



NEWSLETTER

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DEAR PARENTS AND CARERS

Welcome to the penultimate edition of the 2024 newsletters; next week will be a Christmas special.

It was lovely to see the **Class of 2024** return last week for their **GCSE presentation evening** and to celebrate their success. I would like to congratulate them all and our special award winners; pictures of the event are included in this edition. As we say final goodbyes to a previous cohort we are ensuring the class of 2025 are fully prepared for their summer examinations and I would like to say 'well done' so far on their efforts in their mock examinations. Keep going **Year 11!**

As we prepare for the Christmas break I would like to remind you of two events that will surely get you into the festive spirit. On **Tuesday 17th December** we are hosting the **Halewood Town Council Christmas Concert**; tickets are available from the school reception. On **Thursday 19th December** we are having our own Performing Arts Christmas Showcase; details are inside the newsletter.

On **Friday 22nd November**, Mr Campbell (Leader of STEM) was accompanied by colleagues at the highly prestigious **Educate Awards**. These awards are celebrated every year at **Liverpool Cathedral** in recognition of the excellent work selected schools in the **North West** of England do. This year we were nominated for the **Excellence in STEAM**; unfortunately we were runners-up but to be nominated is something to be extremely proud of.

Can I remind you that attendance continues to be such an important factor in students achievement and well-being; can I urge you to ensure your child(ren) maintain excellent levels of attendance between now and the Christmas break. Can I also take this opportunity to remind you that we will finish for the Christmas holidays on **Friday 20th December at 12.15pm**.

Please enjoy the other elements of our newsletter as there is much to celebrate and there is so much to be proud of at **Halewood Academy**.

Best wishes

Mr I Critchley
Executive Principal



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KEY DATES 2024

Mon 9th DECEMBER - 18th DECEMBER	YEAR 10 & 11 ASSESSMENT WEEKS
Friday 13th DECEMBER	CHRISTMAS DINNER & CHRISTMAS JUMPER DAY
Tues 17th DECEMBER	HALEWOOD TOWN HALL CONCERT
Thursday 19th DECEMBER	PERFORMING ARTS CHRISTMAS SHOWCASE
Friday 20th DECEMBER	SCHOOL CLOSE 12.05PM

SAFEGUARDING, SOCIAL AND EMOTIONAL WELL BEING



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ACADEMY

Coping at Christmas

As we head towards the end of term over the next couple of weeks we would like to remind all pupils and parents/carers that if you feel a young person needs any additional support with their mental health or wellbeing, or if you as a family need any additional support at this time of year please contact your child's Progress Leader who can support or signpost you to support.

Christmas can be difficult if you struggle with your mental health. The following information is from Young Minds as they share their tips for looking after

1. Keep it in perspective

"Remember it is a normal day of the year."

You've got this! Christmas can be as big or as little an event as you want it to be. Remember it is a normal day of the year, so you won't be the only one struggling. It's okay not to feel festive.

2. Don't bottle up your feelings

"Talk to people you trust."

One of the biggest mistakes people make is bottling up negative emotions. Don't bottle up your worries and feelings; talk to people you trust. Don't be afraid to pick up the phone, even if it is just to send a simple text message to a friend or family member. Use your diary and write down how you feel.

"Don't be afraid to pick up the phone, even if it is just to send a simple text message to a friend or family member."

3. Use your time well

"Do things which make you happy."

This doesn't mean pressuring yourself to be the life and soul of the party or becoming overwhelmed trying to please everyone. Use your free time to do things which make you happy and occupy your time. Those things are different for all of us but it could be as simple as reading a favourite book, watching some Christmas TV or catching up with family.

Be social if you can. Social situations may seem overwhelming but even small interactions can help you feel more connected.

3. Remember to have some time for yourself

"Do things which make you happy."

It's great to spend time with family but remember to have some time for yourself. Take breaks from social situations if things get rough and don't be afraid to step out of situations if you need to.

"Allow yourself the time and space you need to cope, and make decisions that suit your needs."



SAFEGUARDING, SOCIAL AND EMOTIONAL WELL BEING



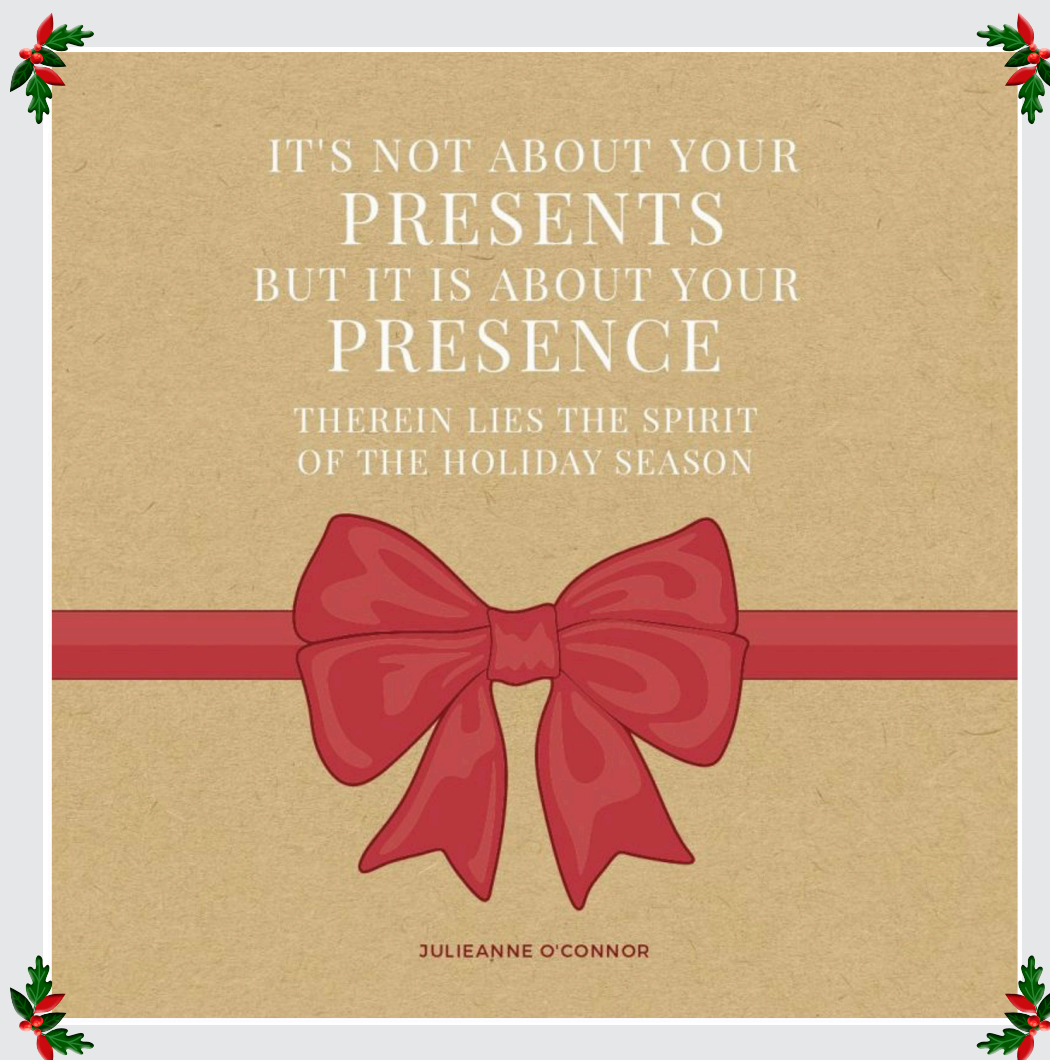
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ACADEMY

5. Adjust suit your needs

"Prioritise whatever it is that will help you relax and feel calm."

Allow yourself the time and space you need to cope, and make decisions that suit your needs. If the crowds make you anxious, you could do your shopping online. If you don't want to spend time with your family on Christmas Day, perhaps consider volunteering with one of the food banks who provide a special meal for the homeless on Christmas Day.

Prioritise whatever it is that will help you relax and feel calm.





YEAR 11 LEAVERS' GCSE PRESENTATION EVENING

Our GCSE presentation evening took place for the **Class of 2024**, where we celebrated their success and recognised their efforts whilst students at **Halewood Academy**. The evening was a great success, and it was lovely to see some of our school leavers who have moved onto their next chapter.

Our **Principal Prefects, Jessica S and Jack P** provided an outstanding welcome and **Mrs Thomson** provided the GCSE highlights, recognising how proud we are. Class of 2024 certainly showed their determination during revision sessions and resilience during the examinations.





YEAR 11 LEAVERS' GCSE PRESENTATION EVENING



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YEAR 11 LEAVERS' GCSE PRESENTATION EVENING



We had many outstanding achievements including Aisha S, Tilly B, Archie B, Tyler W, Elayna C, Henry G, Tasha S-B and Oliver T.

Many students made excellent progress with our top students being Tilly B, Luke S, Kadie L-B, Luca B, and Ella J.

Congratulations to everyone who received an award:

Subject Awards

Art – Alexandra O
 Separate Science – Charlotte P
 Business and Enterprise – Kara T
 Child Development & Care – Hanna W
 Combined Science – Lilly W
 Computer Science – Harry M
 Design & Technology – Tyler W
 Drama – Jack H
 English Language – Emylea H
 English Literature – Tilly B
 Geography – Evelyn M
 Health & Social Care – Paige J
 History – Kadie-Lei B
 Hospitality & Catering – Libbie B
 Maths – Aisha S
 Music – Archie H
 Performing Arts – Ava M
 Physical Education – Finley C
 Photography – Owen B
 Religious Education – Kioma H
 Spanish – Phoebe W
 Sports Science – Ella J
 Statistics – Natasha S-B



100% Attendance

Libbie B
 Cohen C
 Kian C
 Paige J
 Alfie K
 Jack L
 Kamiran M
 Kasey R
 Luke S
 Millie-Olivia S
 Hanna W
 Tyler W



Special recognition for 100% Attendance throughout Years 10 and 11 was given to Elayna C

Megan Hurley Award

Elliot T

George Galbraith Award

Nafisa A

Academic Excellence – Progress

Luke S

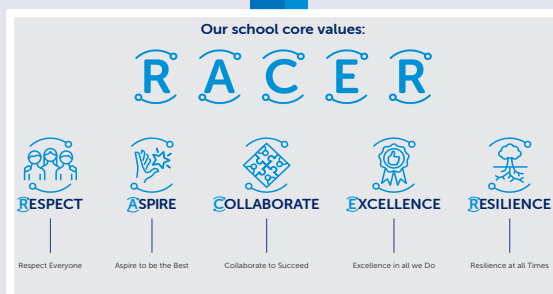
Academic Excellence – Attainment

Rosie C

It was a real honour to celebrate achievements with the Class of 2024 and we wish everyone the best for the future.

RACER Awards

Respect – Leighton K
 Aspire – Ellie S
 Collaborate – Macie S
 Excellence – Joshua K
 Resilience – Olivia C



HOLLY JOLLY CHRISTMAS CONCERT



HALEWOOD
ACADEMY



Halewoodtowncouncil

Holly Jolly Christmas Concert

Tuesday 17th December 2024

5:15pm - Doors Open
6pm - 8pm - Concert Event

Tickets on sale here

Venue:
Halewood Academy
The Avenue
Halewood
L26 1UU

**TICKETS
£5**

**FROM
RECEPTION**

LOCAL COUNCIL AWARD SCHEME QUALITY

Halewood
Optimize Potential

HALEWOOD ACADEMY
WADE DEACON TRUST

Ofsted
Good
Premises

Knowsley Council

Halewood Church of England
Primary School

St. Andrew's Roman Catholic
Primary School

St. John's Catholic
Primary School

YEW TREE
PRIMARY ACADEMY
WADE DEACON TRUST

Ofsted
Good
Premises

thPosterMyWall.com

YEAR 10 PARENTS' EVENING REMINDER

We would like to invite you to
our Parents' Evening for
Year 10 students on **Thursday**
16th January 2025 4-7pm
4-7pm.



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EDUCATE AWARDS 2024



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WELL
DONE

On Friday, DECEMBER 15th, Halewood Academy proudly secured the runner-up position at the prestigious Educate Awards 2024 Evening in the STEAM category. This recognition highlights our commitment to fostering a strong interest in science, technology, engineering, arts and mathematics among our students. Throughout the year, we have implemented innovative programs, hands-on projects, and collaborative initiatives designed to engage learners and promote critical thinking.

Our dedicated staff, led by Mr Campbell, have worked tirelessly to create a dynamic learning environment that encourages exploration and creativity in STEM fields. The event showcased the achievements of schools across the region, and we were honoured to be recognised for our efforts.

This accolade not only reflects our hard work but also inspires us to continue enhancing our STEM curriculum and opportunities for students. We are excited to build on this momentum and strive for excellence in the future, empowering our students to excel in these vital areas. As a school we would like to thank Mr Campbell for his dedication and commitment to raising the profile of STEM amongst our school.

Regards,
Mr G Harrison
Vice Principal

**Educate
Awards®**
ASL
OFFICIAL PARTNER
RUNNER-UP 2024

NEXT STEPS PROGRAMME VISIT



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Year 10 students on the Next Steps Programme experiencing an employer encounter with a representative from the RAF. The programme is designed to raise career aspirations, provide greater knowledge of post 16 pathways and career paths, as well as providing our students with access to training providers and employer visits.

More amazing opportunities to meet current military personnel to see what future careers are on offer to our pupils.

#Respect #Aspire

#MomentsMattersAttendanceCounts

#WeSeekTheBest



ROYAL BRITISH LEGION POPPY APPEAL



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The Royal British Legion have thanked Halewood Academy for this year's Poppy Appeal. Our collection total was £102.22.

They provide support for members of the Royal Navy, British Army, Royal Air Force, veterans and their families. By donating to The Royal British Legion, we help them to help those in need within the Armed Forces community; serving and ex-serving personnel and their families.



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EXAM SUPPORT



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EXAM BOOSTS <small>Eat before exam?</small>	REVISION FUEL <small>Eat before revising?</small>	REVISION FUEL <small>Eat before revising?</small>	MEALS <small>Add a yogurt or glass of milk to fuel your brain well</small>
dried berries	yogurt	hummus	eggs + toast
mixed seeds/nuts	fruit smoothie	cream cheese s'wich	tuna s'wich + salad
Brazil nuts	cheese+ tomato s'wich	Soup – eg lentil, veg	chicken s'wich + salad
brain bar (my recipe!)	avocado dip + carrots	porridge	cheese salad
brain cake (my recipe!)	peanut butter	cereal	chicken + pasta+salad
banana	filled wholegrain roll / bagel	cereal bar (quality)	quiche + salad
raisins + peanuts	banana cake	wholewheat pancakes+ banana	baked potato+chse or beans
mixed dried fruit	bagel + crm cheese	milk – hot or cold	Salmon or tuna + rice
oatcakes+ cheese	wholegrain currant bun	homemade milkshake	beans on toast
dried apricots	raisins	oatcakes+ cheese+apple	egg s'wich
homemade granola	breadsticks + dip	cottage cheese	chicken curry+rice
	fish paté	flapjack	couscous
	grapes + cheese	Marmite or vegemite	nut roast or lentil bake

Make Your Brain FLOURISH

F - Food: learn which foods fuel our brains best; don't go hungry

L - Liquid: make sure you drink enough water and avoid fizzy drinks

O - Oxygen: exercise (even a quick walk) pushes more oxygen round your brain

U - Use: use all areas of your brain by doing lots of different activities

R - Relaxation: your brain will work best if you have frequent breaks and relax properly

I - Interest: keep your brain interested by not spending too long on the same thing

S - Sleep: learn how to get a good sleep and you will feel happier and work better

H - Happiness: laughter is great brain medicine: have you had your daily dose?

Help for schools, parents and young people:
www.nicolamorgan.com

Top Exam Tips!

Get a good night's sleep

It's important to get enough sleep the night before your exam. It will be easier to focus if you are well rested.



Get organised

Make sure you have everything you need by organising your pencil case the night before.



Eat a meal beforehand

Remember to eat breakfast or lunch before the exam to prevent your stomach from rumbling and distracting you.



Arrive early

Give yourself plenty of time to get to the venue, you don't want to be in a rush before the exam.



Drink water

An easy way to improve your concentration is to stay hydrated, so remember to bring a bottle of water to the exam.



Stay calm

If you find yourself getting nervous, take some deep breaths and feel your body relaxing before you move on to the next question.



Read the question

Don't rush through the exam. Make sure you read each question at least twice before writing your answer.



Leave time at the end

Make sure you leave time at the end of the exam to check your answers.



YEAR 11 MOCK EXAM TIMETABLE - DEC 2024



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Below is the latest Mock Examination TimeTable over a three week period between Monday 2nd December and Friday 20th December. All parents/carers and students should be in receipt of the timetable and it is vitally important that good attendance and punctuality to school are maintained. Students should be revising

independently at home the topics that have been shared by their teachers and all have a black folder full of knowledge organisers to support with this. If you have any questions or require any further support with revision technique, please contact your child's form tutor in the first instance.

Day/Period	9.00am start		Break (11.00-11.15)	Period 3 11.15 start	Early Lunch/P4 (12.15-1.00)	1.00pm start	
GCSE Spanish Speaking exams will be held on 21st and 22nd November							
GCSE Photography exam will be held on 26th November (11/Ph1) and 28th November (112/Ph1)							
GCSE Art exam will be held on 27th November (114/Ad1) and 29th November (113/Ad1)							
GCSE 3D Design and Hospitality and Catering exam will be held week beginning 18th November							
Monday 02-Dec	English Language Paper 1 (1h 45m) (Whole Year)		Break (11.00-11.15)		Lunch for PE students only (12.15-1.00)	PE Paper 1 (1h) (36)	
Tuesday 03-Dec	Maths Paper 1 F/H (Non-calc) (1h 30m) (Full) (Whole Year)		Break (11.00-11.15)		Lunch for H&SC students only (12.15-1.00)	Health & Social Care (2h) (31) To be held in S31	
Wednesday 04-Dec	Combined Science Biology F/H (1h 15m) Separate Science Biology F/H (1h 45m) (Whole Year)		Break (11.00-11.15)		P4	Lunch (13.15-14.00)	
Thursday 05-Dec	English Language Paper 2 (2h) (Whole Year)		Break (11.00-11.15)		Lunch for Computer Sci students only (12.15-1.00)	Computer Science Paper 1 (1h 30m) (37)	
Friday 06-Dec	History (2h) (110)		Break (11.00-11.15)		Lunch for Geography students only (12.15-1.00)	Geography (Paper 1) (1h 30m) (143)	
Day/Period	Period 1 9.00am START	Period 2	Break (11.00-11.15)	Period 3 11.15 start	Early Lunch/P4 12.15-1.00	Period 4	Period 5
Monday 09-Dec	Combined Science Chemistry F/H (1h 15m) Separate Science Chemistry F/H (1h 45m) (Whole year)		Break (11.00-11.15)		Lunch (12.15-13.00)	Music (1h 25m) (16) To be held in HB2B and S26	
Tuesday 10-Dec	Hospitality & Catering (1h 20m) (32)		Break (11.00-11.15)	Computer Science P2 (1h 30m) (37)		Lunch (1.15 - 2.00)	
Wednesday 11-Dec	English Literature Paper 2 (2h 30m) (Whole Year)		Break (11.30-11.45)		P4	Lunch (1.15-2.00)	
Thursday 12-Dec	Maths Paper 2 F/H (calc) (1h 30m) (Whole Year)		Break (11.00-11.15)		Lunch for RE students only (12.15-1.00)	RE (1h 45m) (16)	
Friday 13-Dec	Spanish (Writing) (F - 1h 15 / H - 1 h 30m) (71)		Break (11.00-11.15)		P4	Lunch (1.15-2.00)	
Day/Period	Period 1 9.00am START	Period 2	Break (11.00-11.15)	Period 3	Early Lunch/P4 12.15-1.00	Period 4	Period 5
Monday 16-Dec	Business (1h 30m) (103)		Break (11.00-11.15)		Lunch for PE students only (12.15-13.00)	PE Paper 2 (1h) (36)	
Tuesday 17-Dec	Dance (2h) (8) To be held in G02 & G03		Break (11.00-11.15)		Lunch for Spanish students only (12.15-1.00)	Spanish (Reading) (F - 1h / H - 1h 15m) (71)	
Wednesday 18-Dec	Drama 1h 45m (10)		Break (11.00-11.15)		Lunch for Child Dev students only (12.15-1.00)	Child Development (1h 30m) (20)	
Thursday 19-Dec	Maths Paper 3 (Calc) (F/H - 1h 30m) (Whole Year)		Break (11.00-11.15)		Lunch for Geography students only (12.15-1.00)	Geography Paper 2 (1h 30m) (143)	
Friday 20-Dec	Combined Science Physics F/H (1h 15m) Separate Science Physics F/H (1h 45m) (Whole Year)		Break (11.00-11.15)			School closed	

WALKING WITH THE WOUNDED CHARITY WALK

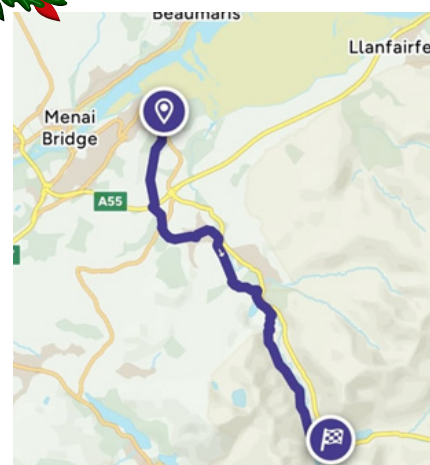


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We have a group of Year 11's students who are completing a 23 mile walk on the 14th December for the Walking with the Wounded Charity as part of their Walking Home for Christmas: Let's Talk Campaign. Jack P, Thomas H, Mason B and James S will complete the route in North Wales below and should you wish to support this charity you can scan the QR or follow the link below. They are currently on £411 towards their target of £500.

Link: <https://walking-home.walkingwiththewounded.org.uk/teams/scouse-striders>

The charity aims to provide shelter, food, therapy treatments and other necessities for veterans who have struggled in the transition from the military to the civilian world.



MOBILE PHONES REMINDER

Mobiles phone use is allowed in school up to 8.30am, after this time they must be switched off and kept safe in their school bag. Should you need to contact your child in an emergency please telephone the school main reception.



Speed Limit in the Car Park is



PARKING BAYS REMINDER



Halewood Academy has been made aware that some people are causing obstructions in the school car park and outside the premises, double parking, blocking disabled parking bays and stopping on double yellow lines to pick up and drop off students.

Also given the dark nights are drawing in, please ensure all students are being vigilant when crossing the roads. We have had a complaint where someone suggested they nearly had an accident due to students in uniform walking into the road without looking. Please see a link for a video of Road Safety.

<https://www.think.gov.uk/resource/expect-the-unexpected/>



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FOOD TECH SCONE SUPRISE



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Year 7 have been busy making savoury scones, showing their ability to work independently and engage in class, well done! Students continue to follow our RACER values during their lesson.

#ReadytoLearn #LearningtoBake #Excellence



READY TO LEARN



EXCELLENCE



LEARNING TO BAKE

DRAMA REHEARSALS



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Year 11 have been working towards their **Component 3 Texts in Practice** exam which will take place in January. They are working hard to get off script and focus on their performance skills. Students are rehearsing independently to perfect their pieces. Today's focus was the use of vocal skills and connecting with the audience.

Year 7 are studying **Oliver** with a focus today on the characters **Fagin, Dodger and Oliver** whilst exploring the **Fagin's Den** scene. Today they developed their vocal skills, facial expressions and body language. The students loved performing and did a great job. It was a pleasure to present a **Good News** post card to 6 students for creativity and effort.

Mrs E Andrews
Drama



ANIMAL CARE VISIT



HALEWOOD
ACADEMY



Well done Year 10 studying Animal Care, they had the opportunity again to practice their handling techniques with a variety of animal species.

This fabulous opportunity enabled students to learn about animal behaviour, handling and restraint.

#ReadytoLearn
#MomentsMattersAttendanceCounts
#Aspire #AGreatPlacetobePartof

ANIMAL TEACH
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Performing Arts Christmas Showcase

to held on

Thursday 19th December 2024

from 6pm - 7.30pm.

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*Tickets can be collected
from Reception*



SPORTS
UPDATEHALEWOOD
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2-3



Great game at the Academy! Our boys in year 7B football team narrowly lost 3-2 to a more experienced North Liverpool Academy team! The game was end to end with NLA taking a two goal lead! We battled back superbly and scored through Jacob.

Into the second half and we were awarded a penalty which was expertly despatched by Harry! 2-2! The game continued to be end to end with both teams creating chances! NLA took one of theirs at the end! It was a great game- we will play again! Mr Rylands was proud of the effort!



SPORTS UPDATE



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It was fantastic to welcome students and staff from El Limonar international school in Murcia this week! Our Year 10 boys played a competitive football fixture and our girls played badminton and volleyball with our friends from Spain!

The atmosphere was fantastic and everybody had a wonderful evening! Mr Rylands was proud of all of our students! Mr Mooney was delighted with the Year 10 football victory! We hope to see our Spanish friends again next year!



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.

Helping children and young people with MANAGING DEVICE STRESS AND ANXIETY

WHAT ARE THE RISKS?

The internet and advances in the capability of digital devices have afforded us arguably the fastest period of technological and social evolution in living memory: creating opportunities for us to interact with people anywhere in the world, 24 hours a day. It's also, however, blurred safety boundaries and added new stresses for young people, who are often less aware of the hidden hazards. With almost half of 10-15-year-olds experiencing bullying online and algorithms pushing content in front of our children every day, it's important to know how to address some of these challenges.

LIVING ONLINE

The internet is awash with sophisticated algorithms that learn from our online behaviour and try to predict our wants and needs. That's very helpful in some respects, but it can make the online world difficult for children and young people to negotiate. Content can be brought to them at any time – it may not always be appropriate, and children may not have the ability or the support to deal with it.

PUSHY NOTIFICATIONS

Content is also directed at us through notifications from our apps: letting us know we have a new message or social post to read, for example. While that's useful in some circumstances, it conditions us to keep going back online (and is designed to do so) and can be a near-constant demand on your child's attention. As such alerts become more common, are we experiencing an 'attack of the pings'?

BLURRED BOUNDARIES

There are now so many ways we can communicate online in real time (like instant messaging apps) or with a delay (such as on social media) that it's possible to be constantly in conversation. Young people often prefer quickfire exchanges of text – but using fewer words can cause distressing miscommunications through the lack of non-verbal cues like facial expressions or tone of voice.

DIGITAL DEPENDENCY

As devices allow access to immediate external help in challenging situations, it's a concern that children may not be developing the inner confidence to work things out for themselves. Likewise, group membership is hugely important to young people – both in digital and 'real' life – and being excluded from online conversations can cause damaging feelings of loneliness and isolation.

DISGUISED DISTRESS

Children often haven't yet developed the emotional resources to deal with many of the setbacks of everyday life, so identifying when it's specifically something online that's worried them can be tricky. A certain level of stress is a normal response to a problem: it spurs us into action to keep ourselves safe. If the stress is excessive, though, it can feel overwhelming and potentially lead to anxiety or depression.

ANTI-SOCIAL SOCIALS

Social media can bring people together in hugely positive ways. Sadly, it *does* also have a darker side, including 'flame war' arguments which can escalate quickly and have hurtful consequences. With so many people looking on, 'group shaming' situations are also common – while there are continual opportunities for young people to compare themselves negatively with other social media users.

Advice for Parents & Carers

LEARN THE BASICS

It's impossible to keep up with every online change or every new app. The best option is to make yourself aware of the fundamentals of how the internet operates, so you can help your child to grasp how – and why – content reaches them. Devices and the digital world can be confusing, so learning to understand them better will give you the confidence to talk to your child about them.

PUSH DISTRACTIONS AWAY

Notifications to our phones and tablets can be helpful, but they sometimes make one wonder who's really in charge: the person or the device? Checking our phone as soon as it goes off is an easy habit to fall into – especially for young people. Try switching off non-essential alerts on your devices and encourage your child to do the same: you should both feel less triggered and more in control.

KEEP CHECKING IN

Healthy emotional regulation balances three systems: threat, drive and grounding. Down the various rabbit holes of the internet, however, that balance can easily slip away – so it's important to help your child manage their emotions when they're online. Check in with them regularly when they're on their device, and remember that 'distraction' and 'relaxation' aren't always the same thing.

TALK IT OUT

If a child mentions a comment that's been directed at them in a text chat or on social media, it may sound minor but can actually have a much bigger effect than we realise. In our evolved brains, any perceived threat can get internalised while our body reacts as if we were in physical danger – raising stress levels. It's always worth encouraging your child to get any concerns out in the open.

LOOK FOR THE SIGNS

This is tricky – and may depend on the child's age – but any sudden change in behaviour is worth looking out for. If your child seems to be checking their phone or tablet more, doesn't want to be parted from them, or appears unusually secretive, anxious or withdrawn, it could be a sign that something is amiss in relation to their device – and, possibly, that they're in need of extra support.

BE KIND: UNWIND

Be kind to yourselves as parents and carers. Remember that we're all in the same boat, trying to safely guide our children through this complex, fast-moving digital environment. Getting into the habit of having natural, relaxed conversations with your child about their online life (and yours) can level the playing field and make it far easier for them to open up to you about any concerns.

Meet Our Expert

Francis-Smith is an experienced counselling psychologist who promotes safe and ethical online communications. She and offers bespoke training to businesses and organisations, on effective online communications – often by exploring the more hidden aspects of the various mediums.



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www.childrenscommissioner.gov.uk/report/the-big-sky-big-answers/
gov.uk/people/population-and-community/crime-and-justice/bulletins/childrens-online-behaviour-in-england-and-wales/year-ending-march-2020

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@nationalonlinesafety

@national_online_safety

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Safety®
#WakeUpWednesday

NUMERACY

ENGLAND ROCKS

TIMES TABLES ROCKSTARS



The results are in from the Top of the Rocks TT Rockstars England Rocks Tournament. Well done to our top 3 pupils who each received a £10 voucher

Top 3 players:

1st – Mila C – 8H1

2nd – Daniel G - 8H1

3rd – Louis G – 7A1



Look out for the next competition coming soon.

Maths Challenge

I have some pencils and some jars.
If I put 4 pencils into each jar I will have one jar left over.

If I put 3 pencils into each jar I will have one pencil left over.

How many pencils and how many jars?

NUMERACY



Well done to our first cohort of year 7 students who have started their Success @ Arithmetic intervention course.



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December Kindness 2024



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1 Spread kindness and share the December calendar with others

2 Contact someone you can't be with to see how they are

3 Offer to help someone who is facing difficulties at the moment

4 Support a charity, cause or campaign you really care about

5 Give a gift to someone who is homeless or feeling lonely

6 Leave a positive message for someone else to find

7 Give kind comments to as many people as possible today

8 Do something helpful for a friend or family member

9 Notice when you're hard on yourself or others and be kind instead

10 Listen wholeheartedly to others without judging them

11 Buy an extra item and donate it to a local food bank

12 Be generous. Feed someone with food, love or kindness today

13 See how many different people you can smile at today

14 Share a happy memory or inspiring thought with a loved one

15 Say hello to your neighbour and brighten up their day

16 Look for something positive to say to everyone you speak to

17 Give thanks. List the kind things others have done for you

18 Ask for help and let someone else discover the joy of giving

19 Contact someone who may be alone or feeling isolated

20 Help others by giving away something that you don't need

21 Appreciate kindness and thank people who do things for you

22 Congratulate someone for an achievement that may go unnoticed

23 Choose to give or receive the gift of forgiveness

24 Bring joy to others. Share something which made you laugh

25 Treat everyone with kindness today, including yourself!

26 Get outside. Pick up litter or do something kind for nature

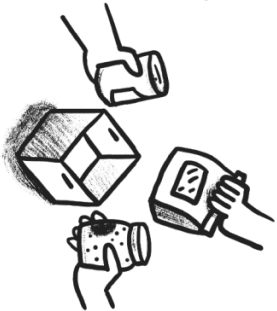
27 Call a relative who is far away to say hello and have a chat

28 Be kind to the planet. Eat less meat and use less energy

29 Turn off digital devices and really listen to people

30 Let someone know how much you appreciate them and why

31 Plan some new acts of kindness to do in 2025



ACTION FOR HAPPINESS

Happier · Kinder · Together