



NEWSLETTER

What's inside...

PRINCIPAL'S WELCOME
MMR VACCINE

ROLES OF THE SEND TEAM
REWARDS & RECOGNITION

SAFEGUARDING E M W & M H
MY VOICE MATTERS

MOND TROPHY CRONTON COLLEGE
CAREERS & OPTIONS

CAREERS & OPTIONS
MERSEYSIDE YOUTH ASSOCIATION

STREET SPORTS
DEBATE TEAM

STRONGER PASSWORDS
NUMERACY CHALLENGE

HA STAFF JOURNEYS
HAPPIER FEBRUARY

DEAR PARENTS AND CARERS

I hope this edition of our newsletter finds you well. The first half of our Spring Term is now complete and this issue of the newsletter showcases how much activity has taken place by our pupils and staff over the last six weeks. As always we have concluded our half term with a week of 'Celebrate Success Ceremonies' with awards presented to pupils who have achieved in a range of areas; from attendance to attitude to learning. Congratulations to all of our award winners and for those pupils who have not yet received an award, why not make it your aim for the second half of the Spring Term?

I would also like to extend my congratulations to the Debate Team whose hard working and preparation has paid off in their recent competition, win a 100% success rate including a victory against the reigning champions. Well done to all our pupils who put themselves forward to participate and to Mr Harrison and Ms Towers for their support and coaching.

There is lots of important information in this week's newsletter including; an overview of the school's SEN Team, Safeguarding and Mental Health support services, details of local half term activities as well as an update on the MMR vaccine from the Knowsley Public Health Team.

I look forward to seeing everybody back in school on **Monday 19th February at 8.30am**, with all of the equipment and uniform needed for a productive term. Enjoy a restful half term break.

Kind regards,

Mr I Critchley
Principal



A GREAT PLACE TO BE A PART OF

KEY DATES 2024

Fri 9 Feb	END OF TERM
Mon 19th Feb	BACK TO SCHOOL
Thurs 22nd Feb	TALENTED (HAT) EVENING

MMR VACCINE KNOWSLEY COUNCIL

HALEWOOD
ACADEMY

Knowsley Council

Dear Parent,

I am writing to make you aware that cases of measles have been rising in England this year.

Measles infection can be a serious illness which can spread very easily, and it is of particular concern in Knowsley due to low Measles Mumps and Rubella (MMR) vaccination rates.

MMR vaccination is proven to be safe, and extremely effective in protecting against measles infection. Recent UK Health Security Agency (UKHSA) research suggests Knowsley could be facing a measles outbreak unless MMR vaccination rates improve.

When does my child have the MMR vaccine?

The first MMR vaccine is given to toddlers at the age of 13 months and the second injection at around 3 years and 4 months before your child goes to school.

MMR can be given to older children, teenagers, and young adults if they missed their injections when they were younger.

Contact your GP practice if your child needs an MMR vaccine. The vaccine is free. If you are not sure if your child needs an MMR vaccine, you can contact your GP to ask.

What are the symptoms of measles and who can get it?

Measles is not just a little kids' problem. Teenagers, young adults, and anyone who has missed their MMR vaccination can get measles.

The first signs of measles are:

- Cough, runny nose, and red sore eyes.
- After a few days, a spotty rash appears. It starts on the face and neck and spreads to the rest of the body. The rash may be harder to detect on black or brown skin:



What do I do if I think child has measles?

If you think your child has measles, ring your GP practice for advice.

Don't turn up to the surgery, walk in centre or to Accident and Emergency without calling ahead. The doctor will make special arrangements to see your child to prevent them passing it on to others.

Keep people with symptoms of measles away from others to avoid spreading measles, and stay away from school, nursery, or work for 5 days after the onset of rash.

Where to find out more advice and information

If you would like more information, visit www.nhs.uk/conditions/measles or www.nhs.uk/conditions/vaccinations/mmr-vaccine/

Yours sincerely,



Dr. Sarah McNulty
Assistant Executive Director,
Public Health



Nadine Carroll
Assistant Executive Director,
Education and Inclusion (Interim)

MMR VACCINE
KNOWSLEY COUNCIL

ROLES OF THE SPECIAL EDUCATIONAL NEEDS AND DISABILITY (SEN) TEAM

WHO DOES WHAT



HALEWOOD
ACADEMY

At Halewood Academy we have a significant number of students with a mixture of Special Educational Needs. The following staff work to support these students:

At Halewood Academy all pupils with SEND have full access to a broad and balanced curriculum. Our fully committed and passionate Special Educational Needs and Disabilities (SEND) team provide a wide variety and full range of support to pupils with additional needs. It is crucial that pupils are fully supported to allow them to access the curriculum, progress in line with their peers and enjoy the full range of extracurricular activities and wider opportunities on offer to students at Halewood Academy.

'Every teacher is a teacher of SEND' and pupils at Halewood Academy with additional needs are supported by their subject teachers and our pastoral team including both their Form Tutor and their Progress Leader/Assistant Progress Leader who work closely with pupils and their parents/carers. Overseeing this support is our SEND & Inclusion Team who provide specialist support for pupils in a nurturing and aspirational environment in facilities that are designed specifically to cater for a wide variety of needs. All staff who are working with and supporting pupils with SEND, aim to develop both the skills they need at secondary school and also the resilience and independent skills to see them through their journey from Year 7 to preparing them for adulthood as they leave in Year 11.

In a fully inclusive school community, the SEND and Inclusion Team provide specialist support for pupils. As well as during lessons, we provide support for pupils after school with a wide range of extra-curricular activities and support. Our staff are there to provide support for pupils with a wide variety of needs, and where appropriate, we also work with outside agencies to provide the necessary support so pupils can access the wider school community and enable them to fully achieve their potential.

If a pupil is identified as having a special educational need in the first instance a SEND support Plan (SSP) will be created to identify clearly the pupils needs, strengths and the strategies that will work best to support the individual. This SSP will be co-produced with the pupil/ key staff and parents/carers will have an opportunity to input. In some cases, it may be necessary for school to refer to external agencies and for pupils with complex needs it may be appropriate to apply for an Educational Health and Care Plan (EHCP).



Mrs Cross Vice Principal



Mr Heydon Assistant Vice Principal



Ms Leyland Special Educational Needs Co-Ordinator
(SENCO)



Mr Knight Assistant Special Educational
Needs Co-Ordinator
(Special Educational Needs Co-Ordinator)



Miss Marquis SEN Admin Support

ROLES OF THE SPECIAL EDUCATIONAL NEEDS AND DISABILITY (SEN) TEAM



WHO DOES WHAT

If you have any questions or queries relating to SEND the best point of contact is Mrs Marquis who is our SEND Admin support and will be able to make sure the right person answers your query. Mrs Marquis can be contacted via the school office.

The Achievement Centre

The Achievement Centre provides the base for our Inclusion Team and is a calm and well-resourced area of school to provide pupil with additional support during the school day. Our team of Learning Mentors are based on the Achievement Centre and there is a Learning Mentor on duty each lesson if pupils need support during the course of the school day.

We are very excited that after Easter the Achievement Centre will have its own high specification sensory room and we look forward to sharing further information about this with parents/carers and pupils in due course.

We have a number of Teaching Assistants (TA's) that deliver interventions on the Achievement Centre. Mrs Kelly and Mrs Hodgkinson work with students to support friendship groups and social skills. They also deliver the ASDAN programme at Key Stage 4. Mrs Magee delivers reading interventions. We also have a number of TAs who deliver reading and speech and language interventions as well as supporting students with EHCPs in class.

Three of our Teaching Assistants Ms Hall, Miss Barton and Mrs Moorhead are currently training with the Educational Psychology service to become Emotional Literacy Support Assistants (ELSA). Once they have completed their training they will be supporting the emotional wellbeing of individual pupils and working with small groups.

In addition to the Achievement Centre we also have our R rooms which offer a further layer of support for pupils as part of our inclusion offer.

The R Rooms are staffed as follows:

Remove Room - Mr Henderson and Miss Morgan

Re-engage - Mrs Irons, Ms Moorhead and Mrs Taylor

Re-set - Mrs Jardine and Ms Hall

Reflection - staffed by the team of Progress Leaders and Assistant Progress Leaders on a rota basis.

Additional Support/Signposting

If your child is experiencing difficulties at school due to SEND it can be frustrating and at time parents/carers may not be aware of how to access additional support and advice. Below are some key links and contacts that parents/carers might find useful.

ROLES OF THE SPECIAL EDUCATIONAL NEEDS AND DISABILITY (SEN) TEAM

WHO DOES WHAT



HALEWOOD
ACADEMY

Halewood Academy works in partnership with other agencies locally. Some important links are listed below.

Knowsley Local Authority Local Offer

<https://www.knowsleyinfo.co.uk/categories/knowsley-local-offer-send>

Liverpool Local Authority Local Offer

<https://fsd.liverpool.gov.uk/kb5/liverpool/fsd/localoffer.page>

Halton Local Authority Local Offer

<https://localoffer.haltonchildrenstrust.co.uk/>

The ADHD Foundation offers advice and support for parents of students with ADHD and other neuro-diverse conditions.

<https://www.adhdfoundation.org.uk/>

ADDvanced Solutions is a local charity that runs parent groups and training for families of young people with Autism.

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

Autism Together is a National Charity with useful website and links to other local organisations.

<https://www.autism.org.uk/advice-and-guidance>

If you would like to talk to anyone at school in the SEND team please contact Mrs Marquis (SEND Admin) on 477 8830 and explain the nature of your query. Please give as much information as you can when making an enquiry so that we can navigate your question effectively.

SEN Myth Busters

Some common questions and the answers are included below:

- If my child has a diagnosis of ASD or ADHD, they need an EHCP
Myth: An EHCP can be applied for if, despite a range of interventions and support, a student still fails to make progress in line with their ability. The majority of students with such a diagnosis are well supported without an EHCP.
- An EHCP means my child will be allocated a 1-1 assistant
Myth: An EHCP will set out how many hours of extra support a student should receive and this can take many different forms. This support may be additional interventions, smaller class groups, additional adults in the room to primarily support one student but also to work with small groups of students.
- My child has to be behind academically to be considered to have a Special Educational Need
Myth: Many students with SEND are high achieving students, however they may have additional needs such as sensory difficulties which mean they need extra adjustments to be able to attend school and fulfil their potential
- Once my child is on the SEND Register, they will stay there until they leave school
Myth: Any student who receives something over and above what is provided to all students can be put on the SEND register whilst they are accessing additional support or intervention.

REWARDS & RECOGNITION

Celebrate Success Ceremonies - Rewards week:

As this winter term is coming to an end, this week has been a time for our students to reflect on their progress and achievements made. Therefore, all pupils at Halewood Academy have been taking part in extended assemblies where **Rewards & Recognition** have been celebrated!

There have been a number of accolades awarded to pupils with awards ranging from subjects, attitude to learning, 100% attendance and Progress Leader[s] nominations.

Pupils have been awarded with certificates, prizes and badges. Many congratulations to this term's deserving winners!

Mr Day

Assistant Vice Principal



WINTER TERM





SAFEGUARDING, EMOTIONAL WELLBEING AND MENTAL HEALTH

At the end of the half term and break from school we thought it would be useful to publish some contact numbers should you need to contact someone regarding the safety or welfare of a young person whilst school is closed.

- Childline 08001111
- NSPCC- www.nspcc.org.uk 08448 920 264 (Liverpool Office)
NSPCC Helpline 0808 800 5000
- cruse.org.uk- coping with a bereavement
- www.trusselltrust.org -foodbank
- Liverpool Social Care- 233 3700
- Knowsley MASH – 0151 443 2600
- <https://www.kooth.com/>

In addition to this may we also take this opportunity to remind students of some basics in terms of keeping themselves safe over the school holiday.

When out and about...

- ✓ Don't go out alone – there is safety in numbers
- ✓ Always let an adult know where you are going
- ✓ Never go anywhere with someone you don't know
- ✓ You can say 'no' if someone makes you feel uncomfortable or threatens or pressures you to do something you don't want to.

Staying Safe Online...

- 1) Private stuff needs protection (if you wouldn't want you parents or grandparents to see something, don't post it)
- 2) You can only really know someone if you know them offline (think about what 'a friend' means to you)
- 3) What you share will always be there (think before you post)
- 4) Not everyone online is who they say they are (remember that behind the screen it is easy to pretend to be someone you are not)
- 5) If something doesn't feel right, tell a trusted adult



HALEWOOD
ACADEMY



My VOICE MATTERS

10 WAYS TO LOOK AFTER YOUR MENTAL HEALTH

Here are some brilliant tips from young people just like you on how you can look after your mental health.



Place2Be's
**CHILDREN'S
MENTAL HEALTH
WEEK**

- ① Don't keep it all to yourself and spend too much time in your own head. This can sometimes make it keep piling up, and make you feel worse.
- ② Talk to someone you trust and feel comfortable with– a teacher, parent, sibling, cousin, friend... if you can't think of anyone and need to talk, try talking to someone like Shout by texting SHOUT to 85258 for free.
- ③ Write your thoughts and feelings down.
- ④ Keep in contact with people, don't isolate yourself.
- ⑤ Don't dismiss your feelings because you think they aren't valid. Everything you feel is valid and important to you.
- ⑥ Focus on the good parts of your life and doing what you love, rather than the negative.
- ⑦ If you feel like harming yourself then tell someone you trust and distract yourself in the meanwhile.
- ⑧ Do something you enjoy to help you relax and have a break – watch a film, play a game, watch your favourite YouTuber, listen to music.
- ⑨ Be your own best friend because at the end of the day, you're stuck with you – so look after yourself!
- ⑩ Remember that you're not alone, even if it sometimes feels like you are.

*With thanks to students at Stewards Academy and Ark Globe Academy



ASK FOR HELP

Let your family, friends, and teachers know if you are struggling so that they can support you.

If you're feeling overwhelmed and need to talk:

- Text P2B to 85258 for free to speak to Shout
- Call 0800 1111 to speak to Childline, or visit
- [childline.org.uk](https://www.childline.org.uk) for their free online chat
- Visit [place2be.org.uk/help](https://www.place2be.org.uk/help) for more advice

THE MOND TROPHY CRANTON COLLEGE



HALEWOOD
ACADEMY

We had a great afternoon at Cranton College last week, when we were kindly invited to take part in The Mond Trophy with some of our Year 10 students. They took part in a variety of STEAM based activities, working in 2 teams to overcome the challenges put to them. They showcased their resilience, collaboration and aspirational skills - linked to our school RACER values. It was also great to see so many of our former students on the day thriving in their post-16 studies. Well done all and thanks to Cranton College for having us!

James Campbell
PE Teacher & STEAM Coordinator



UNIFORM REMINDER

To all parents/carers please can you inform their children to pick up lost property and put names in their uniform.



PANTRY UPDATE



HALEWOOD ACADEMY

The Halewood Academy Pantry has been running for 3 months now and we have supported many families during this time.

We stock tinned, packet and jarred goods. Dried foods and breakfast cereals, tea bags, coffee, hot chocolate, milk and sugar. Toilet Rolls, washing up liquid & dishcloths. Toiletries shower gel, toothpaste, deodorant, baby wipes and sanitary wear and even dog and cat food. We still have fresh bread every Tuesday.

We are now able to offer Laundry Liquid/Washing Powder and some cleaning products (these are on request only), you can do this by emailing householdsupport@halewoodacademy.co.uk and a parcel can be left at Reception for you to collect.

A very kind family donated a bag of items recently, a BIG thank you for this, your support is really appreciated. If you would like to support our Pantry all items are gratefully received, the only stipulation is that it is in date and must not contain alcohol or any sharp objects.



MOBILE PHONES REMINDER

Mobiles phone use is allowed in school up to 8.30am, after this time they must be switched off and kept safe in their school bag. Should you need to contact your child in an emergency please telephone the school main reception.



NO MOBILES PHONES

NO JEWELLERY OR TRAINERS REMINDER

Jewellery is **NOT** allowed in school including stud earrings, for students. Nail varnish and false nails are also not allowed.

Also Trainers are **NOT** allowed to be worn under any circumstances by students.

Only if they have a medical reason will they be given permission.



NO TRAINERS



NO JEWELLERY

CAREERS & OPTIONS



HALEWOOD ACADEMY

DO YOU KNOW YOUR LEVELS?



RESOURCEFUL CAREERS
insightful innovative inspirational

EDUCATION & CHILDCARE

You'll be using your communication skills and knowledge to help people develop and learn in many of these jobs. Whether you like working with children or training people in sports, this is a sector where you can use your knowledge and skills to help others

Jobs in education are about helping people to develop and learn. There are opportunities in nursery, early years, primary and secondary schools, or in further or higher education or online teaching.

There are also support roles like mentor, teaching assistant, school business manager, business development, administration and maintenance

Teachers will need to be able to use new technology to enhance teaching.

GCSEs

- English
- Maths
- Biology
- Chemistry
- Physics
- Childhood Studies
- Health and Social Care
- History
- Art and Design
- Languages
- Geography

APPRENTICESHIPS AVAILABLE IN

- Allied Health Profession
- Childcare
- Nursery Assistant
- Children and Young People's Workforce
- Health and Social Care
- Healthcare Support
- Maternity and Paediatric Support
- Learning Support
- Youth Work
- Care Leadership and Management
- Supporting Teaching and Learning in School

JOB TITLES

- Communication support worker
- Careers adviser
- Community education coordinator
- Dance teacher
- Early years teacher
- Education welfare officer
- E-learning developer
- Equalities officer
- Headteacher
- Health promotion specialist
- Learning mentor
- Montessori teacher
- Museum curator
- Music teacher
- Nursery manager
- Nursery worker
- Outdoor activities instructor
- PE teacher
- Playworker
- Primary school teacher
- Research and development manager
- Sailing instructor
- School lunchtime supervisor
- School matron
- Secondary school teacher
- Singing teacher
- Skills for life teacher
- Special educational needs (SEN) teaching assistant
- Sports coach
- Swimming teacher
- Teaching assistant
- Trade union official
- Training manager
- Training officer
- Yoga teacher
- Youth worker

A-LEVELS

- English
- Maths
- Biology
- Chemistry
- Physics
- Childhood Studies
- Health and Social Care
- History
- Art and Design
- Languages
- Geography

COLLEGE COURSES

- LEVEL 1, 2 & 3 COURSES AVAILABLE IN
- Childcare and Education (Early Years)
 - Supporting Teaching and Learning
 - Health and Social Care
 - Health Science and Social Care
 - Public Services
 - Education and Training
 - Assessing Competence in the Work Environment
 - Assessing Vocational Achievement
 - Healthcare Clinical Support
 - Children and Young People's Workforce

T-LEVELS

- Education and childcare
- Health
- Healthcare Science
- Craft and Design
- Science
- Management and administration

UNIVERSITY COURSES

- BMus (Hons) in Music Education
- BSc (Hons) in Sport and Exercise
- BA (Hons) in Education
- BA (Hons) in International Development and Education
- BA (Hons) in Education and Psychology
- BA (Hons) in Childhood Education
- BA (Hons) in Early Childhood Studies
- BA (Hons) in Primary Education with QTS
- BA (Hons) in Primary Education with Learning Support
- BA (Hons) in Teaching and Learning Support
- BA (Hons) in Early Years Education
- BA (Hons) in English Studies for Teaching
- BA (Hons) in Arts in Education



Are you
aged
16 to 17?

Are you ready
to grow your
strengths?

Join Merseyside Youth Association for your NCS experience

- ✓ Gain new life skills.
- ✓ Gain training qualifications and employability skills.
- ✓ Work with other young people to create positive change around key issues.
- ✓ Strengthen your UCAS and future employment opportunities.
- ✓ Meet new people and become part of a team.

Scan the QR code to find out more
and register your interest today!





www.streetleague.co.uk | @Streetleagueliverpool



www.streetleague.co.uk | @Streetleagueliverpool

ARE YOU AGED 16-30 AND LOOKING FOR AN INCLUSIVE SPACE TO PLAY SPORTS AND MEET NEW PEOPLE? JOIN US FOR FREE

LOCATION: KIRKBY LEISURE CENTRE, 105 CHERRYFIELD DR, L32 8SA

EVERY WEDNESDAY FROM 3 PM - 4 PM

ARE YOU AGED 16-30 AND LOOKING FOR AN INCLUSIVE SPACE TO PLAY SPORTS AND MEET NEW PEOPLE? JOIN US FOR FREE


LOCATION: GOALS SOUTH, 10 SPEKE BLVD, L24 9PQ

EVERY TUESDAY FROM 3 PM - 4 PM

CONTACT US NOW TO JOIN
Katie Lambeth - 07719 057256 - katie.lambeth@streetleague.co.uk
Amy Roberts - 07889 599742 - amy.roberts@streetleague.co.uk



CONTACT US NOW TO JOIN
Katie Lambeth - 07719 057256 - katie.lambeth@streetleague.co.uk
Amy Roberts - 07889 599742 - amy.roberts@streetleague.co.uk



DEBATE TEAM SUCCESS!



- THE TEAM**
- Jess S
 - Ellie W
 - Chloe W
 - Louise W
 - Jonah H
 - Layla O

DOUBLE WIN IN THE FIRST DEBATE OF THE YEAR!

On Tuesday 23rd January, the Debate Team competed at Holly Lodge Girl's College in the first match of the year. There were six other schools at this round of the Competition and Halewood Academy faced two of them including Cardinal Heenan, who are the reigning champions from last years event! The team has practiced and perfected their debating skills by attending Debate Club every **THURSDAY AFTER SCHOOL**, for more information on how to get involved, speak to Mr Harrison.

The motions for debate were:

- Should we ban reality TV shows? (Including Love Island and GBBO) **PROPOSITION**
- Should we enforce an 8pm curfew for under 16's? **OPPOSITION**

Our school is incredibly proud of how hard the team worked together, the respect they showed for each other and the opposition and their success. Halewood Academy **WON** both of their debates against Holly Lodge and Cardinal Heenan! All members showed confidence, bravery and phenomenal amounts of team spirit on the way to victory.

A few of the teams points against reality TV included the damaging effects on young people's self-esteem and the social media aftermath for contestants. Our team was also passionately against the motion for a curfew for under 16's, arguing that lots of hobbies/extra-curricular activities run until after 8pm which therefore limits teenagers freedom and interests/passions. They also brought up the policing of such a curfew and the strain this would put on our public services.

An amazing achievement for Halewood Academy and a special mention to our two year 8 students who took part in their first ever debate! We look forward to many more debates and successes moving forward into the next academic year!

SPORTS UPDATE



HALEWOOD
ACADEMY



FEMALE ONLY

www.streetleague.co.uk | [@Streetleagueliverpool](https://twitter.com/Streetleagueliverpool)

**ARE YOU AGED 16-30 UNEMPLOYED OR OUT OF EDUCATION AND LOOKING FOR AN
INCLUSIVE SPACE TO PLAY NETBALL AND MEET NEW PEOPLE?
JOIN US FOR FREE**

LOCATION: FIREFIT HUB, UPPER WARWICK STREET, LIVERPOOL, L8 8HD

EVERY THURSDAY FROM 4 PM - 5 PM

CONTACT US NOW TO JOIN

Katie Lambeth - 07719 057256 - katie.lambeth@streetleague.co.uk

Amy Roberts - 07889 599742 - amy.roberts@streetleague.co.uk



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 for further guides, hints and tips for adults.

Ten top tips for STRONGER PASSWORDS

Passwords continue to be the most common way to prove our identity online. A combination of a username and a password known only to the user provides access to our online accounts and data – and hopefully keeps unauthorised individuals out. As a security measure, though, passwords are relatively weak. People are often predictable in how we choose our passwords, for example – making them less secure. With increasing volumes of usernames and passwords being leaked online, what can we do to keep our data more secure? Here are our top tips for stronger passwords.

BE UNPREDICTABLE

We often choose passwords which are easy to remember: featuring the name of our favourite sports team or favourite film, for instance. Those are predictable passwords. Cyber criminals will routinely try various combinations of passwords relating to sports teams, actors, musical artists and the like – and they often focus on these during major sporting events or around high-profile movie releases.

AVOID GETTING PERSONAL

Many of us use passwords relating to our family, such as children's names or favoured holiday destinations. The problem here is that we also typically post about our holidays and our family on social media – making that information potentially visible to cyber criminals and supplying them with clues which could help them in narrowing down possible passwords we might have set.

NEW PLATFORM, NEW PASSWORD

Where cyber criminals gain access to an online service through a data breach, they often use the data they've stolen to try and access the victim's other accounts. This is because the criminals know that, for convenience, people often use the same password across different services. When we reuse passwords, our security is only as strong as the weakest site where we've used it.

LONGER IS STRONGER

Our passwords are often stored by online services in an encrypted format, in case the service suffers a data breach. The strength of this encryption, however, is dependent on the length of the password you've selected. If your password is only a short one, cyber criminals are significantly more likely to be able to break the encryption and identify your password.

CHECK SOCIAL MEDIA VISIBILITY

Staying up to date with friends and relatives on social media is part of everyday life now. We need to ensure, though, that we limit who can see our posts via each platform's privacy settings. It's also wise to consider what we're posting and if it's really safe to share online. If we restrict what cyber criminals can see, we reduce the chance of them using that information to identify our passwords.

Meet Our Expert

A Certified Information Systems Security Professional (CISSP), Gary Henderson is the Director of IT at a large boarding school in the UK, having previously taught in schools and colleges in Britain and the Middle East. With a particular interest in digital citizenship and cyber security, he believes it is essential that we become more aware of the risks around technology, as well as the benefits.



Source: <https://www.ncsc.gov.uk/>

'DOUBLE LOCK' YOUR DATA

It's possible that cyber criminals may eventually discover your username and password. Enabling multi-factor authentication (MFA) on your accounts, however, reduces the chance of them obtaining access to your data, as they'd also require a code which is provided via an app, SMS message or email. MFA isn't infallible, but it does definitely provide extra protection and security.

DELETE UNUSED ACCOUNTS

Data breaches occur when cyber criminals gain access to an online service and all the data contained within it – including usernames and passwords. Whenever you stop using a service, it's wise to make sure that you delete your entire account and not just the actual app. If the service no longer has your data, there's zero risk of it being leaked should they suffer a data breach in the future.

TRY PASSWORD MANAGERS

Even though most of us have numerous online accounts to manage these days, it's advantageous to avoid password re-use. Specialist password management software (like Dashlane or OnePassword, among others) can help by storing a different password for every online service that you have an account with; the only one you or child will need to remember is the single master password.

GET CREATIVE

The British government's National Cyber Security Centre (NCSC) recommends the 'three random words' technique. This method helps you create a password which is unique, complex and long – yet which is memorable enough to stay in your mind ("FourBlueShoes", for example). The NCSC website, incidentally, also offers plenty of other useful information relating to personal cyber security.

STAY VIGILANT

The best way to protect your accounts and your data is to be vigilant and careful. If you receive an email or text message that's unusual or unexpected, treat it as suspicious until you're able to verify whether it's genuine and safe. Starting from a position of vigilance and caution will reduce the likelihood of you or your child being tricked by a malicious email, text or phone call.





HALEWOOD
ACADEMY

NUMERACY CHALLENGE

Maths Challenge
of the Week

This weeks maths challenge is from the NSPCC Number day Code Crackers. Instructions:

1. In a word sum, each letter stands for one of the digits 0-9. Different letters stand for different digits and each letter stands for the same digit each time it occurs. None of the integers in a word sum starts with a 0.
2. Students must work out which digits the different letters could stand for (try to use logic rather than guesswork).
3. A word sum may be impossible (in which case explain why it cannot have a solution). It may have just one solution (in which case try to find that solution and prove that it is the only one). Or it may have several solutions (in which case you might like to think how many solutions there are, but start by finding one that works).

Tag us online:

#numberday

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

NUMERACY

Questions:

Find one solution to each of these word sums.

1.
$$\begin{array}{r} \text{ONE} \\ + \text{ONE} \\ \hline \text{TWO} \end{array}$$

2.
$$\begin{array}{r} \text{TWO} \\ + \text{TWO} \\ \hline \text{FOUR} \end{array}$$

3.
$$\begin{array}{r} \text{FOUR} \\ + \text{FOUR} \\ \hline \text{EIGHT} \end{array}$$

4.
$$\begin{array}{r} \text{ONE} \\ + \text{FOUR} \\ \hline \text{FIVE} \end{array}$$

5.
$$\begin{array}{r} \text{FOUR} \\ + \text{FIVE} \\ \hline \text{NINE} \end{array}$$



HALEWOOD ACADEMY STAFF JOURNEYS



HALEWOOD
ACADEMY



Ms Rees- History and RE Teacher



Education:

- Parklands High School- GCSE's – English Language, English Literature, Maths, Physics, Chemistry, Biology, History, ICT, Textiles, Drama.
- St Margaret's Church of England Academy- A-Levels- History, English Literature, Psychology, General Studies
- Aberystwyth University- BA Hons (2:1)- History and Welsh History
- Liverpool Hope University- PGCE Secondary History (QTS)
- Liverpool Hope University- MA (Distinction) History

Employment History:

- Barista/Waitress- Ta Med Bach, Aberystwyth
- Factory Operative- J. F. Renshaw
- History and Religious Studies Teacher- Hillside High School
- History and Religious Education Teacher- Halewood Academy

Greatest Achievement:

- Being the first in my family to go to university and being asked to publish my work on Welsh Witchcraft in a newspaper during my Masters degree.

Advice:

- Doing something challenging is way more rewarding that doing something easy, so challenge yourself more!





WORLD BOOK DAY



CARNIVAL

7TH MARCH 2024

AT THE
LIBRARY

PIN THE...

QUIZ

LIMBOOKS

HOOK-A-BOOK



CRAFTS

GUESSING GAME

CARICATURES

PHOTOBOOTH

MAGNET DARTS



FORTUNE TELLER

Friendly February 2024

MONDAY

TUESDAY

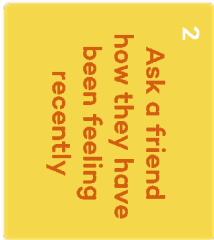
WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



5 Make time to have a friendly chat with a neighbour

6 Get back in touch with an old friend you've not seen for a while

7 Show an active interest by asking questions when talking to others

8 Share what you're feeling with someone you really trust

9 Thank someone and tell them how they made a difference for you

10 Look for good in others, particularly when you feel frustrated with them

11 Send an encouraging note to someone who needs a boost

12 Focus on being kind rather than being right

13 Smile at the people you see and brighten their day

14 Tell a loved one or friend why they are special to you

15 Support a local business with a positive online review or friendly message

16 Check in on someone who may be struggling and offer to help

17 Appreciate the good qualities of someone in your life

18 Respond kindly to everyone you talk to today, including yourself

19 Share something you find inspiring, helpful or amusing

20 Make a plan to connect with others and do something fun

21 Really listen to what people say, without judging them

22 Give sincere compliments to people you talk to today

23 Be gentle with someone who you feel inclined to criticise

24 Tell a loved one about the strengths that you see in them

25 Thank three people you feel grateful to and tell them why

26 Make uninterrupted time for your loved ones

27 Call a friend to catch up and really listen to them

28 Give positive comments to as many people as possible today

29 Acknowledge someone's problem or pain rather than trying to fix it



ACTION FOR HAPPINESS

Happier · Kinder · Together