Our Learners practicing their First Aid skills on Outdoor Education!

SPRING TERM 1 – WEEK 3

Outdoor Ed

This week, the learners have been covering bone breakages, asthma and anaphylactic shocks. Despite the snowy weather, the learners have really enjoyed learning these vital skills! Next week, they will be continuing to focus on broken bones, as well as bandaging! Please remind all learners to bring waterproof clothing.

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Stars of the Week!

Oak - Bonnie
Larch - Neve
Beech - Toby
Holly -Jasmine
Elm - Isabel
Hazel & Ash - Louis

🏅 Headteacher's Award

This week's Headteacher's Award is awarded to Louis in Hazel Class for being welcoming and positive with his fellow learners.

Food Tech

This week our practical lessons have been focused on practicing a range of pasta dishes. Sicilian tuna inspired (recipe attached), super green spaghetti with home made kale pesto and handmade meatballs in tomato sauce. This weeks chefs of the week goes to Beech class for embracing a new recipe and managing their hobs so safely and effectively whilst making the Sicilian pasta which requires some multi-tasking, so well done Beech! Another, especially proud moment this week was when one of our post 16 pupils said "those are the best spaghetti meatballs I've ever made." To see learners proud of their fabulous food creations and want to share it with their teachers and parents at home really warms my heart, which is what I guess Italian food is all about. Next week, BTEC learners will be perfecting their pasta dishes and lower KS3 will be making lemon biscuits.

Ingredients:

300g dried pasta shells
4 heaped teaspoons baby capers
500 g ripe mixed-colour cherry tomatoes
1 tablespoon dried oregano
1 can of tinned tuna

Method:
1. Cook the pasta in a pan of boiling salted water according to the packet instructions.
2. Meanwhile, place a large non-stick frying pan on a medium-high heat with 1 tablespoon of olive oil. Add the capers, fry until super-crispy, then scoop out and put aside, leaving the fragrant oil behind.
3. Halve and add the tomatoes, then sprinkle in most of the oregano.
4. Drain and flake in the tuna, add 2 ladles of pasta cooking water, and simmer until the pasta is done.
5. Drain the pasta, reserving a mugful of cooking water, then toss the pasta into the tuna pan, loosening with a splash of reserved cooking water, if needed.
6. Taste, season with salt and pepper, then dish up. Sprinkle over the crispy capers and the remaining oregano from a height, drizzle with 1 teaspoon of extra virgin olive oil, and tuck in.

Creative Corner

It's time for another joke from George and, this week, it's dinosaur themed!
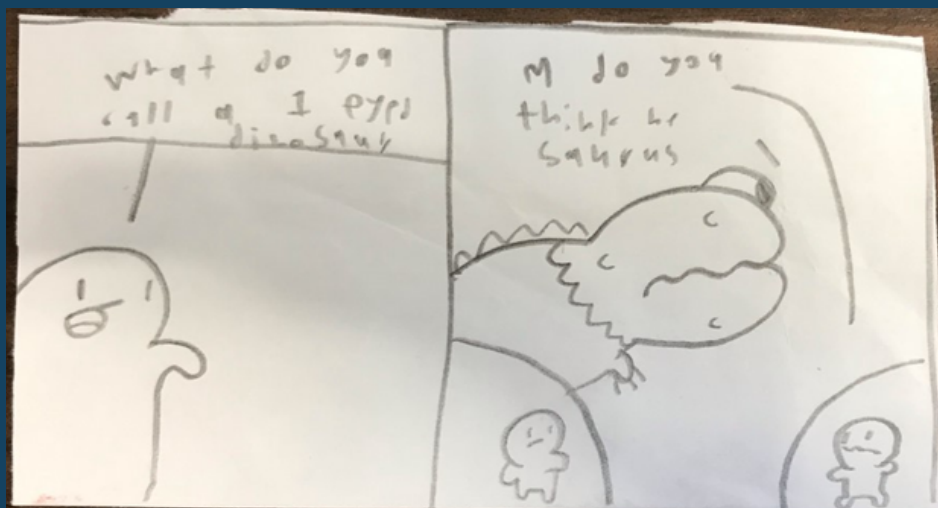
Reaching for the stars in PE.!

We have been so impressed with the pupils of Magdalen Court this week. In Gymnastics we have been using the springboard and box tops to begin vaulting. The springboard allows pupils gain height and focus on landing their jumps. The progression of adding the box top in was a challenge but it was brilliant to see so many taking it on, some even managing to roll and handspring off the top!

Each gymnastics lesson starts with some strength and conditioning training, with 5 exercises of the week. We do each each exercise for 30 seconds and then 30 seconds rest. See how many they can remember and join in another round at home.

Well done to the boys of Post 16 who joined Grace, Jack and I for a run around the block. The boys managed to run/walk over a mile and we hope to increase the distance next week.

Keep up the great work everyone!

Emma

The Lost Thing

Beech and Larch classes have been reading 'The Lost Thing' by Shaun Tan and watching a beautifully animated short film of the story. Using that as inspiration, they have designed their own creatures! Lex's 'Lost Thing' is pictured here - it lives at the garbage tip and has a flower pot for a head!

Safeguarding

We are seeing increasing numbers of learners using group chats on social media and online games, as a way to communicate with their friends. This can be a great way to maintain friendships and enjoy shared interests - however, they can also provide an environment for unkind behaviour and peer pressure. We will be discussing the correct way to use and enjoy group chats in school - and the poster on the next page includes some ways to discuss it at home.

What Parents & Carers Need to Know about
GROUP CHATS

Occurring through messaging apps, on social media and in online games, group chats are among the most popular ways that young people engage with their peers online. Involving, by definition, three or more individuals, these groups allow users to send messages, images and videos to everyone in one place. While they are useful for helping friends, people with shared interests or members of a club to communicate and coordinate activities, they can also leave young people feeling excluded and bullied – as well as providing opportunities for inappropriate content to be shared and viewed.

WHAT ARE THE RISKS?

BULLYING

Unkind comments or images which are purposely aimed at an individual can be shared freely in a group chat – allowing and often encouraging others to join in the bullying behaviour. If this content is shared in a group of their peers (especially a larger group), it serves to amplify the hurt, embarrassment, anxiety and isolation that the victim feels.

EXCLUSION AND ISOLATION

This common issue with group chats can happen in several ways: starting a new group, for instance, but deliberately excluding a certain child. Likewise, the chat may take place on an app which one child doesn't have access to, meaning they can't be involved. A child can also feel isolated when a group chat is used to discuss or share images from an event that everyone else but them attended.

INAPPROPRIATE CONTENT

Some discussions in group chats may include inappropriate words, swearing and unsuitable images or videos. These could be viewed by your child if they are part of that group, whether they actively engage in it or not. Some chat apps have a disappearing message function, so your child may be unable to report something they've seen because it can only be viewed once or for a short time.

SHARING GROUP CONTENT

It's important to remember that – while the content of the chat is private between those in the group – individual users can easily share a message, photo or video with others outside of the group or screenshot what's been posted. The risk of something your child intended as private becoming public (and potentially going viral) is higher if there are people they don't know well in the group.

UNKNOWN MEMBERS

Within larger group chats, it's more likely your child will be communicating with people they don't really know. These strangers may be friends of the host, but not necessarily friendly toward your child. It's wise for young people not to share personal details and stay aware that they have no control over the messages and images they share after they've put them online.

NOTIFICATIONS AND FOMO

A drawback of large group chats is the sheer number of notifications. Every time someone in the group messages, your child's device will be 'pinged' with an alert: potentially, this could mean hundreds of notifications a day. Not only is this highly distracting, but young people's fear of missing out on the latest conversation results in increased screen time as they try to keep up with the chat.

Advice for Parents & Carers

CONSIDER OTHERS' FEELINGS

Group chats are often an arena for young people to gain social status. This could cause them to do or say things on impulse, which could upset others in the group. Encourage your child to consider how other people might feel if they engaged in this behaviour. If your child *does* upset a member of their group chat, support them to reach out, show empathy and apologise for their mistake.

GIVE SUPPORT, NOT JUDGEMENT

Remind your child that they can confide in you if they feel bullied or excluded in a group chat, instead of responding to the person who's upset them. Validate their hurt feelings and help to put them back in control by discussing how they'd like to handle the situation. On a related note, you could also empower your child to speak up if they're in a chat where others are being picked on.

BLOCK, REPORT AND LEAVE

If your child is in a chat where inappropriate content is being shared, advise them to block the users sending the material, report them to the host app or platform and exit the group. If any of this content could be putting a minor at risk, contact the police. Emphasise to your child that it's OK for them to simply leave any group chat that they don't feel comfortable being a part of.

PRACTISE SAFE SHARING

In any online communication, it's vital for young people to be aware of what they're sharing and who might potentially see it. Discuss the importance of not revealing identifiable details like their address, their school or photos that they wouldn't like to be seen widely. Remind them that once something is shared in a group, they lose control of where it may end up and how it might be used.

AVOID INVITING STRANGERS

Sadly, many individuals online hide their true identity to gain a child's trust – for example, to gather information on them, to exchange inappropriate content or to coax them into doing things they aren't comfortable with. Ensure your child understands why they shouldn't add people they don't know to a group chat – and, especially, to never accept a group chat invitation from a stranger.

SILENCE NOTIFICATIONS

Having a phone or tablet bombarded with notifications from a group chat can be a massive irritation and distraction – especially if it's happening late in the evening. Explain to your child that they can still be part of the group chat, but that it would be healthier for them to turn off or mute the notifications and catch up with the conversation at a time which better suits them.

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.

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