

Winter Term

Elizabethan Highlights



In this issue...

Sixth Form, Previous Events, Cadets,
Christmas, MFL Xmas Newsletter &
More!



@theelizabethanacademy
@readwithdylan



The Elizabethan Academy



www.elizabethan.notts.sch.uk

Welcome... From the Principal



Welcome to our winter newsletter. I personally love this time of year from the autumnal colours and Christmas lights...a real change in season! It is always a joy to see Dylan outside at social time with the students, and is an important reminder of how important nature and exercise are for our mental health and wellbeing, together with limited use of online devices. It is for this reason we have Unplug and Re-charge days every Friday or, as I saw on a t shirt, “ I’m offline and doing fine”.

This term has been busy with mock examinations for Year 11 and 13 and assessments in other year groups. It is so important to help students to structure their revision for examinations, right from Year 7, so they are able to work independently and go into examinations feeling confident. We do have a range of study support groups and revision sessions in school to further help our learners. IT1 is supervised every lunchtime for any student in any year who wants to complete homework or study and revise in a quiet environment. There is always a Senior Leader available to support with work. In addition, Year 11 should be attending additional lunchtime and afterschool sessions, details of which are included in this newsletter, and our Year 11 Newsletter via email to parents. Furthermore, our revamped library is open every lunchtime for quiet reading.

I would ask all parents and carers to support their child in attending school every day, and on completing home learning. We all get ill on occasions, but we are trying to build Resilience in students as one of our 3 R’s, so please ensure they attend. A rule of thumb for home learning, is Key stage 3 students should be completing 5 hours average per week. Key stage 4 should be 10 hours a week, and KS5 15 hours per week . All home learning is recorded by students in planners.

This newsletter once again shows our ethos of putting students at the centre of all we do, believing in education in its broadest sense, and ensuring students have the enriching opportunities and experiences to develop the skills and attitudes to become successful young adults. I am so proud of all the students and staff here at the academy and of their achievements in and out of school. I would like to take this opportunity to wish you and your families a healthy and joyous Christmas.

C. Harrocks



Join the discussion...

**which options will you take?
view our sixth form course
directory here...**



***Click
me!***

Key dates & Information

Fri 5th Jan: Staff INSET Day

Mon 8th Jan: School re-opens for ALL students (Week B)

Wed 10th Jan: Sixth Form Parents Evening

Wed 31st Jan: Year 11 Parents Evening

Mon 19th Feb - Fri 23rd Feb: School Show Week

W/C 26th Feb: Year 11 & 13 PPEs begin (3 week period)

Thurs 28th March - Mon 15th April: Easter Holidays



Sixth Form Garden

Following consultation with Sixth Form pupils, a new accessible outdoor space has been created for students to use for study and socialising. Thanks to funding from the Co-op Community Fund, The Rotary Club and the National 'Volunteer It Yourself' programme, an all-weather area with sunshade has been created. A nature area with bug hut and bird table hopes to attract more wildlife into the area. This is the first stage of the development, and we hope to create quiet reading spaces, and more varied habitats for birds, bats, and pollinators in the future.

Sensory Room

In the new year we will be transforming a room in school into a multi-sensory room for students to use to self-regulate, relax and to help stay engaged with learning. Thanks to Mrs Ager, the project has been funded by Virtual Schools and we are looking forward to showing you the new area in our next newsletter.

Environment Area

The Environment area in school is a hidden gem, rich in wildlife, and it provides students with skills in environmental studies, horticulture, and appreciation of the outdoors. This project has recently been granted funding to create a sheltered area to allow outdoor learning to continue whatever the weather. Work is currently underway to create a base for a large shed and covered area, with accessible path and porch!

General Notices

Braking Point

We had a fantastic session from Performance in Education to our Year 12 and 13 students on 15th November...

'Braking Point' was an engaging, interactive theatre presentation that focused on the responsibilities of being a young driver or passenger and the potential consequences of risk-taking behaviour. Aimed at both passengers and young drivers, it focused on perceived 'low risk' behaviours and anti-social driving and covered peer pressure, consequences of drink driving and general road safety when in a car.

Our students engaged really well with the interactive workshop at the end of the presentation, and were very keen to be the side that won the quiz!

A brilliant, highly informative, and enjoyable experience all round!



Children In Need 2023

Sixth Form students had a 'Crazy Head Day' to help raise funds for Children in Need, and they were invited to wear crazy hats, wigs or hair accessories for the day!

Even if they weren't wearing anything crazy, they were all very willing to give our Official Fundraiser, Pudsey, a few coins, and they raised £65.47.

Mr Dainty and Mrs Hopper are both extremely proud of them.

We raised lots of money from our non-uniform day throughout all year groups too...well done again, team EA!



Dance Dash

On Friday 17th November, Olivia C, Emily W, Isabella W, Isabella M, Rukariro, Joy N, Zoe N, Daisy H, Ffion G, Sophie B, Isobel W, Hope M, Eleanor B, Nelly A and Eleanor T joined Mrs Burridge in taking part in a 6-hour dance dash!

The students performed in 7 Primary schools, Retford High Street, Market Square and Morrisons raising over £200 for Children in Need. In true Elizabethan style, the girls were phenomenal!



Community Christmas Lunch

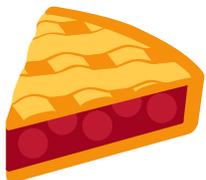
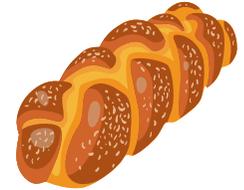


Tuesday 19th December, the academy welcomed 50 members of our local community for a Christmas lunch. This event was hosted by the School Council, Jackie, her team and our brilliant Student Council. All our guests received homemade Christmas cards, and were entertained by some of our brilliant musicians!



Cooking Course...

Throughout November and December 16 Yr. 9 Students had the pleasure of taking part in a cooking course called Best Food Forward at Welbeck Estates Artisan School of food. Students have been cooking up delights from chilli, conchas buns, fish pie and chocolate mousse, using locally sourced produce. Thank you to Welbeck's school of Artisan Food for having us!



Community

Some of our wonderful KS3 students had the pleasure of working in our community, spreading some Christmas spirit through the use of dance! Students from Mrs. Burridge's enrichment performed an array of Christmas dances to residents in Glenesk, Cherry holt and Branthwaite Care homes. Thank you to all staff and residents for your warm welcome and Christmas treats!



Daisy's food basket...

Well done to Daisy B, 7B1, for her incredible Food Box for the school which she put together!





5-11 FEBRUARY 2024

#NAW2024

IT'S NATIONAL APPRENTICESHIP WEEK



National Apprenticeship Week / ASK Programme

Once again, the ASK Programme are hosting a series of free events during National Apprenticeship Week. Please see the link below for a list of our events and a link to Eventbrite to register. Our events are for students, parents/carers and teachers. Feel free to share.

View the whole collection here: <https://www.eventbrite.com/cc/naw-2024-the-ask-programme-550109>

12 Top Tips for Children and Young People to Enjoy a TECH-FREE CHRISTMAS

The Christmas holidays are tailor made for families to enjoy relaxed quality time in each other's company – but with distractions like pinging phone notifications, the lure of games consoles and online Boxing Day sales, that can be more difficult than it sounds. Staying off our phones, laptops and tablets, however, can really help us to appreciate the things that genuinely matter at this special time of year. Follow our 12 top tips for a tech-free festive season – Yule be glad you did! Merry Christmas!

CHRISTMAS CRAFTING

Get out the paper, glue and scissors and have a go at hand-making cards or gift tags. You could also create your own decorations to add a uniquely personal touch to the Christmas tree.

NATURE QUEST

Try a scavenger hunt in the garden or your local park. Challenge yourself and your family to find natural treasures that are symbolic of this time of year – like holly or pinecones, say.

CAROL KARAOKE

Sing your hearts out with a Christmas carol karaoke night. Pick out your favourite tunes and enjoy a musical celebration with family and friends.

WANDER DOWN MEMORY LANE

How about making a scrapbook filled with your favourite memories from Christmas past? Unleash your creativity while you enjoy reliving those magical holiday moments.

TRY REFLECTIVE JOURNALLING

Get down your thoughts, feelings and reflections on the holiday in a notebook or diary – you could also list some of your main goals for the new year.

WRAP IT UP

Take time to get inventive with some luxurious gift wrapping. Break out the wrapping paper, ribbons and bows to make parceling up those presents into a creative adventure.

WALK IN A WINTER WONDERLAND

Delight in the great outdoors with some gentle walks over the holiday. The family can all wrap up warm as you add to your step count and savour the crisp winter air together.

BE A SEASONAL CHEF

Get the whole family working together in the kitchen for some Christmas cooking. Choose a recipe and whip up a festive feast that all of you can enjoy.

ENJOY A CHRISTMAS STORY

Christmas is a perfect time for sparkling stories. Get cosy and lose yourself in a bedtime book, from Dickens to Dr Seuss or a more modern favourite by Chris van Allsburg or Tom Fletcher.

SNOWY SCULPTURES

If we're fortunate enough to get a white Christmas this year, make the most of the opportunity by having a family snowman-building competition!

GAMES NIGHT GALA

Get into some old-school fun with a tech-free games night. Classic board games and card games have stood the test of time for a reason!

GOODWILL TO ALL

You and your family could spend a day volunteering – perhaps at a food bank or helping a local charity. After all, kindness and thinking of others are part of what Christmas is all about.

Meet Our Expert

Michelle Atwell designs and delivers the UK's only specialist parent/guardian mental health qualifications. They also provide training and support to education professionals and local authorities – empowering school leaders and staff with the knowledge and tools to engage their settings in the best ways possible where the mental health of pupils and personnel is concerned.



The National College



National Online Safety

#WakeUpWednesday

#WakeUpWednesday

There's no disputing how integral the digital world has become to modern life

It can prove difficult for many young people to stay off smart phones, tablets and other devices for a single day – even one as special as Christmas. In fact, according to a survey by e-commerce platform Groupon, almost 80% of parents and carers would prefer a festive period that's free from technology

Going online, of course, is useful for checking in with friends and relations who we can't be with, or for arranging celebrations – but if we allow gadgets to dominate our Yuletide break, that precious time could pass in a flash. Here are some suggestions for keeping a handle on device use over the holidays, so your family can be truly together this Christmas.

Enjoy a good book by the fireside this winter...



Take a look at our pick of seasonal favourites...

Mistletoe and Murder - Robin Stevens

A Christmas Carol - Charles Dickens

The Miracle on Ebenezer Street - Catherine Doyle

Father Christmas's Fake Beard - Terry Pratchett

Lost Christmas - David Logan

My True Love Gave to Me - Stephanie Perkins

Winterkill - Kate A Boorman

The Winter Place - Alexander Yates

After the Snow - S D Crockett

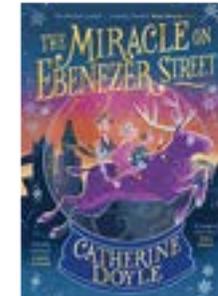
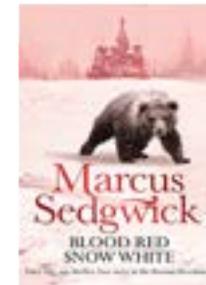
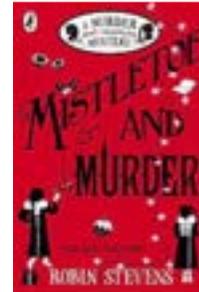
Prisoner of Ice and Snow - Ruth Lauren

The Dark is Rising - Susan Cooper

Blood Red Snow White - Marcus Sedgwick

The Puffin Book of Christmas Stories - Wendy Cooling

Hetty Feather's Christmas - Jaqueline Wilson



Cadet Corner

DOFE Practice Walk & Visit to Royal
Cancers Museum..







Congratulations to these Cadets, who successfully completed their Bronze Duke of Edinburgh Practice Walk at Thoresby Park on Wednesday 29th November 2023. Whilst at Thoresby Park, the Cadets also had the opportunity to visit the Royal Lancers museum, our affiliated army regiment museum. They were enthusiastic, and extremely well behaved throughout the day. Well done to Jason, Autumn, Grace, Tom, Oscar, Charlotte, Charlotte G, Hanna, Thomas K, Willow, & Florence!

Remembrance Parade

Well done to these cadets, who attended the Remembrance Parade in Retford Market Square on Sunday 12th November 2023. They were all very smart and showed incredible self-discipline and composure during the event. It was a cold day but they stood very still throughout the service and their march past was excellent. Special thanks to Sophie C and Austin G-T, who laid a wreath on behalf of the school!



Languages Newsletter

Volume 1 December 2023

Including:

Student and teacher interviews

Christmas songs

Wordsearch

Linguists of the month



Teacher Interview

We asked Mr Walker 6 Questions about his experience of studying a language

What language did you study?

I studied German

What level did you study it to?

GCSE

Why did you choose study it?

To be honest, I didn't have a choice when I went to school so I had to study German.

Are you glad you studied it?

Yes

If you got the opportunity would you continue?

Yes ,I think it would be a good thing to continue

What is your favourite German word?

Schlagzeug - Drums



Teacher Interview

We asked Mr Chardull Questions about his experience of an Italian Christmas

What day is Christmas celebrated on in that country?

25th of December but it's common for people to open presents on the evening of the 24th, after a big meal.

How is Christmas celebrated in that country?

It's a bit more religious, lots of family with go to Xmas Sunday service even if they don't regularly go to church. Christmas is all about family time, no parties

What foods did you eat at Christmas?

Food is always at the centre of anything Italian! The main meals are not as set like in Britain, people have different courses / meats / vegetables, but it's enormous and lasts hours. Roast veal is a very common dish. Traditional sweets you only have at Xmas are pandoro and panettone, big cakes with all sorts of fillings and treats, but mainly: panettone more similar to a fruit cake, lighter / pandoro more like a brioche, richer.

What Christmas songs do/did you listen to in that language?

Mariah Carey (doh!), but traditional songs are mainly classic / religious ones such as Silent Night.



Teacher Interview

We asked Miss Schnegg Questions about her experience of a Swiss Christmas

What day is Christmas celebrated on in that country?

We celebrate Christmas on the 24th in the evening with immediate family and then 25th at church with wider family.

What is Santa Claus called?

Sanichlaus.

What foods did you eat at Christmas?

Potato salads with ham

Meat fondue

What is your favourite tradition?

Meat fondue

What is Christmas in Switzerland?

Happy Christmas is Frohe Weihnachten



Teacher Interview

We asked Mrs Ponce Questions about her experience of a Spanish Christmas

What day is Christmas celebrated on in that country?

Christmas is celebrated on the 25th of December.

How is Christmas celebrated in that country?

Different for every family, normally gather with family, traditionally spaniards are close with family, mum/grandma cooks usually, in the morning open presents, loads of dessert and champagne to celebrate Christmas, play board games

What foods did you eat at Christmas?

Spanish people spend more money on Christmas, soup "sopa de cocido", seafood (gambas and langostinos and sepia al ajillo), a lot of (calamares a la romana), a lot of (jamón), (coca de tomate

What Christmas songs do/did you listen to in that language?

hacia belen va una burra, mi burrito sabanero, noche de paz, feliz navidad, joy! del chiquirritin

Extra Facts

Spanish children open presents in the 6th janurary
traditional cake - roscó de reyes



Student Interview

We asked Wojtek Tomaszewski about his experience of Christmas in Poland

What day is Christmas celebrated on in that country?

Christmas is on December 25th in England, but we give extra importance to Christmas Eve (December 24th). It's special because it marks the end of waiting for Jesus's birth in Bethlehem. That's significant because Jesus later sacrificed for us, and Christmas Eve is a day to honour that and celebrate his eventual freeing us from sin.

How is Christmas celebrated in that country?

In Poland at Christmas, Santa brings gifts on December 6th, and on December 24th, we have a big family feast. At midnight on December 25th, there's a special church service. Before dinner, we break wafers and remember Jesus's birth with hay under the tablecloth. We start our meal when the first star appears, like the Star of Bethlehem. Kids look for it, just like the Three Kings did. Some schools act out stories about Jesus's birth. During Advent, we light candles each week until all four are lit for Christmas.

What foods did you eat at Christmas?

At our Christmas feast, we enjoy 12 special dishes, like Christmas Eve borscht, mushroom soup, dumplings, fish, and sweet treats like gingerbread and poppy seed cake. These 12 meals symbolize the 12 apostles who spread the Catholic belief.

On Christmas Eve, we feast but avoid meat (except fish) and alcohol until midnight or December 25th. This symbolizes our wait for Jesus's birth before fully celebrating.

What Christmas songs do/did you listen to in that language?

In Poland, we cherish Polish and English Christmas songs, especially Polish carols like "Świeć, gwiazdeczko, świeć" and "Pójdźmy wszyscy do stajenki." Families have a tradition of watching "Home Alone" on Christmas Eve.

Christmas Songs

Here are some Christmas songs in other languages



Polish Christmas song "Świeć, gwiazdeczko, świeć" by Arko Noego



Spanish Christmas song "Feliz Navidad" by José Feliciano



Ukrainian Christmas song "Щедрик" by Mykola Leontovychin



French Christmas song "Vive le Vent" by Dalida

Wordsearch

Try this wordsearch to learn some new vocabulary this weeks is in French!

G H O L A X X J V L Q H K N S U L G
I M S V E O N Z Y W A E G E W F I O
R A A Q C O F E L I Z N A T A L B D
C H G N H Z N U N X W T E H B F V J
M R N N M X J X O U H Q L C L G W U
M J A T E L P P U E H G X A P T M L
X J M C V T R Z L E M U E N U D Q I
Q F V G I D L A M B Y L G H T Y F E
N G S W W U T E L X P O X I A H P Q
D A D I V A N Z I L E F J E P X C Y
S G M A N H S F A U N P L W I J S S
B K D N Y L V H E G Y E O E E S V D
U A O I A Q Q I Q R P C S H I F O D
W U B L A W F I A O I G J O R Y L S
B H Q P O M R A Y Y V C N R M W P L
Z B F C J O W L K T M M I F W G V A
T A I W S H C Y L O S E W T T B S V
T U Y U M V U A Q H E G J X A R P R

Word Bank

Can you find these words hidden inside this wordsearch?

Non Noël (Italian)
Feliz Navidad (Spanish)
Joyeux Noël (French)
Cricius Felicitas (Romanian)
Joyeux Noël (French)
Fels Noll (Dutch)
Jól (Icelandic and Norwegian)
Frøken Mellemstuen (German)
wesołych Świąt (Polish)



Celebrity Linguists

Famous celebrities who speak other languages

Mark Zuckerberg

One of today's most successful entrepreneurs: it's easy to assume that the founder of Facebook learnt Mandarin because it's spoken by over a billion people. True, it's a business-savvy move, but his enviable Mandarin skills are also a gesture of love. His wife is Chinese and he's embraced a notoriously difficult language to learn so that he can speak with her family (including her grandma) in their native language.

Will Smith

He is an actor, rapper, and producer who has a background in linguistics from his studies at the University of Southern California. He has used his linguistic skills to create catchy rap lyrics and to communicate with different audiences around the world.

Lizzo

She is a singer, songwriter, and body positivity advocate who has a degree in English from the University of Houston. She has used her linguistic knowledge to create empowering songs that celebrate diversity and self-love. Lizzo can speak fluent Spanish and fluent English.

Lando Norris

Lando Norris is a British-Belgian Formula One driver. He speaks English fluently and understands some Dutch, Italian, and French. However, he is not very adept at speaking these languages. He left school without taking his GCSEs and studied physics and mathematics with a personal tutor.

Credits

Thank you for everyone's contribution towards this newsletter



Oscar Bakin 10H1

Designer and Interviewer

Kate Wilson 10H1

Interviewer and

Rose Eaton 10G1

Interviewer

Phoebe Carnall 10G2

Interviewer

Georgia Allen 6th form

Interviewer and Wordsearch

Mrs Bryant

Organiser



Extra Curriculum: Lunchtime | Afterschool

Spring Term 2023/4				
Lunchtime				
Day	Club	Room	Year Group	Staff
Monday	Homework Club	ICT 5	Y7-Y11	TIB
Monday	Y10 & 11 Study Room	IT2	Y10 & Y11	SLT
Monday	Art and photography	Art 2	Year 11-13	ALH
Monday	GCSE PE Yr11 Climbing	SH	Year 11	PMB
Monday	Foundation Maths Revision	MA5	Year 11	MRH
Tuesday	Homework Club	ICT 5	Y7-Y11	TIB
Tuesday	Y10 & Y11 Study Room	IT1	Y10 & Y11	SLT
Tuesday	Art and photography	Art 2	Year 11-13	ALH
Tuesday	Computer Science Catchup	IT3	Y10 & Y11	TSE
Wednesday	Exam skills	MR1	Y11	PEF
Wednesday	Homework Club	ICT 5	Y7-Y11	TIB
Wednesday	Y10 & Y11 Study Room	IT1	Y10 & Y11	SLT
Wednesday	Art and Photography	Art 2	Y11-13	ALH
Wednesday	Y11 Spanish Revision	ML4	Y11	LSM
Wednesday	Dance club	DR1	Y7-12	ALT
Thursday	Homework Club	ICT 5	Y7-Y11	TIB
Thursday	Y10 & Y11 Study Room	IT1	Y10 & Y11	SLT
Thursday	Y11 Foundation Maths	Ma2	Y11	MTM
Thursday	Art and photography	Art 2	Y11-13	ALH
Thursday	Y11 Higher French Week B	ML3	Y11	LMB
Friday	Homework Club	ICT 5	Y7-Y11	TIB
Friday	Y10 and Y11 Study Room	IT1	Y10 & Y11	SLT
Friday	Art and Photography	Art2	Y11-13	ALH
Friday	Y11 Higher German Week B	ML3	Y11	LMB
Friday	Trading card games club	SC2	All ages	SKB

Spring Term 2023/4

After School

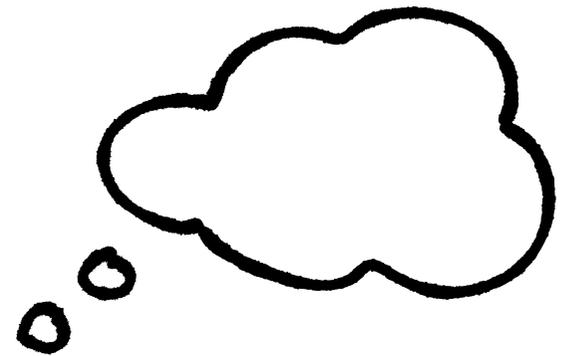
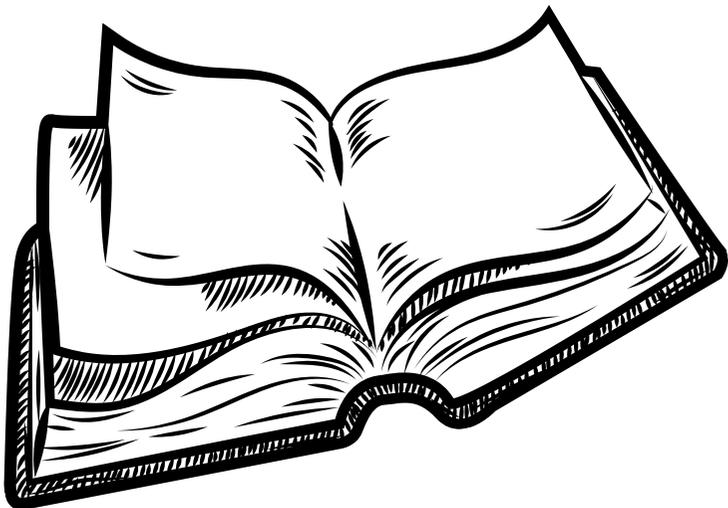
Day	Club	Room	Year Group	Staff
Monday	Art and Photography	Art 2	Y11-13	ALH
Monday	Yr11 Netball	SH	Yr11	PSR
Monday	Yr11 Table Tennis	Gym	Yr11	PMB
Monday	Yr11 football	Astro	Yr11	PLB
Monday	Yr11 Computer Science	IT5	Yr11	TRO
Monday	Y11 Higher maths EXAM PRACTICE	MA3	Y11	MRW
Monday	A Level History/Religious Studies Exam Skills and Practice	ET2	Y12-13	HKC
Monday	GCSE Psychology	HU1	Yr11	HNT
Monday	GCSE History	HU5	Yr11	HJA
Monday	GCSE Geography	HU2	Yr11	HVB
Monday	GCSE Sociology	HU3	Y111	HER
Monday	GCSE Art	Ar3	Yr11	
Monday	YR11 Chemistry Revision	SC10	Yr11	SNR
Tuesday	Y11 Foundation Maths	Ma2	Y11	MTM
Tuesday	Art and Photography	Art 2	Y11-13	ALH
Tuesday	Y11 Food - coursework and revision	DT3	Y11-13	
Tuesday	Badminton Club	Sports Hall	All years	MVL and MRH
Tuesday	Art	Art 3	Year 10-13	AAL
Tuesday	DIT Revision	IT4	10-Nov	TSR
Tuesday	Maths Foundation revision	Ma4	Y10 - 11	MDT
Tuesday	Philosophy Club	ET2	Y9-13	HKC
Wednesday	Y11 GCSE Practical Intervention, Trampolining and Volleyball 2.30 - 3.30pm			
Wednesday	Staff CPD			
Thursday	Art and Photography	Art 2	Y11-13	ALH
Thursday	Y11 Foundation French Week A	ML3	Y11	LMB
Thursday	Yr11 Computer Science	IT5	Yr11	TRO
Thursday	YR12+13 A Level Chemistry Revision	SC10	Yr12/13	SNR
Thursday	Y11 Foundation Maths	MA5	Y11-13	MRH
Thursday	Year 12 and 13 A-level mathematics and further mathematics homework and revision	MA7	Y12-13	MJP
Thursday	Y11 English Revision			
Thursday	Y11 History Revision	HU5	Y11	HJA
Friday	Y11 Foundation Spanish Week A Y11 Higher Spanish Week B	ML4	Y11	LSM
Friday	Y11 Foundation German Week A	ML3	Y11	LMB

Year 8 Options Update...

This term, we have conducted a comprehensive review of our curriculum provision, taking into careful consideration the influence of the COVID-19 pandemic on students' academic progress and attainment, as well as their readiness to start a full package of options subjects.

As a result, for the upcoming academic year, we have decided that Year 8 students will have the opportunity to select options in two curriculum areas: DCT (Design Technology and Computing) and Expressive Arts.

They will continue to study their current language choice and humanities subjects (Geography and History), until the end of year 9 before selecting their GCSE options.



Safeguarding Matters...



These are the safeguarding topics we have discussed this half term so parents/carers can join in the conversations and reiterate the main messages ...

Let's talk about ... Anti-bullying Week

Anti-Bullying Week 2023 was in November and the theme was 'Make a Noise About Bullying'. Too often, we are silent when we see bullying take place, silent about the hurt bullying causes, and silent when we hear bullying dismissed as 'just banter'. It doesn't have to be this way and we do not tolerate bullying in our school community.

Of course, we won't like everyone and we don't always agree, but we can choose respect and unity.

The next round of assemblies and School Council will enable us to come together to have discussions about what bullying means to us, how banter can turn into something more hurtful, and what we can do to stop bullying. Together, we can make a difference and reaffirm our stand against bullying ... from the playground to Parliament, and from our phones to our homes, let's make a noise about bullying.

Here is the link to the anti-bullying assembly ... https://elizabethan-my.sharepoint.com/:p:/g/personal/roweo_elizabethan_notts_sch_uk/EVSfHqfVNyxNtIO13uu8nXMBW3XgbWys3hzSrEMJdCR2yg?e=JMbD9f

Let's remind ourselves where to go for local information on health and safeguarding issues ... this includes support around feelings, growing up, anxiety, health, lifestyle, neurodiversity, family life relationships and sexual health. Make a note of the website and number to text for further guidance ... <https://www.healthforteens.co.uk/nottinghamshire/>

Nottinghamshire Healthcare NHS
The Healthy Family Team
(School Name)
FREE health advice and support for young people aged 11-19 years living in Nottinghamshire
ChatHealth
Text 07507 329952
A free confidential text messaging service for young people aged 11-19 years living in Nottinghamshire
A free health website for young people aged 11-19 years living in Nottinghamshire
HEALTH: TEENS
SCAN ME

Nottinghamshire Healthcare NHS
ChatHealth - confidential text service
HEALTH: TEENS
Anxiety & Mood
Depression
Self-harm
Mental Health
Bullying
Sleep
Self-harm
Family
Relationships
Text 07507 329952 for help
Advice & support also available at: healthforteens.co.uk/nottinghamshire
HEALTH: TEENS

Let's talk about child sexual exploitation (CSE) ...

What is CSE?...

- A form of child sexual abuse
- An individual or group taking advantage of an imbalance of power to coerce, manipulate or deceive a child into sexual activity
- The sexual activity may be:
 - In exchange for something the child needs or wants, and/or
 - For the financial advantage or increased status of the perpetrator, and/or
- Through violence or the threat of violence
- It can affect any child (male or female) under 18
- The child may have been sexually exploited even if the sexual activity appears consensual. Children who are 16 or 17, and can legally consent to have sex, can be victims too
- It doesn't always involve physical contact ... it can include non-contact sexual activity and can happen through technology, e.g. involving children in the production of sexual images or grooming a child via the internet
- It may happen without the child's immediate knowledge, e.g. through others sharing videos or images of them on social media
- It can be a one-off event, or a series of events over time, and can be opportunistic or organised
- It can be carried out by individuals or groups, men or women, and children or adults
- It can be more frequent in difficult times like the cost-of-living crisis, where criminal gangs can take advantage of families struggling under financial pressure ... high tensions at home and less money to spend on activities/clubs means children may spend more time online or out and about unsupervised in places where they can be targeted
- Suffer from sexually transmitted infections or become pregnant
- Display sexual behaviours beyond their expected level of sexual development

- How can we spot others or even ourselves being at risk of CSE?
A child may ...
- Be frightened of some people, places or situations
- Be secretive
- Show changes in mood, character, behaviour or emotional wellbeing
- Have money or items that they can't or won't explain
- Change their friendship group
- Have an older boyfriend or girlfriend
- Stay out late or overnight
- Be absent from school for prolonged periods or on repeat occasions
- Show physical signs of abuse, such as bruising or bleeding in their genital or anal area
- Misuse drugs or alcohol
- Receive an excessive amount of texts or phone calls
- Become involved in gangs or criminal activities such as selling drugs or shoplifting

What do you do if you are concerned about a friend or yourself?

Tell somebody, a trusted adult at home, or in school, or speak directly to a member of our designated safeguarding team. We will listen, advise and seek support as necessary ... do not suffer in silence, there is always help available.

Let's talk about low mood ... everyone has bad days sometimes, but if it goes on for longer, it could be a low mood. If it goes on for more than 2 weeks and starts to get in the way of day-to-day life, it could be depression.

What should we look out for in ourselves and each other?

Look for a change in mood compared to normal, which goes on for more than a few days. You might spot this through a friend or classmate:

- Seeming persistently sad or angry
- Being irritable
- Losing interest in things they used to enjoy
- Being tired or not having any energy

What can we do to help us cope? Some ideas ...

- Try to focus on the here and now if feeling overwhelmed
- Take a break to listen to music, go for a walk or chat to family or friends
- Take deep breaths
- Do a random act of kindness
- Start the day off well with a glass of water, a shower and have breakfast
- Exercise, like going for a run or a walk
- Stay in touch with friends
- Write down how you feel in a diary
- Paint or draw

What do you do if you are concerned about a friend or yourself?

Tell somebody, a trusted adult at home, or in school, or speak directly to a member of our designated safeguarding team. We will listen, advise and seek support as necessary. We will not judge ... do not suffer in silence, there is always help available. Talkzone are running a Wellbeing Support Group during term time. If you are interested in this see your HoH to register your interest.

Let's talk about knife crime ... here's how you can help to keep yourself and others safe from knife crime. Use the '4 Rs' to be knife-free:

Reassurance:

- Knife crime is still uncommon, despite worrying statistics
- 99% of 10 to 29 year-olds do not carry knives
- To feel safer, you can do practical things instead like stay later at school or change your journey home
- School is always here to help you to stay safe, including after school and when off-site

Responsibility:

- One of our school values is to take responsibility for yourselves and others. It's not 'grassing/snitching' to report that someone is carrying a knife
- You must tell a trusted adult if you know someone is carrying a knife
- You can also report anonymously online via [Fearless](#), [CrimeStoppers](#) or [Childline](#). Or call Childline (free) on 0800 1111. Here's how you can report via Fearless <https://www.youtube.com/watch?v=ssXIZ51f5nI>

Risks:

- Carrying a knife actually makes people more likely to be harmed
- It's illegal to carry a knife in public without good reason ...
- Self-defence is not 'good reason'
- Police can stop and search anyone they believe has a knife
- They could get a criminal record and up to 4 years in prison simply for carrying a knife, depending on their age
- If they stab someone who dies, they'll face a life sentence in prison
- Having a criminal record could stop them from going to university, getting the job they want, or visiting places like the USA
- Stabbing someone anywhere on the body can be fatal

Resilience:

- Feel connected with and be a valued member of your school community
- Remember your school is a place of safety
- Identify a trusted adult who you can turn to
- We will be empathetic, listen and give you impartial advice when you need it
- If you suspect a pupil has a knife in school ... you must tell a member of staff who will alert a member of the safeguarding team who will respond swiftly and sensitively.

If a student tells us they've witnessed a knife-crime incident ...

We will:

- Listen. Be supportive. Take you seriously
- Treat it as a disclosure, and follow our child protection policy
- Let our safeguarding team know as soon as possible

- We will not:
- Interrogate you, or ask leading questions
- Signpost you elsewhere, until we've listened

There is a difference between snitching and reporting and it is important to understand what this is ...

The word snitching carries a lot of negativity, however reporting crime has positive outcomes and is done for positive reasons. Be clear on the difference ...

Snitching is ...	Reporting is ...
<ul style="list-style-type: none"> • To get someone else in trouble • To stop yourself getting in trouble • To gain something from it • To hurt or upset someone you don' like 	<ul style="list-style-type: none"> • To keep yourself safe • To keep someone else/others safe • The problem might be urgent/important <ul style="list-style-type: none"> • You may need an adult's help • Speaking out because you know something is wrong

Be an active bystander by ...

- Taking direct action ... we can directly intervene in a situation, but we should only do so if it is safe, and we don't put ourselves at risk.
- Distract ... we can interrupt, start a conversation with the perpetrator to allow their potential target to move away or have friends intervene. Or come up with an idea to get the victim out of the situation. Distraction will help reduce the risk of harm happening and give us time to talk.
- Delegate ... there may be someone better who can intervene, such as someone trusted by the person carrying a knife. Delegation means asking someone else to talk to them and to help them see that what they're doing is wrong. This could include telling a friend, a teacher, or the police if someone in authority is needed to step in. By telling Fearless about a crime or a concern, the young person can delegate the responsibility to intervene.
- Delay ... we might be able to slow things down before they go past the point of no return. Delaying can take the emotions out of how someone responds.
- Document ... make a note or record what's happened and who was involved. Notes can help you see how many times something was happening and can help you show others about why you are concerned.

Prevent Duty ... the Educate Against Hate website provides practical advice, support and resources to protect children from extremism and radicalisation. Anyone can be vulnerable to extremism and radicalisation, but children are particularly at risk. As they grow and become more independent, it is not unusual for them to take risks, explore new things and push boundaries. Teenage years are often a time when young people will be searching for answers to questions about identity, faith and belonging, as well as looking for adventure and excitement. Extremist groups know young people are vulnerable and may claim to offer them answers, identity and a strong social network, and using the internet and social media to spread their ideology.

There are 3 short videos contained in this link that give an introduction to Prevent ...

- An introduction to Prevent - main film
- Supporting friends and family
- Prevent tackling the far-right

<https://www.educateagainsthate.com/resources/prevent-an-introduction/>

Holiday support in Bassetlaw

There are around 20 Warm Spaces registered in Bassetlaw that are open to anyone who needs them. These can be cafes, charity venues or community buildings where there is no expectation to spend money - you can just turn up and use them if you would benefit from the warmth.

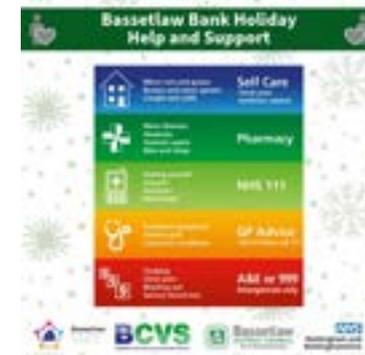
If you would like to register a warm space you can do so here: www.bcvcs.org.uk/warmspacesform

To view all warm spaces please visit: www.bcvcs.org.uk/warmspaces



The NHS is open 365 days a year but it is important to know what services you need for your health concern.

Please use this image as a guide to inform you where to go for help, depending on how severe your symptoms are. Only use 999 in an emergency where there is a risk to life.



During the festive period, In Sam's Name are here to help. There is some additional winter support available to those that need it. Festive hampers are available by request to individuals in need, and there is also a Christmas Day meet up for anyone feeling alone on Christmas Day (all welcome).

**Bassetlaw Bank Holiday
Help and Support**

In Sam's Name,
YOU ARE NOT ALONE
this Christmas
Everyone is welcome

25 DECEMBER | 11AM - 2PM
THE EDGE, KILTON, WORKSOP

A fully inclusive Christmas Day meet up designed to combat loneliness and bring people together. Open to anyone feeling alone during the holiday season, this event aims to create a warm and welcoming environment for anyone that needs it.

THE EDGE

Bassetlaw DISTRICT COUNCIL
NHS
Nottingham and Nottinghamshire

**Seasonal
Support Hampers**

In Sam's Name Seasonal Support Hampers are available to order to help assist anyone in need this festive season.

We want to ensure that nobody will feel alone or go without food during the holidays.

All requests will be kept strictly confidential.

To request support, please email info@insamsname.co.uk

If you are concerned about your child's welfare or safety over the Christmas holidays, please email safeguarding@elizabethan.notts.sch.uk and a member of our safeguarding team will respond with advice and signpost to support.

If you think a child is at risk of abuse you can make a MASH referral via the form on this website link <https://www.nottinghamshire.gov.uk/care/safeguarding/childrens-mash>

Let's Get Social!



www.elizabethan.notts.sch.uk



The Elizabethan Academy



@theelizabethanacademy
@readwithdylan



@elizabethanac (Recruitment)
The Elizabethan Academy

Contacts

By post:

The Elizabethan Academy
Hallcroft Road
Retford
DN22 7PY

By email:

Attendance: attendance@elizabethan.notts.sch.uk

First Aid: firstaid@elizabethan.notts.sch.uk

Marketing/PR/Social Media: roweo@elizabethan.notts.sch.uk

Safeguarding: safeguarding@elizabethan.notts.sch.uk

Finance: finance@elizabethan.notts.sch.uk

HR/Legal/Recruitment: upsonh@elizabethan.notts.sch.uk

General Enquiries: office@elizabethan.notts.sch.uk

Cadets: alexanderj@elizabethan.notts.sch.uk

Sixth Form: daintyl@elizabethan.notts.sch.uk | hopperd@elizabethan.notts.sch.uk

Principals' PA: head@elizabethan.notts.sch.uk

Assessments/Exams: millerp@elizabethan.notts.sch.uk | assessment@elizabethan.notts.sch.uk

Timetables: eatimetable@elizabethan.notts.sch.uk

By telephone:

General Enquiries: 01777 713700 | 01777 713711

Attendance: When reporting student absence, select option 2 to leave a message. Ring Ext 63 to talk to a member of the attendance team specifically!

Finance: Ext 65

First Aid: Ext 57

Caretakers: Ext 47

Cadets: Ext 55

*Have a great
Christmas!*

