

WEEKLY BULLETIN

 John Ferneley College

• 4th April 2025 - Issue 100

100

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ISSUE

Welcome to the 100th issue of the Weekly Bulletin!

Dear Parents and Carers,

At JFC we have been working hard to encourage our students to be kind individuals and in assemblies this week we have spent some time reflecting on this. Students who have received positive points for their kindness have been recognised. We know that the vast majority of our students are kind and we are determined that when they leave us they will take that spirit of kindness with them into the wider community.

Kindness at JFC is shown in many different ways, including students being upstanders and challenging or reporting the students who are not being kind, also we have a group of students who are currently completing their Duke of Edinburgh award and for the service part of this award they have been litter picking in the community. We are delighted to have so many students who go over and above and contribute to school life through being an ambassador, a mental health ambassador or an anti-bullying ambassador.

In this week's assemblies there has also been a focus on internet safety and the importance of young people knowing how to keep themselves safe online and how to report things of concern. The Netflix show Adolescence has caused much discussion amongst different groups of parents, teachers and students. In my view it is important to have open and honest discussions with young people to allow them the opportunity to share what they have been exposed to and how it has made them feel in order to ensure they get the right support. The role of parents, carers and school is essential here and as a school we would really urge every parent and carer to have conversations with their young people about the material they see on-line. Such topics are a regular feature of our Personal Development lessons, tutor time and assembly programme here at school. There are age limits for social media platforms for a reason so we advise that these are adhered to.

Staff and students alike have thoroughly enjoyed the last week at school, embracing different learning opportunities with Year 7s out on trips to universities and enjoying the blue sky and sunshine. We wish you all a happy and safe weekend.

Mrs Russell
Assistant Headteacher



KEY DATES FOR YOUR DIARY



April 2025

- *Year 8 Parents Evening - Wednesday 9th April*
- *End of Term - Thursday 10th April 2025*
- *Inset Day - 11th April 2025 - no students on-site*
- *Term begins - Monday 28th April 2025 - all year groups back on this day*

College Open Events

JFC
FUTURES

- SMB Brooksby Campus – land based and agriculture open day – 5th April – 10am-1pm
- Grantham college – 30th April – 5.30-7pm
- If you are interested in attending any of these please look on the college website for more information and to register attendance

Online safety tips for parents of 11-13 Year Olds

internet matters.org

60% of children age 8-11 have their own social media profile

*Source: Ofcom Children and parents: media use and attitudes report 2022



Checklist:

Have a conversation

The best way to find out what your child is doing online is to **ask them to tell you about what they do and what sites they like to visit**. Discuss with them what they might come across. There are always stories in the press which will help to start a conversation. [See our conversation starter guide](#) for advice to

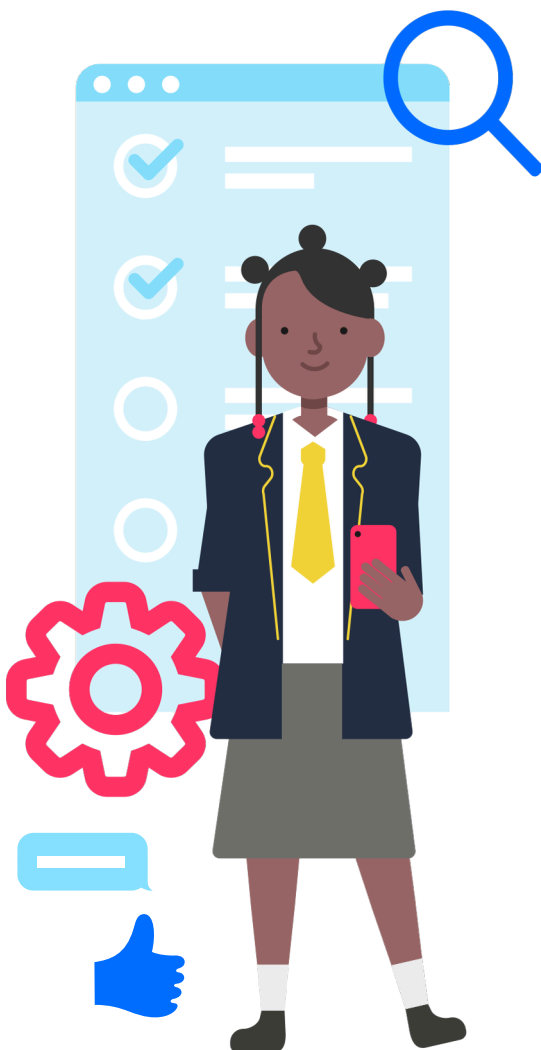
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help children open up about their digital lives.

Agree on boundaries

Have a [family agreement](#) about where and when they can use the internet, how much time they can spend online, the sites they can visit and the type of information they can share. **It's a good idea to introduce tech-free meals times and encourage them to keep phones out of the bedroom at night** to help them build a healthy balance with screen time.

Put yourself in control:

Make use of parental controls on your home broadband and any internet-enabled devices that your child uses. You can [visit our parental control how-to guides](#) to learn how to set these up or visit your broadband or mobile network's provider's website. You can also set up safe search in Google by going to the Google Safety Centre.



If you are giving a child their first device, you can set all this up together before they start using it so they can see how they'll be protected. It can also be an opportunity to have a conversation about online safety.

Remember, although these tools can create a safety net to protect children online, they are not 100% foolproof so **it's important to continue having regular conversations with children** about their online use to equip them with coping strategies to deal with online risks.

Check if it's suitable

The age ratings that come with games, apps, films and social networks **are a good guide to whether they're suitable for your child**. The minimum age limit is 13 for several social networking sites, including Facebook, Instagram, Snapchat and TikTok. [Visit our guide to check the minimum age of popular apps.](#)

Get them clued up about social networking

Talk to children about the benefits and risks of social networking before they join any sites. Let them know that anything they upload, email, or message could stay around forever online. Help them to set their profile up so that they are in control of who can comment, message them etc. Get tips and insight from [our social media guide](#). If you have a child with SEND, [please visit our Connecting Safely Online hub for tailored advice.](#)

Help them to be critical of things they see online and judge the quality and reliability of online sources.



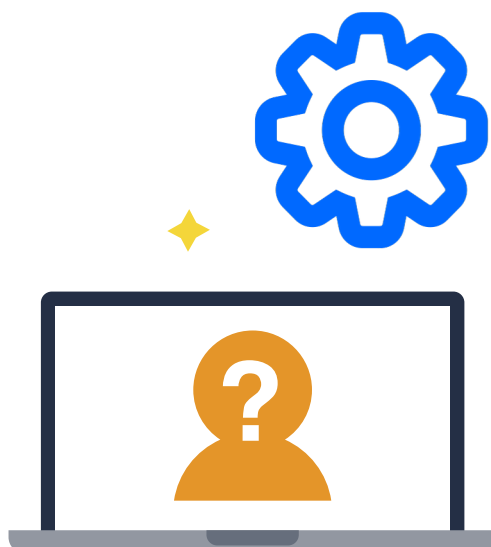
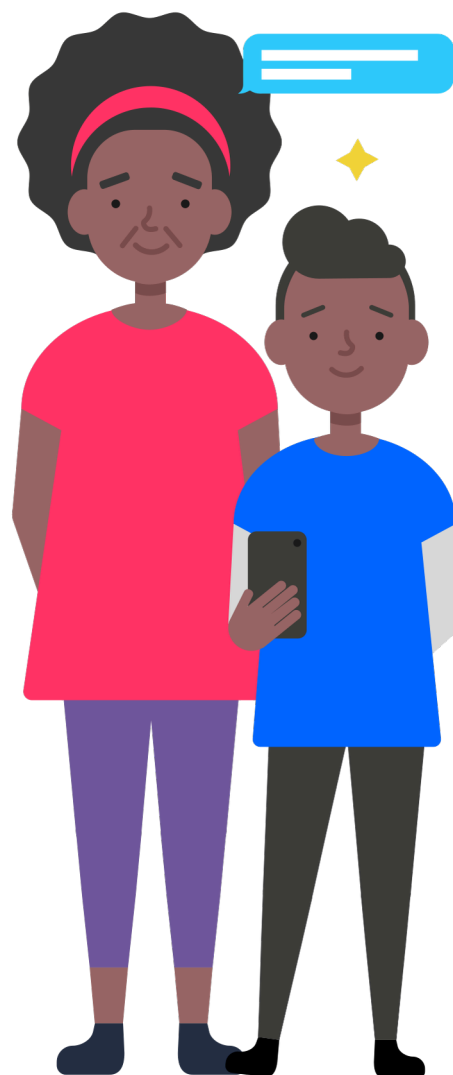
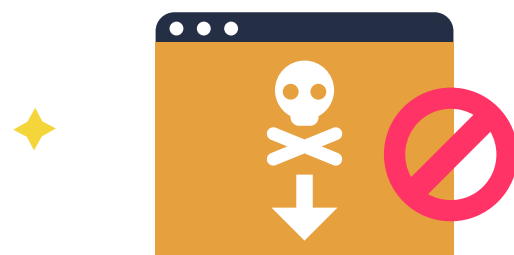
Know this stuff matters, but don't know where to turn?

Internet Matters is a free online resource for every parent in the UK. We'll show you the best ways to protect your children online – with information, advice and support on all the big online safety issues.

Learn about it:

Teach your child some simple rules

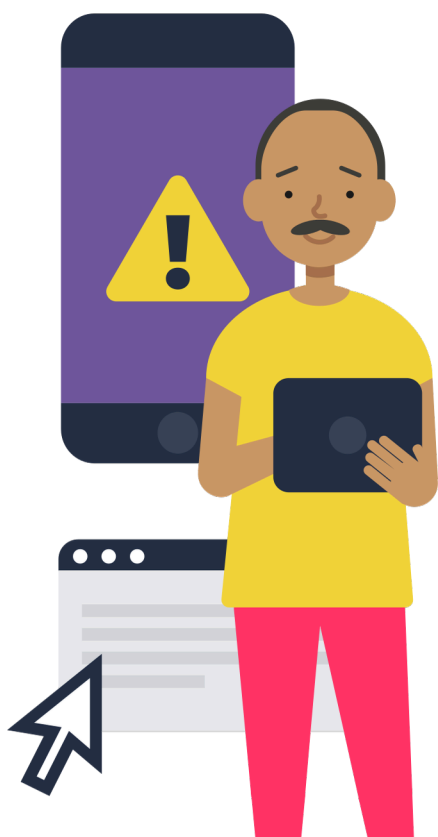
- Make sure your child knows **not to share personal information like their phone number or email address online** and if they need to provide this or similar information to sign up for a service tell them to check with you first.
- Encourage them to only talk to **real-life friends or family** on social media sites and in chatrooms.
- **Show them how to use privacy settings** wherever they exist to keep their information private - remember that the default on many sites is set to public. [Visit our social media privacy guides for support.](#)
- As children may go online to widen their group of friends, **set some boundaries when it comes to new friends online.**
- **Advise them not to arrange to meet with people in real life** that they've only talked with online without talking to you about it and getting your support.
- **Advise them to use secure and legal sites to download music and games** to avoid experiencing the risks associated with streaming content from unauthorised sites. [Visit our 'Dangers of digital piracy' advice hub more advice.](#)
- **Check attachments and pop-ups for viruses** before they click or download anything.
- Use Public Friendly WiFi when they're out and about to filter inappropriate content. **Also, encourage them to use the parental control tools on their device** just in case they do connect to an unfiltered WiFi - such as at a friend's house.
- Make sure they know **not to post things online that they wouldn't want you to see**



Talk about it:

Tips for a meaningful conversation

- **Ask them for advice on how to do something online** and use this as a conversation starter.
- **Make sure they know they can come to you if they're upset by something they've seen online** and remember to listen and not overreact.
- **Be sensitive and praise them** when they share their online experiences with you
- Make sure they know **how to block abusive comments and report content** that worries them.
- If your child comes to you with an issue, **stay calm and listen without judging them**
- **Tackle peer pressure** by explaining that if they are talked into bullying someone online or sending inappropriate images it may get reported to their school or even the police. Read this guide – So you got naked online– aimed at kids to get insight on [how to deal with sexting incidence](#).
- Teach them to treat others as they'd like to be treated online and set a good example with your own internet use. [Use the Stop, Speak, Support code](#) to encourage them to call out cyberbullying when they see it.



Deal with it

You can find out where to get help and advice on the [Report issue page of internetmatters.org](#), where we include information on how to report problems - and which relevant organisations and agencies to turn to.


On this page, we also provide information on how to deal with any specific issues you may encounter with your child; such as [cyberbullying](#), finding [inappropriate content](#), your child's [online reputation](#), [online pornography](#) and [child grooming](#).


Learn more about apps


It can be difficult to stay on top of what apps your child is using and who they are talking to online – [find out more about the latest apps at internetmatters.org/apps](#).

Scan below or visit [internetmatters.org](#) for more advice




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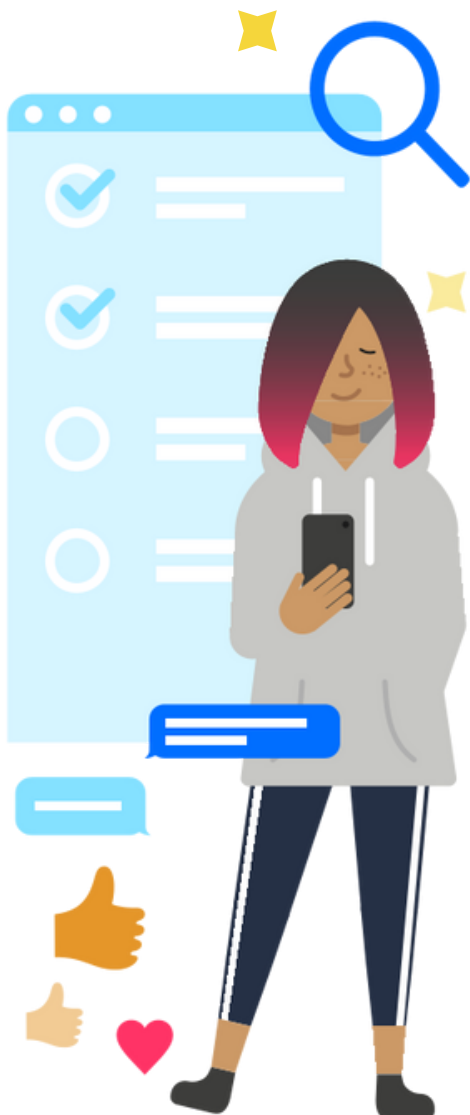
**internet
matters.org**

Online safety tips for parents of teenagers 14+ Year Olds

internet matters.org

99% of 12-17-year-olds have their own mobile phone
98% use video-sharing platforms
92% have their own social media profiles
75% play games online

*Source: [Ofcom Children and parents: media use and attitudes 2022 report](#)



Checklist: Keep talking

Stay interested in what they're doing online and discuss what they might have come across. **Don't be afraid to tackle difficult subjects like cyberbullying, and sexting and pornography.** Help them to be critical of things they see online and judge the quality and reliability of online sources. Acknowledge that this is difficult considering how content can be manipulated online to persuade even the most savvy people. Talk together about how to manage some of these challenges and why it is important.

Manage their online reputation

Let them know that anything they upload, email or message could stay online forever. **Remind them that they should only post things online that they wouldn't mind you, their teacher or a future employer seeing.** There are lots of stories in the media that highlight the importance of online reputation and clearly demonstrate how things that happened years ago can resurface in the future. See our [online reputation advice hub](#) to get tips to support young people on this issue

Adjust controls

Adjust the [parental controls](#) on your broadband and internet-enabled devices, depending on your child's age. Your broadband provider can tell you how. Find out how to set up safe search in Google by going to the [Google Safety Centre](#). Remember that at this age they are likely to have friends with unfiltered devices and whilst parental controls and filtering is important this needs to be done alongside dialogue and discussion.

Privacy matters

Make sure they set high privacy settings on social networks. Encourage them to regularly change their passwords and never to share or put online any of their personal details like phone number, address or their school. [Use our social media privacy how-to guides](#) to support them.



Stay safe on the move

Make sure safety and privacy settings are activated on their mobile devices and they aren't sharing private information. Be aware that using public WiFi might not filter inappropriate content, so look for friendly WiFi symbols when you're out and about. **Also, encourage them to use the parental control tools on their device** just in case they do connect to an unfiltered WiFi - such as at a friend's house.



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- Make sure your child knows how to **block abusive comments and report content** that worries them.
- Teach them to **respect others online and think about comments before they post them** and discuss how easily comments made online can be misinterpreted.
- Don't arrange to meet people in real life that they've only talked to online and **remind them that some people may not be who they say they are.**
- **Advise them to use secure and legal sites to download music and games** to avoid experiencing the risks associated with streaming content from unauthorised sites. [Visit our 'Dangers of digital piracy' advice hub](#) more advice.
- **Check attachments and pop-ups for viruses** before they click or download anything.
- When using the internet for homework, **make sure they use information appropriately** and explain things in their own words rather than copying.



Talk about it:

Tips for a meaningful conversation

- Make sure your child knows **they can come to you if they're upset by something they've seen online** and make sure that you listen and don't overreact - the important thing is that they have come to you for help and support.
- **Tell them you trust them to do the right thing** rather than over monitoring their internet use.
- If your child comes to you with an issue, **stay calm and listen without judging them** and don't threaten to take away their devices.
- **Tackle peer pressure** by explaining that if they're talked into bullying someone online or sending inappropriate images it may get reported to their school or even the police. [Learn how online actions can affect young people's reputation with our advice hub](#)
- **Talk to them about how much time they spend online** and make sure this is balanced against other activities. [See our 'Screen time guide for 14+' for age-specific advice.](#)
- Discuss how they can **report any harmful or inappropriate content or behaviour** that they encounter online - empower them to take control themselves.



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Timeless Connections

Dementia friendly café



A haven for heartfelt moments

Timeless Connections is not just a café, it's a haven where hearts meet, and memories are cultivated. Designed to be a warm and inviting space, it's more than a place to enjoy a cup of coffee, it's a community hub where stories are shared, friendships bloom, and laughter resonates.

Savour delicious treats, sip on a cup of freshly brewed coffee, and engage in heart warming conversations.

Look forward to a calendar filled with engaging events and informative workshops. From art therapy sessions to music appreciation classes, there's something for everyone.

We are committed to fostering a supportive environment where individuals with dementia and their loved ones feel understood and embraced.

Every Wednesday, 12 noon - 3pm

£3 per person, includes unlimited tea & coffee

Melton Vineyard, Hope Centre, Nottingham Street, Melton Mowbray, LE13 1NW

