

# SELWOOD ACADEMY NEWSLETTER

Friday 29th September 2023 | Issue No. 2 2023/24



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## DATES FOR THE DIARY

**2nd Oct** – Year 5 and 6 author visit

**4th - 6th Oct** - Year 5 Caving

**6th Oct** – Merlin Theatre trip year 8

**11th Oct** – Year 5 Welcome Morning

**11th Oct** – Flu Vaccinations

**11th Oct** – SATS Launch Event 6pm

**13th Oct** – Yr 6 Coffee Morning



### Trip and activities

Please remember to check your emails and ParentPay as we have lots going on at the moment. If you think you may have missed a letter please check our website

<https://selwood.somerset.sch.uk/parents/letters>

### Forgotten Items

Please can parents and carers ensure that their child has all they need for the school day when they come to school each morning.

With Selwood being a large site, it can be very difficult to get forgotten items and messages to children throughout the day.

Thank you for your support with this.

### Parental Survey

If you are able, please complete the parental survey you received via email on 26th September.

This survey is pivotal for the school to celebrate success as well as ways we can be even better. Previous surveys have led to changes to the behaviour policy, the introduction of forest school, increased school trips and clubs as well as parent coffee mornings. Therefore every opinion is valued in moving our community forward.

# YEAR GROUP UPDATES



## All Years

Flu Vaccinations will take place in school on Wednesday 11 October. Please complete the consent form even if you do not want your child to have the vaccine. The form is on this link: <https://www.somersetsaint.co.uk/Forms/Flu>

Our school code is: SM137741

## Year 5

On Monday 2 October the author Hannah Gold will be visiting Years 5 & 6 to talk about her books. To buy Hannah's books at a specially discounted rate, please see your ParentPay account.

If you have not yet given permission for your child to attend the Mendip Adventure day, please do so via this link: <https://forms.gle/pCjRby1Pz3UvHS6d9>

On Wednesday 11th October there will be a year 5 welcome service at Wesley Methodist Church. We'll have a variety of songs and readings to welcome our new year 5's to Selwood.

## Year 6

On Monday 2 October the author Hannah Gold will be visiting Years 5 & 6 to talk about her books. To buy Hannah's books at a specially discounted rate, please see your ParentPay account.

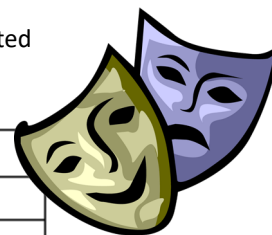
All Year 6 parents and carers are invited to a Coffee Morning in the library on Friday 13 October at 11.15am. This is an opportunity to chat to staff and other parents whilst enjoying a cuppa and a biscuit.

## Year 7

A reminder that if your child would like to attend the trip to see Les Misérables, please complete the form and pay on ParentPay by 30 September <https://forms.gle/W5f5yV1poxw8MeCf8>

# 2023/24 TRIPS AND ACTIVITIES

As a reminder please see the trips and activities planned for the year ahead along with the estimated costs.



Year 5	Term	Estimated cost
Caving	1	£50
Church Visits	2	£20
Harry Potter Studios	3	£50
Disneyland Paris	4	£415
Swimming		£55
Year 6	Term	Estimated cost
Residential Trip	6	£225
Portsmouth Harbour visit	5	£40
Ski Trip (every other year – starting March 2025)		£1500
Year 7	Term	Estimated cost
Theatre Trip	1	£50
Places of worship trip	3	£30
Disneyland Paris	4	£415
Black country museum	4	£50
Ski Trip (every other year – starting March 2025)		£1500
Year 8	Term	Estimated cost
First world war play at the Merlin Theatre	1	Free
Theatre Trip	4	£50
Lyme Regis	5	£20
Normandy	6	£420
Thorpe Park	6	£50
Prom	6	£20
Leavers hoodies		£20
Whole school	Term	Estimated cost
Panto		£5-7



# SUBJECT NEWS



## ENGLISH

Year 5 - Will be learning about non-fiction writing and creating their own autobiographical pieces.

Year 6 - Will be building on what they learned about non-fiction writing in Year 5 to create magazine pieces in different styles.

Year 7 - Will be starting their study of Oliver Twist.

Year 8 - Will be learning about Victorian London and Sherlock Holmes.

### English homework:

Following feedback from parents in KS2, spelling homework will be set by individual class teachers, rather than for the whole year group.

Students will continue with their Bedrock learning, aiming to achieve 20 points over the course of the week. Please see our email about Bedrock for how parents can support and monitor this.

### Hannah Gold author visit:

We're thrilled to announce that, on Monday 2<sup>nd</sup> October, Selwood will be hosting the author Hannah Gold. A winner of the Waterstones Children's Book Prize (2022) and the Blue Peter Book prize, Hannah will be talking to Year 5 students about her latest book 'Finding Bear', as well as her previous books 'The Lost Whale' and 'The Last Bear'.

In addition to the talk, Hannah will be available to sign copies of her books. Selwood have once again partnered with the fantastic Hunting Raven Books, to offer a selection of Hannah's book titles at a specially discounted rate.

'The Last Bear' will be available for £6.99

'The Lost Whale' will be also be available for £6.99

'Finding Bear' (Hardback) will be available for £10.99



## MATHS

Year 5 - We are looking at comparing and ordering numbers up to a million including decimals before moving on to rounding numbers.

Year 6 - We are also continuing with place value looking at rounding before moving on to negative numbers.

Year 7 - We are finishing our block on equality and equivalence and then starting our new topic of place value.

Year 8 - We are finishing our unit on calculations looking at powers multiples and factors.

A big thank you to the 63 people that took part in the jelly beans maths experiment at open evening. We had some interesting guesses ranging from 40 all the way up to 10,000! The actual amount in the jar was 349 and the average guess came in at 362 so pretty close! The winner of the jar was Theo K in Year 8 with a guess of 348.



# ACHIEVEMENTS



One of our pupils, Lydia, has been at local company, Danceworks for 3 years and has just completed her first ever modern dance exam.

Lydia has been doing tap & modern for over a year and achieved a distinction in her exam results which she rehearsed for at every given opportunity (even weekends!)

She also does ballet which she has been doing for 3 years and received a merit in her ballet exam. We are extremely proud of Lydia.

Her parents say she has gone from being shy to more confident and actually wanting to get involved and join in. She has grown with her dance and become more mature.

We know that at the same time as Lydia, several other pupils also passed their exams!

Well done to all!



**SELWOOD ACADEMY**  
ANGLICAN/METHODIST FOUNDATION SCHOOL

## **CAN YOU HELP?**

**Do you or someone you know have your own business and can donate a prize to our Christmas Raffle?**

**Tickets will be sold at our Christmas Fair on Friday 1 December and we will mention your business on our Facebook page.**

**Please contact us if you can help.**

**All money raised will go towards projects in school to benefit our pupils.**

**[Selwoodacademy@selwood-academy.co.uk](mailto:Selwoodacademy@selwood-academy.co.uk)**



# CAREERS UPDATE

At particular points, we aim to pass on some career information and in particular potential future examples of education and career pathways. In this newsletter we have included information with regard to 'Pre- Apprenticeships and Careers Programmes' and 'Level 2 Career Programmes' which include specific case studies.

### Maths & English

If you're aged between 16 and 19 you'll be able to study GCSE if you join us to study in August-November. Otherwise, you'll be able to study Functional Skills, which has multiple start dates.

You'll attend classes one day a week for maths, English (if required) and employability, from 9.30am-3pm in the following venues:

- Frome • Shepton Mallet • Taunton • Yeovil
- Chard • Bridgwater • Online

### Course Overview

What is the programme made up of?

### How can I progress or plan my career?

After you've completed this course, you could go on to...

- An Apprenticeship
- Employment
- Further Education
- Our Level 2 Career Pathway Programme

### Optional Qualifications & Content

- Online resilience building sessions
- Get That Job
- Level 1 Award in Childcare
- Level 1 Preparing to Work in Schools
- Level 1 Award in Retail
- Level 1 Award in Customer Service
- Level 1 Award in Adult Social Care
- Level 1 Award Animal Care
- Level 1 Digital Skills
- Level 1 Certificate in The Principles of Business Administration

### Pre-Apprenticeship & Employment Programme

A Pre-Apprenticeship & Employment Programme is a 3 – 6 months long qualification with work experience, which you can start anytime and will prepare you for an Apprenticeship, employment or further study.

It's available for anyone aged 16-19 (up to 25 with an EHCP) qualified up to Level 3, with little or no work experience.

This is a flexible course! It's ideal if you don't have a clear career pathway planned and would like to gain some qualifications and experience in the world of work to find out what you like.

You'll be able to take part in work experience in any business sector – the choice is yours - whilst working on Level 1 or Level 2 qualifications. You can start anytime during the academic year.

### What personal skills will I develop?

- Study skills
- How to raise confidence
- Improving communication skills
- Goal setting
- Budgeting
- Working with others
- Keeping safe
- How to cope with change & challenges in the workplace
- Work ethics
- Managing yourself & resilience
- Understanding Apprenticeships & T-Levels
- Understanding work place policies, pay slips & rules

### What employability skills will I learn?

During this programme you'll gain skills to help with your employability, such as...

- CV writing & interview skills
- British values
- Behaviours & attitudes
- Employer expectations
- Professionalism
- Job-seeking skills
- Responsibility
- Presenting yourself digitally

### Support

Throughout your qualification you'll be given support including...

- Support and action planning
- Skills, knowledge & work ready attitudes
- Careers education, Information, Advice & Guidance
- Mentoring, progression planning and reviews
- Smaller groups

### Work Experience

You will undertake a work experience placement in your chosen sector and will do around 200 hours over the duration of your course.

**Find out more online...**

Visit [sslcourses.co.uk](https://sslcourses.co.uk) or call us on 0330 332 7997

### Maths & English

If you're aged between 16 and 19 you'll be able to study GCSE if you join us to study in August-November. Otherwise, you'll be able to study Functional Skills, which has multiple start dates.

You'll attend classes one day a week for maths, English (if required) and employability, from 9.30am-3pm in the following venues:

- Frome • Shepton Mallet • Taunton • Yeovil
- Chard • Bridgwater • Online

### Course Overview

What is the programme made up of?

### What can I do once I complete this course?

On successful completion of your Level 2 Career Pathway Programme you can go on to...

- An Apprenticeship
- Employment
- Further Education
- T-Levels

### Optional Level 2 Qualifications

There are also some optional Certificates & Awards available...

- L2 Award in Canine Care & Welfare
- L2 Award in Practical Animal Care Skills
- L2 Certificate Support Worker in Schools
- L2 Award in Support Work in Schools
- L2 Certificate Introduction to Caring for Children & Young People
- L2 Certificate in Business Admin
- Functional skills or GCSE in Maths & English

### What is a Level 2 Career Pathway Programme?

A Level 2 Career Pathway Programme is a 5 - 9 months long qualification, which you can start anytime and will help you follow your desired career path. It's available for anyone age 16-19 (up to 25 with an EHCP) qualified up to Level 3 with little or no work experience.

You'll also gain industry experience in your chosen sector. Maths and English is offered at Level 2 alongside your pathway. All career pathways will enable you to build a strong knowledge and understanding of the roles that sit within your chosen sector, developing the relevant skills for a variety of positions.

You will develop further during your industry placement and network with employers, who will help you in your chosen career pathway and in planning your next steps...

Choose your career pathway from the options below...

### What personal skills will I develop?

- Study skills & goal setting
- How to raise confidence, manage yourself & resilience
- Improving communication skills
- Budgeting
- Working with others
- Keeping safe - safeguarding yourself & others
- British Values
- How to cope with change & challenges in the workplace
- Work ethics
- Understanding work place policies, pay slips & rules

### What employability skills will I learn?

During this programme you'll gain skills to help with your employability, such as the below and more!

- Researching & understanding facts
- Interpreting information & ideas
- Employer led project experience
- Communicating with others in the workplace

### Support & Guidance

Throughout your qualification you'll be given support including...

- Understanding Apprenticeships & T-Levels
- Careers support, advice & action planning
- Employer talks & employer visits
- Skills, knowledge & work ready attitudes
- Reviews & Mentoring
- Virtual university visits, volunteer days + more!

### Industry Placement

You will undertake an industry placement in your chosen sector and will do around 210 hours over the duration of your course.

**Find out more online...**

Visit [sslcourses.co.uk](https://sslcourses.co.uk) or call us on 0330 332 7997



# What Parents & Carers Need to Know about

# WHATSAPP

AGE RESTRICTION  
**16+**

In UK and Europe;  
rest of the world 13+

With more than two billion active users exchanging texts, photos, videos and documents, as well as making voice and video calls, WhatsApp is the world's most popular messaging service. Its end-to-end encryption only allows messages to be viewed by the sender and any recipients: not even WhatsApp itself can read them. This privacy issue has been in the spotlight recently, as the UK's Online Safety Bill proposes to end such encryption on private messaging. WhatsApp is unwilling to do so and has reportedly considered withdrawing its service in the UK should this legislation go ahead.

## WHAT ARE THE RISKS?

### EVOLVING SCAMS

WhatsApp's popularity makes it a lucrative hunting ground for scammers. Recent examples include posing as the target's child, requesting a money transfer because of a spurious 'emergency'. Plus a scam where fraudsters trigger a verification message by attempting to log in to your account, then (posing as WhatsApp) call or text to ask you to repeat the code back to them, giving them access.

### CONTACT FROM STRANGERS

To start a chat, someone only needs the mobile number of the WhatsApp user that they want to message. If your child has ever given their number out to someone they don't know, that person could then contact them via WhatsApp. It's also possible that your child might be added to a group chat (by one of their friends, for example) containing other people that they don't know.

### FAKE NEWS

WhatsApp's connectivity and ease of use allows news to be shared rapidly – whether it's true or not. To combat the spread of misinformation, messages forwarded more than five times on the app now display a 'Forwarded many times' label and a double arrow icon. This makes users aware that the message they've just received is far from an original – and might not be entirely factual, either.

### 'VIEW ONCE' CONTENT

The facility to send images or messages that can only be viewed once has led to some WhatsApp users sharing inappropriate images or abusive texts, knowing that the recipient can't re-open them later to use as evidence of misconduct. People used to be able to screenshot this 'disappearing' content – but a recently added WhatsApp feature now blocks this, citing increased privacy.

### CHAT LOCK

Another new option allows users to store certain messages or chats in a separate 'locked chats' folder, saved behind a passcode, fingerprint or face ID authentication. The risk here is that this function creates the potential for young people to hide conversations and content that they suspect their parents wouldn't approve of (such as age-inappropriate material).

### VISIBLE LOCATION

WhatsApp's 'live location' feature lets users share their current whereabouts, which can be helpful for friends meeting up or parents checking that their child's safely on the way home, for example. However, anyone in your child's contacts list or in a mutual group chat can also track their location – potentially letting strangers identify a child's home address or journeys that they make regularly.

## Advice for Parents & Carers ...TYPING...

### EMPHASISE CAUTION

Encourage your child to treat unexpected messages with caution: get them to consider, for example, whether the message sounds like something a friend or relative would really send them. Make sure they know never to share personal details over WhatsApp, and to be wary of clicking on any links in messages. Setting up two-step verification adds a further layer of protection to their WhatsApp account.

### ADJUST THE SETTINGS

It's wise to change your child's WhatsApp settings (go to 'Privacy', then 'Groups') to specify which of their contacts can add them to group chats without needing approval; you can give permission to 'My Contacts' or 'My Contacts Except...'. Additionally, if your child needs to use 'live location', emphasise that they should enable this function for only as long as they need – and then turn it off.

### THINKING BEFORE SHARING

Help your child to understand why it's important to stop and think before posting or forwarding something on WhatsApp. It's easy – and all too common – for content to then be shared more widely (even publicly on social media). Encourage your child to consider how an ill-judged message might damage their reputation or upset a friend who sent something to them in confidence.

### CHAT ABOUT PRIVACY

Some parents like to check in with their child about how they're using WhatsApp, explaining that it will help to keep them safe. If you spot a 'Locked Chats' folder, you might want to talk about the sort of chats that are in there, who they're with and why your child wants to keep them hidden. Also, if your child has sent any 'view once' content, you could discuss their reasons for using this feature.

## Meet Our Expert

Dr Claire Sutcliffe is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



...HEY OSCAR...

**NOS** National Online Safety®  
#WakeUpWednesday

Source: <https://blog.whatsapp.com/an-open-letter> | <https://blog.whatsapp.com/1077018539582332> | [https://blog.whatsapp.com/35005856189245?help=the\\_story](https://blog.whatsapp.com/35005856189245?help=the_story)  
<https://www.whatsapp.com/security> | <https://blog.whatsapp.com/chat-lock-making-your-most-intimate-conversations-even-more-private>  
<https://www.coura.com/learn/whatsapp-scams>



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# What Parents & Carers Need to Know about THE DANGERS OF VAPING

Data collected for ASH (Action on Smoking and Health) shows an increase in 11 to 17-year-olds experimenting with vaping: from 7.7% in 2022 to 11.6% in 2023. It's concerning that these age-restricted products are getting into the hands of under 18s as most contain nicotine, which can be detrimental to brain development and cause long-term addiction. Some schools have reported students having their focus in lessons affected by nicotine cravings; vaping in school toilets; and even trying vapes found in their local park. Raising awareness of the risks among young people could help to prevent these problems from escalating and reduce the number of young vapers.

## WHAT ARE THE RISKS?

### NICOTINE ADDICTION

Since they were initially developed to help people stop smoking, the vast majority of vape liquids contain nicotine. Not only is this a highly addictive stimulant, but it can also have detrimental effects on brain development in the under-28s. Nicotine can decrease the ability to pay attention, weaken impulse control, affect mood and increase the likelihood of substance addiction as an adult.

## WHAT IS VAPING?

Vapes contain a liquid (vape juice/e-liquid) that is heated by a battery and evaporates, creating a chemical vapour which the user inhales. They can be disposable (once the liquid or battery runs out, the vape is thrown away) or rechargeable (the user replaces the liquid and recharges the battery on demand). Most vape liquids contain nicotine and other chemicals.

### LACK OF AWARENESS

A proportion of young people tend to view vapes as harmless, mainly because of the products' appearance and the perception (often strengthened on social media) that "vaping is cool" and on trend. In many instances, young people don't fully appreciate the concept of addiction; that is, they aren't adequately aware of the risk of becoming hooked on nicotine before trying a vape.

### POTENTIAL TOXICITY

Many vape liquids have been found to contain 'heavy' metals such as lead, tin, nickel and (in some cases) mercury – all of which are toxic. These metals often take the form of tiny shards inside a device's liquid tank, which are then inhaled into the body. Some media reports have suggested these metals are particularly prevalent in illegally imported vapes which don't comply with UK regulations.

### UNCLEAR LONG-TERM CONSEQUENCES

The liquids in vapes also contain solvents, which can create carcinogens at the point of evaporation. Vapes were only introduced into the UK in 2006 – and, because of the relatively short timeframe involved, there is insufficient medical evidence to assess the long-term harms that regular inhalation of these chemical fluids might have on the human body.

### ATTRACTIVE PACKAGING

The packaging of many disposable vapes is very appealing to young people, frequently echoing the colours and flavours of the sweets or fizzy drinks they're used to buying. There's a relative lack of regulation around vape marketing, and vaping is often depicted positively on social media – which can lead young people to develop favourable views of vaping and overlook the possible harms.

### ENVIRONMENTAL EFFECTS

In the UK alone, around 1.3 million disposable vapes go to landfill every week. Due to such significant numbers of these products not being recycled, their components – a lithium battery and a chemical liquid – pose a toxic risk to the environment, the ecosystem and wildlife. Vapes are also predominantly made of plastic and metal; materials that, of course, do not naturally decompose.

### WIDER HEALTH CONCERNS

Studies are already showing a link between vaping and oral health problems such as tooth decay and gum disease. This is because vaping reduces the amount of saliva in the mouth, while increasing bacteria – resulting in bad breath and a build-up of plaque. There are also concerns that, in some users, vaping could lead to the development of asthma, a persistent cough and breathing difficulties.

### UNREGULATED VAPING PRODUCTS

The number of retailers willing to sell vapes to under-18s is a worry, as the chance of these products being unregulated (and therefore containing illegal chemicals and higher levels of nicotine) is high. A related concern is that the mechanisms inside unregulated products are unlikely to have been tested and safety checked – presenting a possible fire risk if the liquid and battery come into contact.

### SCARCE INFORMATION

The lack of information about the ingredients and potentially harmful chemicals in a vape is troubling. Some vape fluids (unregulated in the UK) contain traces of nuts, which can cause an allergic reaction or anaphylactic shock. To date, medical warnings aren't required on vape packaging – with only medical disclaimers being found on the websites of the various brands.

### VAGUE INGREDIENTS LISTS

Early research has suggested that the chemicals used to produce some strawberry and banana flavour e-liquids can kill cells in the blood vessels and heart. These ingredients aren't identified on the packaging, instead falling under the umbrella term 'natural and artificial flavourings'. Such vague listings mean that consumers aren't aware of the liquid's content so can't identify potential risks.

## Meet Our Expert

Run by the Cambridgeshire and Peterborough Healthy Schools Service (commissioned by Cambridgeshire County Council and Peterborough City Council), Catch Your Breath is a schools-based project aimed at young people. Its goal is to embed a proactive, coordinated approach among both primary and secondary schools in discouraging smoking and vaping behaviours.



Source: <https://www.bbc.com/health-66809324>



[www.thenationalcollege.co.uk](http://www.thenationalcollege.co.uk)



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