

WEST CRAVEN HIGH SCHOOL NEWSLETTER



Principal's Welcome

Friday 17th July

Dear Parents / Carers

I can't believe that I am writing the last bulletin address of the year. It doesn't seem so long ago that I was writing the first one in September! The year has gone so fast, but then time flies when you're having fun! It has been an excellent year, with our students taking part in competitions and sporting events, experiencing a wealth of trips and visits, from local visits to residential trips to London and Barcelona, incredible music concerts, and our first production, The Adams Family.

None of this can happen without the hard work and commitment of all of the staff in school. I am extremely lucky to have such dedicated people within the school and the community and I would like to thank them all for their support. I would also like to take this opportunity to thank you for your support. I thank you for supporting your child by attending key events such as Parents' Evenings, information evenings, and other events in school. I thank you for buying the shoes, sports equipment, and checking your child is dressed properly for school. I thank you for being at the end of the telephone or coming into school when we need to work together. The partnership between the school and you, as parents, is essential in making West Craven the best school for this community. I thank you for that partnership.

I would also like to thank those staff that are leaving us at the end of the year. Miss Hussain, Mr Hargreaves and Miss Moore. They will be very much missed, but we wish them well for the future and hope they keep in touch. We also say goodbye to Mrs Rose or more fondly known by staff and students as Nancy. Nancy has worked with the school for some 33 years. We will miss you!



Mr Bates, Principal



STARS OF THE WEEK



7

7AOP - Summer
7MFO - Gracie
7OCA - Charlie
7YGR - Maryam
PYL - Jacob

8

8 EAJ - Oliver
8KSN - Mohammed
8NHU - Harry
8 RSW - Sophie
PYL - Rita

9

9 HWH - Elsie
9 AYO - Connor
9 LWI - Harry
9 WDA - Ellie
PYL - Ellie

10

10ABA - Samuel
10 KMC - Noah
10 DWI - Elisha
10 JPE - Amber
10 ASC - Toby
PYL - Summer

Congratulations to this week's top students from each form group.



PASTORAL UPDATE YEAR 9

This Summer term has passed so quickly for me, but I guess for you as students and parents, the whole year has flown by as we approach the end of another academic year.

Year 9 now look ahead to becoming year 10 students and to starting their Key Stage 4 studies with options already chosen and decided. This will certainly bring a lot of new challenges, as well as hard work, with the necessity of keeping on top of homework / coursework. Parental support with this is invaluable and very much appreciated.

Small changes to the school systems for next year mean that I will remain with the year group as their Pastoral Lead, allowing me to continue to build the relationships with students and parents, supporting their academic successes to come.

A small group of year 9's represented school recently at a Diversity event at Nelson and Colne College. Several students (you know who you are) interacted in an absolutely perfect manner and took a lot from the day. It was a pleasure to take them out of school allowing the teamwork and positivity to shine in both the boys and the girls groups.

Before we throw ourselves into the Summer break, we look forward next week to the school sports day my first at West Craven, and the Blackpool reward trip. It will be interesting to see the competitive side come out of students and staff next week. Hopefully the weather will remain kind and not be too hot.

I wish you all, students and parents, a restful and safe break over Summer with whatever you are doing.

Thank you for your continued support.

Helen Smith | Pastoral Lead Year 9



YEAR 10 FOOD TECHNOLOGY MOCK EXAM CREATIONS

Our talented Year 10 Food Technology students have been putting their culinary skills to the test as part of their mock practical examinations. The photographs showcase an impressive range of dishes, highlighting the creativity, technical skills and attention to detail that students have developed throughout the course.

From beautifully presented sweet treats to carefully crafted savoury dishes, each creation demonstrates the hard work and dedication our students have invested in preparing for their assessments. As well as producing delicious dishes, students were challenged to plan, prepare and present their food independently whilst applying a range of cooking techniques and demonstrating their understanding of nutrition and food safety.

We are incredibly proud of the standard of work on display and the professionalism shown by our students during their mock exams. Well done to everyone involved, and we look forward to seeing them continue to develop their skills as they prepare for their final assessments next year.



Mrs Whittle
Head of CVOC

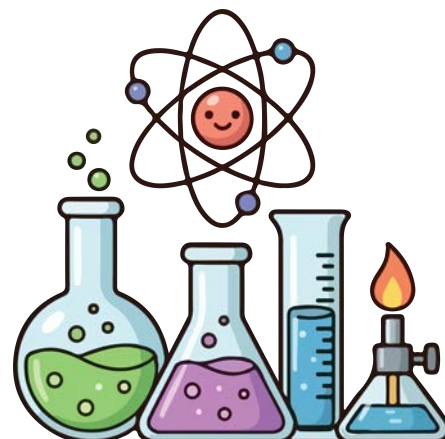


CURRICULUM UPDATE SCIENCE

Year 7 students have successfully completed their exciting project on the Earth's structure and the Universe. Throughout the term, students explored the different layers of the Earth, investigated our solar system, and developed their understanding of space. They also carried out practical investigations into speed and gravity, using scientific methods to collect, analyse and interpret data. The students demonstrated excellent curiosity, teamwork, and problem-solving skills, making this a highly successful and engaging unit of work.

Year 8 students have been exploring the fascinating topic of evolution, studying how competition and variation within species contribute to survival. They have learned about Charles Darwin's groundbreaking research and the theory of natural selection, often described as the "survival of the fittest", and considered how organisms adapt to their environments over time.

In Chemistry, pupils have taken part in a range of practical activities investigating combustion and chemical reactions, observing evidence of chemical change and developing their laboratory skills. In Physics, students have been carrying out investigations into magnets and electromagnets, exploring magnetic fields, factors affecting magnetic strength, and the many real-world applications of electromagnetism. Their enthusiasm and engagement throughout these topics have been excellent.



CURRICULUM UPDATE SCIENCE

Year 9 students have been investigating waves and their properties, including how waves transfer energy and information. They have explored the electromagnetic spectrum, learning about the different types of electromagnetic waves and their uses in everyday life, from communication technologies to medical applications.

To finish the year, students applied their scientific knowledge and enquiry skills by designing and carrying out their own investigations, selecting variables, collecting data, and evaluating their results. They also took part in an exciting STEM tower-building challenge, using creativity, teamwork, and problem-solving skills to construct strong and stable structures. These activities provided an excellent opportunity for pupils to develop independence, resilience, and practical scientific skills.

Year 10 students have completed their mock examinations this half term. The focus before the exams was on developing effective revision techniques and study strategies to help pupils prepare with confidence. Following the mocks, students have been analysing their results and working closely with their science teachers to identify and address any knowledge gaps. Alongside strengthening subject knowledge, pupils have been developing the exam skills needed to successfully apply their scientific understanding to a range of question types.

Following this period of reflection and improvement, students have enjoyed a variety of practical activities linked to their examination pathways. These have included planning and carrying out investigations into acceleration, exploring motion and data analysis, speed stacking challenges to develop reaction time and data-handling skills, and titration experiments to build practical chemistry techniques. These activities have provided valuable opportunities for pupils to apply their knowledge, develop scientific enquiry skills, and gain confidence in both practical and theoretical aspects of science.



Mrs Scott
Head of Science



Year 7 Rugby Programme Comes to a Successful Conclusion

Year 7 students recently took part in their final rugby session with Simon from the RFU Game Management System, bringing four weeks of learning and development to a fantastic close.

Throughout the programme, students have built their understanding of key rugby skills, including passing, scrumming, rucking and tackling. In the final session, they had the opportunity to revisit and refine these techniques before putting them into practice during a full game.

It was great to see the progress students had made, with some excellent examples of skill, teamwork and determination on display. The sessions have not only helped students develop their rugby abilities but have also reinforced our core PE values of hard work, resilience and working together to achieve success.

A huge thank you to Simon and the RFU for their support and expertise throughout the programme.



ADDAMS FAMILY EXPERIENCE



A huge thank you to everyone who joined us this week to watch The Addams Family Experience!

We hope you enjoyed the performances as much as our talented students enjoyed bringing the show to life. Thank you for your fantastic support, it means so much to everyone involved.

A special thank you to Stage Door Drama School for working with our students every week after school to bring this fantastic production to the stage. Your dedication, expertise and encouragement have helped create an unforgettable experience for our young performers. A heartfelt thank you also goes to our wonderful staff, whose hard work behind the scenes helped organise and deliver such a successful event. From rehearsals and technical support to front-of-house and everything in between, your commitment made the show possible.

We are incredibly proud of everyone involved and look forward to welcoming you back for another amazing production next year!



GOODBYE AND GOOD LUCK



Farewell and Best Wishes, Nancy

After an incredible 33 years of dedicated service, we say a fond farewell to Nancy as she retires from her role as Welfare Assistant at West Craven High School.

For more than three decades, Nancy has been a caring and reassuring presence for generations of students and staff. Her kindness, compassion and unwavering commitment to supporting the wellbeing of our school community have made a lasting difference to countless young people and colleagues alike.

Nancy's warmth, friendly smile and willingness to go the extra mile will be greatly missed by everyone at West Craven High School. We are incredibly grateful for her years of loyal service and the positive impact she has had on our school.

On behalf of everyone at West Craven High School and Pendle Education Trust, we would like to thank Nancy for her outstanding dedication over the past 33 years. We wish her a long, happy and well-deserved retirement filled with good health, relaxation and many wonderful new adventures.



WEST CRAVEN HIGH SCHOOL

#ASPIRE



Pendle
Education Trust



**Thursday 1st
October 6pm - 8pm**

**OPEN
EVENING**

**SAVE
THE DATE**



01282 812292



WestCraven.Barnoldswick



West Craven High School

Book your tickets now www.westcraven.co.uk

WE ARE A READING ACADEMY

The school would like parents and carers to encourage their children to read during the summer holidays. Reading with young people is an important way to support their learning, confidence, and wellbeing. As young people grow older, reading together can still be valuable, even if they are able to read independently. Sharing books, articles or stories gives parents and carers opportunities to discuss ideas, explore different viewpoints and strengthen communication. Regular reading helps teenagers develop a wider vocabulary, improve their comprehension skills, and build critical thinking. It can also encourage empathy by allowing them to understand the experiences and feelings of others. By showing an interest in what teenagers read and making time to talk about books, adults can help foster a lifelong love of reading and learning.

The children who joined us for transition day all received a book to read over the summer holidays. If your child was not able to attend the transition day, please contact the school to make arrangements to receive the book.

Please see below some tips on how you can support your child's reading journey:

Top Tips for Supporting Your Child's Reading at Home

Reading at secondary school is about much more than simply reading the words on a page. Students are expected to think deeply about texts, understand new vocabulary, make inferences, and explain their ideas using evidence. Here are some ways you can support your child's reading at home.

Before Reading

Look at the title and cover together. Ask your child what they think the text might be about and what clues helped them make that prediction.

Discuss the genre. Is it fiction, non-fiction, biography, mystery, fantasy, or another type of text? How can they tell?

During Reading

Talk about unfamiliar words. Encourage your child to work out meanings from the context and use a dictionary when needed.

Develop vocabulary. Ask your child to suggest alternative words. For example, what other words could be used instead of big, happy, or sad?

Ask prediction questions. What do they think will happen next? What evidence from the text supports their idea?

Discuss characters. How are the characters feeling? What in the text suggests this?

Explore the writer's choices. Why has the author used certain words, phrases, or descriptions? What effect do they create?

Talk about key events. What problems or challenges are presented? How do the characters respond to them?



WE ARE A READING ACADEMY

After Reading

Discuss the resolution. How was the problem solved? Could it have ended differently?

Encourage opinions. Did your child enjoy the text? Why or why not?

Ask for evidence. Encourage them to explain their ideas using examples from the text.

Reflect on learning. What new information, ideas, or perspectives have they gained from reading?

Reading Aloud

Although older children often read independently, reading aloud can still be valuable.

Encourage your child to:

- Read with expression.
- Pay attention to punctuation.
- Consider how different characters might sound.
- Pause at full stops and change their tone for questions and exclamations.

Quality Conversations Matter

You do not need to read an entire chapter or book every evening. Spending 10–15 minutes discussing a short section of text can be just as beneficial. Focus on:

- Character development
- Themes and messages
- Setting and atmosphere
- Language choices
- Plot developments



Remember: All Reading Counts

Reading books is important, but so is reading newspapers, magazines, websites, instructions, recipes, reviews, and articles. Encouraging your child to read a wide range of texts helps to build confidence, knowledge, and vocabulary.

Regular conversations about reading can make a significant difference to your child's progress and enjoyment of books.



LOOKING FOR THINGS TO DO THIS SUMMER?

HOLIDAY ACTIVITY AND FOOD PROGRAMME 2026

SUMMER IN LANCASHIRE: EAT, PLAY, REPEAT!

Pendle 20th July – 26th July 2026

SEND HAF – Bowling

21st July 2026 2:00-6:00pm

A fun and inclusive bowling session for SEND young people aged 12–16 in receipt of Free School Meals. The activity supports the development of confidence, coordination, and social interaction in an enjoyable and supportive setting.

Neighbourhood & TYS Combined Delivery - Brierfield

22nd July 2026 2:00-6:00pm

A vibrant community event for children, young people, and families. Activities will include field sports, interactive team challenges, inflatable attractions, and creative bunting-making workshops celebrating the diversity of our local communities. Health and wellbeing wrap-around support will be available, alongside refreshments.



Targeted Youth Support Other Activities 12 – 19-year-olds

Monday: Colourful Voices 7pm – 9pm

Colourful Voices: A creative, discussion-based group for SEND young people focused on real-life topics, shared experiences, and building confidence through peer support.

Nelson Family Hub & the Zone BB9 0EL

Thursday: Step Up 3:30-5:30pm

Step Up to Youth Work (Years 5–6) – An introductory group where younger students explore leadership, teamwork, and what youth work is like through fun, structured activities.

Nelson Family Hub & the Zone BB9 0EL

Thursday: Prism 6:45-9:00pm

LGBTQ+ Youth Group (PRISM) – A dedicated space for LGBTQ+ young people to connect, express themselves, and feel supported in a safe and inclusive environment.

Burnley Family Hub & the Zone BB11 1LW

Friday: Safe Spaces 7:00-9:00pm

Community Safe Spaces – An evening social space offering safe activities, supportive conversations, and trusted adults in a familiar neighbourhood setting.

Nelson Family Hub & the Zone BB9 0EL

#HAF2026



Funded by
UK Government



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[westcraven.barnoldswick](https://www.instagram.com/westcraven.barnoldswick)

LOOKING FOR THINGS TO DO THIS SUMMER?

HOLIDAY ACTIVITY AND FOOD PROGRAMME 2026

SUMMER IN LANCASHIRE: EAT, PLAY, REPEAT!

Pendle 27th July – 2nd August 2026

TYS on the Road – Brierfield

27th July 2026 5:00-9:00pm

A dedicated "Just for Teens" outreach session offering giant inflatables, engaging team challenges, creative mural art, and refreshments. This event aims to provide a safe, social space for young people to connect, build friendships, and take part in positive activities.

SEND HAF – Music

28th July 2026 2:00 -6:00pm

A creative music session designed for SEND young people aged 12–16 in receipt of Free School Meals. Participants will explore self-expression through rhythm, sound, and songwriting, helping to build confidence, enhance communication skills, and encourage positive emotional wellbeing in a supportive environment.

Neighbourhood & TYS Combined Delivery - Nelson

29th July 2026 2:00-6:00pm

A fun-filled family event featuring field sports, team-based activities, inflatables, and bunting-making to celebrate diversity and community pride. Health support services and refreshments will also be available, offering a holistic community experience.

Targeted Youth Support Other Activities 12 – 19-year-olds

Tuesday: Colourful Voices 7pm – 9pm

Colourful Voices: A creative, discussion-based group for SEND young people focused on real-life topics, shared experiences, and building confidence through peer support.

Nelson Family Hub & the Zone BB9 0EL

Thursday: Step Up 3:30-5:30pm

Step Up to Youth Work (Years 5–6) – An introductory group where younger students explore leadership, teamwork, and what youth work is like through fun, structured activities.

Nelson Family Hub & the Zone BB9 0EL

Thursday: Prism 6:45-9:00pm

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Burnley Family Hub & the Zone BB11 1LW

Friday: Safe Spaces 7:00-9:00pm

Community Safe Spaces – An evening social space offering safe activities, supportive conversations, and trusted adults in a familiar neighbourhood setting.

Barnoldswick Youth Centre BB18 5NA



#HAF2026



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LANCASHIRE
**FAMILY
HUBS**
NETWORK

Fun for
the whole
family!

 SPORTS **IN**
THE PARK

These events are open to children aged **0-12** and their families,
providing opportunities to engage in activities together.

Families are welcome to drop in.

VICTORIA PARK

 Carr Road, Nelson, BB9 7BN

	Thursday 23rd July	11:00 – 13:00
	Thursday 30th July	11:00 – 13:00
	Tuesday 4th August	13:00 – 15:00
	Thursday 13th August	11:00 – 13:00



BALL GROVE PARK

 Spring Gardens Road,
Colne, BB8 7HY

 Monday 20th July 13:30 – 16:00 (Rounders)



Come
along, get
active and
have fun!



PLAY • MOVE • CONNECT



For more information please contact
01282 470877



or contact us via our
Pendle Family Hub Facebook page



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EXTRA CURRICULAR – SUMMER TERM 2

We are pleased to share details of our Summer Term 2 extracurricular programme, which offers a wide range of lunchtime and after-school clubs designed to enrich students' learning and support their personal development.

This half-term, students can take part in a variety of activities including Homework Support Club, Stage Door Drama Group, Cricket, Rounders, Imogen's Dance School, Band Club, and many more. These opportunities give students the chance to develop new skills, explore their interests, and build confidence outside the classroom.

All students who attend extracurricular activities will receive positive points on ClassCharts, recognising their commitment and participation. In addition, students who regularly attend clubs throughout the term will be awarded a certificate at the end of the term to celebrate their involvement.

We encourage all students to get involved and make the most of the fantastic opportunities available.

West Craven High School Lunchtime Clubs					
MON	TUE	WED	THU	FRI	
Library Years 10 & 11	 Library Years 7,8, & 9	Library Years 7,8, & 9	Library Years 7,8, & 9	Library Years 10 & 11	
	Choir Lunch time Room G8	Computing All Years Room G11			
	Youth Enterprise / Fundraising Room G11	Creative Writing Room T8 Year 7 only			
					



AFTER SCHOOL CLUBS – SUMMER TERM 2

West Craven High School (Summer term 2)

After School Clubs



MON	TUE	WED	THU	FRI
Cricket (Year 7 & 8) 	Rounders Year 9 & 10 		Cricket (Year 9 & 10) 	Art Room M10 
French Club Room G3 Year 10s 			Science Club Room G4 	
Library Homework club	Library Homework club	Library Homework club	Library Homework club	
Rounders Yr 7 & 8 	Band club Main Hall 		SEN Homework Club Room G6	
	Stage Door Drama Club 3:30pm – 4:45pm Room T1/2 		Imogen's dance School 3:30pm–4:30pm Gym 	



OUT OF SCHOOL ACHIEVEMENT

Lancashire Schools Football Team Success for Year 8 Student

We are delighted to share some fantastic news about one of our Year 8 students, Thomas.

Thomas has been selected to represent the Under-14 Lancashire Schools Football Team – a tremendous achievement and recognition of his talent, hard work and dedication to the sport. Being chosen to represent Lancashire is a significant honour and reflects Thomas's commitment both on and off the pitch.

Everyone at West Craven High School is incredibly proud of Thomas and we wish him every success as he takes this exciting next step in his football journey. We look forward to following his progress and celebrating his future achievements.

Congratulations, Thomas! 🏆🎉



If you would like to share your child's out of school achievements, please contact **jevetts@pendleeducationtrust.co.uk**



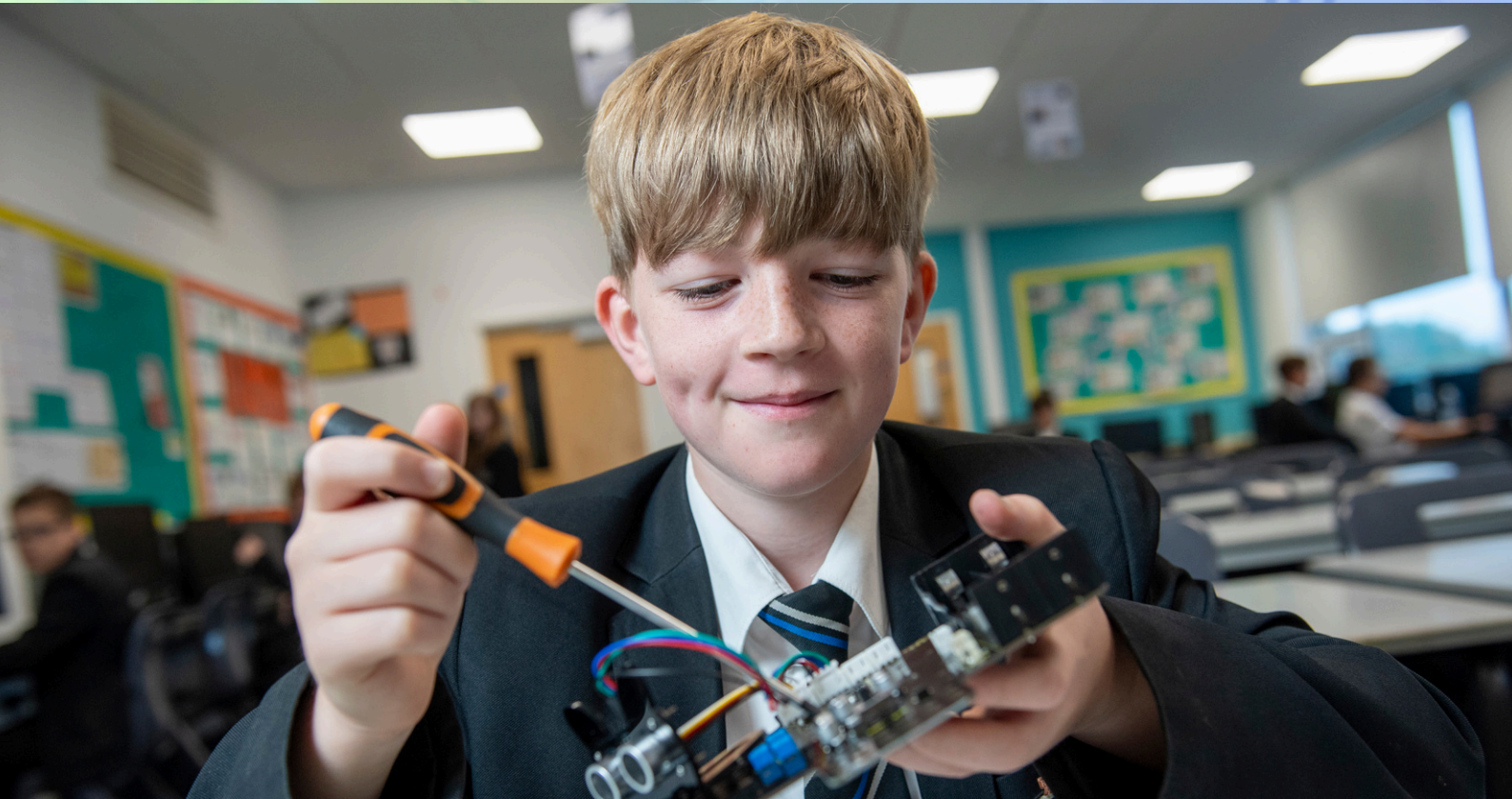
DATES FOR YOUR DIARY

20th July - Sports Day

21st July - Blackpool rewards trip

22nd July - End of term - student dismissed at 1pm

Thursday 3rd September - All students back



OUR COMMUNITY

Community Advertisements

In this section of our newsletter, we share posters for local events, activities, and charities.

If you would like us to advertise a community event or club, please email **jvetts@pendleeducationtrust.co.uk**.

Please note that West Craven High School is not affiliated with these organisations and cannot endorse the events, promotions, or clubs. We will only feature events that we consider appropriate for our school community.

**We are
Community**

Stay connected, follow us on Facebook and Instagram

A very warm welcome to all our new Year 7 families! We are thrilled to have you join the West Craven High School community. To stay updated on school news, student achievements, important events, and reminders, we encourage all parents and carers to follow our official Facebook and Instagram pages.



West Craven High School



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OUR COMMUNITY



YOUR VOICE,
YOUR FUTURE



LANCASHIRE YOUTH OFFER

YOUNG PEOPLE'S SURVEY



Help shape
activities and
services for
young people
in **Lancashire!**



We want to hear from
ALL young people
across Lancashire.
Including those with
additional needs or
disabilities.



Your answers
are confidential.
You don't need
to put your name
on this form.



You can answer in a
way that works for you.
Support can be
provided if needed.

**THIS IS YOUR FUTURE
HELP SHAPE IT!**



Scan the QR code
to complete the
survey online

NEED SUPPORT TO TAKE PART?

Let us know - we're here to help.

✉ youthvoice@lancashire.gov.uk

🌐 lancashire.gov.uk/youth-offer



THANK YOU! Your voice makes a real difference.



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EARBY
DRAGONS
2026

SATURDAY
3 **8th**
AUGUST

11AM - 4PM
THE GREEN,
ASPEN LN
BACK TO THE 80'S

drawn by: Lauren Anderson

FREE FAMILY FUN

  Find us on
Facebook

info@earbyeventsgroup.org for more info

Ten top tips for STRONGER PASSWORDS

Passwords continue to be the most common way to prove our identity online. A combination of a username and a password known only to the user provides access to our online accounts and data – and hopefully keeps unauthorised individuals out. As a security measure, though, passwords are relatively weak. People are often predictable in how we choose our passwords, for example – making them less secure. With increasing volumes of usernames and passwords being leaked online, what can we do to keep our data more secure? Here are our top tips for stronger passwords.

BE UNPREDICTABLE

We often choose passwords which are easy to remember: featuring the name of our favourite sports team or favourite film, for instance. Those are predictable passwords. Cyber criminals will routinely try various combinations of passwords relating to sports teams, actors, musical artists and the like – and they often focus on these during major sporting events or around high-profile movie releases.

AVOID GETTING PERSONAL

Many of us use passwords relating to our family, such as children's names or favoured holiday destinations. The problem here is that we also typically post about our holidays and our family on social media – making that information potentially visible to cyber criminals and supplying them with clues which could help them in narrowing down possible passwords we might have set.

NEW PLATFORM, NEW PASSWORD

Where cyber criminals gain access to an online service through a data breach, they often use the data they've stolen to try and access the victim's other accounts. This is because the criminals know that, for convenience, people often use the same password across different services. When we reuse passwords, our security is only as strong as the weakest site where we've used it.

LONGER IS STRONGER

Our passwords are often stored by online services in an encrypted format, in case the service suffers a data breach. The strength of this encryption, however, is dependent on the length of the password you've selected. If your password is only a short one, cyber criminals are significantly more likely to be able to break the encryption and identify your password.

CHECK SOCIAL MEDIA VISIBILITY

Staying up to date with friends and relatives on social media is part of everyday life now. We need to ensure, though, that we limit who can see our posts via each platform's privacy settings. It's also wise to consider what we're posting and if it's really safe to share online. If we restrict what cyber criminals can see, we reduce the chance of them using that information to identify our passwords.

CCTV
IN OPERATION

'DOUBLE LOCK' YOUR DATA

It's possible that cyber criminals may eventually discover your username and password. Enabling multi-factor authentication (MFA) on your accounts, however, reduces the chance of them obtaining access to your data, as they'd also require a code which is provided via an app, SMS message or email. MFA isn't infallible, but it does definitely provide extra protection and security.

DELETE UNUSED ACCOUNTS

Data breaches occur when cyber criminals gain access to an online service and all the data contained within it – including usernames and passwords. Whenever you stop using a service, it's wise to make sure that you delete your entire account and not just the actual app. If the service no longer has your data, there's zero risk of it being leaked should they suffer a data breach in the future.

TRY PASSWORD MANAGERS

Even though most of us have numerous online accounts to manage these days, it's advantageous to avoid password re-use. Specialist password management software (like Dashlane or OnePassword, among others) can help by storing a different password for every online service that you have an account with: the only one you or child will need to remember is the single master password.

GET CREATIVE

The British government's National Cyber Security Centre (NCSC) recommends the 'three random words' technique. This method helps you create a password which is unique, complex and long – yet which is memorable enough to stay in your mind ("FourBlueShoes", for example). The NCSC website, incidentally, also offers plenty of other useful information relating to personal cyber security.

STAY VIGILANT

The best way to protect your accounts and your data is to be vigilant and careful. If you receive an email or text message that's unusual or unexpected, treat it as suspicious until you're able to verify whether it's genuine and safe. Starting from a position of vigilance and caution will reduce the likelihood of you or your child being tricked by a malicious email, text or phone call.

Meet Our Expert

A Certified Information Systems Security Professional (CISSP), Gary Henderson is the Director of IT at a large boarding school in the UK, having previously taught in schools and colleges in Britain and the Middle East. With a particular interest in digital citizenship and cyber security, he believes it is essential that we become more aware of the risks around technology, as well as the benefits.



Source: <https://www.ncsc.gov.uk/>

NOS National Online Safety®
#WakeUpWednesday