



Sixth Sense

Which Week?

This Week: Monday 11th Dec (Week 1)

Next Week: Monday 18th Dec (Week 2)

THE UCAS EXPRESS



All Aboard!

For those Year 13s who are planning to apply to university next year for September 2024 entry, in order to get 'on-board' to be considered by universities in a competitive manner, I will need you to prioritise completing your online UCAS application, including your **personal details, education, exam results, university course choices and personal statement sections by the end of Friday this week** to be in a position to 'send' your application for me Miss King and myself to process your predicted grades and reference sections.

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Recommendation of the week (Psychology): BBC Podcast, All In The Mind

This week's recommendation is targeted towards our A Level Psychology students. I really enjoyed listening to last weeks episode, partially because it had a sporting link to it, but also because I always come away with fascinating

information, courtesy of the specialist who are invited on to the show. How can you resist last weeks hook line of "Rowing the Atlantic in the name of science, psychologists tackling poverty, and the scent of fear makes us more observant." to pull you in to want to learn more (and you will!). As ever, this is a long-standing BBC show with a massive range of episodes and something that would fit neatly into any study period or indeed, bus ride home!

Follow the link to explore the BBC podcast online or access via your podcast provider: <https://www.bbc.co.uk/programmes/m001t3fm>

Testing, Testing, 1, 2, 3!

Please find an overview of the upcoming series of formal examinations that are taking place in December, in addition to that of the very beginning of next academic year. In addition to this, all of you involved within these examinations will receive notification of your exam via a notification slip that contains all of the details. **I recommend taking a picture of this or add it in to your planner/device calendar.**

December	Exam Title	Time	Length of exam	Room
13/12/2023	YR13 Criminology Internal Assessment	9am	4 hours	IC - D016
14/12/2023	YR13 Criminology Internal Assessment	9am	4 hours	IC - D016
14/12/2023	YR12 Criminology Internal Assessment	9am	3 hours	IC - D016
15/12/2023	YR12 Criminology Internal Assessment	9am	5 hours	IC - D016
January	Exam Title	Time	Length of exam	Room
08/01/2024	Health and Social Care - Unit 4 exam prep under controlled conditions	9am-12pm	3 hours	A104
09/01/2024	Health and Social Care -Unit 4 exam prep under controlled conditions	9am-12pm	4 hours	A104
10/01/2024	BTEC Sport and Exercise Science - UNIT 3: APPLIED SPORT & EXERCISE PSYCHOLOGY	9am	3 hours	A112
10/01/2024	BTEC Health and Social Care - UNIT 4: ENQUIRIES INTO CURRENT RESEARCH IN H&SC	9am	3 hours	A112/D016
12/01/2024	BTEC Sport and Exercise Science - UNIT 13: NUTRITION FOR SPORT & EXERCISE PERFORMANCE	9am	3 hours	GYM
15/01/2024	BTEC Sport and Exercise Science - Unit 2: Functional Anatomy	9am	1hr 30 mins	GYM
17/01/2024	BTEC Sport and Exercise Science - UNIT 1: SPORT AND EXERCISE PHYSIOLOGY	9am	1hr 30 mins	GYM
18/01/2024	BTEC Health and Social Care - UNIT 3: ANATOMY & PHYSIOLOGY FOR H&SC	9am	1hr 30 mins	A112/D016

National Online Safety: Smart Watches



Wearable tech is increasingly big business. More than 170 million smartwatches were sold globally in 2022, for example, with Apple biting off the largest chunk of the market (26% - some distance ahead of Samsung, in second with 9%). That's partly because they have more than 21,000 apps available for their devices, allowing users to customise their smartwatch experience.

Both Apple and Samsung's products, lean towards the higher spec end of the market – usually with price tags to match. Sourcing a less expensive alternative, however, often also means inferior safety features to protect young wearers. On page 2, you'll find tips on a number of potential risks such as location tracking, causing distractions at school and the danger of theft.

Christmas Cracker Joke: What does Father Christmas clean his sleigh with? Santatizer!

10 top tips for safely using SMARTWATCHES

Kids love gadgets, and smartwatches – available to buy from as little as £20 online – make a tempting gift. As with any type of mobile technology, though, smartwatches can pose risks to children unless they're used safely. Receiving unwanted calls, cyber-stalking and distracting a young person when they're crossing the road are all known risks associated with smartwatches. However, these devices can bring plenty of benefits for children and parents alike – so let's examine the pros and cons of smartwatches.

AVOID CHEAP OPTIONS

A quick search online yields a torrent of cheap smartwatches for kids, costing as little as £20. It's wise to avoid this bargain basement tech: it tends to deliver a poor experience with inferior battery life, and it's hard to have faith in the software's safety. There have been cases of smartwatches being hacked to track or contact children; stick to known brands who have a reputation to protect.

CONTROL CALLING

Many smartwatches have the facility to make or take calls. As with a phone, you may want to restrict who your child can call – or be called by. On Apple Watches, you can select trusted contacts who are allowed to ring your child, while other watches' controls vary hugely. Some need to connect to a linked phone for calls, so you may be able to block unknown contacts via that device instead.

BEWARE HIDDEN COSTS

For a smartwatch to allow calls independently (that is, without being connected to a phone via Bluetooth), it will need its own mobile data plan. This might take the form of a tiny SIM card that you slot into the watch – or an eSIM, where the physical card is replaced by software settings. Either way, this will incur an additional monthly cost that you'll need to factor into any buying decision.

ENABLE FAMILY SHARING

Apple Watches aren't cheap, but they do offer superb safety features – allowing parents to control calls, messages and emails on the device, as well as a location tracking system that can send alerts if kids wander beyond pre-set boundaries. Their SOS function enables children to contact emergency services instantly if they're in trouble, which simultaneously also alerts parents and carers.

MAKE THEM COOL FOR SCHOOL

Some schools have banned smartwatches, as pupils have been using them as substitute phones. If your child's school does permit them, some devices can be set to prevent distractions in class. For example, Apple's Schooltime feature turns their watches into ordinary time-keeping devices during school hours. The display changes in this mode, showing teachers that it isn't being used for other purposes.

BE MINDFUL OF BEDTIME

Many smartwatches offer sleep tracking, which some (usually older) children use to justify wearing them to bed. However, that also presents a temptation to message friends or check social media late at night, even if their phone is downstairs. Unless there's a valid reason not to, you could encourage your child to remove the watch in the evenings and ensure the charger stays in a different room.

TRACK ITS LOCATION

Both Apple and Android devices have apps which allow you to track a smartwatch's location. They can also initiate an audio alert – avoiding those cushion-hurling panics when a treasured device can't be found at home. If you're planning to track your child's location via their watch, make them aware of that in advance. You could even make it a condition of them getting the watch in the first place.

THINK 'SAFETY FIRST'

Smartwatches are often worth hundreds of pounds, which can make young people wearing one a target for thieves. Advise your child to keep the watch hidden in public (when possible) and not to resist if muggers demand their watch. If you manage to track a stolen device, pass that information to the police: location data isn't always accurate, so you could end up wrongly accusing someone.

STORE MEDICAL INFO

Devices including the Samsung Galaxy Watch and Apple Watch can store the owner's medical details (such as their blood group and any pre-existing medical conditions), potentially giving emergency services access to vital information in a crisis. These devices also have 'hard fall' detection, which sends a text message to selected contacts along with a map showing the wearer's location.

USE THEM AS MOTIVATION

If you're worried your child's spending too much time slumped on the sofa staring at screens, smartwatches are great fitness trackers and can be a powerful incentive to get moving. Some devices will alert the wearer if they've been inactive for a long time and encourage them to do some exercise. Many watches record the user's daily step count and measure other health metrics.

Meet Our Expert

Barry Collins has been a technology journalist and editor for more than 20 years, working for titles such as the *Sunday Times*, *Which?*, *PC Pro* and *Computeractive*. He's appeared regularly as a technology pundit on television and radio, including on *BBC Newsnight*, *Radio 5 Live* and the *ITV News at Ten*. He has two children and writes regularly about internet safety issues.



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