



**NEWSLETTER • SUMMER TERM
ISSUE 32 • 11TH JUNE 2021**

Dates For Your Diary

Monday 14 th June 2021	STEM Enrichment Day
Monday 21 st June 2021	Year 7 Exams Commence
Monday 28 th June 2021	Year 8 Exams Commence

End of Year Exams

As part of our assessment process at Paxman Academy, we assess students in each subject, every half term. In addition to this, we have end of year exams in the final term.

Some of these exams will take place in lessons, especially where the exam is a practical performance or practical activity. For academic subjects, these exams take place in a formal exam hall setting, providing useful practice to ensure that students have had plenty of experience to get used to the routines of an examination prior to the end of Key Stage 4.

For those students who receive access arrangements, these will also be put in place.

Each examination will be 45 minutes long and will assess students on their recent learning, but also on topics and knowledge from earlier in the year. An overview of the content of the papers, and what students will need to revise, can be found on our website – [click here](#) for Year 7 and [click here](#) for Year 8.

Students will receive additional guidance on the content of the exams and how to prepare for these from their subject teachers in the lessons leading up to the exams.

Below is a copy of the forthcoming Year 7 and Year 8 exam schedule for your reference.

YEAR 7	Monday 21.6.21	Tuesday 22.6.21	Wednesday 23.6.21	Thursday 24.6.21
Period 1	GEOGRAPHY	SCIENCE	NO EXAM	HISTORY
Period 3	ENGLISH	SPANISH	RE	MATHS

YEAR 8	Monday 28.6.21	Tuesday 29.6.21	Wednesday 30.6.21	Thursday 1.7.21
Period 1	ENGLISH	RE	SPANISH	SCIENCE
Period 3	HISTORY	MATHS	GEOGRAPHY	NO EXAM

Enrichment Day

We are very excited to announce that we will have our third Enrichment day on Monday 14th June.

Year 7 students will be working towards a science award during the day and will participate in a range of team and independent tasks. (Please note, Year 7 students should come to school in their PE kit as per normal.)

Meanwhile, Year 8 will enjoy a range of workshops based around the themes of Risk, LGBTQ+ and Wellbeing. Parents and Carers, please do ask your child questions about the day; I am sure the activities will spark conversations.

Any queries please do not hesitate to get in touch.

Ms Newman

Water in School

We are seeing an increased number of visits to the Medical Room, with students suffering from headaches/nausea.

As the weather gets warmer, please ensure your child is sent in with plenty of water to drink throughout the day to avoid dehydration.

Due to Covid-19, it is difficult for students to refill their water bottles while at school, however, students can purchase water from the Food Plant at break and lunchtime if needed.

Miss Smith

Pain Relief Medication

If your child requires pain relief (paracetamol or ibuprofen) on a regular basis in school (eg, for period pains or a sporting injury), please provide a small supply that can be stored safely in school.

Parents/carers should deliver pain relief to the Main Office with a completed Medication Consent Form. Medication Consent Forms are available to download from our website [here](#), or you may request a copy from the Main Office.

If your child struggles to take tablets, please provide liquid pain relief such as Calpol.

Miss Smith

PE Kit Expectations

From Monday 14th June, all students are expected to wear the following PE kit on their timetabled PE days:

- Paxman Academy Short Sleeve T-shirt
- Paxman Academy Long Sleeve Sports Sweatshirt (optional)
- Paxman Academy Unisex Shorts
- Paxman Academy Long Sports Socks (no other socks are accepted)
- Appropriate sports footwear suitable for the activity (not fashion trainers)
- Blazer

Please note, jogging bottoms will no longer be permitted for the remainder of the Summer Term.

The PE Department is reviewing PE attire for the next academic year and we will write to all parents/carers prior to the summer holidays.

Mr Samjawn

Jack Petchey Awards

We are delighted to have been accepted as a Jack Petchey Gold School. The Jack Petchey Awards program seeks to recognise outstanding achievements of young people, often outside of the classroom. It might be that the student has overcome adversity, supported their community or has helped others and generally gone above and beyond.



We would encourage our students and parents to nominate anyone who they think deserves to win an award and will write to you shortly outlining how to do this. Winners receive a certificate, a pin badge, an invite to an annual awards ceremony held in Colchester and £250 for their school, to spend on a subject area of their choice for enrichment or resources to benefit themselves and others.

Mr Mussett

Extra-Curricular Clubs & Activities

CLUBS & ACTIVITIES	LUNCHTIME 1.25 - 2.00PM	AFTER SCHOOL 3.00 - 4.00PM
MONDAY	Year 7 Guitar - Music Room Year 8 Art - Room 010	Year 7 / 8 Indoor Cricket* - Sports Hall Year 7 & 8 Girls Netball - Courts Year 8 Makerspace - Room 015 Year 7 & 8 Homework - Room 012
TUESDAY	Year 7 Badminton - Sports Hall  Year 7 Musical Theatre - Music Room	 Year 7 & 8 Girls Football - Field Year 8 Basketball - Sports Hall Year 8 History - Room 106 Year 8 Makerspace - Room 015 Year 7 & 8 Homework - Room 012
WEDNESDAY	Year 7 Art - Room 010 Year 7 Drama - Drama Studio Year 7 / 8 Computer Club* - Room 012	Year 7 Sign Language - Drama Studio Year 7 & 8 Athletics/Fitness - Field Year 7 & 8 Homework - Room 012
THURSDAY	Year 8 Netball - Sports Hall	Year 8 Drama - Drama Studio Year 7 & 8 Homework - Room 012
FRIDAY	 Year 7 Board Games - Room 106 Year 7 Voice Squad - Music Room Year 8 Badminton - Sports Hall Year 8 Dance - Drama Studio	Year 7 Creative Writing - Room 103 Year 7 & 8 Homework - Room 012 

* Alternative weeks for each year group

- ACL Family Learning is offering a variety of free interactive courses and events that are open to all parents, carers and grandparents across the county. Please visit their website [here](#) for further information.
- Should you have any concerns regarding your child's mental health or emotional wellbeing, the follow service is available to all parents and carers: PHEW (Parental Help with Emotional Wellbeing), accessed via the Essex Family & Wellbeing Hub on 0300 2470015.



TO ALL PARENTS / CARERS

CHILD FIRST IS DELIGHTED TO INVITE YOU TO ITS VERY OWN

ONLINE COFFEE MORNING AND DROP-IN

These drop-ins have been set up to support parents and carers from your child's school and will take place on the **first Tuesday** of every month from 10-11am starting on the **6th July 2021**

Please come and join Jackie (our Family Support Worker) for an informal chat (at any time between 10-11am) to discuss any parenting issues you may have. No problem is too big or small for us to talk through and this could also lead to more tailored 1:1 support for you and your family.

Register in advance for the drop-in by clicking on the link below...

<https://us02web.zoom.us/meeting/register/tZAvceGqrj8uEtRuEznfaQlmlLNt2jkRDv1D>

Meeting ID: 842 6820 4480

A message from Jackie...

HI, I'M JACKIE AND AM ONE OF THE FAMILY SUPPORT WORKERS WITH CHILD FIRST TRUST.

I AM A MUM OF THREE GROWN-UP CHILDREN AND REALLY WANT TO HELP OTHER PARENTS / CARERS.

I REMEMBER FEELING LONELY AND ISOLATED AT TIMES AS A PARENT AND WASN'T ALWAYS SURE WHO TO TURN TO FOR ADVICE.

FOR THE LAST FEW YEARS, I'VE BEEN PART OF THE FAMILY SUPPORT TEAM AT CHILD FIRST TRUST AND THE PURPOSE OF MY ROLE IS TO HELP YOU AS PARENTS / CARERS, SO PLEASE FEEL FREE TO JOIN ME EACH MONTH FOR A COFFEE AND CATCH UP.

Online Safety

Thank you to Mr Nash who has been reminding students during assemblies of the importance of keeping good habits when online. Please continue to discuss your child's internet habits with them to help keep them safe.

Mr Mussett



A PARENT'S GUIDE TO:

Navigating secondary school

Online safety tips to support children

internet matters.org

InternetMatters
internetmatters
@im_org

What are kids doing?

Nearly half of teens spend over 3 hours a day online. This time is spent chatting to friends, watching music or prank videos, playing multi-player games and creating their own content online.

Beyond the schools gates there is added pressure to stay connected to continue conversations with friends and present the best version of themselves to fit in or gain popularity.

Although research shows that this is the age where parental guidance decreases, for teens it is the time when they most need it as research also shows that teens are much more likely to face risky situations online at 15 than they are at 14.

**Source: Suffolk Cybersurvey 2017*

Online activities

- **Checking-in with friends** and the world on a range of social apps - **Snapchat** being the number one destination followed by **Instagram**
- Watching TV online through **YouTube**
- Building their **digital footprint** by sharing details about their day to day life with friends and family or people they've met online
- **Gaming online** with friends regularly
- Doing homework through **video chats** with friends
- Taking part in **online challenges** with friends
- **Developing online relationships** some of which are purely digital
- **Raising awareness** of a cause they are passionate about to affect positive change
- **Joining online forums** to meet others with the same interests.



What risks do they face?

With an increase in interactions and time spent online research shows that there is a relationship between this and their emotional wellbeing. Heavy online users are more likely to feel depressed and can find it harder to concentrate than those who spend less time online.

FOMO (Fear of missing out) and endless images of perfect selfies can also have a negative impact on young people's wellbeing and self-esteem. Peer pressure to maintain online relationships and stay connected can be difficult to juggle alongside school work and extra-curricular activities

Cyberbullying

As friendships break down on the playground, children may take to social media to express their frustration with each other. In some cases, misunderstandings on social media can also spark issues in real life.

Research shows that cyberbullying is most likely to peak at the age of 14 when children are trying to manage their friendships online and something goes wrong.

What can you do to help?

- Discuss the **difference between banter and bullying** online so they can recognise when insults between friends can escalate
- If they are experiencing cyberbullying **stay calm and work together** with your child (and the school where appropriate) to find the best way to deal with it so they feel in control of the situation
- Be aware of what the **school policy** is just in case you need support
- Make sure they **know how to block or report people** on social media

Support from schools

All schools should have a policy that guides their response to incidents. They may have mentors who can help or carry out 'Anti-bullying programmes' to raise awareness

Sexting

Although there is a lot of talk among teens of sending 'nudes' research shows that despite an increase in reporting, there's been little shift in the number of young people doing it.

With some teens that send nudes as a way to explore their sexuality in a relationship, there is a sense that 'it's worth the risk'.

When sexting goes wrong girls often experience victim-shaming as blame is put onto the person who took the image rather than those who spread it.



70% of teens said that pressure was one of the reasons why people sent nudes

Source: Young People and Sexting - Attitudes and Behaviours, December 2017

What can you do to help?

- Discuss what a **healthy sexual relationship** looks like to them
- **Focus on 'what if' situations** to explore how they would deal with such a situation and whether it would be something that they'd consider doing
- Use real life examples that they can relate to in order to **explain the risks**
- If they can't talk to you, **direct them to trusted support** like Childline to talk to trained counsellors
- **Review their privacy settings** on social media so they only share with people they know

Support from schools

PSHE and Sex and Relationship Education (SRE) lessons help children explore and discuss subjects such as relationships, respect, consent, risk taking, exchange of sexual messages and images between peers and bullying. The government has recently announced their intention to make much of this compulsory from 2020.

Sexting guidance helps schools to determine how they should deal with incidents and when external agencies should be involved. In cases where the image is shared as a joke or without intended malice then the school may deal with it themselves however if there was intended malice and it was shared without consent then the police or social care may be involved.

Screen time

Socialising, watching music videos or gaming make up the bulk of what they do. Mindless scrolling on social media, a decline in concentration, distraction from school work and a potential cause for conflict are some of the negative aspects of screen time that parents report.

On a positive note, screen time can help teens develop skills for future jobs, take away physical barriers to connect with others and improve educational outcomes.

What can you do to help?

- The challenge is to **help teens to focus on things that will minimise risk** and maximise the opportunities the online world can bring
- Discuss how screen-time is **affecting their overall wellbeing**
- **Help them to prioritise** how they use their screen time to make sure they are focusing on the right things
- **Make them aware** that most apps, games and devices are designed to keep them watching and playing for as long as possible
- Stay engaged in what your child is doing to **help them use a wide range of media** from safe sources
- **Encourage them to take part in outdoor activities** where tech can support rather than be the sole source of entertainment
- Set a **good example** with your own tech use

Nearly half of teens spend **over 3 hours** a day online

Source: Suffolk Cybersurvey 2017



Support from schools

To support children on this issue schools can follow a framework called **Education for a Connected World** which looks at eight different aspects of online safety, one of which is health, wellbeing and lifestyle. This addresses things like the importance of sleep and the pressure that social media can put onto its users.

Peer pressure

Fitting in has always been a big part of what teenagers struggle with. The digital world has made this process much more complex as the rules are changing all the time.

These days peer pressure online may be; taking part in a prank and posting it on social media for all to see, chasing likes and new followers to fit in to the status quo or sending a nude to prove commitment in a relationship. The added layer of the digital world has created 'virtual peer pressure' which teens have to deal with.

What can you do to help?

- **Stand your ground** & apply rules to counter any negative peer pressure
- Use a news story or something they can relate to **discuss potential risks of peer pressure**
- **Help them build the confidence** to say no if they are asked to do something that puts them or others at risk
- **Encourage them to choose their friends carefully** (on and offline) to ensure they are not led astray by friends who may be taking part in risky behaviour

Support from schools

Many schools promote an inclusive school culture and take the time to celebrate diversity to help form positive social norms.

