# ST JOHN BOSCO COLLEGE

ISSUE 7/8TH DECEMBER2023





Parenting in the digital age is tough! Navigating the online world can be complex, and ensuring your teenager's safety is of utmost importance. One crucial aspect is monitoring their phones to create a secure online environment.

In recent years, the government has strengthened rules regarding social media platforms, empowering parents to raise concerns directly with app providers and websites. This means you now have more support in addressing potential issues your teenager may encounter online. You can see all the resources they have gathered for parents <u>here</u>.

Our school, in alignment with these efforts, recommends a proactive approach to your teenager's online safety. While it may be tempting to provide them with smartphones, especially as they progress into the early years of secondary school, we encourage parents of students in Year 7-9 to reconsider this decision. Not only does this stance promote a safer online experience, but it also addresses concerns about the security of expensive devices during their commute to and from school.

To assist you in monitoring your teenager's online activities, we recommend using tools like Google Family Link. This application allows you to set digital ground rules, manage screen time, and track the apps your child is using. By signing up for Google Family Link, you gain valuable insights into your teenager's online behaviour and can establish healthy usage patterns.

Here's how you can get started:

• Visit the Google Family Link website: Google Family Link

• **Download the App:** Find and download the Google Family Link app from the App Store or Google Play Store.

• Set Up Accounts: Follow the easy setup process to link your Google account with your teenager's device.

• Establish Ground Rules: Customise the settings to manage screen time, approve or block apps, and receive activity reports.

Monitoring your teenager's phone using tools like Google Family Link allows you to stay informed about their online activities, helping you guide and protect them from potential risks. It's an essential step in fostering open communication about responsible online behaviour.

As you know the school has a 'no see, no hear' policy for mobile phones. Students are not allowed to use phones in school unless explicitly asked to by a teacher for a specific task within a classroom setting. Studies have shown that excessive screen time, especially on social media, can impact mental well-being and academic performance. Encouraging alternative activities, such as face-to-face interactions, extracurricular pursuits, and reading, can contribute to a more balanced and enriching teenage experience.

It is important that we work with families towards a safer digital landscape for all our students and your involvement in this is crucial. Regularly engaging in conversations with your teenager about their online experiences and challenges is an important part of this. Please see the school <u>website</u> for lots of information about specific online safety issues and details about apps and website currently popular with your people. This page is regularly updated so do come back to it from time to time.



St John Bosco College Classes starting Thursday 11th January 4:30 – 6.30 pm Please email dparrott@sjbc.wandsworth.sch.uk to reserve a place.

Free Beginners English lessons for parents and families of students at

Please note: the time and date of English classes is changing in the New Year. They will now take place on Thursdays 4.30-6.30pm.

Recently, we have observed a small number of students wearing medical face masks, both for health reasons and as fashion accessories. While we appreciate the students' efforts to stay safe, it is crucial that masks are used responsibly and for their intended purpose.

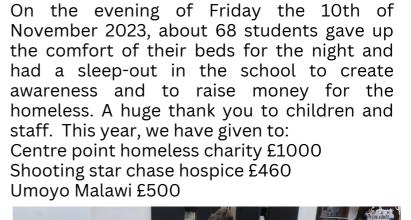
To ensure the proper use of medical face masks, we kindly request that if your child needs to wear a mask for medical reasons, you provide written parental permission. This will help us distinguish between necessary health precautions and fashion choices. Additionally, we emphasize the importance of wearing masks correctly, ensuring they cover both the nose and mouth. Staff will insist that incorrectly worn masks are removed.

By working together, we can maintain a safe and healthy environment for all students.

Your cooperation and support are greatly appreciated.

#### **BIG SLEEP OUT 2023**







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DAT	Thursday	Christmas Lunch	CHRISTMAS LUNC	H
	Thursday, 21st December	Christmas Jumper Day	Christmas Lunch	
KEY	Friday, 22nd December	End of term	tickets can be bought on Parent Mail	
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@SJBCWandsworth



ITuesday

# CHRISTMAS DINNER DAY

## THE MAIN MEAL

### **Meat Option**

Traditional Roasted Sliced Turkey Breast, Served With Rosemary Roasted Potatoes, Honey Glazed Parsnips, Brussel Sprouts, Carrots, Mini Sausages, And Lashings Of Gravy

### **Vegetarian Option**

Butternut Squash & Spinach Wellington, Served With Rosemary Roasted Potatoes, Honey Glazed Parsnips, Brussel Sprouts, Carrots, Mini Vegetarian Sausages, And Lashings Of Gravy



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