



Newsletter—Week Ending 31st January 2025

TEAM OF THE WEEK!

This week's Team of the Week are:

P16: Alisha, Soraia, Alex U

KS4: Faye, Ethan M, Jayden, Kai

KS3: Ollie A, Mia, Ceza, Olly P, Elm Class

Primary: Poppy, Aden R, Kingsley, Cheyenne, Sophie, Nicolas, All of Primary.



WELL DONE!

DATES FOR THE DIARY:

10th-14th February - Safer Internet Week

11th of February –Safer internet Day

Friday 14th February-

Last day of Term 3

Monday 24th February -

In-service day (no pupils)

Tuesday 25th February–

Start of Term 4 - All pupils back to school



P16 ASDAN COURSE

This week in P16 some of the students successfully looked after a 'flour baby' to recognise the demands of being a new parent. The students were able to identify how a baby has an impact on their physical, emotional and social life. The students enjoyed dressing the flour babies and keeping them safe. Well done to those who completed this!



AXE & PINE PENTATHLON BOWLING CHALLENGE

Axe and Pine classes took on the Multi-School Pentathlon Bowling challenge this week. All the teams did really well. A special mention goes to Ruby (Axe) for the highest score in the competition, Devon (Pine) for the most strikes and the lane 5 Pine Team for winning overall. Well done to everyone who took part!





BRTISH SIGN LANGUAGE - STAFF

A huge congratulations to five staff members at Ravenswood who have completed their British Sign Language Level 1. The group studied alongside seven staff from Warmly Park School over 10 intensive weeks, which ended by sitting three exams to gain the qualification. The school was very happy to support the staff with this learning opportunity, knowing the benefits of having these skills, will help all our children.

We can now build on the school Makaton signs, so pupils who are able, have a platform to communicate further.

Well done - Andy, Becky, Polly, Holly and Mark.



THANK YOU!

We would like to say a huge thank you to the family of Jeanne Parkinson, who have kindly made a lovely donation to the school in memory of Jeanne's life. We really appreciate that at such a difficult time the family wanted to support the school and the work we do.



FAMILY SOCIAL CAFE

It was lovely to see so many families at our first family social café. Our Post 16 students did a great job greeting and welcoming our guests; serving tea, cakes and coffee; and cleaning up afterwards. We were even treated to a special performance from some of the students at the end. We hope that it gave our families a chance to get to know other parents and ask key staff for advice and support as needed. We are always looking to build our partnerships with parents and we would welcome any feedback you may have to help us plan for future events.

A huge thank you to P16 TM for their fantastic hospitality skills, Thomas and Amy for their barista skills and the Iles Kitchen Team for supporting the young people to run our café.



WAKE UP WEDNESDAY

Ofcom has found that 99% of our children in the UK use social media. That's about 14 million young people! So, how do we help them stay safe?

Wake up Wednesday is a support network found on Facebook and other platforms, set up for parents/carers, educators full of advice to help us help our young people stay safe.

Please look for the links and the icon and follow for the latest updates.

You can find links to helpful advice, podcasts and other support networks. Different topics are discussed each week with lots of useful information and guidance.

<https://www.facebook.com/share/15xYctvmDD/?mibextid=wwXlfr>





At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators

SAFETY ON SOCIAL MEDIA

Currently, children are growing up in an immediate and throwaway culture when it comes to content that's consumed online. So much material is now deliberately created to be shorter in nature – and may often contain hidden elements such as advertising, or extreme political and cultural views. With complex algorithms built to keep people on their phones and engaging with social media content, it's becoming increasingly difficult to reduce time spent on these platforms.

1 REDUCE DOOMSCROLLING

It's concerning how common it is for young people to spend hours 'doomscrolling': trawling through social media and aimlessly viewing every post they see, many of which might make them feel sad or anxious. Social media can be useful for keeping in touch with friends and family, as well as staying up to date on current events. However, it's important to use it with a clear purpose, instead of mindlessly scrolling through content, which could lead to young people accidentally discovering harmful material.

2 TALK ABOUT THE CONTENT

It's important to keep apprised of the kind of content that a young person is being exposed to. Discussing what they're watching online can help you understand why they're using social media in the first place. Furthermore, ensure that children are aware of hidden content, such as advertising of a product – and that they know how to spot that the creator is being paid to talk about it.

3 FIND POSITIVE ASPECTS

Despite all the concerns, there's plenty of wholesome content on social media. It's worth spending time with children to help them find something suitable and enjoyable. Perhaps you'll even discover a joint interest, and you can enjoy the content alongside the child. As part of this, you should also point out why certain things shouldn't be given attention, explaining why it isn't suitable and why it's been created in the first place.

4 REDUCE SCREENTIME

Young people can sometimes be unaware of the exact amount of time they spend looking at social media. Smart phones don't just have the capacity to monitor screentime; they also record how much time is spent on each app. Consider setting targets to reduce this and support children to meet these goals, gradually reducing the amount of time spent on different apps.

5 FILL THE VOID

Monitoring and reducing screentime can create a lot of free time to fill, and young people can even face withdrawal symptoms when asked to step away from their phones. To mitigate this, consider what offline activities you could introduce the child to, and what they would enjoy. This can ensure that young users will permanently cut down on their screentime, rather than temporarily doing so while they know it's being monitored.

6 REDUCE NOTIFICATIONS

One way in which social media platforms keep people coming back is through notifications. The algorithms behind these apps track people's daily habits, including the times of the day where they're most likely to engage with the platform. This data is then used to deliver specifically timed notifications to draw them back in. To avoid young users being exposed to this tactic, simply turn off notifications for the app in their phone's settings.

7 LIVE IN THE REAL WORLD

Overexposure to social media can distort someone's perception of the real world – from body norms to social conventions. This filtered environment can make it hard for young people to distinguish reality from online content, which is now becoming even more difficult with the rise of AI. To mitigate this concern, take time to teach young people how to discern truth from fiction, both on and off social media.

8 DIGITAL DETOX

Encouraging young people to take a 'digital detox', from even just a couple of the apps that they use, can result in an overall reduction of screentime and less exposure to potentially harmful content. Alternatively, rather than avoiding the app entirely, encourage children to take a 'digital detox' from content creators and influencers, and instead, keep in touch with friends and family – which is generally a far healthier use of these platforms.

9 MODEL GOOD BEHAVIOUR

Consider the habits that you're demonstrating to your children. How much time do you spend on your phone? How much do you 'doomscroll'? Comparing your own usage with the child's could put things into perspective for them – or if it turns out that you're also overusing social media, it can turn screentime reduction into a joint mission, which you and the child can work on together.

10 BE CLEAR ON THE "WHY"

Research shows that young people can become addicted to social media. There are many schools that are moving towards being 'phone free' due to the negative impacts of using social media and phones continuously. It's important to explain to young people why managing screentime is important. Set out the benefits and ensure they have all the relevant information, so it's not just seen as a punishment.

Meet Our Expert

John Insley is a senior leader in a Birmingham secondary school and has vast experience in leading schools over the past 15 years – including the development of computing curriculums across primary and secondary schools, writing e-safety policies and supporting schools with computing and e-safety advice.



The National College

Source: See full reference list on guide page at <https://nationalcollege.com/guides/top-tips-for-safety-on-social-media>

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SEND Post 16 Transport Consultation

Dear Parent/ Carer

North Somerset Council are looking to gain your views regarding transport arrangements for Post 16 pupils. If your child is in Year 10,11,12 or 13 then we strongly advise that you attend one of these events to hear NSC presentation and so you are able to make your feelings clear about their proposals.

VENUE	DATE	TIME
Baytree School Clevedon Campus	Wednesday 5 th February 2025	10am – 12pm
North Somerset Parent Carer Forum, St Andrew's, Clevedon (General Peer Support)	Monday 10 th February 2025	10am – 12pm
Castlewood North Somerset Council BS21 6FW	Wednesday 12 th February 2025	4pm – 6pm
Weston College – Hans Price Conference Centre attached to Knightstone Campus	Tuesday 25 th February 2025	6pm – 8pm
Westhaven School	Wednesday 26 th February 2025	3:15pm – 5:15pm
North Somerset Parent Carer Forum, The Firs (Autism/ ADHD)	Thursday 27 th February 2025	6pm – 8pm
North Somerset Parent Carer Forum Supported Online Session	Monday 3 rd March 2025	7pm – 9pm

Seven sessions will be held in North Somerset, allowing parents and carers to choose how and when they would like to attend. In due course, additional information about the online session will be provided to schools and colleges.