



## Parent Bulletin Friday 22nd September 2023

Dear Parents and Carers

I'd like to start by thanking the parents of students in Years 8, 9 and 12 who attended the welcome meetings last night. Over the last two weeks we have welcomed parents from all year groups into school and the attendance has been excellent. I hope parents have found these sessions useful and we look forward to welcoming you back to school later in the year. We also had a fantastic Open Evening on Monday and I'm really grateful to all the students who attended to tour parents around or showcase subject areas. If your child was one of those they did a great job representing you and the school.

Next week Year 11 PSHE lessons will be covering sleep hygiene. This is something we talked to all parents about at the welcome meetings. To remind all, and help those who weren't there, we recommend the following to help your child get the best night's sleep:

### Wellbeing

Sleep hygiene:

- Same bedtime and wake up time every day (routine).
- Avoid long lie ins and late nights at weekends.
- No screen 60 mins before bedtime.
- No phones in bedrooms at night.
- Start winding down an hour before bedtime: read/listen to soft music/shower.
- Avoid caffeine, sugar and salty things before bedtime.
- Have a fresh glass of water in the bedroom.

Attached to this Bulletin there is also a parent calendar with key dates for all years across the year. We will continue to remind parents via this bulletin but it's a good thing to print and keep somewhere safe. You will also find this information on the website using the calendar link <https://www.slougheton.com/about/calendar>

Have a good weekend.

Best wishes

Peter Collins  
Headteacher



## News and Information

### Online Resources and Helplines – Mrs Goodyear

It is an offence to make, distribute, possess or show any indecent images of anyone aged under 18, even if the content was created with the consent of that young person.

Indecent imagery does not always mean nudity and it can mean nude or semi-nude sexual posing (e.g., displaying genitals and/or breasts or overtly sexual images of young people in their underwear).

The non-consensual sharing of private sexual images or videos with the intent to cause distress is also illegal.

**If your child receives an indecent image of a child they must delete it straight away. DO NOT share it, DO NOT keep a copy.**

If a child has shared any legally appropriate material online that they no longer wish anyone to see, they also have a legal right to get this material removed, even if the content was posted by someone else. Apps, online games and websites have to tell you how to make this happen.

<p><b>So, you got naked online</b> Helps and advises young people who may find themselves in a situation where they (or a friend) have put a sexting image or video online and have lost control over that content and who it's being shared with.</p>	<p><a href="https://www.internetmatters.org/hub/resource/so-you-got-naked-online-send-version/">https://www.internetmatters.org/hub/resource/so-you-got-naked-online-send-version/</a></p>
<p><b>Report, Remove tool</b> Report Remove can support a young person in reporting sexual images or videos shared online and enables them to get the image removed if it is illegal.</p>	<p><a href="https://www.iwf.org.uk/our-technology/report-remove/">https://www.iwf.org.uk/our-technology/report-remove/</a></p>
<p><b>CEOP</b> Set up by the Government in 2006 to help protect children across the UK from online predators. As well as helping UK police forces to bring these people to justice, CEOP can help provide advice to young people and parents when something like this happens.</p>	<p><a href="https://www.thinkuknow.co.uk/parents/Get-help/Reporting-an-incident/">https://www.thinkuknow.co.uk/parents/Get-help/Reporting-an-incident/</a></p>

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### **Students attending the Medical Room asking for medication – Reminder – Mrs England**

Please can you be mindful that the Medical Room does not carry medication other than medicine that has been brought in and signed for by a parent for their child to take during the school day. We are not able to supply, for example, paracetamol, ibuprofen, hay fever or allergy medicines. If your son or daughter requires medication during the day please can you ensure that you have brought this into our Reception and completed the necessary forms for our staff to administer this.

### **Collective Worship Reflection**

#### **Living life in all its fullness-PROVERBS ch31 v8-9**

*“Open your mouth for the mute, for the rights of all who are destitute. Open your mouth, judge righteously, defend the rights of the poor and needy.”*

*‘I have come in order that you might have life – life in all its fullness (John 10:10)*