

2<sup>nd</sup> February 2024

Dear Parent Carers,

**Weekly Update: 02/02/24**

I hope this update finds you well. It was great to see Parent Carers in school this week – it is always useful to catch up with you and talk about your young person's time in school, and look for new ways to work together.

We have lots to share with you this week. Next week is Children's Mental Health Week and Safer Internet Day, and this week's update has some information about what we are doing at school and something things that you may wish to consider at home.

Our supported internship programme at the Derby Royal Hospital, Project SEARCH, is hosting an Open Day on Thursday 8<sup>th</sup> February from 4pm-6pm – if you want to find out more, please visit!

We've also shared a flyer about a free drop-in session for Parent Carers, hosted by Bridge the Gap, on Friday 9<sup>th</sup> February.

**Children's Mental Health Week and Safer Internet Day**

Children's Mental Health Week has the theme of 'My Voice Matters,' which is about empowering children and young people to express themselves. In school we will be focussing on this with lots of activities to help equip all of our young people with the tools they need to communicate in whatever way that be and for them to truly believe that their voice matters!

Please see the attached advice sheets from Place2be with top tips on how to start the conversation with your child about their mental health.

Safer Internet Day is on Tuesday 6<sup>th</sup> February, this year has the theme of 'Inspiring change? Making a difference, managing influence and navigating change online'.

In school we will be focussing and opening up conversation around the following points:

- Young people's perspective on new and emerging technology
- Using the internet to make change for the better
- The changes young people want to see online
- The things that can influence and change the way young people think, feel and act online and offline

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Here are some top tips to help your child stay safe and happy online:

**Inspire change by modelling how to be safe online**

Just like in their offline lives, children need role models online too. Set clear and fair expectations about how the whole family should use the internet and technology, and demonstrate these yourself. A Family Agreement is a great way to start conversations and put your ideas down on paper, to refer back to later and adapt as your child and your family's internet use changes.

**Make a difference by having regular discussions about the online world**

Having regular and open conversations with your child about their use of technology and the internet is the best way to stay up to date, not only with changes in the online world, but also with what they are doing and seeing online. Starting these conversations can sometimes feel daunting, but they can help you feel more informed and show your child that you are taking an interest in their online life.

**Manage influence by researching the content and games your child enjoys the most**

Giving young people the opportunity to talk about their life online, and enjoying online content together, can be a great way to gain an insight into the content they are viewing.

**Navigate change by knowing where to go for further support**

If your child needs help, it's important you know where to go for further support. Using the report and block buttons, websites such as 'Report Harmful Content', and other safety tools is a great starting point. It can also be useful to discuss any concerns or worries with your child's school as they may be able to offer further advice and guidance. It can also help to talk to other parents and carers who may have experienced something similar.

We recommend downloading an app like 'Google Family Link' that allows you to set the digital ground rules - Block/Filter inappropriate content, set online time limits.

If you would like to speak with anyone about any of the above please contact the school office on 01332 571151 and ask to speak with a member of the Family Support Team.

**Safe and Sound Sessions**

Safe and Sound are a company that work with young people in Derby and Derbyshire to support those at risk of exploitation. Preventative work is also delivered in schools and St Martins works with Safe and Sound to help educate our young people so that they are aware of the dangers both online and offline.

Over the next couple of weeks Safe and Sound, supported by Derby County Community Trust, will be coming in to school to work with a group of students

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focussing on the topic of extremism and the dangers online. They will look specifically at how to spot false news, the dangers of gaming and how to keep yourself safe online. This will be supported by a sports session for the second part with questions around the topics discussed.

The first session for Key Stage 4 will be on Tuesday 6<sup>th</sup> February and the second session on the Tuesday 13<sup>th</sup> February for Key Stage 3. If you'd like to know more about these sessions, please get in touch with the Family Support Team.

With best wishes,

A handwritten signature in black ink, appearing to read 'Sabrina Hobbs', with a long horizontal line extending to the right.

**Sabrina Hobbs**  
**Executive Headteacher**

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# My VOICE MATTERS

Place2Be's  
**CHILDREN'S  
MENTAL HEALTH  
WEEK**

## TALKING TO YOUR CHILD ABOUT MENTAL HEALTH

**Are you a parent or carer who wants to talk to your child about mental health?**

This Children's Mental Health Week we want all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe – “My Voice Matters”.

We visited primary and secondary schools to ask students what they wanted from the week – to help shape the activities we create for schools, the messaging we give to teachers, the tips we give to other children, and the advice we give to parents, carers and families.



### LOOKING FOR FREE PRACTICAL ADVICE TO HELP YOU SUPPORT YOUR CHILD?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour. and act on their views.

[PARENTINGSMART.ORG.UK](https://parentingsmart.org.uk)

### Here's what children and young people told us they need from you:

- 1** We don't need to have 'one-off conversations about our mental health' – sometimes a chat on a journey or at bedtime is enough.
- 2** I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
- 3** Please listen to me carefully and acknowledge how I am feeling – it might seem silly to you but what I am going through is important to me.
- 4** Playing with pets can make me feel better. Same with playing football, basketball or whatever type of sport I am into.
- 5** Don't compare my experiences to your own when you were a child.
- 6** Sometimes I just need you to listen and hear what I'm saying – I don't always need answers (or lectures)
- 7** Please don't worry about trying to fix things for me – I often just need to know you are there for me and understand what I am going through.
- 8** If you are open with me about your feelings, this can help me to be more open about mine.
- 9** Sometimes I don't want to talk. Please trust that I will come to you (or another grown-up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age – my siblings, cousins, friends, younger teachers at school - because they 'get it'.
- 10** Sometimes a hug is all it takes to make me feel supported.



### WHAT MATTERS TO YOU? CREATIVE VIDEO ACTIVITIES FOR FAMILIES

These wellbeing activities can help children and young people think about and share what matters to them.

[For primary children: bit.ly/3PzCGI8](https://bit.ly/3PzCGI8)

[For secondary children: bit.ly/3LBD2wK](https://bit.ly/3LBD2wK)



## CONVERSATION STARTERS

Some ways to start a conversation with your child about mental health could be...



TELL ME ABOUT  
YOUR DAY

WHAT WAS THE BEST  
THING ABOUT TODAY?

WHAT IS THE BIGGEST  
STRESS / WORRY IN YOUR  
LIFE RIGHT NOW?

WHAT'S YOUR  
ONLINE LIFE LIKE?



WHO WOULD YOU TALK  
TO IF YOU WERE FEELING  
WORRIED ABOUT YOUR  
MENTAL HEALTH?

WHAT CAN I DO  
TO HELP YOU?

# OPEN EVENT

## Are you:

- a young person with an Education, Health and Care Plan?
- looking for a Yr 14 pathway?
- ready to take your next steps towards employment?
- interested in a Supported Internship?

If so, then please come along to our open event and discuss how you may benefit from our programme.



## About us...

DFN Project SEARCH is run in partnership with St Martins School, DEBP, ISS, and the Royal Derby Hospital. The programme offers young adults a supported internship, embedded in a real life workplace and provides a pathway into work in a supportive and inclusive environment.

1

### Where?

Atrium area, above main reception at the Royal Derby Hospital

2

### When?

**Thursday 8th  
February 2024  
4pm-6pm**

3

### Why?

Come along to find out more information about our Yr14 transition into work programme



### Visit Our Website

<https://stmartinsschoolderby.co.uk/horizons-6th-form/supported-internship>

Contact Anna Drake for more information

07907 574922 or [anna.drake@stmartins.set.org](mailto:anna.drake@stmartins.set.org)

**APPLY NOW**



FAMILY



NEUROHUB  
NEURODIVERGENCE THRIVES HERE

# FREE DROP-IN FOR PARENTS & CARERS

of children with **Neurodivergent** conditions or  
**SEND** (either diagnosed or undiagnosed)



**Friday 9th February**  
**10am - 12pm**

For **parents and carers** to chat, offload, seek advice, and find out about support available to you and your family.

In partnership with **Neurohub** and **Family Hub**, two projects working to support families of children with neurodivergent conditions across the city.



45 Friar Gate  
Derby  
DE1 1DA

**St. James Centre**  
Serving the Whole Community

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## **Term Dates for Academic Year 2023/2024**

### **Autumn Term**

INSET Day – Monday 4<sup>th</sup> and Tuesday 5<sup>th</sup> September

School Starts for the new Academic Year – Wednesday 6<sup>th</sup> September

School Breaks up for Half Term – Friday 27<sup>th</sup> October

School Starts Back – Monday 6<sup>th</sup> November

School Breaks up for Christmas – Friday 22<sup>nd</sup> December

### **Spring Term**

School Starts Back – Monday 8<sup>th</sup> January 2024

School Breaks up for Half Term – Thursday 15<sup>th</sup> February

INSET Day – Friday 16<sup>th</sup> February

School Starts Back – Monday 26<sup>th</sup> February

School Breaks up for Easter – Thursday 28<sup>th</sup> March

### **Summer Term**

INSET Day – Monday 15<sup>th</sup> April

School Starts Back – Tuesday 16<sup>th</sup> April

Bank Holiday – Monday 6<sup>th</sup> May

School Breaks up for Half Term - Friday 24<sup>th</sup> May

School Starts Back – Monday 3<sup>rd</sup> June

INSET Day – Monday 1<sup>st</sup> July

School Breaks up for Summer – Tuesday 23<sup>rd</sup> July

St Martins follows Derby City Council's term dates. Dates for next year can be found on their website – please follow the link for these - <https://derby.gov.uk/education-and-learning/schools-and-colleges/term-holiday-dates/#>

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