



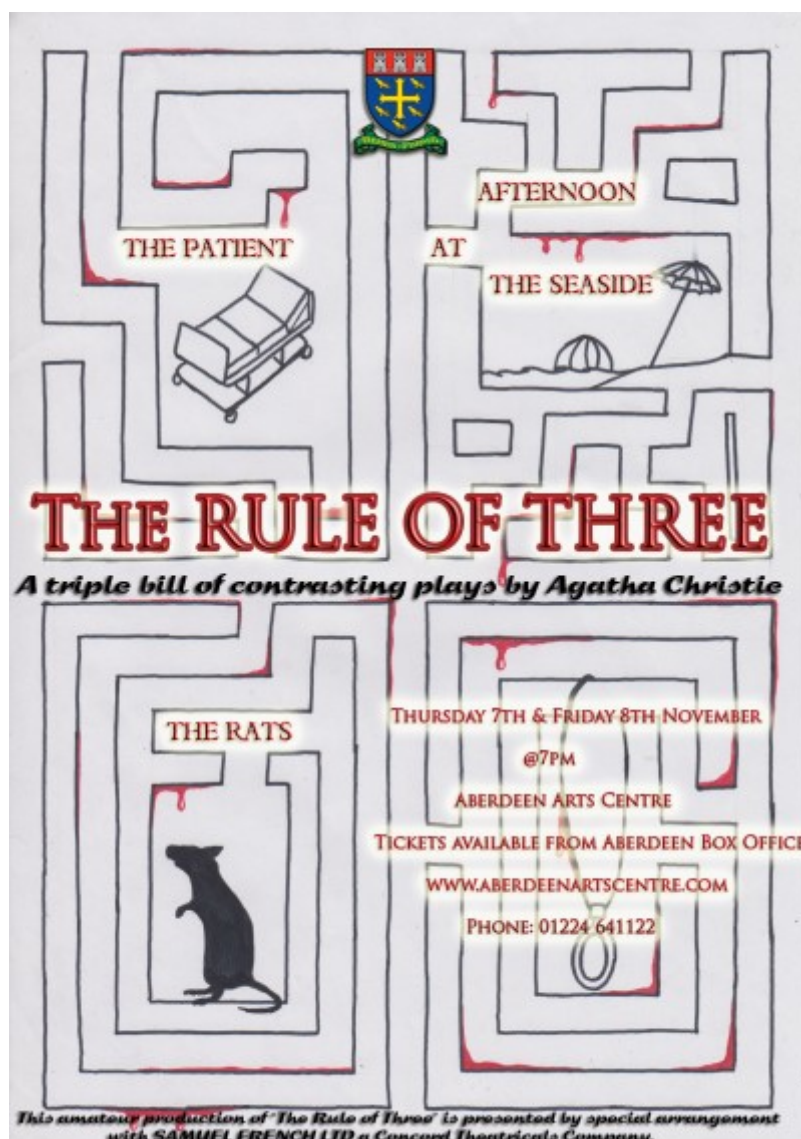
Weekly News 8th November 2019



From the Head

Over the next few weeks we are going to feature in the newsletter a series of parent guides from www.thinkuknow.co.uk, which is an invaluable online resource in supporting schools and families in delivering education and raising awareness of online child abuse and exploitation. This week on pages 6 and 7 of the newsletter we share their advice on how to have a conversation with your child regarding the dangers of online grooming.

The senior school production of 'The Rule of Three', an Agatha Christie triple bill, went very well on its opening last night at Aberdeen Arts Centre (photos on the following pages). Tickets for this evening's performance can still be purchased by visiting the Aberdeen Performing Arts website at <https://www.aberdeenperformingarts.com/whats-on/drama/the-rule-of-three/2799/#schedules>







Senior School Show (continued)









ONLINE CONTACT AND STAYING SAFE

What might children encounter?

Chatting and meeting new people on the internet can be fun and appealing for children. There are lots of online apps and communities that can be educational and supportive for them, however there are opportunities online for adults to contact children.

No matter how young your child is, if they are using a device that has the internet- it is important to talk to them about people who contact them online.

We understand that you can't always be there with them, although if they are 11 and under we would always recommend that their device is used in a public space, making it all the more important that your child knows that they can come to you if someone online says or does something that makes them uncomfortable, worried or upset.

Sexualised chat and images

It is a criminal offence for an adult to send a sexual message to a child or incite them to perform sexual acts. This could include;

- An adult exposing themselves on webcam
- Engaging a child in chat about sexual acts and fantasies
- Telling a child to watch pornographic images/videos
- Telling a child to perform a sexual act or expose themselves
-

"Children have told us that they send out friend requests to increase their friend count, and are worried that if they have talked to people they don't know and something goes wrong or upsets them, their parent or carer will over react and take their technology away from them."

If your child is engaged in sexualised contact they might react in many different ways from excitement to distress, but they may also feel guilty. It can be helpful for your child to know who to talk to if something does go wrong, and it can help to suggest taking a break from an app for a period of time. This can help them learn from what happened, rather than banning them from the internet all together.

Why might a child engage in sexual chat or talk to adults online?

It is never a child's fault if they have been engaged in sexual chat by an adult, however it might seem difficult to understand how this could happen even if conversations about safety and not talking to strangers online have happened.

It is important not to blame your child if this does happen , but also to try and understand what sort of things could influence a child's behaviour.

Developmental stage: Children's brains are still developing so it is hard for them to distinguish between fantasy and reality. When they are online they feel invisible and more confident to engage in behaviour that they would not do in 'real life'. They need support from adults to make good decisions and use the internet safely.



ONLINE CONTACT AND STAYING SAFE

Sexual exploration: It's natural for children to start exploring their sexual feelings, and talking to people online can feel exciting. Adults can exploit this natural curiosity by talking about sex and introducing new things that might be inappropriate. Direct your child to age appropriate information about sex and relationships at [Childline](#) or [Brook](#).

Fear: Adults can pressure, intimidate and coerce children into doing things that they are not ready for. Therefore it is important that a child knows that they are not to blame and that reporting to CEOP or in the app can help protect them and others in the future.

How to protect children from inappropriate contact

Look out for your child moving to new platforms to chat. Offenders sometimes encourage young people to move from a public forum, to a game, or more private chat apps or sites. Here, they are able to have private conversations that are likely to be less moderated. It's always a good idea to remind your child to be wary of people who want them to chat privately. Have conversations with your child about the new apps they are using and who they may be talking to. You can also find information on [parental controls](#) to help you to [keep track of the apps](#) your child may be installing and ways you can keep them safe.

Use webcam and devices in public spaces. As young people develop, they often seek more privacy and autonomy in both their online and offline world. However, it's important to consider whether your child is developmentally ready to be left unsupervised whilst gaming or chatting. In particular, younger children can struggle to identify risks they may face whilst online and require supervision to learn these skills. Encourage young people to use their [devices in spaces where some level of supervision](#) is possible, for example, a family room or living room.

Encourage your child to identify safe and trusted adults. In their offline world, children are often taught to do as they are told and follow adult instruction. From teachers to parents, most young people are socialised to accept adults authority. Some offenders rely on this acceptance and use young people's trust in adults to harm them. Help your child to identify adults that are there to help them from ones who they do not know. Encourage their digital literacy by helping them to identify sources on the internet that they can trust and places they should be more cautious. Reinforce the idea that on the internet, adults should not be giving young people instructions or telling them what to do. Young people should ask someone they trust if they are unsure. Visit [Thinkuknow](#) for information on how to help develop your child's digital resilience.

Make sure your child knows where to go for support. Children can sometimes feel partly to blame if something goes wrong online. Remind your child that they can always speak to an adult they trust if they are worried no matter what may have happened. Take time to know [how to report on social media sites and apps](#) to prevent offenders continuing to harm.



Aberdeen Brunch for Former Pupils and Staff

Former pupils and staff met up on Saturday 2nd November to share news over brunch at the Royal Northern and University Club. The weather may have been a bit dismal but it didn't dampen the mood for guests who enjoyed morning rolls, pastries, juice, tea and coffee in the lovely Garden Room. It's great to see that so many FP's and former staff are still connected with the school and come along to our mini-reunion events.

The next event for your calendar is the FP Club Quiz night which is on Friday 15th November, 7pm, Rubislaw Church Centre. Tickets are £10, payable on the night, which includes a buffet and glass of wine. There will be a prize for the best team, although this will be a social event, very relaxed and informal to wind down the week! Register now at: <http://stmargaretsevents.com/>

Mrs R. Paterson-Davies



PTA Event Cheese and Wine Event with Tessa Williams

Have you ever wondered what the biggest celebrity names get up to behind the opulent closed doors of some of the world's most exclusive and luxurious hotels? Well now you have a chance to find out – and to indulge in a little luxury yourself while stocking up on Christmas gifts.

Your PTA is hosting a one-off, cheese and wine event with Tessa Williams, a former model and the author of *Hotels of the Stars*. She will on Tuesday, December 10th, get 'up close and personal' with St Margaret's mums and chums to share secrets she discovered while researching her sumptuous, eye-opening book. With a preface by award-winning actor and director Richard E Grant and a foreword by legendary chef, restaurateur and hotelier Albert Roux, founder of the Le Gavroche, this lavish read comes highly recommended – as does its author, who is now working on *Hotels of the Stars 2*.

Let her lead you into the world of the uber elite like Brad Pitt, Naomi Campbell and Elizabeth Taylor to indulge in a little scandal. And discover where literary and cultural heavyweights like Steinbeck, Garbo and Dali hung out – you won't be disappointed.

Tessa, is also the author of *Cult Perfumes* and the creator of a range of bespoke fragrances from perfume to scented candles, each carrying their own celebrity endorsement - Hollywood actress Kirstie Alley, UK former rock chick and ex-wife of Noel Gallagher Meg Mathews, and tennis ace Judy Murray to name but a few.

Tessa will not only answers questions about the hotels she has explored and the secrets they hold, but will also talk about some of the planet's most iconic perfumes and the creation of her own luxury line. Her fragrance range will be available to buy and you even have a chance to net a signed copy of her books. A percentage of all sales is kindly being donated to PTA coffers along with a fabulous raffle prize. And there will also be a chance to win some of the latest top titles in our book bonanza.

This glittering event with limited seats available, kicks off at 6.30pm and is suitable for adults only (including S5&6 girl, former pupils, parents, teaching staff, and their families and friends)

Admission is only £5 per person, payable in advance. There are three ways to pay (by December 5th please), just choose the one that suits you best:

- direct to the PTA account (Bank of Scotland, sort code 80-05-14, account number 0029 2156) also emailing the PTA treasurer Henry@kingcausie.co.uk to confirm your name and names of those in your party who are attending.
- by cheque (made payable to St Margaret's Parent Association) which should be sealed in an envelope bearing your name and the words 'PTA December 10th event' and left at the school reception.
- or by cash as above.

See you there! We promise you'll leave with stars in your eyes.



Picture of the Month



Picture of the Month is by Annabel Hutcheon and Marcy Bryce in IIM and is titled 'Future Aspiration Portrait'.

Mrs T. Scott



Art - What's On

'Four Women' - exhibition of painting and sculpture by April Pressley, Debby Forsyth, Lesley Cullan and Karen Curren, 10th November to 31st December at Cullen Antiques Centre, Seafield Street, Cullen.

University of Aberdeen Museums and Special Collection, The Duncan Rice library, 'Walking with Birds', The Art of Audubon and MacGillivray. The friendship between a nineteenth-century Aberdeen professor, William MacGillivray, and the American naturalist and artist John James Audubon profoundly impacted the scientific study of birds. The exhibition showcases Audubon's spectacular 'Birds of America', a metre-high book filled with Audubon's stunning life-size colour depictions of American bird species, with text prepared by MacGillivray. It explores the intrepid travels of both men - including MacGillivray's often humorous account of his epic journey on foot from Aberdeen to London - and their legacies in the worlds of zoology, ornithology and environmental conservation.

Gallery Heinzl, Thistle Street, Winter Exhibition opens Saturday 9th November. This exhibition brings together seventy artists presenting more than 250 individual works.

Design Lab at Apple, Union Square, Thursday 14th Nov 6:30 pm to 8:00pm and Saturday 16th November from 5:00pm to 6:30pm. Taught by Apple Creatives, you'll draw a treehouse using architectural and design principles from Foster + Partners.

Mrs J. Richardson



Art and Design Trip to Dundee Open Day

On Friday 1st November the six Higher and two Advanced Higher Art and Design girls visited the DJCA Open Day, DCA and visit the V&A Design Museum in Dundee.

This was a super opportunity for the girls to experience the Art School and V&A first hand. They were able to meet with members of staff and students, take a walk around the friendly campus in the heart of the city, experience the world-class facilities and soak up the atmosphere of the new waterfront development.

Here is what they said:

"I really enjoyed seeing the portfolios that were accepted into Dundee and useful to see the standard of Advanced Higher work in them. We also had the opportunity to purchase small one off pieces to contribute to the funds being raised by design students to support a stall they are having at a festival event in London."

Caitriona Hastings, VIS

"Visiting the art school was very helpful as we were able to see first-hand the level of work students our age are producing. The experience was incredibly inspiring to us seeing what we could achieve at Higher level. It was really beneficial to see different techniques and media communicating what makes the biggest impact in a folio."

Eabha O'Sullivan, VS

"Getting to visit the art school was an enlightening and inspiring experience as we were exposed to so many creative portfolios and ideas. Seeing the sheer amount of work that was put into each piece and what it could lead to as we visited the numerous degree stands was extremely motivating."

Justine Arndt, VS

"It was really inspiring to see other student's artwork. It gave me lots of new exciting ideas to work on for my Higher portfolio and encouraged me to think about studying art at University level."

Bethany Riach, VS





Stem in the Installation

Last Thursday, I took a group of six II Senior girls to the Sir Duncan Rice Library at Aberdeen University to participate in 'STEM in the Installation'. This was the first time that Techfest had run an event like this for pupils in SII. The workshops were developed in conjunction with industry professionals from CNOOC International and were designed to enable pupils to apply their knowledge of school subjects to challenging industry scenarios. The workshops were challenging but good fun, and there was the extra challenge for each girl of working with five pupils from other schools who they had never met. I did wonder whether this was going to work as the room was very quiet at the beginning of the icebreaker, but by the afternoon there was a real buzz in the room as everyone became fully involved in the afternoon challenge. Each team was challenged to design and build a model platform which fulfilled all the requirements specified in the brief, as well as considering factors like cost and health and safety. Congratulations go to Marion Ikuenobe who was a member of the winning team. All the girls enjoyed the day and now have the opportunity to apply for a CREST discovery award.

Mrs S. Smith





CHARLIE HOUSE

S N T A F U N R U N



SUNDAY, 24TH NOVEMBER 2019
UNION STREET FROM 5PM

PROUDLY SUPPORTED BY



TO BOOK YOUR SPACE AND FOR
FURTHER INFORMATION GO TO

www.charliehousesantafunrun19.eventbrite.co.uk/



SC042643