

RANGE HIGH SCHOOL & SIXTH FORM NEWSLETTER

Issue 32 - December Term 2024











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T Belong with in computer science



"JUST BECAUSE SOCIETY SAYS
YOU CAN'T OR SHOULDN'T
PURSUE SOMETHING YOU
ENJOY DOESN'T MEAN YOU
SHOULD EVER LET OTHER
PEOPLE'S OPINIONS STOP YOU
FROM DOING IT!"

- RAPHAELA YEAR 11 COMPUTER SCIENCE STUDENT

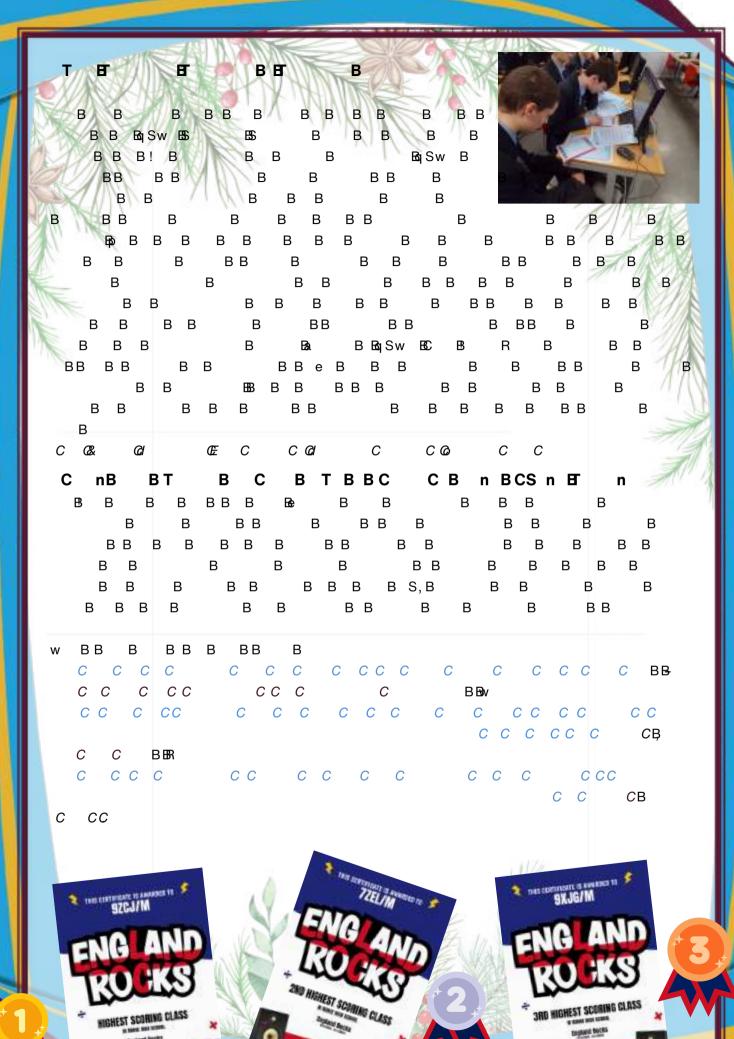




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PLAY IN ANY GAME TYPE! 1HR TIME LIMIT PER PERSON!



WINNING CLASS WILL HAVE THE HIGHEST NUMBER OF CORRECT ANSWERS PER STUDENT!



TIMES TABLES
ROCK STARS



10 Top Tips for Parents and Educators SAFETY OVER THE FESTIVE SEASON

challenges for children, families and educators. From busy holiday shopping, traveling and family gatherings to managing digital activity during school breaks, staying safe during this period requires heightened awareness. This guide offers practical tips to help families and educators maintain a more secure and fulfilling festive period.

MONITOR DIGITAL

Children spend more time online during school holidays, increasing exposure to potential dangers such as cybestualying, isappropriate content and online produtors. Balancing screen time, avoiding hormful waboitos and ensuring children engage positivaly online can be difficult without proper monitoring tools. Set clear con se cimical without proper moreoring soon, set clee boundaries, encouraged open discussions about anline safety and use parental controls to manage content exposure and screen time effectively. Regular check-ins and positive reinforcement around digital habits

PRACTICE FIRE SAFETY PROTOCOLS



the incidence of house fires increases during Christmas due to greater use of candies, cookers and electrical decorations. Open flames, electrical everloads and the challenging. Crows smake detectors are operational, keep fire extinguishers on hand and teach children ha to respond in case of a fire emergency. Avoid leaving cooking unattended and use fire-safe condex to

CREATE TRAVEL SAFETY PLANS

More lamilies tend to travel during the holidays, resulting in busier roads, increased traffic accidents and weather-related hazards, weather conditions, road rage, later and busy cirports can all compromise travel safety. Pack emergency lets and adhere to seathed haws. Han routes in advance and allow extra travel time to

BEWARE OF ALLERGIES

contain allergens. Cross contamination, uncolor to be ling and lack of allergy-friendly options can lead to severe reactions. Communicate ony allergy needs to hosts, provide safe food alternatives and corry necessary medications like antihintamines or tylens. Teaching children how to odvacate for themselves and recognise

PREVENT THE SPREAD OF ILLNESS



Meet Our Expert

mes Whelon is a chartered health and safety consultant with 10 years of experience in promoting family and community safety. Specialising in risk assessment and preventative strategies, he has worked with educational institutions, public health agencies and community groups to deliver safety education and training.





Festive discontiums such as Christmos lights and coodies can pose electrical, fire and choking hotorids if mishanded, frayed wine, tapping Christmas trees, small arraments and open flames can be difficult to control, especially in busy households with children, inspect and moistain depositions, secure Christmos trees, place bagile or small learns out of reach and ensure condies are never left unottended. Teating emisse arooms and using these proposal depositions on a sizeline for the deposition.

SET BOUNDARIES FOR GIFTS



ADDRESS STRESS



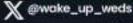
Holiday pressures can lead to burnout, which affects both physical and mental health. Overpacked schedules and a lock of downtime can cause stress and fatigue, leading to occidents or poor decision making, incorporate rest, maintain regular routines and seek support to reduce stress. Encourage activities that promote relevation to create a healthier, happier holday experience for

10 DRINK RESPONSIBLY

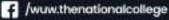
responsible adults, limit consumption and provide transportation alternatives for guests. Teaching moderation and modelling responsible behaviour in front

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Source: See full reference list on guide page at: https://nationalcollege.com/guides/satety-over-the-feative-













What Parents & Educators Need to Know about

SNAP STREAK



GERESTRICTION

DAYS

WHAT ARE THE RISKS

Snapchat is a messaging app which allows users to send images, videos and texts to others. Its best-known feature is that anything sent 'disappears' 24 hours after it's been viewed; however, users are known to take screenshots or use another device to obtain a photo of their screen. In 2023, Snapchat added a chalbot function called 'My Al'.

ARTIFICIAL INTELLIGENCE

My Al is Snapchat's new chatbot, which replies to questions in a human-like manner. However, the software is still in its infancy and has significant drawbacks, such as biased, incorrect or misleading responses. There have already been numerous reports of young users turning to Al for medical help and diagnoses, which could be inaccurate and therefore potentially dangerous.

- 0 PREDATORS AND SCAMS

Predators can exploit Snapchat's disappearing messages by, for example, telling a user they have naked photos of them and will post them unless they're paid. Snopchat's own research found that 65% of teenagers had experienced this – on this app or others. This likely isn't helped by 'SnapMaps' -feature which highlights your exact position in real-time. This is meant to help friends keep track of each other, but could be used for more sinister.

MY EYES ONLY

Snapohat has a hidden photo you't called 'My tyes Only'. Teens can conceal sensitive photos ideas from parents and carers in this folder which is protected by a MN. You can check for this by clicking on the icon which looks like two playing cords This takes you to the 'Memories' folder which stores photos, stories and the My Eyes Only folder.

SCREEN TIME ADDICTION

Snapchat prioritises user engagement, with features like streeks (messaging the same person every day to build up a high score). The app also has sections called Discover and Spattight, which show tollored content to each user. However, this could also be seen as an attempt to hook users into watching videos endlessly. Furthermore, constant notifications can lure people into using the app.

INAPPROPRIATE CONTENT

Some content on Snapchat simply isn't suitable for children. The hashtags used to group content are determined by the paster, so even an innocent search term could still yield age—inappropriate results The app's 'disappearing messages' feature also makes it easy for young people to share explicit images on impulse – so sexting continues to be a risk associated with Snapchat.

ONLINE PRESSURES

Although many of Snapchat's litters are designed to entertain or amuse, the 'beautify' effects on photos can set unrealistic body image expectations creating feelings of inadequacy in younger users. Snapchat now also has 'priority' notifications (which still get displayed even if a device is in 'do not disturb' mode), increasing the pressure on users to log back in

Advice for Parents & Educators

UTILISE PARENTAL CONTROLS

napchat's 'Family Centre' lets you view the details of the child's account

BLOCK AND REPORT

FAMILIARISE YOURSELF

Before you allow a child to download Snapchat, download it yourself and familiarise yourself with the app. Snapchat has produced a parents' guide to the app to help you understand how it works and

ENCOURAGE OPEN DISCUSSIONS

nd how reliable they are. In sign up. If they're lured into aphasising its inherent risks. Furthermore, explain how popular

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and or cane summerchants an online super consulating east at a range researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



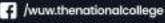


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rice: See full reference list on guide page at: https://nationalcollege.com/guides/snapchat-2021



@wake_up_weds





(O) @wake.up.wednesday



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is at our core, putting our community first





Scan to register your bike

Top Tips to Protect your Bike



Mark your Bike

Attend a free bike marking event advertised by Merseyside Police.

These are advertised on the Merseyside Police Website and Social Media channels.

Your bike is 83% less likely to be stolen if it is both marked and registered.



Awareness

When you are out riding your bike be aware of your surroundings and don't let thieves try to steal it.
When out on the street leave your bike in a well-lit area, where it can be seen by passers-by.

- Lock both wheels and the frame to a cycle stand, or other immovemble object.
- Make sure the lock goes through the frame, the wheel and the post you are securing it to.
- Take any removeable items with you.

R

Register your Bike

Register your bike for free by visiting The National Cycle Database/ BikeRegister. Merseyside Police are now actively checking bikes on the National Cycle Database. If your bike is stolen, this will significantly increase the chances of you getting your bike back. (Scan QR Code above)



Keep out of View

When at home store your bike in a locked shed, or garage.

- Keep it out of view
- -Don't leave it unattended outside the front of your house.
- Secure it to an immovable object.

I

Insure

If you have invested a significant amount of money into your bike, it is worth considering specialist bike insurance or checking that your home insurance covers you for theft away from the home.



Top Bike Lock

A decent bike lock is worth its weight in gold.

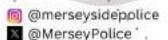
A heavy-duty bike lock can make the thieves job more difficult, often meaning they will steal a bike that is less secure.

Make sure you buy a Sold Secure Diamond or Gold lock









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WARHAMMER

ARE YOU READY TO DIVE INTO AN EPIC WORLD OF STRATEGY, CREATIVITY, AND FANTASY? THE WARHAMMER CLUB IS THE PERFECT PLACE TO UNLEASH YOUR IMAGINATION AND HONE YOUR SKILLS ON THE BATTLEFIELD. WHETHER YOU'RE A SEASONED GENERAL OR COMPLETELY NEW TO THE GAME, EVERYONE IS WELCOME!



BRING YOUR MODELS, PAINTBRUSHES, AND ENTHUSIASM OR JUST COME TO LEARN AND HAVE FUN. NO EXPERIENCE? NO PROBLEM! WE'LL TEACH YOU EVERYTHING YOU NEED TO KNOW.

SIGN UP NOW AND JOIN THE BATTLE FOR GLORY!

EMAIL MISS CHAMBERS FOR MORE DETAILS: HC@RANGE.SEFTON.SCH.COM

ROOM: 52

DAY: FRIDAY

TIME: 12:30PM - 1:00PM

MAKE YOUR VOICE HEARD!

Would you like to tell us your opinion about the Team Around the School (TAS)?

We are completing a service evaluation, and we would like to know about your experiences.

Your voice is important to us and will help shape future social care practice.

Please scan this QR code to answer our survey or sign up for a 1:1 interview.

If you choose to participate in an interview after completing the survey, you will receive a £20 voucher as a thank you.







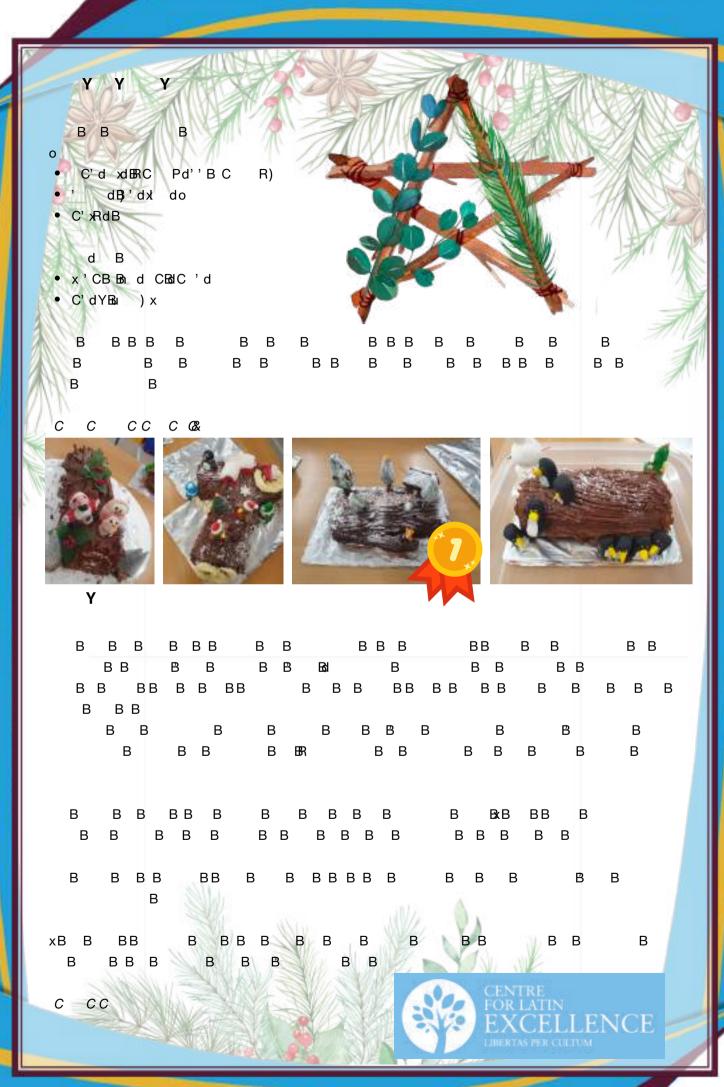




https://forms.office.com/e/WrMcTNBtv1

For more information, please email isabelle.cadwallader@alderhey.nhs.uk OR Amanda.May.Thompson@sefton.gov.uk





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INTERACTIVE

UNIVERSITY





TASTER DAY





THURSDAY 16 JANUARY 2025

BOOK YOUR PLACE TODAY

Explore Creative University Subjects at LJMU!

Interactive Taster Day for Sixth Form & College Students

- Thursday, 16 January 2025
- 9:45am 2:30pm
- Liverpool Screen School, LJMU, Redmonds Building, Brownlow Hill, Liverpool, L3 5UG



Are your students eager to explore creative subjects at university? Join us at Liverpool John Moores University for an exciting and hands-on Taster Day where students can:

- Collaborate with university tutors and current students.
- 🗹 Participate in two interactive sessions from these inspiring subjects:
 - Drama (Performance & Production)
 - Media Production
 - · Film Studies
 - Journalism/Sport Journalism





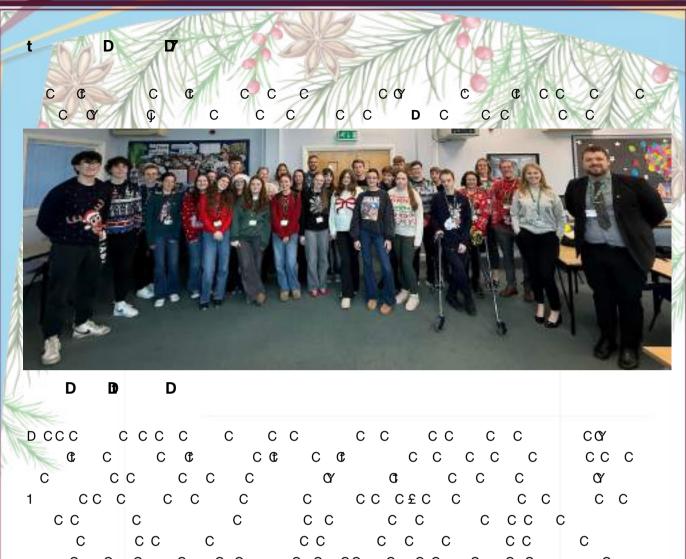


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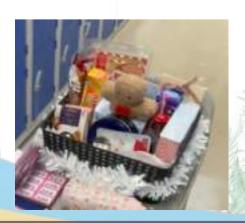
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