

Issue: 144

Roundwood Park School, Roundwood Park,  
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Date: 13 March 2020



RoundUp is published fortnightly on our website.  
<http://www.roundwoodpark.co.uk>

## Headlines

Dear Parents and Carers

It has been a very busy fortnight at Roundwood Park. Last week we had National Careers Week and over the course of the week we had over a dozen speakers talking to students at lunchtimes and in assemblies. It was great to catch up with some of our alumni who came back to talk about their careers. I hope it has broadened the students' horizons about what they may want to consider in their future lives. Thanks to everyone involved, including parents and former parents, and to Susan Smith and Jacqui Hammond for organising such a great week.

This week is British Science Week and we know this because of the strange attire that the science teachers have donned in order to promote the subject that they love! There have been really interesting events at lunchtimes and these have been well attended.

This has been a great initiative and really enjoyable to see the things that the students are learning outside of their lessons as a result of it. It has been a great showcase for our wonderful science team.



We are currently in the midst of a run of parent consultation evenings. The Year 9 evening went really well following on from the options evening the week before. We hope you found the proximity of these two events useful as they help to clarify choices going forward. Last night we had the Year 13 evening and Year 8 will have their consultation evening next week.

Have a good weekend.

Alan Henshall  
Headteacher

### Absence Line

When you call in for absence, please use our dedicated 24 hour absence line: **01582 714049**

or e-mail us at

[absence@roundwoodpark.co.uk](mailto:absence@roundwoodpark.co.uk)

## Forthcoming Events

### Roundwood's Got Talent

Tuesday 17 March, 7 - 9pm  
School Hall

### Year 8 Parent Consultation Evening

Thursday 19 March

### Y7 & Y8 Online Gaming Talk

Monday 30 March, 7 - 8pm  
Sixth Form Centre

## Y11 & Y13 Exams

Please be aware that students should be available for the complete exam season **starting on 11 May up to and including the 24 June.**

This exam period includes a contingency, designated each year should sustained national or local disruption arise during the examination series.

*Mrs Michèle Darvill*  
Exams Officer

## Vacancies



Any current vacancies are published on our website. Please follow the link below:

<https://roundwoodpark.co.uk/vacancies/>

## Payments



### Enrichment Week

Thank you for the prompt payments for Enrichment Week – we have had a wonderful response.

For anyone who has not yet paid, please note that the **payment deadline has now passed;** please pay all outstanding monies as a matter of urgency. If meeting payment is an issue, please do contact the finance team directly so that we can work out how we can manage the payment together.

*Mr Pettengell, Deputy Headteacher*

### Residential Trips

#### Duke of Edinburgh Silver Expeditions (Year 11)

7-9 April & 26-26 June 2020

Balance Payment £129.00

#### Overdue

#### Coronavirus

We are following the latest government advice on the Coronavirus. We are currently reviewing overseas school trips and we will contact parents in due course once we have further information.

#### Brexit & Passports

The Foreign Office advice for travel to Europe, after Brexit on 31<sup>st</sup> January, states that passports must be valid for 6 months beyond travel dates. EHIC cards will still be valid until the end of December 2020.

If your son/daughter is travelling to Europe on a school trip, please check that he/she has a valid passport and EHIC card and apply to renew them now, if necessary.

*Miss Manton, Residential Trip Coordinator*



*Come & support your friends  
Come & support your house  
Come & show some School Spirit*

**Tuesday 17<sup>th</sup> March**

**7 – 9pm**

**In the School Hall**

**Tickets available from ParentPay.**

# Important Dates

See also the [RPS calendar](#) on the website for any updates

YEAR 7	EVENT
30 March	Y7 & 8 Online Gaming Talk
6 May	Bully free form
18 May-4 June	Year 7 Exams
22 May	Sports Day
22-26 June	Enrichment week
2 July	Parent Consultation Evening

YEAR 8	EVENT
19 March	Parent Consultation Evening
30 March	Y7 & 8 Online Gaming Talk
18 May – 4 June	Year 8 Exams
22 May	Sports Day
22-26 June	Enrichment week
8 July	Drug awareness day

YEAR 9	EVENT
8-12 June	Year 9 Exams
22-26 June	Enrichment week

YEAR 10	EVENT
23 March on	Year 10 Exams
1 April	Work Shadowing Day
22 May	Sports Day
22-26 June	Enrichment week

YEAR 11	EVENT
11 May	GCSE Exams start

YEAR 12	EVENT
26 March	Y12 Parent Consultation Evening
27 April	Y12 Exams start
11 May	Y12 Professional Placement Week
22 May	Sports Day
22-26 June	Reading Week

YEAR 13	EVENT
14 May	Y13 Leavers' Breakfast
18 May	A Level exams start
23 June	Y13 Clearance Day
25 June	Y13 Leavers' Ball

Please visit the [RPS website](#) for further information including [RPS Calendar](#); [Daily Bulletin](#); [Latest News](#); [Letters Home](#); [Trips & Visits](#); [PE News](#); [Vacancies](#); [RPS HouseSystem](#) [Extra-Curricular Clubs Timetable](#)

Please also follow us on Facebook and Twitter [@RPSCREATIVE](#); [@RPSPE](#); [@RPS Pastoral](#); [@RPS CAREERS](#)  
Or download the Roundwood Park mobile app to keep up to date.



**YEAR 7 & 8 PARENTS ARE INVITED TO AN**

**ONLINE GAMING MEETING**

**SPEAKER - RICHARD MASKREY**

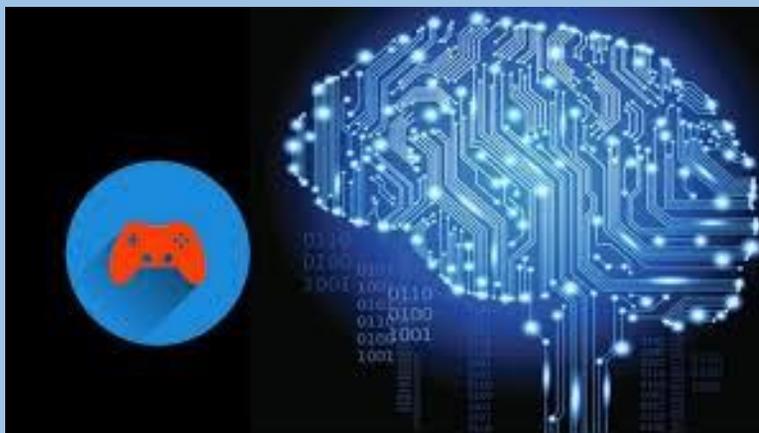
**Monday 30<sup>th</sup> March**

**7-8pm**

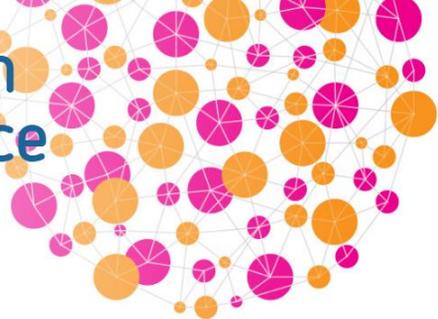
**Sixth Form Centre**

The talk will help parents and carers to identify the risks associated with online gaming and will help with strategies to reduce the potential harmful impact of gaming on our young people.

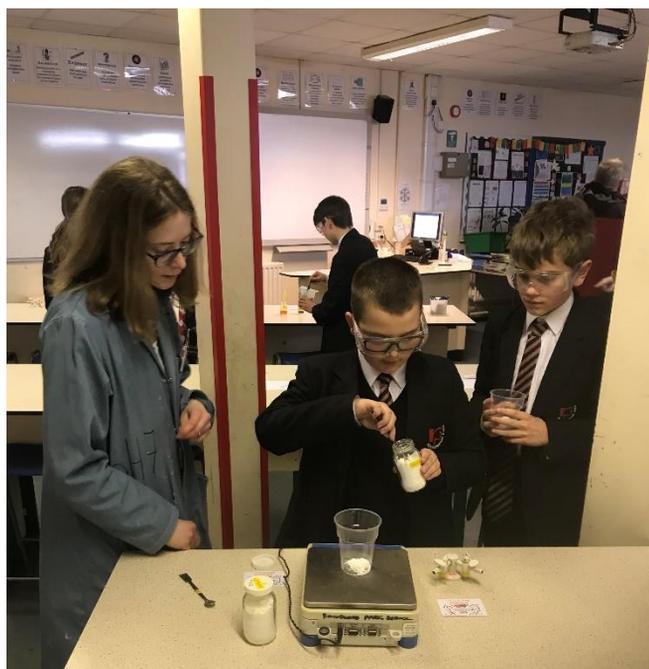
Details of how to sign up for the talk have been emailed to parents and carers.



6-15 March  
British  
Science  
Week  
2020



This year's **British Science Week** celebrations at Roundwood Park have been a roaring success! Large numbers of students have enjoyed the lunchtime activities run by the teachers and technicians. The sessions have included making balloon rockets and hovercrafts, crime scene investigation, organ dissections, making bath bombs and a litter pick around the school site. As well as this, the Year 10 students were treated to a brilliant presentation from Dr Nelson Kinnersley of Roche, the Year 12s had an interactive session with Dr Chris Parkinson of Glaxo Smith Kline and our prospective A Level Scientists discovered more regarding STEM related careers with Mrs Elizabeth Horton from the Francis Crick Institute.



I would love to thank all of the Science teachers for their support with the festivities and for being good sports when wearing fancy dress in their lessons! Special mention must also go to our amazing team of technicians – Sam Mills, Lesley-Jane Mackenzie, Nicole Lind, Tammy Edmonds-Tibbett and Nicola Bright for organising such a fun and successful week for us all!

*Mr Hambridge, Head of Science*



# Maths Success at RPS

This has been a busy time for our students involved in maths competition!

In February over 180 of our students in Years 9, 10 and 11 took place in the **UKMT Intermediate Maths Challenge**. Over half of them received an award. Congratulations go to those who qualified to a further Kangaroo round: M Gaches, L Godbee, Z Mercer and A Turner in Year 9; M Audis, G Lamb, J Hardern, J Shah, C Soanes and L Turnbull in Year 10; J Briggs, D Bromley, E Burns, R Cheema, A Feasey, T Sanwo, G Stapleton, K Stapleton, E Turner and A Williams in Year 11. A special mention goes to A Corran in Year 10, who achieved the highest result in our school and qualified for the UK Mathematics Olympiads!

On 3<sup>rd</sup> March, Mrs Thomson took a team of Year 7 students to the heats of the **Y7 Herts Mathematics Challenge**.

Congratulations to B Miller, S Nadiger, E Thompson and I Turner who came first in their heat and so qualified for the final. They showed impressive problem solving and collaborative skills!



Finally, on 2<sup>nd</sup> March Roundwood Park hosted the **AMSP Year 10 Maths Feast**.

Eighteen teams of Year 10 students from secondary schools in St Albans and further afield spent over three hours engaged in a variety of mathematical team challenges.



Our teams may not have won, but J Hardern, J Marsh, A Sunkel and L Arrow-Smith were praised for their team work while A Corran, R Janes, C Soanes and J Shah were the winners of one of the third rounds. Well done to all of them and a huge thank you to all the Year 12 Further Maths students who helped the AMSP run the competition so smoothly!

*Dr Belghitar*

*KS5 Mathematics Coordinator*



# Inter-Schools Debating Competition Westminster

On Friday 28<sup>th</sup> February, I had the pleasure of accompanying five wonderful students from Year 11 and 12 to the Palace of Westminster for the annual Inter School Debating Competition.

Roundwood Park School presented two teams who both performed exceptionally well. The Senior Team were M King, E Dack and A Allamand and the Junior Team, G Stapleton and A Holmes. The level of preparation involved was significant, with both teams getting through Round 1 successfully, they then had to prepare to debate on a new topic, in only 10 minutes without use of the internet (no easy task).

In Round 2 both teams again did incredibly well. The Juniors made it through to the next round and the Seniors were just being pipped by an emotive St Albans Boys' team over the highly controversial topic of devolution.

The Junior team had just 10 minutes to then prepare for the Final where they performed fantastically well to see off a very confident St George's team and win the title.

A Holmes also won the Best Speaker of the Day Award and M King received a special mention for her confidence in oration.

Overseeing the event was our local MP Bim Afolami, who spoke very highly of our students on the day. Congratulations to all the students involved, you made me very proud.

*Mr Mercel*

*Head of Sixth Form*



## World Book Day 2020

As part of our World Book Day celebration, I took five Year 10 students to Roundwood Primary School to 'share' a book with their reception class.

The book we shared was called 'The Colour of Happy'. Incorporating some wellbeing techniques, students then asked the children what colour made them happy. The children's answers were delightful - *'Pink because it makes me feel loved'* (from a 4 year old). The children then were split into 5 groups and each coloured in a letter of the word 'Happy' with their happy colours. These are now being made into a poster for their wall.

It was a wonderful half an hour and I am very proud of our students who made this time special with the enthusiasm and fun which they brought to the activity. Our students very much enjoyed the experience and have already expressed an interest in being involved in more events like this.

*Mrs Craig*

*Librarian*



# French Play “Les Garçons” Friday 28 February

On Friday 28<sup>th</sup> February we welcomed Onatti Productions to Roundwood and our Year 9, 10 and 11 linguists had the chance to experience some French theatre!

The play was entirely in French and centred around a babysitter’s catastrophic evening. A number of our students even participated, using their French to try to help patch things up between the babysitter and her hapless boyfriend. We were very impressed with their first attempts at acting in French!

Les acteurs et actrices formidables étaient: B Claxton, A Whalen, P De Malglaive, T Mukomba, A Ford, I Moseley and E Craig - Bravo!

*Mrs Robinson*

*Joint Head of French*



# Rotary Engineering Tournament 2020



Another fantastic result for the RPS design and technology teams who took part in last week's Rotary Engineering Tournament 2020. Four teams were taken to the tournament from across KS3, KS4 and KS5.

The brief given to all teams was to design and build an alert beacon with a flashing light at the highest point of each model. This then needed to be operated by an electrical circuit with a device to turn the light on and off and to make the beacon flash. For each key stage, the level of control and finish became significantly more challenging and all teams needed to submit a technical portfolio of work to support their final outcomes and achievement.

Our teams went up against some serious competition but were runners up at KS3 and KS5 and came away with four fantastic trophies at KS4; winning Best Design Engineering Team of the day.

Congratulations to all the students who took part – they were a real credit to Roundwood Park School.

Mr Libberton

Design & Technology Department

# Feel Good February



After a long dark winter we helped our wellbeing with a week of activities during the last week of February. As part of our '5 Ways to Wellbeing' strategy across the school, all students during form time looked at apps that could offer meditation, mental health support and advice on wellbeing. Students also wrote cards to each other with positive comments and carried out random acts of kindness. Some forms even ventured as far as listening to lively music in the morning which has been proven to boost your mood. Students also discussed issues surrounding wellbeing and listened to other young people share their stories about dealing with anxiety and stress. Through the week staff and our Mental Health Ambassadors also put on different wellbeing lunchtime events such as dance, mindfulness in the library, rock painting and knitting. A big thank you to all the staff and students that got involved.

*Ms Cate Brown, Mental Health Lead*

*& the Student Mental Health Ambassadors*



# Expressive Arts



## SPOTLIGHT

### 3<sup>rd</sup> & 4<sup>th</sup> March, Roundwood Park Drama Showcase Performances of “Crusaders” by Frances Poet

Last week, nearly 30 Roundwood Park students from across all year groups worked their socks off to prepare a great performance piece for the National Theatre Connections Festival which we will be taking part in on Good Friday in Northampton.

The cast and crew completed two excellent ‘home’ performances on 3<sup>rd</sup> and 4<sup>th</sup> March and received fantastic feedback from a National Theatre director who came to watch one of the performances.

After many hours of rehearsals, preparation and performance, the students were exhausted, but elated at their efforts...and deservedly so.

The students will perform their piece, as part of the National Theatre Connections Festival, on 10<sup>th</sup> April at the R&D Theatre in Northampton.

*Mr Garbutt, Head of Drama*





# National Careers Week

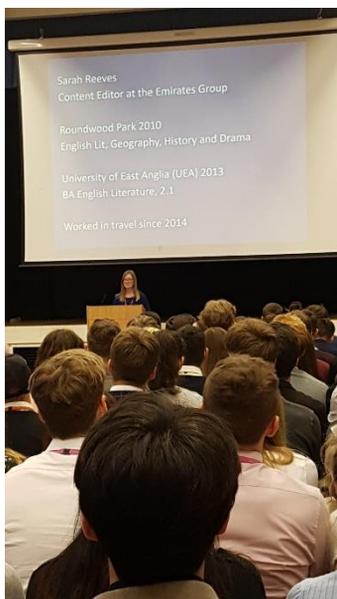
## 2<sup>nd</sup> – 6<sup>th</sup> March 2020

Last week, a plethora of employers, alumni and parents gave up their lunchtime to talk to our students about their industry and a career within it.

We had representation from an amazing array of sectors; musical theatre, marketing, media, healthcare, technology and travel to name but a few.

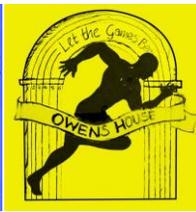
Each year group also had a special 'Careers Assembly' presented by one of our guest speakers and, throughout the week, teachers have been displaying the wide range of careers that relate to their subjects at the start of each lesson.

Staff also created posters of their career journey, giving students the opportunity to see the varied and often winding path leading to RPS!



**The careers department would like to thank all of the guests who gave up their time for this event; we are extremely grateful.**

**If you would like to be involved in any of our Careers events at RPS, please contact [careers@roundwoodpark.co.uk](mailto:careers@roundwoodpark.co.uk)**



## House Results - Running Totals

**Scott** 223 pts

**Cadbury** 217 pts

**GT** 211 pts

**Mandela** 210 pts

**Wilberforce** 188 pts

**Frank** 186 pts

**Owens** 179 pts

McKinsey  
& Company

# Leadership Academy 2020

27 & 28 August,  
Wellington College,  
Berkshire, UK

Leadership Academy is a two day all expenses paid residential programme for students in their final year of A-level studies (or equivalent). Designed and delivered by global management consultancy firm McKinsey & Company, it is a chance to build a toolkit of practical leadership skills and to find out more about management consulting all in a community of like-minded peers.

For more information please email us at [leadership\\_academy@mckinsey.com](mailto:leadership_academy@mckinsey.com) or visit [www.mckinsey.com/leadershipacademy](http://www.mckinsey.com/leadershipacademy)

The deadline for applications is  
Sunday 29 March 2020.

Leadership academy is an 18+ programme.  
Participants must be 18 by end of August 2020.

Follow us on Facebook  
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Come and have  
fun and make  
new friends

**U13 Girls**  
Rugby at  
**Harpenden**  
Rugby Club  
Redbourn Lane

Training  
Wednesdays  
7pm  
Sundays  
12.30 pm

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GIRL  
CAN**



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For more information visit [www.hrhc.com](http://www.hrhc.com)



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## Young Investment Banker Programme

University College London: 29th March



## Young Doctor Programme

University College London: 22nd March  
University of Manchester: 29th March



## Young Entrepreneur Programme

University College London: 21st - 22nd March



## Young Lawyer Programme

University College London: 8th March  
University of Manchester: 14th March



## Young Architect Programme

University College London: 4th April



## Young Computer Scientist Programme

University College London: 7th March



## Young Political Leader Programme

University College London: 21st - 22nd March or 4th - 5th April



## Young Journalist Programme

University College London: 8th March



## Young Engineer Programme

University College London: 8th March



## Young Psychologist Programme

University College London: 29th March



## Young Filmmaker Programme

University College London: 14th - 15th March



## Young Marketing & PR Programme

University College London: 28th - 29th March

✉ [info@investin.org](mailto:info@investin.org)

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# HARPENDEN ARROWS

RUNNING CLUB

## START RUNNING



### **10 week BEGINNERS' COURSE**

**(New runner → 5k)**

### **Instructor Led Sessions**

**VENUE: Meet at St George's School Sports Centre**

**DATES/TIME: Every Thursday from 23 April 2020 for 9 weeks, then last session Tuesday 23 June 2020. 6.40pm (45 minute session)**

**GRADUATION: Saturday 27 June 2020 at Luton Wardown parkrun**

**COST: £50 including club membership**

**Register at [www.harpendenarrows.co.uk](http://www.harpendenarrows.co.uk)  
then select Beginners tab, or email  
[startrunning@harpendenarrows.co.uk](mailto:startrunning@harpendenarrows.co.uk)**

**ONLY 12 SPACES!**



# Customer Notice

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## Hertfordshire Savercards

Passengers boarding in Hertfordshire must present a Hertfordshire Savercard to the driver and scan it on the ticketing machine to be eligible for the Savercard fare.

If you do not have a Savercard you will be charged the standard fare.

To apply for a Savercard please go to: [savercards.hertfordshire.gov.uk](https://savercards.hertfordshire.gov.uk)

RBD 10/04/2020

centrebus.info  
0116 410 5050

**Centrebus**





# ACTION CALENDAR: MINDFUL MARCH 2020



## SUNDAY

**1** Set an intention to live with awareness and kindness

**8** No plans day. Slow down and let spontaneity take over

**15** Stop to just watch the sky or clouds for ten minutes today

**22** Have a device-free day and enjoy the space it offers

**29** Appreciate your hands and all the things they enable you to do

## MONDAY

**2** Get outside and notice five things that are beautiful

**9** When someone is speaking, take a full breath before you reply

**16** Do something creative that absorbs your attention

**23** Take an unusual route and notice what looks different

**30** Mentally scan down your body and notice what it is feeling

## TUESDAY

**3** Cultivate a feeling of loving-kindness towards others today

**10** Stay fully present while drinking your cup of tea or coffee

**17** Look around and spot 3 things you find unusual or pleasant

**24** Notice when you're tired and take a break as soon as possible

**31** Go nature spotting today. Even in a city, life is all around

## WEDNESDAY

**4** Start today by appreciating that you're alive and have a body

**11** Notice how you speak to yourself. Try to use kind words

**18** If you find yourself rushing, make an effort to slow down

**25** Make a list of amazing things that you take for granted

## THURSDAY

**5** Every hour simply take three calm breaths in and out

**12** Feel the cool of a breeze or warmth of the sun on your face

**19** Listen deeply to someone and really hear what they are saying

**26** Tune in to your feelings, without judging or trying to change

## FRIDAY

**6** Eat mindfully. Appreciate the taste, texture & smell of your food

**13** Stop, breathe and just notice. Repeat regularly during the day

**20** Happy International Day of Happiness! [dayofhappiness.net](http://dayofhappiness.net)

**27** Stop work earlier and use the time to be still and relax

## SATURDAY

**7** Listen to a piece of music without doing anything else

**14** Enjoy doing any chores or tasks more mindfully today

**21** Notice the joy to be found in the simple things of life

**28** Bring to mind all the people you love and care about

**"Mindfulness means being awake. It means knowing what you are doing" - Jon Kabat-Zinn**



**ACTION FOR HAPPINESS**



[www.actionforhappiness.org](http://www.actionforhappiness.org)

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: [www.actionforhappiness.org/10-keys](http://www.actionforhappiness.org/10-keys)



Omegle is a website that pairs random strangers for live text or video chats. It first launched in 2009 and its slogan is "Talk to strangers!" There is an option for adult (18+) content and a section for people aged 13+ with parental permission. Anyone can use the site. Users simply go to [Omegle.com](http://Omegle.com) and then choose 'Text' or 'Video' chat and the page states how many users are currently online. Depending on the time of day this can be hundreds of thousands. Omegle markets itself as a great way to meet new friends however has been known to feature pornography and inappropriate content within chats, so it's important parents are aware of the risks associated with the site.



# What parents need to know about OMEGLE



## NO AGE VERIFICATION MEASURES

Omegle is completely free to use and allows users to communicate with others without the need to register, supply an email address or create a profile. This means users can remain anonymous and it's hard to trust who your children are talking to. Furthermore, there are no age verification measures and other than agreeing to the terms and conditions, your child can easily start online engagement with strangers and potentially access more adult themed content.



## RISK OF CYBERBULLYING

The anonymity of Omegle can increase the risk of cyberbullying on the site. Engaging in chat with strangers means that topics of conversation can lead almost anywhere including discussions about looks, body image or the sharing of other personal information. With the availability of video chat as well, this could lead to children being coerced or forced into carrying out activities online which could then be used against them.



## UNMODERATED CHAT

Omegle encourages video chat as much as it can, prompting users during their text chat to activate their web cam. Whilst text chat has a degree of moderation, the content in Omegle's video chat rooms is not moderated by administrators and, at any time of the day, there can be thousands of users online. This means that your child could easily come across illegal, unacceptable or inappropriate images or media. Omegle currently offers no function for reporting online abuse or inappropriate behaviour on its site and instead only offers advice to 'please be careful! It also advises to 'Use Omegle at your own peril. Disconnect if anyone makes you feel uncomfortable.'



## PRIVACY RISK VIA FACEBOOK

Omegle can be linked to a user's Facebook account to match their interests and likes with other users. This means that Omegle can access your child's basic Facebook information, and Facebook friends may potentially view Omegle activity. In addition, users can save the chat log and share the link without the other user's knowledge. It is not uncommon then for users to request being added to Snapchat, Instagram or WhatsApp for further interaction, moving the conversation into a more personal setting.



## RISK OF EXPLOITATION

Omegle chat picks another user at random and there is very little way of verifying who your child may be chatting to. This can lead to a number of risks including catfishing (users pretending to be of similar age), identity theft (users eliciting information to commit fraud) and sexual/psychological grooming (users coercing others to act in a way or do something they wouldn't normally do).



## ADULT THEMED CONTENT

Unfortunately, Omegle is infamous for its pornographic content and it is not uncommon for users to expose themselves or engage in sexual acts. If a user selects video chat, then the other user's webcam will automatically be switched on before the action to 'end chat' can be selected. There is also no 'preview' in smaller thumbnail windows. As video chat is so easy to access, it means that unintentionally viewing more mature, inappropriate or even illegal images can't always be avoided.



## Safety Tips For Parents



### DISCUSS RISKS WITH YOUR CHILD

It is important to speak to your child about the dangers of Omegle. Guiding and educating young children is far more useful than ignoring the possibility of Omegle being accessed. Explain to your child that Omegle is not completely anonymous and that other users will and do use Omegle to exploit others. Try to emphasise the risk of speaking to strangers and that engaging online is no different to engaging offline.



### PROTECT PERSONAL INFORMATION

Omegle does not provide advice about how to protect your personal information so it's important that children are aware of what they should and shouldn't share online and with whom. If they use Omegle, always advise against sharing any personal information such as their real name, age, phone number, address or any other personal identifiable information. This also includes details of their social media accounts or gaming IDs. You should also adjust your child's Facebook settings to control what information is shared with Omegle.



### REPORT CONCERNS

If your child comes across any inappropriate content or something which upsets them on Omegle, then it's important that they are able to discuss it with you and that you provide them with the support they need. If you think the content is illegal, then it must be reported to the police.



### DISCOURAGE VIDEO CHAT

Try to discourage your child from using video chat on Omegle. Not only is there no filters or moderation in place, but children may be coerced into sharing intimate images or videos of themselves, which is illegal if they are under 18 and may be used against them. Omegle text chat has a degree of moderation controlled by Omegle through software and several actual moderators. The software moderates, identifies and prevents certain words and sequences of words to try and prevent bullying and grooming however is still not a 100% failsafe.



### TRY OMEGLE YOURSELF

It's always an excellent idea to get a feel for the website or app your child is using so that you can see and understand the issues and risks for yourself. More importantly, it will also provide you with first-hand experience of the risks and dangers if/when you decide to speak to your child about Omegle and what they need to be aware of.



### USE PARENTAL CONTROLS

Omegle is a website chat service. Children can only access the text chat on their phone and would need access to a PC or laptop to engage in video chat. If you have genuine concerns over Omegle and don't wish your child to access the site, you can add [www.omegle.com](http://www.omegle.com) to the list of banned websites and URLs. However, it's important to remember that Omegle can still be used via a web browser on an iPad, tablet, smart TV or gaming device and similar controls would need to be implemented on each of these devices separately.



## Meet our expert

Jonathan Taylor is an online safety expert and former Covert Internet Investigator for the Metropolitan Police. He is a specialist in online grooming and exploitation and has worked extensively with both UK and international schools in delivering training and guidance around the latest online dangers, social media apps and platforms.



SOURCE: <http://www.omegle.com>

# LITTLE REMINDERS OF HOW TO

# BE KIND ONLINE

ONLINE ABUSE CAN HAVE A SEVERE IMPACT ON PEOPLE'S LIVES AND IS OFTEN TARGETED AT THE MOST VULNERABLE. CYBERBULLYING HAS BEEN SHOWN TO HAVE PSYCHOLOGICAL AND EMOTIONAL IMPACT. IN ORDER FOR US TO DEVELOP EMPATHY FOR OTHERS WE SOMETIMES NEED TO MOVE AWAY FROM FULFILLING OUR OWN NEEDS AND THINK ABOUT THE NEEDS OF OTHERS. THIS IS SOMETIMES MORE CHALLENGING ONLINE BECAUSE WE CANNOT SEE THE PERSON, CONNECT WITH HOW THEY FEEL NOR INTERACT FACE TO FACE.

THIS GUIDE WILL HELP YOU TO BE MORE CAREFUL ONLINE AND IS SUITABLE FOR ANY ENVIRONMENT I.E. GAMING, MESSAGING AND SOCIAL MEDIA. IT WILL HELP YOU TO UNDERSTAND THE IMPORTANCE OF SHOWING KINDNESS AND HOW TO DEVELOP EMPATHY ONLINE.

## TOP TIPS FOR EVERYBODY

## #WAKEUPWEDNESDAY

### UNDERSTAND WHAT 'EMPATHY' IS

**EMPATHY** IS THE SKILL OF RECOGNISING, UNDERSTANDING AND CARING ABOUT ANOTHER PERSON'S FEELINGS AND TAKING ACTION TO HELP. THIS IS TRICKIER ONLINE BECAUSE RECOGNISING AND IMAGINING HOW ANOTHER PERSON FEELS IS HARD WHEN WE ARE NOT WITH THEM FACE TO FACE. WHEN WE TRY AND UNDERSTAND HOW SOMEONE FEELS THROUGH WORDS ALONE, IT CAN LEAD TO CONFUSION OR A MISUNDERSTANDING.



### FEEL, SEE AND UNDERSTAND

IF WE IMAGINE OURSELVES IN THE SITUATION OF ANOTHER PERSON, WE TAKE ANOTHER STEP DOWN THE PATH OF EMPATHY. IT DOESN'T MEAN AGREEING WITH THE OTHER PERSON, BUT IT MEANS **UNDERSTANDING** HOW THEY FEEL. IF YOU FEEL YOURSELF BECOMING DETACHED AND UNCARING PERHAPS DEVELOP A MENTAL PICTURE OF THEM, SO YOU CAN IMAGINE THEM AS REAL PERSON AND NOT JUST A BUNCH OF WORDS. IF YOU KNOW THE PERSON, CONSIDER A VIDEO CHAT OR VIDEO CALL.

### # DEVELOP SELF EMPATHY

ALTHOUGH WE TEND TO SHOW THE BEST OF OUR LIVES THROUGH SOCIAL MEDIA, THE REALITY IS WE ARE NOT ALL PERFECT. HAVING **EMPATHY** FOR OTHERS MEANS WE NEED TO ALSO HAVE SELF EMPATHY. IF WE UNDERSTAND THAT WE ARE NOT ALL PERFECT, INCLUDING OURSELVES, WE CAN FIND KINDNESS.



### ★ OFFER HELP ★

ACCORDING TO DR DAN SEIGEL, A CLINICAL PROFESSOR OF PSYCHIATRY, BEING KIND IS REALLY ABOUT RESPECTING EACH OTHER'S VULNERABILITY AND WANTING TO HELP. SO, WHEN SOMEONE IS SHARING THAT THEY ARE STRUGGLING OR FINDING LIFE HARD, OFFER HELP, EVEN IF THE HELP IS A **LISTENING** EAR OR SAYING, 'I CAN UNDERSTAND YOU WOULD FEEL THAT WAY, I'M HERE FOR YOU'.



### TRY TO ADD VALUE

CONSIDER, BEFORE YOU COMMENT ON A POST OR IMAGE, HOW CAN I HELP THIS PERSON TO LOWER THEIR SADNESS? HOW CAN I ADD SOMETHING TO **IMPROVE** THEIR DISTRESS AND HAPPINESS? SHOWING OTHER PEOPLE'S PAIN AS ENTERTAINMENT AS A WAY TO GET NOTICED OR MORE LIKES DOES NOT ADD VALUE.



### BE RESPONSIBLE

THINK TWICE BEFORE YOU ACT. CONSIDER, ARE YOU ACTING ON ANGER, FRUSTRATION OR IN A MOMENT OF JUDGING A SITUATION WITHOUT KNOWING THE **TRUTH**? ONLINE, IT IS EASY NOT TO HAVE ALL THE FACTS AND REACT TO A SITUATION WHICH IS BEING PORTRAYED.



### UNDERSTAND THE IMPACT OF YOUR ACTIONS WORDS

COMMENTING ONLINE SOMETIMES MEANS THAT WE DON'T ACTUALLY 'SEE' THE IMPACT OF OUR COMMENTS AND WORDS. THIS MEANS IT CAN BE **EASIER** TO DETACH FROM THE CONSEQUENCES OF OUR ACTIONS. UNKIND COMMENTS DO HAVE CONSEQUENCES AND CAN ADD TO SOMEONE'S DISTRESS AND FEELING ABOUT THEMSELVES.

### DISASSOCIATE FROM PACK MENTALITY

ONLINE, IT IS EASY TO GET CAUGHT UP WITH POSTING **NEGATIVE** COMMENTS BECAUSE EVERYONE ELSE SEEMS TO BE. GET COMFORTABLE WITH STANDING OUT, AND NOT GETTING CAUGHT UP POSTING NEGATIVELY BECAUSE EVERYONE ELSE IS. EVEN IF THIS MEANS STANDING ALONE AND REMINDING OTHER PEOPLE THAT THEIR BEHAVIOUR IS UNKIND, YOUR COURAGE COULD SAVE A LIFE.

# #BEKIND



National Online Safety®

#WAKEUPWEDNESDAY

### MEET OUR EXPERT

THIS GUIDE HAS BEEN WRITTEN BY ANNA BATEMAN. ANNA IS PASSIONATE ABOUT PLACING PREVENTION AT THE HEART OF EVERY SCHOOL INTEGRATING MENTAL WELLBEING WITHIN THE CURRICULUM, SCHOOL CULTURE AND SYSTEMS. SHE IS ALSO A MEMBER OF THE ADVISORY GROUP FOR THE DEPARTMENT FOR EDUCATION, ADVISING THEM ON THEIR MENTAL HEALTH GREEN PAPER.



For further info, check out these online resources too ↴

<https://www.themix.org.uk/>

<https://youngminds.org.uk/>

<https://www.mind.org.uk/>



## Family Lives Helpline

Free\* confidential helpline for advice, information and support on any aspect of parenting and family life.

**0808 800 2222**

Mon-Fri 9am-9pm Sat-Sun 10am-3pm

Through life's ups and downs, we're with you, all the way

[www.familylives.org.uk](http://www.familylives.org.uk)

[askus@familylives.org.uk](mailto:askus@familylives.org.uk)

15-17 The Broadway, Hatfield, Hertfordshire, AL9 5HZ

\* From landlines and most mobile networks.

**Do you like helping and talking to people?  
Do you have a few hours a week to spare?  
Thinking about volunteering?**

Our volunteers are a lifeline to many families going through a difficult time. Become a Helpline Volunteer and enjoy the experience of helping others as well as improving your own wellbeing. If you are good at listening and can spare a few hours a week, we want to hear from you. Full training is provided, you can volunteer from home if you have a PC and good internet connection or at our local branch based in Old Hatfield in Herts.

Email us at [suebe@familylives.org.uk](mailto:suebe@familylives.org.uk) for more information.

Visit us at [www.familylives.org.uk](http://www.familylives.org.uk).

# Wheathampstead Community Library

## ATTENTION! HOMEWORK CLUB



Wheathampstead Community Library are offering the following *FREE* support service to senior students, particularly useful for those currently studying GCSE/A level Maths and Science

- Small group sessions
- A quiet venue where you can focus
- Professional support (DBS checked)
- Individual attention, as required
- Problem solving
- Homework back up across subjects
- Venue: Wheathampstead Library, Marford Road
- Date and Time: Fridays 17.00 – 18.00
- Please feel free to just 'turn up' or for further information call 07973 127130

# QUIZ NIGHT

Friday 20th March 2020

Roundwood Park School Canteen

7:30pm - 9:30pm

Group sizes are up to 8-10 – please do not worry if there are only a couple of you, we can combine groups to make a team on the night.

Tickets are £10pp, which includes your first drink, alongside table treats.

This quiz night is a fundraiser for World Challenge. World Challenge involves raising over £4,000 for a month away. Within this month, students will help out in community projects, while completing activities that will take them out of their comfort zone.

Please email [v.tattersall@roundwoodpark.co.uk](mailto:v.tattersall@roundwoodpark.co.uk) for any queries or more information, as well as booking info!



Fundraising for World Challenge  
2020.

Cate Tattersall



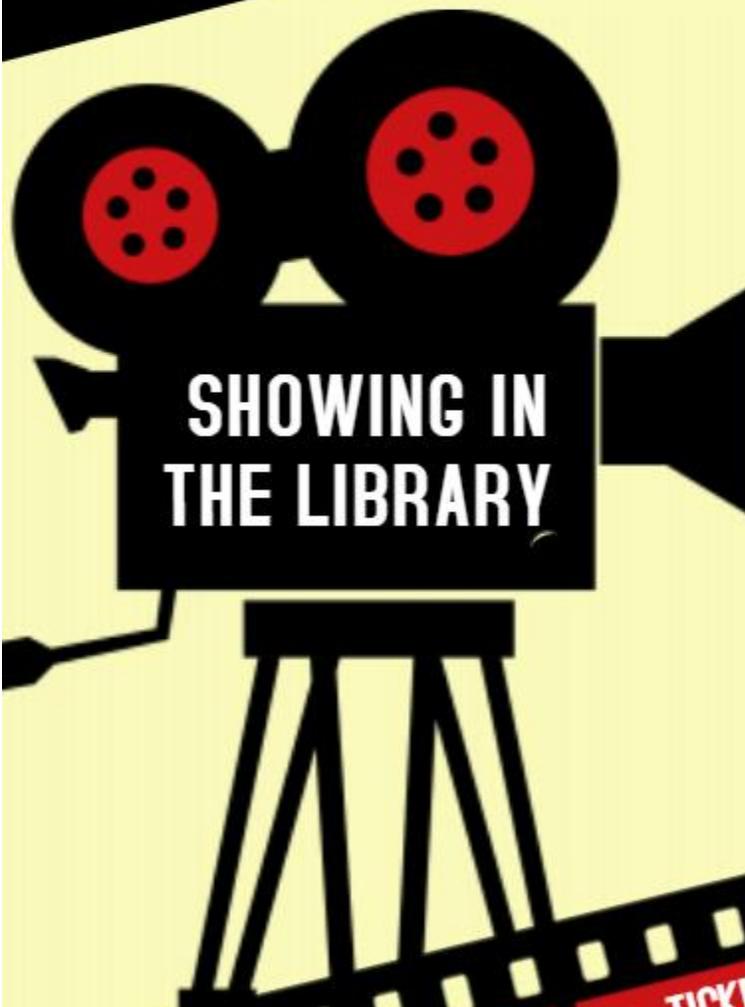
**FREE!**

RPS COMPUTER SCIENCE AND LIBRARY PRESENT

# **SUPER-CINEMA**

**WED 26**

**MARCH**



**TICKETS  
AVAILABLE  
FROM THE  
LIBRARY DESK**

**3.30 -  
5.10 PM**



## Fundraiser for Lee Hale.

A fundraising event has been organised to help support Lee and his Family due to the Motorbike collision Lee was involved in on Holywell Hill, St.Albans on Friday 10<sup>th</sup> January 2020, Where Lee sustained life changing injuries.

**The fundraiser will be held on Saturday 18<sup>th</sup> April 2020 at**

**New Greens Club, St Albans AL3 6DL starting at 11AM until closing.**

The money raised will help support East Anglian Air Ambulance who attended the scene aswell as supporting the family with living costs whilst Lee's Mother stay's at his Hospital bedside.

**Activities on the day will include:**

Children's Disco & Evening Rock & Roll

Face Painting

Raffle / Tombola

Cake Sale

Burgers/ Hot Dogs

Tea & Coffee / Evening Bar



# WALK

## Welwyn

with  
Herts Young Homeless

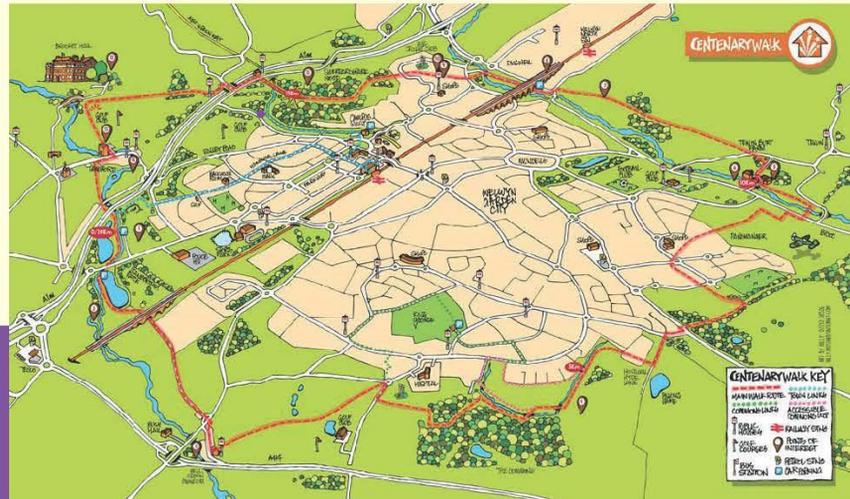
**20.20km**  
(or short route  
10.5km)

**Sunday 19th April 2020**  
From Stanborough Lakes, Welwyn Garden City

To celebrate 100 years of Welwyn Garden City this year, we've have partnered up with the Welwyn Hatfield Rotary Club for a sponsored walk around the new centenary walk route.

Herts Young Homeless have been working in the Welwyn area for over 20 years now and just last year, we took 123 referrals for homeless young people in the Welwyn/Hatfield district.

This stunning route takes you through the green fields and countryside of the garden city including The Commons Nature Reserve, the site of the Panshanger Aerodrome, Tewin Bury, Sherrardspark Woods, Brocket Hall and Lemsford.



Sponsorship Target: **£50**

Registration Fee:  
**Free for hyh walkers**

## Why walk for hyh?

-  All welcome including dogs, kids and runners
-  Enter as an individual or a group
-  Get your own hyh branded top
-  The money you raise will help young people in Hertfordshire who are homeless or at risk of becoming so.

**REGISTER NOW: [hyh.org.uk/walk-welwyn](http://hyh.org.uk/walk-welwyn)**



Herts Young Homeless Group is a charity (no. 1069498) and company limited by guarantee (no. 3525558). Registered in England and Wales.  
Registered office: Gracemead House, 1st Floor, Woods Avenue, Hatfield, Herts, AL10 8HX  
Walk organisers: Rotary Clubs of Welwyn Garden City and Hatfield Registered charity numbers 1035671 and 1030942