

Dear Parent and Student,

Although I have raised the vitally important issue of **internet safety** on many occasions previously, I feel it very timely to re-visit. There has been significant media coverage about this in recent days and, as always, the key is to take a common sense approach, be aware and be informed.

The internet, if used appropriately, is undoubtedly a really positive resource. It is, however, open to misuse, abuse, unsafe and dangerous activity, so following some guidelines to avoid the negative and benefit from the positive is sensible. There is much that is written about this but to summarise some of the key helpful advice, please see some brief guidelines below

Safe and sensible use of the internet – some helpful guidelines

Advice for young people.

- Family rules should be set and followed as should those set by the Internet service provider.
- Never post or trade personal pictures.
- Never reveal personal information, such as address, phone number, or school name or location.
- Use only a screen name and don't share passwords (other than with close family members).
- A young person should never agree to get together in person with anyone met online.
- Never respond to a threatening email, message, post, or text.
- Always tell a parent/carer or other trusted adult about any communication or conversation that was scary or hurtful or invited action or behaviour that could be harmful.

Advice for parents

- Spend time online together to teach your children appropriate online behaviour.
- Keep the computer in a common area where you can watch and monitor its use, not in individual bedrooms. Monitor any time spent on smartphones or tablets.
- Bookmark young people's favourite sites for easy access.
- Check your credit card and phone bills for unfamiliar account charges.
- Find out what, if any, online protection is offered by any place where your child could use a computer without your supervision.
- Take your child seriously if he or she reports an uncomfortable online exchange.

Watch for warning signs of a child being targeted by an online predator. These can include:

- spending long hours online, especially at night
- phone calls from people you don't know
- unsolicited gifts arriving in the mail
- your child suddenly turning off the computer when you walk into the room
- withdrawal from family life and reluctance to discuss online activities

BE RESPECTFUL
BE RESPECTED
BE ADMIRED
BE CONNECTED
BE THE CHEERY FACE OF WELCOME
BE THE FRIEND YOU
CAN DEPEND ON
BE DYNAMIC
BE INSPIRED
BE EXCITED
BE ADMIRED
BE THE PERSON YOU
ASPIRE TO BE
BE AN ACADEMIC
SUCCESS STORY
BE A HERO
BE A LEADER
BE A WINNER
BE A DREAMER
BE A CREDIT TO THE SCHOOL
BE THE ONE WHO'S EXCEPTIONAL
BE DEMANDING
BE COURAGIOUS
BE THE IDEA
THAT'S CONTAGIOUS
BE YOURSELF
BE SET FREE

BE THE BEST YOU CAN BE

Talking within the family is really important. Keep an open line of communication within the family and make sure children/young people feel comfortable turning to you when they have problems online.

As children get older, it can be a little harder to monitor their time spent online. They may carry a smartphone with them at all times. They probably want some privacy as they are developing their independence but precautions still need to be taken.

It is really helpful for parents to talk with their children about the sites and apps young people use and their online experiences. Discuss the dangers of interacting with strangers online or being taken in by communications sent/posted. They need to be discerning. They need to look critically at these types of communications that they may come across. Remind young people that people online don't always tell the truth. Explain that passwords are there to protect against things like identity theft. They should never share them with anyone, even a boyfriend, girlfriend, or best friend.

Parents taking an active role in their child's internet activities helps ensure that they benefit from the internet without being exposed to the potential dangers.

On another matter, but still linked to working in partnership, a reminder about our Parent Partnership Evening on Monday 4 March. The focus is Mental Health and General Well-being of our young people and this event will be led by our school nurse. It commences at 6:00 pm. We hope you will be able to join us to focus on this really important area.

Very best wishes for the week ahead.



Kathleen M Higgins
Executive Headteacher

Word of the Week

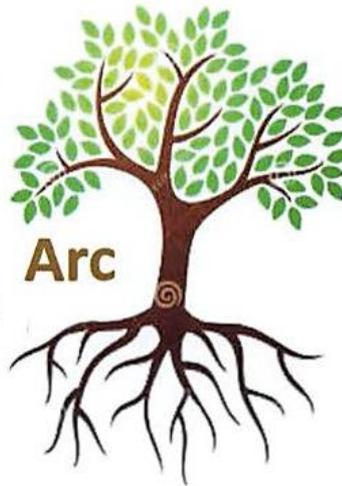
idiosyncrasy (noun)		Word of the week
<u>id-e-o-sin-kra-see</u>		
Definition: an unusual way in which a particular person behaves or thinks.		
Usage: Twirling her hair whilst she read was just one of her idiosyncrasies. The new voting system had a number of idiosyncrasies which made it difficult to understand.		
Synonyms		Etymology From the Greek <i>idiosynkrasia</i> meaning to blend or mingle
eccentricity peculiarity individualism	oddity mannerism quirk	

DEFINITION: A smoothly curving line or movement.

EXAMPLE: “The arrow flew through the air in the path of an **arc**.”

MATHS: Part of a curve particularly the circumference of a circle.

EXAMPLE: “To construct the triangle first draw 2 **arcs**.”



PHYSICS: A powerful, visible, flow of electricity that goes across a space between two points.

Example: In the late 1800s, electric **arc** lighting was used for street lights.

ROOT: From the Latin ‘**arcus**’ meaning bow or arch

√Words

What is this famous landmark, and which city is it in?

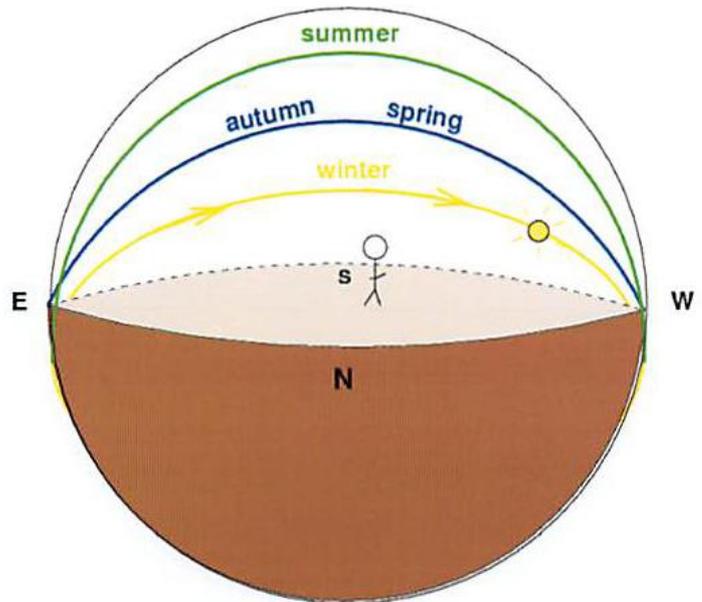
The **Arc** de Triomphe in Paris which features a central semi-circular **arc**.



This diagram shows the **arc** of the sun throughout one day as it moves from east to west.

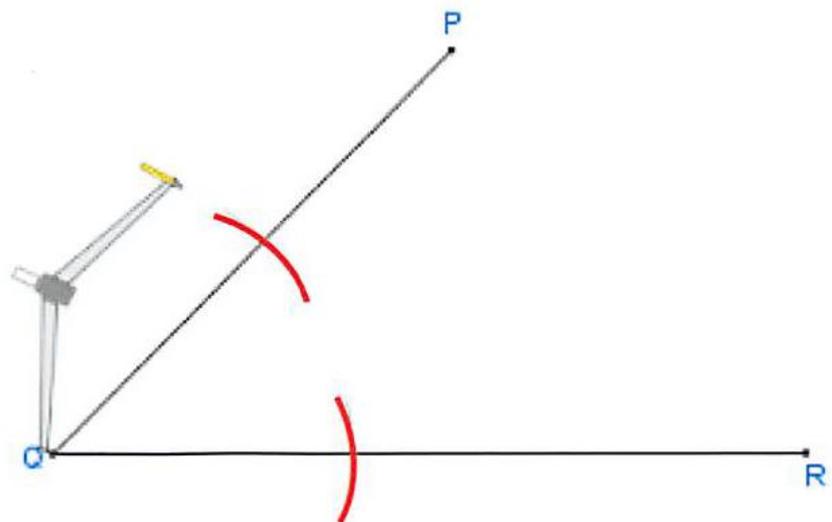
How do the **arcs** differ in the different seasons?

The sun's **arc** is much lower in the sky in winter.



To bisect an angle how many **arcs** must be drawn?

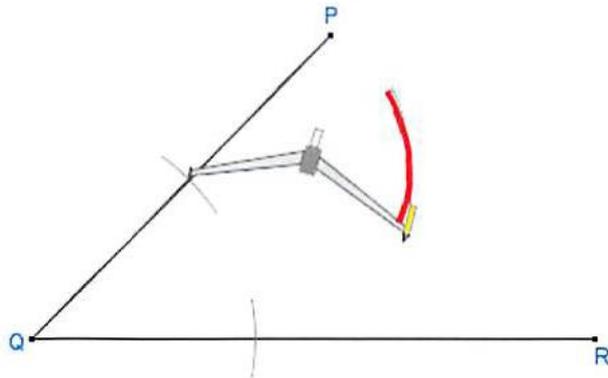
Firstly 2 from the angle itself



To bisect an angle how many **arcs** must be drawn?

Firstly 2 from
the angle itself

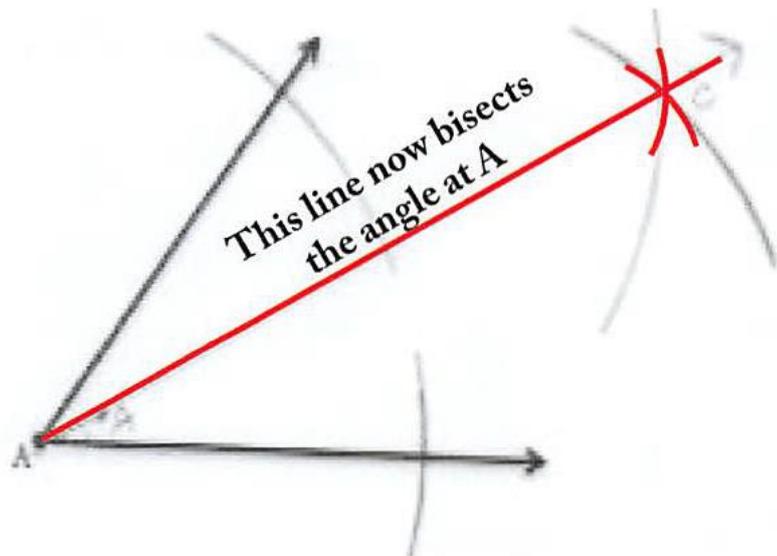
Then 2 more
into the space
between the
lines forming the
angle



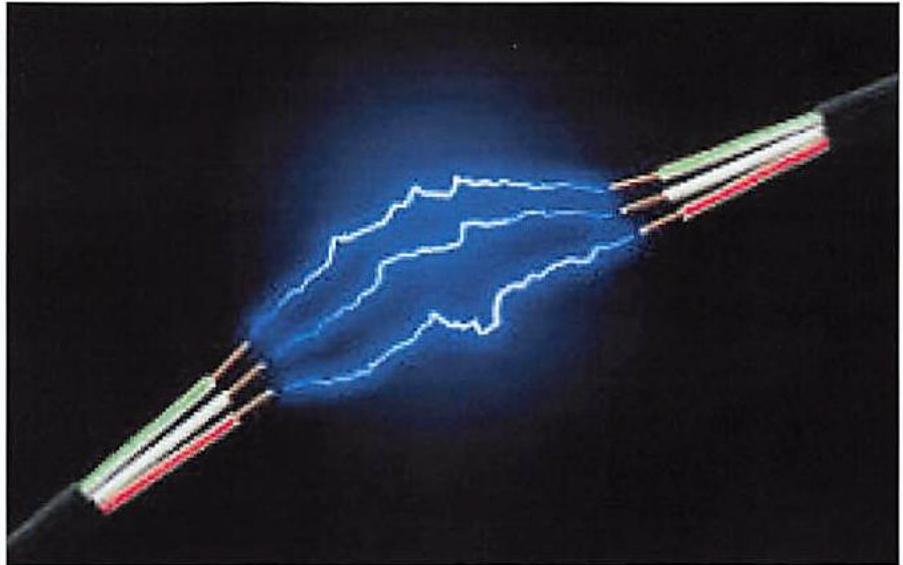
To bisect an angle how many **arcs** must be drawn?

Firstly 2 **arcs**
from the angle
itself

Then 2 more
arcs into the
space between
the lines forming
the angle



An electric **arc** is an electrical breakdown of a gas that produces an ongoing luminous electrical discharge.



Arcs of electricity are used in the process shown here.
What is it?



Arc welding.