



NEWSLETTER

What's inside...

PRINCIPAL'S WELCOME	NUMERACY CHALLENGE	SENECA	WORLD MENTAL HEALTH DAY	FIGHTING FLU	PARENT/CARER FORUM	SPARKS HOMEWORK	CAREERS & OPTIONS	KNOWSLEY PARENT POWER
BEHAVIOUR IN OUR COMMUNITY	SAFEGUARDING	SIMS PARENT APP	MFL BAKE-OFF COMPETITION	ATTENDANCE QUESTIONNAIRE	CONWY TRIP 2023	YEAR 11 ACHIEVE TOGETHER	PARENTS OF YEAR 6	THE STEM CLUBS QUALITY MARK
CROSS-PLATFORM SHARING	LRC RECOMMENDATIONS	OPTIMISTIC OCTOBER						

DEAR PARENTS AND CARERS

Dear Parents & Carers,

I hope this edition of our newsletter finds you well. As always, this edition is full of useful advice and important information for both you and students.

I would like to thank the students and families that made the **European Day of Languages** bake sale so successful. It was a very busy stall during lunchtime; the students (and staff) really enjoyed the goodies.

Now it is time that **Year 11** will start to think about and consider their options beyond **Year 11** and we have recently held our **Achieve Together evening** to support with revision and manage well-being during examination periods. In this newsletter there is also important dates for further education and I urge all families to visit post-16 providers.

We will also be sending a **Work Experience letter** to all **Year 10** shortly; this is an important aspect of our Personal Development offer to students.

Please also note the advice around our powers to discipline students beyond the schools gates. This is very clear in our behaviour policy. The vast majority of students represent the school and our community exceptionally well. Where standards fall below this expectation then we may place sanctions in place as per our policy. I would like your support as parents and carers to reinforce this message to your child(ren).

Please also look for advice and support in this newsletter about mental health and well-being, advice on keeping safe on-line and also recommended books from our newly stocked library.

As always, thank you for your support.

Best wishes,

Mr I Critchley
Principal



A GREAT PLACE TO BE A PART OF

KEY DATES 2023

16th-20th OCTOBER	YEAR 10 & 11 ASSESSMENT WEEK
25TH OCTOBER	STEAM TRIP
26th OCTOBER	END OF TERM
27th OCTOBER	INSET DAY
30th-3rd OCT/NOV	HALF TERM

BEHAVIOUR IN THE COMMUNITY



HALEWOOD ACADEMY

We would like to remind all pupils about their conduct on the way to and from school and how they interact with members of the community, including local businesses and community public buildings. On rare occasions we receive complaints from residents about the way in which a minority of pupils behave and this leaves us disappointed.

We pride ourselves in the fact that the vast majority of our pupils behave in an exemplary way both within school and the local community.

As a school we would like to remind parents and carers that our 'Behaviour for Learning Policy' does stress that we have the power to address any anti-social behaviour from our pupils both to and from school and when wearing our school uniform. Pupils are representing Halewood Academy and we will not have our reputation compromised by any inappropriate behaviour.

Community Police - School's Officer

We would like to remind parents/carers and pupils that we have a Safer School's Police Officer allocated to Halewood Academy as part of the Merseyside Police Community offer. PC Davidson will be working with Halewood Academy and will be in school to support the work of the pastoral team and provide some support with Personal Development and Careers. This work might include group work and/or some individual work depending on the situation. We will of course let families know if your child is to be involved in any small group or individual work. PC Davidson will be around school at break and lunch time and will work encouraging positive relationships with pupils and being a familiar face around both school and within the local community. If you would like any further information or like to take any advice from PC Davidson then please contact your child's Progress Leader or Assistant Progress Leader.


NUMERACY CHALLENGE



HALEWOOD ACADEMY

Maths Challenge of the Week

Cryptarithms



Each of the different letters stands for a different number.

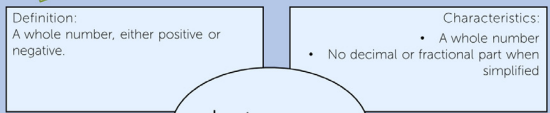
How many solutions can you find to this cryptarithm?

Challenge – create your own cryptarithms

Send your answers in to Miss Devonshire adevonsire@halewoodacademy.co.uk or to your progress leader.

NUMERACY

N Numeracy Word of the Week W/c 9.10.23 **N**



Integer

Definition: A whole number, either positive or negative.

Characteristics:

- A whole number
- No decimal or fractional part when simplified

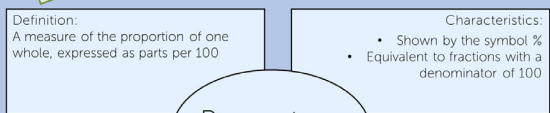
Examples: 1, 542, -27, $\frac{6}{6}$, $-\frac{10}{2}$, $\frac{24}{3}$, -14

Non Examples: $\sqrt{7}$, 1.4, $\frac{16.2}{3}$, 2793, 0.53

Exam Question: Write down the largest integer that satisfies $5x - 1 < 10$ (1)

NUMERACY

N Numeracy Word of the Week W/c 16.10.23 **N**



Percentage

Definition: A measure of the proportion of one whole, expressed as parts per 100

Characteristics:

- Shown by the symbol %
- Equivalent to fractions with a denominator of 100

Examples: "Find 20% of ...", "Increase 37 kg by 2.6%", "A sale takes 33% off...", "Over its life, the height of a human increases by an average of 225%"

Non Examples: 0.3, $\frac{1}{4}$, 0.2356, 14

Exam Question: Work out 15% of 80 (2)

NUMERACY

SAFEGUARDING, EMOTIONAL WELLBEING AND MENTAL HEALTH BULLETIN

This week has seen Mental Health Awareness day on Tuesday and in this article. We would like to focus on the term Self-Care. The following information is taken from the website Young Minds which has a number of resources for young people in terms of supporting positive mental health and wellbeing.

Self-Care

Self-care is a phrase you've probably come across, but what does it really mean?

Judging by what we see in adverts or on social media, we might think it's all about candles, yoga and luxury bath bombs. We might think it costs a lot of money and takes a lot of time. And we might feel like it isn't for us. But is that really what it's all about?

In its simplest form, self-care is just the little things we do to look after our own mental health. It's about trying to listen to how we are feeling and understanding what we need, even if it's difficult, so we can care for ourselves.

This could mean taking a timeout when we're feeling overwhelmed; it could mean making time to do an activity that we know makes us feel good; or it could be as simple as making sure to do the basics like eating and sleeping well when we're struggling.

Self-care is the little things we do to look after our own mental health

Remember, the important thing with self-care is not what it looks like, but what it does for you and how it makes you feel. Because when it comes to self-care, it's not one thing, it's your thing.

How can self-care help?

Self-care is not a replacement for getting help from friends, family or professionals, nor is it about having to fix your problems on your own; but it is an important part of maintaining good mental health. In the same way that a computer or a car needs maintenance, we need to check in with ourselves and practise self-care to look after our mental health and wellbeing. We all face challenges in life, and self-care is a way of ensuring we're in the best possible headspace to take on those challenges.

You may feel as though:

- you don't need to practise self-care
- you don't have the time to practise self-care
- practising self-care is a waste of time

But taking time for yourself is even more important when you're busy with other things, and if you are able to look after your own needs, other areas of your life will feel more manageable.

For example, if you're worried about exams, you may feel like you need to spend all of your time revising. While it is of course important to revise, if you don't take the time to look after yourself by doing things like eating and sleeping well, and you don't give yourself time to unwind by doing something you enjoy like gaming or seeing your friends, you will find it harder to revise. We are not machines – we all need a break sometimes!

You may feel like doing self-care is selfish, especially if you have responsibilities like caring for a friend or family member. But there's nothing selfish about looking after yourself, and actually doing so will make you better able to do the other things you need to do. Remember, you can't pour from an empty cup.



ENGLISH HOMEWORK ON SENECA

HALEWOOD
ACADEMY

Remember that English homework is set on Seneca **for all pupils** each week. Assignments are automatically linked to your school email address, you just need to go to www.senecalearning.com and enter your school email address and password. Then, click 'Classes and Assignments', then 'Upcoming Assignments' to access that week's work. If you can't remember your password, you can reset it by clicking the 'Forgot your password?' button and changing it via your email inbox. Any problems, speak to your English teacher or Ms Byron-Bentley. Details of all weekly assignments can be found on Instagram: @msbyronbentley or @halewoodengdept

Parents/Carers: Check your emails for details of how to sign up to Seneca for Parents and monitor your child's progress.

MEMBER OF THE WADE DEACON TRUST

WE SEEK THE BEST

SIMS PARENT APP

Thank you to all parents/carers who have already downloaded the app, but we would still like to remind you of the launch of Sims Parent App which will be an instant way of checking your child's attendance, timetable and assessment information.

This has become the main vehicle for communication from school therefore it is important to download the app.

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WORLD MENTAL HEALTH DAY

TUESDAY 10TH OCTOBER- WEAR YELLOW!

A huge thank you to everyone who took part in #HelloYellow for the charity YoungMinds.

This year, many of our staff and students came together on the 10th October 2023 to stand out and show up for young people's mental health.

By wearing yellow and donating to support the work of the charity, we have helped show young people in need that they matter and that they deserve the support they need, when they need it, no matter what.

We came together as a school community and we have made a difference.

Well done to everyone involved.



Thanks for your support,
Miss Catterall
Assistant Vice Principal

MODERN FOREIGN LANGUAGES BAKE-OFF COMPETITION

MFL Bake-Off

A BIG THANK YOU TO EVERYBODY!



The MFL department wants to thank everybody who got involved in their big MFL Bake-Off competition to celebrate the European Day of Languages.

The cake sale was a real success and they were able to raise £63 to buy food for the Halewood Pantry.

A special thank you to our lovely students and families, who gave up their time to contribute to making it such a success.



FIGHTING FLU STARTS WITH YOU

2023 INFLUENZA VACCINES AVAILABLE



NHS

We will be coming into school on the following date to do your Fluenz session for children in all years.

17th November 2023 – 9.00am.

The online e consent link is now active from 1st September. Please see below the link and the QR code to complete a consent form for Flu.



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The **INFLUENZA** vaccine is recommended for people aged 6 months and over and is **FREE** to those most at risk from influenza and its complications



Parents/carers will need to go <https://econsent.merseycare.nhs.uk/> or scan the QR code to consent or decline the vaccination.



HALEWOOD ACADEMY ATTENDANCE PARENT/CARER QUESTIONNAIRE

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To all Parents/Carers, please click on the link or scan the QR code to complete the questionnaire to help us understand why attitudes towards attendance may have changed since the pandemic for our community.

<https://forms.office.com/e/eYAuWdZbDh>



PARENT/CARER FORUM



HALEWOOD
ACADEMY

Are you a Parent/Carer who wishes to become more involved in Academy life at Halewood?



The first Parent Forum of the academic year was held on Thursday evening 12th Oct 2023, at 5.30-6.30pm.

If you couldn't attend and would like to be more involved, please email **Miss Catterall** on mcatterall@halewoodacademy.co.uk and give your name and the name of your child that attends **Halewood Academy**.

The evening was a great success with a number of parents/carers attending providing positive feedback on the school and ideas which will be taken forward to staff.

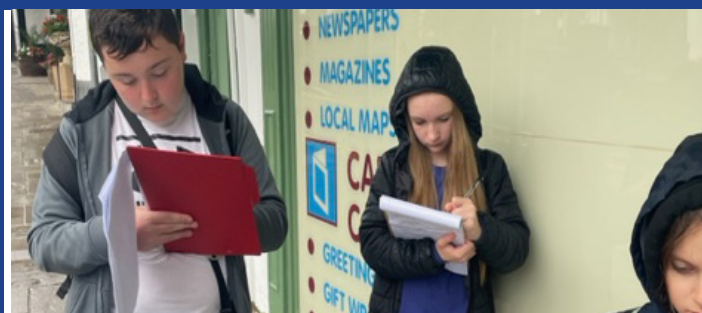
CONWY TRIP 2023 YEAR 7 & 11



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Humanities have recently completed two study visits to Wales. In July Year 7 students completed a Geography fieldwork study of Conwy town and then a history tour of Conwy Castle and town walls. Then in September, Year 11 Geographers completed their fieldwork study of the River Conwy led by the Field Studies Centre at Rhyd-y-Creuau. This is in preparation for their GCSE paper 3. All students enjoyed studying Humanities outside the classroom, gaining valuable experience and were a credit to the Academy.

Ryan Ellis
Assistant Vice Principal and
Senior Leader of Humanities



SPARKS HOMEWORK



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ACADEMY

SPARX MATHS

Homework is set every Wednesday at 2pm.

Homework is due in by 3pm the following Wednesday.

Students should record their percentage achieved on the homework record sheet in their folders.



COLLEGE OPEN EVENTS - APPLY NOW!

	<p>Saturday 30th September 10 am – 2 pm Thursday 5th October 5.30 – 7.30 pm Wednesday 11th October 5.30 – 7.30 pm Tuesday 14th November 5.30 – 7.30 pm Tuesday 20th February 5.30 – 7.30 pm</p>	<p>A Level Deadline: Wednesday 13th December 2023 Vocational Deadline: Wednesday 31st January 2024 Apply online at: www.cronton.ac.uk/students/forms/1618form Interviews will commence in December</p>	<p>Email: courses@cronton.ac.uk Website: www.cronton.ac.uk Telephone: 0151 257 2022</p>
	<p>Tuesday 7th November 5 – 7 pm Tuesday 12th March 5 – 7 pm Tuesday 11th June 5 – 7 pm</p>	<p>Application Deadline: Wednesday 31st January 2024 Apply online at: www.riverside.ac.uk/students/forms/1618form Interviews will commence in November/ December</p>	<p>Email: courses@riverside.ac.uk Website: www.riverside.ac.uk Telephone: 0151 257 2022</p>

How to Apply

1. Apply. Online applications open in October and the online application can be found by visiting www.cronton.ac.uk or www.riverside.ac.uk
2. Attend an Open Evening. All dates can be found on the college websites
3. Attend interview. This could be in school or in college after school
4. The offer. You will be offered a conditional place subject to your GCSEs or additional activities (eg an audition for performing arts)
5. New Student Day. Every applicant who has been offered a place will have the opportunity to attend a taster day at college. This will take place in the first week of July
6. Enrolment. Applicants are invited to enrol on their course once they have received their GCSEs.

HALEWOOD ACADEMY COFFEE MORNING DROP IN

Halewood Academy held a coffee morning Drop In with ADDvanced Solutions on Friday 13th October 2023, 9.30am-11.00am.

ADDvanced Solutions community network encourages, equips and empowers children, young people and their families living with neurodevelopmental conditions, learning difficulties and associated mental health needs.

<https://www.advancedsolutions.co.uk/>



ADDvanced Solutions
Neurodevelopmental Partnership



YEAR 11 ACHIEVE TOGETHER EVENING



HALEWOOD
ACADEMY

The Year 11 Achieve Together Evening held on Thursday 5th October, was a huge success and provided parents/carers with valuable information and resources on how to support their child in preparing them for their GCSE examinations later this academic year. Parents/carers were provided with the opportunity to meet with senior leaders and leaders of all subject areas and provided with advice on how best we can work together to support attainment and progress, whilst ensuring that we take care of each child's well-being.

All students were provided with a revision resource pack, revision techniques and offered revision sessions in school.

All PowerPoint presentations from the evening can be viewed on the school website by clicking the link below. If you were not able to attend, students can speak to class teachers to collect the resources that were made available.

<https://www.halewoodacademy.co.uk/parents/year-11---achieve-to/>



FOR MORE
INFO CLICK HERE





Cronton Sixth Form College OPEN EVENTS

- **Saturday 30th September 2023**
10.00am - 2.00pm
- **Thursday 5th October 2023**
5.30pm - 7.30pm
- **Wednesday 11th October 2023**
5.30pm - 7.30pm
- **Tuesday 14th November 2023**
5.30pm - 7.30pm
- **Tuesday 20th February 2024**
5.30pm - 7.30pm



Cronton Lane, Widnes, WA8 5WA | 0151 257 2022 | www.cronton.ac.uk

Riverside
College

Widnes & Runcorn



Riverside College OPEN EVENTS

- **Tuesday 7th November 2023**

5pm - 7pm

- **Tuesday 12th March 2024**

5pm - 7pm

- **Tuesday 11th June 2024**

5pm - 7pm

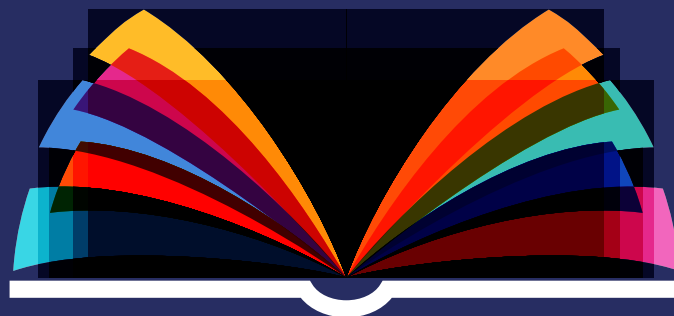


Kingsway, Widnes, WA8 7QQ | 0151 257 2022 | www.riverside.ac.uk

PARENTS OF YEAR 6



HALEWOOD
ACADEMY



Parents of year 6 Children It's time to apply for a secondary school place (year 7) September 2024 Intake

Knowsley residents – Apply online by visiting www.knowsley.gov.uk

CLOSING DATE 31ST OCTOBER 2023

- If your child is currently in year 6 of primary school or their date of birth falls on or between 1 September 2012 and 31 August 2013, now is the time to apply for a year 7 secondary school place for September 2024.
- There is no automatic transfer – everyone must apply between 12 September 2023 and 31 October 2023 by completing the application form of the Local Authority in which you live.
- Knowsley residents should apply by accessing the online application portal via the Knowsley website www.knowsley.gov.uk.
- It is the responsibility of the parent/carer to ensure they have read the admission policy of each school they are considering applying for and provided all the information required to support their application – this may include completing a supplementary information form with some individual schools where requested.
- For full information about the application and allocation process and admission policies for individual schools, visit the school admission pages at www.knowsley.gov.uk and access the 'Knowsley, Secondary Admission Composite Prospectus'.

For further advice, contact Knowsley School Admissions Team

Email: schooladmissions@knowsley.gov.uk

Tel: (0151) 443 5142 / 5143 / 3372



Knowsley Council

Riverside
College
Widnes & Runcorn



Vocational Course Taster Sessions at Riverside College

Register your interest for **Mini Links**

- Beauty & Nails
- Brickwork
- Catering
- Digital Technologies & Esports
- Early Years & Education
- Electrical Installation
- Engineering
- Hairdressing
- Health & Care and Health Studies
- Joinery
- Media Makeup
- Motor Vehicle
- Painting & Decorating
- Plumbing



Scan to register!

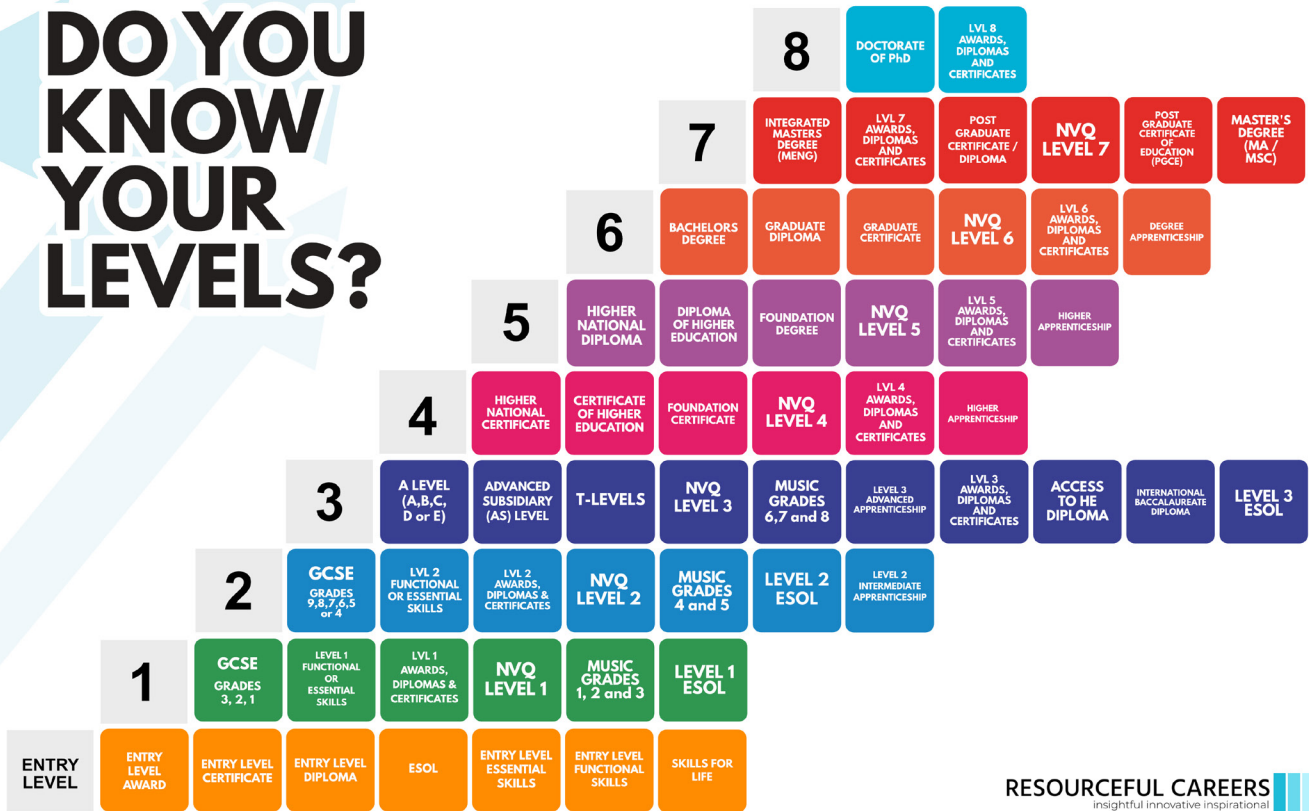
Email tastersession@riversidecollege.ac.uk or call **0151 257 2022** if you have any questions.

CAREERS & OPTIONS



HALEWOOD ACADEMY

DO YOU KNOW YOUR LEVELS?



RESOURCEFUL CAREERS
insightful innovative inspirational

BUSINESS & ADMINISTRATION

Business and Administration covers many different occupations that keep businesses running efficiently and profitably, and keep staff and customers happy.

There are many opportunities to gain higher and degree-level qualifications in this sector

Around 3.3 million people work in administrative roles in the UK—about 11% of the total workforce

New legal apprenticeships mean you can now qualify as a solicitor through vocational training

GCSEs

- English
- Maths
- Biology
- Chemistry
- Physics
- Computer Science
- Languages
- Product Design
- Economics
- Statistics
- Business Studies
- Finance

A-LEVELS

- English
- Maths
- Biology
- Chemistry
- Physics
- Computer Science
- Languages
- Product Design
- Economics
- Statistics
- Business Studies
- Finance

T-LEVELS

- Management and Administration
- Digital Business Services
- Digital Production, Design and Development
- Digital Support Services
- Accounting
- Finance
- Legal Services

APPRENTICESHIPS

AVAILABLE IN

- Business Administration
- Chartered Legal Executive
- Chartered Manager
- Conveyancing Technician
- Digital Marketer
- Human Resource Management
- Learning and Development
- Legal Services
- Management
- Marketing
- Operations Manager
- Paralegal
- Solicitor

COLLEGE COURSES

LEVEL 1, 2 & 3 COURSES AVAILABLE IN

- Accounting
- Business and Management
- Business Administration
- Business Enterprise
- Business and Fashion Retail
- Business and IT
- Business and Law
- Computer Games Design
- Computer Science
- Digital Technology Industries
- Enterprise and Entrepreneurship
- Human Resource Support
- Law and Practice
- Social Media for Business

UNIVERSITY COURSES

- BA (Hons) in International Business
- BA (Hons) in Business Management
- BA (Hons) in Marketing and Business
- BA (Hons) in Business and Human Resource Management
- BA (Hons) in Business Economics
- BA (Hons) in Business Finance
- BA (Hons) in Business and Innovation
- BA (Hons) in Music Business and Innovation
- BA (Hons) in Fashion Business
- BA (Hons) in Creative Computing
- BSc (Hons) in Business and Law
- BSc (Hons) in Equine Business Management
- BSc (Hons) in Accounting and Finance
- BSc (Hons) in Business Psychology

JOB TITLES

- Advertising account executive
- Advertising account planner
- Advertising art director
- Advertising media planner
- Business development manager
- Call centre operator
- Checkout operator
- Conference and exhibition manager
- Digital marketing officer
- Estate agent
- Events manager
- Financial adviser
- Franchise owner
- Image consultant
- Insurance account manager
- Letting agent
- Manufacturing supervisor
- Market research data analyst
- Market research executive
- Market researcher
- Marketing manager
- Medical sales representative
- Music promotions manager
- Public relations director
- Retail buyer
- Retail merchandiser
- Sales administrator
- Sales manager
- Sales promotion executive
- Social media manager
- Store demonstrator
- Telesales executive
- Visual merchandiser
- Wine merchant

KNOWSLEY PARENT POWER



HALEWOOD
ACADEMY

Knowsley

Parent Power

What path would you like to see your child take after high school?

Further and higher education can help your child to their dream career. We want to listen to you to find out how we can work together to support your child on this journey.

You will have the opportunity to speak to education experts at Knowsley Parent Power meetings and co-design group activities that will benefit your family.

Parent Power groups in other areas have taken part in activities such as tailored visits to universities, guidance sessions on further and higher education, and training on homework support.

To register your interest and find out more information, contact:

Jane Harrison
parentpowerknowsley@thebrilliantclub.org
07429 404 687



The STEM Clubs Quality Mark

Halewood Academy have worked hard over the last 18 months to provide students with a variety of experiences and opportunities within the STEAM (Science, Technology, Engineering, Arts, Mathematics) framework. This has included a regular STEAM club, Science Club, Trips, Visits to industry, competitions, working with local employers and Universities such as LJMU and also in-school CREST experiences.

Having worked with All About STEM on several projects, we were encouraged to apply for a STEM Quality Mark.

The STEM Clubs Quality Mark is available to all UK schools and colleges. There are three levels of award: bronze, silver, and gold. Each award validates the delivery of STEM subject enrichment through a progressive tiered framework. Enabling club leaders to develop and sustain their STEM Club to the highest standard that is supportive of both students and school.

We are delighted to communicate that our application was successful and have been awarded bronze for our provision. As recipients of a STEM Club Quality Mark, we will be entitled to use the award to promote and endorse our school STEAM enrichment provision. We will also receive:

- STEM Club Quality Mark authorised certificate
- STEM Club Quality Mark digital badge for the school website
- STEM Club Quality Mark digital badge for emails

We would like to thank all pupils and providers who have helped us reach this level. We have exciting plans afoot to develop what we do even further, with a view to moving up to Silver when the next assessment cycle opens.



International Online Safety, we believe in empowering parents, carers and children to make their own choices about what to do online. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

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

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.

WHAT ARE THE RISKS?

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 Buffalo 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 are 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 BCyberAware, 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 sexting behaviours of young people in the UK, USA and Australia.



#WakeUpWednesday

Sources: <https://www.kidsspot.com.au/parenting/youtube-fan-makes-peppa-swear-like-a-sailor/news-story/38c040b6a28c26dd2d00303ca36a47>

LRC RECOMMENDATIONS



HALEWOOD ACADEMY

NEW BOOKS



BLACK HISTORY MONTH BOOK RECOMMENDATIONS

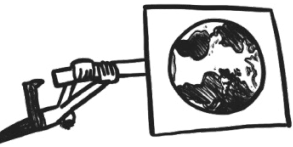
*DUE TO AGE RATINGS – SOME BOOKS ONLY AVAILABLE TO Y10/11

MISS TOWERS FAVE



WE SEEK THE BEST

Optimistic October 2023



ACTION FOR HAPPINESS

Happier · Kinder · Together

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1 Write down three things you can look forward to this month

2 Find something to be optimistic about (even if it's a difficult time)

3 Take a small step towards a goal that really matters to you

4 Start your day with the most important thing on your to-do list

5 Be a realistic optimist. See life as it is, but focus on what's good

6 Remind yourself that things can change for the better

7 Look for the good in people around you today

8 Make some progress on a project or task you have been avoiding

9 Share an important goal with someone you trust

10 Take time to reflect on what you have accomplished recently

11 Avoid blaming yourself or others. Find a helpful way forward

12 Look out for positive news and reasons to be cheerful today

13 Ask for help to overcome an obstacle you are facing

14 Do something constructive to improve a difficult situation

15 Thank yourself for achieving the things you often take for granted

16 Put down your to-do list and do something fun or uplifting

17 Take a small step towards a positive change you want to see in society

18 Set hopeful but realistic goals for the days ahead

19 Identify one of your positive qualities that will be helpful in the future

20 Find joy in tackling a task you've put off for some time

21 Let go of the expectations of others and focus on what matters to you

22 Share a hopeful quote, picture or video with a friend or colleague

23 Recognise that you have a choice about what to prioritise

24 Write down three specific things that have gone well recently

25 You can't do everything! What are your three priorities right now?

26 Find a new perspective on a problem you face

27 Be kind to yourself today. Remember, progress takes time

28 Ask yourself, will this still matter a year from now?

29 Plan a fun or exciting activity to look forward to

30 Identify three things that give you hope for the future

31 Set a goal that brings a sense of purpose for the coming month

