

# Scalby School

## Newsletter – Friday 31st March



Dear Parents and Carers,

As we come to the end of what has been a long Spring term, both students and staff are ready for a well-deserved break over the Easter holiday period. I hope as families you have plenty of opportunities to spend time together, eat some chocolate and share valuable social experiences.

### Start of Term Arrangements

The summer term starts on Monday 17<sup>th</sup> April at the usual time of 08:20. Just a reminder that Monday 1<sup>st</sup> May and Monday 8<sup>th</sup> May are bank holidays and school will be closed to students.

### GCSE Examination Update

Staff have spent this half-term preparing Year 11 students for formal external examinations. When Year 11 students return to school many will be starting various pieces of assessment towards their GCSE's. The formal examinations then begin on Monday 15<sup>th</sup> May. 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 over the holidays and as the examinations begin, this will help ensure students are successful.

A number of sessions are being run for students during the holidays to further prepare them for examinations. These have been communicated to parents and students this week but if you have missed this, details can be accessed here <https://www.scalby.coastandvale.academy/east-revision-session/>

### Cyberfirst Competition

Earlier this term 25 Year 8 students took part in a Cyber First competition at Coventry University. Students had a fantastic day and there were lots of positive feedback received about the engagement and skill of our students.

### Humanities London Visit

Around 80 year 8 students went on a History and Geography inspired trip to London earlier this term. They visited various places of interest while there, relating to their curriculum study. It was lovely to hear comments from members of the public about how well behaved our students were. We are proud of the way our students represent our school badge on these visits.

### Parents Evening

The following parents evening will be held during the Summer Term:

- Thursday 4<sup>th</sup> May – Year 9 Parents Evening
- Thursday 8<sup>th</sup> June – Year 10 Parents Evening

Details of booking for these events will be sent out closer to the events.



### 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)

### Sporting Achievements

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

#### *Netball*

The Year 9 girls did fantastically well to reach the final of the District Netball Tournament. They unfortunately were beaten in the final by Scarborough College. However, the girls never stopped trying right until the end, showing fantastic determination and resilience.

#### *Football*

Well done to the Year 11 Football boys who on Wednesday won the District Cup at Whitby towns stadium. The lads dug in during a tough second half to run out 6-4 winners. This is the second year in a row the lads have won this tournament, a fantastic achievement.

### Golden Ticket Draw

Our Golden Ticket reward scheme had the end of term draw this week. The reward scheme is engrained in our school values and the Golden Tickets are awarded when a student shows exceptional Ambition, Leadership, Learning, Preparation and Respect both within the classroom and around the school. We want every student to be the best they can be, and we feel that this reward scheme helps motivate them to achieve this.



While not all students receive a prize from the draw. Those students that have received golden tickets through the course of the term, should be extremely proud that they are demonstrating the values we





expect of students in our school community. The ultimate goal is that developing these values will mean they leave us better people.

This week, all of the year group collection boxes were combined for one large raffle draw. The more Golden Tickets a student received, the more chance they had of winning one of the prizes. Whilst devising the rewards, we were keen to try and include prizes in which families can celebrate the success of their children through experiences. We are also very keen to try and promote cultural opportunities in our local economy and community. Well done to all the prize winners but also to all students who have won golden tickets this term.

### **Students Achievements Outside of School**

At the start of the year, I was invited to attend the Desapline Martial Arts in Scarborough to see some of our students compete in international competitions. It was a fantastic morning and was great seeing students in an environment away from school. I am keen to celebrate students achievement outside of school as well as in school. If you would like to share examples of student's achievements outside of school, I would love to hear about them so we can celebrate these achievements as a school community. Please email any achievements to [admin@sc.coastandvale.academy](mailto:admin@sc.coastandvale.academy)

Once again, I hope you manage to enjoy some time together as a family over the next few weeks and we look forward to seeing everyone back in school on Monday 17<sup>th</sup> April.

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 cyber-bullying. 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 0800 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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