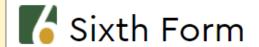


## Which Week?

This Week: Monday 20th May (Week 1)

Next Week: Half Term!

Week After: Monday 3rd June (Week 2)



# Sixth Sense



The academy breaks-up at 3.05pm on Friday 24th May for half term. We wish everyone the very best for a sunny and relaxing one

-week holiday and will welcome everyone back for the final half term of the academic year on Monday 3rd June at 8.30am.

## Mon 3rd June: Year 12 Tuition

For those who opted into receiving free online tuition, your two, one-hour online sessions per requested subject will start on the week beginning Monday 3rd June. Keep an eye on your emails for log-in and password details.

## Walking towards Wellbeing

With all of us looking to attain a sound level of wellbeing, including in particular at present our Year 13 BTEC and A Level students, in addition to

## **National Numeracy Day 2024**

With all of you having spent the majority of your school lives study mathematics, it is fitting that we recognise National Numeracy Day that takes place on Wednesday 22nd May.

Whether we like it or not, we all use and apply knowledge of numbers to solve problems as part of everyday life and within your own studies, regardless of subject.

An example of this can be seen in the following Shakespeare related numerical facts!

- Shakespeare was born in 1564 and he was among the first generation in England to learn the modern Indo-Arabic numeral system (0, 1, 2, 3, 4 etc.) – his father would only have learned Roman numerals.
- 2. Shakespeare loved using numbers for dramatic effect, usually to exaggerate, e.g. "a thousand natural shocks" in Hamlet's famous "To be or not to be" speech (3.1.64-70). The biggest number he uses is in Romeo and Juliet, where the Friar tells Romeo that he will experience "twenty-hundred-thousand times more joy" (that's two million) when he returns from hiding (3.3.152).
- Shakespeare liked to express numbers in twenties, using 'score'. Instead of sixty he
  usually says "three score". Three times he writes "twelve score" instead of 240.
   In Othello, he states the number of hours in a week not as "168", but as "eight score
  eight" (3.4.184).

For any of you who fancy dusting-off your maths skills and having a go at a NMD challenge over the week or during half time. It takes the Earth 365 days to orbit around the Sun once. We call this a 'year' or an 'earth year', and all of us use this to measure our age. The other planets in our solar system take different lengths of time to orbit around the Sun. Why not calculate how old you would be on Jupiter, by clicking on the following link: **CLICK HERE** 

Year 12s with BTEC or Criminology exams, a recent study has concluded that running or walking for just 30 minutes two times a week can have a positive impact on your mental wellbeing, new research has found.

The 18-month study, led by a world-leading researcher in movement and mental health saw nearly 3000 participants walking or running for 30 minutes twice a week while listening to different audio.

With the weather on the change and the evenings being lighter (in addition to having more time during the day in half term), never has it been easier to commit to getting out for that half hour walk that is scientifically shown to support individuals to achieve an increased level fo wellbeing to help balance out the challenges of the world. Please click on the following link for more information: **CLICK HERE** 



# NOS \*

## **National Online Safety: Instagram**

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.

In the guide on page 2, you'll find tips on a number of potential risks such as addiction, unrealistic ideals and the influencer culture.



## What Parents & Carers Need to Know about

## Now WHAT ARE THE RISKS?

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GERATING



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 so 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**

Buy Milk

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 the may be tempted to change their settings to public, which can leave their profile visible to strangers.



### 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.

## Familiarise Yourself

## 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 payn This can be added in the payment settings will also help prevent unauthorised purcha

## FOLLOW INFLUENCERS

## **USE MODERATORS**

## BE VIGILANT AND REASSURE

**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

UNREALISTIC IDEALS

### MANAGE LIKE COUNTS

## BALANCE YOUR TIME

## Meet Our Expert

Dr Claire Sutherland is an online safety consultant at BCyberAware. She had eveloped and implemented anti-bullying and cyber safety workshops at 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.





Sources https://loboutinstagram.com/blog/announcements/hitroducing-family-center, and-supervision-tools [https://aboutinstagram.com/ein-us/blog/announcements/hitroducing-family-center, and-supervision-tools | https://aboutinstagram.com/blog/announcements/hitroducing-feets-and-shop-table

www.nationalonlinesafety.com





