

parent/carers News Bulletin

Friday 15 December 2023

Principal's Blog

Dear Parents/Carers,

As we approach the end of another busy term at Guilsborough, I would like to thank all the staff, students and parents/carers for their time and enthusiasm in helping make this a successful term.

We have received much positive feedback about the new rewards system 'Empowered' and how we are focusing on recognising the positives. We have ended this term with lots of positivity by embracing the festive period and I look forward to the students channelling this positivity when they return in the New Year.

On behalf of all of the staff and trustees, I wish you and your families a happy, restful and safe Christmas.

Mr Frazer
Principal



Daisy's Wellbeing Café in West Haddon 14 December.
Spreading some Christmas cheer in the local community.

Dates to Remember:

- | | |
|-------------|--|
| 18 December | Year 12 Art Trip Year 7 Bowling Trip |
| 19 December | Year 12 Geography Trip to Stratford, London |
| 20 December | SCHOOL BREAKS UP FOR THE CHRISTMAS HOLIDAYS |
| 03 January | Back to school |
| 11 January | Year 11 Parents' Evening 4.30-7pm <i>(in school, further details to follow)</i> |
| 15 January | SEND Parents' Evening 4-6.30pm |
| 24 January | Year 12 University of Lincoln Business |

I Think You Should Know

[Ithinkyoushouldknow@guilsborough.northants.sch.uk](mailto:ithinkyoushouldknow@guilsborough.northants.sch.uk)

This email address has been established to encourage students to report incidents and issues they may feel uncomfortable raising face-to-face. The emails are only accessed by Mr Woolridge who then liaises with key staff to take appropriate action to address the concerns raised.

The Guilsborough Way

As a reminder, we have 4 key expectations that we call 'The Guilsborough Way' and these are:

1. Attend all lessons on time
2. Wear the correct uniform
3. Have the correct equipment
4. Use appropriate language

Assemblies - Term 2/3

- | | |
|-------------|--|
| 18 December | International Migrants Day |
| 03 January | New Year Resolutions — The Guilsborough Way |
| 08 January | Wellbeing and Fitness |
| 15 January | Safeguarding |

Reports / Assessments / Exams

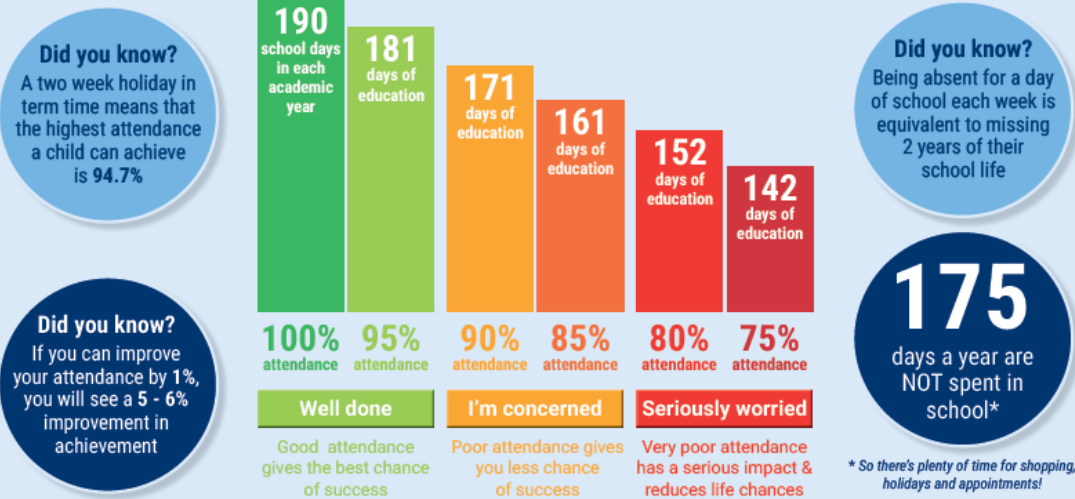
- | | |
|-----------|------------------------------|
| 18/19 Dec | Yr13 Drama Practical Exam |
| w/c 22/01 | Year 13 Reports out |
| 26/01 | Year 13 Drama Practical Exam |

Attendance

We have a duty to ensure that we are communicating clearly regarding the attendance of our students and the importance of good attendance (equal to or greater than 96%). Students who attend school regularly achieve well and those who do not attend regularly achieve lower grades and make less progress. This is evident in both national and Academy data.

| Attendance (%) | Outcomes compared to their peers |
|----------------|---|
| 95+ | Half a grade higher in each subject |
| 90 – 95 | Equal grades |
| 85 – 90 | Half a grade lower in each subject |
| 80 – 85 | Three quarters of a grade lower in each subject |
| Less than 80 | One and a half grades lower in each subject |

Good attendance means...
being in school at least **96%** of the time, which is at least **182 -190** days a year



Students who fall below 90% attendance are classed as 'persistently absent' and we are required to report this to the Local Authority. We are also required to take action to improve the attendance of those who are persistently absent.

Important information and ways to support improved attendance:

- If your child is absent from school due to illness, please call our absence line each day by 8.30am on 01604 749111, stating their full name, year group and reason for absence.
- Notify the school of medical appointments and where possible, arrange these outside of school hours.
- Family holidays during term time will not be authorised by the school.

Additional information:

Further information regarding the Academy's Attendance Policy and its approach to promoting attendance can be found on our website [Guilsborough Academy - Attendance](#).

Useful help guide:

It can be difficult to decipher when to keep your child off school due to illness and the NHS guide provides helpful information [Is my child too ill for school? - NHS \(www.nhs.uk\)](#)

As a reminder, attendance and punctuality forms part of our Guilsborough Way to:

1. Be on **time** and attend all **lessons**
2. Use appropriate **language**
3. Wear **uniform** correctly
4. Have the correct **equipment**

Who can you contact to discuss your child's attendance?

- Family Support Worker – Mrs Malcolm – jmalcolm@guilsborough.northants.sch.uk
- Attendance Office – Miss Bryan – sbryan@guilsborough.northants.sch.uk
- Your child's Form Tutor
- Your child's Head of Year

Safeguarding

Working in partnership

During this term we have been working closely with Northamptonshire Police and are delighted to have had a number of visits from PC Rock and PC Tyers.

Students have thoroughly enjoyed asking them about their experiences and different aspects of their job.

We will be working in conjunction with the Police and a range of external agencies to hold a number of awareness events in the New Year.

Our focus will be around how to keep safe and will explore the dangers of knife crime and substance misuse.

As part of this work the K9 Deployment team and drug detection dogs will be visiting the school.

Child-on-Child Abuse Policy

Our number one priority is keeping your children safe at school.

As part of my role as Designated Safeguarding Lead I recently held assemblies with all year groups to share information around what is meant by child-on-child abuse.

Identifying factors and methods to report concerns or seek support were a strong theme throughout the presentation.

I wanted to take this opportunity to share two key documents with you.

[Child on Child Abuse Policy](#)

[Child Friendly Child on Child Abuse Policy](#)

Child Exploitation Awareness

Please follow the link and watch the short film highlighting the signs to look out for regarding Child Exploitation.

[I'm Being Exploited - New film launched to tackle Child](#)

[Exploitation - Northamptonshire Safeguarding Children Board \(northamptonshirescb.org.uk\)](#)

Mrs E Phipp

Senior Safeguarding Assistant Principal – Inclusion & Student Wellbeing

e-cigarettes - West Northamptonshire Council has produced a series of resources to help parents/carers and schools discuss the health implications for young people using e-cigarettes. The below leaflet is designed to support parents/carers with these conversations.

**VAPING AND E-CIGARETTES:
THE FACTS FOR
PARENTS AND CARERS**

This leaflet is to support parents and carers to have conversations with their children about vaping.

WHAT IS VAPING?

Vaping is the use of an electronic device to inhale vapour derived from a heated liquid. The main ingredients are vegetable glycerine and propylene glycol, but most e-liquids also contain nicotine, which must be no more than 2% or 20mg per ml, as well as small amounts of flavourings and sweeteners.

SMOKING VS VAPING

Smoking is much more harmful than vaping. Tobacco smoke contains carbon monoxide and tar, a sticky soup of around 250 toxic chemicals, 69 of which are known to be carcinogenic, causing disease, disability, and early death.

HOWEVER, VAPES ARE NOT HARMLESS

Short-term effects can include:

- coughing
- headaches
- dizziness, and
- sore throats.

Long-term effects are, as yet, unknown.

WHAT ARE THE CONCERNS WITH VAPING AND CHILDREN AND YOUNG PEOPLE?

Most children and young people don't vape or smoke. However, in 2022 the number of 11-17-year-olds in Great Britain currently using vapes rose to 7% compared to 4% in 2020. Whilst this increase is concerning, it is important to note that most vaping is experimental, with regular vaping mainly confined to children who currently smoke or have done in the past.

The increase in youth vaping has coincided with the arrival on the UK market of a new category of cheap and attractive disposable vapes that have proven particularly popular with children and young people and have been promoted extensively on social media. We are working hard nationally and locally to address these issues.

HOW DO VAPES HELP SMOKERS QUIT?

Like nicotine patches and gum, vapes containing nicotine are a useful aid to quitting as they deal with the cravings smokers get when they try to stop. Nicotine vapes are proven effective and have become the most popular quitting aid for smokers in recent years. However, vapes are not recommended for non-smokers, particularly children.

THE LAW AND VAPING

Vapes and vaping products containing nicotine, like tobacco, are age restricted. It's illegal to sell them to under 18s, and for adults to buy them on their behalf.

If you know of anyone who does sell vapes or tobacco illegally, you can report them to trading standards through the Citizens Advice online portal: citizensadvice.org.uk/consumer

Advertising of all tobacco products is illegal, but if you see advertising for vapes that you feel is trying to encourage children and young people to try vaping, you can report it to the Advertising Standards Authority: asa.org.uk

For more information about vapes and stopping smoking, visit the West Northamptonshire website: westnorthants.gov.uk/stopsmoking

Children and Young people can find out more information on vaping on the FRANK website: talktofrank.com/drug/vapes

Or read the ASH Briefing: ash.org.uk/uploads/ASH-brief-for-local-authorities-on-youth-vaping.pdf

**OUR ADVICE TO CHILDREN AND YOUNG PEOPLE IS:
DON'T SMOKE? DON'T START TO VAPE.**

Festive Fiesta - Christmas Concert



The evening of Wednesday 13 December saw all our talented Guilsborough Academy musicians performing to a packed audience of parents, grandparents, family members, and school staff.

With a programme full to the brim of both festive and secular music, we heard performances from the school Wind Band, Choir, Rock Academy, String Group, and Festival Band. Thirteen students volunteered to perform solo items, many of them for the very first time. Every single student performed superbly.

It is an absolute privilege to work with such a fantastic, enthusiastic and committed group of young people.

Many thanks to our site staff, the tireless student stage crew, and all our wonderful performers.

The Music Department would like to wish everyone a lovely Christmas, and we are very much looking forward to making more fabulous music in 2024!

Mrs D. Holmes
Head of Music



The RAP (Raising Awareness and Prevention) Project - knowledge is power

We are looking forward to welcoming the RAP Project to Guilsborough Academy on Tuesday 9 January. The RAP Project delivers a variety of RSE & Citizenship workshops to pupils.

The workshops teach students in an age-appropriate manner, the laws defining sexual offences, consent and understand how social media and online pornography may influence attitudes, expectations, behaviours and body image. The RAP Project has worked with our Key Stage 5 students in the past and due to positive student voice, Years 7-11 will also benefit from their support. The timetable below shows when your child will participate in their workshop:

Period 1 – Year 11

Period 2 – Year 10

Period 3 – Year 9

Period 4 – Year 8

Period 5 – Year 7

Further information on their support can be found via their website [The Rap Project – Raising Awareness & Prevention](#) and should you wish to discuss this with a member of staff, please contact your child's Head of Year.

Miss G Keenes
Vice Principal



Curriculum Update

Music For Youth Proms at the Royal Albert Hall

The evening of 15 November saw three of our students performing at the Royal Albert Hall.

Holly Godley, Emily Richardson, and Bella Godley took part in an extraordinary evening of music which was the culmination of the National Festival of Music For Youth. The students were part of the Northamptonshire County Youth Concert Band which took part in a collaborative piece of composition with the City of Birmingham Symphony Orchestra. It was a truly inspiring evening with an astonishing 800 musicians and singers taking part in two massed musical performances at the start and the end of the evening, completed with fireworks and sparkly confetti.



We are very proud to see our students on such a fantastic national stage and at such a prestigious event.

Well done to those students involved.

Mrs D. Holmes, Head of Music



Autumn Festival of Music

The afternoon and evening 18 November had Guilsborough musicians busy again! The annual NMPAT Autumn Festival of Music was hosted at the Spinney Hill Hall theatre in Northampton. Two of our students were involved in the performances.

Many congratulations to the following students on a fabulous day/evening of performing.

Josiah Mount - County Junior Wind Orchestra and Jazz 3

Oscar Tyrell - County Training Brass Band

Youth in Concert

The evening of 12 December saw a good number of Guilsborough students performing at the Derngate Theatre in Northampton at the Youth in Concert event.

This was a fantastic evening of musical performances by all of the Senior County groups and the quality of performing was quite simply jaw-dropping at times.

A huge congratulations to the students involved:

Neirin Marshall-Cross - County Youth Choir and County Youth Brass Band

Holly Godley - County Youth Concert Band

Emily Richardson - County Youth Concert Band

William Speed-Andrews - County Youth Brass Band

Bella Gidley - County Youth Concert Band

**Mrs D. Holmes
Head of Music**



Curriculum Update

An Autumn Concert

On Saturday 25 November, six pupils from Guilsborough performed at 'An Autumn Concert'. The concert was held at a church in Northampton and was a showcase for 40 students taught by Mrs Milner, our piano teacher at Guilsborough, and her colleague, Mrs Dawson. For some students it was the very first time that they had performed to an audience and they did outstandingly well, performing brilliantly to a packed church hall.

Many congratulations to the following students who have been awarded achievement points for representing the academy:

Bella Godley, Mariella Burditt

Xander Syers, Chloe Gearing

Korban Tear-Rogers, Josie Ward

Mrs D. Holmes
Head of Music



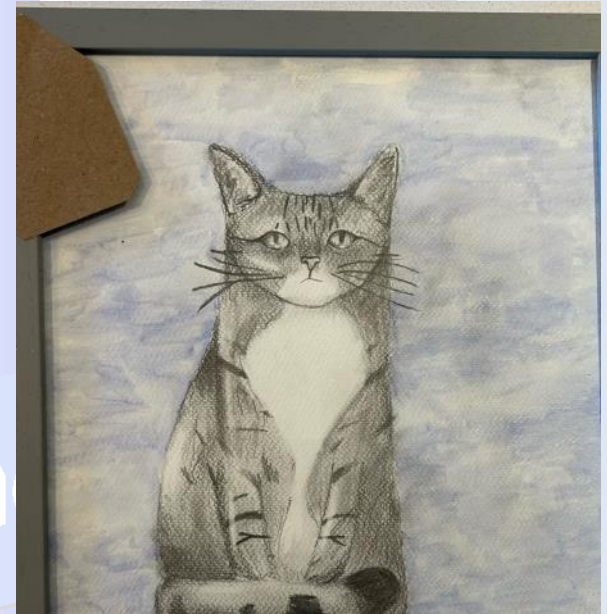
Student Artwork

Matilda Sheldon in Year 9 submitted this fabulous artwork of her cat into the Rugby art gallery open exhibition and it was accepted.

Well done Matilda.

The open exhibition is on until the 3 February 2024

Miss Page
Art & Design Technician



Christmas Dinner Music Performances

Christmas Dinner day at school took place on 13 December. The Wind Band performed festive music in the Year 7 and 8 canteen, and the Festival Band performed in the Year 9 and 10 canteen as students tucked into turkey and all the trimmings.

Many congratulations and thanks to the students who bravely performed in front of all their peers - no mean feat when you are a teenager!

Mrs D. Holmes
Head of Music



Christmas Tree Donation for the Sixth Form Centre

Fuschia Pinks
The Old Gas House, 66 West Street
Long Buckby, NN6 7QE

- Real Christmas Trees
- Handmade Door Wreaths
- Candle Arrangements
- Christmas Gifts
- Fresh Flowers and Bouquets

..... **Call Jo on 07508 533581**

Pop in and have a look!
Local delivery available

Jo Grey at Fuschia Pinks has kindly donated a real Christmas tree for the fourth year in a row to the Sixth Form.

The tree takes pride of place in the Sixth Form centre.

Thank You



Eco News

The Eco committee have completed our environmental review of the school. From this we picked some areas to focus on this year:

- Marine – this involves improving our water and reducing the use of plastics
- Biodiversity – this involves improving the biodiversity both in and out of school
- Transport – this involves reducing the number of cars used to transport students and staff to school



We have many ideas of how to make these improvements and other plans too. We have met with Mr Frazer and he is very enthusiastic about these ideas. We have already distributed over 50 plants to classrooms and we are having a doughnut sale before Christmas to raise money for bird feeders to put around the school. There are over 20 of us who meet each week and we would like even more people to join us either each week or with some of our projects. We meet Thursday lunchtimes in A15.

How can you help: →

- Each half term car share if you drive to school. The 1st car share is Friday is 5 January. This will reduce carbon emission and pollution.
- Follow some of our Eco-friendly Christmas ideas.
- Feed the birds in your garden and take part in the RSPB big bird watch from 26-28 January 2024. If students send photos or screen shots of their results to Dr F Sheldrick, she will give them positive points.
- Encourage students to use refillable drinking bottles and reusable lunch boxes.
- We are keen to support local eco activities, so let us know if there is anything we can help with.



Deliver cards on foot

Use leftovers from festive dishes

Compost or replant your Christmas tree

Be more sustainable by giving secondhand gifts

Buy cards and gifts from charities that support wildlife

Tote bags make great gifts to reduce the use of plastic bags

Turn Christmas lights off during the day or when not necessary

Buy gifts with less packaging e.g. sustainable bars of perfume soap

Wrap presents in fabric or plain paper so that you can reuse or recycle

Eco-friendly
Christmas
Ideas



CARNEGIE CENTRE OF EXCELLENCE FOR MENTAL HEALTH IN SCHOOLS



I am delighted to share with you that Guilsborough Academy has chosen to work towards being accredited with the Carnegie Centre of Excellence for Mental Health in Schools Award.

Carnegie School of Education based at Leeds Beckett University and Minds Ahead CIC have developed the School Mental Health Award to give schools and academies a framework for whole school mental health development. By embracing the ideals of the award, we are demonstrating a deep commitment to working towards excellent practice as we place the mental health and wellbeing of our pupils and staff at the core of our school / academy alongside our commitment to having a rich whole school culture where all members of our school/academy community can thrive.

I would welcome expressions of interest from parents/carers who would like and are able to work with us more closely by focusing on the competencies of the award. If you would like to register an expression of interest, please email SENDAdministrator@guilsborough.northants.sch.uk

We look forward to sharing how we, as a community, are further developing our practices in relation to mental health and wellbeing over the coming months. Further information about the award can be found on the Leeds Beckett University website;

<https://www.leedsbeckett.ac.uk/schoolmh>

Mrs E Phipp
Senior Safeguarding Assistant Principal – Inclusion & Student Wellbeing



Guilsborough Academy Sixth Form

Thank you to everyone who attended our open evening earlier in the month. Here is a sample of some of the great feedback that we received following the evening.

If your year 11 child would like to join us for their post-16 studies, then please apply using the QR code below.

Applications received before 01/12/23 will be used to develop our timetable blocks.

The students in attendance were a fountain of knowledge, answering all of our questions wonderfully, they were so positive about their A-Level experience at Guilsborough.

They were a highlight!

**Very helpful
and attentive
students
and staff**

Both current sixth form students and staff were fantastic, making the evening informative, fun and most of all, making my child (and myself) feel enthused about sixth form and the subjects on offer.

I was really impressed with the sixth form evening, it was great for my daughter and us to confirm Guilsborough is the right step for her.

Guilsborough Academy Sixth Form
Applications (Sept 2024)



Our student guide was extremely helpful and polite. A credit to the school.

Christmas Tree Donation

Welford Christmas Tree Farm have once again kindly donated one of their beautiful Christmas trees for our main reception foyer.

The tree can be seen here in all it's splendour.

Thank You



Narrative Alchemy in association with Welford Christmas Tree Farm present...

The Little Christmas Tree

A magical 30 minute children's theatre play suitable for 3 to 9 year olds performed in our Giant Tipi - please note: not suitable for under 3's.

A heart-warming and enchanting 30-minute-long children's Christmas show filled with songs, laughter, and valuable lessons about the importance of believing in oneself.

Thursday December 14th to Saturday 23rd December 2023
3pm, 4pm, 5pm & 6pm daily

Adults: £9.00 Children Under 16: £11.00

To book visit welfordchristmastreefarm.co.uk



Welford Christmas Tree Farm

- Real Christmas Trees
- Award Winning Handmade Wreaths
- Reindeer
- Farm Animals
- Christmas Shop
- Café
- Toasting Marshmallows
- Open 7 Days until Christmas



Welford Christmas Tree Farm
Northampton Road, Welford, NN6 6JF
welfordchristmastreefarm.co.uk
Tel: 01858 657008



SPORT NEWS

Year 8 Rugby

Over the last two weeks, the Year 8 rugby team have played their first two games of the season. In their first match they played Moulton, and after a slow start they found themselves 6 – 1 down at half time but in the 2nd half they came back strongly, taking advice on board and were transformed. The last play of the game saw Guilsborough score a try to level the scores and finish in a draw. Special mention to Joseph Clarke for a strong performance and JJ Eldred and George Tibble from Year 7 who played up an age.

In the 2nd game, Guilsborough were comfortable winners against Weavers School. This was a strong team performance and again, we had two more Year 7's step up to play, JJ and Eddie Gee. The final score was 13 try's to nil.

Mr K Woolridge
Assistant Principal

Year 11 Boys Football - National Cup Round 3

On Monday 20 November, the Year 11 Boys team travelled to Robert Smyth in the 3rd round of the National Cup. As a school we haven't been this far for some time.

The game ended 0-0 in regulation time, with a penalty shootout victory for Guilsborough Academy, resulting in an upcoming 4th Round match up against a school from the Coventry area.

Great effort lads.

Mr D Mills
Assistant Principal
Director of Sixth Form



District Cross Country Competition

Congratulations to the 25 runners who participated in the District Cross Country competition at Courteen Hall. It was a picturesque run and the weather stayed dry for the runners.

The following students finished in the top 20 for their age groups and therefore qualify for the county round on 20 January at West Glebe, Corby.

U15s

Florence L
Jemima S* finished 9th overall
Matilda S
Peyton A* finished 2nd overall
Ed S
Aurello O

U17s

Heath W
Raffi O* finished 4th overall
Wayne K
Lyllal L * finished 6th overall
Ben H * finished 7th overall
Lydia F * finished 6th overall.
Megan M * finished 8th overall.

U19s

Jemima L
Arthur T

Miss S Boyer
Head of Physical Education



SPORT NEWS

Year 11 Boys National Cup Football vs BISHOP Ullathorne Catholic School (COVENTRY)

The furthest any Football team from Guilsborough have made it for a significant amount of time, saw the Year 11 boys hosting a school from Coventry.

On a freezing cold Tuesday afternoon, the boys put in the performance of the year to seal a 3-0 victory.

Each player put in 100% effort. The defenders hard work was repaid, with 3 excellent counter attacking goals.

An unbelievable progression from the lads into the 5th round of this prestigious national cup.

It would be great to see as many stakeholders in the school support the lads in the 5th Round once the draw has been made.

Watch this space!

Mr D Mills
Assistant Principal
Director of Sixth Form



At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.



Snapchat is a photo sharing app for mobile phones and tablets. The app allows users to share images, videos and chat with friends through voice call or text message. Users can share images and videos directly to specific friends, or through a 'story' shared with their entire friend list, which documents the previous 24 hours. In a study, Snapchat was ranked the 4th most negative app in terms of having an impact on young people's health and wellbeing, with children feeling that they can use the app Snapchat to "make you look pretty."

Edit date: 29/05/19



What parents need to know about SNAPCHAT

EXPOSING YOUR CHILD'S EXACT LOCATION

The 'Snap Map' lets you share your EXACT location in real-time through a map on the app. The user's location updates when the app has been opened on the device. There is a warning on the Snapchat website about uploading images and videos to 'Our Story' stating that "snaps you submit to 'Our Story' can still show up on the Map, no matter which location setting you choose." When uploading to 'Our Story', your child's image or video could appear in "Search results and Stories on or off Snapchat - today or in the future."

ADDICTIVE SNAPSTREAKS

'Snap Streaks' are gained when snaps have been sent back and forth consecutively between friends. The longer that snaps are sent between users, the longer the streak becomes. Furthermore, Snapchat rewards users who have achieved high Snap Streaks, by gifting emojis, adding incentives for users to keep the streaks. Children invest time into making their streaks as long as possible, which can put an incredible amount of pressure on both themselves and their friendships.

SEXTING

While Snapchat's gimmick is that all photos, videos and text disappear eventually, users still have the capability to screenshot or record anything which has been sent to them. Users may sometimes forget that screenshotting is possible and send a compromising image or message to somebody who they think they trust. Due to 'Snaps' disappearing, users can even send a one-second photo (or video). Snapchat has become the chosen platform for children and young people to send sexually explicit images or 'selfies'. Once a photo/video has been screenshotted, or recorded using another device or software, this can lead to further dangers, such as blackmail and cyberbullying.

It is illegal to make, possess, download, store and share sexual images, photos and videos of a person under the age of 18. This also includes any sexual images, photos and videos that a child may have taken of themselves. However, if a young person is found creating or sharing images, the police can choose to record that a crime has been committed, but taking formal action isn't in the public interest.



EXTRAS TO MAKE YOU STAY

Aside from taking photos and videos, Snapchat has other elements to keep users coming back for more. 'Snap Games' is a feature within the app where users can play minigames with others on their friends list. The games function is easily accessed by tapping on the rocket button during a conversation. Another feature on the app is 'Snap Originals', which allows users to watch content created by Snapchat, celebrities and other accounts, including a mixture of comedy shows, drama, news and more. These features are designed to encourage users to stay on the app, which may be quite addictive.

DAMAGED TO CONFIDENCE

Snapchat's selection of filters and lenses are seen as a great way to enhance your 'selfie game'. Although the filters are often created to promote entertainment and humour, using the 'beautify' filters on photos can set unrealistic expectations and create feelings of inadequacy. Children may strive for admiration and appreciation by sending these 'edited' photos to their friend list. Judging themselves against other users on the app might threaten their confidence or self-worth.



Top Tips for Parents

THE RISKS OF SEXTING

It can be slightly awkward talking about this topic with your child, but if it helps them protect themselves, it is worth it. Talk to them about the consequences of sexting and make sure that they're aware of the risks. Ensure your child knows that 'Snaps' can be screenshotted. Teach them that if they post anything potentially embarrassing or harmful (either of themselves or someone else) it can have severe consequences as the message, image or video can be shared further.

REPORTING A STORY, LENS, FILTER, SNAP OR MESSAGE

If your child comes across inappropriate Snapchat content sent directly to them or in another person's story, advise them to report it immediately. This may include an inappropriate lens, filter, message or snap. To report an offensive lens, they should open the app and select the lens they want to report. An info button will appear above the lens. Click this, followed by the flag icon. This will send a report to Snapchat for further investigation. Reports can also be made on the Snapchat support website: support.snapchat.com.



USE 'GHOST MODE'

We highly recommend enabling 'Ghost Mode' on the app so that your child's location will no longer be visible to anyone on the 'Snap Map'. To enable this, go onto the Snap Map and tap the cog in the top-right corner. Here, change the setting to 'Ghost Mode'.

HOW TO DELETE A MESSAGE

Advise your child never to send any negative messages (or images) through gallery in the chat on the app) as screenshots can still be taken. You should also advise your child to screenshot any negative comments they receive as the sender can also delete them. To delete a message, simply press and hold the sent message and press delete.

TURN OFF 'QUICK ADD'

'Quick Add' helps friends find each other on the app. This is based on mutual friends or if their number is in their phone books. Explain to your child that this feature can open up their profile to strangers. We highly recommend that your child turns off the 'Quick Add' feature. This can be done in the settings.

RESTRICT STORY VIEWS

Your child can add videos and images to their 'Story' throughout the day which will last for 24 hours. By default, anyone in a user's friends list can see their story. We recommend checking the privacy settings to ensure that this has not been edited. This can simply be done in the app's settings under the 'Who Can View My Story' section. The options to choose from are 'My Friends', 'Everyone' or 'Custom' - we suggest that it is set to 'My Friends'.



Status of Mind: Social media and young people's mental health | Life in Likes - Children's Commissioners Report | Google Play Store | <https://support.snapchat.com/en-US> | <https://netnarity.net/snapchat-parent-review/> | BT.com | Independent.co.uk

www.nationalonlinesafety.com Twitter - @natonlinesafety Facebook - /NationalOnlineSafety

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