



WEEKLY NEWSLETTER

10th December 2020

Dear Parents and Carers,

I am pleased to say that the Watford Girls community have shown just how much they care for each other through their generous donations to charity. The boxes under the year group trees are filling with food and feminine hygiene products for the Trussell Trust and as you will read below there have been many acts of kindnesses to others.

Parents' Association Raffle and Auction

I do hope you have all bought a raffle ticket from the Parents' Association, just £1 from each parent could make a great difference to the total we are aiming for (although more would be even better). So far we have raised £4,012 and we would like to beat our record of £6,000. Attached to the newsletter today is a message from the PA, which also informs you about the online auction that mirrors the one that would take place during the fair; please have a look and participate if you can: www.ebay.co.uk/usr/wggsparentsassociation

On Wednesday afternoon, I will draw the prize winners for the PA raffle and post this on YouTube for you to see. I wish you luck!

The Year 9 Giving Tree

The Giving Tree has been a great success. As you can see, girls, parents and staff have been very generous and all these presents will now go to children living in local refuges, forced to live away from home due to domestic violence.



Year 12 Hampers

As an alternative to the Community Christmas Party that is usually organised by the Year 12 students, they have joined together to make hampers which were delivered to local retirement and care homes this morning. Form groups have also recorded quizzes, music and other entertainment for the residents, showing a lot of care and imagination which is very much the Watford Girls way.



Santa Dash

The PE Department have been preparing for the Santa Dash that Year 7, 8 and 9 pupils will participate in next week. I have attached a flyer and links to the Just Giving pages that makes it easy to sponsor your daughter. Watch for the [PE Department's Instagram page](#) for more updates.

TikTok Update Parental Controls with Family Pairing Feature (SWGFL)

TikTok is used by many teenagers and sometimes children younger than 13, despite its terms and conditions. Using the new Family Pairing feature can allow parents to guide their child's TikTok experience in a safer way. Features include:

- Search: Decide what can be searched for. This includes content, users, hashtags, or sounds
- Screen Time Management: Sets how long your teen can spend on TikTok each day
- Discoverability: Decide on the account being private (you decide who can see their content) or public (anyone can search and view content)

To find out more information about TikTok's Family Pairing feature and to download a helpful poster, go to: <https://swgfl.org.uk/magazine/tiktok-update-parental-controls-with-family-pairing-feature/>

Parent Workshops

Our Charity providers Supporting Links are offering a wide range of workshops for you in the Spring Term. These include:

- Talking Motivation: Encouraging your child to be more motivated and build resilience
- Talking Stress & Anxiety: Learn how to support your child with their worries
- Talking Teens: Supporting your child of 11+ to become more independent

I have attached flyers that give more details for you to choose the best one that meets your needs or circumstances.

Alternatively, you may wish to participate in parent session provided by Kooth, an organisation that the school does promote with the girls. They have passed on the following:

Over the coming weeks your child may mention they have been made aware by school or a professional of a service called Kooth and or may need some support over the festive holidays.

It provides a safe, secure means of accessing help via the internet from a professional team of qualified counsellors, youth workers and emotional wellbeing practitioners and is available for all 11-18 year olds.

Kooth will be working with all schools and professionals to support students' mental health and wellbeing in and out of school.

Kooth provides parent sessions, so please do consider attending the next Zoom session on Wednesday 16th December 2020 12 noon to 1pm.

Simply type in the meeting ID on Zoom **983 7658 6646** at **12noon** on the **16th December**. Kooth will offer school virtual assemblies, staff training and workshops for students as well as ongoing support from our integration and participation worker.

At Kooth we offer wellbeing support 365 days a year and we have our wellbeing team online Monday to Friday 12noon to 10pm and weekends 6-10pm. Kooth is free to access, your child simply needs to visit: www.kooth.com and click 'Join Kooth'.

We have a vast range of self help material, peer to peer support and young people are able to contribute too. Everything is pre moderated in order to safeguard our users so you know what your child is accessing is safe. If you have any questions or would like to discuss what Kooth.com can offer, please address them to the school. If you would prefer to contact Kooth directly, simply email: parents@kooth.com

Best wishes,

Sylvia Tai