

Parent Bulletin—February 2023

Message from Mrs Carr—Headteacher

Thank you to all students and their families for a great half term. It has been a real privilege to be around school seeing the hard work and dedication of the students to achieve their best in all areas.

Please join us in congratulating the students with their fantastic attitude and effort. Outside of the classrooms, there have been some amazing and inspiring events this half term too, see below for information on just some of those which have taken place.



We wish you all a nice February half term Break:

Half term—Monday 13th February 2023-
Friday 17th February 2023

We look forward to welcoming all students back into school on Monday 20th February 2023.

Brilliant Tutor Programme

96 students across Years 9,10 & 11 attended the Brilliant Tutoring Programme during the Autumn Term. This was an intensive programme - attending sessions in either Maths, English, Biology, Chemistry or Physics - from home via MS Teams, twice weekly for 8 weeks showing great dedication and resilience in order to achieve their very best. Feedback from the PHD tutors was excellent, they praised students for being so engaged during the programme saying they were a credit to the school. A huge well done!

Year 9 Options

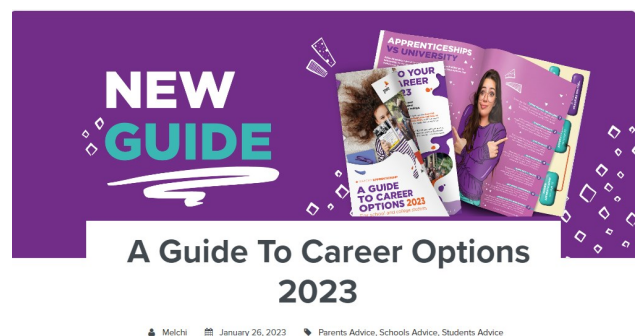
Our Year 9 students are about to commence an exciting journey in selecting the options that they wish to take in Year 10. These choices will also support their future next steps when applying for sixth form, college or apprenticeships. We are proud to be able to offer such a wide range of GCSE and vocational subjects for students to choose from.

To give parents more information about the courses, the process and to ask any questions we are holding an Options Information Evening on Thursday 2nd March 5-7pm. Further details will be emailed home shortly.

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A Guide To Career Options 2023

Please follow the link below for further information:



▲ Melchi January 26, 2023 📖 Parents Advice, Schools Advice, Students Advice

[A Guide To Career Options 2023 | Rate-MyApprenticeship Blog](#) - Link

Absences/lates and Appointments during school time

Please be aware, if you need to inform us your child will be Absent, late or they have an appointment please contact the attendance office on (01484 463366—**Option 1**) or email: royds.attendance@sharemat.co.uk

We politely request that medical appointments are arranged out of school hours if at all possible to minimise disruption to the students learning, if this is unavoidable please remember to:



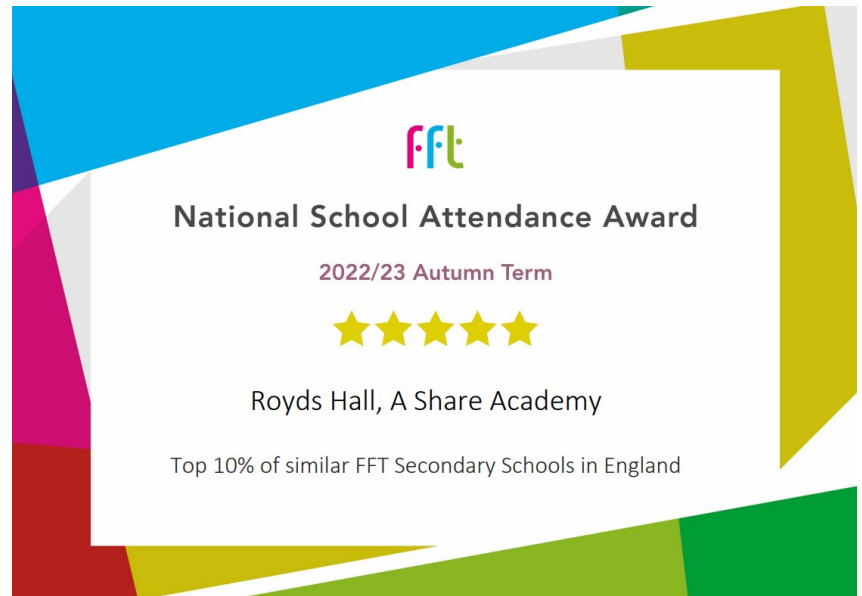
- ♦ Call/email attendance and let them know so we are aware beforehand
- ♦ Write a note in your child's planner so that they can show their teacher who will then allow them to leave lesson to sign out—Thank you

Reminder to Year 8 parents—Please complete Locala consent form for the upcoming HPV vaccine. This has been sent via email. Thank you

National School Attendance Award!

We have achieved the national School Attendance award!

A huge thank you to all of our families, without whom we would not have such amazing attendance results! We have won this award through dedication from you all in recognising the utmost importance attending school has. It enables students to access the education they are entitled to and which will help them succeed in life.



A-Z OF MENTAL HEALTH

Positive mental health and wellbeing makes us feel content, peaceful and valued. Use these tips to improve your mental health one letter at a time.

A ASK FOR HELP You are not alone, so reach out and ask for help	B BREATHE Focus on your breath to find a sense of calm	C CONNECT Connect with friends, family and trusted adults	D DETOX Unplug from social media and other distractions	E EMOTIONS Observe how you feel and label your emotions	F FIND SAFE PLACE Go to a place where you feel safe and at ease
G GRATITUDE Focus on the things you're grateful for	H HEALTHY HABITS Create a balanced routine with healthy habits	I INQUIRE Pause and ask yourself, 'how do I feel right now?'	J JOURNAL Use a journal to express your thoughts and feelings	K KINDNESS Be kind and compassionate to yourself and others	L LET GO! Feel more energised, by moving your body
M MEMORIES Visualise three things you are proud of	N NATURE Improve your mood by exploring the great outdoors	O OPENNESS Be open to new activities and notice what happens	P PATIENCE It's okay to not be okay, so give yourself time	Q QUIET Take quiet moments every day to reflect	R REST Be mindful, rest often and get plenty of sleep
S SUPERHERO Stand in the Superhero Pose for two minutes every day	T THOUGHTS Track your thoughts in a journal, and notice any themes	U UNIQUE You are unique, and so is your mental health	V VOLUNTEER Boost your self-esteem by giving back to others	W WORRY TIME Schedule 'worry time' to help solve practical worries	X EXCITEMENT Do more of the things that bring you joy and excitement
Y YOU MATTER! You are important and your feelings matter	Z ZEN Practice calming activities like yoga and meditation				

Find out more about how Optimus Education can help boost your wellbeing at healthinschoolsuk.com

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Children's Mental Health Week

6th-12th February. Lots of activities and support have been on offer from our Wellbeing Team this week to raise awareness and to provide extra support, ideas and information regarding Children's mental health.

The Branch logo is at the top left. The background of the poster shows a person in a white t-shirt and dark leggings running on a path. The text 'Jubilee Keep Fit' is written in a large, green, stylized font. Below it, the text 'Mondays | 9.15am-10.15am' is in a green box. Further down, it says 'Friendly and fun exercise, run by a professional trainer.' and 'Get fit and strong in a welcoming, non-judgemental atmosphere.' Below that, it says 'Pre-school children welcome with parents.' and 'WOMEN ONLY'. At the bottom right, there is a green circle with the text '***SPECIAL OFFER*** £2 per session until Easter (usually £4)'. At the very bottom, the address 'Jubilee Centre, Market Street, Paddock, HD1 4SH | www.thebranch.uk | 01484 551 551' is listed.

Phone ban—Thank you

Thank you for the messages and feedback we have received in support of the decision to ban the use of mobile phones during the school day.



The decision was made due to a rapid increase in the negative way that phones have been used in school. As of Monday 6th February, 2023, all mobile phones must be switched off before entering the building and must not be turned back on again until 3pm when leaving site. Phones must not be seen at all, even if they are switched off. If a phone is on show/taken out of a bag or pocket etc. it will be confiscated and the parent/carer will be required to collect their child's phone from school. Should your son/daughter need to contact you in an emergency during the school day, they will be allowed to use the school telephone at Student Services during their break or lunchtime. If you need to contact your child/

school in an emergency please call 01484 463366, leaving a voicemail if the lines are busy. You can also contact school by emailing: royds.office@sharemat.co.uk.

The positive impact this has had has been amazing to see. Students have been chatting more, playing cards and other games and getting plenty of fresh air during their social times this week!



What Parents & Carers Need to Know about CROSS-PLATFORM SHARING OF INAPPROPRIATE CONTENT

WHAT ARE THE RISKS?

Creepy characters like Slender Man or Huggy Wuggy. Dangerous online challenges. Songs or videos that aren't suitable for youngsters. When things like these begin trending online, it can be difficult to prevent children accidentally stumbling across them – especially if they use a range of platforms, like online games, social media, streaming sites or messaging apps. A trend can originate in one online space and rapidly spread to other platforms or via chat apps. The frightening Huggy Wuggy character, for instance, first emerged as part of a game on Steam; now there are parody songs on TikTok, videos on YouTube and more than 45,000 results for #huggywuggy on Instagram.

UNSUITABLE VIDEOS AND IMAGES

Anyone can upload footage to a video-sharing platform, which has resulted in clips that appear age-appropriate but actually aren't so innocent. The audience for Peppa Pig, for instance, is very young – but there have been reports of Peppa cartoons with extreme violence spliced into them. Likewise, footage of the razor-toothed game character Huggy Wuggy has been inserted into numerous child-friendly videos (even on YouTube Kids), scaring many young viewers.

INAPPROPRIATE LANGUAGE

On a similar theme, there is always the possibility that user-uploaded video content could include language which really isn't suitable for children. The on-screen imagery may look child friendly, but if your child is wearing headphones, then you'll remain unaware of what is being said: some videos have featured songs containing explicit language or characters graphically describing violence.

COPIES OF LIVE STREAMS

Social media and messaging apps can inadvertently spread extremely harmful content very quickly. Footage of violent attacks (such as the recent Suffolk supermarket shootings) can often be viewed on multiple platforms as people start to share the video. Moderators try to react swiftly to remove upsetting content, but the rate at which it goes viral makes it difficult to prevent the spread completely.

ACCIDENTAL EXPOSURE

Even if your child doesn't have access to social media platforms or video-streaming platforms (where the majority of issues arise), they might still use messaging apps to communicate with family and friends. There is always going to be a risk, therefore, of them seeing something which isn't child friendly: either shared by one of their peers or sent accidentally by a relative.

Advice for Parents & Carers

USE SAFETY FEATURES

Enable safety settings like Google SafeSearch and the optional restrictions on video-sharing platforms like YouTube. Whenever possible, stick to YouTube Kids for young children, as the software will help to filter out unsuitable content. Remember that filters aren't always enough to block all inappropriate material – especially when child-friendly videos have been edited maliciously.

LESS IS BEST

Manage the number of online platforms your child has access to, based on their age and maturity. Just because their friends use a certain game or app, it doesn't mean your child must have it too. Follow the age guidelines for games and apps, and check regularly that privacy settings are in place.

KEEP IT COMMUNAL

Encourage your child to stay in a communal family space when they're watching videos or playing online games on their devices – without headphones, if possible. This will make it far easier for you to keep one eye (and ear) on what they're seeing and hearing while they're online.

AVOID FAN-MADE CONTENT

If your child watches cartoons and shows on YouTube, spend time with them making a playlist of videos that you're comfortable with them watching. Always source videos from official channels, as opposed to fan-made content: you can never be completely confident about material that another user has created or uploaded.

REACT CALMLY

If you hear or see anything unsuitable on your child's device, calmly ask them to turn off the game or video in question. Explain that they haven't done anything wrong, but that you didn't like what you saw or heard and you would much rather they watched or played something else instead.

SUPPORT AND REASSURE

Remind your child regularly that anyone can post anything online – and that not everything online is real. If your child is sent something that scares or worries them, ask them to show you. Watch it alone (to avoid unnerving them further), then praise them for coming to you and talk about what upset them. Recommend a break from their device to do something which helps them feel calm and happy.

Meet Our Expert

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



National
Online
Safety

#WakeUpWednesday



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We can't wait to celebrate **World Book Day** this year at Royds Hall!

Keep your eyes open for **World Book Day** activities coming soon...

Royds Hall Choir—Every Friday

Every Friday students from all year groups are invited to attend the Royds Hall Choir to sing songs from the past and present. The choir is open to all students, those who have experience of singing or students who have never sung before and want to experience the magic of being part of a choir.



Mock Interviews— Year 11

All year 11 students took part in this event which involved them being interviewed by a professional associate of the school who had kindly volunteered their services for the day. All the volunteers were very committed to supporting our students to be the very best they can, in preparation for their interviews for colleges. Well done everyone.