

Shenley ACADEMY Spotlight

Issue 20

Autumn Term 1, 2023



Message from Dr Bartlett

It has been a busy half term celebrated with our Halloween Disco where the students had a fantastic time. You will read in the magazine about our reading programme and the importance of reading.

As part of our mental health drive we celebrated World Mental Health Day on the 10th of October and our students have the opportunity to work towards achieving a 'mini Irene'. Students had the opportunity to apply to be one of our anti-bullying ambassadors and we are looking forward to the wonderful work they will be doing.

Mrs Housden has been leading the Eco Council and students were selected from a rigorous application process and will be working with a well-respected ecologist to design our new eco-pond and work on the initiatives that drive sustainability. We also had our photolytic panels installed and are leading

the way in the sector with this work.

National Poetry Day was celebrated and we had some fantastic entries. Well done to all of our students who entered and a special congratulations to our winners.

As the mornings get darker and the weather draws in it is important that you ensure that your child is in school and arrives at 8.25am. If you need support with a coat please do not hesitate to contact us.

Have a lovely half term and we welcome students back to the academy on Tuesday 7th November.

*Dr Bartlett
Regional Executive Headteacher*



On the 26th October we hosted our Halloween Disco to reward students for their exceptional attendance. This 'spooktacular' event was enjoyed by all of the students who were able to come and celebrate keeping their attendance above 97% this half term.

Students were able to dance with their friends and also take part in the trick or treat activity. As students were leaving many commented on how they had really enjoyed the event and couldn't wait for next year.

*Mr Pearce
Assistant Headteacher*



Building Futures. Changing Lives.

Spotlight on Anti-Bullying Week

This year, we have been busy promoting Anti-bullying week. This starts on 13th November 2023 and we will be celebrating by wearing odd socks alongside a variety of activities throughout the week, which will include form time activities and assemblies. This will also be promoted over our social media platforms as well.

Ahead of this, we also had a week of assemblies with all year groups, raising awareness of what bullying is and the difference between this and a fall out.

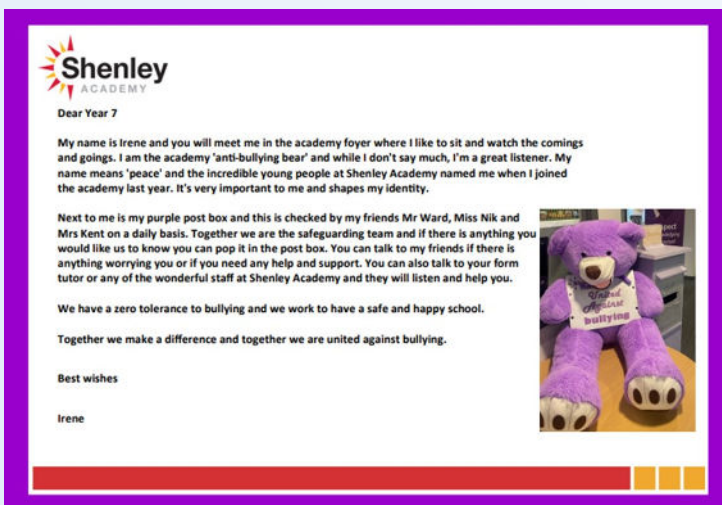
Ahead of this, we have already given postcards to all Year 7 students regarding Irene and who they can contact for support.



Safeguarding/Anti-Bullying Ambassadors

On the 6th October we closed our applications for our safeguarding and anti-bullying ambassadors. We have been overwhelmed with the variety but also the amazing quality of the applications that we have received from students who are willing to put themselves out there to make a difference to life at Shenley Academy and to all students. Watch this space for their work coming soon.

We would like to share a fantastic drawing of Irene, completed by one of our students as part of their application to become an ambassador.



We will also be gifting mini-Irene's 2 per year group to students who have demonstrated consistent acts of kindness and embody our values at Shenley Academy.



What is bullying?

STOP

Several Times On Purpose



Types of bullying



PHYSICAL

Includes hitting, kicking, tripping, pushing or purposefully damaging other people's property.

VERBAL

Includes name-calling, threatening, teasing, saying nasty or rude things to someone.

PSYCHOLOGICAL

Includes spreading lies about someone, playing nasty jokes or excluding people.

ONLINE

Includes hurtful comments / messages / posts, excluding on purpose, spreading nasty gossip and imitating others online.

What is bullying?



'The repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. Bullying can be physical, verbal or psychological.

It can happen face to face or online.'

Spotlight on Mental Health



This term we have had Mental Health day. As an academy we have used the resources from **Britain Get Talking from ITV**.

The students have engaged well and assemblies have highlighted the importance of speaking out. Whether that is in relation to mental health or safeguarding, it is empowering students to have a voice.

Mrs Housden has even been involved by having her photo with Irene our anti-bullying bear and our random act of kindness keyrings.



We have had an enormous interest in the new ambassador programme and the application process is now complete.

Students were notified alongside parents for their amazing applications. We are so proud of them and look forward to the next steps. This is a great responsibility and a choice to help others while having a voice of the academy.

Remember that there is a weekly safeguarding announcement on class charts every Wednesday. Last week we focused on Online Safety and Gaming controls. If you ever need any support, a great source of information is <https://www.internetmatters.org/>

Pastoral Support Team

Assistant Headteachers—Progress Leaders/ Pastoral Support Managers

Year 7	Mrs Rowell/ Miss Callum
Year 8	Mr Copson/ Miss Lewin
Year 9	Mr Copson/ Mrs Martin
Year 10	Miss Stevenson/ Miss Evans
Year 11	Mr Jacobs

Safeguarding

Designated Safeguarding Lead	Mr Ward
Deputy Safeguarding Lead	Mrs Nikolaidis
Deputy Designated Safeguarding Lead	Mrs Kent

Mental Health

Mental Health Lead	Mrs Nikolaidis
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Spotlight on Social Media

Talking to your child about social media

The internet offers huge opportunities. From a young age, children have the chance to learn, research, play games, have fun and connect with family who may not live nearby. But it's important to help them to use the online world in a way that's safe and positive for their mental health.



That's why it's good to have regular conversations about the internet and social media from a young age – it should be as ordinary as talking about the weather, the dog, or something you've watched on TV.

You don't need to pry or quiz your child about every website they've seen, but checking in with them for a minute or two can make a huge difference.

Take a look at our tips below for having positive conversations with your child about social media.

Ask your child about the apps and websites they use

It can be easy to feel that you don't understand the latest technology, apps or social media that your child is using. But don't use this as an excuse not to get involved. Ask your child to teach you and show you there about their favourite apps, games or websites. This will help you understand how they work so that you can talk about the positives and whether you have any concerns. A quick Google search can also tell you a lot. If you think anything your child is accessing is not appropriate for their age, be ready to explain why you think this. Wherever possible, make it a joint decision with your child, so they understand the reasons not to use something and will stick to it.

Social Media

Although most social media platforms are officially 13+, most children sign up to at least one when they're much younger. It's better that you encourage them to be open with you, rather than thinking they need to keep it a secret from you. And be aware that if they accept your follow/friend request on a social media account, it's very possible they have another one that they're not sharing with you. Remind your child that every social media platform has privacy settings, and show them how to use them. Talk to your child about the sort of information they want to keep private. Make sure your child understands how to report or block things that aren't appropriate. Help your child to understand that they shouldn't feel the need to be available all the time on social media. It's okay to take a break, and you don't need to take part in every conversation. The internet offers huge opportunities. From a young age, children have the chance to learn, research, play games, have fun and connect with family who may not live nearby. But it's important to help them to use the online world in a way that's safe and positive for their mental health. That's why it's good to have regular conversations about the internet and social media from a young age – it should be as ordinary as talking about the weather, the dog, or something you've watched on TV.

You don't need to pry or quiz your child about every website they've seen, but checking in with them for a minute or two can make a huge difference. Take a look at our tips below for having positive conversations with your child about social media.

A Guide for Teenagers

In today's digital age, social media has become an integral part of the lives of teenagers. It offers a platform for self-expression, communication, and connection with friends and peers. However, beneath the surface, there are hidden dangers that can have serious consequences on the well-being of young users. Let's explore the risks associated with social media for teenagers and look at some valuable advice on how to use these platforms safely and responsibly.

The Perils of Social Media

- 1. Cyberbullying:** One of the most alarming dangers of social media is cyberbullying. Teens are vulnerable to hurtful comments, harassment, and even threats from their peers. It's crucial to remember that words can be just as harmful as physical actions. Always think twice before posting or commenting, and report any instances of bullying immediately.
- 2. Mental Health Impact:** Excessive use of social media can





take a toll on a teenager's mental health. Constant comparisons to curated, idealised profiles can lead to feelings of inadequacy, anxiety, and depression. It's essential to understand that what you see on social media is often not a true reflection of reality. Limit your screen time and seek support from trusted adults if you're feeling overwhelmed.

3. **Privacy Concerns:** Sharing personal information and photos online can put your privacy at risk. Ensure your profiles are set to private, and be cautious about accepting friend requests or messages from strangers. What you share on the internet can have lasting consequences, so think before you post.
4. **Addiction:** Social media platforms are designed to be addictive, and it's easy to lose track of time scrolling through feeds. Establish healthy boundaries for screen time, and consider taking regular breaks to engage in offline activities and maintain a balanced life.

Tips for Safe Social Media Use

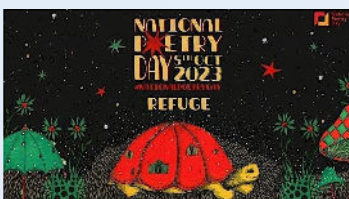
1. **Privacy Settings:** Review and update your privacy settings on each platform to control who can see your posts and information. Only accept friend requests from people you know in real life.
2. **Think Before You Post:** Before sharing anything, consider the potential consequences. If you wouldn't say it face-to-face, it's probably best not to post it online.
3. **Avoid Cyberbullying:** Be kind and respectful to others online. Report any bullying or harassment and offer support to those who may be victims.
4. **Limit Screen Time:** Set daily time limits for social media use to ensure it doesn't interfere with other aspects of your life, such as schoolwork, hobbies, and family time.
5. **Seek Support:** If you're struggling with the negative effects of social media or facing online harassment, don't hesitate to talk to a trusted adult, such as a parent or guardian, teacher, or a member of our safeguarding team.

Social media can be a powerful tool for teenagers, but it comes with its share of dangers. By taking precautions and using these platforms responsibly, young users can enjoy the benefits of social media while safeguarding their well-being. Remember, your online presence can have a lasting impact, so make wise choices and be kind to others in the digital world.

Spotlight on National Poetry Day

Mr Thacker-Smith
Deputy Headteacher

Mr Richardson
Assistant Headteacher



National Poetry Day is a special occasion that brings together poets, enthusiasts, and artists from all walks of life to celebrate the beauty and power of poetry. This year, our National Poetry Day competition centered around the

poignant theme of 'Refuge.' We received numerous entries, showcasing the incredible talent and empathy of students at our academy. Today, we are thrilled to announce the winners of the competition, Abielle McKenzie and Grace Casey, whose powerful words resonated with the judges and captured the essence of refuge. Read their winning entry opposite:

These verses, filled with compassion and insight, encapsulate the essence of the refuge theme. Abielle and Grace's poem is a reminder of the countless individuals and families around the world who have faced the trials of displacement and the longing for a place to call home. As the winners of our National Poetry Day competition, each student has received the prize of a book of poetry that will undoubtedly inspire their creative journeys; the prize also represents our appreciation for their talent and the profound message they conveyed through their poetry!

A Glimpse into Refuge

*In a land unknown they find their way
Their stories shared through all the towns
From distant shores, they dream, they stay
As they toughen through their ups and downs*

*Their homes have been destroyed
Oh, how sad is that?
Now they have been deployed
Ah, how scary is that?*

*Sleeping on cardboard and concrete
Pain in their backs, hearts and feet
Eating little, but travelling far
Hoping that soon they'll reach
Safety*

Miss Akinwale
English Department

Spotlight on Reading

The Transformative Power of Reading for Teenagers

In today's digital age, where screens and social media dominate the lives of teenagers, the importance of reading might seem overshadowed. However, nurturing a love for reading in teenage children is paramount, as it not only enhances their academic performance but also enriches their lives in countless ways. In this article, we will delve into the long-term benefits of reading for teenagers and discuss the crucial role parents and guardians play in fostering this essential habit.

The Lifelong Impact of Reading

Academic Excellence

One of the most immediate benefits of reading for teenagers is its positive impact on their academic performance. Reading improves vocabulary, comprehension, and critical thinking skills, making it easier for students to excel in various subjects, including language arts, science, and history.

Expanded Horizons

Reading exposes teenagers to diverse perspectives, cultures, and experiences they might not encounter otherwise. This broadens their horizons, fostering empathy and understanding. It encourages them to question, explore, and appreciate the world around them.

Enhanced Communication

Reading is not only about understanding the written word but also about effective communication. Teens who read regularly tend to articulate their thoughts and ideas more clearly, which is an invaluable skill in both academic and professional settings.

Stress Reduction

In an increasingly stressful world, reading provides an excellent escape. Getting lost in a captivating book can be a therapeutic way for teenagers to manage stress, improve their mental well-being, and find solace during difficult times.

Building Character

Stories often feature characters facing moral dilemmas and challenges. Reading about these experiences helps teenagers develop their own sense of ethics and morality, guiding them towards becoming responsible and empathetic individuals.

Parental/Guardian Support: Tips and Hints

Be a Reading Role Model

Children often mimic the behaviour of their parents or guardians. If they see you reading and enjoying books, they are

more likely to develop a love for reading themselves.

Create a Reading-Friendly Environment

Designate a quiet, comfortable reading space in your home where your teenager can escape into the world of books without distractions.

Encourage Choice

Allow your teenager to choose texts that interest them. This gives them a sense of autonomy and ensures they are more likely to stay engaged in reading. This doesn't always have to be a book, it can be a comic, graphic novel, magazine or newspaper!

Set Reading Goals

Set achievable reading goals and reward your teenager's progress. Whether it's finishing a certain number of pages or exploring a new genre, small incentives can keep them motivated.

Discuss What They're Reading

Engage in discussions about the books your teenager is reading. Ask them about their thoughts, favourite characters, and any questions they might have. This not only deepens their understanding but also strengthens your bond.

Local Libraries in B29 4HE

For parents and teenagers residing in the B29 4HE postcode area, there are several local libraries that can provide a wealth of reading resources and support; these local libraries offer a wide range of books, digital resources, and reading programs to cater to the diverse needs of teenagers and their families:

1. Selly Oak Library
2. Stirchley Library
3. Bournville Library

Reading plays a vital role in shaping the lives of teenagers, offering them a multitude of long-term benefits. By nurturing a reading habit and providing unwavering support, parents and guardians can empower their teenagers to become well-rounded individuals who are better equipped to navigate the complexities of the world. So, let's embark on this literary journey with our teenagers, for it is a journey that promises a brighter and more enriched future.

*Mr Richardson
Assistant Headteacher*



Spotlight on **Black History Month**

Black History Month is a time to acknowledge and celebrate the rich tapestry of black history, and this celebration extends far beyond the shores of the United States. In the United Kingdom, too, there is a wealth of untold stories, remarkable individuals, and inspiring achievements to commemorate during this important month. As teenagers, it is important that you embark on a journey through British Black History Month to learn, appreciate, and amplify voices that have shaped our nation.



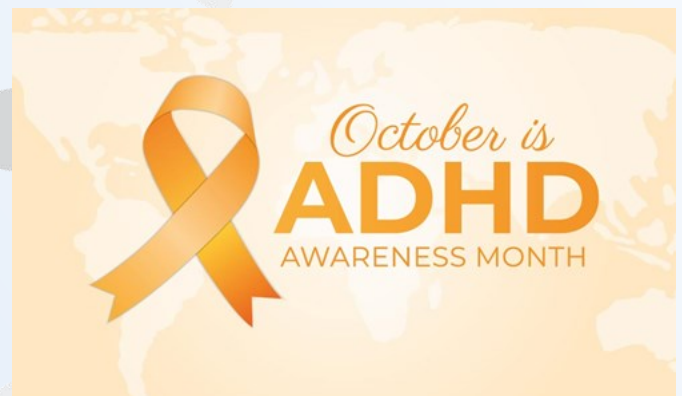
British Black History Month, celebrated in October, highlights the contributions and experiences of black people in the United Kingdom. It offers a unique opportunity to delve into the histories of Afro-Caribbean, African, and other black communities, who have played pivotal roles in shaping the nation's culture, politics, and society. The history of black people in the UK is filled with unsung heroes who have made significant contributions. One such figure is Mary Seacole, a Jamaican nurse who tended to wounded soldiers during the Crimean War; her story is a testament to resilience and determination in the face of adversity. Equally noteworthy is Olaudah Equiano, a former enslaved African who became a prominent abolitionist and author, advocating for the end of the transatlantic slave trade. Black culture has left an indelible mark on Britain, from the vibrant music scene, with artists like Bob Marley and Linton Kwesi Johnson, to the literature of Zadie Smith and Bernardine Evaristo. British Black History Month celebrates these cultural contributions, showcasing how they have enriched society and inspired change.

One of the core messages of British Black History Month is the celebration of diversity within the black community. Recognise that the experiences and contributions of black Britons are as diverse as the country itself. This month is an opportunity to embrace and respect these differences. British Black History Month is a time to shine a spotlight on the stories, achievements, and contributions of black people in the United Kingdom. By understanding and appreciating British Black History Month, we can play a role in building a more inclusive and just society for all.

Mrs Murphy
Head of Department: Humanities

Spotlight on **ADHD Awareness month**

Every October is Attention Deficit Hyperactivity Disorder (ADHD) Awareness Month. It is estimated that 13.6% of young people aged 12 to 17 years are diagnosed with ADHD making it one of the most common mental health conditions. ADHD has an effect on a person's attention making it challenging to focus and follow directions, children with ADHD may suffer to stay still even in inappropriate times and also have difficulty controlling impulsive behaviours, meaning they may act without thinking of the long-term consequences. Many people may have occasional difficulties paying attention, sitting still, or managing impulsive behaviour. But for someone with ADHD, these difficulties tend to occur more often, which may affect how they perform certain daily activities. ADHD is a non-discriminatory condition, meaning that it can affect people from all walks of life.



Awareness about ADHD has grown a lot in the past few decades. As the knowledge of the condition grows, so does the likelihood that people will have access to the resources they need to manage it. Before ADHD awareness, many people with the condition may have had challenges understanding their symptoms. Today, it can be much more likely that someone experiencing symptoms will get a professional diagnosis and treatment. This is why raising awareness for ADHD is so important. Here at Shenley Academy, we have been celebrating ADHD awareness month by spreading knowledge through form time activities and assemblies. There are posters around the academy and staff have been wearing orange ribbon lapels to really highlight the culture of bringing awareness about the condition.

At Shenley we aim to raise awareness and support from those with ADHD, whilst also dispelling common misconceptions, myths and stigma about the condition. This way we can promote efficient diagnosis' and treatments and support students with ADHD, so that they can live happy lives at school and achieve their dreams and aspirations, despite any barriers in their way.

Miss Dudley
Maths Department

Spotlight on **Child Exploitation**



**West Midlands
POLICE**

West Midlands Police have partnered with The Children’s Society and British Transport Police to help raise awareness of exploitation. We are working hard with our specialist teams and community partners to disrupt and prosecute criminal gangs exploiting young people.

Do you know the signs of child exploitation? Would you know where to report exploitation if you spotted the signs? Exploitation can happen anywhere. It happens online and offline. Children are being targeted outside fast food outlets, at shopping centres, through online games, and social media. There are many types of child exploitation including money laundering, stealing from shops, transporting drugs via trains and bus routes.

Signs of child exploitation:

Ask yourself, is a young person:

- Travelling alone, particularly in school hours, late at night or frequently?
- Looking lost or in unfamiliar surroundings?
- Anxious, frightened, angry or displaying other behaviours that make you worried about them?
- In possession of more than one phone?
- Carrying lots of cash?
- Potentially under the influence of drugs or alcohol?
- Being instructed or controlled by another individual?
- Accompanied by individuals who are older than them?
- Seen begging in a public space?

You can find out more information from the #LookCloser campaign website here [#LookCloser To Spot Exploitation | The Children's Society \(childrenssociety.org.uk\)](#)

If something doesn't feel right, don't wait, report it:

- Call the police on 101 or 999 in an emergency
- Text the British Transport Police on 61016
- Call Crimestoppers on 0800 555 111
- Call the NSPCC on 0808 800 5000

If you would like to talk to your schools officer about exploitation or your concerns, please get in touch with the school or your local police team today [Your Local Police | West Midlands Police \(west-midlands.police.uk\)](#)

Post 16 Open Events

*PC Ledwith
West Midlands Police*

College	Date	Times
Birmingham Metropolitan College	Wednesday 15th November 2023	4:00pm-7:00pm
	Wednesday 21st February 2024	4:00pm-7:00pm
	Saturday 15th June 2024	10:00am-2:00pm
Halesowen College	Wednesday 8th November 2023	4:00pm-7:00pm
	Saturday 20th January 2024	10:00am-2:00pm
	Wednesday 24th April 2024	6:00pm-8:00pm
South and City College	Thursday 23rd November 2023	4:00pm-7:00pm
	Tuesday 6th February 2024	4:00pm-7:00pm
	Saturday 15th June 2024	10:00am-3:00pm
University College Birmingham	Saturday 18th November 2023	10:00am-2:00pm
King Edwards Five Ways	Wednesday 8th November 2023	5:00pm-8:00pm
King Edwards Camp Hill (Boys)	Thursday 2nd November 2023	6:00pm-8:00pm
King Edwards Camp Hill (Girls)	Thursday 23rd November 2023	6:00pm-8:00pm
Cadbury College	Thursday 16th November 2023	5:00pm-7:00pm
	Saturday 18th November 2023	10:00am-2:00pm

Spotlight on GCSE Revision

The Crucial Role of Revision for GCSE Success

For GCSE students, the path to success is often paved with hard work, dedication, and a crucial step called **revision**. Revision is not just a mere review of notes; it's a process that can significantly impact exam performance. In this article, we will delve into the importance of revision for GCSE students and provide valuable hints and tips on how to make the most of revision time.

The Importance of Revision

Reinforcement of Knowledge:

Revision allows students to reinforce their understanding of the subjects they have studied. It helps in consolidating information, making it easier to recall during exams.

Confidence Boost:

Effective revision builds confidence. When you have a strong grasp of the material, you'll approach exams with greater self-assurance, reducing anxiety and boosting your performance.

Identification of Weaknesses:

Through revision, students can identify areas where they need more practice or clarification. This awareness helps in targeting specific areas for improvement.

Hints and Tips for Successful Revision

Create a Revision Schedule:

Students should organise their revision by creating a timetable that allocates time for each subject. Stick to this schedule to ensure coverage of all topics adequately.

Active Learning:

Avoid passive reading or highlighting. Instead, engage in active learning techniques like summarizing, teaching the material to someone else, or creating flashcards.



Prioritise Topics:

Identify the most important topics and focus on them first. An exam syllabus or past papers can guide a student in understanding which topics carry more weight.

Practice Past Papers:

One of the most effective ways to prepare is by practicing past exam papers. This gives a sense of the format and types of questions students may encounter.

Mind Mapping:

Use visual aids like mind maps to condense complex information and create visual connections between key concepts.

Group Study:

Study groups can be beneficial for discussing difficult concepts and testing each other's knowledge. Just ensure that the group remains focused and doesn't become a distraction.

Take Breaks:

Regular breaks are essential to prevent burnout. Short, frequent breaks help maintain concentration and productivity.

Stay Healthy:

A well-balanced diet, regular exercise, and adequate sleep are crucial for maintaining physical and mental health during the revision period.

Test Yourself:

Regular self-assessment through quizzes and practice questions can help gauge students' progress and identify areas that need more attention.

Seek Help:

Don't hesitate to ask teachers or peers for clarification on challenging topics. They can provide valuable insights and resources.

In the journey towards GCSE success, revision plays a pivotal role. It's not just about the quantity of hours spent studying, but the quality of that study time. By following these hints and tips, GCSE students can approach their exams with greater confidence, a deeper understanding of the material, and a higher chance of achieving the results they aspire to. So, embrace the power of revision, and let it be key to unlocking academic excellence.

Mr Richardson
Assistant Headteacher



Spotlight on Shenley Parliament

We have been really excited to elect students to the new student parliament. This will allow every student will get their voice heard and be part of a democratic structure, directly prompting the British Values. We will have a strong emphasis on student-led projects and initiatives, which will promote active citizenship and develop important skills.

As a Form Representative, the student will:

- Sit on the Shenley Student Parliament and represent their form group in debates.
- Be able to lead on whole school projects.
- Communicate with AHP and form class/tutor group about activities in school
- Remind class about important events
- Help co-ordinate class activities e.g. assemblies
- Maintain classroom noticeboard
- Check standards of cleanliness in the classroom
- Develop leadership skills
- Encourage your form to aim for excellent attendance and punctuality

What Personal Qualities do you need?

- You should like working with and talking to other students
- You should be able to build good working relationships with staff
- You should want to make a lasting impact at school and be involved in decision making
- You should be able to work well in a team
- You should have good time management skills e.g. balancing commitments
- You should be polite, mature, responsible and reliable at all times

11 Head Boy	11 Head Girl
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1. Shenley Student Executive

10 Head Boy	10 Head Girl	9 Head Boy	9 Head Girl
8 Head Boy	8 Head Girl	7 Head Boy	7 Head Girl

2. Shenley Cabinet

11B	11C	11D	11E	11F	11G
10A	10B	10C	10D	10E	11A
9A	9B	9C	9D	9E	9F
8A	8B	8C	8D	8E	8F
7A	7B	7C	7D	7E	7F

3. Shenley Student Parliament (Legislature)

Made up of Representatives from each form

Charity committee	Mental Health committee	Attendance and rewards committee
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3a. Shenley Sub committees and lobby groups

Proposed structure of Shenley Parliament



Spotlight on **Extra-Curricular Activities**

Sport fixtures

This half term saw lots of football fixtures, with the year 9, 10 and 7 boys football teams competing in Birmingham cup competitions.

The year 9 team battled valiantly against a strong Bishop Walsh side. Despite a small squad becoming a bare 11 in the second half, due to injuries, the team fought till the end, but a late penalty was not enough as they fell to a 2-4 loss.

Our brand-new year 7 team also faced a cup game at home to Archbishop Ilsley, in this half term. Playing together for the first time, having been selected from a large number of boys attending the training sessions, it was a big honour for all involved. The boys showed good fight and desire, twice pulling back the score line after going behind, but sadly fell to a 2-5 defeat with a flurry of unanswered goals from the opposition in the second half.

Finally, the year 10 boys fared much better in the second round of the cup beating Turves Green 6-2. Rimarno Lawson's hatrick was supported by goals from Pape Diaw, Tobias Briscoe and a halfway line strike from Riyadh Hussain. The year 10 team have progressed into the 3rd round thanks to this win and will travel away to face local rivals Colmers School after the half term break.



*Mr Thurston
PE department*

Extra-Curricular schedule

Club	Students	Lead member of staff	Location	Day
Craft Club	Years 7-10	Miss Abid	ES7	Tuesday 3-4pm
Computing club	KS3 Invite only	Mr Gwyther	WF1	Tuesday 3-4pm. (Sessions to start after half term)
Football	Year 7 Boys	Mr Thurston	Sports Field (meet in changing room first)	Tuesday 3-4pm
	Year 8 Boys	Miss Wczasek		
	Year 7-10 Girls	Miss Sohal		
Netball	Years 7-10 Girls	Miss Wczasek	MUGA & sportshall (meet in changing room first)	Thursdays 3-4pm
Boxing	Invite only	Mr Thacker-Smith	Drama room	Thursdays 3-4pm
Archery	Invite only	Mr Speake	Leisure Centre	Tuesdays 3-4pm (sessions to start after half term)
Golf	Year 7 Invite only	Mr Gwyther	WF1	To be confirmed
GCSE Intervention	Year 10 Invite only	Miss Wallis	EF6	Thursdays 3-4pm - occasional Monday sessions
Indoor Athletics	Year 7-8 athletes. Year 9-10 coaches	Miss Wczasek	Sports Hall	To be confirmed

Spotlight on Attendance

Firstly I would like to start with a thank you to the parents and guardians who have supported us in our quest for excellent attendance. Over this half term we have been running several challenges in the academy which our students have really enjoyed and the short fortnightly challenge for those students who have had 100% attendance, with many students enjoying the movie afternoon's. In addition to the Halloween disco we have also been running a two week 100% challenge up to the half term where one lucky student will win an £50 amazon voucher.

We pride ourselves on our drive to improve attendance and we support the local authority to take legal action against students who fail to attend the academy. This half term there has been numerous fines given to the parents and guardians where attendance has not improved despite the efforts of the academy to support the student and the family in their attendance. Please encourage your child to attend everyday as this really does allow your child to achieve more.

Mr Pearce
Assistant Headteacher

Attendance Matters

Medical Appointments

Well done, and thank you to all those students who have 100% attendance at the academy so far this year.

Attendance is one of the biggest factors deciding student success in school. Year on year, students who are in school with over 95% attendance achieve better grades and prepare themselves better for their future. We want every student at Shenley Academy to fall into this category and we don't want anyone to be left behind. We will be monitoring attendance closely again this term, and will be sending fortnightly updates in regards to your child's absence.

We request that, where possible, routine medical and dental appointments are arranged outside of academy hours as these appointments will affect your child's percentage attendance. We do understand that some appointments, such as hospital consultations are not always possible to arrange outside of academy hours. However, if your appointment time allows your child to come into the Academy for registration and then leave later this will have a positive impact on their attendance figure. Likewise, if they are able to be back at the academy for afternoon registration—12:20pm this will also have a positive impact.

The Importance of Punctuality

Punctuality is crucial to ensuring that your child's day at school starts smoothly and that they are in the right mindset to start learning and working hard.

The academy gates open at 8:15am and form time starts at 8:35am.

Late arrival is between 8:40 and 9:00am.

Arrival after 9:00am is recorded as unauthorised and will adversely affect your child's

attendance record and achievement levels. Please support your child to develop lifelong habits of good attendance and punctuality in order to allow them to achieve their full potential.

97%

Important Reminders

If your child is too ill to attend the academy please contact the school attendance office before 9:00am with full details of your child's illness/symptoms. If we do not hear from you, we will call you to find out why your child is not at the academy. If your child is absent from the academy for any reason they should not be outside of the academy at the end of the day meeting friends.

Thank you for your support in helping to raise the academy's attendance. If you would like any support or advice on attendance of punctuality, please contact your child's pastoral support manager.

Spotlight on **School Meals**

New menu coming next term!



We believe that the food children eat plays an important role in their wellbeing and eating a well-balanced diet will not only maintain and improve their health, but will also set them on the right track for later life. We understand this and that's why we are passionate about ensuring our students are served fresh, high quality and locally sourced food that is cooked in our kitchen.

The menus offered are on a 3 week rolling cycle which is updated every term. We provide food for students with any intolerance, allergies or alternative choices due to religious beliefs. The new menu for the next term can be found below.

Great value for money: we have a range of meal deals on offer every day to help save money. Whether they want a hot meal or something to just grab and go, there will be an offer available.

Free school meals: did you know that your child might be entitled to free school meals? For more information and details on how to claim click [here](#).

STREATERIES					Aspens
STREET	VEGGIE	ENKAS SIDES	STREET	VEGGIE	ENKAS SIDES
Curried Coconut Chili Chicken Wholegrain Rice & Peas	Homemade Spicy Falafel Flatbread	Glazed Gammon Roast Yorkshire Pudding, Roast Potato & Gravy	Low Salt & Chilli Chicken Firecracker Rice	Choose from: Battered Fish Sausage (battered or plain) Margherita Pizza Chicken Nuggets Chips & Gravy or Curry Sauce	
Macaroni Pie	Butternut Squash Chilli and Mozzarella Gnocchi	Root Vegetable & Bean Stew Roast Spuds	Japanese Yakisoba (battered or plain Noodles)	Margherita Pizza Veggie Sausage (battered or plain) Chips, Gravy or Curry Sauce	
Lime Dressed Slaw	Mixed Salad	Roast Carrots & Parsnip	Sweet Chilli Sticky Greens	Minty Peas or Baked Beans	
Flatbread Wedge	Hummus Pot	Cauliflower Cheese	Prawn Crackers	Onion Rings	

Wk: 4/9, 25/9, 16/10, 6/11, 22/11 18/12, 8/1, 29/1

STREATERIES					Aspens
STREET	VEGGIE	ENKAS SIDES	STREET	VEGGIE	ENKAS SIDES
Spicy Chicken Dhansak	Tex Mex Burrito Bar Chipotle Chicken or Spicy Beef	Sticky Red Onion Sausages Cheesy Chive Mash & Gravy	Sweet Paprika Chicken Kebabs in warm pitta bread	Choose from: Battered Fish Sausage (battered or plain) Margherita Pizza Chicken Nuggets Chips & Gravy or Curry Sauce	
Indian Street Food Vada Pav Bhaji	Crispy Topped Mac n Cheese BBQ Drizzle & Crispy Onion	Veggie Bangers Cheesy Chive Mash	Chermoula Roasted Vegetable Khobez	Choose from: Margherita Pizza Veggie Sausage (battered or plain) Chips & Gravy or Curry Sauce	
Wholegrain Rice & Kachumber Salad	Chunky Tomato Salsa Mexican Slaw	Carrots & Peas	Moonish Cous Cous & Green Salad	Minty Peas or Baked Beans	
Naan Bread	Tortilla Chips	Cauliflower Cheese	Garlic Flatbread	Frickles	

Wk: 11/9, 2/10, 23/10, 13/11, 4/12, 25/12, 13/1, 5/2

STREATERIES					Aspens
STREET	VEGGIE	ENKAS SIDES	STREET	VEGGIE	ENKAS SIDES
Chicken Jambalaya With Red Slaw	Teriyaki Chicken Stir Fry	Creamy Chicken & Leek Pie Roasties & Gravy	Chicken Ruby Murray Yellow Rice	Choose from: Battered Fish Sausage (battered or plain) Margherita Pizza Chicken Nuggets Chips & Gravy or Curry Sauce	
Tex Mex Chipotle Sweet Potato & Lime Taco	Veggie Thai Style Noodles	Creamy Cauliflower Cheese	Chana Masala Yellow Rice	Choose from: Margherita Pizza Veggie Sausage (battered or plain) Chips & Gravy or Curry Sauce	
Hand Cut Wedges & Red Slaw	Wok Fired Oriental Veggies	Seasonal Mixed Vegetables	Kachumber Salad	Minty Peas or Baked Beans	
Cajun Onion Rings	Prawn Crackers	Cauliflower Cheese	Naan Bread	Garlic Mayo Dip Pot	

Wk: 18/9, 9/10, 30/10, 20/11, 11/12, 1/1, 22/1, 12/2

MEAL DEAL

Cold Deli OR
Streateries Main Meal OR
Jacket Potato (with up to 2 Fillings) OR
Pasta (with up to 2 Toppings)

+ MEAL DEAL DESSERT:
Piece of Fruit OR
Flapjack/Shorbread OR
5oz Yoghurt Pot OR
5oz Fresh Fruit Pot OR
Hot Dessert with Custard*
(* only with Streateries Main Meal)

+ MEAL DEAL DRINK:
500 ml Plain Water OR
250ml Tetra Plain Water OR
85ml Cuplet

£2.30

Aspens

With important learning to be done, we make sure that we are feeding healthy minds as well as bodies!

What Parents & Carers Need to Know about

WHATSAPP

AGE RESTRICTION
16+

in UK and Europe;
rest of the world 13+

With more than two billion active users exchanging texts, photos, videos and documents, as well as making voice and video calls, WhatsApp is the world's most popular messaging service. Its end-to-end encryption only allows messages to be viewed by the sender and any recipients: not even WhatsApp itself can read them. This privacy issue has been in the spotlight recently, as the UK's Online Safety Bill proposes to end such encryption on private messaging; WhatsApp is unwilling to do so and has reportedly considered withdrawing its service in the UK should this legislation go ahead.

...MSG ME...

WHAT ARE THE RISKS?

EVOLVING SCAMS

WhatsApp's popularity makes it a lucrative hunting ground for scammers. Recent examples include posing as the target's child, requesting a money transfer because of a spurious 'emergency'. Plus a scam where fraudsters trigger a verification message by attempting to log in to your account, then (posing as WhatsApp) call or text to ask you to repeat the code back to them, giving them access.

CONTACT FROM STRANGERS

To start a chat, someone only needs the mobile number of the WhatsApp user that they want to message. If your child has ever given their number out to someone they don't know, that person could then contact them via WhatsApp. It's also possible that your child might be added to a group chat (by one of their friends, for example) containing other people that they don't know.

FAKE NEWS

WhatsApp's connectivity and ease of use allows news to be shared rapidly – whether it's true or not. To combat the spread of misinformation, messages forwarded more than five times on the app now display a "Forwarded many times" label and a double arrow icon. This makes users aware that the message they've just received is far from an original ... and might not be entirely factual, either.

ONLINE

'VIEW ONCE' CONTENT

The facility to send images or messages that can only be viewed once has led to some WhatsApp users sharing inappropriate images or abusive texts, knowing that the recipient can't re-open them later to use as evidence of misconduct. People used to be able to screenshot this 'disappearing' content – but a recently added WhatsApp feature now blocks this, citing increased privacy.

CHAT LOCK

Another new option allows users to store certain messages or chats in a separate 'locked chats' folder, saved behind a passcode, fingerprint or face ID authentication. The risk here is that this function creates the potential for young people to hide conversations and content that they suspect their parents wouldn't approve of (such as age-inappropriate material).

VISIBLE LOCATION

WhatsApp's 'live location' feature lets users share their current whereabouts, which can be helpful for friends meeting up or parents checking that their child's safely on the way home, for example. However, anyone in your child's contacts list or in a mutual group chat can also track their location – potentially letting strangers identify a child's home address or journeys that they make regularly.

Advice for Parents & Carers ...TYPING...

EMPHASISE CAUTION

Encourage your child to treat unexpected messages with caution: get them to consider, for example, whether the message sounds like something a friend or relative would really send them. Make sure they know never to share personal details over WhatsApp, and to be wary of clicking on any links in messages. Setting up two-step verification adds a further layer of protection to their WhatsApp account.

THINKING BEFORE SHARING

Help your child to understand why it's important to stop and think before posting or forwarding something on WhatsApp. It's easy – and all too common – for content to then be shared more widely (even publicly on social media). Encourage your child to consider how an ill-judged message might damage their reputation or upset a friend who sent something to them in confidence.

ADJUST THE SETTINGS

It's wise to change your child's WhatsApp settings (go to 'Privacy', then 'Groups') to specify which of their contacts can add them to group chats without needing approval; you can give permission to 'My Contacts' or 'My Contacts Except ...'. Additionally, if your child needs to use 'live location', emphasise that they should enable this function for only as long as they need – and then turn it off.

CHAT ABOUT PRIVACY

Some parents like to check in with their child about how they're using WhatsApp, explaining that it will help to keep them safe. If you spot a 'Locked Chats' folder, you might want to talk about the sort of chats that are in there, who they're with and why your child wants to keep them hidden. Also, if your child has sent any 'view once' content, you could discuss their reasons for using this feature.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



...HEY OSCAR...



Source: <https://blog.whatsapp.com/an-open-letter> | <https://faq.whatsapp.com/1077018839582332> | https://faq.whatsapp.com/361005896189245/shelpref=hc_fnav
<https://www.whatsapp.com/security> | <https://blog.whatsapp.com/chat-lock-making-your-most-intimate-conversations-even-more-private>
<https://www.aura.com/learn/whatsapp-scams>

What Parents & Carers Need to Know about

SNAPCHAT

AGE RESTRICTION
13+



Snapchat is an instant messaging app which allows users to send images, videos and texts to people in their friends list. One of Snapchat's unique features is that pictures and messages 'disappear' 24 hours after they've been viewed; however, this content isn't as temporary as many believe – with some users saving screenshots or using another device to take a photo of their screen. This year, Snapchat added 'My AI': a customisable chatbot with which people can chat and share secrets, as well as asking for advice and suggestions of places to visit.

CONNECTING WITH STRANGERS

Even if your child only connects with people they know, they may still get friend requests from strangers. The Quick Add option lets users befriend people the app recommends – but these 'friends' are merely a username, which could have anyone behind it. Accepting such requests reveals children's personal information through the Story, SnapMap and Spotlight features, potentially putting them at risk from predators.

EXCESSIVE USE

Snapchat works hard on user engagement, with features like streaks (messaging the same person every day to build up a high score). Spotlight Challenges tempt users into spending time producing content in search of cash prizes and online fame, while it's easy for children to pass hours watching Spotlight's endless scroll of videos.

INAPPROPRIATE CONTENT

Some videos and posts on Snapchat aren't suitable for children. The hashtags used to group content are determined by the poster, so even an innocent search term could still yield age-inappropriate results. The app's 'disappearing messages' feature also makes it easy for young people (teens in particular) to share explicit images on impulse – so sexting continues to be a risk associated with Snapchat.

ARTIFICIAL INTELLIGENCE

My AI is Snapchat's new chatbot, which replies to questions in a human-like manner. However, the software is still in its infancy and has significant drawbacks, such as biased, incorrect or misleading responses. There have already been numerous reports of young users turning to AI for medical help and diagnoses, which could be inaccurate and therefore potentially dangerous.

ONLINE PRESSURES

Although many of Snapchat's filters are designed to entertain or amuse, the 'beautify' effects on photos can set unrealistic body-image expectations – creating feelings of inadequacy if a young person compares themselves unfavourably with other users. Snapchat now also has 'priority' notifications (which still get displayed even if a device is in 'do not disturb' mode), increasing the pressure on users to log back in and interact.

VISIBLE LOCATION

Snap Map highlights a device's exact position on a virtual map which is visible to other users. There are options to restrict who can see this information: all friends, only you (Ghost Mode) or selected friends. Snapchat also has real-time location sharing, which is intended as a buddy system to ensure friends have reached home safely – but which could also be used to track a young person for more sinister reasons.

Advice for Parents & Carers

TURN OFF QUICK ADD

The Quick Add feature helps people find each other on the app. This function works based on mutual friends or whether someone's number is in your child's contacts list. Explain to your child that this could potentially make their profile visible to strangers. We recommend that your child turns off Quick Add, which can be done in the settings (accessed via the cog icon).



CHOOSE GOOD CONNECTIONS

In 2021, Snapchat rolled out a new safety feature: users can now receive notifications reminding them of the importance of maintaining connections with people they actually know well, as opposed to strangers. This 'Friend Check Up' encourages users to delete connections with users that they rarely communicate with, to maintain their online safety and privacy.



DISCUSS AI

Although My AI's responses can often give the impression that it's a real person, it's essential that young people remember this certainly isn't the case. Encourage your child to think critically about My AI's replies to their questions: are they accurate and reliable? Remind them that My AI shouldn't replace chatting with their real friends, and that it's always better to talk to an actual person in relation to medical matters.



CHAT ABOUT CONTENT

It may feel like an awkward conversation (and one that young people can be reluctant to have) but it's important to talk openly and non-judgementally about sexting. Remind your child that once something's online, the creator loses control over where it ends up – and who else sees it. Likewise, it's vital that children understand that some challenges which become popular on the platform may have potentially harmful consequences.



KEEP ACCOUNTS PRIVATE

Profiles are private by default, but children may make them public to gain more followers. Snap Stories are visible to everyone your child adds, unless they change the settings. On SnapMaps, their location is visible unless Ghost Mode is enabled (again via settings). It's safest not to add people your child doesn't know in real life – especially since the addition of My Places, which allows other Snapchat users to see where your child regularly visits and checks in.



BE READY TO BLOCK AND REPORT

If a stranger *does* connect with your child on Snapchat and begins to make them feel uncomfortable through bullying, pressure to send explicit images or by sending sexual images to them, your child can select the three dots on that person's profile and report or block them. There are options to state why they're reporting that user (annoying or malicious messages, spam, or masquerading as someone else, for example).



Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



NOS National Online Safety®
#WakeUpWednesday

Sources: <https://help.snapchat.com/hc/en-gb/articles/326783358932-What-is-My-AI-on-Snapchat-and-how-do-I-use-it> | <https://values.snap.com/en-gb/news/early-learnings-from-my-ai-and-new-safety-enhancements>
<https://tso.com/2023/04/16/snapchat-live-location-sharing-chatgpt/> | <https://help.snapchat.com/hc/en-gb/articles/702304748644>



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety



@national_online_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 17.05.2023

ChatHealth



Do you know where I can get some health advice?

The School Health Support Service can help students with all kind of things like...

Relationships, mental health, alcohol, bullying, self-harm, smoking, drugs and healthy eating

Text the School Nurse
for confidential advice and
support on **07480635485**

We do not usually inform your parents, teachers or anyone else if you contact the school nurse. We might inform someone if we were concerned about your safety, but we would usually speak to you first. Your messages are stored and can be seen by other healthcare staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate bounce-back to confirm we received your text. Texts will not be seen outside of normal working hours. If you need help before you hear back from us, contact a member of school staff or your doctor. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps). Prevent the school nurse from sending messages to you by texting **STOP** to our number. Please respect your schools mobile phone policy. Messages are charged at your usual rate.



SCHOOL NURSE VIRTUAL DROP-IN CLINIC

Every
Tuesday
and
Thursday
from
4:30-5:30pm



Your School Nurse is here to help you feel healthy, happy and safe during your school years and to get the best from your education.

Join the link and talk to a School Nurse. We provide a confidential and friendly service.

<https://nhs.vc/BCHC/C-F/Schl-Nurse/Drop-In>



The Shenley Safeguarding Team

Safeguarding Team

'If you need to talk, we are always here!'

Shenley Academy is committed to the highest standards in protecting and safeguarding the children entrusted to our care.



Safeguarding Leads



Dr J Bartlett
Headteacher
DSL Trained



Mr A Ward
Assistant Headteacher
Designated Safeguarding Lead



Mrs E Nikolaidis
Deputy DSL



Mrs K Kent
Deputy DSL

Safeguarding Officers



Mrs E Housden
Deputy Headteacher



Mr D Thacker-Smith
Deputy Headteacher



Mr R Pearce
Assistant Headteacher



Mrs L Jarvis
Assistant Headteacher



Miss M Hands
Associate Assistant
Headteacher



Mrs R Banks
SENDCO



Miss E Stevenson
Assistant Headteacher
Progress



Ms L Rowell
Assistant Headteacher
Progress



Ms R Evans
Pastoral Lead



Mr R Jacobs
Pastoral Lead



Mr B Monaghan
Welfare Liaison
Officer



Mrs M Tuckley
Headteacher's PA

The academy supports all children by:

- Establishing a caring, safe and positive environment within the academy
- Responding to concerns for a child in a timely and effective manner
- Effectively tackling child-on-child abuse
- Supporting mental health and wellbeing
- Promoting British Values across the academy