



Monday 26<sup>th</sup> September 2022 – Friday 30<sup>th</sup> September 2022

## Headteachers' Blog

### SHELF

Towards the back end of last week, I was part of a team camped out at The John Peel Centre, promoting a range of developments that are captured under the title of 'The Stowmarket Vision.' These are key strategic projects that I believe demonstrate an exciting and dynamic future for the town. I am very proud that the SHELF project that we initiated and are a key partner of, is part of that Stowmarket Vision. It sits alongside Gateway 14, the continued championing and support of high-tech business by Innovation Labs, the development of The Food Museum, the expansion of the John Peel Centre and the support for The Stowmarket Culture Group.

There was a palpable energy in the room as the various leaders and instigators of change for Stowmarket explained their plans and ambitions to the press, local councillors and public attendees. This is good news for our entire local community. In regard to SHELF, the sheer scale of the project means nothing is certain yet, but myself and the team leading it are determined and focused on making it a reality.

Some of our key partners have asked us to share this short survey, and website - if you can take the time to complete by the 21<sup>st</sup> October they will be very grateful!

Website: [What's next for Stowmarket? » Babergh Mid Suffolk](#) and the link direct to the survey [What's Next For Stowmarket? \(office.com\)](#)

### Bury Christian Youth

Last week I wrote of the work of the BCY in our school, working with many classes across the school on focussing them on self-reflective activities and work that helped explore the concerns surrounding us all and how we process and manage those worries.

The impact of this work was quite profound, and it was fascinating to see this very different energy and vibe being harnessed in the school. I hope we are able to build on such activities in the future, and my thanks to BYC.

### Sports Clubs

Exercising different muscles, I am delighted to see so many sports clubs and teams up and running. You already receive a sports newsletter, so I won't repeat all the details, but it is great to see so many opportunities offered, and so many students accessing competitive sport.

### Important Information regarding Non-Pupil Days

We have two days this term of essential staff training, one of which has only recently been confirmed due to the training provider being unable to confirm before now. The dates are as follows;

Friday 7<sup>th</sup> October

Wednesday 16<sup>th</sup> November

## **Free School Meals**

As the cost of living becomes evermore challenging, I would encourage families who are struggling to review whether they would qualify for free school meals. For a student at Stowmarket, we offer £2.30 per day, plus a free breakfast. Here is an online link to Suffolk's very helpful website - <https://www.suffolk.gov.uk/children-families-and-learning/schools/school-meals-uniforms-and-trips/apply-for-free-school-meals/>

On October 6 we submit our termly census, and the numbers of those receiving free school meals affects the amount of Pupil Premium funding we attract, so I would encourage everyone to use the helpful website to help determine eligibility before that date.

## **Parent Voice**

On 17<sup>th</sup> October at 5pm I am hosting a parent voice meeting to consider the school's strategic aims, particularly around our intended digital future. Please email our Liaison Officer, Julie Cooper at [j.cooper@stowhigh.com](mailto:j.cooper@stowhigh.com) if you would like to attend.

I hope your autumnal week is a good one.

Mr Lee-Allan

## Data Collection Sheets

Data Collection sheets will soon be coming home with your children. They will be distributed by tutors during registration time, so you might find that your child arrives with a white envelope containing a blue sheet. This is a crucial way for us to update any details which have changed since last year, so could you please look over the sheet and make any changes as necessary, sign and return the sheet to school. If the sheet is correct, please sign at the bottom and return the sheet, as well. Students need to return the sheets to Student Services.

Many thanks for your help with this huge task.

## Lost Property – Bawdsey Trip

Did your child go on the Bawdsey trip in July? We have various items of lost property from this trip in Student Services, including a pillow, clothes, a toothbrush and a set of 2 keys topped with red and yellow plastic, on a white & green key ring.

We also have a few new school blazers available for you to purchase please email: [uniform@stowhigh.com](mailto:uniform@stowhigh.com) to see if we have you size.



Thank you to all of the families who attended our first Pupil Passport afternoons. It was great to welcome you to our school and be able to talk about how we can support your child in lessons. It is important that you and your child attends these meeting so that we can discuss the strategies that can support them best and find out more about their goals and aspirations for their futures.

This term the SEND team are focusing on Dyslexia. We want everyone in our school community to understand, value and support dyslexic students. Dyslexic Thinking is now a recognised skill on LinkedIn, dyslexic minds have helped to create everything from the iPhone to the light bulb. This term we are keen to run some Advice and Slice sessions focussing on how Dyslexic Thinking has helped people in their jobs, if you would like to come in and speak at one of these sessions, please contact Katy Farrow. Some students will begin a new intervention in school called Dyslexia Gold, we will be screening students for access to this new intervention during the next two weeks.

If you would like to contact our SENCo Rachel Orton, her email address is: [R.Orton@stowhigh.com](mailto:R.Orton@stowhigh.com)

Katy Farrow, Assistant Headteacher - SEND

## Bake Sale for MacMillan Cancer Support

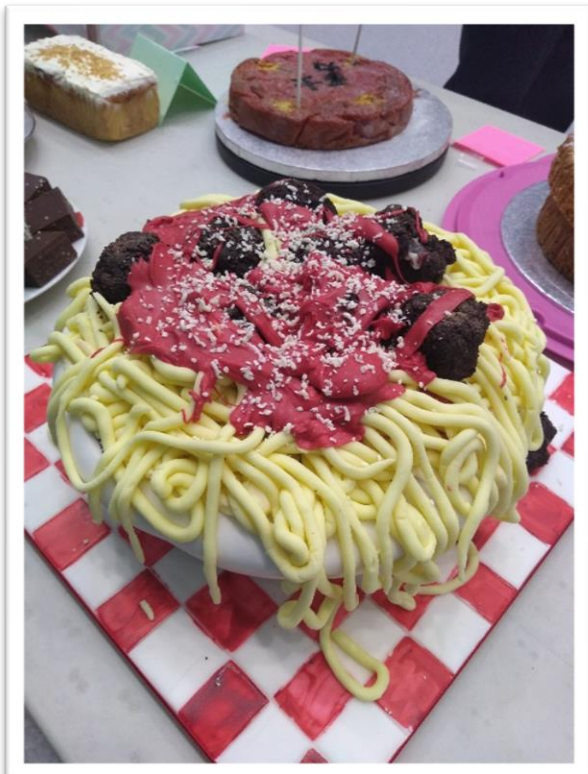
We need you!

On Friday 30<sup>th</sup> September, we will be having a cake sale in school to raise vital funds for MacMillan Cancer Support. As part of that, we would like students to either bring in some cake (either homemade or shop bought) and bring to the Atrium before 9am on 30<sup>th</sup> September.

However, if you would like to enter the Great European Bake-Off competition, please design and bake a cake with a European theme and bring to the Atrium between 8:30 and 9:00 that morning. They will then be sold at the cake sale. All donations must be nut free and don't forget to bring in some coins to buy some cake too!

Thank you and we look forward to seeing your entries!

Pictured below are some of last year's entries



## GCSE Support and Success Evening Thursday 29<sup>th</sup> September 2022

***There is still time to sign up for this event!***

As we all know, this is the biggest year for your children in terms of their education. In a little over eight months, our students will begin sitting their GCSE examinations. Given what is at stake – apprenticeships, college and VI Form places, work offers etc., this year can be challenging for all of us, particularly for the families of our young people. Our **GCSE Support and Success Evening** will help you with this.

During the evening, we will cover the following areas:

- The year ahead – what to expect, pinch points, key dates, key events
- Support and help – the vast number of strategies and extra resources available to support our students
- External educational support available
- Positive mental health and wellbeing – how to keep your children healthy during the year, particularly during the busy and more stressful times

A lot of our former students describe the GCSE processes as being some of the most challenging that they have every faced. Doubtless, a lot of our students will go through ups and downs as we go through the year. As a parent it can be very difficult to know what the best approach to take is when perhaps things are not going well, or to know what warning signs to look out for. **I am delighted to say that the charity MIND will be joining us to discuss mental health and wellbeing, giving you tips and useful strategies that you can use.**

Mrs Dolby and Year 11 Tutors will also be present for the first part of the evening and be available for you to talk to during the refreshments break.

This evening is on **Thursday, 29<sup>th</sup> September 2022, in school starting at 6.00pm and ending by 7.30pm**. Please confirm your attendance by completing this very short attendance sheet [CLICK HERE](#) - **this evening is for parents and carers only**, and not students:

We hope you can attend – the closer we are able to work together, then the stronger the tripod of School, Student and Family. A strong, stable tripod will bring out the very best in our students.





### Dates for your Diary

<b>22<sup>nd</sup> September 2022</b>	Year 11 Next Steps Evening 6.00 pm – 8.00 pm
<b>29<sup>th</sup> September 2022</b>	Year 11 Success and Support Evening 6.00 pm – 7.00 pm
<b>4<sup>th</sup> October 2022</b>	Year 6 Open Evening 5.30 pm – 7.15 pm
<b>5<sup>th</sup> October 2022</b>	Year 6 Open Evening 5.30 pm – 7.15 pm
<b>6<sup>th</sup> October 2022</b>	Year 6 SEND Open Evening 5.30 pm – 7.15 pm
<b>7<sup>th</sup> October 2022</b>	PD Day
<b>20<sup>th</sup> October 2022</b>	Trip – Lion King
<b>24<sup>th</sup> October 2022</b>	Half term

## Fixtures and Clubs this Week

### Monday 26th September:

- Year 7 Netball Trials- 3:10-4:10pm (*G. Whitfield*)
- Year 10/11 Netball @ Sybil Andrews 3:10- 5:30 (*J. Howland*)

### Tuesday 27th September:

- Year 10 Boys football @ Ixworth 3:10- 6:00pm (*D. Wise*)
- Year 9 Boys Football @ TGS - 3:10-6:00pm (*T. West*)

### Thursday 29th September:

- Year 10 Netball vs TCC @ SHS (*J. Howland/ G. Whitfield*)
- Year 11 Netball vs TCC @ SHS (*J. Howland/ G. Whitfield*)
- Year 8/10 football Practice - 3:10-4:10pm (*D. Wise*)



# What Parents & Carers Need to Know about

# INSTAGRAM

AGE RATING

13+

follow

WHAT ARE THE RISKS?

Instagram is one of the most popular social media platforms in the world, with over 1 billion users worldwide. The platform allows users to upload images and videos to their feed, create interactive 'stories', share live videos, exchange private messages or search, explore and follow other accounts they like – whilst at the same time continuously updating and adding new features to meet the needs of its users.

## ADDICTION

Many social media platforms are designed in a way to keep us engaged on them for as long as possible. There's a desire to scroll often/more in case we've missed something important or a fear of missing out. Instagram is no different and young people can easily lose track of time by aimlessly scrolling and watching videos posted by friends, acquaintances, influencers or even strangers.

## PRODUCT TAGGING

Product tags allow users (particularly influencers who are sponsored to advertise products) to tag a product or business in their post. This tag takes viewers, regardless of age, directly to the product detail page on the shop where the item can be purchased and where children may be encouraged by influencers to purchase products they don't necessarily need.

## EXCLUSION AND OSTRACISM

Young people are highly sensitive to ostracism. Feeling excluded can come in many forms such as: not receiving many 'likes', not being tagged, being unfriended, having a photo untagged, or not receiving a comment or reply to a message. Being excluded online hurts just as much as being excluded offline – with children potentially suffering lower moods, lower self-esteem, feeling as if they don't belong or undervalued.

## PUBLIC ACCOUNTS

Product tagging on Instagram only works on public accounts. If your child wants to share their clothing style, make-up etc and tag items in a post then they may be tempted to change their settings to public, which can leave their profile visible to strangers.

## GOING LIVE

Live streaming on Instagram allows users to connect with friends and followers in real-time and comment on videos during broadcast. Risks increase if the account is public because anyone can watch and comment on their videos, including strangers. However, other risks include acting in ways they wouldn't normally or being exposed to inappropriate content or offensive language.

## INFLUENCER CULTURE

Influencers can be paid thousands of pounds to promote a product, service, app and much more on social media – the posts can often be identified because they state they're a 'paid partnership'. Ofcom found that young people often attempt to copy-cat influencer behaviour for their own posts to gain likes, sometimes posting content which may not be age-appropriate.

## UNREALISTIC IDEALS

Children compare themselves to what they see online in terms of how they look, dress, their body shape, or the experiences others are having. The constant scrolling and comparison of unrealistic ideals can lead to children feeling insecure about their own appearance, questioning how exciting their own lives are and having a fear of missing out.

## Advice for Parents & Carers

### HAVE OPEN DIALOGUE

Talk to your child about live videos and the risks involved and how they can do it safely with family and friends. Talk to them about ensuring they have safety settings on so only followers can view them live, and maybe help them prepare what they would say when they do go live.

### REMOVE PAYMENT METHODS

If you're happy for your child to have a card associated with their Instagram account, we suggest adding a PIN which needs to be entered before making a payment. This can be added in the payment settings tab and will also help prevent unauthorised purchases.

### USE MODERATORS

Instagram has launched 'live moderators' on Instagram live where creators can assign a moderator and give them the power to report comments, remove viewers and turn off comments for a viewer. It's recommended to keep devices in common spaces so that you are aware if they do go live or watch live streaming.

### FAMILIARISE YOURSELF

Instagram is one social media app which has its safety features available to parents in a user-friendly manner. The document provides examples of conversation starters, managing privacy, managing comments, blocking and restricting and can be found on the Instagram website > community > parents.

### FOLLOW INFLUENCERS

Following influencers will allow you to monitor what they're sharing as well as being able to discuss anything which you deem inappropriate. Talk to your child about who they follow and help them develop critical thinking skills about what the influencer is trying to do. For example, are they trying to sell a product by promoting it?

### BE VIGILANT AND REASSURE

Talk to your child about the use of filters. While they can be fun to use they don't represent the real them. If you find your child continuously using a filter, ask them why and reassure them that they are beautiful without it to build up their feelings of self-worth. Discuss the fact that many images online are filtered and not everyone looks 'picture perfect' in real life, which can also lend itself to discuss what is real and not real online.

### MANAGE LIKE COUNTS

Due to the impact on mental wellbeing, Instagram has allowed users to change the focus of their experiences online away from how many likes a post has by hiding the like counts. Users can hide like counts on all the posts in their feed as well as hiding the like counts on their own posts. This means others can't see how many likes you get. This can be done by going into settings > notifications > posts > likes > off

### BALANCE YOUR TIME

Instagram now has an in-built activity dashboard that allows users to monitor and control how much time they spend on the app. Users can add a 'daily reminder' to set a limit on how much time they want to spend on Instagram, prompting them to consider if it's been too long with a 'take a break' message. There's also the option to mute notifications for a period of time. These features can help you have a conversation with your child about how much time they are spending on the app and to set healthy time limits.

## Meet Our Expert

Dr Claire Sutherland is an online safety consultant at BCyberAware. She has developed and implemented anti-bullying and cyber safety workshops and policies for schools in Australia and the UK. Claire has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviours of young people in the UK, USA and Australia.



National Online Safety®

#WakeUpWednesday

Sources: <https://about.instagram.com/blog/announcements/introducing-family-center-and-supervision-tools> | [https://about.instagram.com/en\\_US/blog/2019/05/instagram-introduces-a-new-activity-dashboard](https://about.instagram.com/en_US/blog/2019/05/instagram-introduces-a-new-activity-dashboard) | <https://about.instagram.com/blog/announcements/introducing-reels-and-shop-tabs>



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## COVID Guidelines for Student Absence

The school policy follows current government guidelines which states that there are no testing requirements and Covid is to be treated the same as any cold/flu symptoms.

If a student tests positive, there is no set period of time to be off school. They are to return to school as soon as they can. If they have no symptoms or are feeling well enough to attend, they are expected to be in school. They should try and manage any symptoms with paracetamol and attend school as normal.

### Useful Contact Information:

Head of Year 7	Mrs T Goodman	<a href="mailto:t.goodman@stowhigh.com">t.goodman@stowhigh.com</a>
Head of Year 8	Mrs N Goss	<a href="mailto:n.goss@stowhigh.com">n.goss@stowhigh.com</a>
Head of Year 9	Mrs A Hackett	<a href="mailto:a.hackett@stowhigh.com">a.hackett@stowhigh.com</a>
Head of Year 10	Ms Z Rudling	<a href="mailto:z.rudling@stowhigh.com">z.rudling@stowhigh.com</a>
Head of Year 11	Mrs R Dolby	<a href="mailto:r.dolby@stowhigh.com">r.dolby@stowhigh.com</a>
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Attendance/Student Absence		<a href="mailto:j.perry@stowhigh.com">j.perry@stowhigh.com</a>