

Message from the Headteacher:

Remembrance Day Event - On Monday 11th November, we will be marking Remembrance Day by planting a thousand British Legion Windmill Poppies at the front of the school. All staff and students will assemble at the front of the school at 11am and will observe a two minute silence in remembrance of those affected by conflicts, both past and present. This two minute silence will be followed by a whole school recital of an extract from the poem 'For the Fallen', which students and staff have been memorising all week. This recital will be led by our newly appointed Head Boy and Girl. Break on this day only will begin slightly later at 11.10am, followed by period three at 11.30am which will be slightly shorter than usual. All staff and students are expected to take part in this event and it will take place even if it is wet, so please ensure students bring appropriate outerwear.

Below is a copy of the extract from the poem 'For the Fallen'.

**They shall grow not old, as we that are left grow old:
Age shall not weary them, nor the years condemn.
At the going down of the sun and in the morning
We will remember them.**

Christmas Fundraising Events - As part of our fundraising efforts for Rainbows Hospice, in memory of one of our students James Hattersley, who passed away last year, the following two events are going to be held:

- **Music Video Competition:** In teams, members of our staff will be making a music video. The idea is that they will pick a song, perform it and then video it! They may wear fancy dress and sing or lip synch. Shortly before we break up for Christmas, we will be asking the students to judge the teams, for a suggested donation of 50p, and the winning video will be uploaded to social media.
- **Santa Dash:** This will be held at Elvaston Castle on 1st December at 10.30am. It is a 2.2 or 4.4 mile route and is open to everyone. You can walk, run, hop, skip or even get pushed in a wheelbarrow – whatever suits you. This is a public event, and all are welcome. We would like to get a Noel Baker team together consisting of staff, students, parents, siblings etc., so if you would like to join us, **please send an email to janebailey@noelbakeracademy.co.uk** so that we know numbers and can contact you to arrange a meeting point etc.

****Please note you will need to register on the site to participate in this event.****

<https://www.rainbows.co.uk/events/derby-santa-fun-run-2019>

Year 7 (Miss Morgan):

Form of the week: 7K who have gone to the top of the leader board for positive points!! 😊

Stars of the fortnight:

7N – Grace Gillings	7O – Oscar Woolley
7E – Joseph Buckingham	7B – Emma Suttling
7K – Angelika Aleksandrowicz	7A – Amy Hancock

Year 7 Positive Points Total: 29,614. Amazing!

Year 8 (Miss Scott):

Form of the week: 8N for an amazing 5,313 positive points. Well done !

Stars of the fortnight:

Muhammed Muntasir and Rhian Shaw who have gained the most positive points. Well done to both of them!

Thoughts for the Weeks Ahead:

11.11.19 'If you want others to be happy, practice compassion. If you want to be happy, practice compassion.'

18.11.19 'Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so we can fear less.'

Year 9 (Mr McDonagh):

Form of the week: Top form of the week for attendance goes to 9B with 95.83% attendance well done on winning the biscuits for the week.

Stars of the fortnight:

Edward Heath 9L
Lewis Lindsay 9L
Isabelle Woolley 9L
Megan Kirkby 9L
Daniel Edwards 9L

You have all shown amazing strength and character in lessons with significant positive reward points for contributing to the schools community. Well done on all of your efforts.

Year 10 (Miss Southern):

Form of the week: 10K for accruing 4,260 positive reward points!!

Stars of the fortnight:

Nicole Sibanda – for having the most positive reward points at the end of last half term. Hot in pursuit for the title this half term is Charlotte Notley! Both girls are doing brilliantly and are an absolute joy to have as part of “Team 10”.

Year 11 (Mr Lumber):

Form of the week: 11N for achieving 97.22% attendance. Well done 11N.

Stars of the fortnight: Harry Ashford for receiving 315 positive points overall. Well done Harry.

Quality of Education:

Staff at Noel-Baker Academy consistently show the desire to improve and be better at what they do, this is why 'Continued professional Development' (CPD) is so important and it's something we take very seriously as a school.

Our CPD program takes place on a Tuesday and all teaching staff participate in order to become better practitioners.

The sessions covered so far include -

- How to introduce and end tasks to ensure all lesson activities are efficient and purposeful.
- How to assess pupils during lessons and through assessments.
- How to introduce new learning material in small steps to help reduce cognitive load.
- How modelling can be used effectively to help students understand key knowledge.

Sessions planned for this upcoming half term include -

- Scaffolding tasks to allow all students to access and understand more difficult concepts.
- How to effectively question students to gauge understanding and challenge their thinking.

Further updates will be provided throughout the year but all students are receiving a better education because our wonderful teachers and staff actively engage in the training provided to make themselves better teachers.

Safeguarding & Antbullying:

'Sadfishing' is described as a behavioural trend where people make exaggerated claims about their emotional problems to generate sympathy and attention. It was a term initially coined to describe celebrity behaviour but has since come to the fore in the media, with genuine concerns raised around the trend.

Every Wednesday, the National Online Safety organisation produce a guide (#WakeUpWednesday Campaign) which focuses on specific platforms/risks which they believe trusted adults need to be aware of. You can find a copy of the guide to sadfishing, amongst a whole range of other guides under 'Resources' on their website – www.nationalonlinesafety.com or via Twitter (#WakeUpWednesday). A pdf of the guide is also attached at the end of this bulletin.

PSHE & Assemblies:

Years 7/8/9/10/11

11/11/19 - Accepting people's differences.

18/11/19 – Staying safe on the streets after dark.

Driving on the School Site:

Occasionally, parents and carers need to drive on the school campus, and sometimes this is at the start or end of the school day when we have hundreds of children making their way along our driveways. Can we please remind anyone visiting the site by car, that they need to take extreme care when driving on site, and to observe the speed limit of 5mph.

Authorised Uniform Supplier:

Uniform Direct are the authorised uniform supplier for Noel-Baker Academy. They are the only company that can provide all the items required including PE kit, correct skirts, blazers and ties. Uniform Direct are also cheaper than unauthorised suppliers. The link for our authorised uniform is <https://www.uniform-direct.com/acatalog/Noel-Baker-Academy-School-Uniform.html>

Future Dates For Your Diary:

11th November – Remembrance Day Event

12th November – Next Steps Evening for Years 10 and 11, which is an exciting chance to meet with post-16 providers and decide on what is the right pathway for each pupil.

12th November – Parents' Forum.

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.



'Sadfishing' is described as a behavioural trend where people make exaggerated claims about their emotional problems to generate sympathy and attention. The term was created at the beginning of the year by a blogger using the term to describe certain celebrities who embellish their emotional difficulties to generate sympathy and gain more followers. The term has now gained traction and is seen as a growing trend on social media. The challenge with sadfishing is that sometimes real problems can become overlooked or young people can even be bullied for having shared their problems online.



What parents need to know about **SADFISHING**



ATTENTION NEEDING

This is sometimes also called attention seeking. The urge to belong is universal. Everyone seeks attention. The feeling of belonging and knowing that others are thinking about you is part of what it is to be human. As the use of social media has grown, the opportunity for attention is enormous but this sometimes comes at a price. Positive interactions (such as someone liking your tweet) trigger the same kind of chemical reaction (dopamine) that is caused by gambling and recreational drugs. This reaction reinforces a behaviour and for minimal effort, a young person is rewarded with dopamine and attention.

SHOWING VULNERABILITY

Being vulnerable and oversharing can sometimes lead young people open to being groomed online, offering predatory social media users an opportunity to gain their trust by offering sympathy. A Digital Awareness UK report includes the case study of a teenage girl who, after posting about her depression online, was approached by a friend of a friend who shared their experiences and later ended up pressuring her to send him explicit pictures.



OVERSHARING

Oversharing is the act of revealing too much personal information. When young people share too much about their feelings or problems they are often desiring very much to connect and belong. In order to gain more attention and likes a young person might be tempted to overshare their feelings beyond a normal face to face conversation. The challenge with this is that the young person is sharing personal thoughts and feelings with people they do not know and the support they gain back is 'unregulated' and might be very unhelpful.

BULLYING AND DISAPPOINTMENT

According to Status of Mind report by Royal Society for Public Health UK, social media platforms are a useful tool to maintain or build on real world relationships, improving mental health and wellbeing. When young people do share their feelings and worries online, they are seeking emotional support from others. However, whilst some friends may comment and like a post to be helpful, other friends may accuse the post of 'sadfishing' and trying to gain attention, ultimately making the situation and feelings about themselves worse.



Safety Tips For Parents

A CULTURE OF OPENNESS

Maintain and commit to having a culture of openness at home where your child can express their feelings without judgement, and you acknowledge their world and current difficulties. Support your child to navigate growing up in a world with social media and their developing sense of self.



ASK MORE THAN ONCE

Being a parent of a teenager means a constant negotiation between keeping them safe and letting them go. If their behaviour has changed or they have a prolonged bout of low mood or stress, let them know you are there for them when they are ready to talk. Sometimes this may mean asking them more than once. This gives them the message that you are there for them and that they are not alone.



POSITIVE ATTENTION

Provide opportunities during the week for time together. Teenagers sometimes prefer side by side conversations like going out for walk, at the dinner table or driving in the car somewhere. Regularly commit time to a family evening together where you can share time and/or an experience together like a home movie and popcorn, a game (even an online game which may be suitable), shopping or cooking.



PROMOTE HEALTHY FACE TO FACE RELATIONSHIPS

Where possible, help your child maintain healthy relationships with friends who are helpful and supportive. This may mean inviting them over regularly, providing transport to and from activities with the group of friends, or helping your child organise activities. Spend time helping to encourage healthy, supportive face to face relationships.



TALK ABOUT THE IMPORTANCE OF BOUNDARIES

Discuss the consequences of oversharing, particularly on social media. Maintaining a healthy privacy outlook is important when we are perhaps sharing our feelings with people who are not known to us. But as friendship and trust develop, it is healthy to share more information and talk more openly.



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 of Education, advising them on their mental health green paper.



SOURCES: <https://www.digitalawarenessuk.com/>, <https://www.rspk.org.uk/our-work/campaigns/status-of-mind.html>

www.nationalonlinesafety.com Twitter - @natonlinesafety Facebook - /NationalOnlineSafety

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