



SCHOOL OF SCIENCE
& TECHNOLOGY
MAIDSTONE

SST News

31 March 2023

End of Term Message

Please see below our end of term message from Mr Royston:

This has been a whirlwind of a term, as term 4 always is. Year 8 and 9 have been through the options process, Year 7 have a new head of year and our new Year 7 (current Year 6) students for September finding out they were joining the SST family. Not to mention trips, clubs, inter-house competitions, bake sales, the spotlight concert, world book day, science week, national indoor rowing competitions and three district semi-finals in football.

Firstly, congratulations to the Year 7 and 9 boy's football teams, who qualified for the district cup finals to be played after Easter at the Gallagher Stadium and commiserations to the Year 8 team who narrowly missed out losing 3-2 in their semi-final.

I would also like to congratulate all of the Year 8 students who took part in the Science Fair as part of National Science week, there were some amazing projects. The last week of term saw some amazing cakes being brought into school for the SST bake off, these cakes were then sold to students to raise money for the Syrian/Turkish Earthquake appeal, congratulations to all those who took part and well done to the winners and runners-up.

On Saturday 1 April students and staff will embark on our first ever SST ski trip and I am sure you will join me in wishing them a safe and enjoyable time. I am very grateful to the huge number of staff who give up their time to run the trips and events and look forward to sharing all the photographs on social media and in the school newsletter.

It was lovely to welcome all our new Year 7 families into school last Wednesday, and some of them had the opportunity to take part in a DT workshop at SST this week. There will be further transition activities next term as we look forward to accepting another cohort of families into the SST family.

The Year 8 and 9 options process is now complete and we are beginning the task of creating a timetable for next year to try and accommodate all of the option choices. As such we will be in touch to confirm choices for students in the next term. As we give all students a free choice

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of the options they would like to study in both year groups, this process takes some time to make sure we can accommodate as many of the choices as possible.

I would like to thank families and students for their support and understanding during the recent strike action in school, I realise that there has been more discussion of further action next term, however, this is yet to be confirmed and I will write to everyone as soon as we have any other information or final confirmation.

Of course, we had the pleasure of publishing our recent Ofsted report this term and I would like to thank everyone who either contacted the school directly or posted congratulatory comments on social media. Outstanding judgements are extremely rare and this is testament to the hard work of staff and students over the last three years.

There is one change in relation to staffing after the Easter break. Mrs D'eathe is unfortunately leaving us as she is relocating and we wish her all the best and thank her for her fantastic contribution to SST. Dr Speers will be joining as our new full-time SENDCo to work alongside our current SEND team, we are excited to welcome her and she can't wait to get to know lots of our students.

Finally, I do hope that everyone has a lovely holiday. Term begins again on Monday 17 April for all students. As ever if you want to discuss anything further with us, then please do not hesitate to contact us.



Houses of Parliament Trip



On Monday 27 March, 30 students from across Year 7 to Year 9, largely made up of our young debaters from the Debate Club, took a trip to the Houses of Parliament.

Students first visited Tower Gardens to stop and pause at key memorials to the Suffragettes & the Burghers of Calais. They went on to visit both the House of Commons and House of Lords, where they learnt about law making and the etiquette of debating. While there, students noted several individuals such as the Archbishop of Canterbury, Justin Welby, Ian Paisley Jr. and Priti Patel. Students even went to view Westminster Hall where our late Queen, Elizabeth II, laid in state so the public could pay their last respects. The day concluded with students coming together to design and execute their own debate on the issue – whether to abolish school examinations or not. It was clear to see that all had an informative and memorable time!



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SST Bake Off Results

This week, SST hosted a raffle and bake-off sale to raise money for those affected by the recent earthquakes in Turkey and Syria. We are very proud to announce that, between the two events, we have raised a grand total of £538.00 for the earthquake disaster fund!

Mrs Sherwood-Farnfield, who helped organise the events, wishes to say well done to everyone involved. Special thanks to Miss Howard for organising the Bake-off and Mr De Jong for the winners' wooden spoons. Judging entries for the Bake-off was extremely difficult as levels of both baking and presentation were absolutely exceptional. Miss Howard, who judged the entries, even told us "I wish we had more prizes to give out as it was clear how much time and effort had gone into every cake!" Congratulations to the following winners:

Winners:

Samuel L

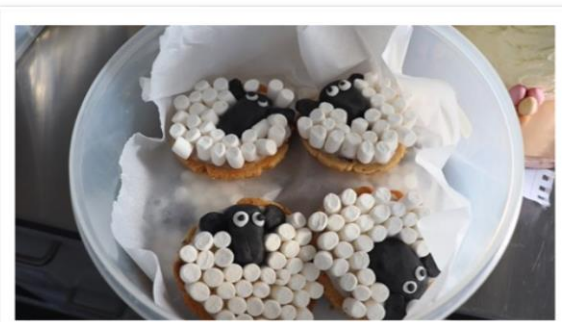
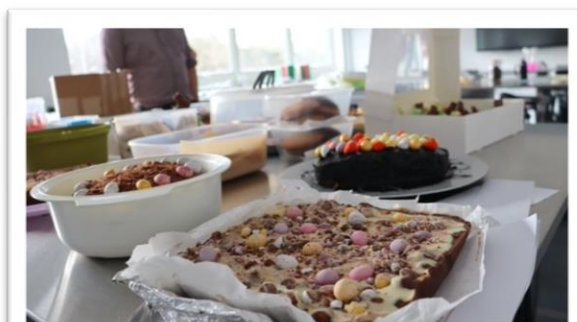
Ruby N

Runners Up:

Matilda S

Ryan W

Many thanks to all the students (and parents) who baked, bought raffle tickets and donated raffle prizes, and all the students and staff who helped with the sales. Your efforts have been rewarded by such an amazing total for a good cause.



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Linguist of the Week

This week, our Linguist of the Week is Teddy C in 9H. Teddy has been working very hard in his French lessons this week and he produced an excellent paragraph about his eating habits. He also consistently excels in his spelling tests. Well done, Teddy!

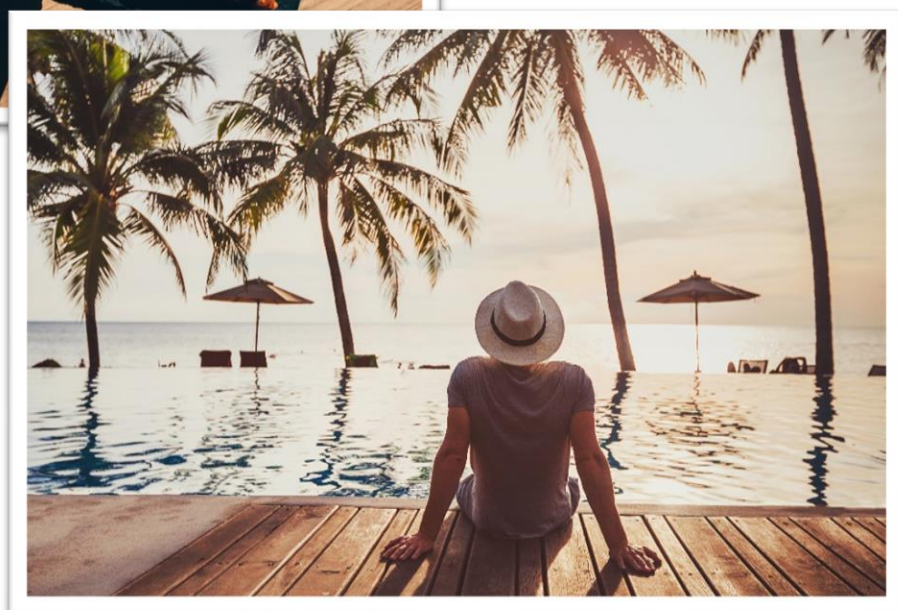
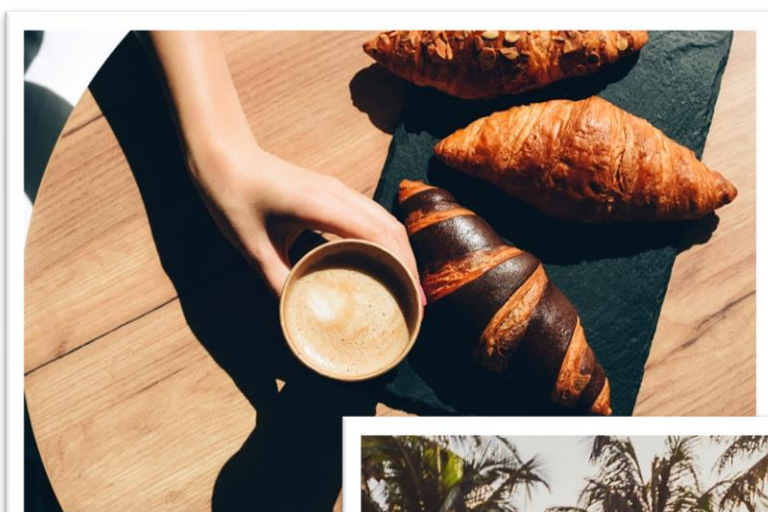


This Week in Languages and Linguistics

This week, Year 7 have been reading the French children's book 'L'Ours dans la ville' in French. They had plenty of fun matching pictures, which contained places or activities in a town, to the pictures in the book.

Meanwhile, Year 8 continued to practise how to tell the time in French, and learned how to express the simple future in French. They combined the simple future with the topic of holidays. There is no better time to start planning for the summer holidays!

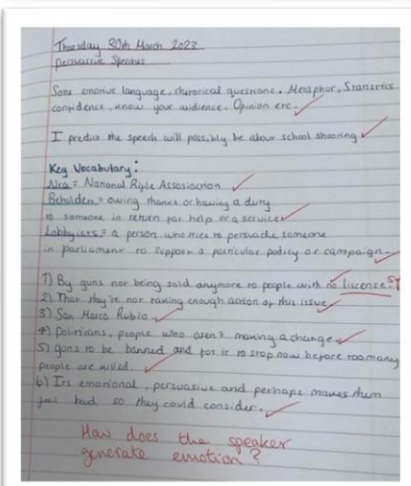
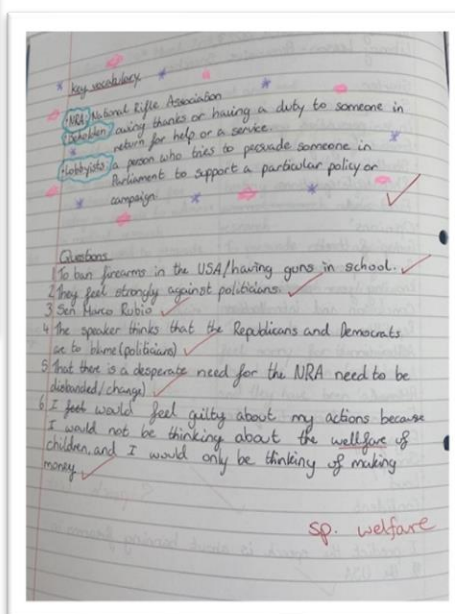
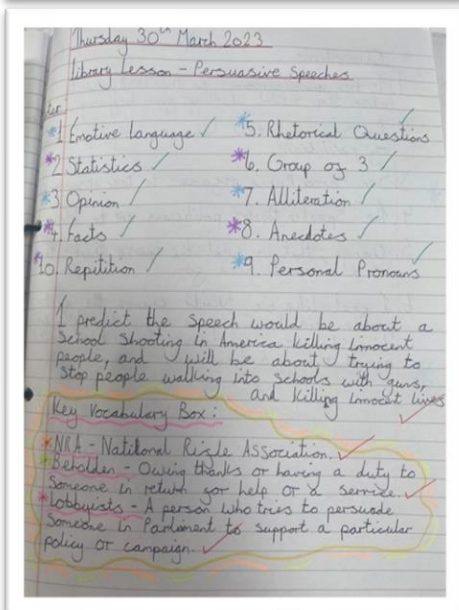
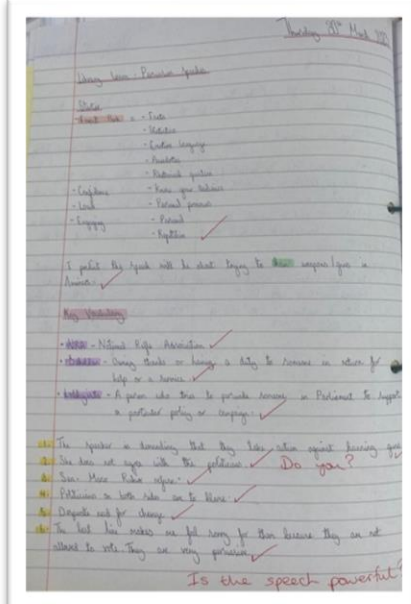
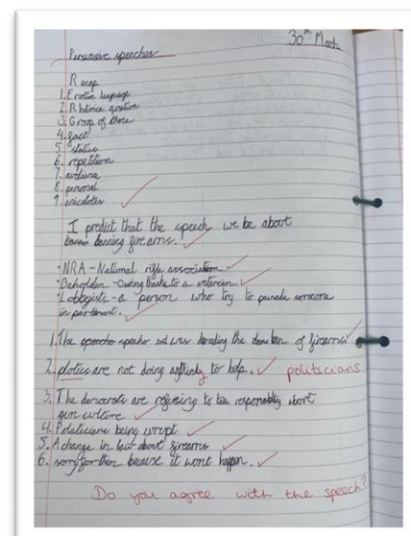
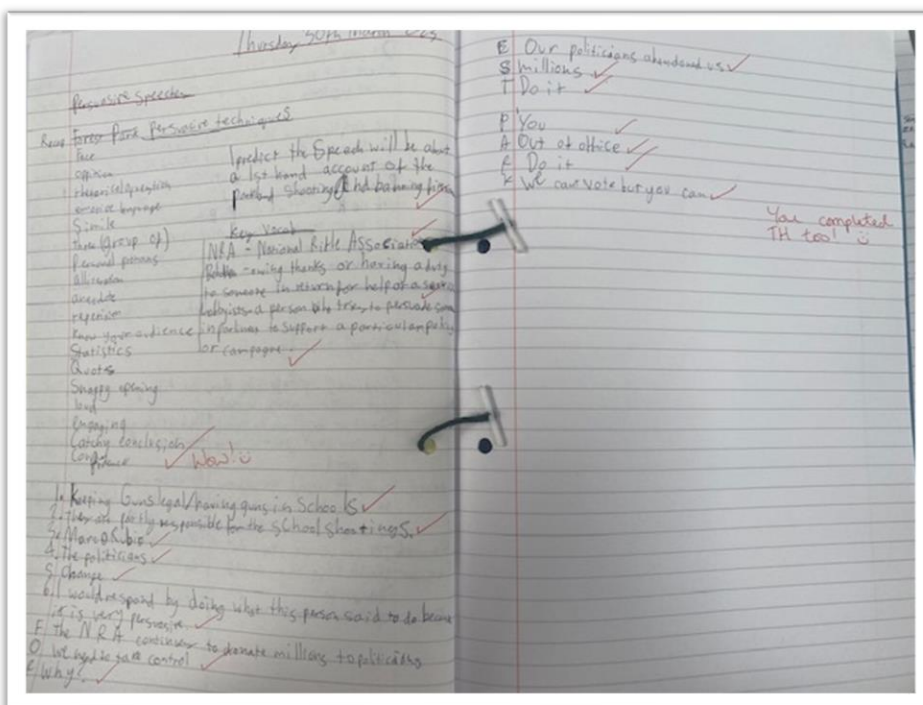
Year 9 were also looking at the simple future this week and combined it with the topic food. They wrote a paragraph in French about how they think our eating habits will change in the future. Will we still eat meat? Will we get rid of food completely and replace it with a pill that contains all the nutrition we need? Will we have robots preparing our food for us? Lots of different ideas to explore!





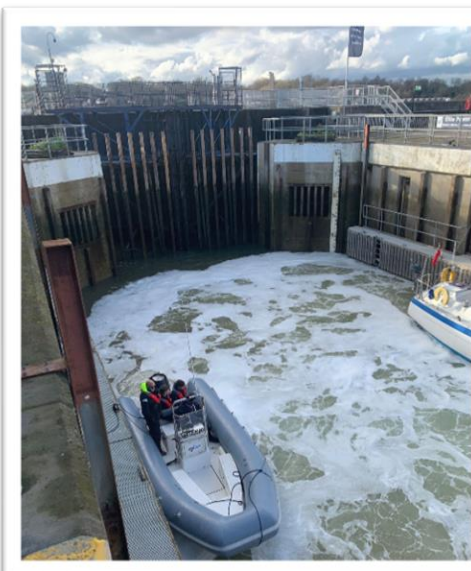
This Week in English

This week, Mrs Gidley would like to praise 8L for their amazing work when studying persuasive speeches in English. The below examples are from Elizabeth, Eulalie, Toby B, Matilda, Meghan and Sofia, well done everyone!



Student Achievement

This week, a huge congratulations goes to Loris M in 8T who, after finding out that he was going on holiday in Athens over the Summer and hiring a boat to travel the islands, decided to undertake a boat course so that he could help his family onboard. Loris passed his Level 2 Powerboat Handling certification after a two-day intensive course, well done!



Poster Competition



Poster Competition



To raise awareness about SST's zero tolerance to discrimination, we would like for you to create a poster in order to remind people that no homophobic, racist or sexist comments should be made anywhere, but certainly not in school at SST.

Each form will choose their favourite entry from their form group to enter the competition. The best posters will be displayed throughout the school.

Posters should be created over Easter and presented during tutor time in the first week back after the holiday.

The winning poster from each form group will then be submitted and a whole school winning poster will be selected by vote during the week beginning 24 April.

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Treasure Island Rehearsal Schedule

Please see below next term's rehearsal schedule for this year's school production of Treasure Island.

Treasure Island Rehearsal Schedule

DATE	LOCATION	CHARACTERS
Monday 17th April 15:05 - 16:15	The Hall	Grey Captain Squire Doctor Livesy Jim Hawkins Ben Gunn Red Ruth Long John Silver Captain Flint
Thursday 20th April 15:10 - 16:00	The hall	Ben Gunn Jim Hawkins Israel Hands
Wednesday 26th April 15:10 - 16:15	E22	Grey Doctor Captain Red Ruth Jim Hawkins Long John Silver Joan the Goat Dick the Dandy Black Dog Lucky Micky George Badger
Wednesday 3rd May 15:05 - 16:15	E22	Joan the Goat Dick the Dandy Black Dog George Badger Lucky Micky Long John Silver Jim Hawkins Captain Flint Squire Ben Gunn Doctor Livesy
Thursday 4th May	The Hall	Ben Gunn Jim Hawkins Israel Hands

DATE	LOCATION	CHARACTERS
Friday 12th May 15:05 - 16:15	The Hall	Jim Hawkins Long John Silver Captain Flint Dick the Dany Killigrew the Kind Joan the Goat Black Dog George Badger
Monday 15th May 15:05 - 16:15	The Hall	Jim Hawkins Grandma Bones Squire Doctor Livesy Black Dog Blind Pew Mrs Crossley Joan the Goat Dick the Dandy Killigrew George Badger Israel Hands
Thursday 18th May 15:05 - 16:15	The Hall	Grandma Mrs Crossley Jim Hawkins Doctor Livesy Squire Red Ruth Lucky Micky Captain Grey Silver Killigrew Israel Hands Joan the Goat Dick the Dandy George Badger Black Dog Captain Flint.
Wednesday 24th May 15:05 - 16:15	The Hall	Whole Cast



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Spring Concert

School Hall
Performance at 7pm

Wednesday, 19 April 2023

Spring Concert

Illustration by: M. Berry

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Charity Skydive



Mental Health Awareness Week 2023 is 15 – 21 May

To raise money, which will help us create a world where good mental health is a reality for all, Mrs Cuthbert will be skydiving out of a plane at an altitude of 10,000 feet and falling to Earth at more than 100 mph.

The money raised will help deliver vital research and develop solutions to improve prevention and treatment for the 1 in 6 people affected by mental health problems every week.

Donations can be made via a Just Giving page, which can be found via this [link](#).
Thank you in advance for your support.



Pages Schoolwear Fitting Events

Fitting events at Pages Schoolwear are filling up. Please remember to book early to avoid disappointment! Any new Year 7 appointment booked before 7 August 2023 will receive our summer discount.

Worried about booking too early?

At Pages Schoolwear, we always fit with growing room and exchanges are open throughout September*

**With a valid receipt and original packaging*



Unit 7-8 Granada House,
Lower Stone Street,
Maidstone,
ME15 6JR

BACK BY POPULAR DEMAND!
Join us for exclusive fitting events for
NEW Year 7 students on
Sunday 25th June and Sunday 23rd July
10:00am - 16:00pm - By appointment only.
Choice of refreshments available.



**GET 50% OFF A BLAZER
OR
A FREE SKIRT/TROUSERS
WHEN PURCHASING A WHOLE UNIFORM!
PLUS
A 15% OFF LOYALTY VOUCHER
TOWARDS YOUR NEXT PURCHASE!**

- User friendly appointment system - book online or by phone.
- Alternative appointments available Monday - Saturday 9am - 6pm.
- Professional one-to-one fittings, we always fit with growing room.
- Free delivery to school, free in-store collection also available.
- Family run business conveniently situated in Maidstone Town Centre.

Book early to avoid disappointment!
Joining secondary school with a friend? Why not book a double appointment.

We look forward to meeting you soon!

Call: 01622 753900
E-mail: info@pages-schoolwear.co.uk
Book online: www.pages-schoolwear.co.uk

Discount valid until 7th August 2023. Not valid in conjunction with any other offer. Terms and conditions apply.

Wellbeing Calendar

Below is March's wellbeing calendar, created by the charity 'Action for Happiness.' For every day this month, 'Action for Happiness' has provided a mindfulness activity to promote happiness and wellbeing for all. Today's mindfulness activity is to "discover the joy in the simple things of life."

Mindful March 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 6 If you find yourself rushing, make an effort to slow down	 7 Take three calm breaths at regular intervals during your day	1 Set an intention to live with awareness and kindness	2 Notice three things you find beautiful in the outside world	3 Start today by appreciating your body and that you're alive	4 Notice how you speak to yourself and choose to use kind words	5 Bring to mind people you care about and send love to them
13 Pause to watch the sky or clouds for a few minutes today	14 Find ways to enjoy any chores or tasks that you do	8 Eat mindfully. Appreciate the taste, texture and smell of your food	9 Take a full breath in and out before you reply to others	10 Get outside and notice how the weather feels on your face	11 Stay fully present while drinking your cup of tea or coffee	12 Listen deeply to someone and really hear what they are saying
20 Focus on what makes you and others happy today <small>dayofhappiness.net</small>	21 Listen to a piece of music without doing anything else	15 Stop. Breathe. Notice. Repeat regularly	16 Get really absorbed with an interesting or creative activity	17 Look around and spot three things you find unusual or pleasant	18 Have a 'no plans' day and notice how that feels	19 Cultivate a feeling of loving-kindness towards others today
 27 Appreciate nature around you, wherever you are	28 Notice when you're tired and take a break as soon as possible	22 Notice something that is going well, even if today feels difficult	23 Tune into your feelings, without judging or trying to change them	24 Appreciate your hands and all the things they enable you to do	25 Focus your attention on the good things you take for granted	26 Choose to spend less time looking at screens today
		29 Choose a different route today and see what you notice	30 Mentally scan your body and notice what it is feeling	31 Discover the joy in the simple things of life		

ACTION FOR HAPPINESS

Happier · Kinder · Together

Discover the joy in the simple things of life



ACTION FOR HAPPINESS



Sparx Maths Support

Sparx Maths Support

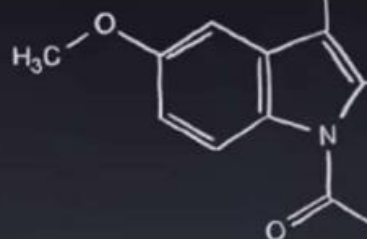
**Do you need some help with
your Sparx Maths homework?**

**Every Tuesday
from 3:05 pm to
4:05 pm in W111
with Miss Wigg**

**Email:
k.wigg@sst.viat.org.uk**

Made with PosterMyWall.com

$$2 \times 3 + 8^4 + 4 = 24$$



$A + B = 24$
 $8 + 16 = 24$

$V = 0 \times 0$
 $V = 6 \times 6 \times$
 $V = 216 \text{ cm}^3$



$S = 6 \times$
 $S = 6 \times$
 $S = 6 \times 3$



$\sin(x+y)$



Geography Song of the Week

This week's Geography Song of the Week is 'Weather with You' by Crowded House. People sometimes confuse the terms weather and climate. Weather is the day-to-day variations in rainfall and climate. It describes what we are experiencing today. On the other hand, climate is the expected weather conditions based on thirty years or more of evidence. The weather is a significant focus of conversation for most people in British culture, so here's wishing you the best of weather for your Easter break. To view the official music video for 'Weather with You,' please use this [link](#).



Contact Details

Telephone: 01622 938444 | Email: office@sst.viat.org.uk

Don't forget to watch [our weekly vlog](#) and to also follow us on [Twitter](#) to see regular updates.



This Day in History

Today we have finished another successful school week, but did you know what happened on this day in history?

31 March

1889 Eiffel Tower officially opens

Towering nearly a thousand feet over the streets of Paris, Gustave Eiffel's monument to the centenary of the French Revolution is formally dedicated. Many French intellectuals deem it an eyesore, but it will come to be regarded as a harbinger of the modern age and a cultural icon of France.

1959 Tibet's Dalai Lama begins exile in India

Nine years after China invades Tibet and begins dismantling its cultural and religious identity, Tibetans wage a revolt and their spiritual and political leader finds asylum after crossing the border into India. He will become a beloved world figure while in exile.

Births on this Day

1519 Henry II – King of France

1596 René Descartes – French philosopher

1685 Johann Sebastian Bach – German composer

1878 Jack Johnson – American boxer

1929 Liz Claiborne – American fashion designer

1934 Shirley Jones – American actress

1948 Al Gore – American politician and environmentalist

1955 Angus Young – Scottish rock guitarist

1971 Ewan McGregor – Scottish actor

Deaths on this Day

1621 Philip III – King of Spain and Portugal

1727 Isaac Newton – English physicist, mathematician and astronomer

1855 Charlotte Brontë – English novelist

1945 Hans Fischer – German organic chemist

1980 Jesse Owens – American athlete

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Morpheme of the Week

SST has launched 'Morpheme of the Week' to equip students in understanding new vocabulary. This week, our Morpheme of the Week is 'physic'.

Morpheme of the Week

The morpheme 'physic' is used in the following examples:

- Andy's elbow hurt, so he went to see a physician.
- Molly liked reading e-books, but she preferred physical copies.
- Jessie's favourite subject was physical education, because she loved exercise and running.

'Physic'


As in 'physical'

The word physical comes from the Latin 'Phisical' meaning medicine, which in turn came from 'physic' meaning natural.

Physical

Physical: to do with things that you can touch or see.

A word using the morpheme 'physic' can refer to 'nature' or 'natural things'.



Students have been rewarded with an Achievement Point for using the MOTW correctly.

Restaurant Menu

Please see below the restaurant menu for the following school week:

	WEEK 1	Classic Favourites MONDAY	EASTERN TUESDAY	Great British WEDNESDAY	SOUTHERN STYLE THURSDAY	Fish & Chips FRIDAY
MAIN MEAL		BEEF BOLOGNAISE Garlic Bread	KUNG PAO CHICKEN 50/50 Egg Fried Rice	ROAST LOIN OF PORK Crackling, Roast Potatoes, Gravy	HOUSE RUBBED JERK CHICKEN Peas & Rice	FRESHLY BATTERED FISH/ SALMON FISHCAKES
VEGETARIAN MEAL		VEGAN BOLOGNAISE Garlic Bread	ASIAN VEGETABLE & NOODLE STIR FRY Soya Beans	BAKED MACARONI CHEESE WITH A CRUNCHY TOPPING	VEGAN JERK QUORN BURRITO Peas & Rice	SPICY BEAN ENCHILADA Tomato Sauce
VEGETABLES		PEAS GARDEN SALAD	SHREDDED GREENS CARROT & SESAME SALAD	SEASONAL VEGETABLES	SWEET CHILLI SLAW	PEAS CHIPS
PASTA POTS		TOMATO & BASIL				
		PESTO PASTA	VEGAN BOLOGNAISE	CHEESE SAUCE	CARBONARA	ARRABIATA
JACKET POTATO		TOPPED WITH A CHOICE OF CHEESE, TUNA OR BEANS				
HOT PUD		MIXED BERRY & APPLE CRUMBLE Ice Cream	AMERICAN STYLE PANCAKES Fruit Toppings	SYRUP SPONGE Custard	ETON MESS	CHOCOLATE SPONGE Chocolate Sauce
FRUIT POT		SELECTION OF FRUIT POTS AVAILABLE DAILY				
JELLY POTS		SELECTION OF JELLY POTS AVAILABLE DAILY				
YOGHURT POTS		SELECTION OF YOGHURT POTS AVAILABLE DAILY				
TRY OUR HOME-MADE SOUP WITH FRESHLY BAKED BREAD	LOOK OUT FOR AMAZING BLUE DOT MEAL DEALS	PIZZAS, WRAPS & PANINIS FRESH OPTIONS EVERY DAY		TAKE HOME A TAKEAWAY Collect Before You Go Home	LUNCH MEAL DEAL Check out what's on offer today! Ψ Ψ Ψ Ψ Ψ Ψ	WATCH OUT FOR OUR POP UP & STREET FOOD PROMOTIONS
						All of Our Deli Range, Sandwiches, Salads & Desserts are FRESHLY MADE HERE DAILY

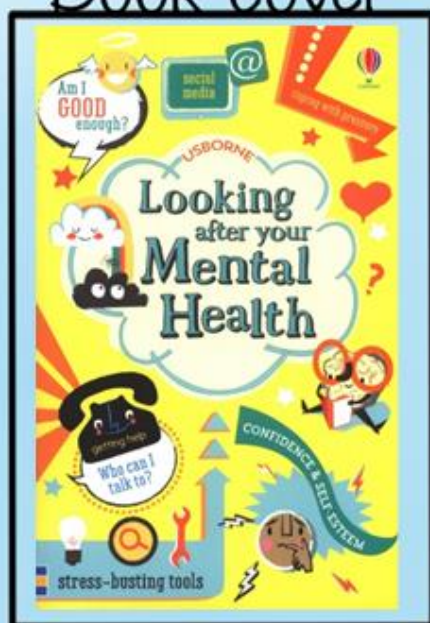
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Book of the Week

Here at SST, we are very passionate about reading. We know that the more a student reads, the more accessible all parts of the curriculum and their learning become. Have you read our 'Book of the Week'? This week, it is 'Looking After Your Mental Health' by Alice James and Louie Stowell.

Book of the week

Book cover



Blurb

We all talk about our physical health, but not so much about how we're feeling, or what we're thinking and worrying about. This young person's guide to good mental health explains why we have emotions, and what can influence them, from friendships and social media, to bullying, divorce and bereavements.

This book, the combined work of authors, psychiatrists, psychology professors and mental health bloggers, is all about looking after your mental wellbeing. As mental health becomes more of a priority in today's world, this book provides an essential toolkit in dealing with stress, puberty, changing family dynamics, friendship, relationships and more. Complete with illustrations, statistics and places to go when you need help, the gentle humour and friendly narrative voice make the challenge of good mental health manageable, without ever talking down to or belittling the reader.

This term's Empower Day was all about wellbeing, both physical and mental, so 'Looking After Your Mental Health' is an amazing place to start when looking for further reading. It contains everything from mental conditions and diagnoses, managing your everyday mental health, and even what to do if someone you know is struggling. Mental health is something that can fluctuate throughout your entire life, so knowing what to do and where to turn if you need some advice, even if it isn't now, can put you in good stead to help both yourself and others. Although this is the only book we have in the Usborne Young Person's Health range presently, the library stocks a growing range of books about all aspects of mental health to investigate.

For more information on 'Book of the Week' please speak to Miss Garland or a member of the library team.

Accelerated Reader Book Level: 7.1



Online Safety Spotlight

Virtual reality (VR for short) has existed for decades, but it's only in the last 10 years that the technology has really become publicly available. With VR's rapid rise as a gaming and educational medium, there are plenty of unknowns regarding its use – for adults and children alike. Is it safe? How long should someone use VR for? How expensive is it? What's clear is that VR is becoming ever more ubiquitous in everyday life: from companies using it for training to at-home fitness. Knowing what the technology is capable of is more useful than ever. In the guide, you'll find tips for avoiding potential risks such as physical accidents, premature exposure and eye strain.

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

What Parents & Carers Need to Know about VIRTUAL REALITY

Virtual reality (VR for short) has existed for decades, but it's only in the last 10 years that the technology has really become publicly available. With VR's rapid rise as a gaming and educational medium, there are plenty of unknowns regarding its use – for adults and children alike. Is it safe? How long should someone use VR for? How expensive is it? What's clear is that VR is becoming ever more ubiquitous in everyday life: from companies using it for training to at-home fitness. Knowing what the technology is capable of is more useful than ever.

WHAT ARE THE RISKS?

PREMATURE EXPOSURE

While VR has already found its way into schools worldwide – allowing teachers to take their class on digital field trips – most manufacturers advise an age restriction of 13. This safeguard is based on the idea that children's brains, eyes and bodies are still developing. With the technology still in its infancy, not enough research has been conducted as to how VR affects children in the longer term.

EYE STRAIN

One of the main worries about VR is that essentially having TV screens so close to your eyes could harm them with prolonged use. Lenses inside each headset have been specifically designed to trick the human eye into focusing to infinity (just as they would in the real world) to mitigate possible eye strain. Even so, longer VR sessions should be limited to adults only.

PHYSICAL ACCIDENTS

When used correctly, VR isn't dangerous as there are safety features built in. A common concern is that a child wearing a headset could bump into real-world objects while playing – so creating a clear, tidy gaming space is essential. Headsets also have 'Guardian' or digital barrier systems that can be set up beforehand, indicating where walls and furniture are located so nobody trips over and hurts themselves.

SOCIAL VR

VR is more immersive than normal gaming and makes players feel very present in the moment. There are additional online safety fears, therefore, relating to trolling and abusive comments as players engage with each other in social VR spaces. Personal information shouldn't be given out and privacy and safety controls (who can see your real name, for example) need to be activated where possible.

MOTION SICKNESS

Children who are prone to travel sickness might encounter what's known as 'simulator sickness'. This is nausea caused by the eyes seeing images which tell the brain that the person is moving, while the rest of the body knows it is stationary. Most apps have features to reduce this discomfort, while some games simply don't feature locomotion to make for a more comfortable experience.

VIOLENT CONTENT

Among the growing range of VR games and apps, not all of them are appropriate for young players. Violent content can be far more visceral and disturbing in VR, so it's important to consider the age and maturity of your child before giving them access to this type of gameplay. As the majority of VR content is digital, online store access is easy – so careful curation is advised.

Advice for Parents & Carers

START OFF SLOWLY

Just like regular video games, if your child wants to try VR the best way to reduce risks is moderation. Keep their VR sessions to short sprints – and for young adults new to the technology, build up their usage time gradually to let them get acquainted with it. If they feel any discomfort, remove the headset and try again at a later point.

NO SURPRISES

It's easy to get lost in the moment in VR – and possibly forget where you might be standing in the real world. A minimum 2m x 2m play area is recommended, with no plant pots or other delicate objects within reach of flailing arms. Take pets into account, too: don't let the cat or dog walk into the room, for example, because a VR player won't see them and could certainly trip. A child is far more likely to get over-enthusiastic in VR, posing a risk to themselves and anything in their path.

KEEP A WATCHING BRIEF

It may seem that a VR player is in their own world, but all VR headsets allow external viewing via a linked monitor or mobile phone. This is the best way to ensure whatever a child is playing is appropriate. More VR supervision tools are on the way, such as securing specific apps behind unlock patterns or sending an approval notification to the parent if their child wants to purchase a game.

ANTI-NAUSEA OPTIONS

It's wise to get used to VR while comfortably seated and progress to standing or 'room-scale' VR (where players physically walk around an area) later. Look at the in-app options first: switching between seated and standing adjusts the player's height, while a vignette or 'tunnel' darkens the peripheral vision to reduce nausea. Teleportation Mode and Snap Turning are also important options for enhancing comfort.

RESEARCH CONTENT

There will be information online about most games and apps, explaining what type of experience they provide. They'll list age ratings indicating how violent the gameplay might be, comfort, so you'll know the intensity of the experience, and how much access the game requires to personal information or features like the built-in microphone.

Meet Our Expert

Petar Graham is the editor at XR (extended reality) and Web3 specialist site grmwd.com and has been writing about VR, augmented reality and the immersive tech industry for more than seven years. He's served as a panel speaker and a judge at awards events and game hackathons.

Source: grmwd.com | enr.org

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