

## CAREERS' FOCUS WEEK

### 15-19 APRIL

Many of our students will be meeting people

from the world of work and all students will be finding out about the different opportunities available to them locally and the qualifications they need. An exciting week ahead, explained by Mrs J in assembly today.



random  
act of kindness

Try at least one of these this week.

- Keep away from online unkindness.
- Have a screen-free hour.
- Pay a compliment to a friend.
- Listen out for birdsong.

WE ARE HERE  
FOR YOU



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Making the perfect naan  
– well done Liam and  
Kyle.



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In PSHE all students have revisited the importance of **staying safe online** and the difference between *banter* and *jokes* to **harassment** and **breaking the law**. The information shared below is from the NSPCC which offers guidance for parents and teachers.

# NSPCC Learning

[www.nspcc.org.uk](http://www.nspcc.org.uk)



Any child or young person can experience online abuse. If you've noticed something worrying, are concerned about something that's happened, or a child or young person has spoken out about abuse, then it's important you respond appropriately.

## What is online abuse?

Online abuse is any type of abuse that happens on the internet, using technology like computers, tablets, mobile phones, games consoles and other internet-enabled devices.

Young people may experience several types of abuse online, including:

- bullying or cyberbullying
- emotional abuse (including emotional blackmail)
- harassment, stalking or other threatening behaviour
- pressure or coercion to send sexual images
- sexual abuse
- sexual exploitation.

In England and Wales, the **Protection of Children Act 1978** makes it an offence to take, make, show, distribute, possess (with a view to distribute) or publish an advertisement with an indecent photograph or pseudo-photograph (an image made to look like a photograph) of a child. Child = Under 18. The age of criminal responsibility is 10.



Children and young people may also be exposed to online harms, such as inappropriate behaviours or content online.



# How online abuse happens

Online abuse can happen anywhere that allows digital communication, such as:

- social media
- text messages and messaging apps
- email and private messaging
- online chats
- comments on video or livestreaming sites
- chat in games, including voice chat
- immersive technologies such as virtual and augmented reality



## BLOCK

Anyone who attempts to send any indecent images to you.



## DELETE

Any images sent to you should not be kept on your phone. NEVER SHARE THEM! Sharing images of someone under the age of 18 is a criminal offence.



## REPORT

Tell your parent, the school and/or your police. Seek advice and support.

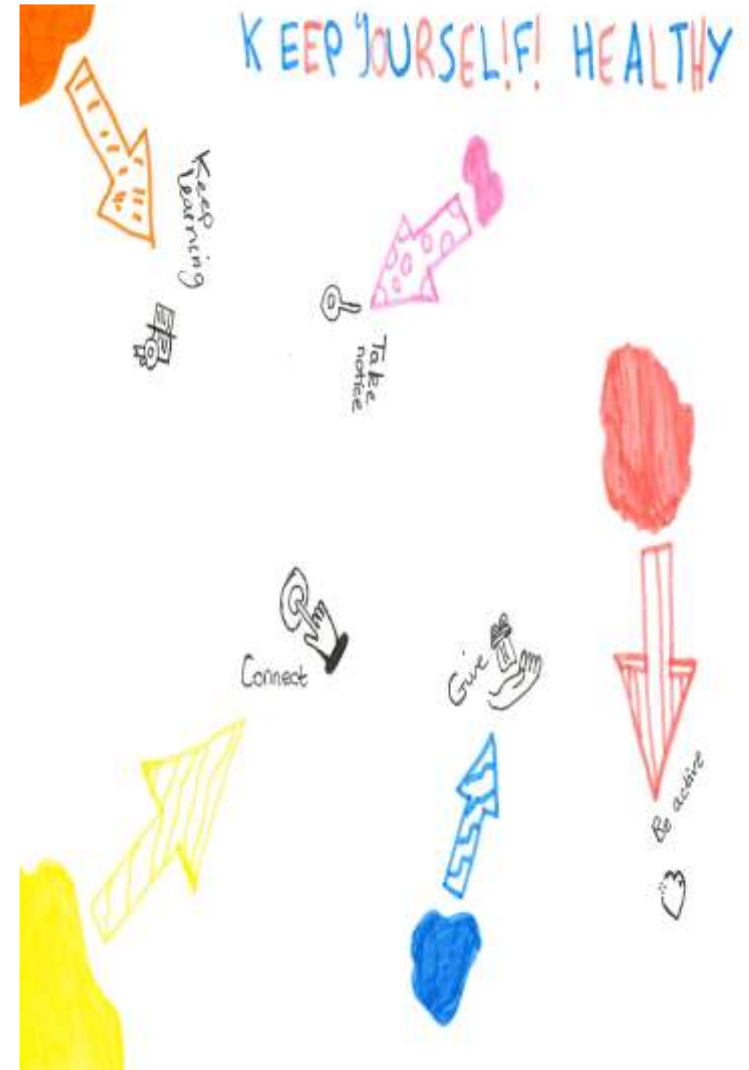
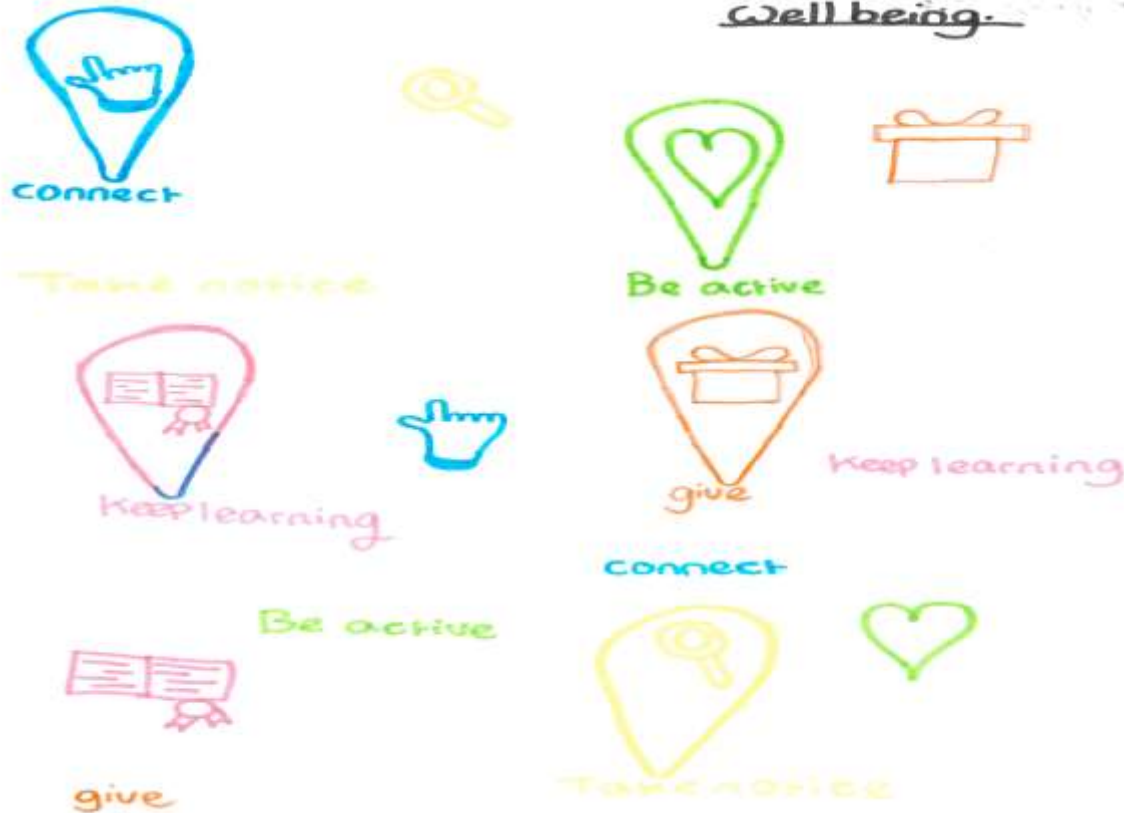


Check your PRIVACY SETTINGS.... Keep them private.

And check your own behaviour – think before you post something unkind, untrue or indecent.

IF YOU  
CAN'T SAY  
SOMETHING  
NICE  
DON'T SAY  
NOTHING  
AT ALL

# Wellbeing Weekly



Key Stage 3 students have been learning about the 5 Ways to Wellbeing; **Connect**, **Be Active**, **Keep Learning**, **Give**, **Take Notice**.

WE ARE HERE  
FOR YOU





# Mr. Hall's Health & Fitness

## 5 EXERCISES YOU CAN DO ANYWHERE

#HerbalifeNutrition



Alternating  
**Side Squats**



Single Leg Glute  
**Bridge Lifts**



**Reverse Lunge** with  
Front Kick



Decline  
**Push-ups**



Alternating Side  
Planks with  
**Triceps Push-up**