# Nobel News

12 May 2023 Edition 11.13



### From the Headteacher

#### **Dear Parents and Carers**

The examination season is about to start. It is a key time for our Year 11 and 13 students who will be taking public examinations for the first time - Year 13's GCSEs were based on teacher grades. However, although some nerves are a good thing - as an indicator that the exams matter to the student - it is not helpful to be overly 'stressed' and I think, as parents, we can really help to alleviate anxiety by supporting a quiet environment to work, regular breaks, good sleep patterns and lots of encouragement. We will be providing revision lessons throughout the examination season. and hiahlv recommend that students attend these. Teachers will provide help and support during this time.

For teachers, especially those of us who have been teachers for a long time, this time of the year is both sad and joyous. Sad because another year passes – very quickly – and we all get older. Joyous, because we remember those little people who joined us only five years ago, and now see fully rounded young men and women moving on to the next phase of their lives.

Most will stay on at school and move into our outstanding sixth form, others with be following courses in college or starting an apprenticeship.

We are immensely proud of what our students have achieved over the last five years, they have faced many challenges, including a pandemic. They have worked hard, and we wish them every success over the next few weeks.

Let us hope that the ferocious thunderstorm on Tuesday evening marks the end of the dismal weather and a signal for sunny and warm weather as soon as possible. It would be nice to spend some time sitting in the garden and enjoying some company outside.

Kind regards

Martyn Henson

### **Duke of Edinburgh Bronze Award**

Congratulations to all the Year 10 Bronze students who have now completed the physical, skill and volunteering sections of their Bronze Award and are in the final stages of their expedition training before their Bronze Qualifying Expedition and, hopefully, their Silver Practice Expedition. The photos show the students on their Training Day which was based at Nobel on Friday morning and out exploring our local countryside towards Aston in the afternoon.

As a school, not only are we busy supporting all our current Year 10 Bronze, Year 11 Silver and Year 12 Gold students out on expedition, we are launching Bronze, Silver and Gold to current Year 9, 10 and 11 students for the next academic year. Applications are out now for their year groups so please do sign up as these are the trips you will remember for a lifetime. Now more than ever, universities, colleges and work places are looking at a student's extra-curricular activities and interests to see how active students are beyond their studies and, the internationally recognised, Duke of Edinburgh Award is a powerful way of showing that our students are striving to do their best.

The Duke of Edinburgh Award continues to grow at Nobel, if you think you have the skills to either support in navigation tasks or teach first aid, please do contact me as we'd love to hear from you.

Miss Lisa Steele

Duke of Edinburgh Co-ordinator













### A' Level Product Design Visit

On Thursday 27 April, students in years 12 and 13 travelled to the University of Hertfordshire and were given a talk and tour of the new development site by the Morgan Sindall construction company.

The Site Manager, Mr Flavin, provided information about the company portfolio, job roles and career opportunities within the group. His talk was relevant to the year 12 students who are about to start their coursework and year 13 who were, at that time, adding the finishing aspects to their NEA submission.

Mr Flavin emphasised the importance of client meetings throughout the various phases of a development and the significance of making sure that every member of the building team was aware of the changes. An important aspect of the A level is to record meeting discussions with the client and to annotate changes to the original plan using a working Gantt chart.

The students were given a guided tour of the construction site with Mr Flavin who described the various operations being carried out that day.

Health & Safety considerations were emphasized, which aligns with the A' level qualification requirements. It was a very useful experience and students were able to ask question of Mr Flavin before returning to school.



Mr Bob Lovelock Product Design Teacher











### Girls' Football Activators - Barclays Go Lead - an update

In the last edition of the newsletter, we introduced you to a new initiative that the PE Department were leading – the Girls Football Activators.

The Nobel School activators will follow the two leadership pathways: marketing and delivery. As a group of activators, they will be tasked with delivering extra-curricular opportunities for their peers and the local primary schools to experience and enjoy football.

In the most recent session, the students considered who their target audience was and how they could be engaged with girls' football. This included exploring the motivations for girls taking part and some of the barriers to participation. For example, some girls may be motivated to play football as it is a way to express themselves, socialise and achieve something. Whereas, some of the barriers to participation could include a lack of self-confidence and the fear of being judged. Through the programme, we are aiming to address these barriers to participation.

For the second part of the session, the activators began to develop their leadership skills. They were given a game card with an activity on which they needed to set up and lead to the rest of the group. Several parts of the session were considered, which included: space available, equipment and the people taking part. As well as delivering and participating in a range of activities, the activators considered how their game could be adapted. For their first experience of leading, the Nobel students did incredibly well.

Well done to the following students who have been selected for this opportunity:

Year 8: Sofia, Rachel, Chloe, Abigail, Sophie

Year 9: Elise, Sydney, Jessica

Year 10: Lily Mae, Rebecca, Lucie, Bethany

We look forward to updating you on the activities they choose to deliver within school and to the wider community to make a positive influence for girls through football.

Mr Regan Carolan
PE teacher









### **Girls' Cricket Leadership Day**

On Wednesday 10 May, twenty students from Years 8 and 9 took part in the Girls' Cricket Leadership Training. The opportunity was led by Hertfordshire Cricket and Chance to Shine, on-site at The Nobel School.

The aim of the day was to raise the profile of Girls' Cricket within the school and provide the opportunity for selected students to develop their leadership, communication and social skills. The students will use their new skills and knowledge to support with a range of girls' cricket opportunities at Nobel and within the local community.

To start the day, the students focused on building the skills of young leaders which included exploring the skills, qualities and behaviours of a good leader and how they are going to become inspirational role models. A key skill which the students learnt was behaviour management which will support them in leading cricket opportunities within school and in the local community. Having explored the different behaviours and skills, the students evaluated what they are confident with and what they wanted to develop.

The students moved on to searching the Chance to Shine website, which has a bank of fun and exciting cricket activities. Having looked into the STEP principle, showing the students how to adapt a session, they led their own 10-minute activity focusing on a core skill such as bowling or fielding. They were in charge of collecting their equipment, setting it up and explaining the instructions to their peers. All of the groups did fantastically well and

In the afternoon, the students learnt the rules to Dynamos Cricket, which is a competition format followed by primary schools. In order to show they had learnt everything they needed to know, the students participated in their very own game, taking it in turns to umpire, score and lead to their peers.

Now the students have successfully completed the training day, they will be expected to assist with the Girls' Cricket Club, which takes place every Wednesday lunchtime on the field. Students will also have the opportunity to attend local primary school events to assist with the Stevenage Sporting Futures Team Dynamos Cricket competitions in the second half of the summer term.

It was fantastic to see the girls so enthused by this opportunity. They fully engaged with the activities throughout the day and are passionate about growing girls' cricket.

Well done to the following students who have successfully completed the training day:

Year 8: Sofia, Keira-Leigh, Mackenzie, Claudia-Ann, Savana, Sebeal, Lucy, Aminata, Amelie, Maleah, Ava, Freya

Year 9: Freya, Lily-Rose, Olivia, Amy, Abigail, Eve, Amani, Neve

Mr Regan Carolan
PE teacher



led with confidence!





### PE Club Spotlight: KS4 Girls' Zumba & Fitsticks Club

Day: Friday

Time: Afterschool, 3:15 - 4:15pm

Location: Dance Studio
Club lead: Mr Carolan

After completing a Health-Related Fitness scheme of work in PE lessons, where KS4 girls explored different ways of keeping fit, students requested that an extracurricular club be led, following on from their PE lessons.

Zumba and Fitsticks combines exercise and choreography with infectious music to keep participants motivated. The club is a cardio-based session where the students work incredibly hard to follow the routines and keep in time with the music.



It has been fantastic to see so many students motivated to take part in physical activity and have fun with their friends.



Here are some of the student voice comments from those who attended or led the club:

"Since attending the club, I feel more motivated to exercise."

"I love that I am starting to learn the routines."

"The club has been a great way to de-stress from exams."

To sign up for a PE club, please visit the Arbor Parent Portal or email <a href="mailto:Regan.Carolan@nobel.herts.sch.uk">Regan.Carolan@nobel.herts.sch.uk</a>. If you have any further questions, please speak to the PE Department.

Mr Regan Carolan
PE teacher



### **MFL Celebrates Success**

On Wednesday 3 May, the MFL department were delighted to invite some of our incredible language learners of this half term, and their families, in for a celebration breakfast, with certificates, which were presented by Mr Kay.

We would like to congratulate each of the students nominated for their outstanding work and attitude to learning last half term. We look forward to celebrating the future successes of all our students.

Students Awarded:

#### **Spanish**

Sumaiya Khan (7C AMY)
Jeremy Garcia (7C MGS)
Charlotte Spooner (7E ARD)
Lilly Jones (7E BPX)
Paige McGlone (7C MGS)
Zsolt Dadau (9C AGT)
Matas Palubinskas (9C AGT)
Joseph Adu-Tutu (9E CWT)
Daniel Judd (9E TBT)
Tyler Reade (9E CWT)
Jessica Thomas (10E KHS)
Jenna Lewan (13 BLK)

#### **French**

Stejsi Alushi (7M JDT)
Isla Barnes (7M EHO)
Usman Abdulkareen (7T EES)
Ronnie Reed (7T KWY)
Jessica Hessing (7M JDT)
Lena Stutchlik (8T JKY)
Florence Wallbank (8T LLE)
Amilie Moran (8T LLE)
Ayesha Khokar (8T LLE)
Jessica Lapidge (8T LLE)
Elizabeth Fatuzzo (10T AHY)
Ioana Turlea (11E PPI)
Sunny LaPorte (12 BLO)

Mrs Michelle Perez-Lotcho
MFL Teacher

#### **German**

Oskaras Jakubonis (8C JSS)
Lina El Bouzakri El Idrissi (8C TDO)
Joseph Paraskevas (8C JSS)
Omodesire Dada (8C TDO)
Serena Smith (9T JBT)
Harry Mumford (9M JRN)
Olivia Frost (9M SPL)
Maia Sutherhill (9M JRN)
John Langdon (9M SPL)
Momina Balal (9T JBT)
Saba Balal (9T JBT)
Max Laws (11E PCN)
Megan Hawke (12 BLO)







- Compulsory for all students who would like to join the sixth form in September
- An opportunity for you to find out more about sixth form life
- Experience taster sessions for the subjects you are interested in studying in September

### GCSE Results Day – Thursday 24 August 2023



### How to support your child using GCSEPod (SSE)





GCSEPod is an award-winning expert in Subject Knowledge. We provide 3-5 minute bursts of audio-visual, teacher written learning which can help to reinforce and consolidate key GCSE topics covered in lessons.

Experts read and explain everything clearly including all the right facts, guotes, keywords, dates and diagrams on

#### Tips & Tricks

- . Watch online or offline! Ask your child to download some Pods to their mobile device, this way they are free expand their knowledge wherever they go.
- Create Playlists! Use the My Playlist area to create bespoke playlists on topics that they may find challenging. Having a personalised playlist means your child has fast access to Pods that will help to fill in knowledge gaps.
- Use Favourites! Challenge your child to a favourite 10 Pods on topics they find difficult/challenging. Watch
  the Pods together and use one of our other suggested learning techniques to help simplify what it is they're
- Memory Cards! Watch the Pods and then together write key facts, dates, diagrams and quotes. Then test their knowledge to see how much they remember.

Top Tip\* Turn it into a competition and reward your child for correctly answered questions. If you're stuck on what questions to ask your child then head over to our 'Quiz your Child' document.

 Support Homework! GCSEPod isn't just for revision, it's to help expand your child's subject knowledge. If your child is struggling with a piece of homework, you can search for the topic on GCSEPod and use the Pods as an additional resource.

#### Does your child know they have access to GCSEPod?

If your son or daughter have already activated their account, they simply need to log in with the username and password they've created

If they've not yet activated their GCSEPod account, simply follow these simple instructions

- Go to <u>www.gcsepod.com</u> Click *Login*

- Click New Here? Getting Started
  Ensure they've selected they are a Pupil
  Enter their personal details as requested
  Create a Username and Password









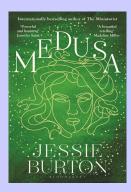


### NOBEL SCHOOL PARENTS, STAFF and COMMUNITY BOOK GROUP

The next meeting will be held in the Library, 6:30pm, on Tuesday 13 June 2023

The books to read are:





Read all or part of the books, and discuss them in a friendly informal group

Contact: Rosalind Essakhi:

01438 222600 or email:

library@nobel.herts.sch.uk

#### **VEX Robot Club**

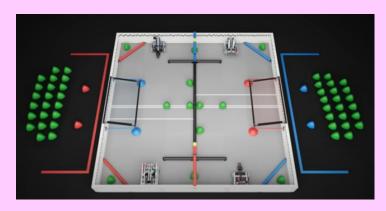
The staff and students would like to say a very big thank you to Ms Hamer, whose son regularly attends the robot club. Ms Hamer has donated £500 to enable us to purchase additional motors and components. The V5 kit comes as standard with four motors in each box, but the rules and regulations of the competition, allow for up to 8 motors per robot. We are extremely grateful for this kind gift.



This has been a challenging year for the robot club, with much fewer local and regional competitions being organised by schools.

In February we were lucky enough to be invited to the very impressive setting of Culford School, Bury St Edmunds. We took four teams, and the students were able to take part in the scrimmage against other robots from the Eastern Region. One of our teams made it through to the final round but were runners up to the winning alliance. Our 'robot' teams recently travelled to John Warner School to test their modifications made after the Culford School competition, and got the chance to develop their coding skills working alongside students from John Warner.

The 2023 – 2024 competition has just been launched – 'Over Under'



Over the coming weeks the students will be starting to design their robot for this year's competition. We are hoping to meet up at the end of June with John Warner School to try out the students' designs on the new games pitch seen above.

Please follow the link to watch the official launch and rules for the new competition.

https://www.youtube.com/watch?v=dvDqEI7qO34

Mr Bob Lovelock

**Technology Teacher** 

### **Table Tennis Schools National Championships**

On Saturday 22 April, Pablo Ramirez Rioja participated in the Table Tennis Schools' National Championships where he represented Hertfordshire and The Nobel school.

Pablo had a great tournament losing only very narrowly in what has been described as "an absolute cracker of a final" to finish second in the Under 13s category.

Thanks to his sterling performance Pablo has already been selected to represent England in upcoming events.

Well done, Pablo!



Pablo (centre) pictured receiving his award, with Claire Warner from Table Tennis England

### Former Nobelian's Global Career Journey

On Wednesday 26 April, our year 7 students were very lucky to have a former Nobelian, Steph Poon, in school to talk about her career to date. Steph who is a Community Manager & Content Creator, has more than 3 years' experience of working in leading Fast Moving Consumer Goods (FMCG) giants, such as Unilever and Nestle. Steph has managed projects and built and strengthened professional networks and relationships at a global level, which has led to business growth.

In 2017, following completion of her A levels, Steph secured a Level 3 Business Administration and Level 2 Functional IT Apprenticeship at Unilever. She had the opportunity to gain first-hand work experience, while working towards further qualifications, writing coursework based on her job role and responsibilities.

Steph worked in communications, under the Global Sustainable Business Markets and travelled to multiple countries to deliver and support the workshops she created. Steph's role involved creating newsletters, websites, and reports to name a few.

Then in 2019, Steph obtained a role at Raytheon UK, Digital Communications, an aerospace industry. Here Steph, created communications and projects across the UK business, specifically around sustainability, as well as an awareness-raising project focused on building partnerships with ex-soldiers and veterans' charities.

In 2021, Steph moved on to Ogilvy UK as a Global Account Co-ordinator for Nestle, where her responsibility was to grow the business and the community, maintaining connections with global senior country leaders and managed global projects, finance, digital communications and reports. Steph currently manages all the social media accounts for certain brands, creating posts and interacting with followers, building an authentic community between the audience and the brand.

Since her time in Sixth Form, Steph has found a passion for photography and her work has featured in a magazine journal as well as the Nike app, which links to her role as an influencer for fashion and sneakers, recognised by big brands like Nike, Footlocker, etc, leading to her involvement in projects and campaigns.



Both within and outside of work Steph is an advocate for diversity, equality & inclusion, focused on building a better, more equal future for everyone.

The students really responded well to Steph's inspiring presentation, which demonstrated to them the potential to achieve a global career if they have the right work ethic to succeed. They asked her some very interesting and challenging questions at the end of the presentation.

We really look forward to Steph returning to Nobel to talk to other age groups and thank her very much for giving up her time to share her career journey so far.

Thanks also to Barry Burningham, Nobel Network Co-ordinator, for his assistance in setting up these events from his network of alumni contacts, enhancing the experience that current Nobelians receive as part of their education.

If you used to attend Nobel and would like to get involved, please contact Barry via the link below:

E: nobelnetwork@nobel.herts.sch.uk

Register for Nobel network membership at:

https://tinyurl.com/Join-the-database

Mr Stephen Howells
Head of Enrichment

### **Tennis Opportunity - New Tennis Courts at Shephalbury Park**



The LTA have recently invested in rejuvenating the facilities at Shephalbury Park, which now boasts five tennis courts, which have all been resurfaced. More information can be found here: <a href="https://www.stevenage.gov.uk/news-and-events/news/local-park-tennis-courts-in-stevenage-set-for-renovation">https://www.stevenage.gov.uk/news-and-events/news/local-park-tennis-courts-in-stevenage-set-for-renovation</a> With that in mind, there are several opportunities for schools and children linked to this, which are outlined below:

#### Juniors and Adults Age 11+

ENJOY 6 WEEKS OF COACHING ALL FOR £48 - SESSIONS STARTING SOON!

Developed in partnership with the LTA, the programmes are designed to accelerate the learning and development of players of all ages. Whether you're just starting out or looking to take your skills to the next level, their complete after-school and weekend coaching schedule is perfect for players aged four and up.

Their coaching programme runs year-round so that you can enjoy consistent, high-quality coaching and player development throughout the year.



### Shephalbury Park Tennis Open Day Sunday 21 May 10am - 1:30pm!

Come along to the Shephalbury Park Tennis

Open Day where everyone is welcome to try the

best sport in the world!

All equipment will be provided and every taster

If you sign up for group coaching your sessions will begin on newly developed courts in the stunning Shephalbury Park! Come and meet the coaching team and give tennis a go!

Register for the open day here:

https://clubspark.lta.org.uk/ShephalburyPark/Events/Event/3dbe0a6f-0034-4196-b8ac-4c06f442052f



See you on court soon!

Mark Roskilly & Tom Rees

Coaching Team

All of the dates and times can be found at the following link and there are several to choose from (select youth courses using the filter): <a href="https://clubspark.lta.org.uk/ShephalburyPark/">https://clubspark.lta.org.uk/ShephalburyPark/</a>
Coaching/Junior

#### Open Day - Sunday 21 May 2023

Between 10:00am-3:00pm, come along to the Shephalbury Park Tennis Open Day where everyone is welcome to try the "best sport in the world!" All equipment will be provided and every taster session is 100% FREE!

Register for the open day here: <a href="https://clubspark.lta.org.uk/ShephalburyPark/Events/Event/3dbe0a6f-0034-4196-b8ac-4c06f442052f">https://clubspark.lta.org.uk/ShephalburyPark/Events/Event/3dbe0a6f-0034-4196-b8ac-4c06f442052f</a>

#### **Annual Pass**

You can pay and play for court hire or sign up for an Annual Pass and play all year round for just £45.00! Further information can be found at the following page: <a href="https://clubspark.lta.org.uk/ShephalburyPark">https://clubspark.lta.org.uk/ShephalburyPark</a>

If you have any questions on any of the above, please email: tony@nationaltennis.org.uk

### Summer Term PE Extra-Curricular Clubs List

Please see the PE Department Extra-Curricular Clubs list for this term.

Linked to our department vision, our aim with extra -curricular is to give students the opportunity to be active, socialise and have fun, whilst encouraging students to fulfil a lifelong, healthy, active lifestyle.

Many of the clubs will prepare our students for upcoming inter-school fixtures.

#### Extracurricular fixtures this half term:

- Years 7 to 10 Athletics
- Year 7 and 10 Boys Cricket
- Years 7 to 10 Rounders.

To sign up for a club, please visit the Arbor Parent Portal or email regan.carolan@nobel.herts.sch.uk. If you have any further questions, please speak to the PE Department.

Mr Regan Carolan
PE Teacher

NOBEL PE "To encourage maximum participation through an inclusive curriculum, inspiring students to fulfil a lifelong, healthy active lifestyle."  LUNCH CLUBS AFTERSCHOOL CLUBS			
4R	MONDAY	YEAR 7 TENNIS (MUGA) - LPY ALL YEARS BASKETBALL (MUGA) - CJS/PWR W W2	ALL YEARS CRICKET (ASTRO) - PWR/LPY/RCA/SHS/RSE ALL YEARS ROUNDERS (FIELD) - NCT/ECP/CJS/JSE
3	TUESDAY	YEAR 8 TENNIS (MUGA) - SHS W2 ALL YEARS BASKETBALL (MUGA) - RCA/ECP	ALL YEARS ATHLETICS (FIELD) - ALL STAFF
IRRIC	WEDNESDAY	YEAR 9 TENNIS (MUGA) - CJS ALL YEARS BASKETBALL (MUGA) - RCA ALL YEARS GIRLS CRICKET (FIELD) - NCT	SUMMER TERM 1 2023
₹ C	THURSDAY	YEAR 10 TENNIS (MUGA) - ECP  ALL YEARS BASKETBALL (MUGA) - NCT/RSE W W2  YEAR 7 GIRLS CONFIDENCE CLUB (GYM) - PWR	PE EXTRA-CURRICULAR FIXTURES - ALL STAFF
X		YEAR 9 EMPOWERING TEENAGE GIRLS FITNESS SESSION (ROOM 225) <u>INVITE ONLY</u> - RCA	ALL YEARS FRISBEE (ASTRO) - ARD
Ш	FRIDAY	ALL YEARS TENNIS (MUGA) - JSE <sub>W2</sub> ALL YEARS BASKETBALL (MUGA) - ECP/LPY&PWR	KS4 GIRLS ZUMBA AND FITSTICKS (DANCE STUDIO) - RCA

### **Traffic Congestion**

As the summer approaches, can we ask parents who have to drive their children to school to consider whether they could help reduce the congestion at the start and end of the school day by dropping off further away from school. If this isn't possible, please be considerate to our neighbours and avoid blocking access to drives and garages.

With over 2000 students and 200 staff arriving at Nobel and Lodge Farm Primary every morning, there will inevitably be heavy traffic in the area, but anything we can do to reduce this is appreciated.

### **Herts for Learning Maths Challenge**

Three Year 8 Nobel Mathematicians competed in the Herts for Learning Challenge this week. It was a tough competition, but the students put their problem solving brains to work and placed 12<sup>th</sup> out of 18 teams.

Well done to Atiqur Rahman, Foram Patel, and Lily Hopkins!

Miss Courtney Wright
Maths Teacher

### **Running Club**

Running club is on Friday after school. Meet at reception with your running kit on. New and old members welcome. It's a lovely way to relax at the end of the week, keep your fitness up and get faster, and it's even nicer now the sun is out.

Any questions please ask one of the running club leaders. Mrs Pearson, Miss Savo, Mr Mesher or Mr Bell.



### Nobel hosts a science session for Giles Primary School

On Wednesday 3 May, primary school students from Giles school came to Nobel to learn more about their current topic on inheritance. Alongside the help of some of our Year 12 students, they took part in a practical to extract the DNA of a kiwi.

This was a great way to help the younger students learn in a fun and exciting way and make them eager to learn more about science. We hope they all enjoyed their visit and hope they now share the same love of science that we do!

Natasha Urrehman - 12BLO



### **Dates for your Diary**

Monday 15 May: Public exams summer series commences for Years 11 and 13

Wednesday 17 May: Year 7 Parents' Consultations Evening

Monday 29 May - Friday 2 June: Half-term break

## Staying safe at Nobel

#### Loot boxes and skins betting

Loot boxes: a feature of online games where players pay to get unknown rewards, like items or modifications for their character. It's similar to gambling, because most of the time you don't know what you're going to get before you pay. One example is FIFA player packs, where you buy a 'pack' of players, but don't know who you're going to get when you make the purchase.

Skins betting: where people use 'skins' as betting currency ('skins' are extra items in online games that <u>e.g.</u> upgrade a weapon or character into a better one). You can earn real money if you win. People usually do this through specific websites that let you use skins to bet.

#### What's the problem?

- Some children say they end up chasing a win with loot boxes, like gamblers do
- Skins betting is a backdoor way for children to gamble underage
- Gambling can be addictive, like drugs or alcohol, with a severe impact on emotional health and wellbeing
- Teens have reported spending hundreds of pounds in a year on loot boxes, and losing skins worth thousands through gambling

#### Three steps you can take

1. Make sure your child knows the risks

Your child might not realise, they could lose hundreds or thousands of pounds. They might not understand the risk of addiction or that, in general, j('s illegal to gamble when you're under 18.

Explain that websites which guarantee wins or have offers that seem too good to be true are using these as a way to entice you in. Ultimately, behind these promotions is a business looking to make money.

Explain how loot boxes are also like gambling as you take a risk for the chance of a reward.

Tell them they should report skins gambling websites to the Gambling Commission: https://bit.ly/2JnBtm7

2. Set limits on in-game spending to control how much your child can spend

This will also help you stop them from spending a lot of money without realising it.

Please <u>note:</u> when following the instructions below, the exact steps you need to take may be a little different depending on the device and software version you're using.

On Xbox, go into your family settings and choose a child account. Select Privacy & online safety > Xbox privacy > View details & customise > Buy & download and then select 'On' in the 'Ask a parent' box.

To learn more about how to set up a family account with 'child' profiles for your children, see this page: https://bit.ly/2pnrPZI

On Android devices, open the Play Store and go to your profile by tapping the profile icon in the top right. Then, select Settings > Authentication > Require authentication for purchases > choose your preferred setting and follow the on-screen instructions.

On Apple devices, go into Settings > Screen Time > Content and Privacy Restrictions (enter your passcode if asked) > iTunes & App Store Purchases > In-app Purchases > set to 'Don't allow'.

#### On Play Station:

Go to Settings > Parental Controls/Family Management > Family Management

Select the user you want to set a spending limit for

Select 'Applications/Devices/Network Features' under the 'Parental Controls' section

Select 'Monthly Spending Limit' and press X

՝ You'll need to set up accounts for family members, with adult and child accounts, and make sure you and other adults have family manager or parent/guardian status. Read more about how to do this here: https://bit.ly/2Wk3Jer

#### 3. Know the signs of problematic activity

Look out for signs, like if your child:

- Is short of money or has unexplained sources of money
- Becomes secretive or starts lying
- Loses interest in school and other hobbies, as well as in their health and appearance
- Has mood swings if they're not able to access games or devices

Speak to our school if you're concerned about your child and seek support from organisations like BigDeal (https://www.bigdeal.org.uk) and the Gambling Commission.