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Monday 24 April 2023

Dear Parent

Summer Safeguarding Update 1

Firstly, I would like to thank you for your efforts in ensuring children arrived in perfect uniform following the Easter break. It was noticeable how smart and well organised students looked in their welcome back assemblies at the start of term. As a parent I know that this takes considerable organisation and effort.

We look forward to another important and fun-packed half term ahead and I wanted to write to you with safeguarding information to keep you informed.

Personal Development and PSHE Curriculum this term

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.

This half term we move to '**Sexual Awareness**' which will lead to each year group learning about the following:

- Year 7 – Puberty and body development
- Year 8 – Identity, relationships, and sex education
- Year 9 – Sex, the law and consent
- Year 10 – Sexualisation of the media, domestic abuse and violence, sexual assault awareness and the harm of pornography
- Senior Year – Personal study

As part of our focus on Sexual Awareness, in addition to training in September and January, I delivered further training on Harmful Sexual Behaviour and Sexual Harassment. This will keep us all well informed and ready to spot and intervene early in this type of Child-on-Child abuse. Students received some training themselves around this topic in assemblies led by myself in the first week back, followed by a suite of assemblies run by my colleague Mrs Neave, Safeguarding Officer on the topic of 'Love versus Lust'. This assembly has had input from Norfolk police as part of their safer schools work.

To mark April being national Sexual Assault Awareness month students made their own awareness ribbons on Friday 21 April and you may have seen them attached to your child's blazer. These ribbons are to allow us to show respect to victims of Harmful Sexual Behaviours.

We are lucky to welcome Dr Patel, a local GP who will be running drop-in sessions as part of our sexual awareness focus. Students can drop in every other week on a Wednesday lunchtime commencing on 26 April. The focus of her support will be around sexual health awareness.

Ethics Curriculum this term

For information, Year 9 will be covering some other sensitive topics in their ethics lessons this half term. These will include exploring different views on the death penalty, cloning and abortion.

Personal Development and PSHE Curriculum next term

From 5 June when students return from their half term break our Personal Development theme will move to **'Rights, Responsibilities & British Values'**. As such each year group will learn about:

- Year 7 – Politics, Parliament & Me
- Year 8 – Law, Crime & Society
- Year 9 – Contraception, STI's, Sexual harassment & Discrimination
- Year 10 – Sexual Awareness & British Values
- Senior Year – Personal study

Drowning Prevention

As part of our contextual safeguarding, we invite the RNLI lifeguards into the academy to deliver a water safety assembly in May. Assemblies will run from 15 - 19 May and will equip our children with a better understanding of the dangers that the sea presents.

Mental Health Linked to Exam Stress

At this time of year, we often see an increase in concerns about mental health linked to exam stress. Our Senior Year students are working incredibly hard preparing for their national examinations over the coming weeks, and as such, it is important that as a community we support their needs. The MyFamilyCoach platform has released a 3-minute session with some helpful tips on supporting your child through this stressful period and can be found here [My Family Coach - Mental Wellbeing During Exams](#).

There is also a 4-minute article specifically around supporting your child at this time: [My Family Coach - 4 Simple Ways to Support Your Child With Exams](#)

Medical Information

As you know we have moved our Management Information System or MIS to Arbor this year. One of the many advantages of this system is that you can amend information about your child as it changes.

Please could you take some time to review the medical information section that we hold, paying particular attention to any allergies your child has and whether they have/carry an EpiPen. This is vital information that we would need should a medical emergency take place. I have attached a guide to help you to do this should you need it.

Sun Safety

As the temperature outside starts to increase, we see more students heading out onto the field to enjoy their lunchtime. Please do remind your children to wear sun cream to protect their skin from any damage this could cause. We have water refueling stations in the dining hall so again please remind them to bring their bottles in so that they can stay well hydrated.

Final Word

Thank you for taking the time to read this update, I will write again next half term to bring you up to date with any safeguarding news.

Yours faithfully

A handwritten signature in grey ink that reads "H Seath". The signature is written in a cursive, flowing style.

Miss H Seath
Vice Principal