

DUKE'S JOURNAL



SEPTEMBER 2024



Dates for 2024-2025

Y7 Meet the Tutor Evening: 18th September

Year 6 Open Evening: 25th September

Year 12 Meet and Greet: 25th September

Y11 Parent and Option Evening: 20th November

Y7 Parent Evening: 4th December

Year 13 Parent Evening: 11th December

Year 11 Mock Results Evening: 20th February 2025

Year 9 Parent and Options Evening: 19th March '25

KS5 Results and Parent Evening: 26th March '25

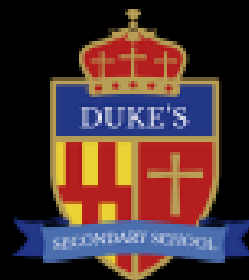
Year 10 Parent Evening: 9th April '25

Year 8 Parent evening: 14th May '25



YEAR 7 DISCO

**Tickets from The Beacon
£1.50**



FOOD, TUCK SHOP, DRINKS,

2nd October 4.30 - 6pm

**Positive behaviour is needed
to attend.**



On Wednesday 3rd July, Duke's celebrated Y11 Prom with both students and staff.

It was an amazing night, held at The Village Hotel, and everyone had a great time. Congratulations to Leon Younger and Alex Lilley who were crowned Prom King and Queen, and a special mention to Abbie Reeves and Michael Oliver who were named Best Dressed!

A selection of photos from the night are below...



CCF CAMP

Our CCF team went to Driffield on their summer camp in July, and have had a great time completing teambuilding activities and perfecting their skills.

Isla Blake and Ayanfe Gbadebo have both been promoted, and a special mention for Olivia Burton who was awarded a special medal for resilience.





CONGRATULATIONS TO KAITLYN WADDELL!

**Kaitlyn won the English Schools Athletics
Hammer event on Saturday 13th July in
Birmingham, throwing the hammer a
whopping 49 metres!**





Well done to Duke's VI form team who reached the final of the County 7 aside tournament on Wednesday afternoon and narrowly lost in a penalty shoot-out.

A great effort!

Special mention for Adalberto and Callum (Y11 players).



Returning to school after a long break can be difficult for some students. See the tips below to help manage any conflicts that may arise...

10 Top Tips for Parents and Educators SUPPORTING CHILDREN TO MANAGE CONFLICT EFFECTIVELY

Disagreement is a natural part of human interaction. This can seem particularly true when dealing with the sensitive issues that arise for secondary-aged pupils. This guide brings you 10 top tips which can help prevent conflicts arising or mitigate their impacts when they do.

1 INSPIRE RESPONSIBILITY

The best approaches to conflict resolution are restorative. This means that rather than adults imposing their own solutions on children who have had a disagreement, they should work with them. Allowing them to handle it can feel empowering to young people and will hopefully teach them to manage their own disputes as they move towards adult life.

2 ACTIVELY LISTEN

Remember to give every child the opportunity to voice their opinion, regardless of their age, stage of development, special educational needs, or other individual requirements. This can be done using a variety of different communication methods. For example, some children find it easier to express how they're feeling using pictures and drawings, while some prefer to write their ideas down.

3 BE CURIOUS

Demonstrating how to approach conflicts with a mature and empathetic mindset can set a good example to children, which can prove a useful skill for them later in life. Model this by asking inquisitive-yet-respectful questions about the issue at hand. Really try to understand where all parties are coming from, and share information between them when and where appropriate. This should encourage young people to mirror your behaviour, teaching them to be curious about the other sides of a conflict, and thus being more willing to hear them out.

4 PROMOTE DIFFERENCES

Children and young people may come from a range of different backgrounds and cultures or have protected characteristics which may cause them to see things from various angles. Having a school and community culture which celebrates and embraces diversity in all things – including diversity of opinion – means people are more likely to feel heard and understood.

5 BE SUPPORTIVE

Discussions may be sensitive or, in some cases, even trigger negative emotions. Pupils may have mixed feelings about the issue at hand. They could be nervous or anxious before even coming to the table to talk about it. Try and create a space where all parties feel safe, welcome and comfortable. Allow breaks and time-outs if the conversation gets heated, to prevent anyone from saying something they might later regret.

6 MENTALLY PREPARE

Think of how you can approach the conflict in a calm and regulated manner. Consider taking some extra time to prepare beforehand and finding somewhere quiet to relax. Even if you're not directly involved with the conflict, mediating can be a stressful experience in its own right. Make sure you're hydrated, fed and comfortable, and do the same for the young people involved. These may seem like insignificant factors, but it's important to remember that physical discomfort can trigger dysregulation, which can make it much harder to have a calm, productive conversation.

7 GET YOUR FACTS STRAIGHT

Make sure you have all the facts, figures and timelines of the situation prior to the discussion. This should be done as objectively as possible with the aim of resolving the ongoing issue. You may want to risk assess any problems that may arise and look for possible solutions during your preparation time.

8 STICK TO THE POINT

Make the reason for, and purpose of, any meetings or communications clear prior to setting them up. Provide an agenda. Act as a neutral chairperson who can keep all parties on track. Make sure everyone has a chance to air their concerns about the issue being discussed and try to avoid talking about unrelated incidents. Close off with some action points, detailing what everyone can do to resolve the conflict.

9 BE SOLUTION FOCUSED

It's often said that the art of diplomacy is about giving others ladders to climb down. This means the main aim of any meeting or correspondence should be finding mutually acceptable and amicable solutions. Parents, carers, teachers and pupils should be aware there may need to be a compromise for the common good – and, most importantly, the good of the children you're supporting.

10 DON'T IGNORE OR AVOID CONFLICT

No one benefits from allowing concerns and grievances to fester, as this can lead to further division and mistrust, and ultimately doesn't help the children involved. Use our tips to open meaningful lines of communication. These should help you find a suitable resolution and minimise the number of conflicts you're faced with mediating overall.

Meet Our Expert

Catrina Lawri is a neurodivergent former SENCO and advisory teacher. She founded her company, Neuroteachers, to improve inclusion for neurodivergent people. She works with nurseries, schools, colleges and businesses providing consultancy, training and mentoring to create belonging and understanding for people with the full range of neurotypes.



#WakeUp
Wednesday

The
National
College