

Yateley School Parents' Bulletin

Issue: 04

Date: 9th October 2020



www.yateleyschool.net



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Learning Together – Empowered for Life

Dear Parents and Carers,

We have made it successfully to the end of week 5 and the teaching and great attitudes to learning continue apace. The school community has got used to the changed routines and we're coping well. I'm delighted to hear lots of positive feedback on student achievement and we'll soon be in a position to publish the running totals by House for the achievement points to date. Thank you also for your support in making sure your child is properly equipped for school and this of course includes masks and of course BYOD nowadays. Can I issue a plea on behalf of the main Reception however? We shouldn't be taking items of forgotten equipment through Reception that have been dropped off by parents, except in the most exceptional circumstances. There are obvious transmission risks in staff having to handle items in these circumstances. Please try and make sure that bags are packed and equipment remembered before the students head off to school.



As we hear stories of university students subsisting on Pot Noodles and confined to barracks, we like to think that we've fed our students a bit better than that. The logistical effort of getting six sets of pre-ordered food to six separate venues (and different if wet) is like a military campaign. Never daunted, our amazing catering manager Mrs Rachel Phillips and her tireless team have done a brilliant job for us all; taking orders up to the morning of delivery and then getting bagged and labelled food to the muster points by 12.45pm. Again, this really is an unusual provision and we're extremely grateful to Mrs Phillips and her team for what they've achieved.



Behind the technical mastery of the two virtual Open Evenings is the extraordinarily talented and extremely hard-working Mr Matt Davis. Not only is his work extremely creative, the countless hours of shooting footage, editing and preparation are quite extraordinary. Many students, parents and families have experienced his wizardry in the past through our school

productions and in the two sixth form BTEC courses that he teaches. However, the current restrictions have brought his talent to the fore and we are absolutely indebted to him for preparing an online offer which is really quite exceptional.

Together with Mr Hill whose amazing skills built the website, we've got something which is excellent for this year and will ultimately stand the test of time. Thank you!



Have you viewed the virtual Open Evenings yet? We went live with the main school Open Evening last Thursday and this has been a resounding hit, with hundreds of views and a lot of expression of interest. Yesterday we went live with our Sixth Form Virtual Open Evening. Please click on the picture or [CLICK HERE](#) and take a look. This is a must both for our own Year 11 students and for any others in the surrounding area who would be interested.

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You have probably seen them talking eloquently on the recent videos about the 'Yateley difference'. In addition, our excellent Head Boy and Head Girl, JK and Chloe have been busy attending a leadership development seminar run nationally by Wellington College. The feedback so far has been excellent and it is great for them to receive insights on leadership challenges generally and specifically in these difficult times

when face to face contact is often impossible.

Yours sincerely,

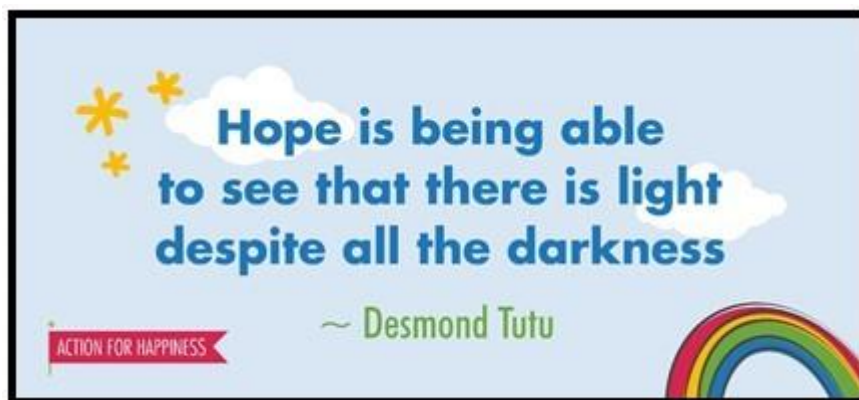
Paul German
Headteacher

Year 10 Elevate Education – Study Sensei (Follow on Tutor Sessions x 5)

On Monday 5th October all Year 10 students spent Period 1 and 2 (new Lesson 1) in their tutor groups. The session was for Elevate Education to deliver a seminar called Study Sensei. The purpose of the seminar was to support them with tips and techniques in how to get the most out of their academic studies during Key Stage 4. Following the seminar, students have follow on tutor sessions for 5 weeks. Because we currently are not able to run tutor time, we will be issuing these follow on sessions to student via their Show My Homework (Satchel 1) accounts each Monday.

From Monday 12th October to Sunday 18th October Year 10 students will have Session 1 of 5 issued to them with all the resources and details they need. Please can parents encourage Year 10 to go through this at home. The following sessions will be issued each Monday in Show My Homework.

Mr R. Keeble Deputy Headteacher - Culture



Black History Month

As we know the topic of Black Lives Matter is a current important world focus. This month also marks Black History Month. The History department in school are going to be focusing on this subject in lessons. Soon we will also be using our student voice body (House Council) to focus on a Black Lives Matter charter for the school. If you could find some time this weekend, it would be very beneficial to look at the official website for Black History Month with your son/daughter - <https://www.blackhistorymonth.org.uk/>

There will also be a theme of the week focus on Black Lives Matter in the week beginning 19th October in our parent bulletin.

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World Mental Health Awareness Day – Saturday 10th October

Theme of the Week (Week Beginning 12th October 2020) - Theme = Mental Health/World Mental Health Day 10th October 2020; Word = Serendipitous

THEME - World Mental Health Day is on Saturday 10th October, and the theme for this year is 'mental health for all'. Mentally Healthy Schools (www.mentallyhealthyschools.org.uk/) have created and curated a set of resources focusing on inclusivity and celebrating our differences - all with a mental health focus. These resources provide specialised knowledge and support for diverse groups of children, and celebrate the unique and different qualities each child brings to your school community.

We really encourage all parents and students to take a look through these resources - [CLICK HERE](#)

Some other useful website and resources that are having a focus on this important day and awareness are:

- MIND – [CLICK HERE](#)
- Time To Change – [CLICK HERE](#)
- Mental Health Foundation – [CLICK HERE](#)
- World Health Organisation – [CLICK HERE](#)
- Rethink Mental Illness – [CLICK HERE](#)
- World Federation for Mental Health – [CLICK HERE](#)
-

Please also remember the school has its own Mental Health and Wellbeing policy ([CLICK HERE](#)) which also includes various links to useful resources for all.

WORD: Serendipitous. Please see the attached PowerPoint

Anti-Bullying

As you may know we are proud to have an Anti-Bullying Ambassador student body that were trained by the Diana Award last year. We plan to look for new student ambassadors in the year ahead with more training and support for our young people (further details to follow). To find out details and fantastic resources from the Diana award please visit their site - www.antibullyingpro.com/

To pinpoint parents to some very useful resources we have found on the website, please see the three attached documents with this week's bulletin:

- '10 signs your child might be bullied'
- 'Parent guide on Mental Health'
- 'Parents guide'

As always if you have any concerns then please do ensure that you contact the school and the pastoral team.

BYOD Update

We would like to thank those parents/carer(s) who ordered a device through the school's BYOD scheme for waiting very patiently for the device to arrive into school, we experienced a very significant supply issue this year with stocks of both devices and cases being in very short supply due the global pandemic. I can confirm that the majority of

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devices have now been allocated to students in year groups 8 to 12, we still have 3 more ICT lessons next week during which the remaining year 7 devices will be distributed by Wednesday.

Chris Tombs, Business Manager



Year 10 Graphics Cubees Parade

We had fun this week with our year 10 students- making cubee craft models as part of their packaging design project. Well done to everyone, a great start to the practical work- we look forward to more very soon.

Find out more about Graphics at GCSE and A level at Yateley by contacting us and we will be delighted to have a chat with you. Graphics is really popular and successful here at Yateley. Follow us on twitter- [graphics_ys](#) #Drivenbydesign

Miss Williams and Mrs Coakley, Graphics Team

Work pictured from- Lucy Sullivan, Tom Hurst, Lewis Cousins, Alex Bewick, Kushal Vadicharla, Matthew Man, Matthew Capp, Pimer Thuambe, Emma Jasikova, Callum Scotford, Toby Taylor, Keir Walter, Lizal Overton, Alara Turan



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Maths Corner 1

Bunk Beds



Six Boy-Scouts at a Summer Camp sleep in bunk beds. Each Scout has a different colour blanket on his bed. The beds are lined up in a row with red, black, yellow, brown, blue, and green blankets.

- Robert and Harry's bed is closest to the door.
- The colour of the blankets on the bottom bunks all begin with the same letter.
- The colour of Brian's blanket does not begin with the same letter as the beginning of his name.
- Robert's blanket colour does begin with the same letter as his name.
- The blue blanket is under the red blanket.
- Liam and Kevin like their lower bunks.
- Kevin is in the middle bed.
- Ian does not share a bunk with Kevin.
- The brown blanket is at the end of a row.
- The yellow blanket is above the black blanket.



What colour is each boy's blanket?

1 house point to all parents/student who presents the correct answer to their maths teacher before next weeks Maths Corner is published.

Answer to Maths Corner 1

In next week's bulletin

SCHOOL LUNCHES

The new pre order system which we have put in for school lunches has been a massive success!

Due to its success, please can you pre order a lunch from 2pm the day before you require the lunch and **BEFORE 9.00 am** on the day required.

Please Remember FULL Name, correct form (remember you have moved up a year!) and press 'SUBMIT' at the end of your order.

Below is the link to follow to place an order and a copy of the QR Code

<https://docs.google.com/forms/d/1W1XF1wp-k9uM-GTSVTYnstC56wJhSm-Ojl58iWJPnIM/edit>



Rachel Phillips, Catering Manager

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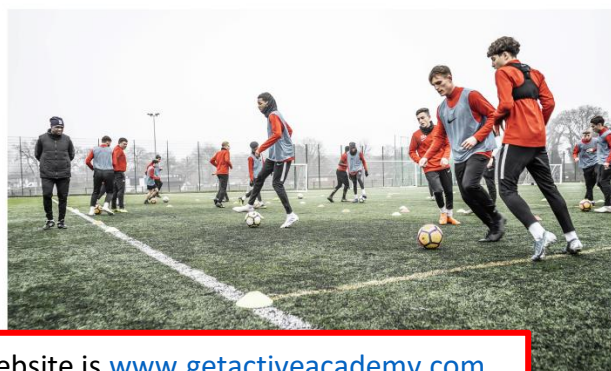
Football trials this October half term for year 11 students

Trials for Girls team and Boys team

Date: Tuesday 27th October 2020

Time: 10am – 12pm

Location: Bracknell Leisure Centre.
Bagshot Road, Bracknell, RG12 9SE




Year 11 - for a September 2021 start. Our website is www.getactiveacademy.com

CAMHS COVID Letters

In the previous parent bulletin we pointed out to parents a fantastic resource from Hampshire CAMHS (Child and Adolescent Mental Health Service) which is their new website - <https://hampshirecamhs.nhs.uk/>

CAMHS are now running a campaign to create a book of letters written by young people about their experiences during COVID. It would be fantastic if some of our students took part in this. For further details please see the image and contact details



The Covid Letters


Hampshire CAMHS are looking to compile a book of letters written by young people about their experiences during the Coronavirus lockdown. We would be interested in contributions from any young person that wants to share their experience with us. It may be a letter to your older self, a loved one or maybe an open letter about something you want to say. This needs to be 600 words or less.

There is the potential for considering publishing a limited number of copies, the sale of which could generate monies for youth work in Hampshire.

If you would like to send a contribution please email it to spnt.hantscamhsinnovation@nhs.net Please title the message "Covid letters FAO Helen Dove" Please ensure you include your name, age and contact details.

We may not be able to include all submissions, and we may ask for you or a parent to submit consent to share form.

Submissions need to be received by December 24th 2020



NHS
Hampshire Child and Adolescent Mental Health Service

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TEN SIGNS THAT YOUR CHILD MAY BE BEING BULLIED



Below are some examples of key things to look out for but do bear in mind that not all of these will indicate bullying behaviour is happening.

ONE

Changes in behaviour or expressed feelings: eating less/more than usual, withdrawn, anxious, sad, moody, angry, lowered grades, wanting to be alone all the time etc.

TWO

Avoids social activities - sudden loss of friends and/or not wanting to be around usual group of friends

THREE

Makes excuses not to go to school/college

FOUR

Missing/damaged valuable possessions

FIVE

Unexplained physical marks, such as bruises

SIX

Obsession or withdrawn from electronic devices

SEVEN

Wearing long-sleeved tops or covering up when it is not needed

EIGHT

Troubling sleeping patterns or frequent nightmares

NINE

Frequent headaches and stomach aches or other physical ailments

TEN

Intense or strong emotional reactions

HOW TO APPROACH THE SUBJECT WITH YOUR CHILD

If you believe that your child is experiencing bullying behaviour, asking directly may deter them from openly speaking to you. Every child is different, therefore, as a parent, you will know instinctively the best method to approach your child. Once you do, take small steps to assure them that you are there to help. Reassure them that any actions you take will be discussed with them first.

OPEN THE CONVERSATION BY ASKING A QUESTION LIKE:

"Are there any kids at school who you really don't like? Why don't you like them? Do they ever pick on you or leave you out of things?"

"I'm worried about you. Are there any kids at school who may be picking on you?"

SEEKING FURTHER SUPPORT

You can seek further advice and information including activities to do with your child about bullying behaviour by purchasing our Parent and Guardian Guide at www.store.diana-award.org.uk

www.bullying.co.uk/advice-for-parents/how-to-talk-to-your-child-about-bullying/

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A PARENT'S

GUIDE TO

ANTI-BULLYING



FROM THE DIANA AWARD

Finding out your child is experiencing bullying behaviour can be upsetting. In this guide, we will explore bullying behaviour and definitions, as well as some of the most common signs to look out for if you know or suspect that your child is experiencing bullying behaviour.

TYPES OF BULLYING BEHAVIOUR_

We use the acronym V.I.P to describe the 3 types of bullying behaviour

VERBAL_

The repeated, negative use of speech or verbal gestures, to intentionally hurt others. Examples include hurtful words, offensive language, swearing and discriminatory language.

INDIRECT_

The repeated, negative use of actions which are neither verbal nor physical to intentionally hurt others. Examples include isolating someone, rumours, sharing secrets, damaging/taking someone's property and intimidation.

PHYSICAL_

The repeated, negative use of body contact to intentionally hurt others. Examples include kicking, punching, pinching, slapping and tripping someone over.

BULLYING FACTS IN THE UK_

- The national centre for social research found that 47% of young people reported that they had experienced bullying behaviour by the age of 14. [Brown, Clery & Ferguson, 2011]
- The number of children and young people who have experienced cyber-bullying behaviour has increased by 88% in five years, according to the NSPCC Report. [2015/16]
- 16,493 young people aged 11-15 are absent from school due to bullying behaviour. [Clery, 2011].

Signs and symptoms to look out for if you believe your child is experiencing bullying behaviour:

- Isolation from social groups or gatherings
- Changes in personality (quieter or acting out for attention)
- Fall in school grades
- Defensive body language
- Stopped doing activities they enjoy
- Regularly truant from school
- Does not want to go to school
- Being upset before or after school
- Being secretive and hiding their phone or other devices

CYBERBULLYING TIPS_

Tips to give your child on how to deal with cyber-bullying behaviour:

- Tell someone you trust what has happened
- Report the post/video or photos on the app/online platform
- Block the person posting the content
- Save the evidence by screenshotting
- Don't reply or answer back, however tempting it may be
- If you are ever in immediate danger, ring 999

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HOW TO HELP YOUR CHILD IF THEY ARE EXPERIENCING BULLYING BEHAVIOUR

It can be hard as a parent/guardian to find out your child is experiencing bullying behaviour. If your child tells you that this is happening, listen to them carefully, praise them for confiding in you and remain calm.

STEP 1: Speaking to your child_

- Unhelpful responses include: 'just ignore it', 'man up', 'stop telling tales' or 'it is just a normal part of growing up'. Instead, try helpful responses like 'Thank you for telling me', 'We will get through this together' or 'I will support you through this'.
- Focus on acknowledging how they feel rather than dismissing it. Young people have the right to feel safe and happy at school and bullying behaviour should never be a barrier to learning. Try to remain calm and positive.

STEP 2: Get all the facts_

- Use active listening, approach conversations with no expectations/hidden agenda and don't ask leading questions. Instead, encourage your child to tell you what has been happening in their own words. Avoid blaming language such as 'I told you not to wear that to school'; remember that experiencing bullying behaviour is never the young person's fault.

STEP 3: Work with others who can help you_

- Work with the school: There are a lot of school staff who can support your child to take positive next steps. This sometimes includes the school's pastoral lead or SENCO (Special Education Needs Coordinator). All schools are legally required to have an Anti-Bullying Policy and a procedure to follow when bullying incidents takes place. Check the school website or ask to see a copy of these documents so you can work with the school to resolve this together.
- Other parents: You may be tempted to speak to other parents or even post something on social media. This can be detrimental, as it could exacerbate the situation.

FURTHER LINKS/SUPPORT_

For FAQs and further support, take a look at our support centre here:
www.antibullyingpro.com/support-centre

Keep up with the latest technology and social media here:
www.net-aware.org.uk

For a more detailed look at bullying behaviour and the psychology behind this behaviour, visit the Anti-Bullying Alliance's website and complete the e-learning modules
www.anti-bullyingalliance.org.uk/tools-information

References

Brown, Clery & Ferguson (2011). Estimating the prevalence of young people absent from school due to bullying. National centre for social research. Found here- <http://natcen.ac.uk/media/22457/estimating-prevalence-young-people.pdf>

NSPCC (2015/16) What children are telling us about bullying. Childline bullying report 2015/16. Found here- <https://learning.nspcc.org.uk/media/1204/what-children-are-telling-us-about-bullying-childline-bullying-report-2015-16.pdf>

Clery (2011). Estimating the prevalence of young people absent from school due to bullying. Nat Cen Social Research that works for society. Found here- <http://natcen.ac.uk/our-research/research/estimating-the-prevalence-of-young-people-absent-from-school-due-to-bullying/>

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TALKING TO YOUR CHILD ABOUT MENTAL HEALTH

1 in 8 young people experience mental health problems (NHS digital, 2017). Research shows that those who experience bullying behaviour are more likely to have long term mental health concerns (Wolke et al, 2014) and this can lead to self-harm in a few cases (Lereya et al, 2013).

Talking to your child and identifying ways to further support them are the first steps to supporting their mental health. It is important to raise your concerns with your child and then work together to find the best ways to work with their school and the Child Adolescent Mental Health Service (CAMHS) if needed to provide further support.

TOP TIPS ON STARTING A CONVERSATION

1. Start an open conversation by checking in and asking how they are feeling. Ask open-ended questions and remember, it's important to not have any preconceived expectations. It also helps when your body language is open and on the same level as your child i.e. when you are in the car or side by side at the kitchen table.
2. Listen with your full attention and practice active listening - make sure you are prioritising how they are feeling throughout the conversation.
3. Offer options for how you will discuss mental health or wellbeing, for instance, some young people may feel more comfortable expressing themselves through art/ drawing or via text message.
4. Be prepared with signposting materials and contact numbers. Look at different resources or local services in the area, for instance, youth clubs and support groups. We've included a few of these below.
5. Reassure them that you will be supporting them throughout the process and thank them for speaking with you. Remember, there are many organisations who can support your family through this.

FURTHER LINKS/SUPPORT

The organisations below can provide advice and help you to access local support for your child.

Child Adolescent Mental Health Service (CAMHS)

<https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/child-and-adolescent-mental-health-services-camhs/>

Young Minds' Parents Helpline:

0808 802 5544
www.youngminds.org.uk/

Mind www.mind.org.uk/information-support

NHS www.nhs.uk/conditions/stress-anxiety-depress/talking-to-your-teenager

You can also arrange an appointment with your local GP for you and/or your child

Young people* can access The Diana Award Crisis Messenger by texting DA to 85258 for free, 24/7 support from a trained volunteer.

*UK only

References

1. NHS digital (2017) Mental health of children and young people in England. UK, England. Retrieved from <https://digital.nhs.uk/data-and-information/publications/statistical/mental-health-of-children-and-young-people-in-england/2017/2017>
2. Wolke, D, Lereta ST, Fisher, HL, Lewis, G, Zammit, S. Bullying in elementary school and psychotic experiences at 10 years: a longitudinal, population- based cohort study. Psychol Med. Epub ahead of print 17 December 2013, pp. DOI:10.1017/S0033291713002912- DOI: 10.1017/S0033291713002912.014
3. Lereya, S, T, Winsper, C, Heron, K, Lewis, G, Gunnell D, Fisher, H.L, Wolke (2013). Being Bullied During Childhood and the Prospective Pathways to Self- Harm in Late Adolescence. Journal of American Academy of Child & Adolescent Psychiatry, volume 52, issue 6, pages 608-618.e2. DOI <https://doi.org/10.1016/j.jaac.2013.03.012>



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We're proud to be the only charity set up in memory of Diana, Princess of Wales and her belief that young people have the power to change the world. It's a big mission but there are two things within it that we focus our charity's efforts on – young people and change.

Throughout all of our programmes and initiatives 'change' for and by young people is central, including our anti-bullying work which encourages change in attitudes and behaviours.

We hope you found this resource useful and wish you all the best in your anti-bullying journey. If you would like to help us create more resources and train even more Anti-Bullying Ambassadors you can make a £5 donation by texting CHANGE 5 to 70470 or visit diana-award.org.uk/donate

Give us feedback on this resource:
<https://tinyurl.com/ab-feedback>



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