# BARCLAY ACADEMY

# **NEWSLETTER**

Friday 2nd February 2024



Dear Parents / Carers

The long month of January is now over and at least it is a bit lighter in the mornings and at the end of the day!



Well done to the Year 9 football team for their 4-2 win over John Henry Newman on Monday. This was a quarter-final game of the District Cup so they are now through to the semi-finals! Congratulations to everyone involved.

Unfortunately, we have had to remind some parents that rudeness to school staff will not be tolerated. My reception staff and the Heads of Year do their absolute best to deal with enquiries from parents but they do not have to put up with abuse and foul language. Parents who persist with unacceptable behaviour will be banned from the school site.

We have been having a big push this week on ensuring that students are not late to lessons. If a student is 5 minutes late to every lesson then they are losing half an hour of learning every day. Along with school uniform and good attendance, this is all part of our drive to ensure high standards at all times.

Best wishes,

Dr Matthew Laban

Executive Principal

# BARCLAY COMMUNITY AWARDS

This terms award winners so far.....

Year 7 form Captains planted our new house trees ahead of Feeling Good Week. These will make an invaluable contribution to the wider school community.

Thanks to Amber, Chun Hei, Amelie, Olivia, Annelise, Hannah, Layla, Olly, Nathaniel, Joshua, Eva, Kai, William, Thiago, Jackson and Charlie.

Cameron and Finn in Year 9 and 12 respectively are involved in amazing charity work outside of school that involves building links with Stevenage's twin town of Kadoma in Zimbabwe. They have visited and run football tournaments and forged links with the community, demonstrating the values we at Barclay are proud to promote. They are visiting Austria to again foster links with other towns in supporting the strong bond with Kadoma. Well done boys! Keep up the good work!

Alfie in Year 12 gives up his time to coach younger players in Cricket over the Cricket season and into the summer. Showing great leadership and patience.

If you are aware of any students who contribute to our wider community through helping coach kids in any fashion or are part of volunteer groups and clubs that contribute to making our town a happy healthy place to live and thrive. Please email Mr. Bickerstaff m.bickerstaff barclay.futureacademies.org

# 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.

ADOMAH F 7HER1, AHMAD W 7APO1, BILLY B 7HER1, KARTHIK N 8ATH2, RANEE P 8ZEU1, AJMEET S 8HER2, OWEN T 9ZEU2, ELSIE W 9HER2, FREYA D 10HER, IMOGEN H 10HER AND JOSHUA J 10ZEU.

### **SPORT**



It was great to see a number of Year 7s and 8s attend basketball training. They have been working hard and responding well to feedback. We are looking forward to our basketball season starting!

### Barclay 4-2 John Henry Newman

The Year 9 football team progressed to the semifinals of the district cup after beating John Henry Newman. This was a competitive game but Barclay came away with the win after their performance in both boxes. They had defended well as a team and created a host of chances. Alfie R came away with a hat-trick. One of his goals came from an impressive free kick. Ryan had also scored a free kick. This helped to put the game out of reach. Player of the match was awarded to Alfie R. This was due to his finishing and defensive work.

# CYCLING SURVEY

HERTFORDSHIRE COUNTY COUNCIL TOGETHER WITH STEVENAGE BOROUGH COUNCIL HAVE COMMISSIONED DG CITIES TO CONDUCT MARKET RESEARCH

ON

### FRIDAY 9<sup>TH</sup> FEBRUARY BETWEEN 7AM AND 7PM

DG Cities will be interviewing a range of people in several locations including outside Barclay Academy and across Hertfordshire. The project seeks to understand how they can encourage and assist more people to cycle.

We would like to reassure you all that the researchers are on official business. The researchers will be provided with badges by SBC and HCC.

# 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

## FEELING GOOD WEEK

Next week is Feeling Good Week & Childrens Mental Health Week and we will be reflecting on both initiatives across the school.

Time spent outdoors reaps enormous rewards for our mental health and emotional wellbeing, we have taken this opportunity to educate all on how to care for the environment, support biodiversity, address climate change, and show kindness to our natural world.



# MY VOICE MATTERS





# TALKING TO YOUR CHILD ABOUT MENTAL HEALTH

Are you a parent or carer who wants to talk to your child about mental health?

This Children's Mental Health Week we want all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe - "My Voice Matters".

We visited primary and secondary schools to ask students what they wanted from the week – to help shape the activities we create for schools, the messaging we give to teachers, the tips we give to other children, and the advice we give to parents, carers and families.



### LOOKING FOR FREE PRACTICAL ADVICE TO HELP YOU SUPPORT YOUR CHILD?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour. and act on their views.

LI PARENTINGSMART/ORG/UK

### Here's what children and young people told us they need from you:

- We don't need to have one-off one
  off conversations about out mental health'
   sometimes a chat on a journey or at
  bedtime is enough.
- I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
- Please listen to me carefully and acknowledge how I am feeling – it might seem silly to you but what I am going through is important to me.
- Playing with pets can make me feel better.

  Same with playing football, basketball or whatever type of sport I am into.
- Don't compare my experiences to your own when you were a child.
- Sometimes I just need you to listen and hear what I'm saying I don't always need answers (or lectures)
- Please don't worry about trying to fix things for me – I often just need to know you are there for me and understand what I am going through.



If you are open with me about your feelings, this can help me to be more open about mine.

- Sometimes I don't want to talk. Please trust that I will come to you (or another grown-up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age my siblings, cousins, friends, younger teachers at school because they 'get it'.
- Sometimes a hug is all it takes to make me feel supported.



### WHAT MATTERS TO YOU? CREATIVE VIDEO ACTIVITIES FOR FAMILIES

These wellbeing activities can help children and young people think about and share what matters to them.

- For primary children: bit.ly/3PzCGI8
- For secondary children: bit.ly/3LBD2wK

# MY VOICE MATTERS



# **CONVERSATION STARTERS**

Some ways to start a conversation with your child about mental health could be...

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TELL ME ABOUT YOUR DAY WHAT WAS THE BEST THING ABOUT TODAY?

WHAT IS THE BIGGEST STRESS / WORRY IN YOUR LIFE RIGHT NOW?

WHAT'S YOUR ONLINE LIFE LIKE?

Q

WHO WOULD YOU TALK
TO IF YOU WERE FEELING
WORRIED ABOUT YOUR
MENTAL HEALTH?

WHAT CAN I DO TO HELP YOU?

# 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, persuasive design can make certain activities more addictive and harder to wait away from some people may begin to feel anxious or irritated without access to their device or their favourite app, for example, it can also other leaves users heeling isolated, as — if they spend most of their time on social media — they may start to find it difficult to task to other people in real life.

### MENTAL HEALTH CONCERNS

Scrotling aniline 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 create sensations of unease, uncertainty and FOMO (fear of missing out). Young people can get so immersed in this smirronment that they become less likely to spot missing 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 unendring stream of new information and visual stimuli. Put it this way, social media lan't exactly renowined 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 sizeable sum very quickly indeed.

### PHYSICAL CONSEQUENCES

tours spent sitting and scrolling means for less time moving around and getting exercise; hardly ideal for a young person's physical health, additionally, prolonged exposure to he light given off by a phone's large and discomfort, especially if viewing it in he dock. Extended phone use before sed an also impact on sleep quality, affecting mood and energy seeks over the following days.

# 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

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

### MAKE A CHECKLIST

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

Reference servings from more flast 22 years, represents in the feet of reactionships, see and length education (http://link.ics.web.us.detening workships and balling for pung people, presents and amount, the is also a subject froatte expertion that for the Department of Industrial



**ENCOURAGE MINDFULNESS** 

The National College











# 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.



