

**Headteacher:** Dr. J Bartlett – NPQH, PGCE, D.Phil, M.Chem **Specialisms:** Mathematics

## Parent Newsletter

Dear Parent or Carer,

First, I would like to introduce myself: I'm Mrs. Kent, one of 2 Deputy Safeguarding Lead's, alongside Mrs. Benham at Shenley Academy. As part of our role, we work with the children in school about any worries or concerns they have from any avenue of their life, whether that be in school itself or from outside. What this means is that we're also here to support you through information or advice if you're ever worried about something in relation to your children too. We have some great links with medical, Mental Health and Wellbeing agencies and police for example, that all come together in times of need.

Every half term we will be sending out a parental newsletter for information and tips that can support you, your children and family throughout their time at Shenley, but also for support during Lockdown as well.

### Internet Safety

The focus of this letter is to bring to your attention Online Safety: we know that social media and the internet is a mine field for young people, which no matter how much we warn them, they fall into traps of harm or worry, whether that be from cyberbullying or adding unknown contacts and much more in-between.

It's hard to know all the fact and social media, as well as the internet, are forever changing – it is daunting the amount of the information and people our children have access to at the click of a button.

I've included 2 leaflets, 1 with support for ages 11-13years and one for 14+ years to this email, but they directly come from the Internet Matters website, which provide information, support, toolkits and forums for families to safely explore and check their online safety. You can find them at <https://www.internetmatters.org>.

### PHSE

PSHE stands for Personal, Social, Health and Economic education. It is an important part of your child's learning. Our Programme of Study for PSHCE during the Autumn term of 2020 has aimed to support students in returning to school and providing them with the knowledge and skills to maintain positive mental, physical, and emotional wellbeing. The curriculum has been adapted proactively to meet priorities raised by staff, students and our community.

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Moving forward students at key stage 3 will build on the knowledge and understanding, skills, attributes, and values they have acquired and developed during the primary phase. PSHE education acknowledges and addresses the changes that young people experience, beginning with transition to secondary school, the challenges of adolescence and their increasing independence. It teaches the knowledge and skills which will equip them for the opportunities and challenges of life. Students learn to manage diverse relationships, their online lives, and the increasing influence of peers and the media.

At key stage 4, students deepen knowledge and understanding, extend and rehearse skills, and further explore attitudes, values and attributes acquired during key stage 3. PSHE education reflects the fact that students are moving towards an independent role in adult life, taking on greater responsibility for themselves and others.

### **Extra support and information**

Warm Home Discount - A government initiative to support winter gas and electricity up to a maximum of £140. Full details of eligibility can be found at <https://www.gov.uk/the-warm-home-discount-scheme>

Birmingham Welfare Provision: Support for financial needs from Birmingham Local Authority <https://www.birmingham.gov.uk/lwp>

The Waiting Room - Health & Wellbeing directory for Birmingham [www.the-waitingroom.org](http://www.the-waitingroom.org)

Healthy Minds – Free Support for Anxiety and Depression <https://www.bsmhft.nhs.uk/our-services/birmingham-healthy-minds/>