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**CAISTER  
ACADEMY**  
*Creative  
Education  
Trust*

Monday 14 November 2022

Dear Parent

## **Autumn Safeguarding Update 2**

I hope you are adjusting well to the cooler weather and shorter days that the second autumn half term brings, and that you and your family are keeping well.

## **Autumn/Winter Safeguarding Issues**

Each season brings its own safeguarding challenges and with the change in daylight length and temperature I'd like to issue a few helpful reminders to keep our children safe:

### **Wearing a Warm Coat**

Please ensure your child/children are prepared for the cold and wet weather by bringing a warm coat to school daily. Some students still attend without a coat, we will continue to remind students, however, please support this by mentioning this to your child/children whilst at home.

### **Road Safety**

As the evenings draw in, we become increasingly worried about the safety of our children on the roads around Caister and beyond. I have received a few phone calls from concerned members of the public recently when watching our students move around the local area. Though these messages have been communicated through assemblies, I have spoken with Caister Beat Manager PC Martin to collate some advice for you to reinforce with your child/children:

- Always look both ways before crossing a road
- Never push or nudge a person on a pavement as they could fall into the road
- Avoid wearing all black/dark colours and wear something reflective if you can
- Take out earphones when crossing the road which will allow you to hear a car, if you do not see it
- Always listen for vehicles before crossing
- Take care to watch for vehicles making turns at intersections or turning into and leaving driveways
- Always look all the way around and never cross on bends
- Don't cross between stationary vehicles that are parked on the road
- If someone is letting you cross from one side of the road don't take it for granted that the traffic going in the opposite direction is going to stop
- Don't rush when crossing
- Always wear a helmet if riding a bike
- Always use lights on your bike

## **‘Stranger Danger’**

Thank you to those of you who have alerted us to various threats to safety in the community recently. As parents and teachers, we can keep our children safe when they are in our care, but it is important that they know what to do if they were approached by a stranger in the community. Some simple advice from us would be:

- Never go out on your own without letting your parents or adults in the house know where you are going
- If approached by a stranger encourage your child to yell and scream or run away if they feel they are in danger
- Stay with friends and do not wander off alone in the dark
- Always carry a mobile phone
- If it is an emergency and you are at risk, phone 999 and ask for the police immediately
- If you are not in immediate danger, but feel uncomfortable about the person who approached you, dial 101
- Tell a trusted adult as soon as possible

## **Personal Development and PSHE/RSE Curriculum**

This year we have split each half term into a ‘golden thread’ that unites our safeguarding and Personal, Health, Social and Economic curriculum to ensure our young people are aware of what they are studying and why.

We started the new school year with **‘Celebrating Diversity & Tolerance’** and have now moved onto **‘Anti-Bullying’** which will be taught in assemblies, PSHE curriculum time, Personalised Learning time with their form tutor and whole school events. Specifically, each year group will be learning about the following:

- Year 11 - Staying Safe
- Year 10 - Violence, Crimes & Seeking Safety
- Year 9 - Body Confidence
- Year 8 - Dangerous Society Online & Offline
- Year 7 - Friendship, Respect & Relationships

## **Anti-Bullying**

### **Diana Trust Anti Bullying Ambassadors**

At the end of the first half term, we became a Diana Trust training school and welcomed The Diana Trust to come in and educate a fleet of student anti-bullying ambassadors. Other schools from across the county and as far away as Ipswich attended. You may have seen the below picture in the press but I have included it just in case you missed it: [Caister Academy holds anti-bullying ambassador day | Great Yarmouth Mercury](#).

To strengthen the message of anti-bullying, I led assemblies with student antibullying ambassadors to reiterate our message of zero tolerance of child-on-child abuse. I went into detail breaking down the types of bullying and shared our vision of a school community which is kind and tolerant in which everybody may flourish. Following the assembly all students are asked to contribute to our anti-bullying movement by filling in an ‘It’s not Okay’ post card. One will be selected by each form tutor and displayed along the main corridor, please do look out for these when you are next in the

academy. Student anti-bullying ambassadors are available every day at lunch time in the library where they have pledged to support any student who has concerns that they don't feel they could talk to an adult about.

## **Humanutopia**

As part of the work, we are doing on anti-bullying, students in Year 7 and 11 enjoyed an external workshop delivered by Humanutopia, a company dedicated to empowering young people to make positive changes. As part of these all-day events, the students were encouraged to speak up if they have been bullied or had been the bully to talk about this with their peers.

## **The Student Voice**

This half term we have launched 'The Student Voice' online platform which your child/children can access from any academy device. The tool allows students to anonymously report individual cases of bullying, or wider concerns about areas they do not feel safe in in school, and the surrounding areas.

## **Helpful Links**

As you know we now have access through our website to My Family Coach. This is a bank of incredibly helpful resources and coaching that you and your family can access for free advice and support. This half term I would recommend you look at the following topics to support the academy with its focus of '**Anti-Bullying**':

- [Bullying - My Family Coach](#)
- [Why Is My Teen Showing Bullying Behaviour? - My Family Coach](#)
- [Persistent Absence | Debs Kemp - My Family Coach](#)

## **Anti-Bullying Survey**

Last spring students completed an anti-bullying survey which has enabled us to be reactive to student's needs and inform the work that has taken place on the PSHE curriculum. We will be running the survey again to see if the work we have done as a school community to eliminate bullying has been successful. This survey will run alongside the harmful sexual behaviour survey that I have detailed below.

## **Harmful Sexual Behaviour Student Survey**

In the summer of 2020, Ofsted visited 32 schools across the country to investigate harmful sexual behaviour, and how schools respond to it. They spoke with students and asked them to complete an anonymous survey. The results shocked many people and included the following:

- Nearly 90% of girls and nearly 50% of boys told Ofsted that being sent explicit pictures or videos of things they did not want to see happens a lot, or sometimes
- 92% of girls and 74% of boys told inspectors that sexist name-calling happens a lot
- Many girls told Ofsted that unwanted sexual touching happens at least sometimes, and that they can feel pressured to consent to sexual acts that they are uncomfortable with.

Typically, students said that these things happen outside of school, but some reported unacceptable behaviour happening at school too. Many students told Ofsted that they do not report issues to anybody.

As you will be aware from previous letters, we have focused on the national concern of harmful sexual behaviours amongst students. Last year one form group from each year took part in a Creative Education Trust survey to enable us to understand how frequently these behaviours were happening, and how we can continue to tackle this as a school and nationally. The results of this survey were encouraging in some respects. All categories of harm at the school were below the trust average in frequency, and in some cases, well below.

However, we are not complacent and just one case of harmful sexual behaviour is too many. As such we will be repeating the anonymous survey again this term with one form group from each year group.

We respect students' privacy. Students will **not** be asked about any personal experiences that they may have had. Instead, we will ask them about any issues that they think affect 'students of their age'. We will ask how often any concerning behaviour happens, where, and who they would report it to – and to explain any reasons why they might not report it. The questions will **not** use any offensive words. It will **not** be possible to identify any student from their responses, which students will complete under teacher supervision. Students **will** – as always - be able to speak to someone in school if they want to talk about something that concerns them.

We understand that some parents will not want their children to complete the anonymous questionnaire. Students may also opt out themselves should they wish. If you do not want your child/children to complete the questionnaire, please contact reception this week by emailing [enquiries@caisteracademy.org.uk](mailto:enquiries@caisteracademy.org.uk). Student feedback from the questionnaire will be provided in the Spring 1 Safeguarding Update.

If you would like to learn more about harmful sexual behaviour, including the signs to look out for and advice on protecting your child please visit <https://www.nspcc.org.uk/keeping-children-safe/sex-relationships/sexual-behaviour-children/>.

### **Norfolk Police Assemblies**

We have partnered with our local Norfolk Police Education Team, and they will be coming in this month to deliver education around our school safeguarding priorities. Please be aware of the following assemblies taking place:

- Friday 18 November – Year 11 - Road Safety and Drug/Alcohol Use
- Wednesday 30 November – Year 8 – County Lines and Knife Crime
- Thursday 31 November – Year 9 - The Dangers of Grooming
- Friday 1 December – Year 10 - Healthy Relationships
- Monday 5 December - Year 7 – Internet Safety

### **Prompt Lesson Starts**

The vast majority of Caister students move purposefully between lessons and are ready to learn on time. To ensure this is all students, we have been focusing on punctuality over the last few weeks. This is to maximise the time students have in lessons and minimise any disruption to learning.

To support this focus, we have updated our bells slightly, allowing a five-minute window to move between lessons. We have checked this is a reasonable time to transition between lessons, or the end of break and lunch, and those students moving purposefully are arriving to lessons in good time. To finish the cycle, from today, students arriving after the five-minute window without a note from a member of staff, will be marked late and issued with an L2, which is an after-school detention. These updates have been communicated to students through assemblies and form tutors. Last week acted as a soft start – with sanctions being set from today.

Please find the updated Behaviour Parent Guide attached, which contains this structure in more detail. Thank you in advance for your continued support with our behaviour system.

Finally, I understand there is a lot of information included in this newsletter but having spoken with some of you over the tutor days, the consensus was that as a parent, you would always rather know more than less, especially when it comes to the safety of your child/children and the work we are doing to protect them.

I do hope you and your child/children have a successful end of term, a safe Christmas and New Year; and I look forward to writing to you in the Spring term. As always if you have any concerns relating to the safety of your child/children, please do not hesitate to contact me.

Yours faithfully

A handwritten signature in cursive script that reads "Helen Seath".

Miss Helen Seath  
Vice Principal

Attachments:  
Behaviour Management Guidance