



CAISTER ACADEMY | SAFEGUARDING NEWSLETTER

SPRING 2 UPDATE | MARCH 2024

Throughout Spring 2 the focus across the school is 'Mental Health & Wellbeing'. Students have experienced this theme through assemblies, PSHE curriculum time, personalised learning in tutor time and during whole school events.

"The community is full of compassionate people that can support you if you're in a good place or a low point." – kooth.com

Spring 2 PSHE, Personalised Learning and Assemblies:

YEAR	PSHE/PL TOPICS	ASSEMBLIES
Year 11	Independent Study	
Year 10	Child Abuse (CSE) Self-Harm awareness Suicide Awareness Screen time and safe mobile phone use Common mental health issues Promoting emotional wellbeing	National Day of Unplugging / National Careers Day / National Young Carers Focus / Inclusion - Celebrating Neurodiversity
Year 9	Finance	
Year 8	Physical Health & Mental Wellbeing	
Year 7	Managing Change	



Keeping Children Safe in Education

Personal Development and PSHE Curriculum

Summer 1 half term will focus on **Sexual Awareness** across all year groups. Students will experience this theme through assemblies, PSHE curriculum time, personalised learning in tutor time, and during whole school events.

Some sensitive topics will be covered with some year groups, which you can see from the schedule below:

YEAR	THEME	SENSITIVE CONTENT
Year 11	Independent Study	
Year 10	Sexual Awareness & British Values	PSHE: FGM / Online safety and the risks of sexting / The harm of pornography / Domestic abuse and violence / Sexual assault awareness / Sexualisation of the media Personalised Learning: Time management / Dealing with exam stress and anxiety / Critical thinking and fake news / CV Writing / LGBT rights and British Values / Writing a Personal Statement
Year 9	Relationships & Sex Education	PSHE: Sexual consent and the law / FGM and the law / What are STIs? / Contraception / Relationships and partners / Sexual harassment and stalking / HIV and Aids Personalised Learning: Positive relationships / Up skirting / Gender stereotypes
Year 8	Identity, Relationships & Sex Education	PSHE: Introduction to relationships and sex education / Sexual orientation / Introduction to contraception Personalised Learning: Healthy relationships / Dealing with conflict / Gender identity
Year 7	Puberty & Body Development	PSHE: Puberty (girls) / Puberty (boys) / Growing up and FGM Personalised Learning: Personal and dental hygiene / Assertiveness, consent, and hormones / Self-esteem and empowerment

Religious Studies will continue tackling some sensitive topics during the Year 9 lessons in Summer Term:

- Year 9 will be studying the Holocaust.

All these topics will be handled as sensitively as possible, but it may be advisable to speak to your child in advance to let them know the subjects for this half term. If you have any concerns, please do not hesitate to contact your child's Head of Year.

Planned assemblies during Summer 1 will continue to support the theme of Sexual Awareness as well as informing students of school and wider community matters.

Assemblies for Summer 1 will be as follows:

Monday 15 April to Friday 19 April

- All year groups – Harmful Sexual Behaviour – Sexual Assault Awareness Month

Monday 22 April to Friday 26 April

- All year groups – Celebrating Cultural Diversities

Monday 29 April to Friday 3 May

- All year groups – Drowning Prevention Week - RNLI

Tuesday 7 May to Friday 10 May

- All year groups – International Nurses Day

Monday 13 May to Friday 17 May

- All year groups - Love v's Lust - Consent

SAFEGUARDING HOT TOPIC:

Our current hot topic is around self-harm and for our senior year students looking after ourselves as we approach exam season:

<https://www.mind.org.uk/for-young-people/feelings-and-experiences/exam-stress/>

<https://www.childline.org.uk/info-advice/your-feelings/self-harm/self-harm-coping-techniques/>

SAFEGUARDING AT CAISTER ACADEMY

SAFEGUARDING PRIORITIES

The safeguarding priorities at Caister Academy continue to be:

- Child Criminal Exploitation
- Child Sexual Exploitation
- County Lines
- Harmful Sexual Behaviour
- Neglect

In the Safeguarding section of our website there are a range of useful links and resources for you to access. Below are some resources that will support the 'Sexual Awareness' theme this half term:

<https://www.brook.org.uk/parents-and-carers/>
<https://www.childline.org.uk/>
<https://www.familylives.org.uk/advice/teenagers/sex>
<https://www.justonenorfolk.nhs.uk/>
<https://www.nspcc.org.uk/keeping-children-safe/sex-relationships/>
<https://www.parentsprotect.co.uk/>



Concerns with your child:

Family Lives have conversation starters you can use to talk with your child about sex and healthy relationships:

<https://www.familylives.org.uk/advice/teenagers>

During our Easter Break should you have any worries regarding your child, a vulnerable child or vulnerable adult please refer to Norfolk Childrens Services for advice and support – Telephone: 0344 800 8020:

<https://norfolkscp.org.uk/parents-carers-the-community/overview-parents-carers-the-community>
<https://www.norfolk.gov.uk/children-and-families/keeping-children-safe>

SAFEGUARDING TEAM AT CAISTER ACADEMY:

Mrs Claire Neave - Acting Designated Safeguarding Lead and
E-Safety Co-ordinator



As always, we appreciate the support given by all parents to keep our children safe. If you have any concerns or observations, please contact your child's form tutor in the first instance. Often our parents are the source of very valuable information which helps to keep everyone safe.



Website:

www.caisteracademy.org.uk



Contact:

01493 720542



Email address:

safeguarding@caisteracademy.org.uk