

Parent Bulletin

Week commencing Monday 8 July 2024 – Week 2

Dear Parents and Carers

Last week, we held our own school election on Monday with our students. You may have heard already that there was considerable support among younger students for Reform UK. Older students were more in favour of Labour and the Green Party. The strength of support for Reform prepared us in some ways for the strong showing in the polls locally and nationally.

A change of government brings a time of uncertainty and change. Some of this change will be welcomed by many. In terms of educational policy, we have already seen considerable change over the past few years: we are now expecting our seventh Education Secretary in five years.

I stayed up to watch the first two declarations of the election last night. It was good to see that our region maintained its reputation for swift vote counting and early declarations. Bridget Phillipson, MP for Houghton and Sunderland South, looked absolutely delighted as she was elected as the first member of the new government. If, as expected, she becomes the Education Secretary, I look forward to hearing her plans to support our children and their education. Her background equips her very well to understand the range of challenges our children face.

We have welcomed a visitor to our assemblies this past week, letting students know about the online support that is available from Kooth. Please take time to read the notice later in this bulletin. You may also want to keep the poster handy for future reference.

We look forward to seeing many of you at our Celebration Evenings during the week. These are lovely events, where we are able to recognise and celebrate the best of our students' achievements and attitudes.

With all good wishes.

Yours faithfully

Dr Andrew Fowler

Principal

Year 10 GCSE Drama Exam

Year 10 GCSE Drama students will be completing their Component 2 Devised Practical performance on Tuesday 9 July 2024.

Students' have been developing their performances since returning from our Easter break and will be examined on Tuesday, performing for the rest of their class. They will be off timetable for the whole day but should come into the academy in their uniform. Students are also advised to bring their lunch and water.

They may need to bring in additional costume and props from home to support their exam, which they must bring into school for their lesson on Monday, P2

There is the opportunity for an additional rehearsal on Monday evening until 5pm.

This performance is formally assessed and accounts for 10% of their final overall GCSE grade.

If you have any queries, please contact me at jrace@lordlawson.academy and I will be happy to help.

Miss J Race
Performing Arts Department



In the last financial year (April 2023 to March 2024) Gateshead Foodbank fed **8454** people from the local Gateshead community. Of the 8454 people helped and supported, **2694** of these were local children.

Support and provisions from a variety of education providers in Gateshead have provided **3 tons of food donations** in this period. To put that into perspective, this will feed **230** individuals for 7 days.

We are always in need of support and run purely on donations and with support from volunteers. Both components are essential in how we operate to meet the growing needs of our local community. As you may know, people are struggling to afford the basic essentials and this is where donations can offer short term, emergency food support.

Here at the food bank we are not just about food, our volunteers and financial inclusion worker offer advice and support, looking at ways to maximise the finances of people seeking help, with the ultimate goal of supporting them to move on from our food bank.

For further information visit, our website at: www.gateshead.foodbank.ork.uk. If you would like to contact us to offer your support i.e. donations, volunteering etc., then please contact us on 07496 840720, or via email at: info@gatesheadfoodbank.org. We would love to hear from you!

Thank you.

Lesleyann Watson
Project Manager



Many parents and carers of children and young people are worried or concerned about their child's mental wellbeing. It can be difficult to know where to turn, or what services are available to support your child.

Kooth is a safe online space offering NHS-commissioned mental health support for children AND young people. Children can register anonymously, and for free.

By logging in your child can:

- Share challenges with other young people in the community and their practitioners.
- Explore activities, articles and resources. There are inspiring stories to read and calming exercises to try.
- Your child can check in whenever they feel like they want to. Kooth is there whenever they need them.

There are no charges for using Kooth. Ever.

The poster on the following page has a link to access their site. Alternatively, you can use the QR code also found on the poster.

Mr I Cooper
Deputy Principal



Free, safe and anonymous mental health support whenever you need it.



Chat with our team of friendly practitioners



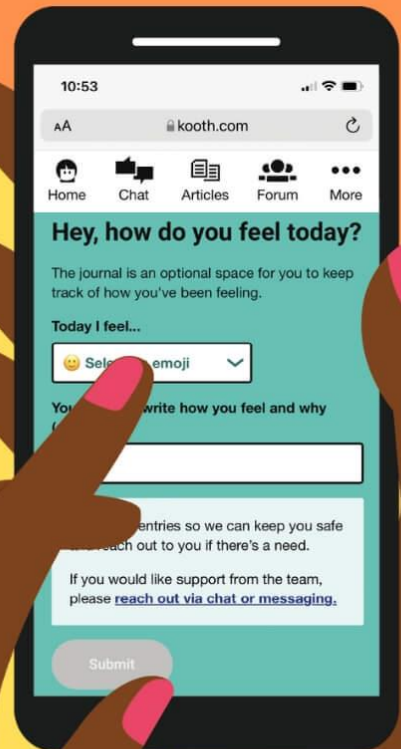
Helpful articles



Self-help tools and activities



Support from the Kooth community



Visit **kooth.com** to find out more





Online Safety Newsletter

July 2024

Roulette style video /chat apps

Chat roulette style apps work by pairing people together anonymously to chat (and video chat) to each other. **Due to the anonymous nature of these apps, we would always recommend that that they are not suitable for under 18s.**

There is often a lot of inappropriate content and behaviour on these apps and your child is at risk of grooming as a stranger may try to connect with your child initially on an anonymous app and then encourage them to continue chatting on another app.

It is also important that your child is aware that what they say and do whilst video chatting can be recorded and shared later without their knowledge.

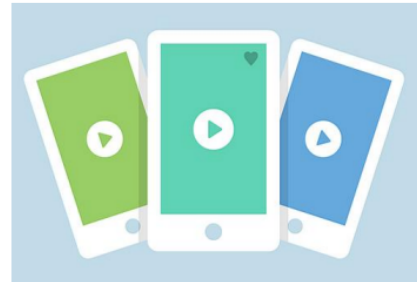
You should talk to your child about who they chat with and what they are sharing when they do. As with all apps and websites that your child accesses, make sure they know how to use any reporting tools and they know how to block other users if necessary.

The NSPCC discuss chat apps in general as well as how to talk to your child about what they are sharing with others online here:

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/social-media/chat-apps/>

CapCut

Have you heard of CapCut? It is owned by the same owners as TikTok and is a video editing app. CapCut state that their services are intended for those over the age of 13 and those under the age of 18 must have consent from their parent/legal guardian. It is rated as 12+ on the App store. The App store have rated it as this because of *Infrequent/Mild Mature/Suggestive Themes, Infrequent/Mild Sexual Content and Nudity.*



What can I do on CapCut?

CapCut is used as a video and image editing tool allowing users to edit their videos/images as well as add music, sound effects, text and stickers.

What should I be aware of?

- The templates are user generated, therefore they may not always be appropriate for your child to view, for example adult themes.
- CapCut includes access to a library of music that can be used within videos that may include explicit lyrics.
- Premium content – CapCut does include in-app purchases/monthly subscriptions allowing users access to premium content.

Further information

Protect Young Eyes have published a full review of CapCut here: <https://protectyouneyes.com/apps/capcut-app-review/>

Harmful Online Challenges

Lisa Kenevan and Hollie Dance both lost their sons to dangerous online challenges. They share their advice and tips with Internet Matters to help protect children from harmful online challenges. Internet Matters have also included links to further resources regarding online challenges at the below link:

<https://www.internetmatters.org/hub/parent-stories/tips-protect-children-harmful-online-challenges/>

Users of this guide do so at their own discretion. No liability is entered into.
Current as of the date released 01.07.24.

Being unkind online

It can be very easy online for children to behave in a way that they would not if they were face to face with each other.

Talk to your child about how they speak to others online and encourage them to talk to people online with respect and kindness, like they would if they were face-to-face. How they act online should be how they behave on the school playground when they are following school rules. Here are some examples of what being unkind looks like online:



- Sending nasty or hurtful messages
- Leaving unkind comments
- Sharing photographs of somebody else without their permission
- Excluding somebody on purpose
- Impersonating somebody with a fake account
- Telling/sharing lies

The above might happen whilst your child is gaming online or whilst using social media or messaging apps for example.

What should I do if my child is being bullied online?

Ensure that your child understands that if they receive unkind messages or see something that worries them, they should not reply or engage in conversation with the perpetrator. Instead, they should tell a trusted adult. You can use the tools within an app to report any offensive or hurtful content as well as block people so they cannot contact them again in the future.



Starting a conversation with your child

BBC Own It have curated a selection of videos and quizzes with ideas and advice to help make the web a kinder place. You could use these to help you start a conversation with your child.

<https://www.bbc.com/ownit/curations/being-kind-online>

Further information

- <https://bulliesout.com/need-support/be-kind-online/>
- <https://bekindonline.com/category/cyber-safety-tips/>

Summertime Screen Time



The Ineqe Safeguarding Group have published information on their website to help you manage your child's screentime during the summer break. Their website includes top tips for managing screen time, activities and guides to popular apps:

<https://ineqe.com/2024/06/20/summer-time-screen-time-2024/>

Sharing Nudes – Think Before You Share

Think Before You Share is a campaign from the Internet Watch Foundation (IWF). The campaign provides you with advice on why children are sharing images, how to talk to your child about it and how to help your child should they share an image. They also provide advice for teenagers.

<https://www.iwf.org.uk/about-us/our-campaigns/think-before-you-share/>

Accessibility features

There are many accessibility features available on iPhone and Android phones to support those with vision, speech and cognitive needs for example. You can find out more here:

iPhone: <https://support.apple.com/en-gb/guide/iphone/iph3e2e4367/ios>

Android: <https://support.google.com/accessibility/android/answer/6006564?hl=en-GB>

Parent Peer Support Group Anxiety/Fear Ladder Workshop

RISE Education Mental Health Practitioners (EMHPs) work in schools and colleges across Newcastle and Gateshead to support young people (aged 5-18) with their emotional wellbeing and mental health.

Ravensworth Terrace Primary School
Thursday 27th June 2024 3.30pm - 5.00 pm

Future Dates:

- 31st July 10am - 11am
- 7th August 10am-11am
- 14th August 10am-11am

Mrs Roe will recap confidentiality and a safe space at the beginning of each session.

Useful Links;

[RISE Website](#)

[RISE You Tube Videos](#)

[Sleep Videos](#)

The workshop will focus on:

- What is Anxiety
- Understanding how the brain works
- Signs and symptoms of Anxiety
- Helping your child to challenge their thoughts

Childcare will be provided by the school on these dates

For more information about RISE please visit our website, You Tube channel and social media platforms:



@rise.ne



@rise_mhst



www.youtube.com/@rise-ne



<https://rise.childrensociety.org.uk/>

Upcoming School Events for the Summer Term

At the beginning of every term, we publish a list of upcoming school events in this bulletin. Some events, such as Parents' Evenings, will also be communicated separately via email or ClassCharts. Please ensure you look out for these. The events for the Summer Term are:

Date	Event
Monday 8 to Wednesday 10 July:	Year 12 – Life After Lord Lawson.
Monday 8 July:	Year 7 Awards Evening, 5.30 – 6.30pm.
Tuesday 9 July:	Year 8 Awards Evening, 5.30 – 6.30pm.
Wednesday 10 July:	Year 9 Awards Evening, 5.30 – 6.30pm.
Thursday 11 July:	Year 10 Awards Evening, 5.30 – 6.30pm.
Wednesday 17 July:	Sports Day – All students.
Thursday 18 July:	Attendance Rewards Day
Friday 19 July:	Last Day of Term for Staff and Students.
Thursday 15 August:	KS5 (A Level) Results Day.
Thursday 22 August:	KS4 (GCSE) Results Day.