



SPRING TERM 2024

# Pastoral and Safeguarding Newsletter

WHITBURN COFE ACADEMY

## ATTENDANCE LEAGUE 2023-24

We've now completed the Spring Term and have had some relegations and promotions. It's always a bit of a talking point for Tutor Groups, wondering if they've been promoted or relegated, depending on their points for the most attendance each week.

Every single half day counts – feeling eugh in the morning, got a stinker of a headache? Grab the paracetamol, let them kick in and come in for PM lessons. Try and get in first thing, see if you can make it until end of lunch – every half day counts!

YEAR 11'S are at the end of their Attendance League and we'll be leaving them to focus hard on the final stretch to exams. But we're not taking our foot off attendance; now is utterly crucial for attendance to be their biggest asset for success. ***We've managed to bag some vouchers for pizza and chips with Madasafish – if you want to be in with a chance of winning them, you need to be in!***

***Watch this space for more news about vouchers from the village for all year groups!***

Year 7 (points)	Year 8 (points)	Year 9 (points)	Year 10 (points)	Year 11 (points)
W 32	W 66	W 35	W 44	W 37
H 52	H 59	H 33	H 63	H 33
I 64	I 70	I 75	I 28	I 30
T 56	T 60	T 34	T 43	T 95
B 83	B 46	B 56	B 60	B 60
U 66	U 75	U 67	U 36	U 27
R 33	R 57	R 17	R 62	R 31
N 60	N 66	N 39	N 43	N 56

### 'Belonging Together'

Year 8 students took part in a Church Service. The key message from this service was that, no matter how educated, talented, rich or cool we might believe we are, how we treat people ultimately tells us all. The kind of person you are, is far more important than what you have.

All students were given the opportunity to write a kindness pledge. This pledge was written onto a slip of paper. The slips of paper were then joined together to form a long

paper chain of kindness which was then placed on the altar.





### **Mock exams**

Our students have been revising their socks off throughout the Year 10 mock exam period. There has been some very pleasing feedback from staff stating that the quality of the revision materials the year 10's created was better than any they have seen previously. The work ethic and dedication that the students showed was exemplary and they used their revision time wisely. If our year 10's can continue with their conscientious approach to examinations, they will be highly successful in the final GCSE exams next year. Well done year 10! Keep up the good work.

### **Breakfast with the Principal**

A group of our lovely Year 10's enjoyed breakfast with the Principal where several topics were discussed including mock exams, the upcoming parents evening and the prefect

application process. These are a selection of students who are consistently trying their best, are respectful and have a positive outlook towards school and their learning.



### **Prefect applications**

Prefect time is upon us here in year 10. The students have submitted some really wonderful prefect applications which have been a pleasure to read. There is no doubt that a large majority of our students will meet the high standards we have for our prefects and will go on to represent the Academy as shining examples of excellent students. Following this, we will be electing our Head Students along with House Captains. Watch this space!

### **Smashed Live**

1 hour performance of 'Smashed Live'. This 'theatre-in-education' programme for schools looks at the dangers of underage drinking and has toured the secondary schools in the North-East.

The hour-long event for Years 8 began with a theatrical performance charting the lives of three teenagers and their experiences with alcohol. This is followed immediately by an interactive workshop exploring:

- The social and emotional causes of underage drinking
- Its impact on young lives
- Social influence and decision-making
- Where and how to help yourself and others



### **The Riot Act**

Year 8 watched a live theatre-style performance by The Riot Act called 'Josh Green'. This lively presentation gave students the opportunity to explore pedestrian safety, including on public transport, raising awareness of pedestrian dangers such as distractions (phones, music, and friends) and risk-taking behaviour, and explore consequences of risky and unsafe behaviour on and around roads. The students watched a presentation by a group of actors which was then followed by a workshop where students had the opportunity to engage with the actors and explore the dangers of not paying attention when walking near main roads. The key message was to ensure that students are always sensible and focused when crossing the roads, and to avoid using their mobile phones as a distraction which may lead to an accident.



### **Student Voice**

Year 10 have led a council meeting to discuss the prefect application process and the selection of principal students. They have shared ideas on how to make this a more positive experience for students and staff. All students have had the opportunity to put forward ideas on how the role of the prefects can be developed further. Potential prefects have already made quite the impact on staff by offering a tea and coffee service at parents' evenings.

Key Stage 3 students were keen to have their work and efforts recognised by SMT. We have introduced 'Work of the Fortnight' where staff can nominate a student from their class for outstanding work. This will be shared with SMT and acknowledgement of their efforts recognised.

Year 8 have completed a Teams survey to give their views on learning and life at the academy. Students feel they learn effectively when there is a good learning environment, clear explanations, lessons are interesting and they enjoy the subject. Many students stated they enjoyed being practical and active and this is something staff will strive to incorporate into lessons when appropriate.

This term Year 9 are leading a consultation on school meals. They will be meeting with our school chef and Mr Crowe to give feedback on school meals considering value for money, variety and health after discussion within form groups.

The summer term will see Year 7 and Year 8 leading the meetings with a focus on uniform and social zones.

### Children's Mental Health Week 5<sup>th</sup> – 8<sup>th</sup> Feb

For Children's Mental Health Week we had a range of Outside Agencies come in and speak to students over lunch time about the support they can offer. We had representatives from Healthy Minds, Young Carers, Matrix, and Bright Futures.



**Bright Futures** continue to run a Young Women's After School Drop In on a

**Public Health** have been into school and spoken to students on a variety of

**Young Carers** continue to come into school and offer their monthly drop in. They

Tuesday in Room 2. In these sessions students can meet new people in a non-judgemental environment and build self-confidence.

themes including “New Year, New You”, Healthy Relationships, and the dangers of vaping. In the Summer Term they are planning to come into school and offer support around Exam Stress and Sun and Water Safety.

will be in school on 7<sup>th</sup> May, 11<sup>th</sup> June and 9<sup>th</sup> July.

If anyone would like more information about any of the services please contact Miss Kassapian for further information.

**PSHE – an overview of what each year group has been looking at/discussing**

<b>Year 7</b>	<b>Year 8</b>	<b>Year 9</b>	<b>Year 10</b>	<b>Year 11</b>
Mental Health	Alcohol – Smashed it Performance	CEOPS – Rights in Relationships	Substance Abuse	Managing your Online Reputation
Alcohol	Careers in the NHS Theatre visit	CEOPS – Gender Stereotypes	Realities of Teenage Pregnancy	Healthy Relationships
Assessing Risk	First Aid and CPR	CEOPS – Gambling Awareness	Revision Strategies and Coping with Exams	Protected Characteristics
Bullying and Homophobic Language	Church Service	CEOPS – Listening, Understanding and Communication	Gangs – How Might it Begin	Belonging and Addressing Extremism and Discrimination

**Special Feature: Road Safety**

Your child’s risk of being injured on foot or on a bicycle increases as they gain independence. Far more teens are knocked down and hurt than younger children. Peer pressure can also cause young people to behave in unsafe ways near the road. This group are at further risk due to longer journeys to and from school with friends or on their own. Ensure that they understand the importance of walking directly to their destination, without stops or diversions. Even as your child approaches adolescence, you should keep talking about road safety with them, and ensure that they know the importance of continuing to take great care when crossing the road, including putting away their phone and taking out any earphones when crossing the road. Remind them that they will be unable to hear traffic if they are listening to music through their earphones or see it properly if they are wearing a hood.

**Driveway safety**

A key area of concern regarding children’s road safety is surprisingly at the child’s own home. RoSPA (Royal Society for the Prevention of accidents) is aware that, since 2001, at least 39 children have been killed on or near their home driveway. 25 of these deaths were caused by a reversing vehicle, and some were caused when the handbrake was accidentally released. Despite these statistics, RoSPA has found that 68% of parents believe it is unlikely that their child would ever be injured by a vehicle entering or leaving the driveway. There is reduced visibility of children when reversing off a drive, so it is best to reverse onto the drive when parking, so you can drive off forward when you leave. Also, make sure to check that children have not followed you outside of the house without you

realising, and monitor children who may be excited to greet a visitor whilst their car is still manoeuvring. It is vital to teach children about the dangers of driveways, both at home, and when out walking.

### **Seatbelt campaign**

Wearing a seat belt reduces the risk of death for drivers by 50% yet 4 unbelted young people were killed or seriously injured every week in 2022.

In 2022, 30% of car occupant fatalities among 17- to 29-year-olds were not wearing seat belts. Young men are more likely to be inconsistent wearers of seat belts, with research highlighting a particular issue on short and familiar journeys at night. To help tackle this, THINK! is launching a new seat belts campaign to encourage young men to wear their seat belts, whatever the journey, whether they're a driver or a passenger. The 'CLICK' campaign aims to shift attitudes and behaviours around seat belt wearing by using an audible and visual reminder that something as simple as 'clicking' your seat belt save your life, and the lives of your friends.

The campaign speaks to male drivers aged 17-24 and is backed by extensive research into the motivational levers that apply to young men. 'CLICK leverages the power of social consequences and relatable scenarios to show what young friends risk missing out on if they don't belt up.

For more information use the weblink: [CLICK is the sound – THINK!](#)

### **Sixth Form**

During PSHE this half term, Year 13 started a carousel of activities designed to help them prepare for independent living. In previous sessions, we have attempted to draw up a weekly budget and learned about Housing Contracts, Contents Insurance and Student Bank Accounts; we will also be researching Bursaries and Scholarships that may be available to them. The most fun was had by the three groups competing against each other to test their skills in ironing a shirt, polishing a shoe and sewing on a button. These skills will see them all looking their best for any future interviews!







### **Student Ambassador Community Litter pick**

Students were joined by local residents who volunteered their time from their organisation, St John of God, as part of their Do Good Day. Together they collected 10 bags of litter from the village area.





## Year 11

Coby Hampton and Isaac McCully planned and delivered an anti-bullying assembly to Year 7. They both felt this message was an important one and the feedback included *“I thought it was really good listening to students instead of staff” “I thought they were really good and it made me think about how banter can sometimes go too far”*

Mrs Fielding has invited the boys to deliver the same assembly to Year 8 after Easter after hearing how well they spoke.



## Kooth assembly

Kooth delivered an assembly to Year 11 on coping with exam stress. All students have been directed to their website for support and have been encouraged to speak to their Pastoral Lead or ISA should they feel overwhelmed in the lead up to the GCSE exams. Parents and Carers were also sent information from Kooth to support exam stress at home.

## Year 11 Prefects

The Year 11 prefects have been outstanding this year and duties have been diligently attended by most. Prefect duties have now ended as many Year 11 students are attending additional study sessions or opting to utilise the library space over a lunchtime for independent revision.

## Breakfast with the Principal

This looked different for Year 11 as rather than 8 students chosen for their contributions to the school, those students who have made outstanding progress or have made the most progress between the November mock exams and the January mock exams were invited. Mr Crowe celebrated this achievement with **36 students** and they should all feel, rightly so, very proud of their efforts.

## London Trip

50 year 11 students travelled to London for 2 nights at the beginning of March for a jam-packed itinerary including Harry Potter Studios, The Globe Theatre, The London Eye and

a West End show 'Six'. All students were exceptionally well behaved and all had a great time. The coach drivers commented how pleasant and polite Whitburn students were and said we made their job incredibly easy and enjoyable!



### **Y7 Fire Brigade Visit**

Tommy Richardson from Tyne and Wear Fire Brigade visited our Year 7 students to advise them on water safety.



### **Year 9**

Our first group of Duke of Edinburgh students visited Simonside ahead of their expedition. Students learnt how to cook on a stove safely, carry and set up their tents, navigation skills and prepared meal plans.



On Tuesday 26<sup>th</sup> March a group of year 9 students were invited to breakfast with the Principal. Students were commended on their excellent behaviour and conduct and their hard work was celebrated and recognised.



Year 9 have been developing their cooking and baking skills this term. From focaccia to spaghetti bolognaise, they have wowed us with their efforts!





## Special Feature: Focus on Extremism/Radicalisation/Hate Crime

Children can be exposed to different views and receive information from various sources. Some of these views may be considered radical or extreme. Radicalisation is the process through which a person comes to support or be involved in extremist ideologies. It can result in a person becoming drawn into terrorism and is in itself a form of harm. **NSPCC**

### Spotting the signs of radicalisation

Radicalisation can be really difficult to spot. Signs that may indicate a child is being radicalised include:

- isolating themselves from family and friends
- talking as if from a scripted speech
- unwillingness or inability to discuss their views
- a sudden disrespectful attitude towards others
- increased levels of anger
- increased secretiveness, especially around internet use

Children who are at risk of radicalisation may have low self-esteem, or be victims of bullying or discrimination. Extremists might target them and tell them they can be part of something special, later brainwashing them into cutting themselves off from their friends and family.

However, these signs don't necessarily mean a child is being radicalised – it may be normal teenage behaviour or a sign that something else is wrong.

## Parents. Protecting your children from extremism.

### 1. How do I talk to my child about extremism?

It's never easy to start a serious conversation with a child. Choose a place your child feels at ease and make it a time when you're unlikely to be interrupted. A good time to raise the subject is when it's relevant, perhaps when you both see something on TV about extremism.

- Make the conversation relevant
- Ask their opinion
- Find out how much they know about the subject
- Take care to listen
- Ask them questions that don't result in a yes or no answer
- Let them talk without interrupting
- Encourage them to ask questions
- Talk about your own views on extremism

### 2. How can I keep my child safe from extremism online?

Talk to your child about online safety, explain the dangers and make sure their social media accounts are secure. Install parental controls so you can monitor what they access.

The NSPCC has produced the following suggestions to help keep your child safe.

- Speak with your child about what they do online
- Ask them to show you some of their favourite sites
- Show an interest in their online friends
- Ask them how they decide who to be friends with
- Try to get them to friend you online as well
- Agree the amount of time they spend online and the sites they visit
- Think about installing parental controls on their devices
- Raise the issue of inappropriate content and if they've seen any
- Make sure they know how to report abuse online

### 3. What are the online warning signs of radicalisation?

There is no single route to radicalisation. It can happen over a long period of time or is triggered by a specific incident or news item. The behaviours listed here are intended as a guide to help you identify possible radicalisation.

#### Online behaviour

- Accessing extremist online content
- Sympathetic to extremist ideologies and groups
- Joining or trying to join an extremist organisation
- Changing online identity



#### 4. What are the behavioural signs of radicalisation?

It can be hard to differentiate between normal teenage behaviour and attitudes that indicate your child may have been exposed to radicalising influences. You know your child better than anyone, so trust your instincts if something feels wrong.

#### Outward appearance

- Not listening to other points of view
- Abusive towards people who are different
- Embracing conspiracy theories
- Feeling persecuted
- Changing friends and appearance
- Converting to a new religion
- Being secretive of movements
- Increasingly argumentative
- Distancing themselves from old friends
- No longer doing things they used to enjoy

#### 5. What should I do if I think my child is being radicalised?

If you are worried your child is being radicalised you have a number of options. Talking to your child is a good way to gauge if your instincts are correct. If you prefer to share your concerns with someone else first, there are a number of people and organisations you can turn to for advice.

- Speak to your child's teachers, a friend or a family member. Have they noticed anything out of the ordinary?
- The safeguarding lead at your child's school can advise you on the best approach
- Your local police or council can provide advice on how to protect your child. Speaking to the police will not get your child into trouble if no crime has been committed

If you think someone is in immediate danger, or if you see or hear something that may be terrorist-related:

- call 999
- or the confidential Anti-Terrorism Hotline on 0800 789 321

#### 6. What can I do to protect my child from extremist influences?

It's important to talk to your child about extremism and radicalisation. Giving your child the facts will help them challenge extremist arguments.

Being honest with your child and talking to them on a regular basis about extremism and radicalisation is the best way to help keep them safe. Remember your child's safety extends to their online activity too.

Extremist groups also use the internet and social media to spread their ideology. Teach your children to understand just because something appears on a website doesn't mean it's factually correct.

- Talk to your child about staying safe online
- Keep an eye on the sites your child is visiting
- Use parental controls on browsers, games and social media to filter or monitor what your child can see

### 7. Is my child vulnerable to radicalisation?

The process of radicalisation is different for each child but there are some factors which can lead to young people becoming radicalised. Personal vulnerabilities or local factors can make a young person more susceptible to extremist messages.

#### Vulnerabilities may include:

- sense of not belonging
- behavioural problems
- issues at home
- lack of self-esteem
- criminal activity
- being involved with gangs

Children don't need to meet people face-to-face to fall for their extremist beliefs. The internet is increasingly being used by extremist groups to radicalise young people.

### 8. What is Channel?


Channel is a multi-agency, voluntary programme which safeguards people identified as being vulnerable to radicalisation. A referral can come from anyone who is concerned about a person they think is at risk. It is not a criminal sanction and will not affect a person's criminal record.

Many types of support are available as part of the Channel programme, addressing educational, vocational, mental health and other vulnerabilities.

[www.gov.uk/government/case-studies/the-channel-programme](http://www.gov.uk/government/case-studies/the-channel-programme)

#### Important contacts

Department for Education counter-extremism helpline: 020 7340 7264

 @EducateAgainst

Anti-Terrorism Hotline: 0800 789 321

Childline: 0800 1111

More information and support organisations can be found at [www.educateagainsthate.com](http://www.educateagainsthate.com)

## Educate Against Hate

Parents worried about radicalisation. Watch these: [Bing Videos](#)  
<https://youtu.be/VOis5CFU8vs>

For further information click on the weblinks below:

[NSPCC](#)

[Internet Matters](#)

### Upcoming Events in Summer 2024

- GCSE and A level exams - All written exams will begin around Monday May 6<sup>th</sup> 2024; good luck to all of our 'exam candidates!'
- Year group assembly focus on: Anti-social behaviour, gambling awareness and staying safe at the beach
- 'Breakfast with the Principal' will continue for students recognised for their commitment to the Academy, hard work ethic and excellent manners.
- Year 9 interviews
- Year 10 interviews
- Year 10 Prefect ties awarded

- 4<sup>th</sup> May – Anti-Bullying Day
- W/B 13<sup>th</sup> May – Mental Health Awareness Week
- 17th to 19th May - Year 7 trip to Ford Castle
- 26th April - Year 11 Assembly of Light
- 30th April - Year 11 photographs
- 21st to 25th June - Year 10 food trip to France
- 28th June - Head Boy and Head Girl applications which will lead to Elections on
- 28th June - Year 7 and 8 trip to Flamingoland
- 5th to 7th July - Year 8 trip to Newby Wiske
- 11th July - Year 11 Leavers Ball

