

# BARCLAY ACADEMY

## NEWSLETTER

Friday 17th March 2023



Dear Parents



Dear Parents / Carers

On Monday, I was privileged to take a group of students to Westminster Abbey for the Commonwealth Day Service of Celebration. The service was attended by His Majesty The King and Her Majesty The Queen Consort along with other members of the Royal Family. It was a great honour for our school to be chosen to attend this last big event at Westminster Abbey before the coronation on 6th May.

We have had a disrupted week because of the two days of national teacher strike action. Nevertheless, it was good for members of the senior leadership team to meet with Year 11 parents and students in the run up to their examinations. Thank you for supporting your children with the online lessons that were conducted over the two days.

Well done to all the Year 12 students who have completed their work experience this week. Our Year 10 students commence their work experience next week so best of luck to them. I hope that they enjoy their time and find it beneficial.

Well done to the Year 10 basketball team for their 57-48 victory over St Chris School. Congratulations for securing this win in a tightly fought match.

Thank you to everyone who brought in cakes for our cake sale for Red Nose Day. Thank you to all the students who helped out selling them at break time. Once we have added up all the money, we can send it off to Comic Relief.

We only have two weeks of school left before the Easter holidays. We will be finishing at 12 noon on 31st March as we normally do at the end of term.

Have a lovely weekend!

Best wishes,

**Dr Matthew Laban**

Principal

# COMMONWEALTH DAY SERVICE PHOTOS

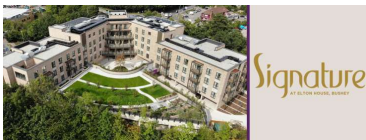
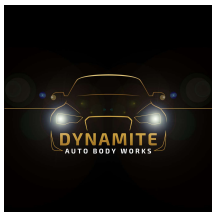
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# CAREERS

Good Luck to all our Year 10 students going out on placements next week. Examples of the amazing companies supporting our students are below:



## SPORT

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The Year 10 Basketball team took part in an entertaining game against an experienced St Chris side. Barclay had won the game 57-48. The team had produced some of their best basketball to get some points on the board. At the end of the second quarter, the team were leading by 20 points. Despite lots of pressure from the opposition, the team had put in a strong defensive performance in the fourth quarter. The team were delighted with their performance, this was their highest score. The P.E Department have been really impressed with the team's progress. They have spent a lot of time practising. Half of them have been representing the school since Year 7. Well done to everyone involved. Scorers of the game included: Aice, Gabriel, Sumit, Rhys, Albert and Xavier. Player of the match was awarded to Aice. He was instrumental in breaking down the oppositions defence and had scored 21 points for their team.

Barclay Year 7 football drew 1-1 in a solid performance v Thomas Allenyes Academy. The game started with TAA being on top of possession and attacking dangerously. TAA got the first goal, 1-0 at half-time. However, Barclay fought back well in the second half and got an early equaliser from our right winger Hulk Dube, after a great ball from our captain and goalkeeper, Harrison Greenough, was not defended well by TAA. Barclay dominate most of the second half but were unable to find the winner and the points on this occasion had to be shared. Great game, well done to the players at Barclay and TAA for their efforts.

## DATES FOR YOUR DIARY

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**Monday 20<sup>th</sup> March – Friday 24<sup>th</sup> March** – Y10 Work Experience

**Thursday 23<sup>rd</sup> March** – PTA Quiz Night

**Tuesday 28<sup>th</sup> March** – Year 12 trip to UCAS Discovery Exhibition

**Thursday 30<sup>th</sup> March** – Year 7 Parents' Evening



Barclay Academy PTA presents

**£5 PER  
PERSON  
ADULTS ONLY**

# **QUIZ NIGHT**

**BARCLAY SCHOOL  
6:30 FOR 7PM START**

**THURSDAY 23RD MARCH 2023**

**TEAMS OF UP TO 8/ CASH BAR WITH DRINKS AND SNACKS  
TICKETS ON SCHOOL GATEWAY**





# Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you – or your child – took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here ...

## WHAT IS DIGITAL RESILIENCE?



Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times: it's how we respond and adapt to those situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

## MAKE POSITIVE LIFESTYLE CHOICES



- ✓ Make time for the people and things that make you happy.
- ✓ Monitor your screen time and stick to your limits.
- ✓ On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.
- ✓ Spread some positivity: post good reviews, leave encouraging comments and share good news.

## KEEP YOUR HEALTH IN MIND



- ✓ Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some revitalising fresh air.
- ✓ Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- ✓ Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

## REACH OUT FOR SUPPORT

- ✓ If you have a problem online, don't be afraid reach out to specialist people or organisations that could help.
- ✓ Follow people on socials who have the same values and morals as you.
- ✓ You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

## PUT SAFETY FIRST



- ✓ If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- ✓ You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- ✓ Another option is to block the person or the account that's causing you a problem – or you could go one step further by totally deleting the app you were using.

## GET THINGS CLEAR IN YOUR HEAD



- ✓ Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- ✓ Think about how it makes you feel when someone sends you a positive or funny message online.
- ✓ What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- ✓ If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.

## Meet Our Expert

Cayley Jorgensen is a registered counsellor with the Health Professions Council of South Africa, working in private practice to offer counselling to children, teenagers and young adults. She is the founder of InGage Support, a mobile app focusing on mental health awareness with the goal of providing resources and solutions to schools worldwide.



**National  
Online  
Safety®**

#WakeUpWednesday