

# BARCLAY ACADEMY

## NEWSLETTER

Friday 11th November 2022



Dear Parents

Dear Parents / Carers

Welcome back! I hope you all had an enjoyable half-term break. It already seems ages ago!

I am delighted to announce that Mr Nastri has been appointed as the new Head of Year 8. Mr Nastri has already been working at the school as a Teaching Assistant and so he is known to many of our students. I look forward to working with him in his new role and I welcome him to the pastoral team.



Today, we held a two minute silence at 11 o'clock to remember those who died during the First and Second World Wars as well as during more recent conflicts. We also discussed this important date in the calendar during form time. The Head Boy and Head Girl will be joining me on Sunday morning to lay a wreath at the war memorial in Old Stevenage. If any other student would like to take part in this then they need to meet me, dressed in their school uniform, at the car park at the back of where Waitrose used to be at 9.55am.

Next week is Anti-bullying week. We will be doing assemblies about this and work in form time to reinforce our expectations of kindness and being respectful. Please could you all have a look at the anti-bullying resources on the National Online Safety website to which we subscribe. There is lots of information on this website concerning cyber bullying and it is important that we are all up-to-date when it comes to the various social media platforms that children are using. Please have a look as it helps us all understand what to look for and what is going on.

[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)

The Year 11 mock exams have gone very well this week. I have been very pleased with how the students have conducted themselves. This will stand them in good stead when it comes to the real thing next summer.

As ever, if you have any queries or concerns then please contact your child's Head of Year in the first instance. Please also contact the Heads of Year if you need access to the National Online Safety website.

Have a lovely weekend!

Best wishes,

**Dr Matthew Laban**

Principal

**Knowledge | Aspiration | Respect**

## MOVEMBER @ BARCLAY

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# MOVEMBER

Barclay will be supporting Movember for the month of November. Students will be taking part in Movember-based activities and workshops, exploring men's health and wellbeing along with the ideas of toxic masculinity and society's expectations of boys and men. Students will be split into gender-based groups that will allow specific conversations to take place during tutor time.

Staff members are growing their moustaches and we will update on how they are looking next week.

It is not always easy to have conversations however please encourage your child to discuss this with you and support us in raising the profile of boys' and men's health.

Thank you for your support with this topic and please do get in contact if you would like information about the themes we are discussing throughout the Movember campaign.



## SPORTS

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On Wednesday, the Year 7 girl footballers took on Nobel school. The girls were coming off the back of a win so had big hopes. The girls played fantastically and came away with a 6-0 win. Players of the match go to Maycie-Angel B and Brooke B for some fantastic assists and great goals.

## ARMISTICE ART

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For Remembrance Day, Art Club created this lovely installation dedicated to those who served in the wars. The poppies have been created using watercolour painting techniques which were placed on top of various maps used in WWI and WWII. This art piece represents the unknown soldiers lost in the battle fields.  
Lest we forget

## DATES FOR YOUR DIARY

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**Friday 18<sup>th</sup> November** – Children in Need Non-Uniform Day / Cake Sale

**Monday 21<sup>th</sup> – Friday 25<sup>th</sup> November** – Y11 Virtual Mock Interviews

**Monday 28<sup>th</sup> November – Friday 2<sup>nd</sup> December** – Y13 Virtual Mock Interviews

**Friday 16<sup>th</sup> December** – Last Day of Term

## CAREERS

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On Friday, all of year 10 attended What Career Live Event at London Olympia, a fantastic chance to meet top companies and leading universities to find out what opportunities are out there after leaving secondary school.

Students asked fantastic questions and attended workshops developing employment skills.





**BBC**

# Children in Need

**Friday 18<sup>th</sup> November**

**Non – School Uniform Day**

**£1 Donation**

## **Cake Sale**

**Friday 18<sup>th</sup> Break Time**

**Please bring in some cash if you wish to buy a cake.**

**Cakes will be priced from 20p to £1 each**

**Any cake donations will be greatly appreciated.**



# What Parents & Carers Need to Know about HOW TO COMBAT ONLINE BULLYING



Defined as "ongoing hurtful behaviour towards someone online", cyber-bullying makes its victims feel upset, uncomfortable and unsafe. In the digital world, it has numerous forms – such as hurtful comments on a person's posts or profile; deliberately leaving them out of group chats; sharing embarrassing images or videos of someone; or spreading gossip about them. Cyber-bullying can severely impact a young person's mental health ... so, in support of Anti-Bullying Week, we've provided a list of tips to help trusted adults know what to look for and how to respond to it.



## 1. GET CONNECTED

Playing online games together with your child or connecting with them on social media (providing they're old enough) is not only fun but also an excellent way of establishing some common ground to discuss things you've both seen or done online – as well as keeping an eye on who your child is communicating with in the digital world.

## 2. KEEP TALKING

Regular chats with young people about their online lives are good practice in general, but they can also be an excellent refresher to help prevent cyber-bullying situations. Topics you might want to revisit include why it's important to only connect online with people we know and trust, and why passwords should always remain secret (even from our best friends).

## 3. STAY VIGILANT

Observe your child while they're using technology and just after they've used it. Are they acting normally, or out of character? Possible signs of a problem may include seeming quiet or withdrawn, jumpy or anxious, angry or repeatedly checking their phone. When you feel it's the right time, you may want to check in with them to see if everything is OK.

## 4. MAKE YOURSELF AVAILABLE

If an online bullying incident does occur, it may take a while before your child is ready to open up about what happened. Just gently remind them that they can always come to you with any problems – and that they won't be in trouble. You might also suggest a trusted family member they could turn to, in case they feel too embarrassed to tell you directly.

## 5. BE PREPARED TO LISTEN

When conversations about online bullying do take place, they're likely to be difficult, emotional and upsetting for both you and your child. Actively listen to your child while they're bringing you up to speed, and try not to show any judgement or criticism – even if they haven't dealt with the situation in exactly the way you would have hoped.

## FURTHER SUPPORT AND ADVICE

If you or your child need additional help with an online bullying issue, here are some specialist organisations that you could reach out to.

**Childline:** talk to a trained counsellor on 0800 1111 or online at [www.childline.org.uk/get-support/](http://www.childline.org.uk/get-support/)

**National Bullying Helpline:** counsellors are available on 0845 225 5787 or by visiting [www.nationalbullyinghelpline.co.uk/cyberbullying.html](http://www.nationalbullyinghelpline.co.uk/cyberbullying.html)

**The NSPCC:** the children's charity has a guide to the signs of bullying at [www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/](http://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/) and can be reached on 0808 800 5000

## 6. EMPOWER YOUR CHILD

Depending on their age, your child might not want a parent 'fighting their battles for them'. In that case, talk through their options with them (blocking the perpetrator, deleting the app and so on). By allowing your child to choose the path they take, you're putting them in control but are also demonstrating that you're there to support them along the way.

## 7. REPORT BULLIES ONLINE

Cyber-bullying often takes place through a particular app, social media platform or online game. If this is happening to your child, encourage them to report the offender to the app or game in question – ideally with screenshots to support their complaint. Most games and apps have reporting tools specifically to stamp out abusive behaviour and protect users.

## 8. ENCOURAGE EMPATHY

Protecting themselves online is the priority, of course, but young people should also feel empowered to help if they witness other people falling victim to cyberbullying. Even if they don't feel confident enough to call someone out on their abusive behaviour online, they can still confidentially report that person to the app or game where the bullying occurred.

## 9. SEEK EXPERT ADVICE

Victims of online bullying frequently experience feelings of isolation and anxiety, a loss of self-esteem and potentially even thoughts of self-harm or suicide. If you think that an incident of cyber-bullying has affected your child's mental wellbeing, then seek psychological support for them. There are some useful contact details in the central panel below.

## 10. INVOLVE THE AUTHORITIES

If the nature of any online bullying makes you suspect that your child is genuinely in imminent physical danger – or if there are any signs whatsoever of explicit images being shared as part of the bullying – then you should gather any relevant screenshots as evidence and report the incidents to your local police force.

## Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



**National Online Safety**  
#WakeUpWednesday