision	A Level PE	3:30 - 4:40pm	T24 / T14	C Brown
	Coding Club	Y7, Y8	3:30 - 4:30pm	A13	P Bailey
TUESDAY	Spanish Club	Y7, Y8, Y9	1:20 - 2:05pm	B4	B Gunbie
	KS4 History Revision	Y9, Y10, Y11	1:20 - 1:50pm	T8	P Canning
	Basketball	Y7,Y8, Y9	1:20 - 2:00pm	Sports Hall	G May
	Soul Choir	Invite Only	1:20 - 2:00pm	M2	N Hancock
	Junior Choir	Y7, Y8	1:20 - 2:00pm	M1	G Berkeley
	Homework Hub	All	3:25 - 4:15pm	Library	Student Support Team
	Year 7 Rugby	Y7	3:30 - 4:30pm	School Field	G May
	Year 9 Rugby	Y9	3:30 - 4:30pm	School Field	T James
	Girls Football	All	3:30 - 4:30pm	School Field	C Brown
	Girls Netball	All	3:30 - 4:30pm	School Field	L Hodder
	Function Band	Invite Only	3:30 - 4:30pm	TBC	Music Dept
	Board Game Club	All	3:35 - 4:35pm	T9	JHE / JAN
WEDNESDAY	Basketball Club	All	8:00 - 8:35am	Sports Hall	G May
	Harry Potter Club	All	1:20 - 2:05pm	A11	N Murphy
	Pride+	All	1:20 - 2:00pm	Drama Studio	K Button
	Soul Choir	Invite Only	1:20 - 2:00pm	M2	N Hancock
	Junior Ensemble	Y7, Y8, Y9	1:20 - 2:00pm	M10	G Berkeley
	Badminton	Y9, Y10	1:20 - 2:00pm	Sports Hall	J Fisher
	Table Tennis	Y7, Y8	1:20 - 2:00pm	Activity Studio	D John
	GCSE PE Intervention	Y9, Y10, Y11	3:30 - 4:30pm	T14	J Fisher
	Homework Hub	All	3:25 - 4:15pm	Library	Student Support Team
	Senior Ensemble	Y10 - Y13	3:25 - 4:30pm	M10	N Hancock
THURSDAY	Badminton Club	Y7, Y8	1:20 - 2:05pm	Sports Hall	TJA, LHO
	KS3 History Revision	Y7, Y8	1:20 - 1:50pm	T8	P Canning
	Soul Choir	Invite Only	1:20 - 2:05pm	M2	N Hancock
	Islam Club	All	1:20 - 2:05pm	T16	J Eden
	Christian Union	All	1:25 - 2:00pm	R5	V Masih
	Y8 Rugby	Y8	3:30 - 4:30pm	School Field	D John
	Y10, Y11 Rugby	Y10, Y11	3:30 - 4:30pm	School Field	M Hanham
	Homework Hub	All	3:25 - 4:15pm	Library	Student Support Team
FRIDAY	GCSE Music Catch Up	GCSE Music	3:25 - 4:30pm	M2	GBE/NHA/CDA
	GCSE Badminton	Y11	1:20 - 2:00pm	Sports Hall	LHO/TJA/RGL
	Djembe Group	Y7, Y8, Y9	1:20 - 2:00pm	M1	G Berkeley
	Y7 Football	Y7	3:30 - 4:30pm	Astro	G May

EXTRA CURRICULAR

<https://www.littleheath.org.uk/extracurricularoffsite>



- There will be various department trips throughout the year.
- A whole Year 7 praise trip at the end of the year.
- Please ensure you have completed the online medical form – this covers all day trips for the year.
- Conduct, both in and out of school could affect your child being considered for trips.

YEAR 7 TRIPS



- **We will care for your children, be ambitious for them, listen, support, guide, challenge, inspire and champion them. How?**
- A caring, supportive pastoral care system with the form tutor at the heart. The tutor is always the first point of contact and is the person who knows your child best at LHS.
- A challenging and interesting 2-year KS3 Curriculum for your children
- Exciting lessons with stretch, support and scaffold
- Aspirational targets for all students, encouraging everyone to aim high and enjoy real ownership of their progress
- Opportunities to enrich students' learning and development both inside and beyond lessons and the curriculum

**WORKING
TOGETHER**

**What will we
do?**



- **It's not just about academic progress and development, we will ensure that we provide...**
- A culture of spreading kindness and celebrating success for students of all abilities
- Lots of opportunities for personal growth and fun
- A wonderful new building with incredible resources
- A fair, supportive and restorative Behaviour for Learning Policy
- An improved communication system – regular news bulletins and keeping in touch info, so that you feel as involved in the day to day learning and info of the school as you did at primary school.

**WORKING
TOGETHER**

**What will we
do?**



- Support your child in good routines with checking their timetable and packing their bags each evening before school.
- Help them to be punctual by making sure they leave enough time to walk, get an early enough bus to be on site by 8:47am at the latest.
- Download the Arbor and Satchel Apps so that you can monitor positive and negative behaviour points, keep an eye on any homework they are set and view any detentions.
- Help your child to practice using their new login / password details and support them in remembering this important details.
- Make sure they have the correct stationery equipment for each day, and **plenty** of spares. You would be surprised how many times a pen can be 'lost', 'empty' 'exploded' in one day!
- If there is ever a problem with your child's uniform, write a quick note to me (paper or email) to say what item of uniform is incorrect, and when it will be corrected by. I can then issue a uniform card to the student which they can show to any member of staff who asks.
- Get in touch with your child's form tutor if you have any concerns about your child's progress or experience of school – if they can't answer, they will make sure your concerns are passed on to the right person.

We aim to work with parents and students to make sure your child gets the most out of their time at LHS

WORKING TOGETHER

How can
parents
support?



- We care about the whole person
- Emotional health is just as important as grades

- **Why Wellbeing Matters**

- **Wellbeing is the foundation of success**
- Supports learning and concentration
- Builds resilience and confidence
- Helps manage new challenges in secondary school
- Encourages positive friendships and healthy choices

WELL-BEING



- **How We Support Wellbeing in School**

- Kindness
- Tutors and Pastoral system
- Wellbeing support
- SMILE
- Tutor Wellbeing Survey
- We teach about Wellbeing – PSHE, special assemblies, focus events

- **How Parents/Carers Can Help**

- Encourage open conversations at home
- Ensure good routines (sleep, nutrition, screen time balance)
- Notice changes in mood or behaviour early
- Please get in touch with us if concerns arise
- Work in partnership with school – build their confidence together
- Celebrate successes

WELL-BEING





**All young people will
process things differently
from an adult**



- ❖ Two big periods of growth and change– terrible twos and the adolescent years
- ❖ Different areas of the brain develop at different times

Sometimes....CAN'T - NOT - WON'T



- **What is SMILE ?**
- Our Peer Mentoring system running for 20 years
- Peer Mentors go through recognised training programme
- Year 10s

- **Purpose:**

- Helps Year 7s settle in and feel supported
- Encourages positive friendships and wellbeing
- Provides a “friendly face” to talk to

- **How It Works:**

- One contingent attached to each year 7 tutor group
- Later on, individual 1:1 mentoring

- **Benefits:**

- Builds confidence and belonging for Year 7s
- About empowering our Year 7s
- Strengthens the school community

SMILE



- Talk openly and regularly
- Monitor what they are doing on their phones
- Group chats
- Know what they are using
- Use parental controls
- Set limits – phones at nighttime; screen time limits
- Encourage critical thinking
- Protect personal information
- Privacy settings matter
- Know where to get help

ONLINE SAFETY – A FEW TOP TIPS





WhatsApp is one of the most popular messaging apps in the world, with more than 1.5 billion people in more than 180 countries using it to send and receive text, photos, videos and documents, as well as make voice and video calls through an Internet or Wi-Fi connection. The free app offers end-to-end encryption, which means that messages can only be read by the sender and the recipient in one-to-one chats, or all members if it is a group chat. Not even WhatsApp can read them.

What parents need to know about WhatsApp

AGE LIMIT CHANGE

Since May 2018, the minimum age for using WhatsApp is 16 years old if you live in the European Union, including the UK. Prior to this, the minimum age was 13, which still applies for the rest of the world. WhatsApp has not yet stated whether it will take action against anyone aged between 13 and 16 who already had accounts under the old terms and conditions, such as closing their account or seeking parental permission.

SCAM MESSAGES

Occasionally on WhatsApp, people receive spam messages from unauthorised third parties or from fraudsters pretending to offer prizes to 'lucky people', encouraging recipients to click on a link to win a prize. A common scam involves messages warning recipients that their WhatsApp subscription has run out with the hope that people are duped into providing their payment details. Other scam messages include instructions to forward the message in return for a reward or gift from WhatsApp or another person.

FAKE NEWS AND HOAXES

WhatsApp has been linked to enabling the spread of dangerous viral rumours. In India, for example, a number of attacks appear to have been sparked by false rumours shared on WhatsApp.

THE 'ONLY ADMIN' FEATURE AND CYBERBULLYING

Cyberbullying is the act of sending threatening or taunting text messages, voice messages, pictures and videos, with the aim to hurt and humiliate the receiver. The group chat and group video call features are great for multiple people to chat simultaneously, but there is the potential for people to hurt others with their comments or jokes. The 'only admin' feature gives the admin of a group chat greater control over who can send messages. Whilst this can be good for one-way announcements, the group admin has the power to block somebody from responding to an offensive message in a chat, which could result in a child being upset and unable to reply.

CONNECTING WITH STRANGERS

To start a chat in WhatsApp, you need to know the mobile number of the contact you want to speak to and they also need to have the app downloaded. WhatsApp can find contacts by accessing the address book of a device and recognising which of those contacts are using WhatsApp. If your child has shared their mobile number with somebody they don't know, they can use it to get in touch via WhatsApp.

LIVE LOCATION SHARING

WhatsApp's 'Live Location' feature enables users to share their current location in real time to their contacts in a chat, allowing friends to show their movements. The feature, which can be found by pressing the 'attach' button, is described by WhatsApp as a 'simple and secure way to let people know where you are'. Location-sharing is already a common feature on other social apps, including Snapchat's Snap Map and Facebook Messenger and can be a useful way for a child to let loved ones know they are safe. However, if your child is in a group chat with people they do not know, they will be exposing their location.

National Online Safety

Top Tips for Parents

CREATE A SAFE PROFILE

Even though somebody would need your child's phone number to add them as a contact, as an extra security measure we suggest altering their profile settings to control who can see their profile photo and status. The options to choose from are 'Everyone', 'My Contacts' or 'Nobody'. We suggest selecting 'My Contacts' or 'Nobody' to ensure their profile is protected.

EXPLAIN HOW TO BLOCK PEOPLE

If your child has received spam or offensive messages, calls or attachments from a contact, they should block them. Messages and status updates sent by a blocked contact will not show up on the phone and will stay undelivered. Blocking someone will not remove this contact from the contact list – they will need to be removed from the phone's address book. To block a contact, your child needs to open the person's chat stream and tap on the settings.

REPORT SCAM MESSAGES

Advise your child not to tap, share or forward any message that looks suspicious or sounds too good to be true. When your child receives a message from an unknown number for the first time, they will be given the option to report the number as spam directly inside the chat. They can also report a contact or a group as spam using the following steps: 1) Open the chat. 2) Tap on the contact or group name to open their profile information. 3) Scroll to the bottom and tap 'Report Spam'.

LEAVE A GROUP

If your child is part of a group chat that makes them feel uncomfortable or has been added to a group they don't want to be part of, use the group's settings to show them how to leave. If someone exits a group, the admin can add them back in once, if they leave again, they cannot be added again.

USING LIVE LOCATION SHARING

If your child needs to use the 'Live Location' feature to share with you or a friend, advise them to only share it for the amount of time they need to. WhatsApp gives the options of either 15 minutes, one hour or eight hours. However, your child can choose to stop sharing at any time.

DELETE ACCIDENTAL MESSAGES

If your child has sent a message to the wrong chat or if a message they sent has contained a mistake, they can delete it. To do this, simply tap and hold on the message, choose 'Delete' and then 'Delete for everyone'. The app allows seven minutes to delete the message after it has been sent, but it is important to remember that recipients may have seen and screenshot a message before it was deleted.

SET TIME LIMITS

A 2017 study found that by the age of 14 the average child will have sent more than 35,000 texts, 30,000 WhatsApp messages and racked up more than three solid weeks of video chat. Although it is inevitable that your child will use technology, you can still set boundaries. This is not easy, especially since teens use their devices for both schoolwork and free time, often simultaneously.

SOURCES: <https://www.theguardian.com/technology/2018/may/29/whatsapp-privacy-features>, <https://www.bbc.com/news/technology-45692111>, <https://www.independent.co.uk/news/technology/whatsapp-update-latest-whatsapp-features-somehow-messaged-app-45692111.html>

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This is not a definitive guide. Please always check with the app's support information to see if your security and privacy concerns are addressed.

www.nationalonlinesafety.com



- Deputy Headteacher Student Support- Ms Button

A) SEND led by SENDCO – Miss Jones

- Deputy SENDCO – Miss Verma
- Learning mentors
- Technical Support Assistants

B) Wellbeing led by Student Wellbeing Lead- Mr Linz

- Counsellors
- ELSA
- Student Leadership
- External support

STUDENT SUPPORT



THE PUPIL PREMIUM FUND

What is this?

It is additional school funding for certain children. It is paid directly to the school to improve the quality of their education. Free School Meals is a part of Pupil Premium and it benefits the individual student as well as the school if they are in receipt of the funding

How do I know if my child can receive pupil premium funding?

If you receive any of the following, your child maybe eligible to receive the funding: Income support; Income based jobseekers allowance; Child tax credit with income less than approx. £16,000; asylum seekers support; universal credit and some other benefits

What can the funding help with?

£75 annual contribution towards school uniform; provision of stationery, revision guides and tech resources; contribution towards school trips; in-class support and interventions for core subjects, including tutoring; help with funding of enrichment activities; pastoral support to promote mental, emotional and physical wellbeing.

How do I apply?

www.westberks.gov.uk/freeschoolmeals or [School meals - Brighter Futures For Children](#)

All you need is your name, address, DOB and NI number!

LITTLE HEATH SCHOOL

PUPIL PREMIUM

AND ADDITIONAL SUPPORT

PUPIL PREMIUM IS FUNDING GIVEN TO SCHOOLS IN ORDER
TO BOOST THE ATTAINMENT OF PUPILS FROM LOW INCOME
FAMILIES.



CONTACT MRS WRAIGHT:
MWRAIGHT@LITTLEHEATH.ORG.UK

HOW WILL THE FUNDING HELP?

£75 CONTRIBUTION TOWARDS SCHOOL UNIFORM AT THE START
OF THE YEAR

PROVISION OF SOME STATIONERY, AS WELL AS PROVISION OF
REVISION GUIDES, TECH RESOURCES, CONTRIBUTIONS
TOWARDS SCHOOL TRIPS

IN CLASS SUPPORT AND INTERVENTIONS FOR CERTAIN
SUBJECTS, INCLUDING TUTORING

HELP TO FUND ENRICHMENT ACTIVITIES

OTHER DISCRETIONARY FINANCIAL SUPPORT

LIAISON WITH PASTORAL SUPPORT TO ENSURE AND PROMOTE
MENTAL, EMOTIONAL AND PHYSICAL WELLBEING

My own son has just started Y8 at Wallingford School, so I have lived the life as a parent of a Y7 pupil last year.

My tips, from my own personal experiences:

- 1. They are still a Y6 pupil, but in a different uniform. They may think they are now grown up, but they are still only 11 or 12!*
- 2. Have a printed timetable at home.*
- 3. Help them to pack their bag the night before.*
- 4. Check their pencil case regularly – pens!*
- 5. Make sure you can log into Satchel, so you know what HWK is set & the deadlines looming.*
- 6. Help them 'manage' their HWK.*
- 7. Ask them about their day, their lessons, their social times.*
- 8. House Points & Behaviour Points – Arbor. Celebrate HPs.*
- 9. Encourage them to join extra-curricular clubs/activities.*
- 10. Get into good routines – especially when they get in from school. HWK, tidy out their bag, re-packing of their bag.*
- 11. Sensible bedtime during the school week. They do need sleep!*
- 12. Try to moderate phone screen time - aarrgghhh.*
- 13. No phones in the bedroom at nighttime.*

MY OWN EXPERIENCE & TIPS



The Iceberg Illusion

Success is an iceberg

SUCCESS!

WHAT PEOPLE SEE

Persistence



Failure



Sacrifice



Disappointment



WHAT PEOPLE DON'T SEE

Dedication



Hard work



Discipline (((alarm clock)))

@sylvia duckworth

- This is what **'success'** is really about, and how to achieve it.
- Could Usain Bolt just turn up and run under 10s without doing all that training?
→ Absolutely **NOT!**
- The same is true for success at school
- *Strive to be as great as possible*



- Finally, we would like to say a massive thank you in advance for all the support you will give your son/daughter throughout their time at Little Heath, and for supporting us all, here at school.
- Thank you for attending and listening to us.
- If you have any questions, please stay behind at the end.

**THANK YOU
FOR COMING**

