



Good afternoon and a very Happy New Year to all our Queensbridge families.

We have this week experienced high levels of staff and pupil absence this week. I look forward to welcoming everyone back next week. From Monday isolation rules are changing and I am including these below for your reference.

May I remind everyone that if your child is not going to be in school that you now report this by 8am on the Edulink app, as explained in the letter from Mr Horgan earlier this week.

Department for Education guidance received this morning:

Changes to the self-isolation period for those who test positive for COVID-19

From Monday 17 January, people who are self-isolating with COVID-19 will have the option to reduce their isolation period after 5 full days if they test negative with a lateral flow device (LFD) test on both day 5 and day 6 and they do not have a temperature. For example, if they test negative on the morning of day 5 and the morning of day 6, they can return to their education or childcare setting immediately on day 6.

Thank you to all families for supplying your child with masks everyday. We really appreciate this.

Have a lovely weekend.

Mrs Reeves, Headteacher

Spring Term 2022 - Dates for your diary

- [Thursday 20th January 2022 -Year 11 Parents' Evening \(Virtual event\)](#)
- [Thursday 3rd February 2022 - Year 10 Parents' Evening \(Virtual event\)](#)
- [Thursday 10th February 2022 - Yr9 Options \(Virtual event\)](#)
- [Thursday 3rd March 2022 -Year 9 Parents' Evening \(Virtual event\)](#)

View all upcoming events and dates

[➤ Calendar & Events](#)

Updates for parents

Year 11 Parents:

Upcoming webinar for parents.

We're excited to announce that parents of our school have exclusive access to Elevate Education's Parent Webinar Series this year. Elevate works with our students, delivering high impact workshops on study skills, motivation, wellbeing, and exam preparation. By tuning into their webinar series you will learn how to better support your children at home through reinforcing the skills they learn at school.

Tuesday 18th January @ 6:00pm: Exam Room Skills

[Register for free here](#)

In Exam Room Skills, Elevate will show you how to help your child and what they should be doing in the final run up to exams. The webinar will cover:

- What students should be doing in the final week before an exam;
- How to establish a good routine the night before;
- Ways to optimise exam room performance.

"I wanted to pass on that after your webinar last week I convinced my daughter to change her night before routine from going through her flashcards until late to switching off and having a bath and early bed. This morning she went into school much calmer than usual and came home this evening saying the exam was okay! Thank you for your help!"

The webinars are run live online from 6pm – 7pm where the presenter will share Elevate's key research and skills, and will conduct a live Q&A so you can ask them questions directly.

[Register for free here](#)

Year 10 and 11: GCSEPOD

As most of you will be aware, all KS4 students have access to GCSEPod. This is an online resource with excellent revision materials, and students should be using this regularly as part of their independent study. GCSEPod are planning some live events especially for parents. These are a place to find out more about how GCSEPod can support your child and how to help build independent learning skills. If you are interested, you can register using the following link: <https://www.gcsepod.com/podup-presents-parent-webinars/>

Should your child be unclear about using GCSEPod, they should email Mrs Lee.

Idle Engines and Parking

Message from QB new Parent Governor - Kirsten De Vos (Eco-Link Governor)

We appreciate that some of our families do travel to school by car, due to distances, onward travel etc. It would be great if you could park and stride - park safely and considerately in a nearby street and walk for the rest of the journey into school. A five-minute walk from your car will ensure that you and your children have had an active commute and you will have done your bit to keep the streets around school safe.

If you do park and wait in your car at drop off or pick up it is important to turn the ignition off and not allow your engine to idle. The following link is a good illustrator of the damage that an idling car can cause

 [Engine Off Every Stop 1 minute front titles](#)

Leaving an engine idling is an offence under section 42 of the Road Traffic Act 1988. The Act enforces rule 123 you must not leave a vehicle engine running unnecessarily while that vehicle is stationary on a public road.

VEHICLE EXHAUST IS TOXIC

Please turn off your engine when stationary

Air pollution can be 3 times higher inside your car



MUMS LUNGS

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Leaving your engine running, or 'idling' wastes fuel and money, and increases the amount of exhaust fumes in the air.

Every minute, an idling car produces enough toxic exhaust emissions to fill 150 balloons.

These toxic emissions, which include particulate matter and nitrogen dioxide, are linked to:

- asthma
- lung disease
- cancer
- dementia
- stroke
- mental health problems
- miscarriage
- low birth weight

'Poor air quality is the biggest environmental risk to public health in the UK.' [Public Health England](#)



@MumsforLungs   

www.mumsforlungs.org

Communication - Edulink One

All parents and carers should now be registered with Edulink One. If you have not yet registered and require support to do this then please contact your child's Head of Year.

Sora reading recommendation for parents/carers

Parent/Carer



Wise, funny, and heart-breaking, *Persepolis* is Marjane Satrapi's memoir of growing up in Iran during the Islamic Revolution. In powerful black-and-white images, Satrapi tells the story of her life in Tehran from ages six to fourteen. The intelligent and outspoken only child of committed Marxists and the great-granddaughter of one of Iran's last emperors, Marjane bears witness to a childhood uniquely entwined with the history of her country.



Connect: Student Newsletter

Connect is our weekly pupil newsletter. It is emailed out to all pupils every Friday through their school gmail account and contains details on recognition, reading, careers, wellbeing along with any relevant notices for pupils for the forthcoming week. We would ask that you encourage your child to engage with the newsletter each week. It is a great way for pupils to stay connected to school life.

➤ [QB Connect \(queensbridge.bham.sch.uk\)](http://queensbridge.bham.sch.uk)



Student Wellbeing

Signposting to free Mental Health services for young people, including how to get help in a crisis and anonymous online support.

➤ View Online: [QB Website: Student Wellbeing](#)

EduLink One provide a tab called links that allows you to navigate to useful links quickly.

When you use EduLink One you will see a green icon called 'links'.

We have added some additional wellbeing links to this tab:

- Kooth – a free online counselling and emotional wellbeing support service for people aged 11-25 years old
- Young Minds – a mental health charity for children, young people and their parents
- The Waiting Room – this is an online directory that allows you to access Birmingham and Solihull Health & Wellbeing services at your finger tips

Other links:

<https://www.samaritans.org/>

[Forward Thinking Birmingham | Mental Health Services](#)

[Home - Kooth](#)

[Mind - Birmingham - \(birminghammind.org\)](#)



Online Safety: What you need to know

This week: Snapchatguide

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 app of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, tips and tips for adults.

What Parents & Carers Need to Know about **SNAPCHAT**

Age Rating **13+**

Snapchat is a photo- and video-sharing app which also allows users to chat with friends via text or audio. Users can share images and videos with specific friends, or through a 'story' (documenting the previous 24 hours) visible to their entire friend list. Snapchat usage rose during the pandemic, with many young people utilising it to connect with their peers. The app continues to develop features to engage an even larger audience and emulate current trends, rivaling platforms such as TikTok and Instagram.

Connecting with Strangers

Even if your child only connects on the app with people they know, they may still receive friend requests from strangers. Snapchat's links with apps such as Wink and Hoop have increased this possibility. Accepting a request means that children are then disclosing personal information through the Story, SnapMap and Spotlight features. This could allow strangers to gain their trust for sinister purposes.

Inappropriate Content

Some videos and posts on Snapchat are not suitable for children. The hashtags used to organise content are determined by the poster, so an innocent search term could still yield age-inappropriate results. The app's Discover function lets users swipe through snippets of news stories and trending articles that often include adult content. There is currently no way to turn off this feature.

Compulsion and Excessive Use

Many users spend vast amounts of time trying to become a Snap Star. Snapchat is offering a share of \$1 million, and the chance of online fame, to users who create and share the best videos. Children are therefore becoming obsessed with producing appealing content. The Spotlight feature's endless scroll of videos makes it easy for children to pass hours watching content, slowly getting addicted to the app.

Sexting

Sexting continues to be a risk associated with Snapchat. The app's 'disappearing messenger' feature makes it easy for young people (teens in particular) to share explicit images on impulse. While these pictures do disappear – and the sender is notified if it has been screenshotted first – users have found alternative methods to save images, such as taking pictures with a separate device.

Damage to Confidence

Snapchat's signature filters and lenses are a popular way for users to enhance their 'selfie game'. Although many are designed to entertain or amuse, the 'beauty' filters on photos can set unrealistic body-image expectations and create feelings of inadequacy. Continually comparing themselves unfavourably against other Snapchat users could threaten a child's confidence or sense of self-worth.

Advice for Parents & Carers

Turn off Quick Add

The Quick Add feature helps people find each other on the app. This function works based on mutual friends or whether someone's number is in your child's contacts list. Explain to your child that this feature could potentially make their profile visible to strangers. We recommend that your child turns off Quick Add, which can be done in the settings (accessed via the cog icon).

Choose Good Connections

Snapchat has recently announced that it is rolling out a new safety feature: users will receive notifications reminding them of the importance of maintaining connections with people they actually know well, as opposed to strangers. This Friend Check up encourages users to delete connections with users they rarely communicate with to maintain their online safety and privacy.

Talk about Sexting

It may feel like an awkward conversation (and one that young people can be reluctant to have) but it is important to talk openly and non-judgementally about sexting. Discuss the legal implications of sending, receiving or sharing explicit images, as well as the possible emotional impact. Emphasise that your child should never feel pressured into sexting – and that if they receive unwanted explicit images, they should tell a trusted adult straight away.

Keep Profiles Private

Profiles are private by default, but children may want to make them public to gain more followers. You may wish to customise the settings so that your child's Stories can only be viewed by people they know well in real life. In SnapMaps, enabling 'Ghost Mode' (again via settings) prevents your child's location being seen; it also nullifies SnapMap 'status', which visibly displays a user's exact location for as long as they stay there.

Be Ready to Block and Report

If a stranger does connect with your child on Snapchat and begins to make them feel uncomfortable through bullying, pressure to send explicit images or by sending explicit images to them, your child can select the three dots on that person's profile and choose report or block. There are options to state why they are reporting that user (annoying or malicious messages, spam, or masquerading as someone else, for example).

Chat about Content

Talk to your child about what is and isn't wise to share on Snapchat (e.g. don't post explicit images or videos, or display identifiable details like their school uniform). Remind them that once something is online, the creator loses control over where it might end up, and who with. Additionally, Snapchat's 'Spotlight' feature has a #challenge like TikTok's. It's vital that your child understands the potentially harmful consequences of taking part in these challenges.

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.

www.nationalonlinesafety.com @natonlinesafety /NationalOnlineSafety @nationalonlinesafety

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Stay involved in your child's online world, just as in their real world. It will help to

protect them from its dangers. We know it can be difficult to know how to talk to your child about online safety and the following websites can provide you with some useful tips and guidance:

- [Online Safety for Children - Tips & Guides | NSPCC](#)
- [How to Keep Your Teen \(or Tween\) Safe Online | SafeWise](#)
- [National Online Safety | Keeping Children Safe Online in Education](#)



Coronavirus: Staying Safe

<https://queensbridge.bham.sch.uk/parents/letters-home>

- January 2022 update letter

[whole-school-letter-jan-2022-1.pdf \(queensbridge.bham.sch.uk\)](#)



You must wear a face covering on all public transport, at stations and interchanges.



Wearing a face covering not only protects you but also protects your loved ones who may be more vulnerable.



Next newsletter: Friday 21st January 2022