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Our Children, Our Community, Believe it can be done!

Headteacher and CEO's 'Thought for the week'

Dear Parents and Students

I have been very pleased with the way the school has responded to the current challenge. Whilst there have been many difficulties, the senior staff feel that the following have been really positive:

- Staff have been happy with the Covid-19 health and safety procedures put in place in school
- Staff are working together as a team
- Online learning/ Curriculum and FROG have been very successful
- Students' behaviour is fantastic!
- Students are participating in Sports/PE
- Students are working well in their year group bubbles

I hope you have a great half term holiday.

I came across the following poem which was amusing and realistic:

*'Twas the week before half term and all through the land
The teachers were tired of washing their hands
Of cleaning the desks, and the drawers and the pens
Of reminding their class not to cuddle their friends
Tired of hand gel and soap, bleach and wipes
Of passwords and google and all things that swipe
Of trying to stand at the length of a lion
From friends whose shoulders they wanted to cry on*

*'Twas the week before half term and all through the land
The parents were trying to make up great plans
That don't involve meeting, or greeting, or places
That in these strange times don't resemble safe spaces
They look to the teachers, and all they have done
To make school inviting, inspiring and fun
To see past the problems, the issues and rules
To bring back the joy and excitement of school*

*Thank you for being the safe place, the learning
For standing there strong with the children returning
For finding solutions that don't feel so strange
With no funds or magicians to help you arrange
For stories and spellings and phonics and play
For taking the fear of this moment away*

Ester Nzenza

Mr R Skelton
Headteacher and CEO
Our Children, Our Community, Believe it can be done!

Letter to Parents

Dear Parent/Guardian

All students will break up for the October half term holiday on Friday 23rd October.

Please note that after half term we will be making a few alterations to the start and finish times of the following year groups in order to help the Year 11 and 13 students to prepare for the summer exams:

Year 7: start at 8.50am Monday to Thursday and 9.10am on Fridays

continue to finish at 1.50pm Monday to Friday

Year 11: continue to start at 8.40am Monday to Thursday and 9.00am on Fridays

finish at 2.20pm on Mondays and 2.10pm Tuesday to Friday

Sixth Form: start at 8.40am Monday to Thursday and 9.00am on Fridays

finish at 2.20pm on Mondays and 2.10pm Tuesday to Friday

I would like to wish you a happy and safe half term and I look forward to seeing all students back in school on Monday 2nd November.

Yours faithfully

Mr R Skelton
Headteacher & CEO

Online Safety

Given the ever changing situation with Covid 19, we are relying on the internet more than ever before. Please keep up to date on how you can support school to keep you child safe when online.

www.broadway-academy.co.uk/online-safety/

The website has recently been updated and included appropriate information for students and parents/carers.



Dear Parents/Carers and Students

HAPPY, SAFE HALLOWEEN/BONFIRE NIGHT – REMINDER FROM WEST MIDLANDS POLICE

With the darker nights fast approaching, it is important that students are reminded what we, as a school community, expect of them in terms of behaviour.

Parents/carers and students should already be aware that as part of our safeguarding arrangements, the school has a two-way information sharing agreement in place with West Midlands Police, and we are active members of the local Police & Schools Panel. This joint-approach helps us to intervene early to prevent and reduce crime and anti-social behaviour involving our students, and provide support and up-to-date safety messages.

Sadly, this year's Halloween, Bonfire night and the half term break will look very different due to COVID-19, so please be aware of the legislation and rules in place linked to this. Remember it is now a legal requirement to wear a mask on all public transport and within communal areas such as shops, cafes, restaurants and bars and we must maintain social distancing, ensure we abide by the rule of six, and the bespoke rules for Birmingham regarding entering other people's homes: https://www.birmingham.gov.uk/coronavirus_advice | <https://www.gov.uk/coronavirus>

In partnership with the police, we would also like to remind our students about the following:

- **Anti-social behaviour:** Halloween can be a scary time for people who don't like surprises or callers at their door. Think about how your actions and behaviour affect others; elderly and vulnerable people may be frightened by 'trick or treat' so look out for signs in windows that people do not want callers at their door.
- **Personal Safety:**
 - Be aware of your surroundings, take care of friends and family members and keep valuables such as phones out of public view whenever possible.
 - Don't drink alcohol, take illegal drugs or unknown substances; they can have a big impact on your health and safety, behaviour and your ability to do well at school and enjoy other interests and activities. They can also be addictive and have unpredictable side effects, including sudden death!
 - West Midlands Fire Service recommends that you go to an organised display; it's the smart way to stay safe. You'll see a lot more fireworks and it's a lot cheaper. Information about firework safety is available at www.saferfireworks.com
- **Weapons in public places:** carrying a knife will get you a criminal record which can have life-long effects on travel and job prospects. Those who carry knives are also much more likely to be injured by them.
- **Off-road bikes:** These can only be ridden on private land with the landowner's permission. Don't risk your life and future prospects by illegally riding these on the road.
- **Remember the company you keep:** if your friend breaks the law, you may also be held responsible for that crime – even if you weren't the one directly responsible.



R J Skelton
Headteacher & CEO
Broadway Academy



Mat Shaer
Chief Superintendent - East
NPU West Midlands Police



Stephen Graham
Chief Superintendent - West NPU
West Midlands Police

Year 7 Drama Club

Do you want to develop your performance skills?



Do you want to take part in performances?

When: Monday 2pm-3pm

Where: Purple Area

With Mr Kendall, Mr Eriksen,
Miss McCoy and Ms Williams.

Year 10 & 8 English Club

- Do you need extra support with your English?
- Do you have any worries or concerns about English?
- Do you want advice from Grade 9 English students?
- Do you want to learn effective revision techniques and essay writing skills?
- Do you need help with your English homework?



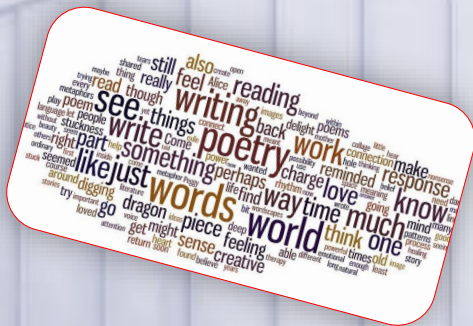
When: Tuesday Break time

Where: Yellow Area

With Sixth Form senior prefects -
Zara, Ruksana, Nazmeen and Sara

Multi-Arts Club

**Just about anything can
be considered art.**



- Musical arts
- Dramatic art and theatrics
- Drawings/Paintings
- Poems and Narratives

When: Monday and Thursday
Lunchtime

Where: Drama Studio

Year 7 Board Game Club

Do you want to
increase your
brain functions?



Do you want to
reduce stress?



When: Monday 2-3pm

Where: Yellow

With Mr Cockayne & Mr Roberts

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

WHAT TRUSTED ADULTS NEED TO KNOW ABOUT: SOCIAL MEDIA & MENTAL HEALTH

Social Media is often scrutinised as having a negative impact on children's mental health. Children and young people are now growing up in a technology dominated world, and social media plays a major role in their social lives. This balanced guide focuses on both the positive and negative impacts that social media can bring to young people and their mental health.

POSITIVE IMPACTS

EASY ACCESS TO SUPPORT AND HELP

Due to delays in young people getting help for their mental health, such as experiencing low mood, or suffering from anxiety, they may sometimes reach out to access support from others online. Sharing problems or issues with friends, peers and broader social networks can be met with positive reaction, with nearly 7 in 10 teens reporting to receive support on social media during tough or challenging times. Where there are moderated communities which offer support and guidance, children can be provided with a great source of support.

SUSTAINING FRIENDSHIPS AND MAKING CONNECTIONS

There is evidence to suggest that strong adolescent friendships can be enhanced by social media interaction, allowing children to create stronger bonds with people they already know. Online relationships can actually make children more relationship-oriented, thoughtful, and empathic. By sharing comments on pictures, videos and posts, it can create long-term friendships as they can continually keep in touch, even with a distance between them.

A SENSE OF BELONGING

Support can be found in various places online; sometimes this is known as "finding your tribe". Online platforms and groups can provide a wonderful sense of belonging for children. They can find peers with similar interests and circumstances which can sometimes be difficult to find in real-life. As a result, this can create stronger connections and help to build confidence.

NEGATIVE IMPACTS

SELF-ESTEEM & BODY IMAGE

There are 10 million new photographs uploaded to Facebook alone every hour, providing an almost endless potential for young people to be drawn into appearance-based comparisons whilst online. No one is the same as how they portray themselves online as we tend to only show the best part of ourselves. The pressure to fit-in and conform is huge, which can become a driving force for children to replicate what they see from friends, celebrities and sponsored adverts. This pressure may contribute to anxiety, low mood and a feeling of inadequacy. As a result, it can lead to a feeling of low satisfaction with their own lives.

HARMFUL ADVICE

The online world provides the opportunity for anybody to upload and share photoshopped pictures, edited video, fake news and even unvetted advice. Children may stumble upon this, which could potentially encourage them make wrong decisions and not get the help that they need. It's important that you teach your child to differentiate between what is true and useful information and what is fake.

ADDICTION AND COMPULSIVE CHECKING

Social media addiction is thought to affect around 5% of teenagers. The Office for National Statistics found that children who spend more than 3 hours a day on social media are more than twice as likely to support poor mental health. Furthermore, compulsive checking due to 'Fear Of Missing Out' has been linked to poor and disturbed sleep, as well as difficulty to relax during evenings. One in five young people say they wake up during the night to check messages on social media, leading them to be three times as more likely to feel constantly tired at school than their classmates who don't use social media during the night.

CYBERBULLYING

One recent large-scale UK study showed that cyberbullying is one of the biggest challenges for young people. Other studies suggest that cyberbullying has a bigger effect on wellbeing and mental health than other types of bullying. 7 in 10 young people have experienced cyberbullying, with 37% of young people saying they experience cyberbullying on a high-frequency basis. Young people are twice as likely to be bullied on Facebook than on any other social network.



Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.



HELPFUL APPS:

- Hub of Hope - <https://hubofhope.co.uk/>
- MindShift
- Smiling Mind

SOURCES OF HELP:

- Childline, 0800 1111 or visit their website
- Bullying UK, 0808 8002222
- Young Minds Parents line, 0808 802 5544

SOURCES: <https://www.centreformentalhealth.org.uk/publications/social-media-young-people-and-mental-health>, <https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/articles/measuringnationalwellbeing/2015-10-20>, <https://www.rph.org.uk/uploads/assets/upload-ed/62be27ba-555f-4719-ad6682ec7a7a2a.pdf>, <https://www.psychologytoday.com/us/blog/cutting-edge-leadership/201505/warning-signs-mental-health-risk>

www.nationalonlinesafety.com

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