



Sixth Sense

Which Week?

This Week: **Tuesday 9th Jan 2024 (Week 1)**

Next Week: Monday 15th Jan (Week 2)

January 2024 BTEC Tests

Please find a January overview for the upcoming series of BTEC external assessments, that begin for some as of Monday 8th January for our BTEC Health and Social Care students (please remember to sign-in at the Main Reception).

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

Bragging Rights!

December, 6th Form Quiz Ranking:

1. **Mr Bartlam's** Form: **Year 12** (Mean score = 18.08pts)
2. **Mrs John-Crosslin and Mr Hinsley's** Form: **Year 13** joint leaders (Mean score = 17pts)

Festive, Barry the Cactus 'Oscar' Award for December

Our 'Barry' for last month was awarded to our festive quiz maestro's, **Beau Brotheridge and Ellie Costello** who, regardless of the way the quiz results were organised, came out on top! Many congratulations to everyone taking part for doing so in such a enjoyable manner.

High praise also goes to Ben Jones' '*Mean Girls*' team for coming a close second.



Recommendation of the week (self improvement): Podcast; High Performance

This week's recommendation is a specific episode of the High Performance podcast. This popular podcast, led by broadcaster, Jake Humphrey seeks to capture the advice and strategies used by a diverse range of business leaders and elite sports people. In particular, this most recent episode features Ben Bergeron, a passionate sports trainer of multiple CrossFit champions as well as the author of the book, 'Chasing Excellence' having given up his successful job in finance to work with athletes.

In this episode he discusses the mindset that creates champions, and ultimately success and explains how small changes can create big results in manner that all of us can apply to our own contexts. The episode can be found via your favourite podcast provider or by following this link: <https://podcasts.apple.com/gb/podcast/the-high-performance-podcast/id1500444735?i=1000640198200>

Message for Year 12: GCSE Certificates from Year 11



Just a reminder that your GCSE and BTEC certificates from Year 11 (if you attended here) can be obtain by speaking to Mrs Gibbs in the Main Reception area who will issue you with an envelope containing your certificates and ask for you to sign a sheet to acknowledge receipt for these. Student who have studied elsewhere should be able to collect their respective certificates through contacting your old school. PLEASE LOOK AFTER YOUR CERTIFICATES AND STORE THEM CAREFULLY.

National Online Safety: Tips for Students with New Devices



As students/children, you are the first generation of people to grow up in a world where digital devices are the norm. Recent studies have found that: 88% of British 12-year-olds have a smartphone. Four out of ten 6-year-olds own a tablet. And almost two-thirds (64%) of children aged 8-11 use a games console. It's now rare to find a student/child who doesn't regularly use internet-enabled technology. Each new device means exciting new corners of the digital world to explore – and, unfortunately, new risks to be aware of.

On page 2, the National Online Safety team have put together top tips to help you to guide you to enjoying any new digital devices safely and responsibly. In the guide, you'll find tips such as how to turn location settings off, how to discourage device dependency and how to set up parental controls.

Online Safety Tips FOR CHILDREN WITH NEW DEVICES

The current generation are the first children to grow up in a world where digital devices are the norm. Recent studies have found that 88% of British 12-year-olds have a smartphone. Four out of ten 6-year-olds own a tablet. And almost two-thirds (64%) of children aged 8-11 use a games console. It's now rare to find a child who doesn't regularly use internet-enabled technology. Each new device means exciting new corners of the digital world to explore – and, unfortunately, new risks to be aware of.

We've put together our top tips to help you guide your children in enjoying new digital devices safely and responsibly.

1. ALWAYS SET A PASSWORD

If your child's new device has a password protection feature, use it! It'll help to keep their private information safe and will deny others access to their device without permission. Your children's passwords should be something memorable to them – but something which other people can't guess (it's also a good idea for parents to write it down in case it gets forgotten!).

2. SET UP PARENTAL CONTROLS

This really is an essential when your child gets a new device, so they're protected from the outset. Most phones, tablets and consoles allow you to customise their settings to determine which games your child can play, how they can communicate (and who with), what content they can access and so on. It will give you peace of mind that they can't unintentionally do something they shouldn't.

3. PAY ATTENTION TO AGE RATINGS

One of the first things children want to do with a new device is play games and explore apps. Before they download anything or install a new console game, check its age rating. Many popular games and apps have content that's not suitable for younger ages. The safest long-term solution is to adjust the device's settings so they can only download and use games and apps appropriate for their age.

4. KEEP NUMBERS AND DEVICES PRIVATE

Make sure your child understands that they should never share their phone number with someone they don't know or accept a friend request from them. They should also appreciate that it's a good idea to mainly keep their device out of sight, never lend it to a stranger, and never put it down somewhere that other people could steal it or take it to use without asking.

5. HAVE 'THE MONEY CONVERSATION'

Before your children start using their new device in earnest, talk to them about in-app purchases and other ways that money might be spent through their device. Once they understand, you might want to agree on a spending limit and reassure them that they can come to you if they're uncertain, or if they have made a purchase by accident.

6. DISCOURAGE DEVICE DEPENDENCY

Of course, children who've just got a new device will naturally want to spend as much time on it as possible. But whether they're zapping bad guys, watching videos or connecting with friends, it's easy for them to get attached very quickly. Gently remind them that having family time, going outdoors and getting some exercise are fun, too. And the device will still be there when they get back.

7. EXPLAIN SECURE WIFI NETWORKS

Your home WiFi is protected by a password that only your family knows, whereas public networks (like those in coffee shops, for example) can be accessed by anyone. It's important that your child grasps this difference because, if they're using a portable device on an unsecured network, then a hacker could access their personal information without them even knowing.

8. LIMIT SCREEN TIME

Using a device for too long, especially just before bed, can interfere with a child's sleep quality and reduce their concentration and overall enthusiasm. It might be helpful to agree on certain times of day when they don't use their device. Most devices' settings let you set a screen-time limit, helping your child to stay fresh and focused so they can perform well at school.

9. ONLY PAIR WITH KNOWN BLUETOOTH DEVICES

Your child may want to connect to another device via Bluetooth, so they can listen to music wirelessly or share pictures and videos with nearby friends. But if they use Bluetooth to link with a device that they don't know, they're at risk of a stranger being able to see their personal information or having someone transmit a virus onto their device.

10. TURN LOCATION SETTINGS OFF

It's safest to disable the device's location services (if it's a portable device) so your child doesn't inadvertently make other people aware of where they are. You can usually do this via the device's privacy control settings. Turning location settings off not only means your child's whereabouts can't be tracked by others, it also significantly extends battery life.

11. STAY AWARE OF THE SURROUNDINGS

It's common to see adults not looking where they're going while engrossed in their phone. Children are even more easily distracted. In some cases, young people have been hit by cars or cyclists because they were staring at their device and lost track of where they were. Remind your child that screens and walking don't mix. If they need to use their device, they should stop in a safe place first.

12. BE THERE IF THEY NEED TO TALK

Even when you've made a device as secure as you can, there's still a possibility of your child seeing something that bothers them, or someone they don't know attempting to contact them. If this happens, listen to their concerns, empathise and reassure them. Once they've explained what happened, you can decide if you should take further action like blocking or reporting another user.



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