



# CONTACT



## The Newsletter of St Alban's Catholic High School

Autumn Term 2019  
Edition No. 1

### Comments from Headteacher

Matt Baker

Congratulations to all our young people over the summer in their GCSE's and A Levels. We were delighted to share in your joy and celebrations! 78% of students made their first choice university, with 26% achieving places at the top 30 universities in the country. Amongst these we are very proud that Sophia Till achieved her place at Cambridge, where she will be reading French.

We continue to invest in the school, and began a series of projects in July:

- A brand new set of toilets in the A block – to be completed over the half term
- Solar paneling across our roof spaces – supporting our pro climate change stance
- £400,000 of new windows – improving our classrooms and staircases (and heating efficiency!)

Our new Year 7 have settled in very well. I was pleased to see so many of our new parents at the 'Meet the Tutor' evening, and I look forward to welcoming our Year 11 parents to our Exams Preparation evening (see our ParentMail if you haven't signed up!) taking place on the first week back after half term on Monday 28 October.

I would like to welcome Father Alan from St Mary's Parish to our community – he has already celebrated many Masses for us, as well as joining in with Year 7 RE lessons.

We have already had a Section 48 Diocesan Inspection, which went very well indeed, and I look forward to sharing this report with you when it is published after half term.

God Bless

### Welcome

This term we have welcomed a number of new staff to the school:

- Christine Adams – Teaching Assistant
- Emma Benyon – Teacher of Music
- Lindsay Compton – Teacher of English
- Samuel Griffin – IT Technician
- Gwyllim Lloyd – Teaching Assistant
- Fiammetta Lori – Teacher of Maths
- Callum Newton – Teacher of Religious Education
- Sarah Turner – Cover Administrator
- Brian Worton – SCITT (Science)

## Key Upcoming Diary Dates

<b>Monday 28 October</b>	All students return from half-term break
<b>Monday 28 October</b>	Year 11 Revision Evening
<b>Friday 01 November</b>	Friends' of St Alban's Fireworks Night
<b>Tuesday 12 November</b>	Year 11 Mock Exams begin
<b>Wednesday 20 November</b>	Year 9 Parents' Evening

## School Calendar and Non-Student Days

Our school dates for this academic year are as follows and can also be found on our website:

<http://www.st-albans.suffolk.sch.uk/Term-Dates-Calendar/>

### Autumn Term

Half-Term Holiday: 21 – 25 October 2018  
End of Term: Wednesday 18 December 2018

### Spring Term

Begins: Tuesday 07 January 2020  
Half-Term Holiday: 17 – 21 February 2020  
End of Term: Friday 03 April 2019

### Summer Term

Begins: Monday 20 April 2020  
May Bank Holiday: Friday 08 May 2020  
Half-Term Holiday: 25 May – 29 May 2020  
End of Term: Friday 17 July 2020

### Non-Student Days

Thursday 19 December 2019  
Monday 06 January 2020

Confusion often occurs with families with students in other local schools who operate different terms dates and different non student days. Please note that we finish this academic year on **Friday 17 July 2020**.

## Consultation Evenings

<b>Year 7</b>	Wednesday 18 March 2020
<b>Year 8</b>	Wednesday 04 March 2020
<b>Year 9</b>	Wednesday 20 November 2019
<b>Year 10</b>	Wednesday 29 January 2020
<b>Year 11</b>	Wednesday 15 January 2020
<b>Sixth Form</b>	Wednesday 04 December 2019 and Wednesday 12 February 2020

# Chaplaincy Update

Miss Edwards, Lay Chaplain

## Year 7 Reflection Days

As part of their induction into life at St Alban's all Year 7 students and Form Tutors had a fun day at Christ Church, Felixstowe. Activities included learning to work as a team, getting out of muddles as well as getting to know each other better.



## Diocesan Mass – 20th September 2019



10 students along with Mr Corless, Mrs Gilson and myself attended the Diocesan Mass in Norwich Cathedral.

The Mass was organised by the Catholic Schools in Norwich and it was truly an uplifting occasion.

Bishop Alan in his homily highlighted the importance of the Word of God and each school was given a pack of resources to support using the Word of God in a school setting.

## CAFOD Sixth Form Leadership Training Course

The first of these training days took place on Friday 11 October. St Albans' hosted the day and welcomed students from Notre Dame High School and Bury St Edmunds.

During the day students participated in various learning activities to understand better the history, nature, purpose and goal of CAFOD.

CAFOD's commitment to our young leaders is a wonderful foundation for opportunities to develop an understanding of international development and issues relating to global poverty and to get active in tackling the causes of these in practical ways.



## Future Activities

**Harvest Collection:** Please do not forget our efforts to support the local foodbank in Ipswich – FIND. We have extended the collection until after half-term.

During November students and staff will be invited to come into the Chapel to remember family and friends who have died. The 'House' remembrance books will be brought up during the offertory at every voluntary Mass.

**Remembrance Services:** These will take place on November 11 to remember all those who gave their lives in the two world wars and more recent conflicts.

**Year 11 Reflection Days:** These will take place Thursday 28 November and Thursday 05 December. This will be a great opportunity for students in Year 11 to relax, reflect and think about their future. The theme of the day will be 'Reaching for the Stars'.

## Stained Glass Windows



We were delighted to invite one of our parents to the school recently. Mr Lachetta, owner of FIS Windows, kindly donated a set of three stained glass windows and fitted these above the doors to our main entrance. The imagery was designed by students in RE and the ideas then chosen for the final designs. We are very grateful to our Art department and teachers who spend a great deal of time coordinating the designs. Special thanks to Mr Lachetta, Mrs Hind, Mrs Wright, Mrs O'Donoghue, Mrs Gilson and Mr Corless.

Deo gratias.

## Faith in Action

Mr Corless, SVP Co-ordinator



St Vincent  
de Paul Society

England and Wales

Turning Concern into Action



Our St Vincent de Paul 'Beatitudes' group is already underway and we are now looking at ways to support the extended community of St Alban's in a number of ways. We recently held a cake sale in aid of Macmillan nurses and raised over £50. We will be donating this money to the charity in due course. We are keen to support other worthy causes and would welcome any suggestions including donations where we could assist and run genuine outreach support. Our students are keen to assist and to date they have been a credit to our school.

We hope to embody the SVP organisation through their motto 'Turning Concern into Action'

Web link: <https://www.svp.org.uk/>

## YEAR 11 Exams Update

Mr Corless, Deputy Headteacher

Dear Parents/Carers,

As we approach the mock examinations I wanted to remind you that by now your son/daughter should already be underway with their revision. Mrs Roberts, Head of Year 11, will be sending home an overview of the Year 11 exam support sessions that departments will be running after half-term. These sessions are by way of invitation only and it is imperative that your child attends where applicable. As a school we will be providing additional support sessions throughout the academic year and your support in encouraging your son/daughter is imperative. We all want the best outcomes for all our students at St Alban's.

God bless,

# Sixth Form News

## Flatford Mill

Alice 13NI

At the start of Year 13 we spent our first week back on a residential field trip as part of our biology A Level course. If you'd asked me the day before if I was looking forward to going I would have said no, our learning day started at 9:15 am and didn't finish till 8:00 pm. This made it seem like it would be the worse way to go back to school. However the trip was nothing like I thought. Although we still had very long days, our lovely tutor Haley made time fly. She made it so we were never sat behind a desk for too long and we were always out in the area doing practical work. And even when we were sat behind the desk she made the learning enjoyable and interesting. We learnt so much in the space of three days that we could have never learned from school in the same way. Sampling at the salt marsh, pond dipping in the river and sampling in the woodland area gave us so many key practical skills we will need to talk about in our exams.

Although the learning was great, one of the most enjoyable parts of the trip was once the learning day was over. On both nights we spent time exploring Flatford in the dark as well as having a campfire on the final night. Not only was this a lot of fun but it also brought our biology class a lot closer together.

On top of all the fun the cottage was great, the beds were comfortable and it wasn't too cold. The food was lovely with a great selection to make our own lunches for the day. In the end it was an amazing trip for both learning and for just having a good time.



## Building an Alumni Community to Inspire our Students

Mrs Carter, Careers Co-Ordinator

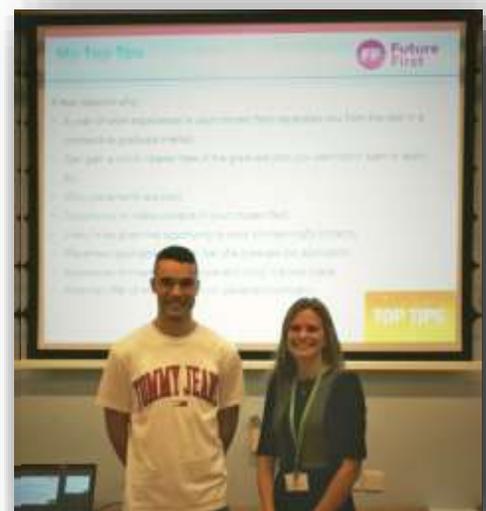
We are delighted to inform you that St Alban's Catholic High School is working with the education charity Future First to build a thriving alumni community. Amongst our former students is a whole host of talented role models who we want to connect with in order to celebrate their success and inspire our current students. Alumni can be brought back to offer careers and education advice, mentor students, provide work experience placements and much more besides.

### We Need You!

Please help us reach out to our former students using your own networks. From doctors to dancers, pilots to plumbers, we need alumni from a range of careers to open our students' eyes to what's possible.

If you are a former student or know of any who'd like to stay in touch and give back to their old school, ask them to sign up at: <https://networks.futurefirst.org.uk/signup/stalbanscatholic>

Our first alumni, Alex came into school last week to talk to our year 12 and 13's on life at university and how to succeed. Alex has spent the last twelve months on work experience with Aston Martin and shall soon be returning to university for his final year.



# Scientist of the Month

Miss Dunderdale

Every month one student is chosen from each Science group to be a Scientist of the Month. These are students who have shown consistent effort, resilience and focus in all their lessons. We believe that these are the qualities which allow students to progress academically and as individuals.



September's Scientists are:

## Year 7

Gertrude 7GD                      Aleksandra 7CD                      Priya 7WR

## Year 8

Eimear 8PG                      Abishek 8GE

## Year 9

Darion 9BR                      Meadow 9WM                      Edmund 9WM                      Shannai 9BR  
Shon 9AY                      Milosz 9BR

## Year 10

Oliver 10CM                      Shania 10DU                      Finley 10PT                      Juliet 10RS  
Alan 10 PT                      Tyler 10CM

## Year 11

Emma 11TE                      Thomas 11BX                      Joseph 11TO                      Esther 11SK  
Eula 11GI                      Tamsin 11GI                      Antonio 11GI

## Allotment Update

Mrs Boosey, Head of Learning Support

Just some of the produce harvested from the student allotment.

During the summer "Build My Garden" transformed the allotment area into an accessible area with new paving and raised beds.

The 'Allotment & Environment Club' is up and running on **Monday and Tuesdays from 3.15pm to 4.30pm**. We have a selection of wellies, tools and gloves. Refreshments are provided too. Students should bring a change of clothes ideally.

More hands – more produce!



## Skills for Tomorrow

Mr Horne, Assistant Headteacher/Designated Safeguarding Lead

BT have just launched this website <https://www.bt.com/skillsfortomorrow/>

The site contains really valuable information about living and surviving in a digital world. There is a section for 'Parents' which you may find really useful to help you further understand the impact technology has on your child including steps which you can take to help protect them and also help them make good choices.

# Uniform and Appearance

As we enter into the new school year a reminder to all of our expectations on student uniform and appearance:

## Our school uniform is as follows:

*The following items can be ordered directly from Coes:*

School blazer with badge\*  
Striped School tie with badge\*  
Dark green v-necked long-sleeve jumper  
Tailored mid grey school trousers\*

*These items can be purchased from any retail outlet:*

Plain white shirt\*  
Black shoes\*, not suede or fabric and no high boots  
Black/grey socks  
Waterproof coat for bad weather

For a detailed guide on which shoes are permitted at St Alban's please visit:

[https://www.st-albans.suffolk.sch.uk/docs/Uniform/Shoe\\_Guide.pdf](https://www.st-albans.suffolk.sch.uk/docs/Uniform/Shoe_Guide.pdf)

**Items marked with an \* are compulsory.**

## Items that are not permitted are listed below:

- × Skirts
- × Make-up (make-up natural to the student's complexion and skin tone is acceptable. However, any make up that does not comply with this such as lipstick, eye-shadow, eye-liner and false eyelashes are not allowed).
- × Nail varnish
- × Extreme hairstyles, including brightly coloured hair
- × Nose studs
- × Eyebrow studs
- × Earrings that are not a simple gold or silver stud
- × Any jewellery that is not a cross
- × Trainers, unless for PE
- × Shoes with logos on
- × Cord or denim trousers
- × Skinny or tight trousers
- × **Hoodies**
- × Hats including baseball caps

## Mobile Phones and Headphones

Mobile phones are, for many of our students, a vital communication tool to ensure that they get to and from school safely. The ability to communicate with you as parents and carers is important and we recognise this. The rules for the use of these devices are that they should **be put away and switched off when they arrive at the school grounds**. If a student needs to get in contact with home there are mechanisms in place, either through the school office or Pastoral support staff.

There are times where mobile phones may be used for educational purposes in lessons, and in this event, it is at the discretion of the class teacher if they feel that this will enhance learning. **At 3.15pm mobile phones are permitted to be used again** as this may help with arranging pick-ups and lifts. Headphones can also become a distraction and now seem to be something of a fashion item, which can be very expensive. Again, once on the school grounds these are not permitted for use and should be kept away in students' bags.

# JCQ Examinations Contingency Day: Wednesday 24 June 2020 – Year 11 & 13

Exams Office

Wednesday 24 June 2020 has been declared a Contingency Day in the summer 2020 timetable by JCQ. If there is an emergency during the summer 2020 series, exams may be rescheduled up to and including this date. Therefore all candidates both GCSE & A Level must be available until this day. Where candidates choose not to be available for a rescheduled examination(s) for reasons other than those traditionally covered by special consideration they will not be eligible for enhanced grading arrangements.

## Attendance

Mr Moulding, Attendance and Admissions Officer

Attendance at St Alban's is high. We are proud of this and work hard to maintain it because usually the students who achieve their best in their GCSEs are those with good attendance.

Term-time holidays, trips abroad to visit family, extended school holidays, etc. will **not** be authorised by the school. Unauthorised absences result in fines being issued. A second such absence will not mean a second fine but a prosecution. Regular attendance here means attending every school day, unless agreed otherwise by the school.

Be wary of your child reporting minor illnesses (headache, stomach upset, etc.) on a Monday. We have up to three times as many absences on Mondays as other days.

## New 'Contact' is coming....

We're currently working on a redesign of 'Contact' and our fresh new layout will be launched in the Spring Term. We are keen to make sure that we bring you news that you want to hear and would welcome your feedback on what you would like us to share. Please e-mail your comments to Kim Abson, Headteacher's PA, [kabson@st-albans.suffolk.co.uk](mailto:kabson@st-albans.suffolk.co.uk)

# BOOST!

Miss Bright

Our new academic year has begun and we have a new BOOST timetable to match! This year we have some exciting new clubs launching and our favourites are staying! Check out the new BOOST timetable at the end of contact for more details!

'BOOST' is our extra-curricular programme aimed to reward students for boosting their St Alban's experience! For every lunch time club that is attended the pupil will be awarded 1 BOOST point and for afternoon clubs they will receive 2. When 25 points have been collected, they will be awarded with a bronze BOOST badge. 50 will get them their Silver, and 75 for Gold. Not only that, their points also contribute to the house competition where every member of the winning house (who has collected a boost point) will get a FREE donut on the last day of term!



Check out the BOOST display opposite the library to track your house total!

25 BOOST points = Bronze badge  
 50 BOOST points = Silver badge  
 75 BOOST points = Gold badge  
 All points contribute towards the house cup!

# BOOST!

## Week 1

BOOST your St Alban's experience & earn house points!  
 1 BOOST point for attending a lunchtime activity.  
 2 BOOST points for attending an after school activity.

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	<ul style="list-style-type: none"> <li>∞ Art Club (A2 or A3) All years – HM or WR</li> <li>∞ Duke of Edinburgh (DoE) (SC1) Year 10 &amp; 11 – GD</li> <li>∞ Jazz band (A8) All years – RB/BN</li> </ul>	<ul style="list-style-type: none"> <li>∞ Art Club (A2 or A3) All years – HM or WR</li> <li>∞ LEGO club (R3) All years – JON</li> <li>∞ Card club (A5) All years – WS</li> <li>∞ Embroidery Club (T4) (limited space) Year 8 – 15</li> <li>∞ Basketball (Sports Hall) Year 10-11</li> <li>∞ Collective (A9) Year 7&amp;8 – Katherine</li> <li>∞ String Orchestra (A8) All years – RB/BN</li> </ul>	<ul style="list-style-type: none"> <li>∞ Art Club (A2 or A3) All years – HM or WR</li> <li>∞ Cubing club (T3) Year 7 &amp; 8 – LS</li> <li>∞ Handball (Sports Hall) Year 7-9</li> <li>∞ Code Club (R29) All years – RS</li> <li>∞ Choir (A8) All years – RB/BN</li> </ul>	<ul style="list-style-type: none"> <li>∞ English Ambassadors (R29) All years – SR</li> <li>∞ Origami Club (SC8) All years – BR</li> <li>∞ PE Coursework (Sports Hall) Year 9-11</li> <li>∞ Collective+ (A9) Year 9 – Katherine</li> <li>∞ Code Club (R29) KS4 &amp; KS5 ONLY – RS</li> </ul>	<ul style="list-style-type: none"> <li>∞ Scrabble (R28) Year 7 &amp; 8 – PG</li> <li>∞ Chess Club (R14) All years – JON</li> <li>∞ Textiles Drop in/Catch up (T4) All years – LS</li> <li>∞ Duke of Edinburgh (DoE) (SC1) Year 10 &amp; 11 – GD</li> </ul>
After School	<ul style="list-style-type: none"> <li>∞ Allotment &amp; Environment club All years – BOD</li> <li>∞ Advanced Skills Club (limited space) (T3) Year 7&amp;8 – KE &amp; LS</li> <li>∞ Grub club (T5) All years – DW</li> <li>∞ Netball (Sports Hall) All years (girls) – WD/SE</li> <li>∞ Gym open session Year 10-13</li> <li>∞ Robotics &amp; Buggy Club (R11) All years – BX</li> <li>∞ Cafternoon Year 12 &amp; 13 (Daniella)</li> </ul>	<ul style="list-style-type: none"> <li>∞ Art Club (A2 or A3) KS4 &amp; KS5 – HM or WR</li> <li>∞ Allotment &amp; Environment club All years – BOD</li> <li>∞ Study zone Years 7&amp;8 – R21 Years 9-11 – A6</li> <li>∞ STEM club (SC7) All years – CD &amp; BR</li> <li>∞ Basketball (Sports Hall) Year 10 &amp; 11 (mixed)</li> <li>∞ Football (Field) Year 7-9 (mixed)</li> </ul>		<ul style="list-style-type: none"> <li>∞ Art Club (A2 or A3) KS4 &amp; KS5 – HM or WR</li> <li>∞ Study zone Years 7&amp;8 – R21 Years 9-11 – A6</li> <li>∞ Basketball (Sports Hall) Year 7 - 9 (mixed)</li> <li>∞ Gym open session Year 10-13</li> </ul>	<ul style="list-style-type: none"> <li>∞ Ukooles (R15) All years – SI</li> </ul>

25 BOOST points = Bronze badge  
 50 BOOST points = Silver badge  
 75 BOOST points = Gold badge  
 All points contribute towards the house cup!

# BOOST!

## Week 2

BOOST your St Alban's experience & earn house points!  
 1 BOOST point for attending a lunchtime activity.  
 2 BOOST points for attending an after school activity.

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	<ul style="list-style-type: none"> <li>∞ Art Club (A2 or A3) All years – HM or WR</li> <li>∞ Duke of Edinburgh (DoE) (SC1) Year 10 &amp; 11 – GD</li> <li>∞ Jazz band (A8) All years – RB/BN</li> </ul>	<ul style="list-style-type: none"> <li>∞ Art Club (A2 or A3) All years – HM or WR</li> <li>∞ LEGO club (R3) All years – JON</li> <li>∞ Card club (A5) All years – WS</li> <li>∞ Embroidery Club (T4) (limited space) Year 8 – 15</li> <li>∞ Basketball (Sports Hall) Year 10-11</li> <li>∞ Collective (A9) Year 7&amp;8 – Katherine</li> <li>∞ String Orchestra (A8) All years – RB/BN</li> </ul>	<ul style="list-style-type: none"> <li>∞ Art Club (A2 or A3) All years – HM or WR</li> <li>∞ Cubing club (T3) Year 7 &amp; 8 – LS</li> <li>∞ Handball (Sports Hall) Year 7-9</li> <li>∞ Code Club (R29) All years – RS</li> <li>∞ Choir (A8) All years – RB/BN</li> <li>∞ Advice &amp; a Slice (Sixth Form Library) (Begins 30/10/19) Year 12 – Careers</li> </ul>	<ul style="list-style-type: none"> <li>∞ English Ambassadors (R29) All years – SR</li> <li>∞ Origami Club (SC8) All years – BR</li> <li>∞ PE Coursework (Sports Hall) Year 9-11</li> <li>∞ Collective+ (A9) Year 9 – Katherine</li> <li>∞ Code Club (R29) KS4 &amp; KS5 ONLY – RS</li> </ul>	<ul style="list-style-type: none"> <li>∞ Scrabble (R28) Year 7 &amp; 8 – PG</li> <li>∞ Chess Club (R14) All years – JON</li> <li>∞ Textiles Drop in/Catch up (T4) All years – LS</li> <li>∞ Duke of Edinburgh (DoE) (SC1) Year 10 &amp; 11 – GD</li> </ul>
After School	<ul style="list-style-type: none"> <li>∞ Allotment &amp; Environment club All years – BOD</li> <li>∞ Advanced Skills Club (limited space) (T3) Year 7&amp;8 – KE &amp; LS</li> <li>∞ Grub club (T5) All years – DW</li> <li>∞ Netball (Sports Hall) All years (girls) – WD/SE</li> <li>∞ Gym open session Year 10-13</li> <li>∞ Robotics &amp; Buggy Club (R11) All years – BX</li> <li>∞ Cafternoon Year 12 &amp; 13 (Daniella)</li> </ul>	<ul style="list-style-type: none"> <li>∞ Art Club (A2 or A3) KS4 &amp; KS5 – HM or WR</li> <li>∞ Allotment &amp; Environment club All years – BOD</li> <li>∞ Study zone Years 7&amp;8 – R21 Years 9-11 – A6</li> <li>∞ STEM club (SC7) All years – CD &amp; BR</li> <li>∞ Basketball (Sports Hall) Year 10 &amp; 11 (mixed)</li> <li>∞ Football (Field) Year 7-9 (mixed)</li> </ul>	<ul style="list-style-type: none"> <li>∞ Beatitudes (S16) Year 12 &amp; 13 – CO</li> </ul>	<ul style="list-style-type: none"> <li>∞ Art Club (A2 or A3) KS4 &amp; KS5 – HM or WR</li> <li>∞ Study zone Years 7&amp;8 – R21 Years 9-11 – A6</li> <li>∞ Basketball (Sports Hall) Year 7 - 9 (mixed)</li> <li>∞ Gym open session Year 10-13</li> </ul>	<ul style="list-style-type: none"> <li>∞ Ukooles (R15) All years – SI</li> </ul>

# Balancing screen time

internet  
matters.org

## Top tips to support children 11-14 (Key stage 3)

As children start senior or secondary school and take advantage of their independence, it's likely that they'll be spending a lot more time on their devices. This is a crucial time to talk to them about how to manage their screen time and give them strategies to find a healthy balance between their life on and offline. Find tips and advice to help them do just that.



### How are children using screens?



Source: [Ofcom Children and Parents: Media Use and Attitudes Survey 2015](#)

### What do parents say about screen time?

#### Setting screen time limits

Nearly 9 out of 10 parents take measures to limit their child's use of devices as 54% of parents of 11-13s are concerned about the amount of time their child is spending online.

#### Screen time and FOMO

Over half of parents of children aged 11-13 feel pressured to allow screen time particularly access to mobile phones so that their child doesn't feel as though they are missing out as they become more independent and start organising their own social lives.

Source: [Internet Matters 2012 both usage report](#)

## What are the benefits and challenges of screen use?



### Screen time benefits

- Screen use provides a range of opportunities for creativity and learning – **70% of parents strongly agree that using devices is essential** for their child's development  
*Source: [Internet Matters Look both ways report](#).*
- Screens can be a great tool to allow children to **maintain relationships** with family and friends.
- **The internet can also be inspirational for children** with a certain passion in particular when discovering content and sharing their own content.



### Screen time challenges

- As most children at this age will have their own devices, for parents **it can become increasingly challenging** to stay on top of their screen use.
- As children become more active online, **there is an increased risk that they will be exposed to a range of online issues** such as cyberbullying or oversharing which may negatively impact their digital footprint.
- **Passive screen time** (i.e. bingeing on box sets) could have a physical effect on their development (i.e. eyes, brain), sleep cycle and behaviour.



## 5 top tips to balance screen time

### 1 Set boundaries to help them build good online habits

Children seek out rules to follow so its best these come from you and not their peers.

**Set up a family agreement that you all sign up to**, to manage expectations of what they should and shouldn't be doing online. These boundaries should help them prioritise sleep, face to face interactions and family time to strike a healthy balance.

### 2 Stay engaged in what they do online

**Take an interest in their digital world** to better guide them as they become more socially active online and start to draw from friends and online sources to build their identity.

Give them the space to be more independent and build their resilience online to ensure they make smart choices about how they use tech. The more you understand how your child interacts online

and check-in with them about their interest and challenges online, the easier it will be for them to come to you if they are concerned or worried about something.

### 3 Equip them with know-how to manage risks online

**Have regular conversations with them about ways to deal with a range of risks** that they may be exposed to such as seeing inappropriate content or being cyberbullied.

Make sure they know when and where to seek help if they need it and what tools they can use to deal with it. Try to reassure them that you won't overreact if they get something wrong.

### 4 Give them the space to become digitally resilient

As they get older and more confident in their digital world, it's important to

encourage them to be more responsible and aware of how their screen use can impact them and others. Give them the space to thrive online, while also keeping the channels of communications open and being on the lookout for any differences in behaviour that might suggest something isn't quite right is key.

It's a tricky time for young people so it's important to equip them with the tools to make smart decisions and ensure they are able to seek support when they need it most.

### 5 Encourage children to review when and how they use their screen time with tools

Help young people to make use of the **screen-time tools** that come with their phone. Most children at this age will say that being more aware of how much time they spend is helpful. They will still need some encouragement to make changes to what they are doing and the amount of time they are spending but it's better that they start to discover and monitor this for themselves where possible.



## The truth about screen time

**Not all screen time is created equal** so it's important to encourage children to have a healthy balance between passive screen time (i.e. watching YouTube) and interactive screen time (i.e. creating content or playing games online).

**There is no safe level of screen time** but it doesn't mean that all screen time is harmful. Lack of evidence has meant that experts have found it hard to recommend a cut-off for children screen time overall.

**One size does not fit all** when it comes to screen time – it's more about getting it right for your families needs.

Visit [internetmatters.org/screentime](https://internetmatters.org/screentime) for more advice

InternetMatters internetmatters @im\_0rg

internet  
matters.org



## St Albans's Robotics & Buggy Club

**Join us for creativity, imagination, fun  
in building and programming Robots  
and Buggies**

Every Monday after school

Room 11

3.15pm to 4.30pm

With STEM Ambassadors



**BUILD**



**PROGRAM**



**CHALLENGE**

FoSA - Presents

**St Alban's**  
Catholic High School

# Christmas Craft Market

**November 16**

10am - 2pm

**St Alban's Catholic High School**  
Digby Road, Ipswich, IP4 3NJ

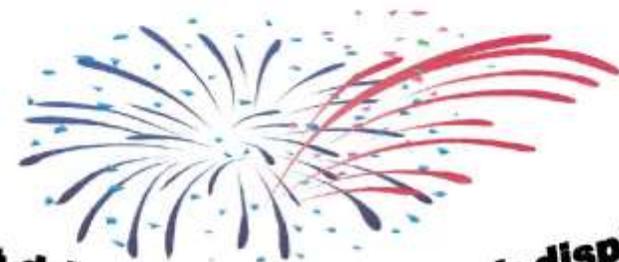
Handmade crafts,  
gifts, refreshments  
& more!

Proceeds towards  
school minibus

Wanted via Postcardwall.com

# Fireworks Fun Night!

Friday 1<sup>st</sup> November 2019  
AT ST ALBAN'S CATHOLIC HIGH SCHOOL,  
DIGBY RD, Ipswich



**Hot drinks, BBQ**  
**Stalls & games**

**Firework display**  
**Popcorn & candy floss**

The gates open at 6pm with fireworks at 7.15pm  
Tickets in advance: £4 adult, £3 child, £15 family (2 adults & up to 5 children). On the day: £5 adult, £4 child, £20 family.

### FREE PARKING AVAILABLE

A discount will be given to large organised groups. Please ask on purchasing.  
Ticket requests with payment please (cheques payable to "Friends of St. Alban's") to school office in envelope marked "Fireworks". Please include name & address details for return of tickets. For more details email [friendsofstalbans1@gmail.com](mailto:friendsofstalbans1@gmail.com) or telephone the school at 01473 726178.

NO ADDITIONAL FIREWORKS PLEASE