

25th November 2022

Dear Parents and Carers,

Weekly Update: 25/11/2022

I hope this update finds you well. We've got at least two things to celebrate this week – Billy's fantastic achievement, and our new school website is live! Please check it out: www.stmartinsschoolderby.co.uk

Billy's Success

On Wednesday evening, it was a pleasure to see our Horizons student Billy Ellerington receive a national award from the Youth Sport Trust at the Young Change Maker Awards 2022. Billy was the deserved winner of the 'Inclusion Award'.

Over the last couple of years, Billy has used his own experiences (good & bad) to educate and inspire others. He has delivered INSET and training for Local Authority leaders, Headteacher and full staff teams, coached and led sports /fitness sessions for other students, recorded a podcast with Professor Barry Carpenter and even fronted a



campaign earlier this summer for YST (Billy learned some BSL signs to make his Active Summer Challenge inclusive for all). Despite the daily challenges he faces, he is passionate about helping those less fortunate than himself..... in the last 12 months he has completed 5 /10k runs for several charities and was an integral part of the @SHOUTaboutSEND team showcasing both his sporting and employability skills.

Congratulations on your success Billy!

Anti-Bullying Week

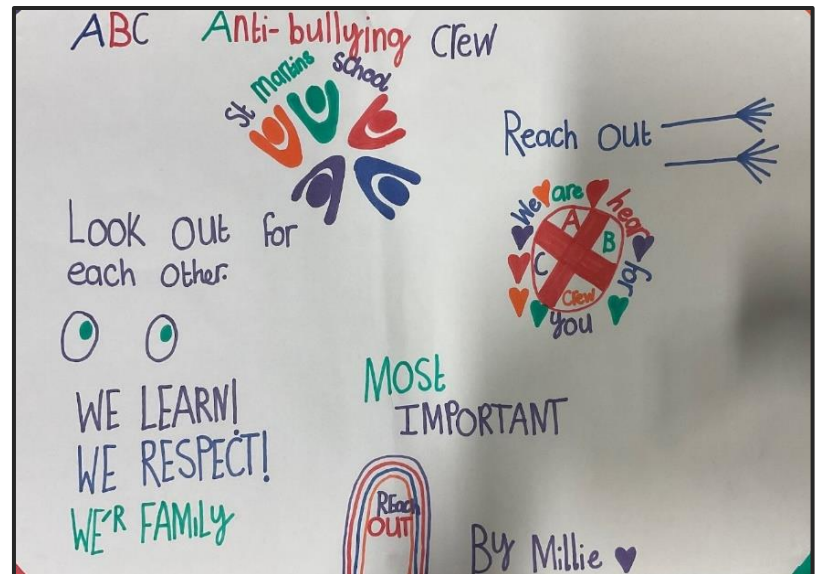
Last week across St Martins and Horizons, we focussed on Anti-Bullying Week with lessons focussed on raising awareness of the different types of bullying and how we can tackle this together. There have been some brilliant discussions in class around the types of bullying such as cyber bullying, and how we report this online.

Sabrina Hobbs **Principal**

St Martins School, The Derwent Campus, Bracknell Drive, Alvaston, Derby, DE24 0BT
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Students have recently set up an Anti-Bullying Council **ABC** for peer support if a student feels in need of a friend. During the session, we discussed what bullying is and what we can do to support others. This poster was created by a member of the **ABC** to raise awareness.

If you have any concerns you would like to discuss further, please feel free to contact the school reception and ask to speak to a member of the safeguarding team.



Help the Homeless Shoeboxes

For the past few years, St Martins has supported the homeless in Derby by putting together shoeboxes with items and gifts that will be useful to a homeless person during the winter. It is a small way we can support others in the community less fortunate than ourselves and works alongside KS3's Citizenship topic of Homelessness that is being taught this half term.

Below is a list of suggested items that we would be grateful if you could donate:

- Thermal socks / hat /gloves
- Hand sanitiser / wipes
- Energy bars (no nuts)
- Toothbrush and toothpaste
- Comb
- Water bottle
- Lip balm
- Tissues

In the past, this has been a very successful project and last year we were able to donate over 25 of these boxes to the YMCA for them to distribute. Could all donations be brought into school for the attention of Faye Chan by Friday 16th December.

With best wishes,



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What Parents & Carers Need to Know about HOW TO COMBAT ONLINE BULLYING



Defined as "ongoing hurtful behaviour towards someone online", cyber-bullying makes its victims feel upset, uncomfortable and unsafe. In the digital world, it has numerous forms – such as hurtful comments on a person's posts or profile; deliberately leaving them out of group chats; sharing embarrassing images or videos of someone; or spreading gossip about them. Cyber-bullying can severely impact a young person's mental health... so, in support of Anti-Bullying Week, we've provided a list of tips to help trusted adults know what to look for and how to respond to it.



1. GET CONNECTED

Playing online games together with your child or connecting with them on social media (providing they're old enough) is not only fun but also an excellent way of establishing some common ground to discuss things you've both seen or done online – as well as keeping an eye on who your child is communicating with in the digital world.

2. KEEP TALKING

Regular chats with young people about their online lives are good practice in general, but they can also be an excellent refresher to help prevent cyber-bullying situations. Topics you might want to revisit include why it's important to only connect online with people we know and trust, and why passwords should always remain secret (even from our best friends).

3. STAY VIGILANT

Observe your child while they're using technology and just after they've used it. Are they acting normally, or out of character? Possible signs of a problem may include seeming quiet or withdrawn, jumpy or anxious, angry or repeatedly checking their phone. When you feel it's the right time, you may want to check in with them to see if everything is OK.

4. MAKE YOURSELF AVAILABLE

If an online bullying incident does occur, it may take a while before your child is ready to open up about what happened. Just gently remind them that they can always come to you with any problems – and that they won't be in trouble. You might also suggest a trusted family member they could turn to, in case they feel too embarrassed to tell you directly.

5. BE PREPARED TO LISTEN

When conversations about online bullying do take place, they're likely to be difficult, emotional and upsetting for both you and your child. Actively listen to your child while they're bringing you up to speed, and try not to show any judgement or criticism – even if they haven't dealt with the situation in exactly the way you would have hoped.

FURTHER SUPPORT AND ADVICE

If you or your child need additional help with an online bullying issue, here are some specialist organisations that you could reach out to.

Childline: talk to a trained counsellor on 0800 1111 or online at www.childline.org.uk/get-support/

National Bullying Helpline: counsellors are available on 0845 225 5787 or by visiting www.nationalbullyinghelpline.co.uk/cyberbullying.html

The NSPCC: the children's charity has a guide to the signs of bullying at www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/ and can be reached on 0800 800 5000

6. EMPOWER YOUR CHILD

Depending on their age, your child might not want a parent 'fighting their battles for them'. In that case, talk through their options with them (blocking the perpetrator, deleting the app and so on). By allowing your child to choose the path they take, you're putting them in control but are also demonstrating that you're there to support them along the way.

7. REPORT BULLIES ONLINE

Cyber-bullying often takes place through a particular app, social media platform or online game. If this is happening to your child, encourage them to report the offender to the app or game in question – ideally with screenshots to support their complaint. Most games and apps have reporting tools specifically to stamp out abusive behaviour and protect users.

8. ENCOURAGE EMPATHY

Protecting themselves online is the priority, of course, but young people should also feel empowered to help if they witness other people falling victim to cyberbullying. Even if they don't feel confident enough to call someone out on their abusive behaviour online, they can still confidentially report that person to the app or game where the bullying occurred.

9. SEEK EXPERT ADVICE

Victims of online bullying frequently experience feelings of isolation and anxiety, a loss of self-esteem and potentially even thoughts of self-harm or suicide. If you think that an incident of cyber-bullying has affected your child's mental wellbeing, then seek psychological support for them. There are some useful contact details in the central panel below.

10. INVOLVE THE AUTHORITIES

If the nature of any online bullying makes you suspect that your child is genuinely in imminent physical danger – or if there are any signs whatsoever of explicit images being shared as part of the bullying – then you should gather any relevant screenshots as evidence and report the incidents to your local police force.

Meet Our Expert

Dr Claire Sutherland 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.



NOS
National
Online
Safety®
#WakeUpWednesday



Term Dates for Academic Year 2022/2023

Autumn Term

School Breaks up for Half Term – Friday 21st October

School Starts Back – Monday 31st October

School Breaks up for Christmas – Thursday 22nd December

Spring Term

School Starts Back – Monday 9th January 2023

School Breaks up for Half Term – Thursday 16th February

INSET Day – Friday 17th February

School Starts Back – Monday 27th February

School Breaks up for Easter – Friday 31st March

Summer Term

INSET Day – Monday 17th April

School Starts Back – Tuesday 18th April

Bank Holiday – Monday 1st May

Bank Holiday – Monday 8th May *new date for Coronation of King Charles*

School Breaks up for Half Term - Friday 26th May

School Starts Back – Monday 5th June

INSET Day – Monday 26th June

School Breaks up for Summer – Friday 21st July

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