

It gives me great pleasure to welcome you all to the July edition of our Newsletter.

In spite of all the challenges faced during recent times, it is wonderful to be able to share with you some of the fantastic work and opportunities that students have experienced at St John's during this past year.

Congratulations to those pupils whose achievements have made it into this Newsletter, and thank you to the staff of our school for continuing to offer such enriching moments for our students. Hopefully the country will soon be able to navigate itself out of this pandemic to allow us to offer even more wonderful opportunities for our pupils next year and beyond.

I would like to take this opportunity to thank all members of our school community – students, parents, staff, governors & friends of the school – for their amazing support, hard work and understanding throughout this difficult year. We are very lucky to have such a vibrant Catholic school in our local area, and I truly believe that through the adversity created by the Covid virus, we have grown ever more stronger together.

Congratulations and particular thanks must also go to our Key Stage 4 & Key Stage 5 students for the way in which they prepared for and conducted themselves during the recent summer assessments. With so much uncertainty surrounding GCSE, A Level & BTEC qualifications this year, I have been incredibly impressed with the focus, dedication and resilience of our examination cohorts; they really have done themselves, their families and the school proud, and I sincerely hope that they receive the results that their efforts so rightly deserve when Results Days are upon us in August.

It is not often that the school is able to celebrate the fact that one of our former students is set to become an Olympian, so I am absolutely delighted to make you aware that former St John's pupil, Giarnni Regini-Moran (pictured below), who was coached by our very own Mrs Weller!, will be representing Team GB in the Gymnastics



at this summer's Tokyo Olympic Games. We will be watching his progress very carefully and keeping everything crossed that he is able to enjoy the Olympics that he has been dreaming of throughout his years of dedication and sacrifice. Good luck, Giarnni!

Finally, I would like to wish each and every one of you all the very best for the holidays ahead. I really do hope that you are able to enjoy a safe and restful summer break, and spend some quality time with your loved ones. Let us also hope and pray that the next academic year is a far more straightforward one, and words such as 'lockdown' and 'isolation' become a very distant memory. May blessings of grace be with you each and every day. God bless,

Matt Barron
Headteacher

Farewell Year 11



After a particularly difficult and challenging academic year, Year 11 threw themselves enthusiastically into celebrations to mark the end of their examination period before they officially departed for a well-earned break. It is always an emotional occasion when we say farewell to our leavers, especially after all of the hard work that Year 11 entails. Needless to say, we are immensely proud of them for their conscientious efforts and dedication throughout this year; the students have been a real credit to both St John's and their families.

Our Leavers were sent off in true St John's style, many with new hoodies and a soaring in their step. All students were invited to a celebratory Mass and Leavers' BBQ on Thursday 10th June, and of course the highlight was the Year 11 Prom, held a few weeks later on 2nd July.

Mass is an important opportunity for students to give thanks and reflect together on their personal journey through St John's, and we are very grateful to Fr Walter, Deacon Michael and Mrs Gibbons who led this celebration for us. The Leavers' assembly was an emotional one, but it also gave the opportunity for staff to show their appreciation to Year 11 for their commitment to their studies by 'letting their hair down' in the well-received Leavers' Mass staff video. Students were then invited to participate in the ritual 'shirt signing' before heading outside for a BBQ with staff in the sunshine; it was a glorious afternoon and one which was enjoyed by all!

Prom 2021..... Year 11 students looked amazing in their new attire, and the staff didn't look too bad either! It was a lovely occasion to mark the students' time at St. John's, with a sit down meal followed by throwing some shapes on the dancefloor. We would like to thank our students for a wonderful evening and their exemplary behaviour – something that has been faultless all year.

We would like to take this opportunity to thank all of our Year 11 students for their hard work and determination this year; we very much hope that this is reflected when their results are released in the Summer (further details to follow) and we look forward to sharing their successes with them to recognise all that they have worked so hard to achieve.

We wish them the best of luck in their future pathways and look forward to welcoming very many of them back to our Sixth Form next year.

Finally, always remember as you mover into the 'big wide world' that you will always be part of a much bigger community – the St John's community.



Miss K Munns. *Head of Year 11*

Biology Challenge 2021

Last term, some of our Year 9 and 10 students took part in the online Biology Challenge 2021 competition. A total of 26,828 students took part in this competition across 348 schools. Certificates will be given to all students who participated. However, particular congratulations go to the following Year 10 students who achieved fantastic awards:

Gold Award - Otilia M, Henry L.

Bronze Award - Maximiljan S, Jack B.

Highly Commended - Jenty P, Patrick B, Elyas M, Callum B.

Commended - Kyra R, Ella L, Julia K, Reenie H, Luke H.

Our Year 12 A level Biologists took part in the online Intermediate Biology Olympiad 2021 Competition. 8873 Students took part in this competition across 449 school. Certificates will be given to all students who participated. However, particular congratulations go to the following students:

Bronze Award - Aaron C.

Highly Commended - Michael W.

Commended - Ella W.

These biology competitions stimulate curiosity of the natural world and encourage students to take an interest in biology outside of school.

Mrs C Heap. *Science Teacher*

Big Dance

In July, all students in Years 7 and 8 participated in 'The Big Dance'. This is an annual school event to raise money for charity and to remember Ms Natalie O'Shea, a member of staff at St. John's who sadly passed away from Meningitis 7 years ago. This year, students also danced to celebrate the lives of those that have been lost during the pandemic. The money raised will be split between the Meningitis Research Fund and The House of Mercy, who helped to support those people in need across Gravesham throughout the pandemic. The students worked extremely hard, displaying a great deal of respect for the cause and performed very well on the day, showing what a credit they are to both the school and to themselves.

Mrs R Steadman. *Dance Teacher*

Year 8 Bird Sculptures

Pupils from Miss Johnson's Year 8 classes, have designed and created their own sculptures based on birds.

The pupils were given sheets of newsprint, masking tape and glue to construct the initial body shape. The beaks were fashioned from tin foil and the legs from wire. The pupils then painted their own paper which they then collaged onto the sculpture.

The Year 8 pupils worked incredibly hard to create their outstanding work, and the resulting display in the Art Loft looks absolutely stunning!

Mrs D Lal. *Art and Design Technician*



National Easter Painting Competition winner

I am very delighted to share this great news: the Knights of St Columba (KSC) is an Order of Catholic men bound together in Charity, Unity and Fraternity in order to enrich their own faith and support Catholic Social Teaching.

Last year, in 2020, I joined the Knights of St. Columba group at St. John the Evangelist Church in Gravesend. I am supporting the work of this Order by organising competitions for our young people, and it has been great that this year several pupils in Years 7 and 8 participated in the various Knights of St. Columba National Youth Competitions. For the first time ever, we had a winning entry from St. John's: Amelia B in 8SL entered the Easter painting competition, along with hundreds, if not thousands of young people across the country, and I am very delighted that Amelia's painting came 5th in this national competition. For her prize, she will be receiving a certificate signed by Brother Bertie Crogan, the Supreme Knight of the Knights of St. Columba, as well as an award of £15. Well done Amelia, that is an incredible achievement.



There will be more opportunities and competitions for students to take part in during the new academic year 2021-2022. I would encourage you all to take part.

Mr F Juma. Religious Studies teacher.

Eco Schools Club



We've had a terrific start to our club which has taken on a multitude of mini projects in the past couple of months. Mrs Heap and Mr Ward have been overseeing a more productive use of the garden, as the students have helped paint benches and raised bed planters, planted new trees and bushes around the school, made bird boxes and bug houses, planted vegetables, cultivated a wild area sowing wild flower seeds, collected logs for a natural environment for our insects, made a fire pit and cut back bushes and trees. We have also undertaken a litter pick of Rochester Road by the school up to the Lion Garage, with help from Gravesham Borough Council who provided all the equipment.

Later this month, as a reward for our students, we are going to Shorne Country Park for some bushcraft and educational learning, which will see them acquire new skills to bring back home to the school and their family garden environments. We are also getting ready to plant a living wall with plants to attract bees and other insects with the help of a local garden centre.

We are looking for donations of any tools, planters, pallet sleeves/collars and wood in particular, to make some raised beds in the garden areas for plants. If anyone has any expertise in being able to help make these then it would be most appreciated.

Mr S Ward. PE Teacher

Opening of the Normandy Memorial

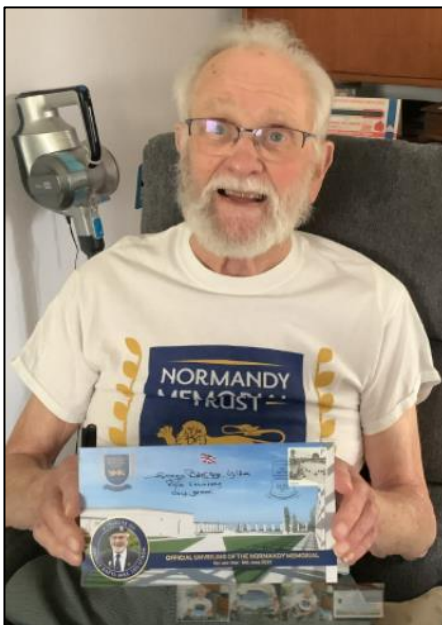
St John's School has strong links with the Normandy Memorial Trust, having been nominated an Ambassador School for the Memorial. The Memorial commemorates the 22,500 servicemen and women under British Command who gave the ultimate sacrifice during the D-Day landings and Battle of Normandy in 1944, 37 from the Borough alone. Head of History Mr Murphy received an invitation to represent the school at the opening of the Memorial on 6th June at the National Arboretum in Staffordshire. Because of restrictions, the opening was a smaller ceremony in Normandy. The early morning damp weather did not deter the enthusiastic reception.

It was a fantastic occasion and an opportunity for Veterans to mingle.

The images show Viscount Montgomery with George Batts, who had the original concept of the Memorial and is a regular visitor to the school, as well as Mr Murphy with Major Ted Hunt, MVO, LD'h [former Bargemaster to the Queen]



Normandy Memorial Commemorative Postal Covers



The School History Society has been working closely with Buckingham Covers to create a set of six postal covers commemorating the opening of the Normandy memorial at Ver-sur-Mer. The six postal covers feature George Batts, Joe Cattini, Reg Charles, Ted Hunt, Don Hunter and David Woodrow and will be sold signed by each Veteran on their own postal cover that features them.

The History Society came up with the idea and concept, provided the images used (including the photographs of the Veterans) and provided the biographies that accompany each cover as well as the information on the Memorial which appears on the reverse of the cover as in the image.

The set of six covers can now be pre-ordered from Buckingham Covers - they are being signed at the moment (as with the image of George Batts with his own cover). George is, of course, the instigator and had the concept for the Memorial and is a regular visitor to the school.

History Day

The annual History Day at the school was held in late June with Year 8 students being the beneficiaries on the day. There were several distinguished guests giving assemblies and visiting classrooms during the day - Andrew Robertshaw [historian], Sarah Nathaniel [CWGC] and Beverley Cooper [Veterans' liaison] as well as the Lady Mayor [Councillor Lyn Milner] paying a visit to view proceedings.

The students' focus was on creating art work/posters and writing poetry on the subject of remembrance. Mr Parker recorded several students reading their poetry and these recordings will be used as an overlay of the video recording which will be completed when we visit Normandy in October.

A highlight of the day was the video link up with two Normandy Veterans - Alan King [Norfolk] and Reg Charles [Weston-super-Mare] - the students certainly enjoyed the occasion and the opportunity to meet these heroes.



Year 9 History Talk

Mr Andrew Robertshaw, the renowned historian, was in school in late June and gave a talk to Year 9 students on the subject of medicine and surgery in World War I. He enthralled the students with his expertise and the pupils were fully engaged throughout his presentation. The talk was directly linked to the GCSE History course on the topic of the development of medicine and surgery in World War I.



Year 9 Trench Visit



A group of Year 9 GCSE students travelled to the newly created World War I Trench system at the County Showgrounds, Detling. There we were greeted by historian Andrew Robertshaw and Great War re-enactor Phil Hodges. The two took the students through their paces, from getting them into marching order and battle drill, to looking at what a soldier in World War I wore and had as equipment, through to walking through the trenches. A great day out and even the poor weather conditions early on did not dampen spirits!

Mr C Murphy. *Head of History*

Year 8 Fund Raising

After what has been a gloomy few months, it was refreshing to see Year 8 students actively raising money for two very worthwhile causes: The House of Mercy and the Meningitis Research Foundation. The pupils were tasked with gaining sponsorship to participate in a charity fun run, although what they were most excited about was the opportunity to sponge their teachers!

All of their hard work culminated in a final day of fun, and even the wet weather couldn't dampen the spirits of the staff and students involved. The pupils showed excellent commitment during the charity run and even greater enthusiasm when the time came to soak their teachers with sponges and buckets of cold water! The wonderful effort displayed by our pupils was a true reflection of the Catholic Ethos of St John's and our school's unswerving desire to serve and support the wider community. We are absolutely delighted to announce that, with the fantastic help of families and loved ones, the students managed to raise an incredible £2191, which really did surpass all expectations. A huge 'thank you' to everyone who supported this wonderful event.



Miss Hodgins soaking Mr Barron – it was meant to be for students!

Mr S Khan. *Head of Year 8* and Miss K Hodgins. *Head of Religious Studies*

Experiment Club

This term, the Science and Geography departments (Miss Cole and Mr Sutton) teamed up to run an experiment club for the Year 7s. We ran a different experiment every week, with students being given a task and a time limit, before Mr Sutton (The destroyer of all things) would test their predictions and theories which would catastrophically demolish all their hard-earned work. Usually, the team that was the most accurate or who created the best piece work, would be rewarded with a very special certificate - signed by both Miss Cole and Mr Sutton to celebrate their achievement and excellence. For someone who has been to this club on multiple occasions, I like that the experiment club gives students a variety of different things to do. From making earthquake proof buildings out of spaghetti and marshmallows, to making flood-proof houses, suitable for keeping everyone safe from the storm. But honestly speaking, this club has shown me more than the Science part of Geography, it taught me teamwork and leadership, as well as communication and bravery enabling me to step out of my comfort zone and actually step forward into a team. It also gave me a real opportunity to make new friends, and have a good laugh (because what fun is this club without laughter). Before I finish off, I just want to give my biggest 'thank you' to Miss Cole and Mr Sutton for putting on this club and giving me a real opportunity in life to really express myself. I thank you both from the bottom of my heart, I really do.



Tosin D. *Year 7*

Keyworker Rainbow



St John's is beginning to look like the Tate Modern with our latest installation which greets visitors as they enter the school through reception! Year 8 students have produced this commemorative rainbow in honour of all key workers who continue to work so tirelessly through the pandemic. Each student created a 3D flower in a symbolic colour to represent a specific conflict, to include Covid-19. The result is overwhelmingly uplifting and serves as a fitting tribute to all those we have loved and lost. Inscribed around the arc of the rainbow is the following poem, written by our assistant chaplain.

"Lord for those we have loved and placed into your loving care, we remember and pray for them...
Hear our prayers, protect our dreams, and listen to our silent hopes. May your love blossom within our hearts."

Thankyou so much to the art department and our amazing Year 8 students!

Day of the Dead Festivities

An exhibition of amazing papier-mache skeletons by KS3 students stands proud in the Art loft. The students learnt about Mexican culture by studying the folk art of the "Day of the Dead" festivities. They also reinforced their knowledge of human anatomy and recycled a great deal of paper! Making a 3D articulated human skeleton out of paper is a hugely ambitious project but, as always, our students rose to the occasion!

Mrs A Stone. *Head of Art and Design*



Art and Craft Club

This term saw the launch of an after school art and craft club, which took place every Monday in the Art loft. It proved very successful. The picture shows just some of the 18 students who attend each week and have been working on Anime/Manga art to produce a decorative wall plaque. Well done to all those attending.

Mrs H Burgess. *Transition Teacher*

Literary Legends

The English Department are hugely proud of the three Year 9 students below, all of whom produced excellent critical writing for their End of Year exams. The students were answering the question: Explore how Shakespeare presents Macbeth as a man who struggles with a guilty conscience. It is incredibly impressive that the Year 9 students are already writing at this level, with their real GCSE English Literature exam still a year away!



Tommy K:

Shakespeare presents Macbeth as a man who struggles with a guilty conscience by using alliteration. This can be seen in the line “as his host, who should against his murder shut the door, not bear the knife myself.” The word ‘not’ shows that Macbeth is torn between good and evil, but the only reason Macbeth doesn’t want to kill Duncan is because he is afraid of the consequences if he gets caught. A Jacobean audience would be appalled at Macbeth, because the thought of Macbeth committing regicide would make them horrified and disgusted.



Faatimah J:

Shakespeare portrays Macbeth’s guilty conscience in this soliloquy by having him speak his thoughts out loud, whilst deciding whether to commit treason. This can be seen in the quote “if it were done, when ‘tis done, then ‘twere well it were done quickly.” The repetition of “done” shows Macbeth is already feeling guilty. This is due to the fact that he is using the euphemism of ‘done’ to replace any sort of admission to killing Duncan.

The adverb “quickly” also emphasises this guilty conscience, as Macbeth is trying to state he wants the murder done ‘quickly’ so it’s easier to deal with the consequences. The audience would recognise his guilt from the plosives of the letter “d” in “done”. These harsh sounds would enhance Macbeth’s struggles, and also show he already feels guilty, before even committing the murder.

Kaosi N:

Another quote that Shakespeare uses in the play to show us that Macbeth struggles with a guilty conscience could be “wake Duncan with thy knocking.” The verb “wake” shows us that Macbeth regrets his actions and wants to take it all back by waking Duncan after killing him. The knocking could also link to madness and the supernatural, because Macbeth heard them repeatedly after killing Duncan; he was the only one who heard them. This could have been the witches toying with Macbeth to make him as if he were going mad and regret his actions. The 17th century audience would have had no remorse for Macbeth, as he put this upon himself by killing Duncan. The audience may have also felt afraid that Macbeth was played with by the witches.





Dear parents/carers,

I do hope that you are all safe and well in these current times.

Below are some articles regarding online social media platforms that you may find useful.

Important - Reporting Indecent Images

Childline and the Internet Watch Foundation (IWF) have made available a brand new tool so that children and young people can report a nude image or video of themselves in order that the IWF can take steps to remove it from the Internet. The tool has been under trial for about a year but is now available to all as of yesterday, 22nd June. Given the recent Ofsted report and research from many others, we know there are many reasons for taking/sharing and equally many barriers to reporting images and videos, so it is imperative that young people know that they can take action themselves and that something will be done.

Importantly, a young person can even report an image/video that hasn't been uploaded and shared. The IWF will assign a 'hash' to prevent the image being uploaded by anyone.

Loot Boxes - Interesting Development

You will be aware over the concerns of loot boxes in games, particularly related to gambling-like behaviour, given that purchasing loot boxes within games is essentially a game of chance and the fact that over 70% of the popular games that children and young people play contain loot boxes.

In an interesting and unexpected development, EA, the developer of the hugely popular Fifa range of games, now lets players see what is in the loot boxes before you buy them. Loot boxes are always an interesting discussion to have with children, particularly in relation to how much they spend, do they refer to it as gambling, do they see Fifa Points, V-Bucks, Robux etc. as real money. You could use this new development as a conversation starter.

For Parents - Social Media Concerns

Given the many concerns that parents have in relation to their child's use of social media, Internet Matters have put together a very useful resource page on their site with lots of advice and tips. For further information please use the link:

<https://www.internetmatters.org/resources/social-media-advice-hub/social-media-concerns/>

Twisted Toys

Imagine if all the harmful features of the digital world were in traditional toys. Welcome to the World of Twisted toys, a wonderland of excitement, experiences and exploitation. We pride ourselves in making toys that are addictive, risky and put you completely under our control.

This is the opening screen from a brand new service from the 5 Rights Foundation which is an amazing organization who work with and on behalf of children to make systemic changes to the digital world ensuring it caters for children and young people.

Twisted Toys is an awareness-raising campaign and it is as quirky as it is brilliant. You really need to watch the short videos to understand what it's all about. There's Share Bear, Stalkie Talkie, My First Terms and Conditions, Wakey Wakey, Pocket Troll, Pay as you YoYo and more. For example *"Stalkie Talkie - is the hand held, hi-tech toy*

that uses algorithms which match children with adult strangers. Press the button then just sit back and wait for billions of unknown people to find you. How do you tell if they're a friend or a predator? We don't know either!"

You can find the Twisted Toys website <https://twisted-toys.com/>

To enable us all to keep mentally well, here are some resources:

Ten top tips for staying mentally well



You can't pour
from an empty
cup.

SELF-CARE ISN'T SELFISH. IT'S NECESSARY.

- Have a daily structure
- Get regular daily exercise, preferably outside
- Maintain your sleep routines
- Try to eat a healthy diet and get support if you are in financial crisis
- Keep in contact with friends, family and loved ones online or on the telephone, where possible
- Make time for enjoyable activities, relaxation, and self-care
- Restrict media and social media that increases a sense of despair and helplessness
- Cultivating an attitude of gratitude can help improve mental health and may be even more important during times of significant challenge as a result of Covid-19.
- Have hope: it will not solve our problems or make them go away, but it can give us the motivation to keep going when times are difficult
- Contact helplines to get support if you need it

Taken from: <https://charliewaller.org/information/coronavirus-mental-health/new-lockdown-looking-after-our-mental-health>

There are also some excellent resources on the Kent resilience hub - <https://kentresiliencehub.org.uk/> and The Anna Freud National Centre for Children and Families <https://www.annafreud.org/parents-and-carers/>.

MIND mid-Kent are pleased to share that HeadStart Kent have agreed to fund additional Youth MHFA Half Day training for parents and carers living in the Kent area in 2021/2022.

More details on the half-day youth course can be found using the link below:

<https://www.maidstonemind.org/virtual-half-day-mhfa-courses/>

The Education people have also got some resources for parents and carers linking to mental and emotional health. Please see the link below:

<https://www.theeducationpeople.org/our-expertise/mental-health-wellbeing/webinars-training/support-for-parents-and-carers/>

Take Care and stay safe

Mrs O Kelham. *Designated Safeguarding Lead*



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 800 million active users worldwide.



What Parents & Carers Need to Know About



TIKTOK



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 – so it is possible for a child to be exposed to explicit and age-inappropriate content.

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 want to imitate any explicit language or suggestive actions.

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.

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 you intrigued about what's coming next mean it's easy for a 5-minute visit to turn into a 45-minute stay.

IN-APP PURCHASES

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 £99 bundle. Buying coins is now restricted to over-18s – but TikTok doesn't require users to verify their age on sign up, so a young person could easily access this feature if they were determined to.



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

In early 2021, TikTok changed 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 'Stitch' (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 SAFETY MODE

'Family Safety Mode' 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 refreshed its Safety Centre in May 2021, providing new 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

Parven 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 Clicks: a web resource that helps parents and children thrive in a digital world.



SOURCES: www.tiktok.com



www.nationalonlinesafety.com



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 20.05.2021



**Kent Emotional Wellbeing Teams
Medway Emotional Support Teams**

NELFT NHS
NHS Foundation Trust

We are a team that works in your child's school to provide support for children's Emotional wellbeing. We understand that, from time to time, children and families need additional support for emotional wellbeing and mental health, and so we are here to help. We believe that getting early help can prevent difficulties from getting bigger so that you can lead a life you like to live.

If your child is experiencing anxiety or low mood for the first time, please contact us:



Term Time:

Talk to your school's Mental Health Lead

Fill out a Request for Support form with your child

Return the form to your school's Mental Health Lead

School Holidays Only:

Your requests for support and queries to this e-mail:

EWTandESTenquiries@nelft.nhs.net

Our team will contact you to discuss support options.

Dear God

I know that I'm not perfect.

I know sometimes I forget to pray.

I know I have questioned my faith.

I know sometimes I lose my temper.

*Thank you for loving me unconditionally,
And giving me another day, to start over again.*

Amen

Ayla H Year 7



Chaplain's Corner

Football didn't come home after all. But, I think we can be proud of our young men that wore that England shirt for us, and the World Cup is just around the corner. I'm happy too for our Italian brothers and sisters who also desired the 'lift' of success after a long period of trial.



A shot of caffeine gives us a lift for a short while, but is followed by a dip and then a return to 'normal', and if we have too much coffee the body adjusts to expect it so that our caffeine shot only raises us to 'normal'; the benefit becomes an illusion. Similarly, there is no doubt that the euphoria of success does give us a lift, but it doesn't last.



God does not measure success as the world does; he cares about our eternal happiness, which is not found in success, or by out competing our brothers and sisters, rather it is found in love of God and thereby each other.



How do we obtain the happiness that God wants for us? The answer is in our relationship with him. Time and time again in the Bible God encourages people to trust him, but it is so tempting to try and rely on our own plans and our own efforts.

There is a story about a man who fell off a cliff but part way down managed to grab hold of a branch sticking out from the cliff. As he looked down to the rocks way below he decides to cry out for God to

help him. God replies “certainly my son, but there is one thing I want you to do for me”. “Yes, anything”, cries the man, and God says “I want you to let go!” The man yells out “is there anybody up there, help!” So do we ever fully trust God?

We can only know God’s will for us if we listen for it in prayer, and we can only trust him if we make time and space to know him. God does not offer us a smooth path through this life, but the right path that will lead to our eternal happiness and for each other’s eternal happiness; that path is not smooth. The prize however is a pearl beyond price, that is to say ‘heaven’, but, to extend the analogy, it takes a bit of grit in the oyster to produce the pearl.


The troubles of these past two years have no doubt impacted upon the spiritual experience of school for our young people, but I hope that they have grown in awareness that there should be more to life than success, whether that is in exams or in football.

We have a full and enriching experience at St. John’s lined up for our young people as we enter the next school year, and it is important that we, as parents, school or parish, meet them where they are in life. The pressures and challenges they face include self-image, social media pressures, sexual pressures, exam pressures, growing gang cultures in Gravesend, mental health challenges, COVID worries, bereavements and, in some cases, a troubled home life. How can they make sense of this and navigate through to true meaning and purpose in their lives?



The answer does not lie in England’s football success, or other temporary fixes, but rather in our relationship with God, and thereby with each other.

I’ll leave you with a prayer:



God is not impressed by wealth but by generosity of heart.
God is not impressed by success but by faithfulness.
God is not impressed by popularity but by how much we love him.
God is not impressed by how many Twitter followers we have but by whether we follow him.
God is not impressed by beauty but by holiness.
God is not impressed by the greatness of our actions but by the love with which we do them.
Help us O Lord,
To see your ways more clearly,
To follow you with great trust,
And to love you and each other with great love.

We ask this through Christ our Lord. **AMEN**

Stay blessed

Deacon Michael