

THE PURPLE PULSE

christmas edition

BURNLEY HIGH NEWSLETTER

CHRISTMAS HAS ARRIVED AT BURNLEY HIGH!

As the festive season envelops us in its warmth, Burnley High School is buzzing with the spirit of giving, joyous decorations, and an array of exciting events that capture the essence of Christmas. The halls are alive with the joy of giving, the sparkle of creativity, and the anticipation of delightful celebrations.

CHRISTMAS DINNER DAY - THURSDAY 21ST DECEMBER

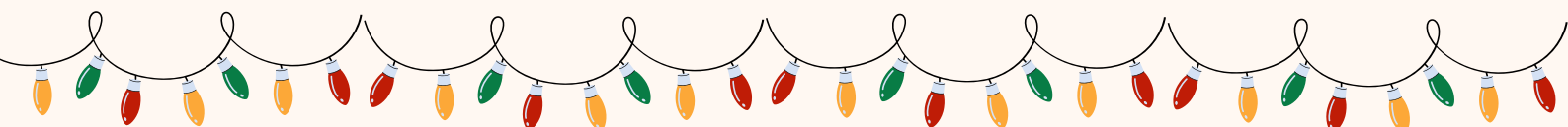
Mark your calendars for a delightful day of feasting and camaraderie! Thursday, the 21st of December, is dedicated to our Christmas Dinner Day for both staff and students. The school cafeteria will be adorned with festive decorations as we gather to indulge in a delicious meal and share in the joy of the season together.



CINEMA AND FILM DAY EXTRAVAGANZA - THURSDAY 21ST

Get ready for an exciting day at Burnley High School! Students will enjoy a cinema and film day filled with thrilling movies and plenty of popcorn. But wait, there's more! Brace yourselves for exciting prize draws that promise to make this day even more memorable. It's an event not to be missed as we unwind, laugh, and celebrate the holiday spirit together.

As the school year draws to a close, these events serve as a reminder of the incredible sense of community and togetherness at Burnley High School. It's a time to cherish the bonds we've built, celebrate the achievements of the year, and spread joy and kindness wherever we go. Thank you to everyone who has contributed to making these events possible. Your enthusiasm, generosity, and spirit are what make our school community truly special. Let's continue to embrace the spirit of Christmas and carry this warmth and compassion into the new year.



MRS STARKEY'S CHRISTMAS MESSAGE



Dear Burnley High School Family,

As we approach the festive season, I wanted to take a moment to extend my warmest wishes for the festive season to each and every one of you. The holiday season is a time for reflection, gratitude, and joy, and I am grateful to be part of such an incredible school community and very proud to be Headteacher of Burnley High School.

This year has brought its challenges, but it has also shown the strength, resilience, and unity of our Burnley High School family. Together, we have navigated through both triumphs and trials, and I am immensely proud of the hard work and dedication displayed by our students, staff, and parents/carers.

We are very mindful of the impact of the cost of living crisis for everyone and I would urge you to read about the support we can offer you in the newsletter. Remember, we are always here to support you and just a call or email away.

As we gather with our loved ones to celebrate Christmas, let us cherish the moments of togetherness and appreciate the bonds that make our school community so special. May the holiday season bring you warmth, laughter, and the opportunity to create lasting memories with those who matter most.

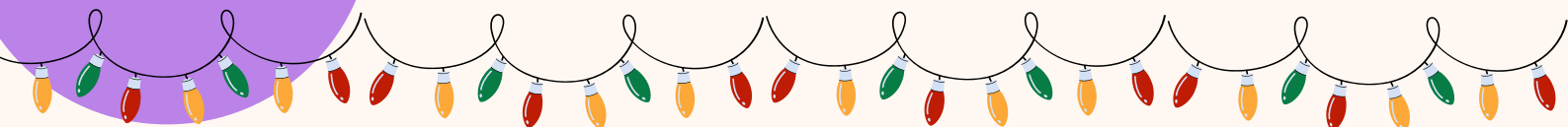
I would like to thank all of our Burnley High School staff, our Governors and the Education Partnership Trust, for working so hard to support all of the young people who attend Burnley High School. I hope you have a restful and relaxing festive period.

I would like to wish you all a Merry Christmas and a Happy New Year filled with hope, love, and success. Thank you for being an essential part of Burnley High School's journey, and I look forward to the exciting adventures that await us in the coming year.

Mrs. Starkey Headteacher, Burnley High School

DECK THE DOORS - BAUBLE DECORATION COMPETITION

Burnley High School's creativity soared in our bauble decoration competition! Padme's exceptional Burnley High-themed design won hearts, capturing our school spirit with creativity and artistry. The festive doors became a colorful showcase of our community's diverse talents, spreading holiday cheer. Kudos to Padme and all participants for making this a vibrant celebration of our school's unity and creativity!



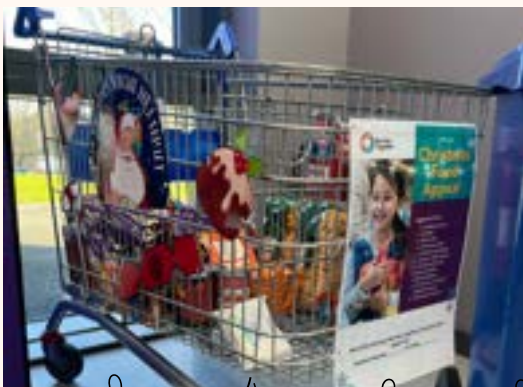
SPREADING JOY: OUR SCHOOL'S GENEROSITY SHINES THROUGH BURNLEY TOGETHER DONATIONS

Incredible news, everyone! Our school rallied together for Burnley Together, and the response was beyond amazing! Donation bins filled up with toys, gifts, warm clothes, food, and toiletries, thanks to the incredible generosity of our school community.

These donations mean the world—they're not just items; they're warmth, nourishment, and care for families in Burnley. Each contribution, big or small, is a symbol of our shared commitment to supporting one another.

The outpouring of kindness showcased by our school community is truly heartwarming. It's proof of the incredible impact we can make when we unite for a common cause.

Thank you to every person who contributed. Your kindness will create a world of difference in the lives of our neighbors in Burnley. Let's continue spreading this spirit of generosity and support—it's what makes our community truly remarkable.



CHLOE AT AINTREE!

CHLOE GALLOPS INTO THE SPOTLIGHT AT STARS

Representing the esteemed Accrington Riding Club as their Junior Equitation Champion 2023, Chloe showcased her exceptional talent in a class comprising riders aged 13 to 18 from various riding clubs across England, Scotland, and Wales. Amongst 56 skilled participants, Chloe stood out, displaying not just remarkable skill but also embodying the spirit of sportsmanship and determination.

While the competition was fierce, Chloe's performance was nothing short of stellar. Despite not securing a placement, her ride was nothing less than fantastic, drawing admiration from spectators and judges alike. Her dedication and hard work shone through every jump and every stride, earning praise not just for herself but also for Accrington Riding Club.

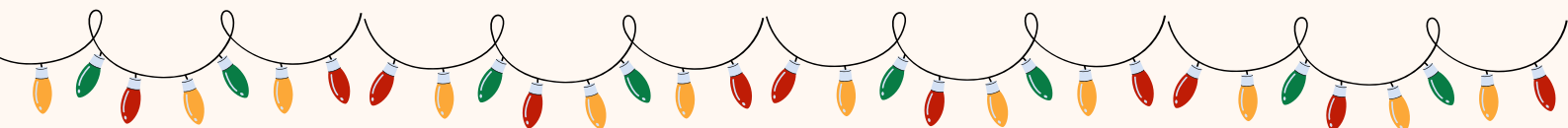
The world of equestrian sports demands not only skill but also discipline, patience, and an unwavering commitment to excellence. Chloe exemplified all these qualities and more, proving herself a true ambassador for her club and a shining example of sportsmanship.

Events like these not only serve as a platform for riders to exhibit their talent but also as an opportunity for personal growth and learning. Chloe's participation and spirited performance are a testament to the values of perseverance and dedication that we cherish at our school.



We extend our heartfelt congratulations to Chloe for her outstanding representation and commend her for her remarkable performance. Your hard work, Chloe, has made us immensely proud.

Let us all congratulate Chloe and all our students who actively pursue their passions and strive for excellence in their endeavors.



KAIDEN'S JUJITSU TRIUMPH: A SILVER MEDAL VICTORY!



Kaiden, one of our exceptional students, recently clinched second place in JuJitsu, earning a shining silver medal. His hard work and dedication to training truly paid off!

His commitment to mastering JuJitsu, balancing academics and sports, serves as a remarkable example for everyone. Kaiden's success is a testament to his relentless effort and support from his mentors and loved ones.

Let's cheer for Kaiden's incredible achievement—a true inspiration to us all!

OLIVER M:

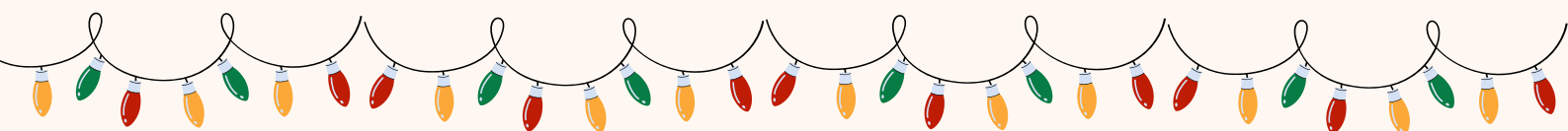
RISING STAR IN HOCKEY!

We're thrilled to celebrate Oliver Markham from 9D for his outstanding achievement in hockey! His exceptional skills have earned him a spot on the U14 Lancashire boys' team, and we're delighted to announce his call-up to the senior men's team—an incredible accomplishment, especially at his age! Congratulations, Oliver, on this remarkable feat!



FINLAY: A BEACON OF VOLUNTEERISM AND INITIATIVE!

We're proud as a school of the incredible achievements of Finlay, a shining example of dedication and community spirit! Over the weekend, he raised an impressive £390 at a Christmas church fair with his own stall, contributing to a total of £1500 raised. Today, he independently applied to volunteer at Burnley Central Library, showcasing initiative and commitment toward earning his Boys Brigade volunteering badge. His proactive approach and dedication are evident as he also spends his Tuesdays nurturing younger members at Boys Brigade, fostering a nurturing environment. Finlay's remarkable efforts and soaring confidence are truly commendable, making us incredibly proud of his exceptional contributions to both our school and the community!



WHAT'S GOING ON IN CLASS? EXCITING ENGLISH EVENTS!!

A TRIP TO COLNE LIBRARY!

On the 23rd October, Mrs Ormesher and Miss Dawson took a small group of Year 9 students to Colne Library, where they were 'trained up', ready to be judges for the Lancashire Book of the Year. Students explored all the elements that makes a book unforgettable and what they expect from a good book. Students have already received some of the books from the longlist and have been working their way through them, judging them once they have finished reading. They will return to Colne Library in February once the shortlist has been finalised and they will collaborate with judges from other Lancashire schools.



ACT ONE: XMAS SHOWCASE

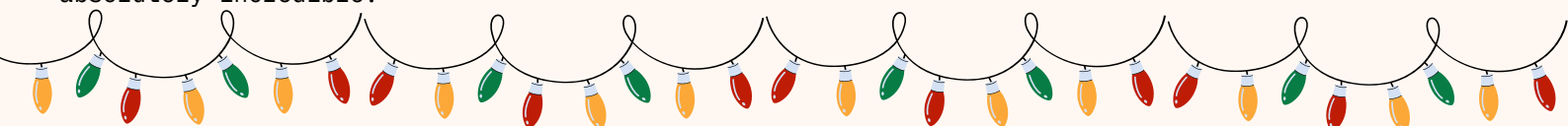
On Saturday 9th December, a group of our extremely talented students took part in a Christmas showcase for Act One Beginners theatre school. Josh Kinsella, Megan Marley, Jack Vaughan, Sara Zahraoui and Imogen Birkett all took part in the show with group pieces and, if this wasn't enough, they all sang a solo piece within the show too. They were all absolutely incredible!

Y11 GCSE SPOKEN LANGUAGE SUCCESS

Year 11 students have been completing their GCSE Spoken Language endorsement, which they have been working on since September. They have been required to write a speech based on a topic of their choice. Students have been encouraged to choose something controversial, something they are passionate about and something they have a clear opinion on. The English department have really enjoyed watching everyone's presentations and it has been a pleasure to listen to what our students feel strongly about. Some of our students have opened up about some really tough topics, which are very close to their hearts and it is testament to their resilience and desire to make a difference about these topics, which shows how amazing our students are!

Y11 MACBETH TRIP

On Monday 11th December, a group of 70 students went to The Depot theatre in Liverpool to watch a production of Macbeth. This production starred Ralph Fiennes as Macbeth and Indira Varma as Lady Macbeth. It was such a huge opportunity for both our staff and students to see actors held in such high esteem perform. The play was absolutely fantastic and it will be really beneficial for our GCSE students as they study towards their exams.



WRITING BUZZ, ASPIRING AUTHORS AT BHS

There is a 'creative writing' buzz at Burnley High School. We have seen students writing their own pieces at home and bringing them in to their teachers for them to read. Isabelle Willoughby has written a murder mystery narrative and both Jonas Hardy and Gracie Thorpe have written poems. The quality of these pieces is unbelievable and it is so amazing that they are spending their own time at home to use creative writing as a way to express themselves. The English department are very proud of these students!

UNLEASHING CREATIVITY: OUR CREATIVE IMEDIA JOURNEY

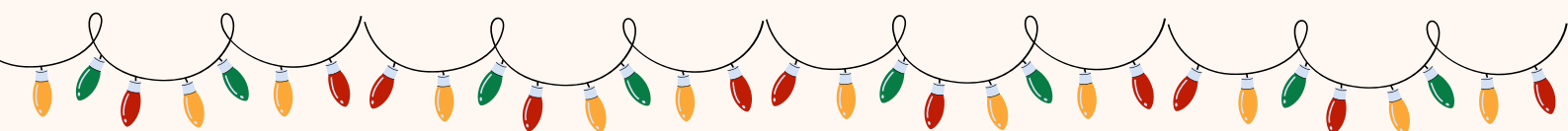


At Burnley High School, our new GCSE Creative iMedia course is sparking creativity! Under Miss Usher's guidance, students are diving deep into digital graphics, mastering its core principles.

They've begun crafting game-level loading screen designs, using professional software to bring their ideas to life.

This work not only showcases their skills but also highlights the talent and dedication our students bring. We're proud of Miss Usher's class and their strides in Creative iMedia. Stay tuned for more creative brilliance from our students!

Below is a fantastic visualisation diagram of Kathryn Ormerod's games level loading screen.



BHS SCHOOL VALUES POINTS TABLE

POINTS RECEIVED THIS FORTNIGHT

★	AMBITION	689
★	RESILIENCE	574
★	RESPECT	532
★	RESPONSIBILITY	218
★	STAR OF THE LESSON	2697
★	LITERACY STAR	744



STAR OF THE LESSON SPOTLIGHT



SARAH SALIM
Y9

Sarah Salim has earned her title as literacy star this week, gaining a total of 12 Stars! Congratulations Sarah, great work!

LIMITLESS CLARETS
Don't let my ability limit me

BURNLEY FC
IN THE COMMUNITY

FREE SESSIONS

All Limitless Clarets sessions are for young people with special educational needs, impairments or disabilities.

TUES	Climbing @ The Leisure Box <small>(The Leisure Box, Over-50s, Burnley, BB10 2DQ)</small>	5PM-6PM (11 places) 6PM-7PM
WED	Golf @ The Prairie Sport Village <small>(The Prairie Sport Village, Woodhouse Lane, BB10 2PL)</small>	6PM-7PM (11 places)
THURS	Football @ Alder Grange School <small>(Alder Grange School, Burnley, BB10 2PL)</small>	6PM-7PM (11 places)
FRI	Football @ The Leisure Box <small>(The Leisure Box, Over-50s, Burnley, BB10 2DQ)</small>	5PM-6PM (11 places) 6PM-7PM (11 places)

For more info please contact us via email at kicks@burnleyfc.com

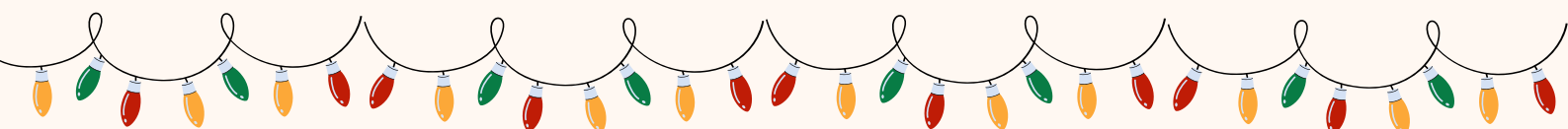
JAY-CARE, Burnley FC, Premier League Kicks

SCAN ME TO GIVE CONSENT, SCAN ME TO BOOK SESSIONS

UPCOMING DATES



BHS MOVIE DAY	21/12/2023
CHRISTMAS DINNER DAY	21/12/2023
LAST DAY BEFORE CHRISTMAS	22/12/2023
12:15 FINISH FOR STUDENTS!	
STAFF INSET DAY	08/01/2024
RETURN TO SCHOOL FOR STUDENTS	09/01/2024



STUDENT SHOUTOUTS!

TEGAN SHINES AS SENIOR PREFECT

Let's applaud Tegan for her exceptional commitment as a Senior Prefect, going the extra mile to support a Year 7 student during her lunchtime. Her calm demeanor and dedication to upholding our school values serve as a shining example for us all. Well done, Tegan, for your outstanding display of leadership and compassion!

ALEKS' KINDNESS

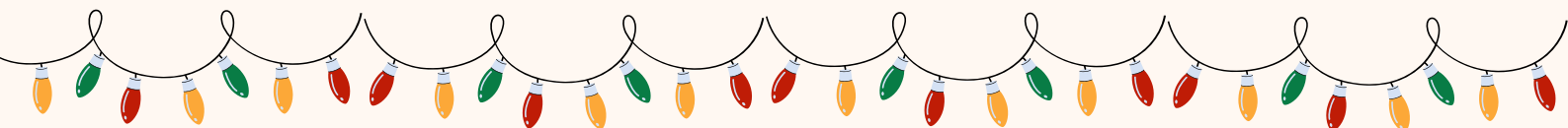
In a shining display of our school's values, we commend Aleks G for embodying kindness and respect. His support and compassion towards a struggling Year 7 student during a challenging moment exemplify the very essence of our school community's values of empathy and solidarity.

BHS AT THE MOVIES
Thursday 21st December

Students with 97% and above attendance will qualify for a ticket!!!

Sweets and treats provided!

★ ★ ★ ★ ★ ★ ★ ★ ★ ★



EXTRA-CURRICULARS

RESILLIENT Y10 FOOTBALL TEAM!!

Let's give a huge round of applause to our incredible Year 10 football team! In their recent match against Shuttleworth, although the final score might not have been in our favour, the team's resilience and unwavering dedication on the field were truly commendable. Kieron W and Charlie S showcased their exceptional skills, delivering some jaw-dropping goals that kept the game intense and exciting. Despite the outcome, the team's perseverance and never-say-die attitude are a testament to their sportsmanship and commitment. Keep up the fantastic effort - your hard work doesn't go unnoticed



YEAR 7 FOOTBALL

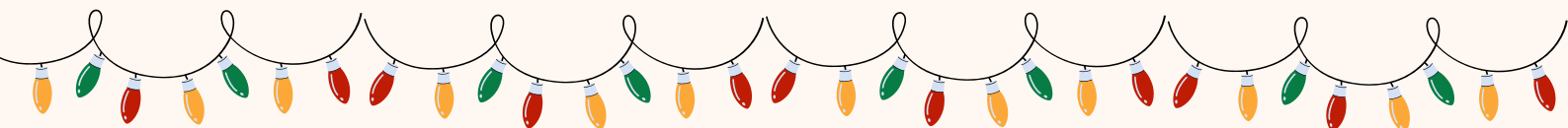
Our Year 7 football stars shone at the town 7-a-side tournament, securing a well-deserved second place! Winning two games and drawing one, their outstanding performance led them to the final face-offs against Shuttleworth A and Unity A, eventual joint winners. Despite the close losses, our team's talent and determination stood out, marking an impressive journey throughout the tournament. Congratulations on an incredible effort, Year 7 team - you've made us proud!



YEAR 7 RUGBY TOURNAMENT DEBUT!



Our Year 7 rugby team showcased remarkable bravery in their debut tournament last month! Triumphs against Blessed Trinity and Sir John Thursby highlighted their skill. A nail-biting draw against Unity and close matches against Shuttleworth and St. Augustine's displayed their tenacity. Even in their first outing, this team's potential and determination shone through. Keep soaring, Year 7 rugby team - an impressive start indeed!



CELEBRATING EXCELLENCE

IN WELLBEING:

BHS RECEIVES THE ANTI-BULLYING AMBASSADOR WELLBEING BADGE!

We are thrilled to announce the incredible achievement of our team in being awarded the esteemed Anti-Bullying Ambassador Wellbeing Badge!

The journey to this accomplishment has been nothing short of remarkable. Your collective efforts have not only demonstrated your passion for promoting wellbeing but have also significantly impacted our school environment. Here are just a few highlights of the outstanding work that led to this prestigious recognition:



SPORTS AND WELLBEING DAY



WELLBEING FRIDAYS



INCLUSIVE APPROACH



COLOUR RUN



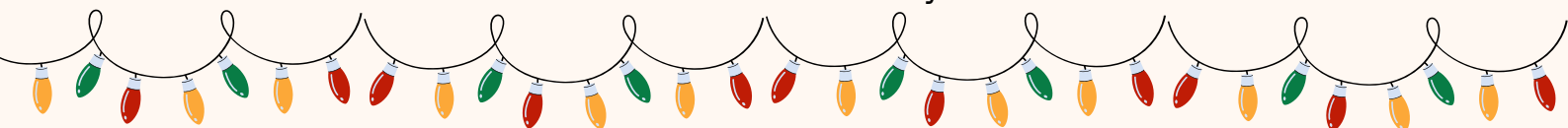
STAFF WELLBEING FOCUS



Receiving the Anti-Bullying Ambassador Wellbeing Badge is a testament to your unwavering efforts and the positive impact you've made in prioritizing the wellbeing of our school community.

We commend each member of our team for their dedication and hard work in achieving this significant milestone. Your commitment to creating a nurturing and supportive environment for all reflects the very best of our school values.

Congratulations on this outstanding achievement! Let's continue this incredible journey of promoting wellbeing and fostering a positive, supportive community for everyone.



EMBRACING RESILIENCE: DROP DOWN DAY AT BURNLEY HIGH

At Burnley High, December 15th was all about resilience. Students engaged in focused sessions on 'peer pressure,' 'growth mindset,' 'Commando Experiences,' 'Problem Solving,' and our 'Resilience Initiative.'

This day offered a break from regular classes, providing a platform for open discussions and skill development. To cap it off, a band entertained both students and staff, creating a vibrant atmosphere.

The aim? Empowering students to navigate life's challenges with confidence. It was a day dedicated to building resilience and essential life skills, fostering an open dialogue, and creating a stronger, more prepared school community.



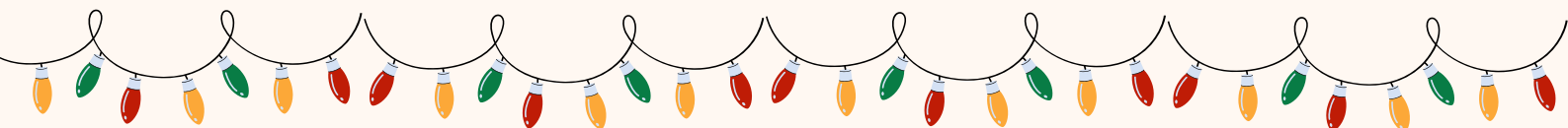
JOE SKINNER SPEAKING TO OUR STUDENTS

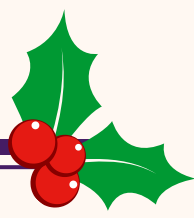
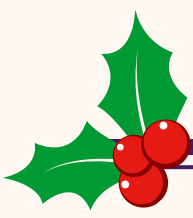
“

I just wanted to share how fantastic the year 9 students were today in solutions not sides. They were so thoughtful, reflective and compassionate. All the speakers said that they were the best year 9 group they have encountered. Myself and Mrs Metcalfe were very proud.

MRS MARTIN - HEAD OF RE

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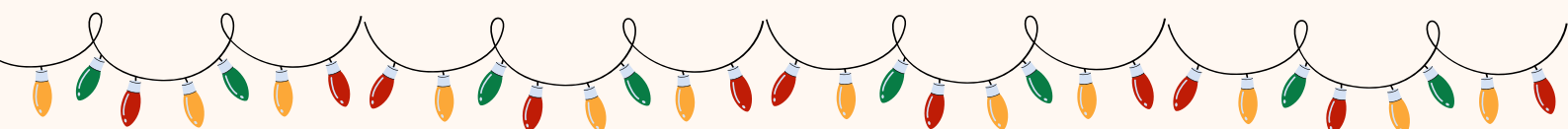
THE LONGSIDE BAND LIGHTS UP OUR SCHOOL!!



THE LONGSIDE BAND BROUGHT AN ELECTRIFYING PERFORMANCE TO OUR STUDENTS, CAPTIVATING EVERYONE WITH THEIR DYNAMIC SOUND AND INFECTIOUS ENERGY, CREATING AN UNFORGETTABLE EXPERIENCE FILLED WITH MUSIC AND EXCITEMENT.

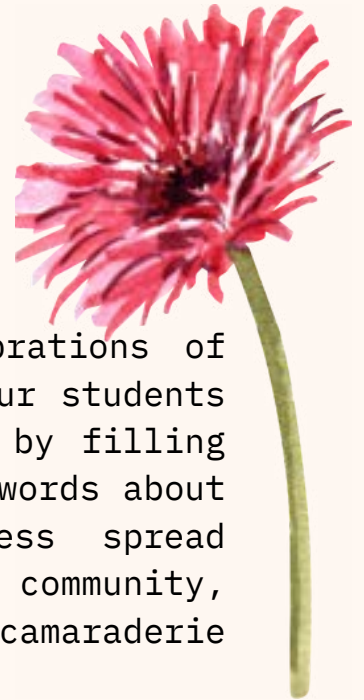
LCC WINTER SEND NEWSLETTER

Lancashire SEND have recently released their winter newsletter. Please check out the link to find out details about what is happening for SEND within the local area, including offers of free home fire-safety checks for families of children with SEND, and activity clubs during the Christmas holidays. There are details of lots of different support groups available across Lancashire, including: autism support groups, sporting activities for children with SEND and details of parent workshops to support families where children are suffering from poor mental health. There is also information about the launch of a new Lancashire Family Hubs Network aimed to better support families of children with SEND in the region. Please scan QR code to access the Winter 2023 issue.



BE KIND DAY AT BURNLEY HIGH

We're thrilled to share the heartwarming celebrations of Kindness Day at Burnley High on November 27th! Our students came together to embrace the spirit of kindness by filling out pink slips, sharing uplifting and thoughtful words about someone special. These small acts of kindness spread positivity and warmth throughout our school community, reflecting the true essence of compassion and camaraderie among our students.



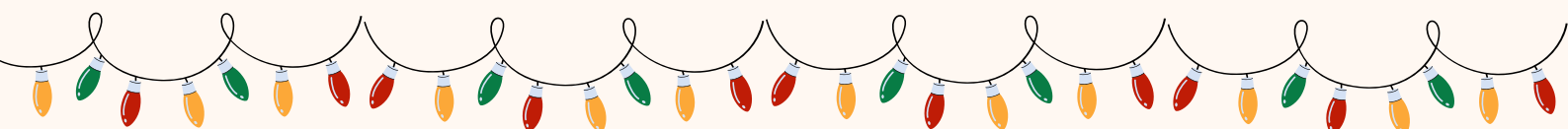
THEMIS APPRENTICESHIP CAREERS EVENT

WED 24.01.24 | 5.30-8pm

Meet Employers with
Apprenticeship opportunities

BOOK NOW

[BURNLEY.AC.UK/WHATSON](https://burnley.ac.uk/whatson)



CHRISTMAS JUMPER DAY!

Join us for Christmas Jumper Day on Thursday, December 21st!

Students can swap their blazers for festive Christmas jumpers, adding a dash of holiday spirit to their uniform! Remember, this is optional - only the blazer will be replaced for the day.

Full school uniform rules apply, except for the blazer exchange. Let's celebrate the season together while staying in uniform!

Show off your holiday cheer and spread joy around the school!



Don't forget!

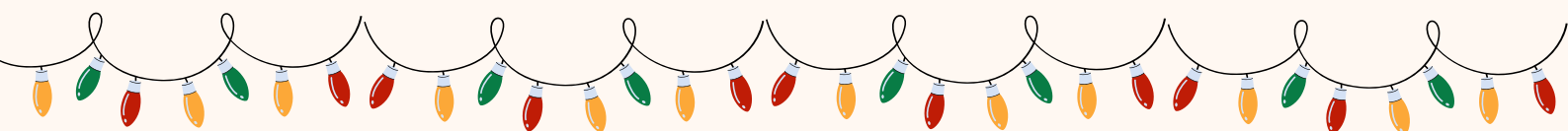


CHRISTMAS JUMPER DAY | 21ST DECEMBER 2023



CHRISTMAS DINNER DAY!

Our students are invited to join us in spreading the festive cheer as we prepares for a delightful Christmas Dinner lunch on December 21st! This special occasion will bring together our dedicated staff and students for a celebratory meal, fostering a warm and joyful atmosphere. Parents and carers should have received an email containing a form to ensure their child can partake in this merry gathering, creating memorable moments as we dine and celebrate together.



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

What Parents & Carers Need to Know about SETTING UP APPS, GAMES AND SOFTWARE

Millions of new phones, tablets, laptops and games consoles will be nesting under Christmas trees this year. However, even if parents and carers have gone to the trouble of setting up these new devices and enabling the safety features, there are still potential hazards in the apps, games and software that children will want to install and use. Knowing what to look for and discussing those risks with your child may help avoid any nasty surprises this Christmas. Here are our top tips for ensuring that unwrapping this year's presents doesn't unleash any unexpected dangers.

TAKE NOTE OF AGE RATINGS

Look when most games were bought in shops, checking the age rating was easy: it was on the front of the box. Now that most games are downloaded, it's tougher – but not impossible. All reputable download stores show a game's age rating at the point of purchase, and you can check the suitability of a specific title your child wants to play at videostandards.org.uk/ksratingboard/games.



FREE ISN'T ALWAYS FREE

The games market has changed radically in recent years. Many titles are free to download, but then tempt players to pay for cosmetic items (as in Fortnite) or to unlock additional content. There can be huge peer pressure for children to pay for these items. Agree a budget for in-game purchases before the game is downloaded, and make sure children can't authorise in-game purchases by themselves.

DISABLE IN-APP PURCHASING

It's not wise to leave children with devices that can make in-app purchases without your permission. Ideally, set up computers, consoles and phones as child accounts need an adult's authorisation to buy anything. On shared devices (like iPads, which don't allow user accounts), check the settings to ensure that in-app purchasing requires the account holder's password, fingerprint or face ID.

APPS ARE AGE RATED, TOO

Like games, apps in the major stores have age ratings, too – so you can see in advance whether an app's appropriate for your child. Additionally, phones' parental control settings allow you to set age limits, preventing young ones from downloading unsuitable apps themselves. These ratings aren't infallible, however: we've seen TV apps featuring adult shows with an age rating of 3, for example.



CONSIDER STORAGE

Most apps and games will tell you in the online store how much space they need on a device. Check this carefully – especially with games, which can run into hundreds of megabytes and beyond. If you don't have enough free storage on a device to run the game or app, you won't get a refund from the store. You can normally check a device's available storage space through the settings menu.

WATCH OUT FOR IMITATORS

Even in the official stores, untrustworthy rogue apps can slip through the net. Common tricks are apps or games that have a slightly different name to the genuine article (Fortnite rather than Fortnite, for instance) or use logos which deliberately look very similar to the official app. To avoid downloading these imitations, read the app's description and check who the publisher is listed as.



LEGAL APPS THAT BREAK THE LAW

There are many apps that are perfectly legal but enable illegal activity – streaming apps which let people watch football matches, say, without paying for pay or BT Sport. Prosecution for using such apps is rare, but they can lead to risky behaviour like viewing rogue streams on sites beaming with malicious links. Watch for children installing unusual apps with 'TV', 'stream' or 'sport' in the name.

IN-APP REGISTRATION

It's common for apps and games to ask users to register: entering personal details like email address, date of birth and other information you might not want your child to divulge. Ask them to get your permission before giving any personal info to an app – and consider using your details rather than the child's, so they're not targeted by marketing spam or put at risk of having their data stolen.

STAY UPDATED

Most games and apps are subject to regular updates, which not only offer new content and features but also provide critical security improvements. Children tend to ignore such updates – usually because they don't understand why they're important, or they simply want to get straight on with gaming. Check your child's devices periodically to make sure these updates are being installed.

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 Newsnight, Radio 5 Live and ITV News at Ten. He has two children and has written regularly about internet safety issues.



At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to have an informed conversation about online safety with their children, if should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit nationalonlinesafety.com for further guides, facts and tips for adults.

Top Tips for SETTING UP PARENTAL CONTROLS ON NEW DEVICES

In children's eagerness to start enjoying new digital gadgets immediately, it can be easy to overlook setting up the type of parental controls that can help to protect them online. If you don't sort those out from the very start, it can be an uphill battle – technologically and psychologically – to impose such controls later. Here's our rundown of what to look for when setting up the various internet-enabled devices that might be lurking under the tree at this time of year.

IPHONE

If your child's lucky enough to be getting their own iPhone, parental controls can help avoid issues like screen addiction and unsuitable content. Go into the settings and scroll down to 'Screen Time'. From here you can customise important settings including time limits on using the device, communication restrictions and content blockers. You can also lock your changes behind a passcode.

ANDROID

With Android devices, Google's Family Link app is your friend. You'll need a Google account – and a separate one for your child, which you should use when first setting up the device. Then, in Family Link on your own device, select 'Add Child' and enter their account details. This lets you specify limits on daily usage, restrict certain apps, block particular content and more.

PLAYSTATION

You can prep for a PlayStation before it's even unwrapped. At my.account.sony.com, create an account, then go to Account Management > Family Management > Add Family Member to set up your child's account, which you'll use to sign in on the console. You can restrict the age ratings of the games they can play and who they can talk to. On the PS5, you can make exceptions for any games you think are acceptable despite their high age rating.

IPAD

iPad parental controls are identical to those on iPhones. However, if you've got a shared family iPad and want to ensure your children aren't seeing anything age-inappropriate after you hand them the device, there's a feature called Guided Access (under Settings > Accessibility > Guided Access). With this switched on, young ones can only use the app that's currently open.

XBOX

The Xbox Family Settings app helps you manage which games your child can play (and when). You'll need to set up the console with your own account and then add a child profile. Make sure your account's password protected, so your child can't alter your choices later. You'll be walked through the functions at setup, but you can also reach them manually via Settings > Account > Family Settings.

NINTENDO SWITCH

Download the Nintendo Switch Parental Controls app on your phone, and you'll be shown how to link it to the console. Once that's done, you can limit how long your child can play each day, decide what age ratings are permitted and more. You'll also get weekly updates on how often they've used the device. These controls are accessible through the console itself, but the app is usually easier.

WINDOWS 11 PCS

On Windows 11, account management is key. Set up the device with your own account as the admin. Then go to Settings > Accounts > Family and Other Users and create your child's account (if you've already done this on a previous PC, just log in with those details). Microsoft Family Safety (either the app or the site) then lets you control screen time, what content children can view and more.

CHROMEBOOKS

Chromebooks' parental controls are managed via the Family Link app. Unlike on Android devices, however, you need set up the Chromebook with your own account first, then add your child's. Go to Settings > People > Add Person and input your child's Google account details (or create a new account). Your child can then log in, and you can monitor what they're up to via Family Link.

MACS

Like iPhones, parental controls for Macs are managed via the Screen Time settings. Again, the crux here is to set yourself up as the administrator before adding any child accounts. In the settings, look for Users & Groups to create your child's account, then – while on their profile – use the screen time options to place any boundaries around apps, usage and who your child can communicate with (and vice versa).

SMART TVS

Smart TVs typically have their own individual parental controls. One of the most popular brands is Samsung – and on their TVs, you can control the content available to your child. In the settings menu, under 'Broadcasting', you can lock channels and restrict content by its age rating. Even this isn't foolproof, however: some apps (like YouTube) might still let children access unsuitable material.

Meet Our Expert

Benji Collins is a technology journalist and editor with more than 20 years' experience of working for titles such as the Sunday Times, What? PC? The Mail and Computerweek. He's appeared regularly on a host of radio and television media, including on BBC Newsnight, Radio 4's One and the ITV News at Ten. He has two children and writes regularly on the subject of internet safety.



Family Matters



Handling Anger in the Family



ADHD



Autism



The Teenage Years

Family Courses

**4 Free Sessions - Available to all
Running in Burnley**

For anyone parenting children aged 5 - 16

**January
Thursday**

11, 18, 25th & 1st

The Teenage Years - am
Autism - pm
ADHD/Handling Anger
in the Family - eve

**March
Tuesday**

5, 12, 19, 26th

ADHD - am
Handling Anger
in the Family - pm
Autism/The Teenage
Years - eve

**May
Wednesday**

1, 8, 15, 22nd

The Teenage
Years - am
Autism - pm
ADHD / Handling Anger
in the Family - eve

**June
Tuesday**

4, 11, 18, 25th

ADHD - am
Handling Anger
in the Family - pm
Autism/The Teenage
Years - eve

AM course 9:30 - 11:30am
PM course 12:45 - 2:45pm
EVE course 6:30 - 8:30pm

Family Clinic - Appointments available Friday -

Info, advice or just a friendly listening ear for families in need of support.

Contact us to book a face to face or a telephone appointment.



info@neweraburnley.co.uk

01282 435302 07877 714693

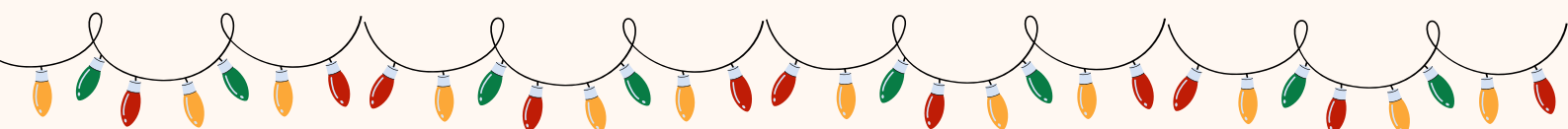
New Era, Chapel Annex, Chapel Place, Hammerton Street Burnley, BB11 1LE



Please see 2024 dates for New Era #careforthe family courses.

These courses can be accessed by anyone looking for some useful hints, tips and strategies for support children and young people within their care,

If you feel that this is something that would benefit you and your family please get in touch with them on 01282 435302



THE MHST have been asked by parents to provide some online sessions on what they are funded to deliver this has been organised. Please see dates on the flier.



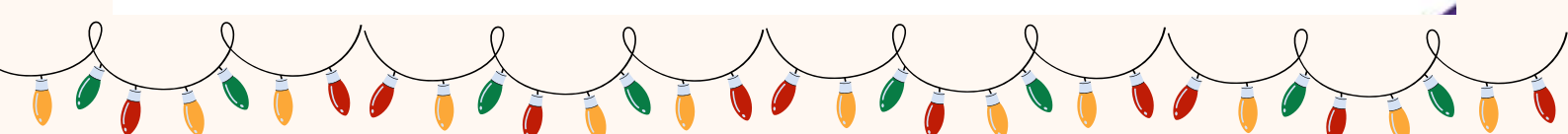
Introduction to the Mental Health Support Team (MHST)



Join us to find out what work the East Lancashire MHST are doing in Burnley, Rossendale, Hyndburn and Ribble Valley secondary schools & colleges. How we support young people, the school and families.

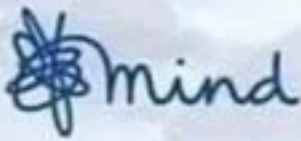


<p>Thu. 14/12 5-5:30</p> <p>Meeting ID: 391 823 806 263 Passcode: tStJVz</p>	<p>Fri. 15/12 12:30-1</p> <p>Meeting ID: 383 173 167 008 Passcode: yMFAox</p>	<p>Mon 18/12 12-12:30</p> <p>Meeting ID: 336 707 353 656 Passcode: RUV3IP</p>
<p>Fri 5/01/24 12:30-1</p> <p>Meeting ID: 366 549 971 996 Passcode: NEuG9k</p>	<p>Tue 9/01/24 5:30-6</p> <p>Meeting ID: 399 104 141 826 Passcode: oFGySd</p>	<p>Fri 12/01/24 12-12:30</p> <p>Meeting ID: 378 932 882 609 Passcode: 6ptUap</p>
<p>Wed 17/01/24 12- 12:30</p> <p>Meeting ID: 398 115 339 676 Passcode: BUXMjk</p>	<p>Join us on Microsoft Teams by adding the ID and passcode of your chosen date.</p> <p>To access by scanning the barcode or going to https://www.microsoft.com/en-gb/microsoft-teams/join-a-meeting</p>	

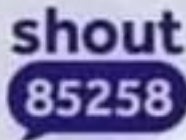


COPING AT CHRISTMAS

Christmas can be tough. That's why it's important to know there's always someone you can talk to.



☎ 0300 123 3393
📞 Helpline
🌐 mind.org.uk



☎ Text SHOUT to 85258
📞 24/7 text service
🌐 giveusashout.org



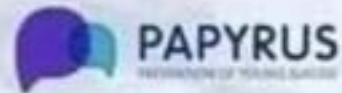
☎ 116 123
📞 24/7 helpline
🌐 samaritans.org



☎ Text YM to 85258
📞 24/7 text service
🌐 youngminds.org.uk



☎ 0800 58 58 58
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