



Today brings to an end another busy week, and a very busy year where there have been a huge number of activities taking place for our students both within and beyond the curriculum; please do have a read of the half-termly newsletter from the PE department later in the eZine which gives you a flavour of just how many things take part in one department in a short space of time. It would be remiss of us, too, at this point not to highlight the success of our Sixth Formers at the Trust Post-16 Sports' Day last Friday where we finished in first position.....congratulations to our students!

Joel Foster visited on Wednesday to perform to all of our students in Years 7-10; listening to live music is a real experience – we are fortunate to be able to host such events in our Theatre – and he also delivered some important messages around bullying, relationships and mental health. Thursday saw our Summerfest where students took part in a range of different activities supporting the development of physical skills and teamwork.....and, very importantly, having a lot of fun!

A reminder that students in Y7-9 have Summer Home Learning - [Gospel Oak School - Online Resources](#) – and that Year 10 and Year 12 have been provided with in-class resources and/or instructions for holiday learning; students will be rewarded with 10 achievement points per subject at the start of the Autumn Term.

Our 'Contact Us' communication will remain available during the summer holiday period; however, this will not be consistently monitored and responses may be delayed until the start of the new academic year.

We hope your daughter or son has a lovely summer break and we look forward to seeing them in September; please do refer to all of the information in this eZine and previous issues regarding the start of term arrangements.

Upcoming Dates

- Thursday 15th August – Collection of Year 13 Exam Results
- Thursday 22nd August – Collection of Year 11 Exam Results
- Monday 2nd September – Staff Training Day
- Tuesday 3rd September – Staff Training Day
- Wednesday 4th September – Year 7 and Year 12 First Day Back to School
- Thursday 5th September – Years 8 – 11 and Year 13 First Day Back to School
- Monday 16th September – Year 7 and 10 School Photographs
- Thursday 19th September – Year 8, 9, 11, 12 and 13 School Photographs

Assembly Themes

Assembly focus this week was Keeping Safe Over Summer / End of Year Rewards

Please take the time to talk to your child about what they have learnt in Assembly.

Please complete the below link for your child to receive their vaccine:-

<https://midlands.schoolvaccination.uk/flu/2024/sandwell>



Vaccination UK will be coming into Gospel Oak School on Friday 18th October 2024 to administer. Should you wish for your child to receive his / her vaccine then please complete the above link. Please ensure that your son / daughter has no allergies to the vaccine and should you have any queries then please contact Vaccination UK on 0121 592 1110.



PRELOVED UNIFORM DONATIONS



GO PRELOVE!

Gospel Oak School are launching a Preloved uniform shop to enable us to relove and recycle.

As our Summer term will soon come to a close we are looking for Gospel Oak uniform in a used, clean condition in order to be sold on.

Collection point for donations will be held in our School Reception.

Shop Launch details to follow shortly.

Thank you for your support.

Information for Year 11 and Year 13 Students

Ofqual and UCAS have written a letter for all students about the processes linked to their exams: https://www.gov.uk/government/publications/letter-to-students-from-ofqual-and-ucas/letter-to-students-from-ofqual-and-ucas?utm_source=ASCL+Briefing%3A+16+July+2024&utm_campaign=7dbe6c10a6-EMAIL_CAMPAIGN_2024_07_16_08_18&utm_medium=email&utm_term=0-7dbe6c10a6-%5BLIST_EMAIL_ID%5D Please read this, and encourage your daughter or son to do the same.

Ideas for younger children and developing literacy skills

For those of you with children aged 0-5 at home, you may find [Read and explore The Frog Olympics | Words for Life](#) useful to support with different activities you could try linked to the upcoming Olympic Games.

We would also suggest that you may wish to sign up to [Sign up to our newsletter | Words for Life](#) in order to receive information direct to your email. And [Activities | Words for Life](#) provides lots of different ideas and resources for supporting young people of all ages to develop their literacy skills through both talking and reading.



Online Safety for Families

Would you like to know more about keeping your family and yourself safe online?

FREE
snacks & refreshments

This FREE and FUN drop-in event will support parents, carers and young people to understand issues relating to online safety.

Find out how to work together as a family to remain safe online and to consider how people may be affected by the online world.

PLUS

- Speak with online safety specialists
- Receive free resources
- Understand new and emerging issues
- Information on support available
- Quiz competition and prizes

DETAILS

Wednesday 24 July, 1-3pm
8ays Community Association
Corbett Street
Smethwick
B66 3PU

To reserve your space, email: prevent_inbox@sandwell.gov.uk

 Jubilee Park Community Centre

Cradley Heath Community Link

SCHOOLS OUT



Uniform Exchange is Back



Drop off Dates
Monday 22nd July – Friday 26th July
10am – 1pm

JUBILEE PARK COMMUNITY CENTRE
POWIS AVENUE TIPTON DY4 0RJ
TEL: 0121 520 0234



 Jubilee Park Community Centre

Cradley Heath Community Link

SCHOOLS OUT



Free School Uniform Collection



Wednesday 14th August
10am – 1pm

JUBILEE PARK COMMUNITY CENTRE
POWIS AVENUE TIPTON DY4 0RJ
TEL: 0121 520 0234



Self-Care Over the Summer Holidays – Young Minds

Looking after ourselves over the holidays is so important; Young Minds have produced the following resources which you may find useful:

For young people - https://www.youngminds.org.uk/young-person/coping-with-life/self-care/?utm_source=newsletter&utm_medium=email&utm_campaign=360schools&utm_content=july_2024

Help for parents and carers talking to daughters and/or sons about mental health - https://www.youngminds.org.uk/parent/how-to-talk-to-your-child-about-mental-health/?utm_source=newsletter&utm_medium=email&utm_campaign=360schools&utm_content=july_2024#Activitiesyoucandotosupportconversationswithyourchild

Help for parents and carers in managing challenging behaviour - https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/challenging-behaviour/?utm_source=newsletter&utm_medium=email&utm_campaign=360schools&utm_content=july_2024



Maths Competition

On Monday, some wonderful year 8s and 9s took part in a fun morning at Arrow Vale putting their Maths knowledge to the test in a Trust-wide competition. Our students were mixed in with other students their age from schools all over the Trust, made new friends and had an enjoyable experience! Amber W. (Year 8) was on the winning team, Paul H.'s (8) team came second and Callum L.'s (9) team were a close third! All 7 students, the others being Aleksey G. (8), Ellie W. (9), Katlyn R. (9) and Jayden P. (9), said they had a really enjoyable time and would love more opportunities like this one!



- 1 PE Midlayer
- 1 PE Track Pants
- 1 PE Shorts or Skort

ALL FOR
£30



This Offer Applies to -

- All Year Groups • All Sizes
- With or Without VOUCHERS

This Offer Expires 1st Oct 2024

Behaviour Policy - PE kit



All pupils must wear the Gospel Oak PE kit. This includes:

- GOS Polo Shirt
- GOS 1/4 Zip Jumper or a black jumper under your PE shirt
- Black Tracksuit bottoms
- Black Shorts
- Black Skort
- Black Leggings
- Grip socks (required for gymnastics if pupils do not wish to go bare foot - GOS or trampoline socks).

In hot or cold weather, you are permitted to wear:

- Black gloves
- Black woolly hat
- Black cap

Trainers:

You **must** have sports trainers for every lesson. Crocs are not allowed to be worn for PE.

Missing an item of PE kit or full PE kit and borrowing?

B1 – “No PE Kit - Borrowed” logged on Class Charts.

No negative points logged



No PE Kit - Borrowed

Missing an item of PE kit or full PE kit and refusing to borrow?

B2 – “No PE Kit” logged on Class Charts.

30 minute detention

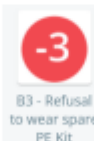


B2- No PE Kit

Missing an item of PE kit or full PE kit and refusing to borrow for a second time?

B3 – “Refusal to wear spare PE Kit” logged on Class Charts.

45 minute detention



B3 - Refusal to wear spare PE Kit

Multiple issues with PE kit will result in a higher sanction being given.

Unable to physically take part in PE due to an injury?

1. Bring a note to excuse you physically from the lesson
2. Bring your full GOS PE kit
3. Take part in a role such as a coach, analyst, scorekeeper or official

Unable to physically take part in PE due to an injury?

1. Bring a note to excuse you physically from the lesson
2. Bring your full GOS PE kit
3. Take part in a role such as a coach, analyst, scorekeeper or official

What should I be wearing for PE?



Ill or fit, bring your kit

All pupils must wear the Gospel Oak PE kit. This includes:

GOS PE uniform:



- GOS Polo Shirt
- GOS 1/4 Zip Jumper or a black jumper under your PE shirt
- Black Tracksuit bottoms
- Black Shorts
- Black Skort
- Black Leggings
- Grip socks (required for gymnastics if pupils do not wish to go bare foot - GOS or trampoline socks).

Own plain black PE uniform:



In hot or cold weather, you are permitted to wear:

- Black gloves
- Black woolly hat
- Black cap

Trainers:

You **must** have sports trainers for every lesson. Crocs are not allowed to be worn for PE.

Unable to physically take part in PE due to an injury?

1. Bring a note to excuse you physically from the lesson
2. Bring your full PE kit
3. Take part in a role such as a coach, analyst, scorekeeper or official

23/24 Term 3b

July 2024

Gospel Oak School Sport Newsletter



Sandwell Athletics Championships

The summer term kicked off with the Sandwell Athletics Championships held at Tipton Sports Academy. Pupils in year 8, 9 and 10 participated in both track and field events. All pupils ran, jumped and threw fantastically, putting on a stellar performance. This resulted in a number of top 3 places being awarded. Well done to all pupils who attended and represented GOS so well.



Year 8 Rounders Tournament



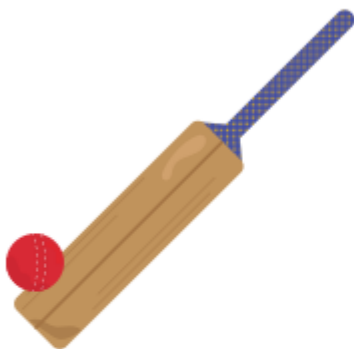
The year 8 girls travelled to Phoenix on Thursday 6th June 2024 to attend the Sandwell rounders tournament. The pupils worked extremely hard and despite being two players down, put on a wonderful performance during each game they played. Each pupil played their role within the team, where they showed collaboration, communication and teamwork. Grace bowled extremely well and there were some fantastic performances when we were up to bat - including Natalie hitting the ball for miles, resulting in a rounder and lots of cheers!

U15 Cricket Tournament

The under 15s cricket team went to Sandwell Academy to take part in a cricket tournament against local schools in the borough. Unfortunately, we had narrow losses to 2 very strong teams; Q3 Langley and Sandwell Academy. Special shoutout to Luke R for his score of 30 which almost won us the game, if it wasn't for an excellent bit of fielding from the Sandwell team that stopped a '6' off the last ball. The team then used the confidence from this game to show a great all-round performance against Phoenix, winning the game with 4 overs remaining. The team showed excellent batting, bowling and fielding skills. The star batter being Luke R, the star bowler being Kai G, and the star fielder being both Olly G and Harley C. The lads showed great teamwork and cricketing ability, and they developed a lot from this experience.



U13 Cricket Tournament



Likewise, the under 13s team attended the same tournament for their age group, coming away with 2 narrow losses and 1 win. The team showed great fighting ability during games against Sandwell Academy and Q3 Langley who both had an abundance of county players. Then a very convincing win against West Bromwich Collegiate Academy truly showed the fight our pupils had. With outstanding batting, bowling and fielding performances all around. Special shout the star batter of the day Yousuf, the star bowler Cyrus and the star fielder Sahib. This team are showing great potential for future tournaments!

“Have a Go” Event



Pupils from year 7 and 8 had the opportunity to attend Tipton Sports Academy on Tuesday 25th June 2024 to take part in an action packed day full of sport. The aim of the day was to inspire pupils and give them the opportunity to take part in sports they may not have ever had the chance to take part in. All pupils were a credit to the school, and

dived into the opportunity of different sports. Their favourite session was boxing; they enjoyed the upbeat energy and punching the bags that the instructors and teachers were holding

Black Country School Games Handball Finals



After qualifying in the Sandwell tournament in the spring term, the year 8 handball team travelled to the University of Wolverhampton, Walsall Campus on Thursday 27th June 2024 for the finals event, competing against schools from the three other boroughs in the Black Country; Dudley, Walsall and Wolverhampton.

The day started with an opening ceremony and Active Black Country paid tribute to the “Smile for Joel” campaign sponsoring the event. The handball team then warmed up, before taking part in the finals tournament. The team played fantastically well, proving their place in the finals. Unfortunately, the team narrowly missed out on placing in the top 3, but an amazing day was had by all.

The day was topped off with meeting Perry the Bull from the Birmingham 2022 Commonwealth Games, where it was made clear he was a firm favourite amongst our pupils and this was certainly reciprocated too! The handball team were a credit to the school and such an enjoyable day was had. Well done!

Engagement Trail



Gospel Oak School also had an additional opportunity whilst at the University of Wolverhampton, Walsall Campus on Thursday 27th June for the Black Country School Games. Pupils in years 7 and 8 were apart of the

engagement trail which allowed them to experience coaching in a range of sports. This ranged from baseball, judo, kabaddi and golf. Judo was the most popular as our pupils loved learning the hand-to-hand combat technique. Taliyah in year 7 impressed the instructors that much, she received a free British Judo t-shirt for her efforts during the session, and being one of the best performers in judo during the day!



Year 9 and 10 Rounders Tournament

Gospel Oak School hosted the U15 Sandwell Rounders Tournament on Thursday 4th July. The team placed in an honourable 3rd place, collecting victories against a very strong Phoenix, Holly Lodge, and WOA, all whilst having significantly less players than our opposition. The team showed excellent communication and resilience to pull together to gain these positive results



and stay in games right until the end against Sandwell Academy and Bristnall Hall where unfortunately it did not quite go our way. Additionally, the batting, bowling and fielding standards were exceptional, which allowed us to be successful. I would like to give a special shoutout to star bowler Honor W, star fielders Lexi B and Scarlet J and star batter Scarlett J. The team showed great potential and can look to achieve even higher in the next tournament.

Year 7 Netball Tournament



On Wednesday 10th July, the year 7 netballers attended a netball tournament hosted by Shireland's Collegiate Academy. The girls tried their hardest, especially trying new positions they had not played in previously this academic year. We tried multiple combinations with girls going into different positions, which successfully worked, as the girls were changing direction to get into space

and coming forwards towards the ball to gain better opportunities for the team. Our valiant effort led to being placed 2nd overall in the tournament. Miss Webb and Mr Bowser could not be happier for the girls and their performance.

Year 7, 8 and 9 Basketball Tournament

On Thursday 11th July, the year 7 and 8 basketball team travelled to Q3 Tipton for the final "friendly" basketball tournament of the academic year.

The pupils played against a number of teams from Q3 and the atmosphere was electrifying! All pupils cheered each other on and the community spirit was apparent. The team ended up winning three games, drawing one and losing one, making them the overall winners!

Thank you so much to Q3 Tipton for hosting us - it was a fantastic end to the basketball tournaments this academic year.



National School Sports Week

Monday 17th - Friday
21st June



Gospel Oak School hosted the annual National School Sport Week (NSSW) from Monday 17th June to Friday 21st June. There were a number of activities for pupils to get involved in. This included sport challenges at lunch time from penalty shootouts, cross bar challenges, cricket stump throw and netball shooting. All challenges were planned and ran by the Sixth Form pupils. Attendance to these challenges and winning the challenges added additional points to each pupils tutor group total for sports day 2024.

The tutor programme focused on the current sporting events taking place (Euro's 2024 and T20 Cricket). All tutor groups completed the NSSW quiz, where overall totals were added to the form groups sports day totals.

Lastly, a design a kit competition took place. The winning design was chosen by the PE department and again, additional points added to this person's tutor group sports day total. The winner was... Alfie M in year 7!

To finish off NSSW, the Fabulous Friday theme was centred upon participation in a number of sporting events. Pupils had a choice from football, rounders, orienteering, netball, just dance and mindfulness. The afternoon was a great success with active participation from all involved.



CRST Athletics Event Year 7 and 10

Friday 21st June



Pupil's from the middle schools and secondary schools in the CRST Trust attended Abbey Stadium on Friday 21st June 2024 for the first Trust Athletics event. This is the first event of this nature which the Trust has hosted. Gospel Oak School took 40 pupils to the event to show their talents in a number of throwing, running and jumping events.

We had some star-studded performances, and accumulated a number of medals for finishing 1st, 2nd or 3rd place. This included a superb 100m sprint from Jacob G placing first, Dawson K gaining the gold medal in the 200m sprint and the year 10 girl's relay team putting on a phenomenal performance.

Gospel Oak's pupils demonstrated resilience, competitiveness and team spirit, cheering and supporting all those that attended from our school community.

A massive thank you to all those involved in the organisation of this event. It would not have been as enjoyable and excellently ran without it.



Gospel Oak School Sport's Day

Friday 5th July



The sun was shining for Gospel Oak School's annual Sport's Day held at Tipton Sports Academy. This year the day was split into two halves - athletics events at TSA and tournaments and novelty races held at GOS. Pupils were competing against the other forms in their year group, and collectively across all year groups to be crowned the overall winners. The sense of community, sportsmanship and competitiveness was demonstrated by all. It was a wholesome experience, especially with all pupils gathering by the fencing to cheer on their tutors during the tutor mascot race, which saw Mr White (7H) dressed as a Fudge from a Hero's selection pack winning from the year 7 and 8 tutors and Mr Cattell (9D) dressed as a dolphin placing 1st in the year 9 and 10 tutor race!

TSA Sport's Day Winners

Miss Dixon and 7F
Mr Field and 8C
Mr Uddin and 9F
Mr Jones and 10B

Overall Sports Winners

Mr Sheridhar and 7A
Mr Minton and 8B
Mr Cattell and 9D
Mr Jones and 10B

Overall Whole School Tutor Group Winners

7, 8, 9 and 10H

Miss Barlow
Miss Pope
Mr Lee
Mrs Brown



CRST Sixth Form Sport's Day

Friday 12th July



The first sixth form trust sport's day was hosted at Tipton Sports Academy on Friday 12th July. This was the first event of its kind where all the sixth forms in the trust met for a day of athletics and to crown the overall winner.

The sixth formers at GOS ran the event which ranged from presenting all attendees with a cookie on their arrival to lane recording the times and end positions to the overall scoring for the day.

The day got off to a flying start with the track events taking place first and then these were followed by novelty events such as the egg and spoon race, bean bag race and finishing the day off with the tug of war competition.

It would not have been a sports day without a head of sixth form race... which Mr Bala won!

The day concluded with the prize ceremony, where the final positions for the day were announced.

Gospel Oak School Sixth Form placed 1st!

Well done to Mr Bala, Mrs Clee and all the sixth formers for your efforts.



How do I block & delete?

Blocking & deleting Friends

Blocking someone means they will be prevented from sending you Snaps and Chats and viewing your Stories. Deleting someone means they will no longer be on your Friends list, but they may still see your Snaps and Stories. This depends on your privacy settings. To block or delete a contact:

- In the **Friends** screen, tap and hold on the username you want to block or delete
- Tap the **Gear icon** next to their name, and tap **Manage Friendship**
- Select **Block** to prevent them sending Snaps and Chats or viewing your Stories
- Select **Remove Friend** to remove them from your Friends list
- To block someone who isn't in your Friends list, open a chat with them by swiping on their name on the Chat screen. Tap the button in the top left corner to view their profile and select **Block**



To unblock a user:

- Tap your **Profile** at the top of the Camera screen. Then, tap the **Gear icon** and scroll down to **Account Actions** and tap **Blocked**. You will see a list of Snapchatters you have blocked. Tap the **X** next to their name to unblock them
- Depending on your privacy settings, you may need to re-add each other as Friends to send each other Snaps and Chats

How can I stay in control?

Changing your privacy settings

By default, only Snapchatters you add to your Friends list can send you Snaps.

If someone who isn't your Friend tries to send you a Snap, you'll receive a notification that they added you. You will only receive the Snap if you add them to your Friends list.

To change who can send you Snaps and see your Stories:

- Tap your **Profile** in the top left of the camera screen to access your profile. Then tap the **Gear icon** in the top right corner of the screen and scroll down to the **Who Can** section

For Snaps, tap **Contact Me** and choose either:

- **Everyone** - This allows anyone to send you Snaps (even strangers)
- **My Friends** - Only your Friends are able to send you Snaps

For Stories, tap **View My Story** and choose either:

- **Everyone** - This allows anyone to view your Story (even strangers)
- **My Friends** - Only your Friends are able to view your Story
- **Custom** - Choose which Friends can see your Stories

Note: To clear a conversation, tap your **Profile**. Then tap the **Gear icon** and scroll down to find **Clear Conversations**. Tap the **X** next to a name to clear the conversation.

My Eyes Only

You can move pictures to this folder within your Memories. It is PIN-protected so that, even if your phone is stolen or your account hacked, no one can access those Snaps without your PIN.



If you've never used My Eyes Only before, you will need to do a quick setup to choose your passcode.

Where can I go for further support?

Snapchat Safety Centre: snapchat.com/safety

Snapchat Support: support.snapchat.com

Latest changes on Snapchat blog: snapchat.blog.com

UK Safer Internet Centre: saferinternet.org.uk

Professionals Online Safety Helpline: saferinternet.org.uk/helpline

Report Harmful Content: reportharmfulcontent.com

Report abuse or grooming to CEOP: ceop.police.uk

Report child abuse images to IWF: iwf.org.uk

Pick up a copy of this checklist along with other online safety materials on the SWGfL Store: swgflstore.com



Co-financed by the European Union
Connecting Europe Facility

10/19



Snapchat

Privacy & Safety Checklist



What is Snapchat?

Snapchat is a visual messaging app. Snapchatters can take photos, record videos, add text or drawings and send them to Friends. These Snaps will disappear after viewing, or within 24 hours (for a Story). Once all recipients have viewed a Snap, it will be automatically deleted from Snapchat's servers. Opened Snaps typically cannot be retrieved from Snapchat's servers by anyone, for any reason.

Age Restrictions

Snapchat is not intended for children under the age of 13. 13-17-year olds should have permission from a parent or legal guardian to use the app.

A Snapchat account can be deleted by going to https://accounts.snapchat.com/accounts/delete_account and entering the username and password. If Snapchat learns that a user is under 13, they will terminate their account.



Note: If you forget your password you can submit a password reset request to Snapchat at: https://accounts.snapchat.com/accounts/password_reset_request

How do I find all my friends?

Finding & adding friends

- Tap your **Profile** on the top left of the Camera screen
- Tap the **Add Friends** icon
- You can add friends by username, from your device's contacts, by Snapcode, or with the **Quick Add** feature. To add Friends from your contacts, you will need to verify your phone number. Once verified, all of your phone contacts with Snapchat accounts will be displayed, along with Friends who don't have Snapchat, who you can invite via SMS
- To add a Friend who has already added you, tap **Add Friends**, review the **Added Me** section, locate their username in the list, then tap the **Plus icon** next to their name

If you don't want friends to find you through your phone number:

- Tap your **Profile icon** on the top left of the Camera screen. Then tap the **Gear icon** in the top right corner
- Tap **Mobile Number**
- Unlick **Allow my friends to find me**



How do I report a problem?

Snapchat encourages self-expression, but wants Snapchatters to use the app safely and enjoyably. Snapchat doesn't tolerate Snaps that share:



- Pornography or nudity involving people under the age of 18
- Invasions of privacy or impersonation of others
- Threats, harassment or bullying of others
- Encouragement of self-harm

Snapchat may remove these types of content and suspend accounts, prohibiting them from using Snapchat in the future. For more information, see Snapchat's Community Guidelines:

<https://support.snapchat.com/en-GB/a/guidelines>

Snapchat's reporting functions are the same across all devices. Mobile and tablet users can find all the reporting routes by tapping on your **Profile icon** on the Camera screen, tapping the **Gear icon**, and scrolling down to **Support**. To report on desktop, visit:

<https://support.snapchat.com/en-GB/need-help>

What else can I do on Snapchat?

Stories

Stories is a feature that lets you string Snaps together to create a narrative that lasts for 24 hours.

Depending on your privacy settings, the photos and videos added to your Story can be viewed by just your Friends (the default setting), all Snapchatters, or a customized group.

Filters, Lenses, and Stickers

Filters are a fun way to customise your Snaps with overlays like scenery and changes to your appearance.

Geofilters are unique and specific to locations, so they require your device's location services to be enabled.

If you add a Geofilter to your Snap or Story, you're publicising your location to anyone who can view them.

Lenses add real-time special effects and sounds to a Snap.

Stickers are colourful images and cartoons that give users additional ways to express themselves.



Discover

Snapchat also offers news and entertainment via the **Discover** page. As well as seeing your Friends' stories, you can explore channels from established publishers who curate their own content.

The **Friends** section at the top of Discover shows your Friends' Stories.

The **Subscriptions** section has all the Stories and Shows you're subscribed to.

The **For You** section has recommended Shows and Sponsored Stories.

Video & Text Chat

Like Snaps, Chats are cleared when a recipient leaves the Chat screen. In Chat, however, users have the option to save messages they'd like to keep. If you save a message, your Friend can see that you saved it - as indicated by a dark grey background behind the message.

Memories

Memories is a personal collection of the Snaps and Stories you save. Memories can be used to create new Stories and Snaps. Snapchatters can also choose to store certain Memories in the password-protected **My Eyes Only** section.



At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about GAMBLING

WHAT ARE THE RISKS?

Gambling can be defined as betting or risking money or something of value on the outcome of a situation involving chance. Under current regulations, gambling is legal for adults in the UK. Its potential impacts on the wellbeing of individuals, families and communities are well documented – emphasising the importance of safeguarding children and young people against these hazards.

MANIPULATIVE ADVERTISING

FREE BET!

Adverts for online bookmakers and betting exchanges can raise concerns about targeting vulnerable groups, fostering addiction, promoting misleading expectations, impacting mental health, affecting social norms, posing regulatory challenges, influencing minors and other ethical issues. Effective regulation, responsible advertising practices and public education are essential to mitigate these concerns and address the potential harms associated with excessive exposure to manipulative advertisements.

ADDICTIVE FEATURES

All gambling products carry safety concerns, but some can be even riskier and more addictive. The frequency with which people can place bets can encourage them to do so often – with rapid spins and multiple betting options, for example. Betting on sports events, especially with live in-play betting options, can be highly engaging and habit forming. The 24/7 availability of online platforms can also increase the risk of excessive gambling, particularly among young people.

PEER PRESSURE

Exposure to gambling through friends, influencers or social circles can normalise risky behaviour and create unrealistic expectations about the chances of winning. Addressing peer influence requires support services, responsible advertising practices and effective education on the subject to minimise the impact on children and promote healthier choices.

IMPACT ON MENTAL HEALTH

Gambling can exacerbate mental health issues such as anxiety, depression, and stress – especially if it leads to financial loss. Individuals with existing mental health conditions may use gambling as a coping mechanism – but the cycle of gambling can worsen their symptoms, creating a detrimental impact on overall wellbeing. Integrated support services and treatment options are crucial to address these interconnected challenges effectively.

GATEWAY BEHAVIOURS

Certain features of other products – such as video games that offer in-game purchases – can lead to gambling among young people. These mechanisms can sometimes be designed to exploit psychological vulnerabilities, encouraging repeated spending to acquire virtual items or advantages. Such practices can normalise the associated risks and desensitise young people to putting their or their family's money in danger.

FINANCIAL DIFFICULTIES

The most common impacts of online betting come in the form of financial losses and debt. This, in turn, can lead to distorted perceptions of money, deterioration of relationships, social isolation, and poor academic and career outcomes. Regular gambling can even exacerbate other risky behaviour by making it seem less significant – potentially leading to a cascade of health impacts and financial loss.

Advice for Parents & Educators

ENCOURAGE OPEN DISCUSSIONS

Sporting events can be a good opening for conversations about gambling, as some sponsorships may reference and even glamorise it. Talk to children about how these promotions make them feel and encourage frequent conversations about any concerns they may have. Adverts, influencers and online platforms may also feature gambling products. As a child grows, it's important to encourage their critical thinking skills to help them avoid being manipulated by this type of marketing.

KNOW THE WARNING SIGNS

Parents and educators should be vigilant for signs of gambling harm among young people. Look for changes in their behaviour such as increased secrecy, unexplained money issues, mood swings or withdrawal from their usual activities. Open conversations about gambling risks and maintain a supportive, non-judgemental environment. Try to familiarise yourself with resources and helplines for assistance and guidance.

MONITOR SPENDING

In-game purchases can be appealing to children, allowing them to unlock new features or cosmetic items in a fraction of the time it would take to win them by playing. Talk to children about how they spend money online, an interest in what video games they play can encourage the conversation. Consider setting up restrictions on their devices, requiring their parent or carer's permission before making any purchases. Talk about finances regularly and openly.

GET FURTHER SUPPORT

Support and treatment for young people is available via the Young People's Support Service at GamCare, who can be contacted at 0800 8020 133. A link to their website has also been included in the sources of this guide, along with links to several other support networks. Your GP and local NHS gambling clinic are also available if you require additional advice. Don't hesitate to reach out for help if you're concerned about a child's gambling behaviour or their financial situation.

Meet Our Expert

Ygam's mission is to prevent children and young people from experiencing gaming and gambling harms through awareness raising, education, and research. The charity was established in 2014 as a result of the lived experience of their founders.



Source: See full reference list on nationalcollege.com/guides/gambling



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Safeguarding and Safety Updates

Safety over Summer

We hope you all have a good and restful summer break. Please see below key contacts should they be required.

Look forward to seeing you all in September.

Who Can Help Me

School Safeguarding Reporting system:

<https://go.thesharpsystem.com>

School Designated Safeguarding Lead
Dr P Grewal- Vice
Principal PGrewal@gospeloakschool.co.uk

School Safeguarding Officer's
Mrs S Badger & Mrs N Hughes -
SBadger@gospeloakschool.co.uk
NHughes@gospeloakschool.co.uk

SAMARITANS
Whatever you are going through - Call for Free
116123



kooth Online Mental Wellbeing
<https://www.kooth.com>


NSPCC
<https://www.nspcc.org.uk>

ChildLine
0800 1111

In an Emergency:
999

Social Care contacts
Sandwell MASH - 0121 569 3100
Wolverhampton MASH - 01902 555392
Walsall MASH - 0300 555 2866

How to stay safe on Snapchat

Please see the Privacy and Safety checklist above to help support keeping you and your family safe whilst using Snapchat.

What Parents and Educators need to know about Gambling

Gambling can be defined as betting or risking money or something of value on the outcome of a situation involving chance. Under current regulations, gambling is legal for adults in the UK. Its potential impacts on the wellbeing of individuals, families and communities are well documented – emphasising the importance of safeguarding children and young people against these hazards

Please see the embedded pdf above to read about the risks and advice to prevent this.