



## CAISTER ACADEMY | SAFEGUARDING NEWSLETTER

### SPRING 1 UPDATE | FEBRUARY 2024

Throughout Spring 1 the focus across the school was 'Staying Safe Online and Offline'. Students experienced this theme through assemblies, PSHE curriculum time, personalised learning in tutor time and during whole school events.

*"There are lots of fun and interesting things you can do on the internet, and it can be a great way to stay in touch with friends. But it is important to understand how to stay safe online".*

*Spring 1 PSHE, Personalised Learning and Assemblies:*

YEAR	PSHE/PL TOPICS	ASSEMBLIES
Year 11	Staying Safe	Virtual Reality, Positive Relationships, Self-Worth & Self Esteem, Online Reputation & Digital Footprint
Year 10	Rights & Responsibilities	Instagram Generation, Targeted Advertising, Marriage – What is it?
Year 9	Finance	Personal Life Cycle, What is Anger, Social Media and Online Stress, Cyber Flashing and Unsolicited Images
Year 8	Dangerous Society Online & Offline	County Lines, Grooming, Child Sexual Exploitation, Substance Misuse, Knife Crime, Drugs Education – Alcohol Safety
Year 7	Staying Safe Online & Offline	Avoiding Gangs, Staying Safe Online, Fortnite, Grooming and Online Gaming, What is Alcohol, Smoking, E-cigarettes and Vaping



## Keeping Children Safe in Education

# Personal Development and PSHE Curriculum

Our second Spring half term will focus on **Mental Health & Wellbeing** 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	Mental Health & Wellbeing	Child Abuse (Child Sexual Exploitation), Self-harm Awareness, Suicide Awareness, Screen Time and Safe Mobile Phone Use, Common Mental Health Issues, Promoting Emotional Wellbeing
Year 9	Finance	Financial Planning, Personal Budgeting, Spending Choices, Tools for Managing Money, Pay and Pay Calculations, True Cost of Spending, Borrowing Money, From Failure to Success, The Importance of Happiness, Life without Sleep
Year 8	Physical Health & Mental Wellbeing	Positive Body Image, What is Mental Health, Child Abuse, Health and Wellbeing, Stress Management, Healthy Eating
Year 7	Managing Change	Careers and Your Future, Financial Education, Transition Points in Your Life, Importance of Community, The Importance of Relaxation, Sleep and Relaxation

Religious Studies will continue tackling some sensitive topics during the Year 8 and 9 lessons in the Spring Term:

- Year 8 will study 'Is Death the end' this explores religious and non-religious beliefs about life after death.
- Year 9 will look at 'Should humans play God?' topics such as Sanctity of Life, Religious and Non-religious Views about Abortion, Cloning, Euthanasia and Saviour Siblings.

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 Spring 2 will continue to support the theme of Mental Health and Wellbeing as well as informing students of school and wider community matters.

Assemblies for Spring 2 will be as follows:

## **Monday 26 February to Friday 1 March**

- Year 11 – Mock Expectations and Revision Techniques
- Year 7, 8, 9 and 10 – National Day of Unplugging (<https://www.unplugcollaborative.org/>)

## **Monday 4 March to Friday 8 March**

- All year groups – National Careers Week

## **Monday 11 March to Friday 15 March**

- All year groups – National Young Carers Focus

## **Monday 18 March to Friday 22 March**

- All year groups – Inclusion, Celebrating Neurodiversity

## **SAFEGUARDING HOT TOPIC:**

Our current hot topic is around vaping as we are seeing an increase in students experimenting in this area within the community:

<https://kidshealth.org/en/parents/e-cigarettes.html>

<https://nationalcollege.com/guides/vaping-dangers>

# SAFEGUARDING AT CAISTER ACADEMY

## SAFEGUARDING PRIORITIES

The safeguarding priorities at Caister Academy continue to be:

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

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 'Mental Health and Wellbeing' theme this half term:

<https://www.kooth.com/>

<https://www.childline.org.uk/>

<https://www.map.uk.net/>

<https://www.matthewproject.org/>

<https://www.justonenorfolk.nhs.uk/>

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/>



## Concerns with your child:

Young Minds have conversation starters you can use to talk with your child about their mental health:

<https://www.youngminds.org.uk/parent/how-to-talk-to-your-child-about-mental-health/>

**During our February 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:**

<https://norfolkscsp.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](http://www.caisteracademy.org.uk)



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