

YEAR 7 News LETTER

Season's Greetings!

This half term has been another busy and productive one for students in Year 7. First off, a special mention goes to **Brynlee Joynson-Ellis** who gained a **silver medal** in her Trampolining competition for Ken Stimpson. Brynlee has now qualified for the next round in January. Well done and keep up the fabulous hard work! I would love to hear about any Year 7s who are competing in competitions, so I can give them a special shout out!



Christmas Boxes!

This half term the Year 7 students have been making and decorating Christmas boxes for the homeless and the elderly. The students had a great time decorating and filling the boxes, and it has been a fabulous atmosphere in form time. They have all done outstanding work and it was very hard to pick a winner! Mr Erwin joined Mrs Purdy and I to help judge. Each tutor group presented their boxes and the creativity behind each idea. Here are some of the finished boxes. They are all so fabulous!



We have held lots of interform competition, all forms have been fully involved and loved every second of playing the different competitions I have put in place for them. The year group seems very competitive, especially this term for bench ball! We have one form which is currently unbeaten, so a massive well done to Mr Quinn and Mrs Greeves' form for being the final winners this term.

Secondary School Life...



As we come to the end of the year, I would like to mention how much the year 7s have achieved since they joined us. Secondary school is so different to primary school, and they really have settled in very quickly, enjoying learning new things in lessons from Harry Potter in English to Stonehenge in Geography, to Algebraic thinking in Maths. I know all students are enjoying the variety in lessons. If you would like to know what your child/children are learning in school, please visit our website.



I would like to take this opportunity to thank you for your support during this term and to wish you all a wonderful Christmas holiday season and a happy, healthy, and safe new year.

I look forward to welcoming all students back in the new year on the **3rd January 2023!**



Mrs Read
Head of Year 7

**Merry Christmas
and a happy New Year!**



Christmas is a time where many children get new devices. Please refer to the following guidance to help support you and your child.

APPS AND THEIR AGE RATINGS



13+		16+	
Facebook	Snapchat	WhatsApp	
Instagram	Twitter	17+	18+
TikTok	Kik	Sarahah	MeetMe
YouNow	Yubo	YOLO	LiveMe
House Party	Monkey		

YEAR 7

January 2023

Parent Tours

We are pleased to be able to offer a number of small tours to our existing Year 7 parents during the Spring Term. We are aware that many of our parents were unable to visit the school in the run up to your children joining us and would like to invite you to visit us. Tours will initially take place at 9am-9:30am on the following dates with more dates to come should there be demand:

- Tuesday 17th January
- Thursday 19th January
- Tuesday 24th January
- Thursday 26th January



To book please visit <https://www.eventbrite.co.uk/e/478003018897>

If you are unable to book a place or if you have difficulty visiting at the times given, please contact us as we may be able to accommodate alternatives.

Mrs Read and Mrs Purdy
Year 7 Team

ONLINE CONTENT

10 tips to keep your children safe online

The internet has transformed the ability to access content. Many apps that children use are dependent on user-generated content which can encourage freedom of expression, imagination and creativity. However, due to the sheer volume uploaded every day, it can be difficult for platforms to regulate and moderate everything, which means that disturbing or distressing images, videos or audio clips can slip through the net. That's why we've created this guide to provide parents and carers with some useful tips on keeping children safe online.



1 MONITOR VIEWING HABITS

Whilst most apps have moderation tools, inappropriate content can still slip through the net.



2 CHECK ONLINE CONTENT

Understand what's being shared or what seems to be 'trending' at the moment.



3 CHECK AGE-RATINGS

Make sure they are old enough to use the app and meet the recommended age-limit.



4 CHANGE PRIVACY SETTINGS

Make accounts private and set content filters and parental controls where possible.



5 SPEND TIME ON THE APP

Get used to how apps work, what content is available and what your child likes to watch.



6 LET CHILDREN KNOW YOU'RE THERE

Ensure they know that there is support and advice available to them if they need it.



7 ENCOURAGE CRITICAL THINKING

Talk about what people might post online and why some posts could cause distress.



8 LEARN HOW TO REPORT & BLOCK

Always make sure that children know how to use the reporting tools on social media apps.



9 KEEP AN OPEN DIALOGUE

If a child sees distressing material online; listen to their concerns, empathise and offer reassurance.



10 SEEK FURTHER SUPPORT

If a child has been affected by something they've seen online, seek support from your school's safeguarding lead.



It can be challenging for parents and carers to know whether children are spending too much time on their devices. Furthermore, it's even more of a challenge to know whether a child is addicted to the internet and social media. As technology is becoming more pervasive, children and young people are experiencing tech-related dependencies. Do we as parents and carers have the knowledge to identify and support children and young people who may be developing an addiction to their devices?



What parents need to know about SCREEN ADDICTION



HEALTH & WELLBEING

Children as young as 13 are attending 'smartphone rehab' following growing concerns over screen time. There are now help centers in the UK which deal with screen addiction for children and adults showing the seriousness of device addiction. The World Health Organisation (WHO) has officially recognised gaming addiction as a modern disease. The condition was confirmed as part of their International Classification of Diseases (ICD) which serves as an international standard for diagnosing and treating health conditions.

LACK OF SLEEP

7 out of 10 children said they had missed out on sleep because of their online habits and 60% said they had neglected school work as a result. It is important that children get the sleep they need in order to focus the next day.

LOSS OF INTEREST IN OTHER THINGS

Your child may become less interested in anything that does not include their device. You may notice that your child is missing school time and generally being less engaged with other activities in the home. It is important to discuss this with your child as soon as you notice a behaviour change.



CONFIDENCE, SUPPORT & ADVICE

The Children's Commissioner report 'Life in Likes', explored how children aged 8-11 are using social media today. It showed that children are using their devices to speak to their online friends about their problems and seek acceptance and support, removing face to face interactions.

APPS CAN BE ADDICTIVE

Apps have been designed with 'psychological tricks' to constantly keep grabbing your attention. One example of this is on the app Snapchat, where you can gain 'streaks' when interacting with your friends. If you don't respond, you lose the streak. This addictive nature of apps aims to engage children and keep them coming back for more.



National Online Safety



Top Tips for Parents



LIMIT SCREEN TIME

In today's digital age, technology is an important part of a child's development so completely banning them from their device will mean they are missing out on a lot, including conversations and communication with their friends. Rather than banning them from using their devices, we suggest setting a screen time limit. Work out what you think is a suitable and healthy amount of time for your child to be on their device per week. Remember that your child may need to use devices for their school homework so only set screen limits on recreational time on their device. Once you have established this, have the conversation with them to discuss why you are implementing a screen limit. There will be others in your child's friendship group who will not have screen limits set and will be sending messages when they do not have access to their phones.

LEAD BY EXAMPLE

Children model their behavior on their peers, so if their parents are constantly on their device, they will see this as acceptable. Try limiting your own screen time and follow the same rules you have set for them. If you have asked your child to not use their device at the table, make sure you don't. Try setting house rules that the whole family abide by.

REMOVE DEVICES FROM THEIR BEDROOM

Setting a rule about removing devices from bedrooms will help your child to get the sleep they need and be more focussed the next day at school. 20% of teenagers said that they wake up to check their social network accounts on their devices. Even by having a device switched off in their bedroom, they may be tempted to check for notifications.

LESS TIME MEANS LESS EXPOSURE

There are many risks associated with devices, such as cyberbullying, grooming, sexting, viewing inappropriate content etc. Less time spent on a screen means that a child will be less exposed to these risks.

52% of children aged 3-4 go online for nearly 9hrs a week

82% of children aged 5-7 go online for nearly 9.5hrs a week

93% of children aged 8-11 go online for nearly 13.5hrs a week

99% of children aged 12-15 go online for nearly 20.5hrs a week

STATISTICS

ENCOURAGE ALTERNATE ACTIVITIES

It may seem like an obvious solution, but encouraging children to play with their friends, read a book, or playing outdoors will help them realise they can have fun without their device. Playing football, trampolining, camping, going for a walk or swimming are all healthy replacements for screen time. Try to join them in their Outdoor activities to show your support.

MOBILE-FREE MEAL TIMES

Have you tried to settle your child by giving them a tablet at the dinner table or restaurant? This may seem like a quick fix to calm them down but in reality, it is encouraging them to use their device as a distraction from conversation and dealing with their emotions. We suggest removing all technology from the dinner table and having conversations with your family about how their day has been.



CAREERS

CHRISTMAS 2022

CATCH US ON  

Welcome to our Christmas Careers Newsletter!



anglianwater

CHALLENGE!

This term some Year 7 students completed an Anglian Water Challenge event! Their task was to plan, design and build the water system for a town. Working to a budget and testing the plan, this activity allowed the students to develop an awareness of the work of Anglian Water and the jobs involved. The students' teamwork, communication and problem-solving skills were tested whilst completing the challenge. Well done Year 7! The rest of Year 7 will complete this activity in February.



Christmas Lunch!

In December we hosted our Community Christmas Lunch for the first time since 2019! It was fantastic to see some familiar faces return, and to meet new friends. We all had lots of fun, and We all had lots of fun, and the students who helped so brilliantly displayed great employability skills during the event!



AFTER POST 16

Post 16 have had the opportunity this half-term to try a host of exciting and illuminating experiences designed to inspire them on their future career paths! Among the highlights were included the Anglia Ruskin University Discovery Days Workshops in business, social work, and primary education. They were also able to explore the mechanics of an international company with Amazon, take part in the Speakers For Schools Assembly, the IGD exploring the hidden job market workshop, and the KSCS Post 16 Opportunities evening in November!

UPCOMING COLLEGE DAYS:

Stamford College: 11th January

To book a visit go to stamford.ac.uk

Peterborough College: 2nd February

To book a visit go to peterborough.ac.uk

Friday 6th January: KSCS P16 Taster Day

Marshall's Aerospace training team in Cambridge are offering students in **Years 11-13** apprenticeships from **September 2023** across their Land Systems, Aerospace, Property and Skills Academy businesses ranging from levels 2 to 6. Click [this link](#) to book onto their open evenings for more information and hints and tips to help your application stand out!



**Merry Christmas
& Happy New Year!**