

# Scalby School

## Newsletter – Friday 10th February



Dear Parents and Carers,

As we move towards the Spring months, I am glad to see the days starting to get longer. I am especially looking forward to taking my family down to the beach next week to experience a sunrise, as some of the recent morning skies have been spectacular as I have driven into work this week. We are incredibly lucky to live in such a beautiful part of the world. I hope as families, you have plenty of opportunities to spend time together and share valuable social experiences.

### Half-term Holiday

School will finish at 14:30 on Friday 10<sup>th</sup> February for the half-term break. Students will be expected to return to school on Monday 20<sup>th</sup> February at the normal time.

### Training Day

A reminder that school will be closed to pupils on Tuesday 21<sup>st</sup> February for a staff training day. This is an opportunity for students to take part in the local tradition of skipping on the beach!

### GCSE Examination Update

Currently staff are busy preparing Year 11 students for formal external examinations. Year 11 students will be sitting trial examinations in English, Maths & Science the week beginning 27<sup>th</sup> February. We work hard in school to support students with their learning. It is vital that this is supported at home with the completion of homework and revision. There is a strong link between academic achievement and students engaging in regular productive home study activities that complement the learning in school. I would encourage you as parents to support your children with homework and revision activities at home.

### Year 11 Parents Evening

A reminder that Year 11 parents evening will take place on Thursday 23<sup>rd</sup> February 2023, 16:00 – 19:00. This event will run online. Your child will have received a letter with details of how you can book appointments with teachers. Staff will provide valuable information about the final steps students need to take to be successful in their examinations. Please ensure you have booked appointments with the relevant staff members to help support your son / daughter.

### Changes of Personal Details

To ensure that you receive the most up to date information relating to school life and so that we can contact you effectively. Please could I ask that you ensure you notify school when any of your family contact information changes, such as changes to phone numbers or addresses. Please email any changes to [admin@sc.coastandvale.academy](mailto:admin@sc.coastandvale.academy)

### Respect Agenda

We have been working hard pushing the Scalby School Respect Agenda with students over the past 12 months. As a school we are determined to help students develop so that they can be the best they can be in all areas of their lives. Please be assured we will continue to challenge students when they fall short of our Respect Agenda expectations. Please visit our website to find out more about the expectations for members of our school community <https://www.scalby.coastandvale.academy/for-parents-and-carers/respect/>



### **Conduct Online**

Our staff continue to have to speak regularly to parents and students about conduct online. Please support your son / daughter by regularly talking to them about their online conduct and support them to ensure their interactions are always appropriate and respectful. Most social media platforms and mobile phone provide parents with the ability to monitor usage.

### **Year 8 Trading Challenge**

Earlier this week Year 8 students took part in an Enterprise challenge run by NYBEP. It was fantastic to experience the buzz of excitement in the hall as students had to make decisions on what products to buy and sell as market conditions changed. Students had the chance to develop communication, decision making, teamwork and negotiating skills.

### **Sporting Achievements**

Well done to all students who have been competing for school in sporting events this half term.

#### *Basketball*

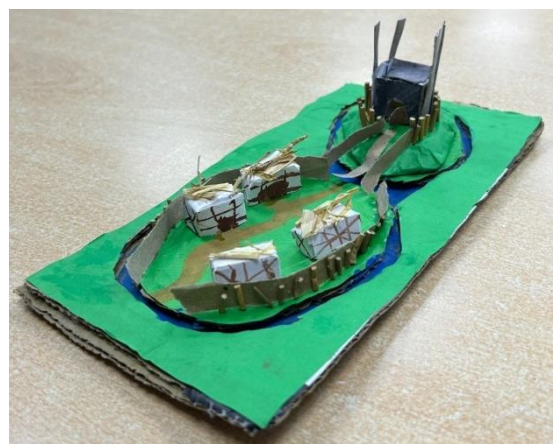
The Year 7 boys team came 4th in a competitive District Basketball final. The Year 8 Basketball team also came 4th in their District Basketball Tournament, narrowly missing out to Caedmon. Great performances from everyone who took part. The Year 11 boys played their final basketball fixture for Scalby School, coming second in a close District Finals – narrowly losing out to Ryedale.

#### *Football*

Well done to the Year 7 Girls Football team who were the winners of the partnership 5-a-side Football tournament. The Year 11 Football boys team have qualified for the next round of the District Cup with a 3-2 victory against Malton. They go on to play Eskdale in the quarter-finals.

### **Castle Competition**

The History department held their annual castle making competition this half-term. Well done to Freddy and Hattie who produced fantastic castles to scoop the first and second prizes. It was a very tough decision for the judges.





I hope you manage to enjoy some time together as a family over the next week and we look forward to seeing everyone back in school on Monday 20<sup>th</sup> February.

Thank you for your continued support.

Yours faithfully,

Mr C Robertson

Headteacher





At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

# PREVENTING AND RESPONDING TO ONLINE BULLYING

## Top tips for parents and carers



Defined as "ongoing hurtful behaviour towards someone online", cyber-bullying makes its victims feel upset, uncomfortable and unsafe. In the digital world, it has numerous forms – such as hurtful comments on a person's posts or profile; deliberately leaving them out of group chats; sharing embarrassing images or videos of someone; or spreading gossip about them. Cyber-bullying can severely impact a young person's mental health ... so, in support of Anti-Bullying Week, we've provided a list of tips to help trusted adults know what to look for and how to respond to it.

### 1. GET CONNECTED

Playing online games together with your child or connecting with them on social media (providing they're old enough) is not only fun but also an excellent way of establishing some common ground to discuss things you've both seen or done online – as well as keeping an eye on who your child is communicating with in the digital world.

### 2. KEEP TALKING

Regular chats with young people about their online lives are good practice in general, but they can also be an excellent refresher to help prevent cyber-bullying situations. Topics you might want to revisit include why it's important to only connect online with people we know and trust, and why passwords should always remain secret (even from our best friends).

### 3. STAY VIGILANT

Observe your child while they're using technology and just after they've used it. Are they acting normally, or out of character? Possible signs of a problem may include seeming quiet or withdrawn, jumpy or anxious, angry or repeatedly checking their phone. When you feel it's the right time, you may want to check in with them to see if everything is OK.

### 4. MAKE YOURSELF AVAILABLE

If an online bullying incident does occur, it may take a while before your child is ready to open up about what happened. Just gently remind them that they can always come to you with any problems – and that they won't be in trouble. You might also suggest a trusted family member they could turn to, in case they feel too embarrassed to tell you directly.

### 5. BE PREPARED TO LISTEN

When conversations about online bullying do take place, they're likely to be difficult, emotional and upsetting for both you and your child. Actively listen to your child while they're bringing you up to speed, and try not to show any judgement or criticism – even if they haven't dealt with the situation in exactly the way you would have hoped.

### 6. EMPOWER YOUR CHILD

Depending on their age, your child might not want a parent 'fighting their battles for them'. In that case, talk through their options with them (blocking the perpetrator, deleting the app, and so on). By allowing your child to choose the path they take, you're putting them in control but are also demonstrating that you're there to support them along the way.

### 7. REPORT BULLIES ONLINE

Cyber-bullying often takes place through a particular app, social media platform or online game. If this is happening to your child, encourage them to report the offender to the app or game in question – ideally with screenshots to support their complaint. Most games and apps have reporting tools specifically to stamp out abusive behaviour and protect users.

### 8. ENCOURAGE EMPATHY

Protecting themselves online is the priority, of course, but young people should also feel empowered to help if they witness other people falling victim to cyberbullying. Even if they don't feel confident enough to call someone out on their abusive behaviour online, they can still confidentially report that person to the app or game where the bullying occurred.

### 9. SEEK EXPERT ADVICE

Victims of online bullying frequently experience feelings of isolation and anxiety, a loss of self-esteem, and potentially even thoughts of self-harm or suicide. If you think that an incident of cyber-bullying has affected your child's mental wellbeing, then seek psychological support for them. There are some useful contact details at the bottom of this guide.

### 10. INVOLVE THE AUTHORITIES

If the nature of any online bullying makes you suspect that your child is genuinely in imminent physical danger – or if there are any signs whatsoever of explicit images being shared as part of the bullying – then you should gather any relevant screenshots as evidence and report the incidents to your local police force.

### FURTHER SUPPORT AND ADVICE

If you or your child need additional help with an online bullying issue, here are some specialist organisations that you could reach out to.

**Childline:** talk to a trained counsellor on 0800 1111 or online at [www.childline.org.uk/get-support/](http://www.childline.org.uk/get-support/)

**National Bullying Helpline:** counsellors are available on 0845 225 5787 or by visiting [www.nationalbullyinghelpline.co.uk/cyberbullying.html](http://www.nationalbullyinghelpline.co.uk/cyberbullying.html)

**The NSPCC:** the children's charity has a guide to the signs of bullying at [www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/](http://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/) and can be reached on 0808 800 5000

### 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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