



Dear Parents and Carers,

It feels like Spring has sprung with the recent sunshine and blue skies that everyone has been enjoying, long may it continue. We have so much to tell you in this latest newsletter, HSL students have been very busy!

It's nearly show time for our very first school production – 'Little Shop of Horrors' on Tuesday 5th and Wednesday 6th April. Over 80 of our pupils have got involved, both performing and backstage, and we have been incredibly impressed by their dedication to rehearsals and how they have supported each other, with many taking to the stage for the very first time! Miss Smith has given a huge amount of time and energy to supporting the pupils with this very ambitious show and they have all enjoyed themselves enormously. Thank you very much for all your support in making sure your child can attend rehearsals and helping them learn their lines. We hope that all our families will come and support the production, so please purchase tickets via Scopay if you haven't already! We look forward to seeing you next week.

Please note we have an Inset Day on Friday 8th April, so there is no school for pupils on this day. I wish you all a lovely and restful Easter and look forward to welcoming back our children for the summer term, and unbelievably their final term in Year 7.

Kind regards

Headteacher

Key Dates 2022	
5 th and 6 th April	School Production – Little Shop Of Horrors
7 th April	Spring term ends for pupils
8 th April	Inset Day (school closed for pupils)
11 th – 22 nd April	Easter holidays
25 th April	Summer term starts
27 th April	PTFA meeting
29 th April	PTFA quiz night



Year 7 Science Exam

The **Year 7 Science Exam** will take place on **Tuesday 26th April 2022**. Students will need a **pen, pencil, ruler, rubber** and **calculator** for this assessment. The exam will contain questions on **every topic** that the students have studied in Science in Year 7.

Please see the VLE task called **SCIENCE REVISION: Year 7 Science Exam** for more information on when the exam will take place, which topics will be assessed, and how the students can revise for it.

If you have any questions, please let us know.





Wellbeing and Online Safety

Wellbeing Hub

There is still time for parents to sign up to the Wellbeing Hub. This is a wonderful resource that all members of the HSL community can use to seek advice on: mindfulness, anxiety, digital wellbeing, and many other topics. Instructions on how to register and links for accessing The Wellbeing Hub are detailed in our private parents' portal which can be found here:

[Teentips private parents' portal](#)

You will be asked to create your own username and password.

If you have any specific queries about access, please contact the team at hub@teentips.co.uk

Online Safety

As a school we regularly remind students to remain alert when using the internet and offer guidance as to how they can stay safe online. We have updated our school website and VLE pages with information provided by the company 'National Online Safety'. We have seen an increase in peer group issues that link to the use of social media and would like to remind all parents that some social media platforms have age restrictions of 13+. Below is some useful information regarding certain social media platforms.

The children have looked at online safety during the Spring term PSHE session which included a talk from Schoolbeat officer, PC Allen Forrester, exploring what a digital footprint is and considering what the law is around keeping safe when browsing online. The children have also looked at 'CEOP' and what to do if they think they are being bullied online.

We also reinforce these messages through assembly and tutor time. We want to keep the children safe, happy, healthy, and supported.



The High School
Leckhampton

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 need it. This guide focuses on one app of many 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

TIKTOK

AGE RESTRICTION
13+

TikTok is a video-sharing social media app which lets people create, view and download looping 15-second clips. Typically, these are videos of users lip-syncing and dancing to popular songs or soundbites (often for comic purposes), enhanced with filters, effects and text. Designed with young people in mind, TikTok skyrocketed in popularity in 2019 and has featured near the top of download charts ever since. It now has around a billion users worldwide.

AGE-INAPPROPRIATE CONTENT

Most videos appearing on a child's feed are light-hearted and amusing. However, some clips have been reported for featuring drug and alcohol abuse, themes of suicide and self-harm, or young teens acting in a sexually suggestive way. The sheer volume of uploads is impossible to moderate entirely – and since TikTok's introduction in mid-2021, users can view third-party content outside the app.

18
CENSORED

EXPLICIT SONGS

TikTok primarily revolves around videos of users lip-syncing and dancing to music. Inevitably, some featured songs will contain explicit or suggestive lyrics. Given the app's young user-base, there is a risk that children may view older users' videos and then be inclined to imitate any explicit language or suggestive actions.

WR&A

TIKTOK FAME

The app has created its own celebrities: Charli D'Amelio and Lil Nas X, for example, were catapulted to fame by exposure on TikTok – leading to many more teens attempting to go viral and become "TikTok famous". While most aspiring stars hoping to be "the next big thing" will find it difficult, setbacks may in turn prompt them to go to even more drastic lengths to get noticed.

OSCAR

HAZARDOUS VISIBILITY

Connecting with others is simple on TikTok – including commenting on and reacting to users' videos, following their profile and downloading their content. The majority of these interactions are harmless, but – because of its abundance of teen users – TikTok has experienced problems with predators contacting young people.

ADDICTIVE NATURE

Like all social media, TikTok is designed to be addictive. It can be hugely entertaining – but that also makes it hard to put down. As well as the punchy nature of the short video format, the app's ability to keep users intrigued about what's coming next mean it's easy for a 5-minute visit to turn into a 45-minute stay.

IN-APP SPENDING

There's an in-app option to purchase "TikTok coins", which are then converted into digital rewards for sending to content creators that a user likes. Prices range from 99p to an eye-watering £55 bundle. TikTok is also connected with Shopify, which allows users to buy products through the app.

Advice for Parents & Carers

TALK ABOUT ONLINE CONTENT

Assuming your child is above TikTok's age limit, talk to them about what they've viewed on the app. Ask their opinion on what's appropriate and what isn't. Explain why they shouldn't give out personal details or upload videos which reveal information like their school or home address. In the long run, teaching them to think critically about what they see on TikTok could help them to become social-media savvy.

MAINTAIN PRIVACY SETTINGS

The default setting for all under-16s' accounts to "private". Keeping it that way is the safest solution. It means only users who your child approves can watch their videos. The "Silent" (which lets users splice clips from other people's videos into their own) and "Duet" (where you build on another user's content by recording your own video alongside their original) features are now only available to over-16s. This might clash with your child's ambitions of social media stardom, but it will fortify their account against predators.

LEARN ABOUT REPORTING AND BLOCKING

With the correct privacy settings applied, TikTok is a relatively safe space. However, in case something does slip through, make sure your child knows how to recognise and report inappropriate content and get them to come to you about anything upsetting that they've seen. TikTok allows users to report anyone breaching its guidelines, while you can also block individual users through their profile.

ENABLE FAMILY PAIRING

"Family Pairing" lets parents and carers link their own TikTok account to their child's. Through your mobile, you can control your child's safety settings remotely – including limiting screen time, managing their ability to exchange messages (and with whom) and blocking a lot of age-inappropriate content. TikTok's Safety Centre also provides resources for parents and carers to support online safety among families. These resources can be found on their website.

USE RESTRICTED MODE

In the app's "Digital Wellbeing" section, you can filter out inappropriate content (specific content creators or hashtags, for instance) using "Restricted Mode". This can then be locked with a PIN. You should note, though, that the algorithm moderating content isn't totally dependable – so it's wise to stay aware of what your child is watching.

MODERATE SCREEN TIME

As entertaining as TikTok is, you can help your child to manage their time on it in the "Digital Wellbeing" section. Under "Screen Time Management", you can limit the daily permitted time on the app (in increments ranging from 40 minutes to two hours). This preference can also be locked behind a PIN. That way, your child can get their regular dose of TikTok without wasting the whole day.

Meet Our Expert

Parveen Kaur is a social media expert and digital media consultant who is passionate about improving digital literacy for parents and children. She has extensive experience in the social media arena and is the founder of Kids N Cakes: a web resource that helps parents and children thrive in a digital world.



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#WakeUpWednesday

SOURCE: TikTok.com



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What Parents & Carers Need to Know about WHATSAPP

WhatsApp is the world's most popular messaging service, with around two billion users exchanging texts, photos, videos and documents, as well as making voice and video calls. Its end-to-end encryption means messages can only be viewed by the sender and any recipients; not even WhatsApp can read them. Updates to its privacy policy in 2021 (involving sharing data with parent company Facebook) caused millions to leave the app, but the new policy was widely misinterpreted – it only related to WhatsApp's business features, not to personal messages.

UK AND EUROPE
16+
12+ REST OF THE WORLD

WHAT ARE THE RISKS?

SCAMS

Fraudsters occasionally send WhatsApp messages pretending to offer prizes – encouraging the user to click on a link to win. Other common scams involve warning someone that their WhatsApp subscription has run out (aiming to dupe them into disclosing payment details) or impersonating a friend or relative and asking for money to be transferred to help with an emergency.

DISAPPEARING MESSAGES

Users can set WhatsApp messages to disappear in 24 hours, 7 days or 90 days by default. Photos and videos can also be instructed to disappear after the recipient has viewed them. These files can't be saved or forwarded – so if your child was sent an inappropriate message, it would be difficult to prove any wrongdoing. However, the receiver can take a screenshot and save that as evidence.

ENABLING FAKE NEWS

WhatsApp has unfortunately been linked to accelerating the spread of dangerous rumours. In India in 2018, some outbreaks of mob violence appear to have been sparked by false allegations being shared on the app. WhatsApp itself took steps to prevent its users circulating hazardous theories and speculation in the early weeks of the Covid-19 pandemic.

POTENTIAL CYBERBULLYING

Group chat and video calls are great for connecting with multiple people in WhatsApp, but there is always the potential for someone's feelings to be hurt by an unkind comment or joke. The 'only admin's' feature gives the admin(s) of a group control over who can send messages. They can, for example, block people from posting in a chat, which could make a child feel excluded and upset.

CONTACT FROM STRANGERS

To start a WhatsApp chat, you only need the mobile number of the person you want to message (the other person also needs to have the app). WhatsApp can access the address book on someone's device and recognise which of their contacts also use the app. So if your child has ever given their phone number to someone they don't know, that person could use it to contact them via WhatsApp.

LOCATION SHARING

The 'live location' feature lets users share their current whereabouts, allowing friends to see their movements. WhatsApp describes it as a "simple and secure way to let people know where you are." It is a useful method for a young person to let loved ones know they're safe – but if they used it in a chat with people they don't know, they would be exposing their location to them, too.

Advice for Parents & Carers

CLICK HERE

CREATE A SAFE PROFILE

Even though someone would need a child's phone number to add them as a contact, it's also worth altering a young person's profile settings to restrict who can see their photo and status. The options are 'everyone', 'my contacts' and 'nobody' – choosing one of the latter two ensures that your child's profile is better protected.

EXPLAIN ABOUT BLOCKING

If your child receives spam or offensive messages, calls or files from a contact, they should block them using 'settings' in the chat. Communication from a blocked contact won't show up on their device and stays undelivered. Blocking someone does not remove them from your child's contact list – so they also need to be deleted from the address book.

REPORT POTENTIAL SCAMS

Young people shouldn't engage with any message that looks suspicious or too good to be true. When your child receives a message from an unknown number for the first time, they'll be given the option to report it as spam. If the sender claims to be a friend or relative, call that person on their usual number to verify it really is them, or if it's someone trying to trick your child.

LEAVE A GROUP

If your child is in a group chat that is making them feel uncomfortable, or has been added to a group that they don't want to be part of, they can use WhatsApp's group settings to leave. If someone exits a group, the admin can add them back in once; if they leave a second time, it is permanent.

THINK ABOUT LOCATION

If your child needs to use the 'live location' function to show you or one of their friends where they are, advise them to share their location only for as long as they need to. WhatsApp gives a range of 'live location' options, and your child should manually stop sharing their position as soon as it is no longer needed.

DELETE ACCIDENTAL MESSAGES

If your child posts a message they want to delete, WhatsApp allows the user seven minutes to erase a message. Tap and hold on the message, choose 'delete' and then 'delete for everyone.' However, it's important to remember that recipients may have seen (and taken a screenshot of) a message before it was deleted.

CHECK THE FACTS

You can now fact-check WhatsApp messages that have been forwarded at least five times, by double-tapping the magnifying glass icon to the right of the message. From there, your child can launch a Google search and decide for themselves whether the message was true or not.

Meet Our Expert

Parveen Kaur is a social media expert and digital media consultant who is passionate about improving digital literacy for parents and children. She has extensive experience in the social media arena and is the founder of Kids N C@ts: a web resource that helps parents and children thrive in a digital world.



NOS
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LSOH

The students are very excited for the school production next week. They have been so committed with rehearsals, even giving up their lunchtimes and weekends, its certainly going to be a fabulous event and we hope to see you there.
Tickets are available to purchase on Scopay.





Pi Day

Pi Day is celebrated on March 14th around the world. Pi (Greek letter " π ") is the symbol used in Maths to represent a constant — the ratio of the circumference of a circle to its diameter, which is approximately 3.14159.

Students spent their morning registration measuring different sized circles. Some objects included a 2 pence piece, a tin of tuna and a box of heros. The students worked in groups measuring the circumference and diameter of their objects to discover that regardless of the circle's size, this ratio will always equal Pi.

Here are some photos of the students enjoying Pi!





Rugby tops - now in stock at Universal Uniform

Our rugby shirts are now back in stock at Universal Uniform, so you can purchase them online or in store.

Details are as follows:

[Universal Uniform - HSL rugby shirt](#)

Universal Uniform Ltd
Unit V1 Kingsville Road
Kingsditch Trade Park
Cheltenham
GL51 9LX



Donations wanted!

Please send your child into school with any second hand uniform that they grow out of. The PTFA have kindly offered to co-ordinate our stock of good quality used items, so please send them in. Please do contact the school if you need support with the purchase of school uniform.

We'd also welcome any complete board games that are sitting at the back of the cupboard!



Tree Planting at The Burrows

Our Eco Committee had a wonderful time on Friday 4th March planting trees at The Burrows in Leckhampton. The students planted 121 saplings in the sunshine, one for each member of the school community, and even had time for drinks and biscuits afterwards! Thank you to Leckhampton Rovers Football Club for arranging the event.





Charities

The children at HSL have used their right to vote to decide which charities they would like to support during this academic year. The tutor groups were each asked to nominate a national and international charity that they would like to raise money for. A range of charities were suggested, and it was so lovely to see our children so passionate about helping others in need.

A poll on the VLE was posted before the February half term and the two charities that received the most votes were:

- **National - Cancer Research UK**
- **International - WWF (World Wildlife Fund for Nature)**

We are delighted to be supporting these charities, as well as the local charity: **Sue Ryder Leckhampton Court Hospice**. Funds for these charities will be raised during events such as the sponsored walk and non-uniform days.



Headteacher's Reward Tea Party

This term another 12 hard working students attended the Headteacher's tea party during break time to enjoy a drink, sweet treat with Mrs Wood. These children were nominated by their tutors for going 'the extra mile' in their lessons or school clubs.

They all had a lovely time!





World Book Day

The children of HSL enjoyed various activities on World Book Day - Thursday 3rd March 2022. Tutor time activities included: a World Book Day Quiz, designing a 'recommended read bookmark' and discussions about their favourite books. In addition to this, all children were given a book sponsored by World Book Day and were also given a £1 token to put towards a new book. We hope they enjoy reading these texts and put those tokens to great use!





Land Rover Premiership Rugby Cup

At the beginning of March, Gloucester Rugby hosted the Land Rover Premiership Rugby Cup. This nationwide event has been running for two decades and has seen more than 100,000 children take part. The Under-11 and Under-12 grassroots developmental tournament starred talented youngsters and four of our very own sportsmen: Harry Cann, Henry Biggs, Oliver Freebury and William Rowe. Well done to our HSL students and to everyone who took part.



Twinned Town Photography Competition

We would like to celebrate another one of our students successes out of school. Jake Harris took part in the twinned town photo competition last year and his photo was highly commended. Jake has described his experience below accompanied with some great pictures of him and the Mayor of Cheltenham. Well done to the other students in Year 7 who also entered.

'In November I entered the Cheltenham/ Göttingen 70th Anniversary Photo Competition 'Celebrating My Town'. The theme was to take a photo to represent our town. I entered a photo of the Promenade with Christmas lights.

In February I received an email to say my photo was highly commended and that I would receive a certificate from the Mayor of Cheltenham.

In March I went to the Mayor's office to collect my certificate and we had a few glasses of juice





'We The Curious' trip

On Friday 18th March some of our pupils went on an exciting trip to 'We The Curious' - a science museum in Bristol. The students had a wonderful day exploring the interactive exhibits and attended a planetarium show.

The trip will be run again during Activities Week in July for those who did not manage to go this time. More information will be available next term.





'Kick for Kyiv'

You may have seen on our website that Leckhampton Rovers FC ran, 'Kick for Kyiv' on Saturday 12th March 2022 to raise money for the DEC Ukraine Appeal ([DEC](#)). The aim was to take one penalty for every mile between Cheltenham and Kyiv (1600 miles!)

Leckhampton Rovers FC wanted us to share some photos of the wonderful sunny day and thank all those who got involved. In total almost £1200 was raised for the DEC Ukraine appeal, which is going to be doubled by the Leckhampton Rovers FC.





Year 7 Sporting Achievements

The HSL pupils have been very busy in various sports outside of school. We really love hearing about what the children get up to in their free time and celebrating their successes. It also gives the other children ideas and inspiration of clubs or hobbies they may want to pursue.

Every Monday 6pm – 7pm I do cheerleading. I have recently started and within a month I was awarded cheerleader of the month, out of many of my coach's teams. The teams have over 90 people in them from ages 8-14.

Milly Dewhurst 7CH

I play a sport called squash. I am county level and recently I have just won a trophy in one of my tournaments. I also go on tournaments with my team to play for Gloucestershire who are all very good at squash as well.

Harry Wallace 7LB



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PTFA Quiz

Our PTFA have organised a fantastic evening of quizzing for parents and friends of the school. It would be great to see you there and all money raised for this event will help go towards stocking our new library at Farm Lane.



PTFA

QUIZ NIGHT Fish & Chip supper

**Friday 29th April
7pm-10pm**

Balcarras school hall
£12.50 pp
Max 6 per team
CASH BAR

**All profits will go towards buying
books for the new school library.**

BOOKING AVAILABLE FROM 3rd MARCH

The High School Leckhampton



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