

Toynbee School

a specialist humanities school

Headteacher Weekly Newsletter

Week 21

Dear Parents/Carers

Protocol for accepting students back into school whilst on crutches

Prior to a student returning to school the parent/carer will be required to contact the Welfare Officer to enable the following to be discussed/explained:

1. Movement between lessons
2. Leaving lessons early
3. Medication – authorisation form to be signed if necessary
4. Arrival at/collecting from school arrangements to be discussed.
5. Any emergency contact details to be checked
6. Follow up appointments noted

In terms of health and safety issues, within Science, PE and Technology, each department with the Guidance Manager will make an individual decision as to whether a student on crutches can join in with the practical activities. A risk assessment detailing the health & safety issues for all students on crutches is available and parents/carers will be made aware of the details.

With regard to footwear, all students returning to school on crutches should wear their usual footwear. If this is not possible, suitable protective footwear should be worn.

Visitors

Please can I ask as a matter of importance and safeguarding to both pupil and staff, **that any personnel entering the school grounds should report in the first instance to Reception to both sign in and sign out whilst on/vacating the premises.**

Canteen Balance

As a gentle reminder, our Catering Provider, 'Catering Academy' is no longer able to allow pupils to go into an overdraft balance. Please could we remind all parents that children are able to top up their canteen balances by using the machines in the canteen and in the main block hall way as well as online via SCOPAY. If you are topping up via SCOPAY please note that it can take several hours for the balance to be updated. The link is on the front page of the school website.

CORONAVIRUS – UPDATED ADVICE

Advice to those who have travelled recently

Public Health England has changed the advice for individuals who have travelled recently as follows:

Travellers from Wuhan and Hubei Province

If you have travelled from Wuhan or Hubei Province to the UK in the last 14 days you should immediately:

- › stay indoors and avoid contact with other people as you would with the flu
- › call NHS 111 to inform them of your recent travel to the area

Please follow this advice even if you do not have symptoms of the virus.

Travellers from other parts of China and other specified areas

This advice applies to travellers who have returned to the UK from the following areas:

- › Elsewhere in China
- › Thailand
- › Japan
- › Republic of Korea
- › Hong Kong
- › Taiwan
- › Singapore
- › Malaysia
- › Macau

If you have returned to the UK from any of these areas in the last 14 days and develop symptoms of cough or fever or shortness of breath, you should immediately:

- › stay indoors and avoid contact with other people as you would with the flu
- › call NHS 111 to inform them of your recent travel to the country

Encouraging good hygiene

As always, if you have symptoms of a cold or flu, then there are measures you can take to stop germs:

- › always carry tissues with you and use them to catch your cough or sneeze. Then bin the tissue, and wash your hands, or use a sanitiser gel.
- › wash your hands often with soap and water, especially after using public transport. Use a sanitiser gel if soap and water are not available.
- › avoid touching your eyes, nose and mouth with unwashed hands.
- › avoid close contact with people who are unwell.

Latest information

Updates on Coronavirus:

- › <https://www.gov.uk/coronavirus>

Travel advice for those travelling and living overseas:

- › <https://www.gov.uk/guidance/travel-advice-novel-coronavirus>

Public Health England blog:

- › <https://publichealthmatters.blog.gov.uk/2020/01/23/wuhan-novel-coronavirus-what-you-need-to-know/>

How to Prevent Germs like the Coronavirus from Spreading

1. If you have travelled from Wuhan or Hubei Province to the UK in the last 14 days you should immediately:
 - stay indoors and avoid contact with other people as you would with the flu, whether you have symptoms or not
 - call NHS 111 to inform them of your recent travel to the area
2. If you have returned to the UK from any of the other specified areas ([see the Government's advice for travellers](#)) in the last 14 days and develop symptoms of cough or fever or shortness of breath, you should immediately:
 - stay indoors and avoid contact with other people as you would with the flu
 - call NHS 111 to inform them of your recent travel to the country
3. If you believe you have had **close contact** with a **confirmed** case of Coronavirus, and haven't been contacted by Public Health England, you should contact NHS 111 for further advice.
4. Otherwise, if you have not been contacted by Public Health England in relation to a known case of Coronavirus, you do not need to take any action at this time. This means that everyone else should continue to go about their daily routine, e.g. going to work or school as they would normally.

HOW TO AVOID CATCHING AND SPREADING GERMS

There are things you can do to help stop germs like Coronavirus from spreading:

CATCH IT

Germs spread easily. Always carry tissues and use them to catch your cough or sneeze.



BIN IT

Germs can live for several hours on tissues. Dispose of your tissue as soon as possible.



KILL IT

Hands can transfer germs to every surface you touch. Clean your hands as soon as you can.



Children's Mental Health Week and Safer Internet Week

To coincide with **Children's Mental Health Week** and **Safer Internet Week**, all year groups have recently received age appropriate assemblies on these themes from the Guidance Team.

The theme for Mental Health Week was 'Find your Brave'. Pupils were asked to reflect on the fact that life often throws challenges our way and that 'Bravery' isn't about coping alone or holding things in. Rather it is about finding positive ways to deal with things that might be difficult, overcoming physical and mental challenges and looking after yourself. The website also has a page on '**Mental Health**' under the **Parents** tab

The theme for '**Safer Internet Week**' focused on 'together for a better internet'. The aim of the assemblies was to promote the safe, responsible and positive use of technology by young people. An Online Safety Poster for Parents is included with the Newsletter. Please contact your child's Guidance Manager if you have any further questions or queries on any of these topics and/or refer to the school website for help and information. Look up **Parents>esafety Updates or Online Safety**.



DEAR PARENTS AND CARERS,

3-9 FEBRUARY 2020 IS CHILDREN'S MENTAL HEALTH WEEK

The week is run by children's mental health charity **Place2Be** to focus on the importance of children and young people's mental health. This year's theme is **FIND YOUR BRAVE**.

WHAT'S IT ALL ABOUT?

Bravery comes in all shapes and sizes and is different for everyone. Bravery can be about sharing worries and asking for help, trying something new or pushing yourself outside your comfort zone. **FINDING YOUR BRAVE** can build your confidence, self-esteem and make you feel good about yourself.

Life often throws challenges our way. Bravery isn't about coping alone or holding things in. It's about finding positive ways to deal with things that might be difficult, overcoming physical and mental challenges and looking after yourself.

We all have times when we need to **FIND OUR BRAVE**.

WHAT CAN YOU DO?

Here are a few simple ways you can encourage your child to **FIND THEIR BRAVE**.

- 1. Remind your child that bravery comes in many forms and everyone is different.** What's brave for them might not feel brave to someone else.
- 2. Chat with your child about a time when you've had to FIND YOUR BRAVE.** It might have been something big or small.
- 3. Praise your child when they FIND THEIR BRAVE.** Maybe they've kept going at learning a new skill or tried something outside of their comfort zone which boosted their confidence.
- 4. Point out examples of bravery in books and films** to your child and talk about how trying out different ways of being brave will help them feel good.
- 5. Reassure your child that not feeling brave is OK too** and that there are times when it might be more difficult to be brave.

At children's mental health charity **Place2Be** we want all children to think about how they look after their minds.

Let your child know that if they are not sure about something, they should talk to an adult they trust. It could be you, someone in your family, a teacher or someone else in their school.

If you're worried about your child's mental health you can talk to your GP or someone at your child's school.

You can also find a list of organisations that provide support and advice on our website www.place2be.org.uk/contacts

Social media influencers are people who have established credibility in a specific industry and have the power to influence other people's decisions. Most commonly associated with YouTube and Instagram, 'influencers' will usually have a large number of followers and be viewed as authentic by their audience. It is for this reason that many influencers are often paid by big companies to promote their products in the hope of persuading their followers to purchase those goods.



What parents need to know about SOCIAL PRESSURES LINKED TO 'INFLUENCERS'



AN UNREALISTIC PERCEPTION OF BODY IMAGE

Some of the most popular social media influencers often depict themselves as having the 'perfect body' and are paid to promote items such as health supplements or skincare, which young people believe can help them achieve the same look. What is not always realised is that these images can be edited or filtered and aren't always a true-life representation. Your child may feel like this is what they need to look like and in some cases, become obsessed with their body image, which could contribute towards a lower self-esteem or even becoming depressed if they can't achieve the same look.



BECOMING UNREALISTIC ROLE MODELS

As children become more and more involved on social media and identify who their favourite people are to follow, they may come to see social media influencers as role models, particularly if they are attracted by the lifestyle they see online. This could lead them into developing potentially unrealistic expectations of life and in some cases, using their role models as an escape from reality, particularly if they feel like they're own life isn't very fulfilling.



ENCOURAGING BAD HABITS

Although many social media influencers will get paid to advertise brands and their products, they will also post their own material online too, usually depicting their daily life or an activity for example. This may have both desirable and undesirable consequences, with influencers able to inspire both good habits, such as healthy eating, exercise or kindness. However it may also encourage children to adopt bad habits, such as drinking, smoking, swearing or even criminal behaviour, particularly if these are seen to be endorsed by the influencer.



THE NEED TO HAVE EVERYTHING

Many social media influencers will take photos or videos of themselves wearing the latest fashion or jewellery which companies want them to promote. They may also be provided with the latest gadgets to promote as, if they are children, toys to play with in order to persuade their followers to purchase them. Many children will be keen to buy these items in order to keep up with the latest trends however if they get left behind, they could be made to feel inadequate or inferior by other children who do have them.



AUTHENTICITY OF ENDORSEMENTS

Social media influencers hold a lot of persuasion with their audience and are often looked up to by younger followers. Many children will see them as credible, authentic and trust what they see online. However, some influencers may not always believe in the product they are promoting and therefore can mislead their followers, abusing their level of confidence in them. Your child may therefore find themselves looking up to people who are disingenuous or who feign interest in activities that they themselves do not actually care about.



Safety Tips For Parents



FOLLOW WHO THEY FOLLOW

A good way to see first-hand who may be influencing your child is to create your own social media account and follow the same people they do. This will give you a strong indication of what is shaping how your child behaves, what they like and what they are taking an interest in.



TALK ABOUT ROLE MODELS

Role models can play an important part of your child's life, particularly outside of the home. Talk to your child about who they look up to and why. Remind them that not everybody online is who they seem to be and if you do have concerns that your child is being negatively influenced, work with them in finding more positive alternatives.

BUILD THEIR SELF-ESTEEM

It's important that your child is aware of how unrealistic perceptions of life can be depicted on social media and that it is easy to be deceived. Discuss with your child how images can be heavily edited, cropped or manipulated to create artificial scenarios and that often the lifestyle that people display on social media isn't always realistic or in fact the truth.



DISCUSS REALISTIC VS UNREALISTIC EXPECTATIONS

If you notice your child has suddenly taken a strong interest in the way they look, or you find they are a lot more body conscious, then it's a good idea to speak to them about why they feel that way. If they seem unhappy, try to build their self-esteem by talking to them and listening to their concerns, helping to boost their confidence through praise and positivity. Remind them that looks aren't everything and not everything they see online is actually a true depiction of real life.



ENCOURAGE INDEPENDENT THINKING

Social media influencers can be quite powerful individuals who hold a lot of persuasive power so it's important to encourage your child to think independently about everything they see and engage with online. Talk to them about the dangers of blindly following others and in keeping an open mind when viewing content. Teach them to always question people's motives online, especially when they see individuals are promoting a brand or product which they are likely to have been paid to advertise but may not necessarily personally endorse.



Meet our expert

Pete Badh is a writer with over 10+ years in research and analysis. Working within a specialist area for West Yorkshire Police, Pete has contributed work which has been pivotal in successfully winning high profile cases in court as well as writing as a subject matter expert for industry handbooks.





The whole concept of social media relies upon users having friends and/or followers. 'Friends' tend to be those with whom users will share their own personal profile. It's usually a mutual relationship with both parties able to engage and interact with everything their friends post online. 'Followers' on the other hand can typically be just one-way relationships and, dependent on the platform, only provide access to certain aspects of an individual's profile, such as a person's content feed. A common trait that often exists between the two however is the desire to gather as many friends or followers as possible.

25K



Friend Requests

What parents need to know about SOCIAL PRESSURES LINKED TO 'FRIENDS & FOLLOWERS'



POSSIBLE 'FRIEND ENVY'

Children may compare the number of friends or followers that they have with their own online friends and people they know. In some cases, this could lead to 'friend envy', particularly if they see this as a sign of popularity. This could lead to your child showing signs of jealousy and resorting to sending friend requests to people they don't know that well, or even strangers, in a desperate bid to increase their own status online.



OPEN DOOR POLICY

Another way that children can increase their following is by leaving their accounts open so that they can be easily found, and anybody can view their posts. This is in the hope that other users will like their posts and decide to follow them, therefore increasing their numbers. Once again, this can leave your child vulnerable to being followed by strangers or people who have dishonest intentions.



Friends

- Aarav P.
- Suzey S.
- Jayden S.
- Frankie T.
- Gran F.

COLLECTING 'FAKE' FRIENDS

Children who feel under pressure to increase their friend count or want to increase their following as quickly as possible can be vulnerable to collecting 'fake' friends. They may, for example, accept friend requests from people they don't know very well or from complete strangers, inadvertently leaving themselves open to online bullies, trolls or even the possibility of being groomed.



CONSTANT NEED TO PLEASE

As children start to gain more friends or an increasing number of followers, they might start to feel an added level of pressure to provide them with more interesting and likeable content. Almost as if they now have an audience waiting, this constant need to please may be an extra burden that pushes your child into oversharing personal information or posting material that is inappropriate or offensive, inaccurately portraying what they're actually like in the offline world.



FEELINGS OF REJECTION

Just like increasing friends and followers can bring a sense of happiness and satisfaction, so the loss of friends and followers can cause children to suffer feelings of sadness and rejection. Depending on how invested your child is in their social media activities, this could influence their attitude and behaviour offline and potentially have a negative impact on their mental health and wellbeing.

Safety Tips For Parents

BE THEIR FRIEND OR FOLLOWER

The best way to know who your child is friends with online or who follows them is to be their friend or follower yourself. This will allow you to see who your child is engaging with most online or open up discussions about how they know or take people they've added to their network who you haven't heard them speak about before or you yourself don't know.

TURN ON PRIVACY CONTROLS

All social media platforms have their own privacy controls which can be used to help protect children online. For instance, removing the ability for strangers to comment on public posts or having a screening process for friend or follow requests is good practice which can help to ensure your child's experience online is a safer one.

TALK ABOUT STRANGERS

If privacy measures have been put in place, then usually your child will receive a notification if somebody tries to befriend them online. Talk to your child about making sure they don't open up their personal life to people they don't know and that if they are ever in any doubt, they should never accept a friend request from a stranger.

BEHAVE ONLINE AS THEY WOULD OFFLINE

Your child's behaviour online should always be treated as an extension of their behaviour offline. Discuss with your child the pitfalls of trying to be somebody they're not and that trying to please everybody will only make them unhappy. Tell them that they should be proud of who they are and that they should always behave in an appropriate and responsible way when posting content online.



TALK TO THEM ABOUT THE VALUE OF REAL FRIENDSHIP

Social media can often distort what true relationships and friendships should actually be like. It's important to teach your child the value of true friendships and that meeting and speaking to people face to face in the real world, offline, is often a better way to build a more trusting and confident relationship with someone rather than just speaking to them online.



DISCUSS WHAT BEING POPULAR ACTUALLY IS

A higher number of followers can be a measure of popularity but can also lack substance beyond just the number itself. Discuss with your child that popularity can come and go and that a large number of followers doesn't necessarily mean a large number of friends, particularly online where the real value in a relationship cannot be accurately determined.



Meet our expert

Pete Bath is a writer with over 10+ years in research and analysis. Working within a specialist area for West Yorkshire Police, Pete has contributed work which has been pivotal in successfully winning high profile cases in court as well as writing as a subject matter expert for industry handbooks.



Social media has its benefits for connecting with friends, sharing experiences and widening their understanding of broader issues beyond their local community. The challenge with connecting and sharing experiences via social media is that these shared experiences are often via images. Wanting to fit in and caring about their physical appearance is a perfectly normal part of adolescence. However, with the easy access of image changing software and filters, this physical appearance is often not the reality, further increasing the pressure for young people to gain or portray unreal perceptions.

What parents need to know about SOCIAL PRESSURES LINKED TO 'APPEARANCE'

ONLINE APPEARANCE AND MENTAL HEALTH

The opportunity to change physical appearance through social media apps is creating a high level of perfection for children to portray themselves. This can lead to anxiety, depression and poor self-image and an overall sense of never feeling good enough. Having poor self-image can affect the way that your child interacts with others and how they see themselves.

AIRBRUSHING

Before the retouching done to an image that changes the reality of the photo. It may include removing people, objects, altering body shapes or creating alterations like skin or hair. The digital technology to create airbrushing is now widely and easily available for desktop computers and social media apps. It is sometimes known as 'Photoshop'.



FILTERS

Filters applied to manipulate a photograph are another way of creating a distortion of what is real. Software within social media apps recognises your face and skin to look more aesthetically pleasing. As however, and like as these filters may seem, they are sending a message that we are more attractive when our features are modified.



APPS WHICH CHANGE APPEARANCE

There are a few downloadable apps or options within social media apps which create a fun and easy way to alter your appearance. They are designed to be fun and can become addictive. However, once in a while, it is very difficult to resist back to an unaltered version of themselves.



MULTIPLE PHOTOS FOR THE PERFECT IMAGE

Taking multiple photos to capture the perfect image to post onto social media is another way of creating reality. Creating an image which requires approval from peers through multiple comments and likes contributes the desire for a perfect picture and the pressure to continue to achieve the perfect image.



Safety Tips For Parents

QUESTIONS TO CONSIDER BEFORE TALKING TO YOUR CHILD

- Do most of their social media photos have a filter/image changing app on them?
- Do they often talk about wanting to gain comments and 'likes'?
- How often do they talk about their physical image in a negative way?
- Are they occasionally anxious about their physical appearance, to the point it impacts on their every day life?

If you have answered yes to most of these questions, then it would be a good idea to have a discussion about their use of image altering apps.

DON'T GO COLD TURKEY

Talk with your child about taking one unaltered image of themselves and sharing it with family and then posting on social media. Perhaps ask other members of the family to send or post on social media unaltered pictures of their selves.



BE COMPLIMENTARY

Whilst beginning body image starts with the child's image of themselves, complimenting them daily on their personality and qualities will provide external, positive encouragement about themselves, away from just their physical appearance.



DAILY APPRECIATION

When we have the sense that we are not good enough, we can feel like we are always falling short. You and your child together might want to create a gratitude journal, hand with just three or four things you write down things that you are grateful for or appreciate. This could range from the weather to a kind word or to a piece of work that went well.

CHANGE THE STORY

We all have a narrative or a story we've created about ourselves that shapes our core self image. Sometimes automatic negative thoughts like 'you're fat' or 'you're ugly' can be repeated in your mind so often that you start to believe they are true. These thoughts are learned, which means they can be unlearned. You can start with helping your child frame the story into a more positive assertion or story. This will lead to complimenting and daily appreciation.



WHEN TO GET HELP

If your child becomes overly dependent, withdrawn or there is a change in behavior over a prolonged period of time, they may need some professional support to help them. <http://www.banbulimicheck.org.uk> is good organisation as a source of support if your child wants to reach out for support themselves.



Meet our expert

Renee 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.



Dates for your Diary:

16 – 21 February – Year 11 Berlin Trip

17 - 21 February – HALF TERM

2 - March - Year 8 Curriculum Evening (18.30 in the Sports Hall)

2 – 6 March - GCSE Music Recording Week

3 - March – Year 9 Immunisation Boost

3 & 4 March – Year 10 G & T Visit to Southampton University

5 March – World Book Day. Dress up as character from a book. Bring in £1

9 March – Year 11 Awards Evening (19:00 – 20:00)

12 March – GCSE Music Showcase Evening (19:00)

13 – 17 March – Year 9/10 French Trip

19 March – Year 8 Parents Evening (16:00)

25 March – Year 10 Maths Test at Barton Peveril

25 – 27 March – Year 7 G & T Residential on Isle of Wight

Have a great half-term.

Regards

Mr Matthew Longden
Headteacher

