# Year 10 Parent Liaison Group Meeting- Thursday 7th March (6pm-7pm)

- On the agenda tonight:

- 1- Welcomes and introductions- Mrs Burgess, Head of Year

- 2- Work Experience- Mrs Lawson- Career Guidance and Development Lead

- 3- E-Safety- Dr Smith- E-Safety Lead

- Q&As

# Second hand uniform sale!

- **Monday 25th March 5 -6.30pm** in the Performance Hall

# Year 10 Work Experience
## 1st-12th July 2024

# Parent & Carer update
## Thursday, 7th March 2024

**COMBERTON**
**VILLAGECOLLEGE**

# 2. Progress so far….

268!

- **Great progress so far, <u>thank you</u> for all your help!**

- **268** year 10 pupils have found work experience placements and completed their online forms.  Postcards home have been issued to pupils who met the deadline.

# Congratulations to 10E- the highest performing tutor group for work experience forms in year 10!

# Next steps from careers department- short term

- **From March**: Online employer forms sent to confirm details.  Additional risk assessments for employers with less than 4 employees.

- Continue to help pupils still looking for work experience, using the padlet to aid help.

CVC - Year 10 Work Experience (padlet.com)

# Next steps-all- June 2024

- **By June:** The careers department will send each year 10 pupil, parent and carer a confirmation of placement info once employer has confirmed all details, plus link to online form for work experience report.

- **Year 10 pupils** to get in contact with work experience employers a few weeks before work experience via email.

- **27th June** – Preparing for work experience assembly for year 10 pupils.

# Preparing for work experience year 10 pupil assembly- 27th June

## Reminders for year 10 pupils of the pupil agreement:

Year 10 **pupil** agreement

"I agree to take part in work experience and follow all the agreed health and safety rules and risk management/security regulations.

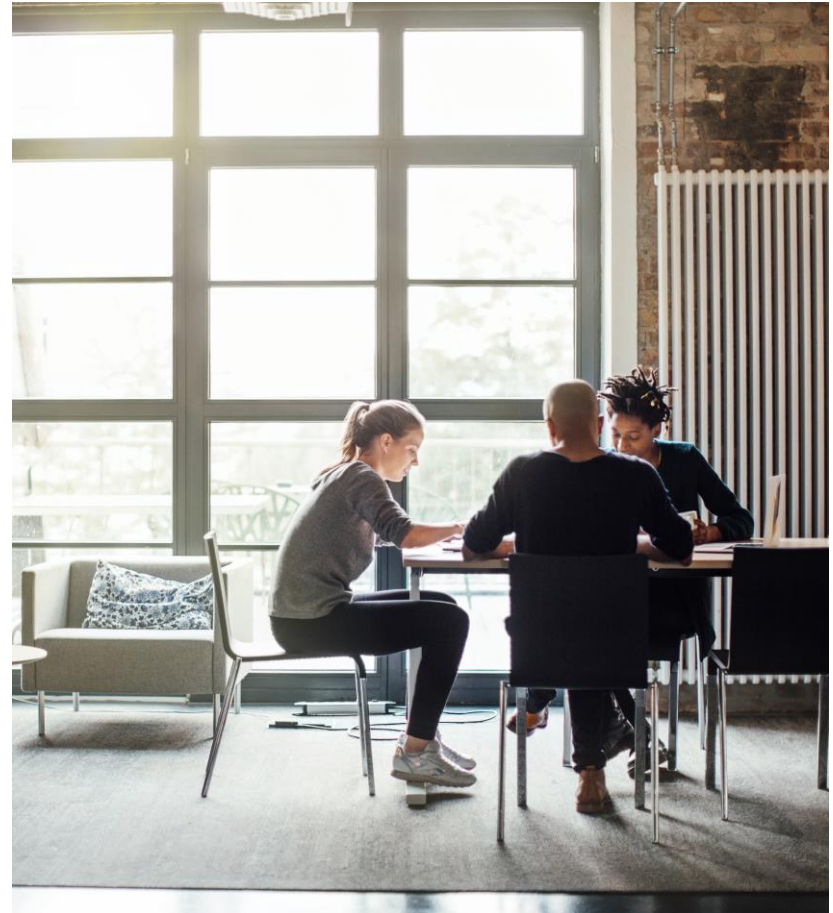I understand that I am representing the school and promise to abide by the professional expectations of the employer."

# Preparing for work experience assembly- 27th June

✓ Have you emailed your work experience placement to confirm final arrangements?

✓ Planning your journey & being on time.

✓ Dress code.

✓ Phone etiquette.

✓ Lunch arrangements.

✓ Planning what to take.

✓ Work experience reports.

# Work experience checks

Each pupil will receive either an in person visit or a Teams call carried out by a member of CVC staff.

# During work experience- Parents and Carers

If your child is unable to attend work experience due to illness, please inform the **work experience employer** <u>and</u> **CVC**

**Please email: com-attendance@combertonvc.org**

**& flawson@combertonvc.org npinder@combertonvc.org**

**mburgess@combertonvc.org**

**Please contact us if there are any problems during work experience.**

# Work experience reporting

An online form will be sent to each year 10 pupil. Pupils will be asked to write a reflection on their work experience & thoughts on post 16 plans and attach this to the online form. **Deadline: Mon, 15th July.**

An online form will be sent to each work experience employer asking for feedback.

# Celebrating success- after work experience

Pupils will be asked to email their work experience employer to thank them.

Employer feedback shared with tutors and Head of Year to celebrate success- the careers department will link this to postcards home.

# Any questions?

Fay Lawson, Career Guidance & Development Lead
flawson@combertonvc.org

Nikki Pinder, Careers Administrator
npinder@combertonvc.org

# E-Safety

susmith@combertonvc.org

# Digital Presence and Communication skills

- Has your child checked what they have posted is suitable for the world of work?

- Now is a good time to get your child to search through their posts and delete ones which are deemed unprofessional

- Are they aware that any image of themselves posted online can be copied and edited?



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# Keeping children safe online

**What we do:**

- Smoothwall monitors all typing on iPads and school computers

- Support students' wellbeing for those who have been victims of cyberbullying outside of school

- Educate students in ways to keep safe online and what to do when it goes wrong.

- Advise parents in how to report out of school incidents- either CEOPS (if related to Pornographic imagery) or 101 if related to cyberbullying

- Advertise services to help students online to remove unwanted imagery e.g Report Remove.

# Language used online picked up by Smoothwall in year 10

- Types of phrases  used by year 10 to discuss with your child

- User typed 'kill yourself' or KYS being used to end games or AI chats

- Use of racial slurs – often picked up from listening to music or from watching YouTube/TikTok

- Use of sexist language from looking at online content that is misogynistic- talk to them about Incel and what it means – you can find information here:

# Screen time and sleep

- Some students are gaming until late in the evening and starting up searches at 4am- where do they keep their iPads when they go to sleep?

- Students need sleep and to avoid blue light before bed.

- Blue light emitted from most modern devices will disturb your sleep by activating the release of the waking hormone cortisol.

- Best advice is to switch off all devices at least 30 mins before bed. If they really need to use them, then turn on the blue light filter on their phone or device.

- How to Filter Blue Light on Your iPhone – THL SLEEP

# Support sites for students and parents



**Online safety tips for parents of teenagers 14+ Year Olds**

internet matters.org

99% of 12-17-year-olds have their own mobile phone

98% use video-sharing platforms

92% have their own social media profiles

75% play games online

*Source: Ofcom Children and parents: media use and attitudes 2022 report

**Checklist:**

Internet-Matters-Age-Guide-14plus-Jan23.pdf (internetmatters.org)

# **Checklist**:

Keep talking, stay interested in what they are doing online and discuss what they might have come across.

Don't be afraid to tackle difficult subjects like cyberbullying, and sexting and pornography.

Help them to be critical of things they see online and judge the quality and reliability of online sources.

Acknowledge that this is difficult considering how content can be manipulated online to persuade even the most savvy people.

Talk together about how to manage some of these challenges and why it is important.

# Remind them of online rules

• Make sure your child knows how to block abusive comments and report content that worries them.

• Teach them to respect others online and think about comments before they post them and discuss how easily comments made online can be misinterpreted.

• Don't arrange to meet people in real life that they've only talked to online and remind them that some people may not be who they say they are.

• Advise them to use secure and legal sites to download music and games to avoid experiencing the risks associated with streaming content from unauthorised sites.

• Check attachments and pop-ups for viruses before they click or download anything.

• When using the internet for homework, make sure they use information appropriately and explain things in their own words rather than copying

# Information on parental controls and other e-safety matters

- E-safety - Comberton Village College (combertonvc.org)

- Email
- safeguarding@combertonvc.org

- **Our process**
- Students can report to any teacher in school

- Teachers then report to safeguarding and we follow up ASAP

- Follow up includes: Talks from PCSO, Referral for more support, Sessions with equality and diversity lead, Restorative justice,