



~ A Reminder ~

School will be closed to students and staff Monday of next week (Monday 19th September 2022) as it is a bank holiday in honour of the passing of Her Majesty Queen Elizabeth II



Notes from our Deputy Headteacher

Dear Parents/Carers,

It has been a busy week at Gretton as we all settle back into our school routines and learning is once again in full swing! Music lessons have returned

as well as weekly tennis sessions for the primary learners. It has also been a week of reflection for many within our school community following the sad announcement of the passing of Her Majesty Queen Elizabeth II last week. As you will see from the article below, we have a book of condolences in reception, currently based on the Rectory site for anyone to write in, should they wish to. Thank you to Ms Overton for putting together the display and to Mrs Watson for making the beautiful wreath.

This week, we have welcomed some parents into school as well as online to meet their child's class team. Just as a reminder, these meetings give you the opportunity to meet your child's class team as well as to get to know all the staff that will be supporting their school journey this year. If you are yet to book a time to meet the team then please do get in touch - it would be wonderful to see you.

At the end of next week, we are looking forward to welcoming the Scholastic Book Fair back to Gretton. There will be more information about how to purchase books in the newsletter next week. We hope you have a restful weekend and we look forward to seeing the students back in school on Tuesday.



Victoria Howe
Deputy Headteacher

Please Note:

You may need to click *View Entire Message* at the end of the email to enjoy this newsletter in full! You may also need to click to *display images* to appreciate the images in this newsletter.

**Friday 30th September**

Macmillan Coffee Morning

(more details including how to donate will follow)

Friday 21st October

Students finish for half term

The nurse will be coming on the 15th december 2022 to give Year 9 second HPV and Year 8 First HPV. Letters will go out in the next couple of weeks with further information.

Book of condolences and wreath for Her Majesty the Queen Elizabeth II

Gretton School has placed a book of condolences in the Rectory Reception in memory of Her Majesty the Queen Elizabeth II. We would encourage anyone to leave a message should they wish. It sits alongside a beautiful wreath very kindly donated by Mrs Watson (a parent of the school). Thank you so much Mrs Watson.



Pilgrim Play Tennis

Here are some snaps of Team Pilgrim in their first tennis lesson this week at the Lawn Tennis Club in Cambridge. They had the best time!





Discord

It has come to our attention that some learners are watching and talking about Suicide Mouse.

For those who don't know Suicide Mouse is a black and white cartoon of 9 minutes and 4 seconds discovered by Leondard Maltin while searching in the records of Disney Companies caricatures of the 30s to distribute them on a DVD.

We do not recommend that the younger students watch this content as the effects of the cartoon can vary depending on how long the viewer watches it, either from traumatizing the observers or in the worst case, leading them to suicide.

Please check what your child is watching, you are able to block content and install filters by contacting your internet provider.

Many thanks

Gretton School Safeguarding Team

safeguarding@grettonschool.com

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many apps which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about DISCORD

Discord is a free app which allows users to communicate in real time via text, video or voice chat. Available on desktop and mobile devices, it was originally designed to help gamers cooperate – but has evolved into a more general networking platform for a range of online communities, discussing topics like TV series, music, Web3 and more. Discord is organised around closed groups, referred to as 'servers'. To join a server, users must be invited or provided with a unique link. It's a space for users to interact with friends, meet others with shared interests and collaborate privately online – but it's also a place where young people can be exposed to risks if the right precautions aren't taken.

AGE RATING 13+
Servers and channels marked as 'NSFW' require users to be 18 or older to join.

WHAT ARE THE RISKS?

CYBERBULLYING

Discord's easy accessibility and connectivity, unfortunately, makes it an ideal place for cyberbullying to occur – especially as audio and video streams disappear once they've ended, meaning that bullying could take place without leaving any evidence. Closed groups can also be created, giving young people the opportunity to exclude their peers or send cruel messages without adult oversight.

DIFFICULT TO MODERATE

Like many private communication apps, Discord's real-time messaging can be difficult to control. The system enables content moderation through each individual server – so different groups can set their own rules for what's acceptable, and some groups may not monitor for unsuitable content. Anything that happens in an audio or video stream is also virtually untraceable once the stream has concluded.

INAPPROPRIATE CONTENT

Discord mainly hosts private groups, making it easier for unsuitable or explicit content to be shared on channels. Pornography, racism and inappropriate language can be found in some groups. Server owners are required to add an age-restriction gate to channels where 18+ content is being shared – but this solution isn't foolproof, as the platform doesn't always verify users' ages when they sign up.

ACCESSIBLE TO PREDATORS

On many chat platforms, users can lie about their age or true identity – and Discord is no exception. Predators have attempted to abuse the platform by using it to contact and communicate with underage users – by initially chatting with a child on an age-appropriate channel, for example. While Discord has improved its safety settings, some users will still try to bypass them for malicious reasons.

CRIMINAL ACTIVITY

Discord does have strict Terms of Service and Community Guidelines to protect its users – but, sadly, not everyone adheres to them. Criminal activity including grooming, hate speech, harassment, exploitative content, doxing and extremist or violent material have all been found on Discord servers over the last two years. In 2020, Discord received almost 27,000 reports of illegal activity on the platform.

Advice for Parents & Carers

REVIEW SAFETY SETTINGS

Discord has a series of safety settings, enabling users to choose who can direct message them or send them friend requests. Your child's experience on Discord will be much safer if the app's privacy and safety settings are configured to only allow messages or friend requests from server members. This will minimise the chances of online predators from outside the group contacting them.

EXPLAIN AGE FILTERING

While Discord requires users to be at least 13 to sign up, many servers geared towards older users are flagged as NSFW (not safe for work), which indicates they probably contain material that's inappropriate for children. It can be easy to click through settings without properly reviewing them, so ensure your child understands why age filtering is important and that it's there to protect them.

SCREEN OUT EXPLICIT CONTENT

In the privacy and safety settings, Discord users are offered the ability to filter direct messages for inappropriate content: a setting that should be enabled if your child uses the platform. Discord automatically tries to flag images that are explicit, but the setting must be manually enabled for text. If a young user is sent explicit content in a direct message, Discord will scan and (if necessary) delete it.

MONITOR ONLINE ACTIVITY

It's wise to regularly review your child's activity on Discord. This can include checking their safety settings to ensure they're correctly enabled, talking about which servers they've joined and reviewing some of their friends and direct messages. Ask if anything has made them feel uncomfortable or unsafe. Things can change quickly online, so plan routine check-ins and follow up frequently.

DISCUSS GOOD ONLINE BEHAVIOUR

The anonymity offered by the internet often leads people to communicate more openly online and behave differently than they would at school or home. It's crucial to bear in mind, though, that every internet user is still a real person. Talk to your child about the severe and lasting consequences that cyberbullying or exchanging inappropriate material online can have in the real world.

HAVE CANDID CONVERSATIONS

It can sometimes be awkward to discuss topics like grooming, pornography, racism or explicit content with your child – but it's important to ensure they're aware of the harms these things can pose. Talking openly about these subjects is a great way to help your child feel more comfortable about coming to you if they experience an unwanted encounter on Discord (or anywhere else online).

Meet Our Expert

Coral Cripps is a Canadian-born, London-based tech journalist at gnwd.com, a website specialising in all things Web3, gaming and XR (extended reality). With a focus on brands and culture, she researches and writes about the ways that our current innovations – including the metaverse and Web3 – are impacting people, places and things.

National Online Safety
#WakeUpWednesday

www.nationalonlinesafety.com @natonlinesafety /NationalOnlineSafety @nationalonlinesafety

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Dealing with Grief

With the passing of the Queen, we appreciate that this may be a difficult for many of our young learners to come to terms with. We would like to share a few words and poster from National Online Safety that gives some suggestions of how to help our learners at this time dealing with grief. Relevant not only to the passing of the Queen, we hope this guidance may be useful for our young people dealing with any kind of bereavement in their lives.

"Bereavement is among the most traumatic events that humans can experience. It can be especially distressing for younger people, who might not yet have the emotional capacity to understand and process their feelings. Children are often unsettled by any kind of sudden change and frequently need extra support at these upsetting times.

Our guide has some expert suggestions for helping children to navigate the grieving process in healthy ways. From using age-appropriate language to identifying coping strategies, you'll find ways to help young people deal with the emotional upheaval that follows the passing of a significant figure in their life."

- National Online Safety

At The National College, we provide everything educators and trusted adults need to strengthen, manage and evidence their professional, and personal development, in one place, on one platform. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit www.thenationalcollege.co.uk for further information and resources.

Tips for Supporting Children in DEALING WITH GRIEF

It's important that trusted adults feel able to help children and young people cope with grief – particularly at the moment, when we are a nation mourning the loss of a public figure who was treasured by so many. Children are seeing bereavement and sadness being featured heavily in the national news and in their favourite online spaces, and hearing it being talked about extensively among families and in the community. How can we help them in processing this healthily?

- 1 UNDERSTAND WHAT GRIEF IS**
Grief is emotional distress which is a normal response to the death of someone close, well known or admired. It may feel overwhelming – especially for young people – and is often accompanied by feelings of shock, disbelief, anger or fear. These emotions may also mean that sleep, eating and our relationships with others could be affected.
- 2 MEET THE CHILD 'WHERE THEY ARE'**
This could be a child's first experience of grief and loss – or conversely, they may have already encountered it several times. Make sure that any conversations you have with them, and the support that you give, are led by their experiences and their understanding of death – and in the context of their religious or community beliefs.
- 3 EXPLAIN CLEARLY WHAT DEATH IS**
It may often feel uncomfortable, but it's healthier to actually use the words "dead", "death" or "died". Abstract explanations of death can frequently create even more confusion – particularly for younger children, who are still trying to grasp this complex (and possibly unfamiliar) concept.
- 4 BE PREPARED FOR QUESTIONS**
On subjects such as this – especially when it involves a person who's well known to them – children and young people often have lots of questions, all at once. Sometimes, new queries about the issue will occur to them weeks after the event. Be ready to answer their questions as honestly as you can, using language that's appropriate for their age.
- 5 FIND WAYS TO REMEMBER THEM**
It can help to talk to about the person who's died, even if that individual wasn't personally involved in the child's own life – such as a significant public figure, for instance. You and your child can discuss what that person meant to you, celebrate the things they achieved or go to a place where they can be remembered.
- 6 ENCOURAGE COPING STRATEGIES**
You can help a child or young person to identify what their usual positive ways of coping are when they have overwhelming feelings. For example, do they find that talking with someone, drawing, going for a walk or listening to music help when they're feeling upset? These same activities could form an important part of the grieving process.
- 7 REACH OUT FOR SUPPORT**
If a child or young person is struggling with grief to the extent that it's impacting on their everyday life, there are lots of expert organisations that you could reach out to for further help. Samaritans provides a listening ear for anyone in emotional distress; The Mix offers specialist support to people under 25; and Winston's Wish deals specifically with helping young people who are grieving.

SAMARITANS:
116 123
WWW.THEMIX.ORG.UK/GET-SUPPORT
0808 808 4994
WINSTON'S WISH:
08088 020 021

Meet Our Expert
Anna Bateman is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department for Education, advising them on their mental health green paper.

The National College®

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pinpoint
for parents by parents

Our FREE online events and groups



Just a reminder that the Pinpoint team will be taking a break over the summer holidays to spend time with their families.

However, they have a very full timetable of events lined up in September and they are really looking forward to seeing you all again then. Check out our [events page](#) for details.

Sessions are currently all online and booking is easy via the [events page](#).
Upcoming events for September:

19th September 10am-12pm Autism - does my child need a diagnosis? [Book here.](#)

21st September 10am-12pm What is ADHD? Exploding the myths. [Book here.](#)

22nd September 10am-12pm Supporting your child's sensory needs. [Book here.](#)

23rd September 10am-12pm Pinpoint parent carer Tii Hub. [Book here.](#)

26th September 10am-12pm Preparing for adulthood - what I need to know when my child leaves school. [Book here.](#)

28th September 10am-12pm Responding to your ADHD child with 1,2,3, magic. [Book here.](#)

30th September 10am-12pm Pinpoint parent carer Tii Hub. [Book here.](#)

All of these sessions will be held online. Zoom links to join will be sent from Eventbrite 2 days before and again 2 hours before the start of each session. Please do check your junk mail as they sometimes end up there! Thank you.



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