# BARCLAY ACADEMY

## **NEWSLETTER**

Friday 9th February 2024



Dear Parents / Carers

It has been the usual busy week at Barclay Academy. We now just have one more week until the February half-term holiday.



Well done to the Year 7 boys' football team who drew 4-4 against John Henry Newman on Monday. If they win their next game then they will win the District Cup so fingers crossed!

Unfortunately, we are going to have to be even stricter about who can drive into the school car park. This is because some people are still driving too fast or they are driving in when they do not need to. Students should be dropped off at the end of the access road in Walkern Road and they should walk the short distance to the pedestrian gate. The main entrance is a busy thoroughfare with over 900 students entering and exiting the school in the mornings and afternoons. We have to ensure that we keep this area safe for our students.

As always, please contact your child's form teacher or Head of Year if you have any queries.

Best wishes,

Dr Matthew Laban

Executive Principal

## **SPORT**

#### Barclay Academy 4-4 John Henry Newman

The Year 7 football team continued their unbeaten run in the league after an entertaining draw. The team started positively after an excellent pass picked out Adomah. Adomah made no mistake curling the ball into the net. Barclay had kept up the pressure after Bobby made it 2-0 from close range. The opponents grabbed a goal just before half time to make it 2-1.

John Henry Newman picked up where they left off in the second half. They found themselves 3-2 up. Barclay had to make some adjustments and had shown great resilience to get back into the game. Hadley has produced a moment of real quality by showing skill and composure to beat a defender to then tee himself up to score from an angle. Unfortunately, this was short lived as the opponents went 4-3 after a mix up. This did not stop Barclay as they pushed for an equaliser. Their efforts paid off after Bobby scored a screamer from range. The goalkeeper had no chance of saving it! The game finished 4-4. Both teams extended their unbeaten run.

Player of the match: This was awarded to Hadley for showing high levels of determination and quality. His goal is a contender for goal of the season. His goal helped to inspire his team when they had lost momentum.

## GARDENING CLUB



This week Barclay Garden Club collected the new Gardener of the Year shield. As you can see Paige Clark our 2023 winner inscribed at the top.

Many thanks to Marshalls Trophies, based in the Old Town a stone's throw from us here at Barclay, for this wonderful addition to our burgeoning school awards and trophy cabinet.

Who will be Gardener of the Year 2024?

### STUDENT OF THE WEEK

Congratulations to the following students for being invited to Feast Friday with Dr Laban. The students were chosen at random from the Feast Friday weekly raffle. All students who have received a Student of the Week award are entered into the raffle.

Allen C APO1, Lucy W APO2, Lily S 7ATH1, Emily T 8HER1, Victoria C 8HER2, Pierce C 8ZEU1, Keagan V 9HER2, Emily C 9HER2, Dexter L 9ZEU2, Aice M 10 ZEU and Hermionie B 10APO2.

## CYCLING SURVEY FEEDBACK

Chance to win a £25 Amazon Voucher by sharing your views on cycling in Stevenage!

DG Cities is conducting research on behalf of Hertfordshire County Council to understand attitudes toward and experiences of cycling in Stevenage.

We are interested in your views, whether you are a cyclist or a non-cyclist.

If you are interested in taking part, please follow the link below or scan the QR code to share your views via our short (5-10 minute) survey. At the end of the survey, you will have the opportunity to enter our prize draw to win a £25 Amazon voucher. <a href="https://www.surveymonkey.com/r/N2ZWR3B">https://www.surveymonkey.com/r/N2ZWR3B</a>



## FEELING GOOD WEEK



Feeling Good Week & Children's Mental Health Week.

We have had a lovely week engaging in Place2Be activities for Children's Mental Health Week and engaging in our Feeling Good Week Project which started two weeks ago when we planted four trees. Our project has also given us the opportunity to buy resources for Gardening Club and Environment Club. We have spent this week reflecting on the benefits of gardening and being outside, helping our school community to be more resourceful and economical and the 5 Ways to Wellbeing.







https://www.place2be.org.uk/our-services/parents-and-carers/

## PRE - LOVED UNIFORM SHOP

Barclay Academy's Second Hand Uniform Shop opening time is Wednesday 1.30pm - 3pm

Please email <u>admin@barclay.futureacademies.org</u> to check stock levels with the size, requirements and arrange an appointment, which will be on Wednesday between 1.30-3pm to collect. Anyone that would like to donate old reusable uniform please hand into Reception.

### Dates for your Diary

Thursday 15th February – Year 8 Parents' Evening

Wednesday 28th February - Friday 1st March - PGL Adventurous Activities Trip Year 7

Monday 4th to Thursday 7th March – Malaga Spain Trip Year 9 and Year 10

Thursday 7th March – Year 12 Parents' Evening

Monday 11th to Friday 15th March - Year 12 Work Experience Week

Thursday 14th March – Year 10 Parents' Evening

Monday 18th to Friday 22nd March - Year 10 Work Experience Week

Tuesday 26th March – Year 7 Parents' Evening

Wednesday 28th February to Friday 1st March - Y7 PGL Adventurous Activities Residential

Monday 4th to Thursday 7th March - Y9/Y10 Malaga, Spain Residential

Wednesday 20th to Friday 22nd March - Y11 Revision Retreat Residential

# Tune into ASD

## The Power of Visual Communication Bespoke Training Course

Part 1
Monday 26th February
7-8pm GMT
Via Zoom

Thursday 29th February 7.45-9pm GMT Via Zoom

## The aims of these session are for participants to:

Gain further knowledge about the benefits of visual communication including visual timetables, positive behaviour charts and 'visuals for life' for children and young people with Autism and related conditions.

Understand how to tailor visual communication by effectively capturing the child or young person's voice and ideas.

Work together to find solutions for things happening now.

Take away strategies which can be implemented immediately.

Cost: Fully Funded

This workshop is suitable for Parents and Carers

For bookings, please email admin@tuneintoasd.com

www.tuneintoasd.com

CONNECT ACCEPT SUPPORT SUCCEED





# What Parents & Carers Need to Know about PERSUASIVE DESIGNONLINE

WHAT ARE THE RISKS? Persuasive design' refers to the techniques that companies employ to influence our thoughts and behaviours when we're on the internet. These approaches can be spotted on websites, in apps and even as part of some video games. Persuasive design means that this content has been deliberately presented in a way that's intended to encourage you to spend your time or money (or both). These methods often prove highly effective at keeping people engaged and invested for longer than we might expect.

#### POTENTIAL ADDICTION

in the digital world, persucsive design can make certain activities more addictive and harder to walk away from some people may begin to feel anxious or initiated without access to their device or their favourite app, for example, it can also often leave users feeling isolated, as — if they spend most of their time on social media — they may start to find it difficult to task to other secole in real life.

#### MENTAL HEALTH CONCERNS

Scrotting anime or gamming without regular breaks is proven to be harmful to our mentof health. The constant bombardment of news stories (many of them negative), images and influencers' posts can creats sensations of unease, uncertainty and FOMO (fear of missing out). Young people can get so immersed in this smirrorment that they become less likely to spot mislescing posts.

#### PROLONGED SCROLLING

Social media can draw any of us regardless of age - into a continuous pottern of refreshing our screen, following poets and links down rabbit holes or reading countiess comments made by others. This almiess scrolling oan eat up time which could have been spent on more productive activities. It could also lead younger users into areas of the online world which grant tope georgates.

#### SENSORY OVERLOAD

Repetitively scrolling, clicking on links or playing games can create an uneverling stream of new information and visual stimuli. Put it this way, social media lan't exactly renowned as a carefree, chilled out environment. Such overstimulation can become too much for young people to handle, resulting in sensory overload and causing them to leal stressed, overwhelmed and exhousted.

#### COSTLY ADDITIONS

Video games sometimes display offers for downloadable content or loot bases which can be bought with real money. While these indeotronsoctions temptingly promise to improve a player's gaming experience, most of the time they are money sinks. Young people in particular, excited by the chance of enhancing their game, could spend quite a streeble sum very quickly indeed.

#### PHYSICAL CONSEQUENCES

tours spent sitting and scrolling means far less time moving ground and getting exercise; hardly ideal for by young person's physical health, additionally, prolonged exposure to the light given all by a phone's large and discomfort, especially if viewing it in the dark. Extended phone use before add on also impact on sleep ground or the fallowing mode and energy easily, affecting mood and energy easily my the following street.

## Advice for Parents & Carers

#### ESTABLISH LIMITS

Tark to your child about setting some time limits on how long they can use their phone, tablet or console in the evenings or at weekends – or perhaps how often they can go on a specific app, game or website. You could also decide to involve the whole family in creating this shared screen time agreement, making things fair (and healthier) for everyone.

#### NIX NOTIFICATIONS

Stop knee- jerk responses at the source by turning off push notifications and olerts. Whether it's a gonving notification or a social media update, these not-so-gentie reminders are designed to catch our attention and lure us back to our device. Switching them off - or even deleting any particularly intrusive apps - can help prevent your child from being resied back into the online world.

#### MAKE A CHECKLIST

**ENCOURAGE MINDFULNESS** 

Considering a list of relevant questions can be an effective way of helping children figure out why they re scrolling on certain sites or consuming particular pieces of content. A checklist can prompt young people to ask themselves if they're learning anything or benefiting from this activity or if they're wasting their time. Taking a step back can sometimes help us to see things more clearly.

#### Meet Our Expert

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Nos Online Safety #WakeUpWednesdag









## Online Safety course for parents

Here is the link to the courses for parents.

https://nationalcollege.com/courses/os-for-parents-carers-of-children-aged-11-14

https://nationalcollege.com/courses/os-for-parents-carers-of-children-aged-14-18

## FEBRUARY HALF TERM FOOTBALL CAMP AT BARCLAY

Please see information about the February half-term football camp hosted at Barclay. If interested in attending, please contact the email on the flyer. This would be suitable for year 7 and 8.



