

# Head's Bulletin



Friday 1st March 2019

Wk 1: Wk commencing 4th March

## Term Dates

**201718**

### Term 4

Mon 25th Feb—  
Fri 5th April

### Term 5

Tues 23rd April  
—Fri 24th May

### Term 6

Mon 3rd June —  
Tues 23rd July  
**INSET day 5—12th  
July**

## Staying Safe Online



Once again this week the news has been full of stories related to sinister challenges that are taking place via social media and other apps. (Further details on page 3). This also comes after the very sad interviews you may have seen with Ian Russell as he explained how he feels that the images his 14 year daughter had seen on Instagram played a significant factor in her suicide. This situation does raise the ongoing importance of parents being aware of the social media and the online presence their children are having.

A recent survey conducted by the organisation National Online Safety (amongst 400 parents of children aged 3 - 16) produced the following headline statistics:

- Whilst 72% of parents feel equipped to keep their children safe online, of those 72%, over half would let their child watch YouTube videos unsupervised.
- 40% of parents had never heard of Fortnite: Battle Royale.
- 42% of parents said that they were addicted to their mobile phones and 38% said that their children were addicted.
- 2-3 hours per day is the time limit imposed by 44% of parents for their children to use their digital devices.

As our school policy means that mobile phones are 'off and away for the whole school day' any online incidents we have in school time are minimal.

We do spend curriculum and tutor time reminding students about the importance of safety when using different platforms and we would urge these conversations to be echoed at home.

The following link may be a useful place for parents to start:

<http://www.heyman.notts.sch.uk/attachments/download.asp?file=43&type=pdf>

As ever, if you would like to speak to anyone in school about any concerns or questions you may have do not hesitate to contact us.

Take care over the weekend

**Mrs Elliott, Head teacher**

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## Key Dates

### Tues 5th March

Recital Evening

### Wed 6th March

MFL MAT trip to University of Bristol

### Thurs 7th March

World Book Day  
Year 10 Classics Visit to University of Bristol

### Tues 12th March

Yr 12 UCAS fAIR

### Wed 13th March

PTA Meeting, 7pm

### Thurs 14th March

Yr 7 Subject Evening

## World Book Day Thursday 7th March

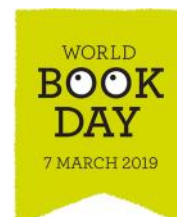
There will be a number of events taking place in the library at lunchtime to celebrate World Book Day next Thursday.

There will be three free competitions and chocolate prizes for the winners of each:

- Pupils are invited to dress as a book character. A prize will be awarded for the most creative costume. Please note that those choosing to be in non-school uniform need to be a recognisable book character. Those who do not wish to take part should wear school uniform as usual.
- Guess the book in a jar
- Book trail to find teachers' favourite reading book.

In addition there will be a pop up scholastic book shop in the library for a week from 7 March. Pupils will need to bring in cash if they would like to purchase a book. They can also use the £1 World Book Day token, to be handed out in class soon, against any book costing £2.99 or more.

We hope that you will encourage your children to join in the fun and promote reading.



## Exam Contingency Date—26th June 2019

We need to make parents aware of some important information from the Examination Boards that will affect all students taking examinations this summer.

A contingency day has been set up by the Examination boards for all GCSE and GCE examinations. This has been implemented by the Boards so that, in the event of a major national or local disruption, an exam may be moved to this day.

The date that has been set aside for contingency purposes is **Wednesday 26th June 2019**.

With this in mind, could we please encourage all parents and carers to make a note of the new reserve exam date, particularly if looking to book a post-exam holiday. The school has no influence with regards to this contingency day, as this is a date set by the Examination boards and we have no power to support any absence related to holidays taken that would include this date.

Thank you for taking note of this important information.

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## Open Door Clinics



Open Door Parent Clinics are held on Wednesday afternoons during term time for parents to speak directly with Mrs Elliott regarding any concerns or suggestions they may have.

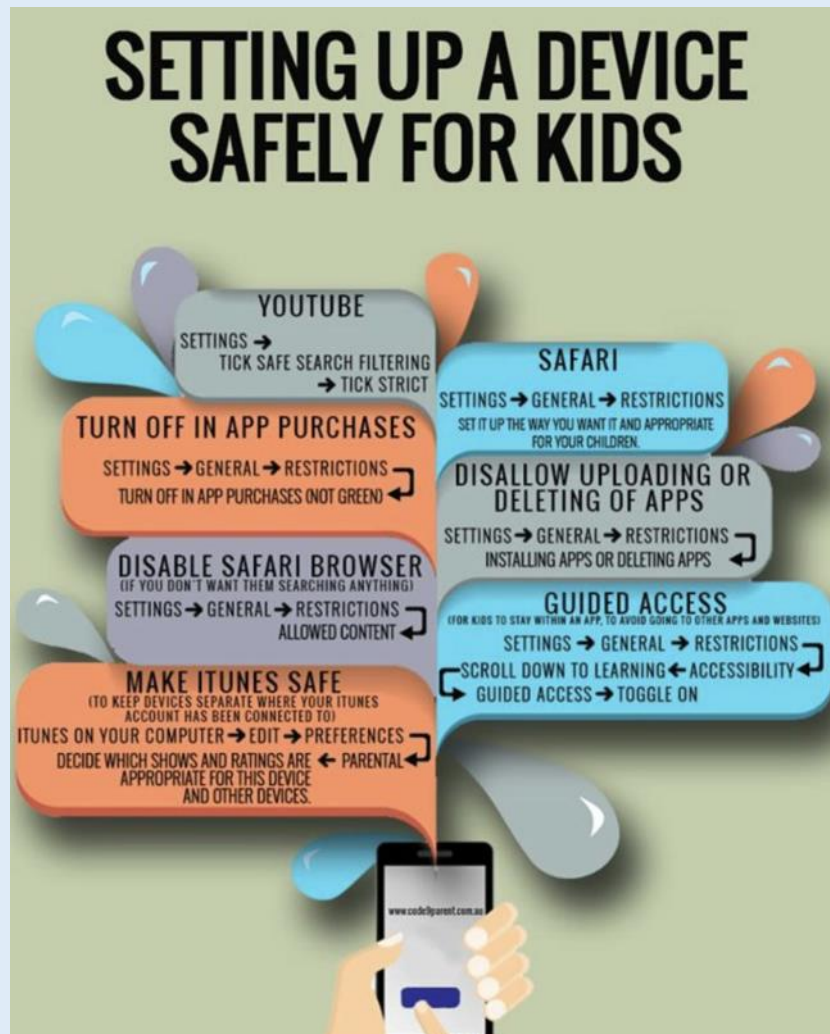
These are held from 3:30pm until 5:30pm and can be booked through contacting Mrs Elliott's PA, Miss Jan Stirling, on 01275 852251.

## The Momo Challenge

Momo is a sinister challenge that has been around for a while. It has recently re-surfaced and, once again, has come to the attention of schools and children across the country. Momo has been heavily linked with apps such as Facebook, WhatsApp and YouTube. In school we have spoken to students about this in assemblies this week. Parents at home may find the link below a useful one to read:

<https://2j39y52a62gm1afygb3g1xbu-wpengine.netdna-ssl.com/wp-content/uploads/2019/02/MOMO-Online-Safety-Guide-for-Parents-FEB-2019.pdf>

In addition we would urge parents to think about the way any device for young people is set up. Please see the tips below:



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## Baby news!



Congratulations to Mr van Grudgings on the birth of his baby girl this week.

## Resilient Mental Health? (Part One)

Our recent parent forum event focusing on mental health was very positively received. Following the event one of our parents, who also has expertise in children's mental health, has passed on this guide that I will be sharing over the next couple of weeks. Many thanks for her generosity in sharing this with us. Here is part one:

It's helpful to talk about four levels of mental health, which are a) being mentally well b) coping c) not coping and d) being mentally unwell

Being mentally unwell can have many symptoms. The common ones are: anxiety, being unable to sleep, depression, eating disorders, self-harm, substance abuse, and excessive anger.

Using these levels can really help when talking to your child. Allow them to diagnose their own feelings, and bear in mind that many may spend a lot of their teenage years in what they call 'coping' mode. It's OK for them to move between the top two levels, and they may sometimes feel that they are 'not coping'. As long as they can share this with you, this important shared communication is the first step in supporting good mental health.

### Moving from caring about your child's physical to mental health

Parents spend the first 8-10 years of a child's life looking after their physical health (food, sleep, clothes etc), and friendship issues are often more about ensuring your child spends time with others rather than talking about feelings and emotions.

In order to care for their physical needs a parent needs to act – to cook food, find their clothes, organise play dates. As a child moves towards the teenage years there is a shift towards mental health issues. Mild mental health concerns (coping /not coping) cannot easily be solved by the actions of a parent. Instead there needs to be a change in tactics, with parents listening and empathising with their child – but often not actually *doing* anything other than this.

### A problem shared may be enough

If your child feels they can share their feelings with you then this is a very important first step. In fact, it may not need you to actually do anything other than listen and empathise.

There is a big difference between sympathy and empathy. Sympathy is OK, but it doesn't form an emotional connection – and all too often it can start with an unhelpful "at least ...". Check out this YouTube video for an excellent summary of the difference: <https://www.youtube.com/watch?v=1Evwgu369Jw>

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## Comic Relief 2019



Friday 15th March

is Comic Relief Day and this will be acknowledged as usual in school.

Student Council are working hard on a series of events that will enable the school to raise money for this great cause.

As part of the fundraising students will be permitted to wear non uniform by bringing a pound to school on the 15th March.

Schools and nurseries raised over £5 million last Red Nose Day and it will be fantastic to be able to contribute to this great charity once again this year.

## Term dates 2019/20

Following a period of consultation we can now confirm both the term dates and INSET days for academic year 2019/20. These are shown below for your reference

### Term Dates 2019/2020

#### Term 1

Mon 2nd September—Fri 25th October

**INSET day 1—2nd September**

#### Term 2

Mon 4th Nov—Fri 20th Dec

**INSET day 2—22nd November**

#### Term 3

Mon 6th Jan—Fri 14th Feb

**INSET day 3—14th Feb**

#### Term 4

Mon 24th Feb—Fri 3rd April

#### Term 5

Mon 20th April —Fri 22nd May

**INSET day 4—20th April**

#### Term 6

Mon 1st June —Fri 17th July

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