



BASSINGBOURN
VILLAGE COLLEGE



Weekly Mailing 20.01.23

After the excitement of last week, it has been a slightly quieter week in school. Attention has been on our Year 11s who started their practice exams. Mr Rix and I are delighted that they have shown respect, resilience and responsibility to themselves by ensuring they are prepared and taking them seriously. I do hope they rest over the weekend so they are refreshed as they enter the final week.

On Wednesday and Thursday this week we held our Year 10 parents' evenings online and we were delighted that over 78% of our parents and carers attended. If you were unable to arrange a meeting with any of your child's subject teachers, do let us know.

As we look to next week, it is another busy week of exciting activities in school. On Monday our Year 9 students will be taking part in a careers event, once again organised by Form the Future. On Tuesday our Year 9 Health & Fitness students will be undertaking their first aid course and on Wednesday our Year 10 Sports Leaders will be supporting at the Primary Kurling Competition.

Finally, as a reminder the school nurses will be with us again on Thursday to administer flu vaccinations to Years 7/8&9 that have signed the consent forms in advance.

School Expectations

This week in mentor time we have reminded students about expectations, rewards and consequences to ensure we are all part of a happy and safe community that enables our students to learn. As a school we expect our students' behaviour choices to be guided by our core values of Respect, Resilience and Responsibility and those that demonstrate these are rewarded with merits by teachers.

Students whose behaviour choices do not promote our core values, receive educational or protective consequences to support them to consider better choices in future learning.

In addition, students can demonstrate our core values through ensuring they are in the correct uniform, arriving on time, respecting the school environment and ensuring they have the correct equipment for lessons.

The National Sleep Helpline

If your child is having issues with sleeping you may find the national sleep helpline of use.



the national sleep helpline

50%

Around 50% of children will have a sleep issue at some point*

WHAT IS THE NATIONAL SLEEP HELPLINE?

In partnership with Furniture Village, The Sleep Charity has launched a brand new National Sleep Helpline to ensure that everyone has access to high quality, evidence-based advice.

HOW CAN THE NATIONAL SLEEP HELPLINE HELP YOU?

- Run by a team of specialist trained sleep advisors
- Offer you some practical strategies and recommend services that could help
- Ensuring you understand how sleep plays an important part in your child's mental health and wellbeing
- Listen without judgement and help you decide what next steps are right for you
- Empower you with sleep knowledge so you can understand why your child might not be sleeping well and how that can change

03303 530 541

Sunday - Tuesday & Thursday 7pm - 9pm
Wednesday 9am - 11am

POWERED BY **the sleep charity**

IN PARTNERSHIP WITH **Furniture Village**

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*Survey of 2,000 adults by OnePoll, Aug 2021

Online Safety - Alan Mackenzie, SafeICT Consultancy Ltd

I mentioned in a previous weekly mailing that you can't know everything. It's impossible to know all the risks and issues that our children might face online, much as it is impossible to know all the risks and issues they may face in the real world.

In this second video, which is just over 6 minutes, I discuss what is commonly called the 4C's which refers to: Content, Contact, Conduct and Commerce. The 4C's is the easiest way of understanding risk regardless of whether you think you are tech savvy or not.

Click on the link or copy/paste the link into your browser. You will also find some links below the video link that you may find useful.

<https://vimeo.com/743007688/7b32721a73>

Useful Links:

There is a huge range of risks and concerns online. Below you will find links to some common concerns.

One of the main concerns from parents is related to adult content. Here is a link that will help you to learn a little more, tips to protect your child and how you can deal with it.

<https://www.internetmatters.org/issues/online-pornography/>

Another concern is related to youth produced sexual images (sometimes called sexting). Here you will find some very useful information. In particular I would recommend reading the document 'Look at Me'. It is quite long but it gives many useful facts, particularly in relation to vulnerable children.

<https://www.internetmatters.org/issues/sexting/>

Communications sent home this week:

- Year 11 GCSE Timetable
- Year 7 Parents' Evening 31st January and 2nd February

Finally, you may have seen in the media that there will be strikes in February and March organised by the NEU Teachers' Union. The first strike day will be on 1st February which is likely to cause disruption. Further information regarding the arrangements for this strike day will be shared with you next week.

Wishing you all a relaxing weekend.

Ms V Poulter

Principal

Respect, Resilience, Responsibility