



Church Hill Middle School Summer term 2 newsletter

A message from Mrs Jarvis





CHURCH HILL MIDDLE SCHOOL

Dear Parents and Carers,

Celebrating a Fantastic Year at Church Hill Middle School!

This year, we've enriched our students' lives through unforgettable experiences—from adventurous residential trips and teacher-led Bhangra music workshops to handling 3-metre-long pythons and dancing with friends at the school disco. At Church Hill, learning goes beyond the classroom, and we're proud to offer opportunities that inspire, excite, and empower every child.

Our summer fete promised quintessential British family fun—and it did not disappoint! The children especially enjoyed soaking their teachers in the ever-popular "sponge the teacher" activity (perhaps a little too much!), and the wide range of events delivered by both staff and students were as inspiring as they were entertaining. We're thrilled to have raised over £1,000 to support future events. The CTA (Community Teachers Association) will be sharing more details soon about how this will benefit our school community.

As we bid farewell to our incredible Year 8 students, we do so with immense pride and gratitude. You have left behind more than just memories—you have built a legacy of academic excellence, maturity, and a spirit that has lit up our school community. Your journey has been marked by unwavering **kindness**, admirable **resilience**, and a truly **hard-working** attitude—qualities that will carry you far in life. With charisma, curiosity, and more than a few moments of joyous laughter, you've not only grown individually but inspired those around you. We celebrate who you are, what you've achieved, and the bright futures that await you. Go forward with confidence, knowing you carry the best of this chapter with you. The world is lucky to have you. Congratulations, Year 8!

Finally, a heartfelt thank you to all the staff at Church Hill for their kindness, resilience, and unwavering hard work throughout the year. Their dedication makes everything we do possible and continues to shape an environment where our students can truly thrive.

As a school...

We are Kind

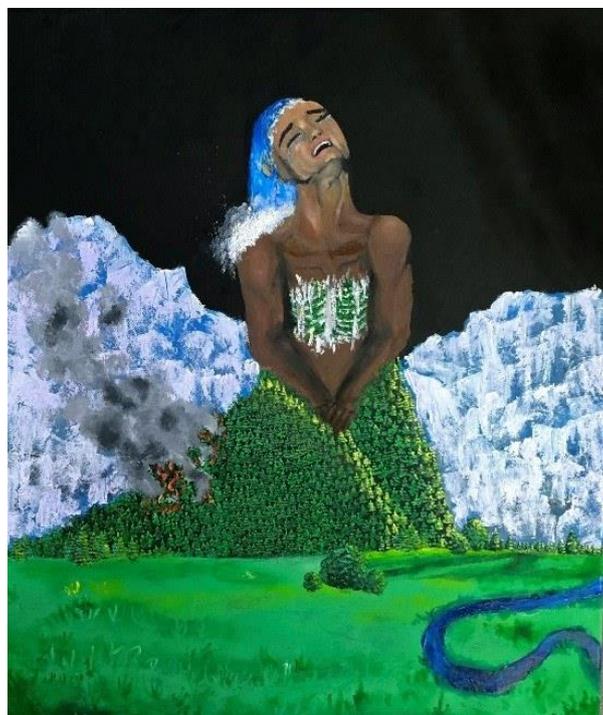
We are Resilient

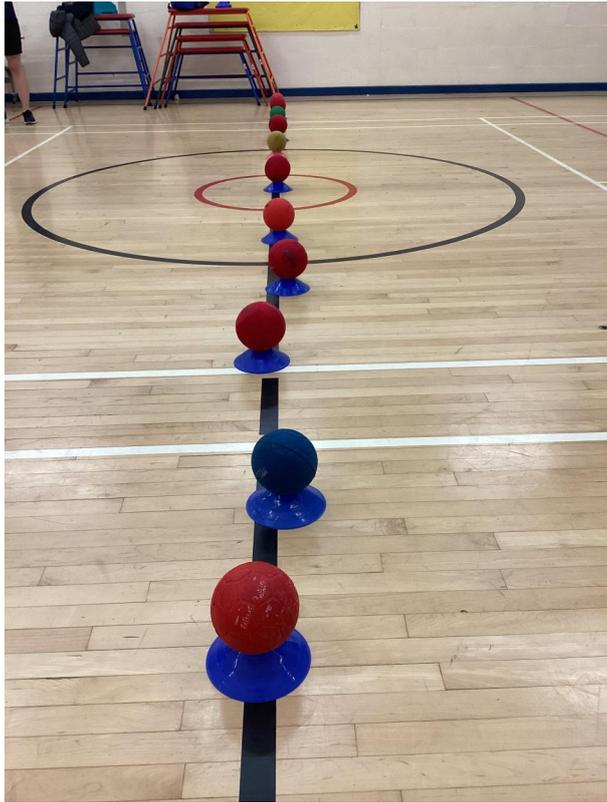
We are Hard working

Have a fantastic summer break and we look forward to seeing you on Wednesday 3rd September.

Kind regards

Laura Jarvis





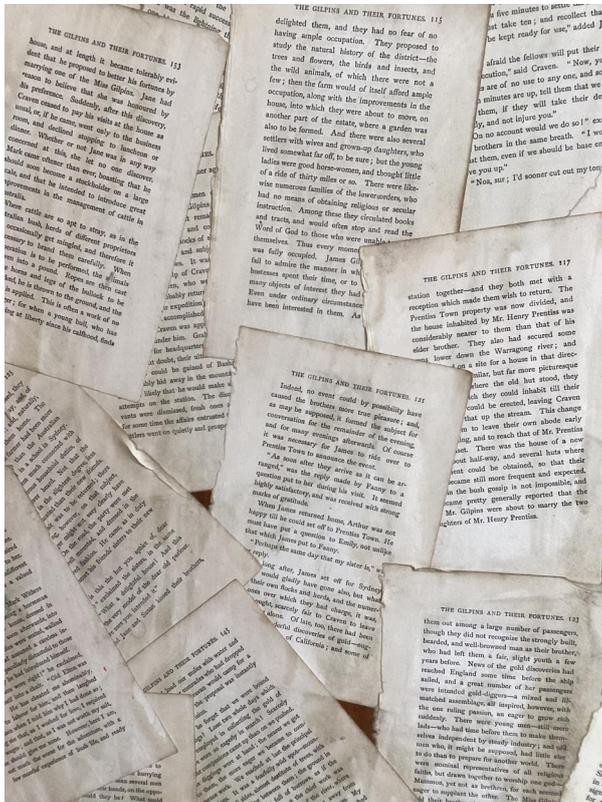
WE ARE **Kind**

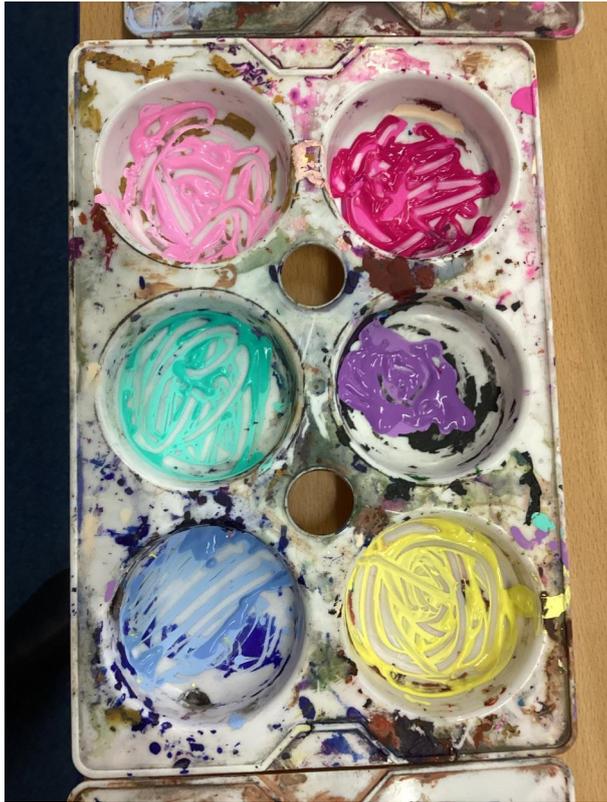
WE ARE **RESILIENT**

WE ARE **HARDWORKING**









KS2 News



Key Stage 2 have had an exciting summer term, taking part in lots of learning opportunities both in and out of the classroom.

We have been learning about:

Year 6:

This term, Year 6 have embraced a wide range of exciting and challenging learning opportunities. In maths, we've been tackling some tricky algebra, building our confidence with unknowns and equations. Our science topic on circulation had us exploring the heart and blood, learning how they keep our bodies working. In Guided Reading, we've enjoyed analysing poetry, diving deeper into meaning and language. Meanwhile, in English (writing), we've been busy launching our own businesses as part of a Dragon's Den-themed project—bringing creativity, persuasion, and entrepreneurial flair to our writing! We've also explored the world of design in our pencil project, coming up with engaging and innovative new ways to use these normal, everyday objects.

Last weekend, some of our year 6 pupils went on an outdoor residential to Culmington Manor in Shropshire. The weekend was full of challenges, where the children showed lots of resilience and support to each other. There were also lots of laughter as the children enjoyed spending time with their friends and teachers. The pupils were brilliant and represented Church Hill very well.

Year 5:

Year 5 have been extremely busy this half term and have crammed in so much learning! In English, we wrote our final assessment pieces which included some wonderful, imaginative stories, a biography about the legend that is David Attenborough and amazing autobiographies. Year 5 should be really proud of the progress they have made with their writing. It would be wonderful to hear that they have maintained this by doing some creative writing over the summer holidays. In maths, we have learned about angles, coordinates, negative numbers, decimals and we will finish the year looking at converting different units of measure. We have also continued to work on our arithmetic and reasoning skills with weekly tests to help prepare us for Year 6. Our humanities focus this half term has

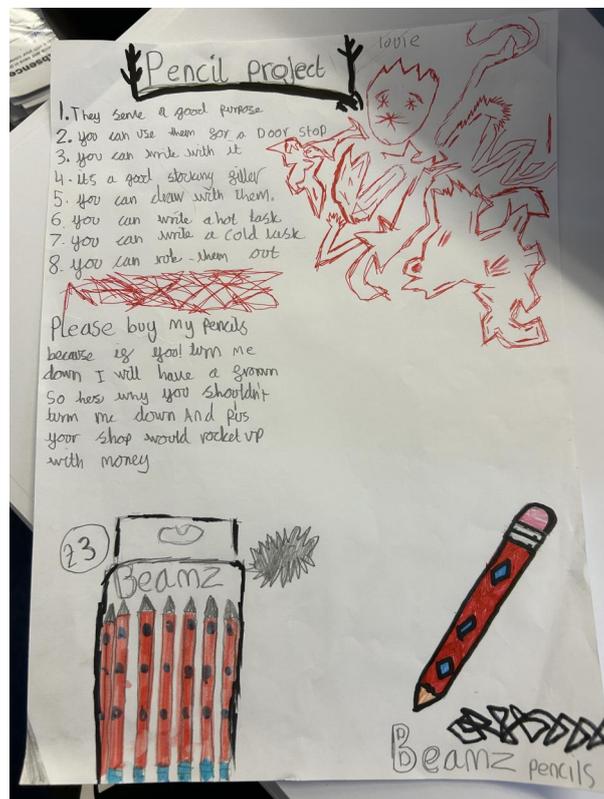
been science. We were fascinated and really engaged in these lessons. We looked at the human life cycle and learned about everything from conception to old age. We designed some excellent inventions to support elderly people too! In art, we have created sculptures of fish and in DT we have made WW2 bunkers. For PE we have enjoyed rounders, cricket, street racket. We also enjoyed sports day and some people represented KS2 at the Athletics competition.

Children's University:

Tuesday 8th July saw lots of children graduating Children's University. Well done to all of those children who have been taking part in extra-curricular activities this year, showing the importance of learning outside of the classroom.

On Tuesday 8th July, a representative from Worcester University came to school to give out some Children's University. We were able to celebrate some of the wonderful extra-curricular activities that our Church Hill pupils work hard with year round. For more information on Children's University, visit their website: [What we do and why | Children's University](#)

We are aware that there were some technical issues on the Children's University Online Portal. We have raised these concerns and these should be being rectified for next year. On Wednesday 22nd September (4.30 pm - 5.00 pm) we will be holding an information evening about Children's University to share the details with the process for the upcoming year.



1/07/2023

WALT: Solve 1-step questions.

a) $3a = 21$
 $\frac{21}{3} = a$ ✓
 $a = 7$

b) $6 + a = 10$
 $10 - 6 = a$ ✓
 $a = 4$

c) $2b + 6 = 10$
 $10 - 6 = 2b$ ✓
 $4 = 2b$
 $\frac{4}{2} = b$
 $b = 2$

d) $\frac{d}{2} = 7$
 $7 \times 2 = d$
 $d = 14$

a) $\frac{10}{3x + 2} = 2$ ✓
 $3x + 2 = \frac{10}{2}$
 $3x + 2 = 5$
 $3x = 5 - 2$
 $3x = 3$
 $x = 1$

$\frac{30}{x + 10} = 20$ ✓
 $x + 10 = \frac{30}{20}$
 $x + 10 = 1.5$
 $x = 1.5 - 10$
 $x = -8.5$

Extension:

Ellen has 5 sweets in her hand and 6 sweets in her bag. There are 12 sweets in total.
 b is the number of sweets in her bag.
 $b + 6 = 12$

$5 \times 20 = 100$ ✓
 $3 \times 20 = 60$ ✓
 $2 \times 20 = 40$ ✓
 $y = 20 \text{ cm}$ ✓

$5y = 100 \text{ cm}$ ✓
 $3y = 60 \text{ cm}$ ✓
 $2y = 40 \text{ cm}$ ✓

Perimeter = 200 cm

$5y + 3y + 2y = 200 \text{ cm}$

$\begin{array}{r} 20 \\ 30 \\ 100 \\ \hline 150 \end{array}$ ✓
 $\begin{array}{r} 20 \\ 30 \\ 100 \\ \hline 150 \end{array}$ ✓

$100 + 60 + 40 = 200$ ✓

There are some counters under the cup.

There are 10 counters in total.

a) If c is the number of counters under the cup, explain why $c + 6 = 10$

b) Work out the value of c .

c) How many counters are there under the cup?

1. Write algebraic equations to represent the bar models.
 2. Find the value of the letter in each one.

a) $a + a = 8$ ✓
 $(2a = 8)$ ✓
 $a = 4$ ✓

b) $b + 10 = 15$ ✓
 $b = 5$ ✓

c) $3 + 3 + c = 10$ ✓
 $6 + c = 10$ ✓
 $c = 4$ ✓

d) $7 + 6 = d$ ✓
 $d = 13$ ✓

$10 + 6 + 4 = 20$ ✓
 $10 + 6 + 4 = 20$ ✓
 $10 + 6 + 4 = 20$ ✓
 $10 + 6 + 4 = 20$ ✓

AG + 10 + 6 + 4 = 20 because 6 + 4 = 10. So the number of counters under the cup would be 4.

(30, 15, 4) ✓





If you would like to see what students will be learning about in more detail please visit the Church Hill website curriculum page. [Church Hill Middle School - Curriculum](#)

Onsite Swimming Lessons.

For the first time this year we have had an onsite swimming pool for the last six weeks of the summer term. This has meant that we have been able to offer our KS3 non-swimmers lessons to improve their swimming skills. Knowing how to swim is a life skill that could save your life in the future if you were to ever find yourself in deep water. We were also able to offer all KS3 a fun swimming session to experience this fantastic onsite facility.

School Band performance

This term our school band performed to students from across the school and to parents and carers. They really got the school rockin'!

Year 8 Celebration Evening

On Tuesday 15th July our Year 8 students were be invited to a Celebration Evening here at Church Hill Middle School. It was a fun filled celebration for our school leavers that was organised by our Head of Year 8, Miss Farrell. The evening kicked off with some students awards, voted for by the students, followed by a buffet made by Miss O'Hare and a group of year 8 students and then dancing the night away at a disco, music provided by DJ Dyer. There were lots of laughs and tears as the students said their farewells to their friends and their teachers.









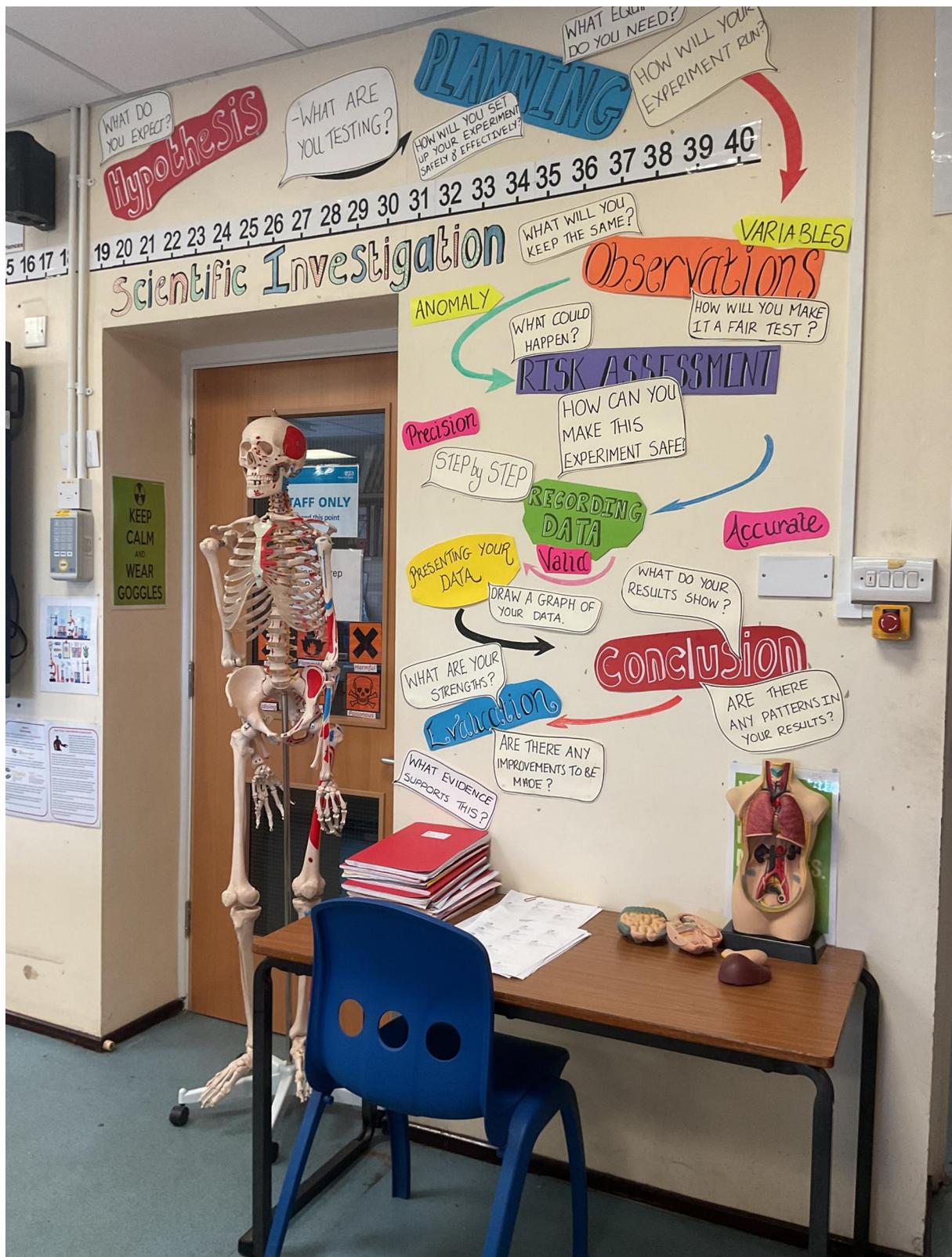








Science at Church Hill



A Stellar Year of Science at Churchill Middle Schools

This academic year has been nothing short of extraordinary for science at Churchill Middle School. From awe-inspiring performances and career science fairs to student leadership and

trust-wide competitions, our pupils have experienced science in a way that's brought learning to life across all ages and stages.

A New Chapter: The Ogden Trust Partnership

This year marked a major milestone for Churchill, as we proudly became a hub school in partnership with The Ogden Trust. As the lead school for physics development across the Trust, we are now responsible for coordinating opportunities to enrich physics education at all key stages. Through this partnership, we've begun to embed high-quality teaching, enrichment, and outreach opportunities that will benefit pupils across all our schools and spark long-term interest in the subject.

Science with a Spark: Dr Matt Pritchard Wows the Trust - The year began with a truly magical event that united our entire Trust in wonder and excitement. All students—from EYFS through to Year 13—were invited to the theatre at Arrow Vale to experience a live show by Dr Matt Pritchard, a physicist and science magician. Blending real physics with captivating illusions, Dr Pritchard amazed audiences with demonstrations that looked like magic—but were powered by scientific principles. This inspiring performance sparked curiosity across every key stage and set the tone for a year filled with discovery and imagination.

Launching into Learning - Our Year 5 pupils began their science journey with a thrilling trip to the National Space Centre in Leicester. There, they explored rockets, satellites, and even stepped inside a model of the International Space Station. This immersive experience ignited a passion for space and science that would carry through the year. Later, a select group of pupils were trained to become Science Ambassadors, taking on leadership roles to promote science within the school community. Their science journey continued with a visit to the Science Museum in London, where they explored the *Wonderlab*, took part in interactive experiments, and witnessed science come to life in new and exciting ways.

Big Bang, Big Inspiration - Year 7 students attended the Big Bang Fair at the NEC in Birmingham—a major national event showcasing the possibilities of STEM careers. Pupils engaged with hands-on exhibits, watched live experiments, and spoke to professionals working in engineering, technology, health, and the environment. The fair broadened their understanding of how science connects to the world of work and inspired many to think about the role science could play in their futures.

Collaborating Across Year Groups - Our Year 8 scientists took part in a STEM workshop at Arrow Vale, collaborating with Year 10 and Year 12 students on a series of advanced scientific challenges. Activities included food testing, physics calculations, and an interactive session tracing the journey of a blood cell through the human body. The experience provided a valuable opportunity to work with older peers, explore new topics, and build confidence in applying scientific knowledge.

Science Week Celebrations - During British Science Week, Churchill proudly hosted a trust-wide science quiz for Key Stage 2 pupils, bringing together students from across the Trust in a fun and challenging celebration of scientific knowledge. Meanwhile, KS3 pupils travelled to Holyhead School to take part in their Science Week quiz, engaging in friendly competition and showcasing their growing understanding of complex science topics.

As we reflect on this phenomenal year of science, we are filled with pride for what our students have achieved—and inspired by what lies ahead. It's been a joy to see our young scientists grow in knowledge, curiosity, and confidence. We're incredibly excited to see what new academic opportunities the next year will bring for our children, and how our families will continue to share in their journey of discovery







D&T and Art at Church Hill



Church Hill Middle School Triumphs in the CRST Arts Award!

This year's CRST Arts Award competition has been a spectacular celebration of creativity, imagination, and vision across the Trust. Open to all students in Key Stages 3, 4, and 5, the

competition invited young artists and designers to explore the theme *“Our World, Our Future”*—a powerful prompt that encouraged students to reflect on the world they live in today and imagine the one they hope to see tomorrow.

From questions about the future of our planet to the role of technology in our lives, students were challenged to think deeply and creatively. The theme was open to interpretation, allowing for a wide range of artistic responses inspired by sustainability, innovation, identity, and community.

At Church Hill Middle School, our KS3 students rose to the challenge with passion and originality. We submitted an impressive variety of entries, including a beautifully decorated cake, striking photography, expressive paintings, detailed drawings, and inventive mixed media pieces. In total, we had 9 submissions—each one a testament to the resilience, creativity, and hard work of our students.

We are incredibly proud to announce that Church Hill Middle School **won the competition**, bringing the coveted trophy home! Our school had the most category winners across the Trust, a true reflection of the talent and dedication of our students.

Their outstanding work will be showcased not only across the Trust but also right here in our school, where the whole community can celebrate their achievements. This victory is more than just a win—it’s a recognition of the power of young voices and the importance of creative expression in shaping the future.

Congratulations to all our amazing artists and designers—you’ve made Church Hill shine!

Church Hill Middle School Triumphs in the CRST Arts Award!

This year’s CRST Arts Award competition has been a spectacular celebration of creativity, imagination, and vision across the Trust. Open to all students in Key Stages 3, 4, and 5, the competition invited young artists and designers to explore the theme *“Our World, Our Future”*—a powerful prompt that encouraged students to reflect on the world they live in today and imagine the one they hope to see tomorrow.

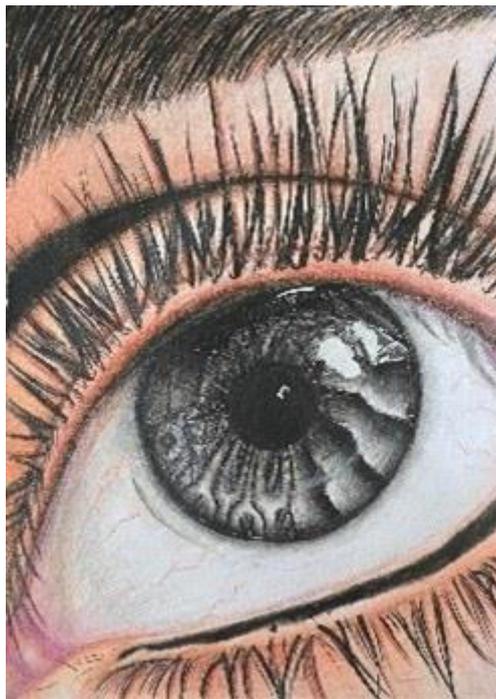
From questions about the future of our planet to the role of technology in our lives, students were challenged to think deeply and creatively. The theme was open to interpretation, allowing for a wide range of artistic responses inspired by sustainability, innovation, identity, and community.

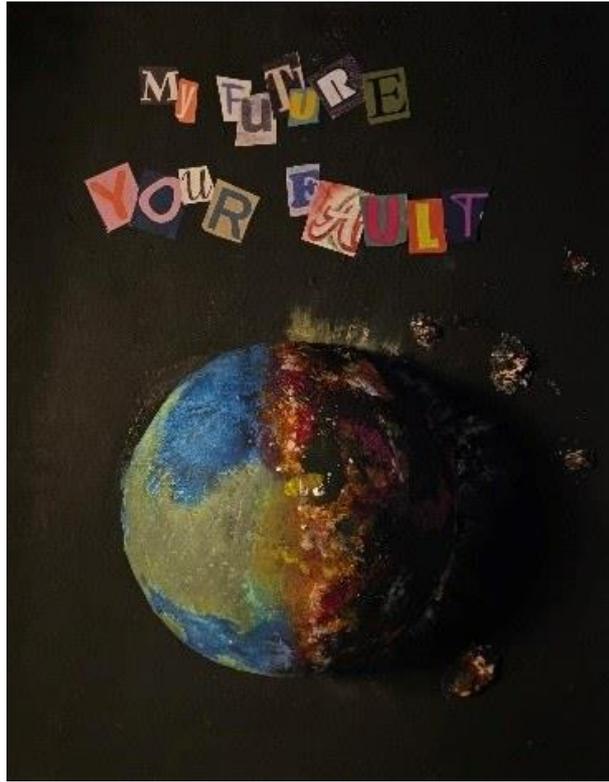
At Church Hill Middle School, our KS3 students rose to the challenge with passion and originality. We submitted an impressive variety of entries, including a beautifully decorated cake, striking photography, expressive paintings, detailed drawings, and inventive mixed media pieces. In total, we had 9 submissions—each one a testament to the resilience, creativity, and hard work of our students.

We are incredibly proud to announce that Church Hill Middle School **won the competition**, bringing the coveted trophy home! Our school had the most category winners across the Trust, a true reflection of the talent and dedication of our students.

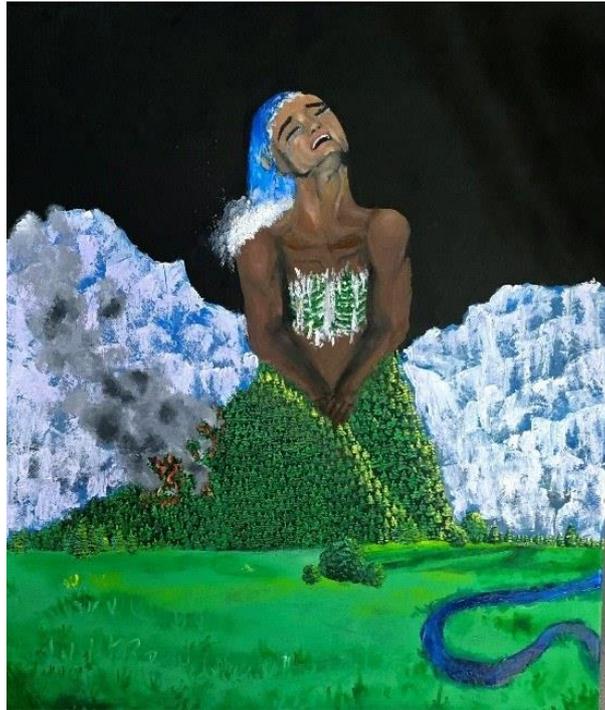
Their outstanding work will be showcased not only across the Trust but also right here in our school, where the whole community can celebrate their achievements. This victory is more than just a win—it's a recognition of the power of young voices and the importance of creative expression in shaping the future.

Congratulations to all our amazing artists and designers—you've made Church Hill shine!









Community teachers association



Welcome to the launch of the Abbeywood and Church Hill CTA.

What a few months this has been.

Firstly, I would like to say thank you to all our committee members, staff, parents and children. Without all of you this CTA would not be possible.

Thank you for the wonderful donations and input from: Tesco's, Asda, Morrisons, Redditch Fire Brigade, Church Hill PCSOs, Lotus, Bounce and Ride Inflatables, Tina the Ice Cream Lady, Hollywood Bowl, DJ Meats, Beefeater, Imagination Street, Howdens, P & E Sports,

Luna Nails, Che Bello, Tutor in a Box, The Abbey Hotel, TB Technologies, Church Hill Chip Shop, Redditch Indoor Airsoft, Redditch Chiropractic Care and Sellebrity Soccer.

Again, without these wonderful humans our raffle and events would not have been possible.

We have run three incredibly successful events, two discos and a summer fayre, in such a short space of time.

We can only imagine what events we can create for the future; we are excited for next academic year already!

Both discos were such a hit with the children and the snacks went down a treat too. DJ Dyer absolutely smashed it with the music playlist and all staff were heavily involved in dancing! Thank you again for making it incredible!

Over both Discos we raised £1427.16.

Well, the Summer Fayre, I sure was blown away with the community response, it was such a buzzing atmosphere with hundreds and hundreds of parents/carers, children, staff and our community. Our vision was turned into reality within 4 weeks; I shed many happy tears and this day I will never forget. So proud of our community and the support for our schools.

The Summer Fayre raised a mind blowing £2912.81.

Thank you, thank you, thank you!

The blood, sweat and tears that are put into these events and behind the scenes is incredible and I would love more of our school community to be involved, honestly you will be glad you said yes!

So, if you would like to be a part of our Abbeywood and Church Hill PTA, please contact **Becky Atkins on 01527 962794.**

Thank you for a wonderful Summer Term, here's to an exciting Autumn Term.

Take Care,

Abbey Wood and Church Hill CTA

Church Hill Sports events and upcoming fixtures



Year 7 & 8 District Athletics

Friday 13th June saw our KS3 students competing at the Redditch district athletics competition. As you can see from the photos, our students won many medals on the day, with some taking home multiple! A massive well done to all students who competed on the day - your efforts were commendable and in the case of Year 8, contributed to us being crowned Redditch Champions for 2025 - something that has not been achieved for many, many years.





















Year 5 & 6 District Athletics

Friday 11th July brought KS2's opportunity to compete against other schools from Redditch in multiple track and field events. For many of our Year 5 students, this was their first time representing the school and we look forward to them representing us again in the future.

In extremely hot conditions, the students displayed great resilience, picking up some medals along the way.

An extra well done to our Year 5 boys, who finished 3rd overall and a massive shout out to our Year 6 boys who came out as overall winners for the day!









CRST KS3 Sports Day

As well as the successes at both district and county level, Church Hill's athletics teams also proved to be strong competition at this year's Central Region Schools Trust Sports Day.

Year 8 had a successful morning, coming out as overall leaders after the field events.

Meanwhile, Year 7 showed that they are prepared to step into the shoes that Year 8 will be leaving, by finishing the day in 2nd place overall.

Well done to all who competed!











Worcestershire County Minors Athletics

Congratulations to Milly Burgess, Ellie-Mae Bathurst, Phoebe Leonard, Millie Wheeler, Stefan Sobkowiak and Samuel Anti, who were all selected to represent Redditch at the recent Worcestershire County Minors Athletics Championships.



Worcestershire Summer School Games

Lastly, a big well done to our students from KS2 and Year 8, who qualified to represent Redditch at this year Summer School Games, both competing in dodgeball.

Our KS2 team had a successful tournament, picking up mainly wins and a draws. Later in the day, it was over to our Year 8 girls, who topped off what has been an incredible year of sports for our female cohort, with yet another win and another gold medal to add to the haul for the year.

Whilst not competing, students were able to visit the school games 'village' and take part in many different activities, including a smoothie making bike!







School Games Mark



We are delighted to announce that we, Church Hill Middle School, have achieved the School Games **Gold** Mark Award for the 2024/25 academic year.

The School Games Mark is a Government-led award scheme launched in 2012, facilitated by the Youth Sport Trust to reward schools for their commitment to the development of competition across their school and into the community, and we are delighted to have been recognised for our success.

Our sporting achievements this year include: Year 8 Girls district football champions, Year 8 Girls football county-cup finalists, Year 5 Boys district football champions, KS3 Girls district and county dodgeball champions, KS3 Girls district hockey champions, Year 8 district athletics champions, Year 6 Boys district athletics champions. Plus many, many more!

With many of our young people competing in local inter-school competitions this year, we are extremely proud of our pupils for their dedication to all aspects of school sport, including those young volunteers, leaders and officials who made our competitions possible.

As part of our application, we were asked to fulfil criteria in the areas of participation, competition, workforce and clubs, and we are pleased that the hard work of everyone at our school has been rewarded this year.

A special thanks to: Mrs Clarke-Dyer, Mr Mytton, Mr Hulse, Miss Gallagher, Miss Jones, Miss Cartland, Mr Bengier and Miss Johnson We look forward to applying once again in 2026!





Rewards at Church Hill



Epraise Points
Epraise points can be earned at any time during the school day for showing any of our school expectations.

- Ready
- Respected
- Safe
- Taking Responsibility.

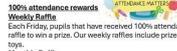
Epraise points can also be given for **excellent effort in lessons and during sporting fixtures and clubs.**

Rewards for Epraise Points
Rewards for Epraise points are given half termly and are tiered.
Each half term, spendable Epraise points are reset to give students a fresh start. This does not delete, their overall points. Overall points will then be used to reward children at the end of the school year.



Postcards
At the end of each lesson, a pupil of the lesson will be chosen to receive a postcard from the teacher.
Children who receive a postcard will be entered in a raffle to choose a prize from the key stage prize box.

SLT Postcards
SLT postcards will be awarded to children when they are noticed by a member of the Senior Leadership Team for going above and beyond.
Children that receive an SLT postcard do not need to be entered into a raffle. They automatically receive a prize.



100% attendance rewards
Weekly Raffle
Each Friday, pupils that have received 100% attendance that week will be entered into a raffle to win a prize. Our weekly raffles include prizes like sweets, chocolates, and fidget toys.

Monthly Raffle
Each month, a larger raffle will take place. This will be for children that have received 100% attendance for one month. These raffles will include larger prizes. These have included vouchers for local companies/shop days out, an air fryer, hair curlers, amazon vouchers, tickets to mascot day at Redditch United game and many more exciting prizes.



Achievement Assemblies
Each week, teachers will nominate students from their classes to receive a mention in our achievement assemblies.
Children that receive a mention in the achievement assembly get to spend 20 minutes with their phase leader talking about their achievement over some biscuits or cake.

1 - Key wins for the year

KS2 and KS3 homework policy



We are currently reviewing our home learning policy with staff and students. We are looking to launch this with parents/carers next half term. In the interim the following home learning will be set for KS3 and KS2 pupils.

KS2 Home Learning:

Maths and English tasks will be set weekly on the Learn by Questions website: [Learning by Questions](#)

Additional homework will be project based and set on a half-termly basis.

KS3 Home Learning:

Maths tasks will be set weekly on the Learn by Questions website: [Learning by Questions](#)

English students will be set a project based activity. This activity will be issued to students by their English teacher after half term.

New Uniform expectations - September 2025



CHURCH HILL MIDDLE SCHOOL

Subject: New additions and changes to PE uniform for Autumn term 2025

Our school has a duty to make sure that the uniform we require is affordable, in line with statutory guidance from the Department for Education on the cost of school uniform. We understand that items with distinctive characteristics (such as branded items, or items that have to have a school logo or a unique fabric/colour/design) cannot be purchased from a wide range of retailers and that requiring many such items limits parents' ability to 'shop around' for a low price.

Therefore, we have made the following accommodations to our uniform.

Uniform (please see visual posters for pictures on website link below)

Blazer - formal Church Hill branded school blazer with 'Rio' piping

Shirt - A formal white collared shirt.

Tie - Church Hill Middle School tie.

Bottoms - formal black trousers or tailored shorts. Formal black school skirt which must be knee length and must not be of a stretchy or Lycra material. The skirt must not have external buckles, rivets, zips or logos.

Socks/tights - Plain white/black socks, or black opaque tights.

Shoes - formal plain black low-heeled shoes – these must not have a logo or branding. Trainers or pumps are not allowed. Black Nike air force trainers are not allowed to be worn on non-PE days.

PE kit (please see visual posters for pictures on website link below)

Bottoms – navy Church Hill branded shorts, skort, leggings or tracksuit bottoms. Alternative plain navy jogging bottoms/leggings can be worn - these must have no logos, branding or additional colour/embroidery.

Top – navy Church Hill branded polo shirt

Jumper - navy Church Hill tracksuit top (branded with school logo) with full length zip (alternative plain navy crew neck sweatshirt can be worn – this must have no logos, branding or additional colour/embroidery)

Trainers – appropriate for sporting activities

Socks - navy blue sports socks

Football boots (optional)

Key changes for existing students

School blazers are not to be worn on PE days. Church Hill branded jumper or plain navy sweatshirt is to be worn instead. No hoodies.

Shorts are not to be worn over jogging bottoms/leggings.

[Link to website](#)

These changes are to ensure that students are both smart and comfortable on PE days and allows for parents/carers the ability to select items that match their budget.

We expect that all pupils wear the uniform both in school and when representing the school at events or on visits. When the pupils are travelling to and from school in the community, we expect that the same high uniform standards are met with the pupils wearing the uniform with pride and role modelling our values.

Key dates for Autumn term

Teacher Training Days: Monday 1st and Tuesday 2nd September

Pupils return to school: Wednesday 3rd September

Year 6 Black Country Museum trip: Thursday 18th September

Year 6 residential letters: Sent out during the first week back

Year 6 Residential Information Evening: Wednesday 10th September (4.00pm -4.30pm)

Children's University Information Evening: Wednesday 17th September (4.00pm - 4.30pm)

Community Links



REIMAGINE REDDITCH

THE MIRACLE OF THE BEES INTERACTIVE MULTI-SENSORY EXPERIENCE

19-22 July 2025

Journey through a free interactive, multi-sensory experience celebrating the vital role of bees in our environment.

OLD FARM FOODS UNIT, LOWER GROUND FLOOR, KINGFISHER SHOPPING CENTRE 11AM-5PM

JOIN US FROM 19TH JULY TO EXPERIENCE IT YOURSELF.

Inspired by the teachings of Surah an-Nahl (the Bee) in the Quran, the experience invites visitors of all ages to explore the wonders of bees and their importance to the environment.

Co-created by young people from Imaan Youth Club and Vortex Creates as part of our Bee Creative project.

BOOK NOW!

RR CREATIVE PEOPLE AND PLACES LOTTERY FUNDED Supported using public funding by ARTS COUNCIL ENGLAND **VORTEX CREATES** IMAAN Youth Club Kingfisher Redditch

Support for families



Baby and toddler groups	Health visiting	Feeding your baby	 WORCESTERSHIRE FAMILY HUBS	
	Speech and Language	Midwifery		
Child development	Parenting support/programmes/workshops		Activities to do at home	Stop smoking
Healthy eating	Mental health	Food bank vouchers	Healthy start vitamins	
Information about alcohol/drug support	Information about domestic abuse	Health and wellbeing support and signposting	Debt and welfare advice	Youth support

WORCESTERSHIRE
FAMILY HUBS

Family Hubs are a place where families can get support and information in one location. This includes baby groups, parenting courses, health visitor check-ups, speech and language appointments and much more.

worcestershire.gov.uk/familyhubs



What Parents & Educators Need to Know about Internet Controls.



- It's exceptionally easy for a child to come across harmful content online, whether by accident or otherwise. Internet filtering software is a family's line of defence. Here's everything you need to know about internet controls in a handy guide which covers router filtering controls, parental software controls, ISP filtering controls and useful recommendations. See below tips on avoiding potential hazards relating to privacy and security, unrestricted access and harmful content.

ROUTER FILTERING CONTROLS



Most routers provide internet filtering. The most basic models just let you type in a website that's blocked, which doesn't provide a very practical way of locking down your internet connection. However, many new routers and wireless mesh systems are upping their game when it comes to parental controls. They are providing more advanced controls, and that's what we're looking at here.

Although usually provided free, some manufacturers have a monthly charge for more advanced features. For example, with the Netgear Orbi System, you get basic filtering for free, but more advanced controls are available on a monthly subscription.

Using router controls, you can create profiles for each person in your home, assigning devices to each person. A child, for example, could have a profile that associates their laptop, phone and games console to them.

Filtering controls let you set which types of websites each profile can access, with more restrictive blocking for very young children, less stringent blocking for teenagers and unfettered access for adults.

In addition, profiles often let you set both when a profile can access the internet and for how long. You can even pause internet connection for a profile, blocking internet access temporarily for a child. As controls are applied for all devices, it means that a child can't swap to a different device to carry on using the internet.

The main downsides are twofold. First, protection doesn't work outside of your home, so a child has unrestricted internet access on other networks. Secondly, they can't control which apps your child can use, so you can't lock down applications and games to safety.



PARENTAL SOFTWARE CONTROLS



Traditional parental control software is typically available as part of an anti-virus suite, although dedicated applications are also available. The software has to be installed on a child's device, with most supporting Windows, Mac, iPhone (iOS) and Android. Control is typically via the web, letting you set the types of websites that a child can visit, and how long they're allowed to use devices for.

Parental control software has two main advantages over the other methods. First, it can be used to monitor and restrict which apps are being used, in addition to filtering websites. Secondly, the software continues to work no matter where the child is, so they can't bypass protection by connecting to a different wireless network, for example.

The downside is that the level of support is more restrictive and some devices, such as games consoles, won't be supported.



ISP FILTERING CONTROLS



Your ISP will have its own filtering controls that you turn on for your entire internet connection. They're provided free of charge and provide a simple, baseline level of protection. The main benefit of these controls is that they don't require any software to be installed and will work on any device connected to the internet from a laptop to a games console.

The main issues come from the fact that the controls are simplistic. First, as controls apply to every device equally, everyone in your home gets the same level of filtering regardless of whether they're five years old or an adult. Secondly, ISPs can't block specific applications, such as a game. Thirdly, ISP filters only work while you're at home; if a child takes their laptop or tablet elsewhere, there's no active filtering (note that BT Wi-Fi, if you're signed into BT Wi-Fi).

Typically, ISP parental controls can be temporarily turned off (or run on a schedule) to allow adults access to their content. However, when the controls are turned off, the entire network is open, enabling a child to access anything they like.

It's worth mentioning the parental controls that mobile networks provide. These can be turned on to filter all web traffic from a child's smartphone when they're using the mobile network. The downside is that the controls aren't in force when a child connects to a wireless network, so you'll want to look into additional controls.



WHICH TYPE IS THE BEST?



In truth, the best form of protection is to use multiple layers of protection. Parental control software is a great option for monitoring and controlling what a child can see and do on their computer, tablet or phone, and gives protection outside of your home. It's worth supplementing this control. If your router has advanced parental controls, then use this to control internet access on all of a child's devices, even those that don't support your software. ISP filtering should be used as a last resort, as it restricts what everyone can do, even you.

That said, make sure that your child's phone has internet filtering turned on so that your child remains protected even if they use mobile data.



BUILDING CYBER RESILIENCE AT HOME

As a society, we're increasingly using technology and tech services in the home. Digital assistants which can adjust the heating or turn lights on and off, streaming services for shows and movies on demand, games consoles, smart speakers, phones, tablets – the list goes on. As we introduce each new gadget to our homes, however, we increase the level of threat from cyber criminals. It's essential, therefore, that we learn to become more cyber resilient in relation to the devices and digital services that the people in our household use.

WHAT IS 'CYBER RESILIENCE'?

Cyber resilience focuses on three key areas: reducing the likelihood of a cyber attack gaining access to our accounts, devices or data; reducing the potential impact of a cyber incident; and making the recovery from a cyber attack easier, should we ever fall victim to one.



- 1. PASSWORDS LONGER AND LESS PREDICTABLE**
 The longer, less common and memorable a password is, the more difficult it becomes for cyber criminals to crack. The National Cyber Security Centre's 'three random words' guideline provides a simple way to remember but hard to guess.
- 2. AVOID RE-USING PASSWORDS**
 When you use the same password across several logins, your cyber resilience is reduced. The security of the weakest link in your password chain becomes your strongest and password reuse makes it easy for hackers to guess.
- 3. USE A PASSWORD MANAGER**
 A good way to juggle different passwords for different sites or services is to use a password manager. This software stores all your passwords for you, so you don't need to remember them. Most password managers have built-in security features and some even generate strong passwords for you.
- 4. BACK UP YOUR DATA**
 Keep a copy of your data using a reliable, cloud-based storage solution. If a malware infection or suspicious information you could even back up manually. Storing it on a hard drive or USB drive is also an option, for example.
- 5. ENABLE MULTI-FACTOR AUTHENTICATION (MFA)**
 Multi-factor authentication is where you need access to your phone to log in to an account. It's an extra layer of security to confirm your identity. This makes it more difficult for cyber criminals to gain entry to your accounts and your data, even if they manage to get your username and password.
- 6. CHOOSE RECOVERY QUESTIONS WISELY**
 Some services let you set 'recovery questions' – such as your favourite pet's name – in case you forget information you might have mentioned (or even that you've shared) on social media. Secure, unpredictable answers make cyber criminals' tasks for harder.
- 7. SET UP SECONDARY ACCOUNTS**
 Some services provide the facility to set secondary accounts, which purchase and use your primary account. Make sure you set these up: they will be vital if you're locked out of your account. Make sure you set these up: they will be vital if you're locked out of your account.
- 8. KEEP HAVING FUN WITH TECH**
 Consider our tips in relation to the giggle and online services your household uses. Protected content and your family time don't let the online world with devices are not only fun, but they can also be a lot of fun – so long as you keep safety and security in mind. Don't stop enjoying your tech.
- 9. CHECK FOR BREACHES**
 You can check if your personal information has been involved in any known data breaches by entering your email address at www.hackemypastimes.com. (Yes, that's not the correct URL, but it's a good idea to check if you're worried about a possible breach – or simply to monitor your data security.)
- 10. CHANGE DEFAULT 'NOT PASSWORDS'**
 Devices from the 'Internet of Things' (IoT), such as smart home appliances, are often prepped with generic, default passwords. These are easier to set up, but also less secure. Change these to something more secure as soon as possible.
- 11. KEEP HOME DEVICES UPDATED**
 Download official software updates for your household's mobile phones, tablets, consoles and other devices. Security improvements and bug fixes are often included in these updates. By ensuring each device is running the latest version, you're making them more secure.
- 12. STAY SCEPTICAL**
 Cyber criminals commonly use various methods, including email, text messages and social media posts. Be cautious of any messages or posts that seem too good to be true or emphasize urgency – even if they appear to come from someone you know.

3 - In the last couple of decades, the volume of online traffic has increased exponentially – but, by and large, people's awareness of the accompanying risks hasn't grown along with it. To illustrate the scale of the issue, consider this: a report by the Internet Crime Complaint Centre found that, in the US during 2020, there was a successful cyber-attack every second. Yes: every second.

Criminals continue to find new and devious ways to attempt to hijack our online transactions and harvest our private information. To them, the smart devices that many of us now use as standard at home are simply a convenient back door into our lives – and our networks. Here are tips on a number of potential risks such as how to use a password manager, how to back up your data and how to check for breaches.

SUPPORTING CHILDREN'S MENTAL HEALTH

10 Conversation Starters for Parents

Talking about mental health to children is sometimes hard. To the point that we can put off raising the subject, not wanting to unearth problems or raise overwhelming subjects that we perceive our child is too young or not ready for. But rather than keeping children in the dark, this guide is designed to help you confidently talk about mental health, so they feel comfortable talking about their own worries and end any stigma before it begins.



1 LISTEN

This sounds obvious, but it is not something we are always great at. Active listening is where we listen without interrupting or making judgements and shows interest in what is being said. If your child feels listened to in the 'smallest of problems' they will become confident that you will listen when the 'biggest of problems' arise.

2 ASK TWICE

The campaign from time to change is great. <https://www.time-to-change.org.uk/support-ask-twice-campaign>. Be tenacious about your child's wellbeing. Children instinctively know when your questions and support come from a place of wanting to help and care.

Are you sure?

3 THERE IS NO SUCH THING AS A STUPID QUESTION

This advice also relates to the first point. If your child can ask you any questions about the smallest of things and you listen and answer without shaming or belittling, then they will have more confidence to ask the biggest of questions.

4 BE OPEN AND HONEST

Children appreciate honesty, particularly if you are having to share information or talk about a difficult subject. For example, you may be talking about death or loss; 'It's very sad that Nana has died' or 'I feel sad that Nana has died'. How you talk about a subject will differ depending on their age and developmental maturity. Talking about death to a younger child for example will be different to that of an older teen, as their experience and understanding of death is different.

5 KNOW WHEN TO SEEK HELP

Assess the severity of the mental health difficulty you are noticing. Is the difficulty making it hard for your child to function regularly throughout everyday life? How frequently is your child affected, how long does it last and how persistent is it? Are they having problems controlling the difficulty? Talk to your child about your concerns and that it is likely they will need further support beyond family and friends.

6 TALK ABOUT MENTAL HEALTH NATURALLY

Speak about mental health as part of everyday life, so that talking about our feelings and those of others is normalised. If the usual 'are you ok?' is not creating an opportunity for dialogue then say something like 'I know when something like that has happened to me I felt like this... is that how you are feeling or are you feeling something else?'

7 EMPATHISE

'It makes sense that you would feel this way, it is understandable'. Children often worry about things that we, as adults, might see as trivial or silly. However, for them at their age and stage it is a big concern and they need our kindness and care when they show their vulnerability and share their worries.

8 HELP YOUR CHILD FEEL SAFE

Teens particularly feel that by talking about their worries or concerns that this will make things worse. Reassure your child that you will discuss a plan of action together and what may or may not need to happen next. If they are a younger child, it is likely you will need to lead the conversation and explain next steps.

9 MIND YOUR LANGUAGE

Be mindful of the language you use at home to describe and talk about mental health. Stigma often arises from misconceptions and a choice of language which is harmful. Using the word 'mental', 'man-up' or other such words in a derogatory way won't encourage your child to talk about their mental health for fear of being belittled.

10 IT IS OK TO SAY 'I DON'T KNOW WHAT TO DO NEXT'

Adults do not have all the answers but often children think they do. It is ok to acknowledge that what your child is experiencing is not something you have come across before or know anything about, but that you will work it out together and seek help together.

