

Issue 2 – Spring Term 2017

During the last half term we have had a particular focus on being safe online. We are now in the most intense period of the year in the lead up to the public examinations. There is currently a lot of media attention around the importance of good mental health in teenagers. As our students finalise their controlled assessments and attend extra intervention and revision sessions we look at ways to support them. We have provided parents with some helpful ideas about how to support their children with the examination preparation season and to avoid the potential stress they could experience. This term staff have had a refresher Safeguarding professional development session to update their knowledge and awareness of safeguarding issues to ensure that we keep continue to keep our children safe.

Our Safeguarding team:

- **Mr. Gerard McKenna**
(Head teacher)
- **Ms. Manderson**
(Deputy Head teacher & Designated Safeguarding Lead)
- **Ms. Minott-Statham**
(SENCO & Designated Safeguarding officer)
- **Ms. Lazare**
(Assistant Head teacher & Designated Safeguarding officer)
- **Mr. Hart**
(Assistant Headteacher Technology)
- **Ms. Edwards**
(PSHEE Coordinator)
- **Ms. Flora Copson**
(HR Manager)
- **Mrs. Mona Shah**
(Governor with responsibility for Safeguarding)

Digital safety: “Be the change, unite for a better internet”

Students were presented with assemblies to promote Safer Internet Day. The assemblies addressed issues of cyber-bullying and internet dangers. To report concerns students were reminded to: report to adults in school and to parents, use the e-bully box, send messages to **ACSBULLY** by texting **66777** or directly online to CEOP.

App focus: 'Instagram'. Fact: around half of 8 - 15 year olds use 'Instagram', an image-based social network app?

The Children's Commissioner published a report recently called '[Growing Up Digital](#)' which highlights that terms and conditions for digital apps such as Instagram mean that adults and children need to carefully consider images they share and receive on their digital devices. Once online they are the property of Instagram. There are useful apps available for parents to monitor their children's use of digital devices. One such app is 'Qustodio'. For more information go to <https://www.qustodio.com/en/>



HEALTHY REVISION ASSEMBLIES

Students at key stage 4 were presented with assemblies on keeping healthy bodies and healthy minds to ensure they perform at their best in the examinations. The key messages focussed on diet, sleep and exercise:

- **Diet** - Make small changes to lifestyle, rather than focusing on solely one. With all the misleading advertising on sugary drinks these all fruit drinks and should be avoided - water is best. 'Brain foods' are helpful to stimulate brain activity. These include: oily fish, nuts and wholegrains.
- **Sleep** - guidance was given on relaxation techniques. Students must aim to have at least 8 - 10 hours of sleep every night
- **Exercise** – it is recommended that students spend 20 minutes of exercise daily to stimulate brain activity in readiness for examinations.

Children's Mental Health Week was launched by Place2Be. This year this occurred from the 6th - 12th February. For more information go to <https://www.place2be.org.uk/>

Keep Safe - No Loitering!

A reminder that after school, all students must go to the designated bus stops nearest to their site immediately after school. This will deter any anti-social behaviour and also prevent our students from being party to any anti-social activity which occurs beyond the hours of the school day.



Safer Internet Day

2017 | Tuesday
7 February

www.saferinternetday.org