



**Cardinal Wiseman  
Catholic School**  
Part of The Romero Catholic Academy



# Newsletter

**LEADERSHIP UPDATE**

**Newsletter Issue 95 3 April 2020**

Dear Parents and Carers

The last two weeks have been very different for all of us, and I hope that this finds you well. Many of our leaders have been making contact with students and their families in the first two weeks to ensure that your children are doing well and are settling into a new routine that is hopefully healthy, and as stress-free as possible.

This is a challenging time for the nation, not just schools, and mental health is just as important as physical health. With that in mind, in this special newsletter, there are numerous links to charities, helplines, and other useful websites to support your families in what may well be a difficult time with not being able to leave the home. We also have a letter to students from Ofqual regarding how grades will be awarded this summer. [If you have a child who is in Year 11, 12, or 13, please ensure that they read this, which is included in this newsletter here.](#)

On the homepage of the school website, there is a 'Help' button that can be used by parents and carers, or students, if there are questions and concerns for Safeguarding, Teaching and Learning, or Welfare, which includes Free School Meals, clothing, or other issues.

Our staff are providing work via Google Classrooms and for many subjects, a self-marking quiz for students to do that will show them what the answers should have been if they do not get 100%. We know that in some households, access to technology is limited, so we ask you to support your children in doing what they can reasonably do. We do not know when the lockdown will end, but when students return to school - and they will - we want them to remain as knowledgeable as possible so that they can continue where they left.

The government has advised that you can leave your home for an hour a day for exercise. Where this is possible, we would recommend this to maintain physical and mental health. I am sure many of you have joined in with Joe Wicks every morning at 9am on YouTube, but there is no substitute for fresh air and some headspace.

Please continue to stay in touch with us; we will help in whatever way we can.

Stay safe.

Mr Everett

## IMPORTANT INFORMATION

The link below will take you to the latest information on Coronavirus translated into 20 different languages:

<https://www.doctorsoftheworld.org.uk/coronavirus-information/>



024 7661 7231



admin@cardinalwiseman.coventry.sch.uk



www.cardinalwiseman.coventry.sch.uk

# *Lent in Isolation*

Lent in Isolation provides daily readings, a homily from a priest and an act of spiritual communion.

If you wish to subscribe to Lent in Isolation,

[please follow this link.](#)

[Please click here to read the Coventry  
Mental Health Service Information  
Booklet](#)

## Coventry Mental Health Service Information

for all providers and members of the public during the COVID-19 outbreak



# Free, safe and anonymous online counselling and support

**“I don’t think I could’ve spoken  
to someone face-to-face.”**



**Chat to our  
friendly counsellors**



**Read articles written  
by young people**



**Join live  
moderated forums**

**kooth**

[www.kooth.com](http://www.kooth.com)

# THE MOAT FAMILY HUB HERE TO HELP



This Family Hub is now closed, but we can still offer help

Call : 024 7697 8036



If you are concerned about the safety or welfare of children please call MASH on 024 7678 8555, the NSPCC on 02476 222456.

The Police can also be contacted on 101 (non emergency) and 999 (emergency).



Email : [themoatfamilyhub@coventry.gov.uk](mailto:themoatfamilyhub@coventry.gov.uk)



Find us on  
**facebook**

@themoatfamilyhub



For further information:

[www.coventry.gov.uk/familyhubs](http://www.coventry.gov.uk/familyhubs)

You can also request support for your child using the online Request for Help Form:

[www.coventry.gov.uk/applyearlyhelp](http://www.coventry.gov.uk/applyearlyhelp)



# ChatHealth Messaging Service

Text your school nurse or health visitor.

During these unsettling times, as a parent of a child aged between 0-19 years old, you may be worried about your child's health and wellbeing and be unsure about how to get the help you need.

Our school nurses and health visitors are still here to help - you can text them for confidential advice and support on a wide range of issues.

**Parent/carers of child(ren) aged 0-19 can send a text to: 07507329114**

We can help with all kinds of things like:

- Behaviour
- Continence
- Emotional health
- Self-harm
- Bullying
- Minor illnesses

Your ChatHealth messaging service is run by Coventry Family Health and Lifestyles Service and is available 08:30am-05:00pm.

We aim to reply to you within one working day and you should get an immediate bounce-back to confirm we received your text. Texts will not be seen outside of normal working hours. If you need help before you hear back from us, contact your GP, NHS 111 or dial 999 if it is an emergency.



# SAFEGUARDING

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.



TikTok is a video-sharing social media app available on iOS and Android which lets users create, share, and view user created videos much in a similar manner to Facebook, Instagram and Snapchat. It's main draw, however, is that users can record and upload bite-sized looping videos of themselves lip-syncing and dancing to popular music or soundbites, often for comedic effect, which can then be further enhanced with filters, emojis and stickers. TikTok has been designed with the young user in mind and has a very addictive appeal. At the beginning of 2019 it skyrocketed in popularity to become the iOS store's most downloaded app with over 33 million downloads. Estimates suggest that it now has anything between 500 million and over 1 billion monthly active users worldwide.



## What parents need to know about **TIKTOK**



### MATURE CONTENT

On the iOS store, TikTok is listed as 12+. On the Google Play Store it is rated as 'Parental guidance recommended'. When signing up for the app, it's possible to lie about your age without any form of verification. As children scroll through their feed, most of the videos they're likely to come across are lighthearted or funny takes on dance routines which are designed to make people laugh. However there has been a slew of videos which have been reported for featuring drug and alcohol abuse, self-harm and sexual content, including young teens dressing overtly sexually and behaving suggestively. Given the deluge of material uploaded to TikTok every day, it's impossible to moderate everything and it can be quite common to come across explicit content on the 'for you' feed when logging into the platform.



### INAPPROPRIATE MUSIC

TikTok revolves around creating music videos through lip-syncing and dancing. Inevitably, some of the music featured by users will contain explicit or suggestive lyrics. Given the undeniably young user base, there is a risk that children may look to imitate the explicit language they hear or the suggestive actions they see when viewing others user's videos on the app.



### TIKTOK FAME

TikTok is very image focused and there is a notable preoccupation with appearing cool and attractive. Many teenagers now attempt to go viral and become what's known in-app as 'TikTok famous'. TikTok (and its predecessor musical.ly) has spawned its own celebrities - social media stars Loren Gray and Jacob Sartorius have been catapulted to fame through their initial exposure on the app. Obviously, most budding influencers looking to become the next big thing will be disappointed, but this may have the knock-on effect of making them go to more and more drastic lengths to get noticed.



### ONLINE PREDATORS

As a social network, TikTok makes it easy to connect with other users. This includes the ability to comment on and react to other user's videos, follow their profile and download their content. Be aware that by default, any user can comment on your child's video if their account is set to public. Most interactions are harmless enough but as an app, TikTok is prone to predators because of the abundance of younger users.



### ADDICTIVE NATURE

Social media is designed to be addictive and TikTok is no different. It can be fun and hugely entertaining. However, it is also because of this that it can be hard to put down. In addition to the short, punchy nature of the looping video format, the app's ability to keep you guessing what will come on screen next makes it easy to turn a five-minute visit into 45-minute visit.



### IN-APP PURCHASES

Aside from the content, there's also the option to purchase in-app extras called 'TikTok coins'. Prices range from £0.99 for 100 coins to an eye-watering £93.99 for 10,000 coins. TikTok coins are used to purchase different emojis to reward content creators that a user finds funny or entertaining. In the iOS version of the app you can disable the option to buy TikTok coins but this sadly doesn't seem to be a feature in the Android version.



## Safety Tips For Parents



### TALK ABOUT ONLINE DANGERS

Assuming your child is above the age limit to use the app, make sure you also take the time to talk to them about what they are seeing on the app. Have a dialogue, get them to give you their opinion on what is appropriate and model the correct behaviour for them. Go over why they shouldn't give out private information or identifiable photos and be positive and understanding of them. In the long run, getting them to think critically about what they're seeing goes a long way to keeping them social media savvy.



### USE PRIVACY SETTINGS

Undoubtedly, the easiest way to safeguard your child on TikTok is to make sure their account is set to private. This means only those users your child approves can view, like, and follow their content. Setting the account to private may clash with your child's goal of social media superstardom, but it will keep their account secure from strangers. This setting can be enabled under the privacy and safety menu by pressing the ellipsis in the 'me' tab of the app. To be extra safe, there are additional controls available to toggle such as who can send comments and messages, among other options.



### ENABLE RESTRICTED MODE

In the digital wellbeing section there's the ability to turn on restricted mode using a PIN. Restricted mode filters out content that is not age appropriate although it should be noted that this isn't always 100% fool proof. When enabling restricted mode, parents should still be vigilant to what their child is watching and take note that the algorithm moderating content is not infallible.



### EXPLORE AND LEARN YOURSELF

Understanding and learning the app yourself is a great way to get to grips with TikTok. You could then even use the app with your child and watch some videos with them. If you are the parent of a teen, even if it does not make you popular, keep a close eye on what they're viewing and sharing. That said, it's a brilliant chance to turn it into a bonding opportunity with your child also. You could even unleash your inner performer and make videos with them while (more importantly) keeping them safe online.



### LEARN HOW TO REPORT AND BLOCK INAPPROPRIATE CONTENT

With the proper privacy settings in place, TikTok can be a safe space for your child to express themselves. However, just in case something does manage to slip through, make sure your child knows how to recognise and report content that isn't appropriate and get them to come to you about what they have seen. TikTok allows users to report offenders and comments within the app. You can also block individual users by going on their profile.



### MODERATE SCREEN TIME

As entertaining as TikTok is, you can help your child moderate their time on the app by making use of the digital wellbeing section. Under the screen time management option, you can limit the daily allotted time allowed on the app in increments ranging from 40 to 120 minutes. You can also lock this preference behind a PIN number which has to be inputted in order to then exceed the daily time limit. This way your child can get their daily dose of memes without wasting away the day.



### Meet our expert

Pete Badh is a writer with over 10+ years in research and analysis. Working within a specialist area for West Yorkshire Police, Pete has contributed work which has been pivotal in successfully winning high profile cases in court as well as writing as a subject matter expert for industry handbooks.



### \*NEW FOR 2020\* FAMILY SAFETY MODE

TikTok Family Safety Mode allows parents to link their own TikTok account to their child's. It's a great way to oversee your child's digital wellbeing by giving you direct control over their safety settings and being able to remotely turn features on and off. This includes managing screen time, the ability to send and receive direct messages (and with whom) and the ability to restrict the appearance of content that might not be age appropriate.



SOURCES: [www.tiktok.com](http://www.tiktok.com)

[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) Twitter - @natonlinesafety Facebook - /NationalOnlineSafety Instagram - @NationalOnlineSafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 20.02.2020



# SAFEGUARDING

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.



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 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>

[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) Twitter - @natonlinesafety Facebook - /NationalOnlineSafety Instagram - @nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 11.03.2020

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

## How to clean DEVICES

Our electronic devices can be a breeding ground for germs and bacteria. Many viruses, including coronavirus, can stick around for several hours or even days after being touched by or otherwise coming into contact with an infected person. With that knowledge, keeping them clean can be as important as keeping ourselves protected in order to avoid becoming ill and maintaining a high level of hygiene and cleanliness. We have therefore created this guide to help you clean your devices effectively.

### Always

Use wrung out alcohol wipes. Apple state that using a 70% isopropyl alcohol wipe or disinfectant wipe is ideal for the outside of a handset. To be on the extra safe side, power down the device before cleaning it. If you use a screen protector or protective case, you can clean these gently with warm water and soap. Just make sure you remove them from the phone first. While you CAN use general disinfectant spray, make sure it's sprayed onto a clean, soft cloth first, and not applied directly to the device. It will need to say something along the lines of 'kill 99.9% of bacteria' on it to be effective.

Turn the laptop all the way off before starting any kind of cleaning and always unplug it from the mains. If you can remove the battery of the device, do so. Wipe the screen with a dry microfibre cloth, then thoroughly wring out an alcohol wipe and repeat before returning with a dry cloth. The rest of the laptop can be cleaned with an alcohol wipe, much like a mobile phone, but be careful to wring it out to avoid unnecessary liquid dripping into the inner circuits. Be sure to clean thoroughly on and around the keys and any other buttons, but not between any open cracks.

Remove any batteries the controller might use (Xbox controllers sometimes have batteries in the back). Use alcohol wipes and be sure to get into the crevices around the sides as well as all the buttons on a video game controller, then dry it immediately with a microfibre cloth. On a console, pay specific attention to things like the power buttons and disc/cartridge eject buttons if there are any. If you have a vacuum cleaner with an appropriate attachment, use this to remove things like dust or food prior to using an alcohol wipe. A microfibre cloth will also do the job but make sure it's clean and dry before you use it.

Use alcohol wipes like with laptops and keyboards. Make sure they're unplugged and leave them to dry a little after using disinfectant wipes. If you have a Hoover with the right attachments, be sure to give it a once over first to remove food and debris. Compressed air is also great for keyboards. Use short, sharp bursts and aim to push dust towards somewhere you can Hoover it easily. Lightly dampen a cotton swab with rubbing alcohol and be sure to get between the keys as much as possible. Things like mice, headphones and microphones also need to be disinfected with wipes. If your keyboard is wireless, remove the batteries before you clean it. Don't let any moisture leak inside the keyboard and dry them with a clean microfibre cloth.

### Never

Don't submerge the device in bleach or soapy water. Similarly, do not clean the device whilst it's charging or otherwise plugged into another device. Using alcohol wipes on things like leather cases or other fabric and material should also be avoided as it could damage them. Don't clean phone cases with in-built batteries or other electronics with soap and water. A big thing to remember is to not use straight rubbing alcohol. It can damage the oleophobic and hydrophobic coatings that keep oil and water from damaging the display and ports. Finally, don't use regular household surface cleaners (non-disinfectant ones) on phones and tablets - they are too abrasive and may damage them irreversibly.

As with mobiles, avoid using water to clean the more delicate parts of your laptop such as keys and ports. While some of the more modern phones can be waterproof, laptops aren't and it will almost certainly cause damage and irreparable.

Do not use soapy water or bleach on the controllers and definitely not on the console itself. Make sure controllers are unplugged and inactive before cleaning them to avoid any problems with the electronics. Similarly, consoles should not be left on and need to be unplugged from the mains before being cleaned. Stay well away from the ports on consoles too, as any liquids could damage the interior.

Don't clean them with warm soapy water. The electronics in these are not designed to be waterproof like some modern mobile phones and tablets. Also, don't use too much rubbing alcohol on keyboards as they could remove the lettering on top of keys.

#### MOBILE PHONES & TABLETS

#### LAPTOPS & COMPUTERS

#### GAME CONTROLLERS (& CONSOLES)

#### KEYBOARD & MICE



## General Tips

1

Don't rub too hard. A gentle swabbing will be sufficient and excess cleaning could damage your devices. Wait a few minutes for the disinfectant to work, then wipe it clean.

2

How often you clean your electronics depends on a number of factors such as how much you come into contact with other people. Be sensible and practical.

3

Keep hands and faces as clean as possible. You'll have to wipe clean electronics less if you're nice and clean using them.

4

Remember, some germs are good and can help build a healthy immune system in children, but you can never be too careful with coronavirus.

5

Do not use regular kitchen sponges to clean devices - often they contain as many or more germs than our phones.

6

Consider using hands-free devices instead of pressing the phone to your face while making a phone call. If there's anything nasty on your phone, the last place you want it is near your face.

### Meet our expert

Mark Foster has worked in the gaming industry for 5 years as a writer, editor and presenter. He is the current gaming editor of two of the biggest gaming news sites in the world, UNILAD Gaming and GAMINGible. Starting gaming from a young age with his siblings, he has a passion for understanding how games and tech work, but more importantly, how to make them safe and fun.



Sources:  
<https://www.consumerreports.org/smartphones/how-to-sanitize-your-smartphone/>  
<https://waterandhealth.org/disinfect/cleaning-disinfecting-electronic-devices/>  
<https://www.merrymaids.com/cleaning-tips/quick-tips/how-to-clean-and-disinfect-electronic-devices/>  
<https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>  
<https://kotaku.com/how-to-clean-and-sanitize-your-gaming-gear-1849365692>  
<https://www.gamespot.com/articles/how-to-clean-your-phone-controllers-keyboards-and-1100-6474732/>

[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)

Twitter - @natonlinesafety

Facebook - /NationalOnlineSafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 18.03.2020



**The Romero Catholic Academy**  
Nurturing the Talent of Tomorrow

[www.romeromac.com](http://www.romeromac.com)

Cardinal Wiseman Catholic School  
Potters Green Road, Coventry, CV2 2AJ

t: 02476 617 231

e: [admin.cw@romeromac.com](mailto:admin.cw@romeromac.com)

w: [www.cardinalwiseman.coventry.sch.uk](http://www.cardinalwiseman.coventry.sch.uk)

Executive Principal: Mr T Leverage