



### Which Week?

This Week: Monday 13th May (Week 2)

Next Week: Monday 20th May (Week 1)

# Sixth Sense



## Ofsted Monitoring Visit Update

Please find the link to a letter from the Principal updating you of the outcome from the recent monitoring visit inspection during April. [CLICK HERE.](#)


The purpose of Ofsted’s visit was to monitor the school’s progress and to highlight any improvements made since their last visit in January 2023.

The inspectors recognised the improvements that have been made, they commended the “appropriate steps we have made to improve students’ behaviour.” They welcomed the investment made in expanding the senior leadership team and acknowledged that the priorities we have made have put us “on the right path in helping the school to move forward.”

Please refer to the Principal’s letter for full details.

## Here Comes The Sun (and Pollen)

Hello Sunshine!

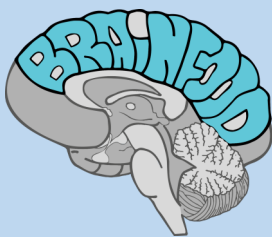


Obviously, we are in England, so please take that title with a degree of trepidation! However, we have seen consistently warm weather as of last week, that looks set to endure for a while.

Please can we remind parents and carers that students are encouraged to remain hydrated and therefore bring a refillable water bottle with them each day to refill at any point before school, or during breaktimes and lunchtimes at the fountains in the dining area and entrance to D Block. Sadly we are not able to provide students with cups.

We also ask that you ensure that students apply an all day suncream before coming to school. Some parts of the site do get warm in the summer due to their location in relation to the sun’s position in the sky. Students are reminded that the jumper is the optional piece of uniform and should be removed first if too warm.

For those impacted by hay fever at this time of year, we encourage you to also take any medication before coming to school, where the pollen count is typically lower in order to take affect whilst you are in school and to enable greatest comfort.



## Morning Brain Food

With Yr13 exams starting in earnest as of Tuesday this week, please can I remind ALL Year 13 students that on the day of your exam (including Year 12 BTECs with exams), you are all able to set yourself up with something to eat and drink for free from the dining area in the morning. Yr11 are afforded the same privilege as they are now congregating in this space in the mornings, but so to are you to collect and take it back to the Common Room to get those ‘little grey cells’ firing on all cylinders!

## Podcast of the Week: High Performance

### Podcast: Arnold Schwarzenegger

[CLICK HERE](#) to go to the webpage for the episode.

I realise I have recommended the High Performance podcast previously and that Schwarzenegger is definitely someone from my own era rather than yours, however I find his energy and will to succeed infectious! **If nothing else, please head to 21 minutes 24secs and listen for 3 minutes for one of his key rules** that he lives his life by (although the episode is excellent).



## National Online Safety: Supporting Young People to Express Themselves Safely Online

The past year has left many children feeling uncertain and worried. So this year’s Children’s Mental Health Week has adopted the theme of ‘express yourself’. It’s not necessarily about being the best – but encouraging young people to relish the joy of being ‘in the moment’ and loving what they do. So whether they’re into music, art, photography, film, drama or dance, here are our top tips for helping your child to express themselves safely online.

In the guide on page 2, you'll find tips on a number of tips such as celebrating their identity, supporting their interests and enabling emotional expression.



# 7 Top Tips for Supporting Children to EXPRESS THEMSELVES SAFELY ONLINE

The past year has left many children feeling uncertain and worried. So Children's Mental Health Week 2021 has adopted the theme of 'express yourself'. It's not necessarily about being the best – but instead encouraging young people to relish the joy of being 'in the moment' and loving what they do. So whether they're into music, art, photography, film, drama or dance, here are our top tips for helping your child to express themselves safely online.

## 1 Celebrate their Identity

Celebrating who children are and reminding them of their uniqueness has a huge impact on their confidence and self-esteem. This week, remind them of what you love about them. You could revisit some photos and videos on your phone or computer of special times you've shared. Chat about the importance of finding time to do what they love: underline that it's an important part of who they are.



## 2 Promote Their Passions

It's different for all of us, but every child has something which ignites their passions and brings them joy. Perhaps they love music and you could introduce them to a music-making app? Or if they enjoy taking photos or making videos, use this week to set a photography or video competition at home, with some fun categories.

## 3 Support Their Interests

Some children seem to know instinctively what interests them and what they enjoy doing; others can be less decisive about hobbies. Spend some time this week sharing their interests and doing something connected to it together. You could make a short Lego film to post on your Instagram, a vlog about baking that you share with relatives, or just play with them on their favourite video game.



## 4 Help Them Help Others

Some children love to express themselves through activities which help others. Perhaps your local area's Facebook group has a community project that your family could get involved with – even as a one-off; it doesn't have to be a long-term commitment. Depending on your child's age, you could introduce them to online fundraising (such as sites like JustGiving, for example) and how it can make a difference to less fortunate people.

## 5 Enable Emotional Expression

Children sometimes need help in articulating how they're feeling and in beginning to understand how to manage their emotions. A safe, healthy way for your child to explore their feelings is to let them conduct an activity – like listening to a story, or creating some art – and discuss with them afterwards how it made them feel. There are lots of stories available on YouTube, while Audible is streaming children's audiobooks free of charge while schools are closed. YouTube also has a plethora of fun art tutorials (if you log in on an adult's account, remember to adjust your settings first to block inappropriate content and stop potentially unsuitable material auto-playing).



## 6 Let Them Stay Connected

The online world is a fantastic space for staying in contact with those who we can't be with right now. Young people are often very comfortable using social media to express themselves and stay connected by sharing their ideas, thoughts and feelings with friends. But bear in mind that most social media platforms require a child to be at least 13 before they should access it (WhatsApp is 16). Remind your child that, while it's OK to express who we are on social media, they should still always think before posting – and that their self-worth is never measured by their number of likes, friends or followers.



## 7 Coach 'Safe Sharing'

As part of expressing themselves, your child may want to share something online that they've created – like a funny video, a sketch, a meme or a dance. If they're too young to have their own social media, you could use your own account to share it with selected people who you trust. Emphasise the importance of only sharing content with people that your child knows well, like family and friends. This type of conversation is also useful for introducing young people to the risks and challenges that can come when expressing ourselves to a wider online audience of strangers.



## Meet Our Expert

Anna Bateman is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department for Education, advising them on their mental health green paper.



## About Children's Mental Health Week

Around three children in every primary school class has a mental health problem. Many more struggle with challenges from bullying to bereavement. Now in its seventh year, Children's Mental Health Week shines a spotlight on the importance of young people's mental health – and it's never seemed more relevant than it does in 2021.

Find out more at [www.childrensmentalhealthweek.org.uk](http://www.childrensmentalhealthweek.org.uk)

