

# Newsletter 19/3/2024



#### **INSET Days**

See below for the school INSET days for the remainder of the school year. Please note that some changes have been made so do cross-reference these with your own calendars!

#### **Inset Days 2024**

Monday 15 April

Monday 22nd July Tuesday 23rd July

End of Term 19th July

### Term Dates 2024 (Children in School/ not including INSET)

Term 4:

19 Feb to 28 Mar

Term 5

16 Apr to 24 May

Term 6

3 Jun to 19 Jul

### **Dates**

for the



Diary

HPV Vaccination
Dav

20th Mar

Y9 GCSE Options
Evening
21st Mar

School Trips Day

27th Mar

Rewards & Recognition Day
28th Mar

**Easter Holiday** 

29th Mar to 16th

**April** 

**INSET DAY** 

15th April

Start of Next Term

16th April

#### A Message from Principal Simon Addison



We've had an incredibly exciting and eventful past couple of weeks here at Hastings Academy! From celebrating World Book Day to raising funds for Red Nose Day, our students have truly embraced the spirit of giving back and learning. In addition to these events, our music department had the pleasure of hosting a clarinetist workshop, providing our students with a unique opportunity to explore their musical talents. We're also thrilled to share the success of a number of our students who achieved great things at the Hastings Music Festival.

We also wanted to take this opportunity to confirm to parents and carers that the Academy will transition to offering six 50 minute lessons, rather than the current five 1 hour lessons next academic year, and to reassure you that this will not affect the start and finish times for the school day. This will allow a number of improvements to our timetable, such as daily English and Maths, offering four options to some students in the current Year 9 as they move into Year 10 and moving our lunch (which is presently quite late in the day) earlier.

As we approach the end of term, we want to remind you that the school will be closing at 1:00 PM on Thursday, 28th March. Please mark your calendars accordingly. We look forward to welcoming everyone back for a normal school day after the Easter break on Tuesday, 16th April.

Thank you for your continued support and involvement in our school community.



# **CLUBS**

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		Monday	Wednesday	Thursday	Friday
Before School Clubs	Weeks 1 & 2	Breakfast Club Mr P Avery & Mr O Mellish (Canteen)	Breakfast Club Mr P Avery & Mr O Mellish (Canteen)	Breakfast Club Mr P Avery & Mr O Mellish (Canteen)	Breakfast Club Mr P Avery & Mr O Mellish (Canteen)
Lunchtime Clubs	Weeks 1 & 2	Library Access First break- open to all Second break- Yrs7-10 Mrs M Crane (Library) English Homework Club Miss R Standen (W16)	Library Access First break- open to all Second break- Yrs7-10 Mrs M Crane (Library) LGBQTH- Club Ms L Chamberlain (E16) Badminton Club Mr M Collett Y10 Science Support Ms D Tester	Library Access First break- open to all Second break- yrs7-10 Mrs M Crane (Library) K53 Science Homework Club Ms D Tester (FE16) The Environment Club Miss Picton, Mr Wraight, Miss Beagley	Girls Football/Netball Ms M Gibbons
Afterschool Clubs 3:15-4pm	Week 1	Homework Club all years Mrs M Crane (Library) Warhammer & Hobby Club Mr J Kern (F17) Yr7 Football/ Sports Club Mr A Smith (Sports Centre) Badminton Club Mrs Crease (Sports Centre) KS3 Dance Club Miss C Dengate & Miss Gibbons (Dance Studio)	1066 Book Awards Book Club Mrs M Crane (Library) Dungeons & Dragons Club Mr J Storey, Mr J Kern, Mr A Evans & Mr G Bloggs (Various) Basketball Club Mr M Callett (Sports Centre) "Globetrotters KS3 Language Club" Mr S Regereau (S6a) Y10&11 Open Music Rehearsals Miss East	Homework Club all years Mrs M Crane (Library) Classics Club Mr S Walsh & Mr G Blaggs (W8) KS4 Maths Club Mr J Holder (E12) Duke of Edinburgh Mrs E McCallum Art Club Mrs L Callins (S10) Y10&11 Open Music Rehearsals Miss East Musical Theatre Club Miss East and Miss Mcdonaid (Main Holl) Netball Club Ms M Gibbons Y8 Boys Football/Sports Club Mr Collett & Mr A Smith (Sports centre)	Y11 Football Mr R Grant
	Week 2	KS3 Homework Club Mrs M Crane (Library) Warhammer & Hobby Club Mr J Kern (F17) Yr7 Football/ Sports Club Mr A Smith (Sports Centre) Badminton Club Mrs Crease (Sports Centre) KS3 Dance Club Miss C Dengate & Miss Gibbons (Dance Studio)	KS4 Homework Club Mrs M Crane (Library)  Dungeons & Dragons Club Mr J Storey, Mr J Kern, Mr A Evans & Mr G Bloggs (Various)  Writing Club Mrs V Alves (W5)  Basketball Club Mr M Collett (Sports Centre) Italian Club Miss F Mancini (F13)  Y10&11 Open Music Rehearsals Miss East  1066 Book Awards Book Club Mrs M Crane (Library)	Classics Club Mr S Walsh & Mr G Bloggs (W8) Duke of Edinburgh Mrs E McCallum Musical Theatre Club Miss East and Miss Mcdonald (Main Hall) Y10&11 Open Music Rehearsals Miss East Netball Club Ms M Gibbons Y8 Boys Football/Sports Club Mr Collett & Mr A Smith (Sports centre)	Y11 Football Mr R Grant
Afterschool GCSE Intervention	Week 1	Yr11 Geography (9th GCSE) Ms I Richardson (F9) Yr11 English Intervention Mrs H Rome & Miss K Mulcair (Various)	Yr11 GCSE Geography GCSE Ms I Richardson (F9) Yr11 Maths Intervention Mrs S King, Mr D Blackwell, Mr A Tyson & Mr D Benson (Various) Y10 OCR intervention Ms M Gibbons	Yr11 Geography (9th GCSE) Ms I Richardson (F9) Yr11 Science Intervention Mrs T Royce-Smith, Mr J Kern & Mr J Storey (Various)	
	Week 2	Yr11 Geography (9 <sup>th</sup> GCSE) Ms I Richardson (F9) Yr11 History Intervention Mr A Evans (F14) Yr11 Music Intervention Mrs K East (\$1.8.12)	Yr11 Geography (9th GCSE) Ms I Richardson (F9) Yr11 French Intervention Mrs C Pepper (S7) Yr11 Art & Photography Intervention Mr E Money & Mrs H Rose (S2) Y10 OCR intervention Ms M Gibbons	Yr11 Geography (9th GCSE) Ms I Richardson (F9) Yr11 Dance Intervention Miss C Dengate (Dance Studio) Yr11 Spanish Intervention Mrs 5 Travagila-Sage (S11) Yr11 Drama Intervention Ms G MacDanald (HA)	

Many of the above clubs you will be able to turn up to without signing up, but do check with the teacher running the club if you aren't sure.

# Student Led Clubs

Day	Club	Y11 Senior Student Lead	Senior student support	Room	Staffing
Monday	Musical Theatre	Alyssa Suhana Awal Michelle Cruttenden	Mirabel Lingard	Hall A	Ms Standen and Ms Geshteja
Tuesday	Geography	Xander Sophie Gore	Amelia Belcher	F9	Ms Richardson
	Science Practical	Amy Crabtree	Jago Herriot	F20	Mr Roberts
Wednesday	Geography	Sophie Gore Owen Hughes	Amelia Belcher	F9	Ms Puttick
	Debate club		Daisy Watson	F1	Mr Wraight
	Art	Tia Duggan Suhana Awal	Elija Bigg Mirabel Lingard	Art Room	Mr Money Ms Rose
	Story writing	Oscar Arlan	Nathan Carrington	W8	Mr Walsh
	Netball	Jess Wright and Daisy Chapman		Sports Centre	Ms Dengate and Ms Gibbons
	LGBT	Cody Nash Bridie Dolby		F14a	Ms Chamberlain
	Sewing Club	Kitty Spooner		S10	Ms Collins
	Board Games	David Charlie Wright		E11	Mr Blackwell
Thursday	Environmental Studies	Oscar Daisy Chapman	Peyton Henderson Black Jago Herriot	F19	Ms Picton Ms Trigwell to support
	Choir	Mabel Suhana		Music Room	Ms East
	Board Games for EAL students			SLCN	Ms Neda
	Creative Writing	Milo Ward Alyssa Alexander	Emma Munroe	W5	Ms Peters
	Board Games	Glyn Evans Aed		E16	Mr Tyson
	Card Games/ Chess	Arlan David Sosoi		E11a	Ms Levett
	Board Games	George Dawick		E12	Mr Holder
	Board Games	Amy Cabtree		F8	Mr Ellis
Friday	Girls' Football	Jess Wright and Daisy Chapman	Harry Haynes and Jack Hoare	Sports Centre	Mr Collett
	Drama	Oscar	Emma Munro	Drama Hall	Ms McDonald
	Inchirational	Milo		F10	Ms Smith
	Inspirational People with speeches and	MIIO		710	ivis sitilli
	videos				

# World Book Day

On the 7th March we celebrated World Book Day, read on to hear about the exciting activities put on by Ms Crane in the library to celebrate our love of all things reading.

We had a Door Decor competition for tutor groups to decorate their door as a book. There were so many brilliant entries Ms Crane had to ask Mr Addison to choose the winners as was too difficult a task!

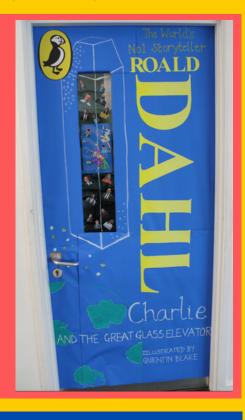
1st Prize goes to 8LCO with Charlie and the Glass Elevator by Roald Dahl

2nd Prize to Yr11 students who decorated yr10/11 office

3rd Prize to yr7HLE with a Wonka bar and golden ticket Lots inspired by Roald Dahl this year!

Students all received some choc and sweets (not from the Wonka factory though)

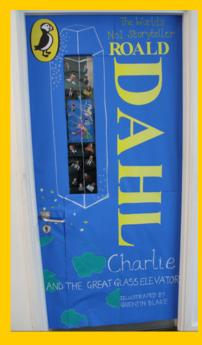
The winning tutor group will also have hot choc, snacks, and a film in the library during tutor time on Wednesday.





Some of our teachers dressed up as their literary characters for the day. Best dressed award went to Mr. Walsh as Jekyll/Hyde and special mention to Mr. Ellis and Mr. Kern who were Harry Potter and Voldemort and could be seen duelling throughout the day with their handmade wands.

The tutor book quiz winners were 10AEV and they received chocolates and sweets and the glory of victory with full marks for both titles and authors. The literary scavenger hunt challenge in the library at lunch was won by Kimberly Hunga 8MCO and received an Easter Egg. There were many many entries all correct so the winner was chosen at random from all correct entries.















DOOR DECOR





The Batman/Bard competition where students had to guess if quotes were said by Batman or Shakespeare (which is surprisingly more difficult than you imagine) had lots of entries by staff and students.

Staff Winner with an impressive 23/25 was Mr Benson (who also can do an impressive Batman

Student Winners with a joint score of
17/25 were:
Caitlyn Johns 8SRE
Lottie Loft 8LCO
Santanna Gray 8LCO
Nevaeh Wright 8CPE
Michael Taylor 10AEV

They received a Batman and Shakespeare gift and will have a trip to Waterstones on 25th March in the morning to have drink, cake in cafe and choose a new book.

Our big whole school literary pairs challenge saw students finding all staff and matching their literary character with their pair e.g Juliet Capulet and Romeo Montague. There were an amazing 361 entries and the winning students were:

Ruby Haynes 9SWA Freya Garman 9GBL Alice Hatos 9SWA

voice!)

These students received an Easter Egg and will also have a trip to Waterstones on 25th March in the morning to have drink, cake in cafe and choose a new book.

All students who entered competitions received a sweet/choc and all students had a choice of a free book from the table in the library and a bookmark.

Several students spotted reading throughout the day got issued with a Golden Ticket which meant they could choose one of this years award winning books and some chocolate.





There were also several bars of Lindt Choc hidden among books on the shelves in the library which students found quite hard to find at break and lunch, but drew their eyes to books they wanted to borrow (which is better than choc!)

Our borrowing for the last 12 months is 58.9% of students, so if you haven't borrowed from the library yet this year come and check out our books....you never know there may still be hidden choc!











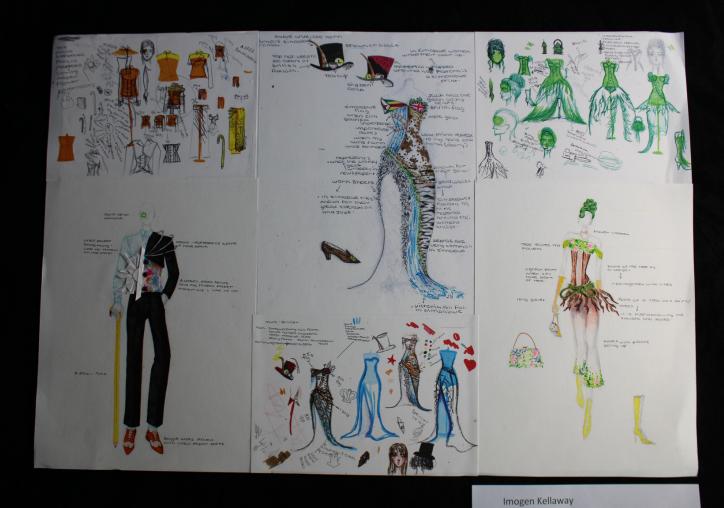
# Young Talent of Tomorrow Fashion Competition 2024

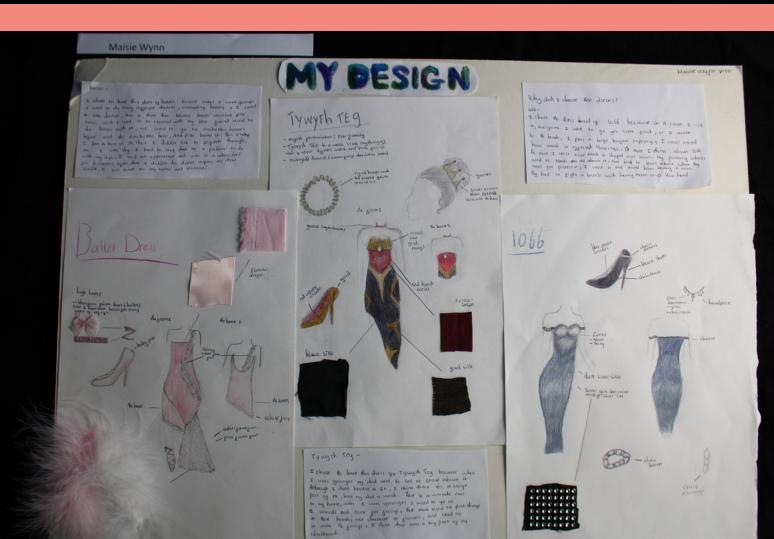
Good Luck to Imogen Kellaway, Lily Cran-Broadstock and Maisie Wynn who have all worked in their own time and at school to create some fantastic mood boards and designs for the Young Talent of Tomorrow Fashion Competition 2024.

The brief for the competition was "Identity" - what makes you unique? Design an outfit that celebrates this -

This has sparked some lovely conversations in families between these students and grandparents/parents as students have explored their heritage to inspire designs.. some really creative and original ideas - Well done!













# **Musical Workshop**



# London Mozart Players Orchestra clarinettist runs workshop with GCSE students.

Our Year 10's were treated to a workshop with Clarinetist Anna Hashimoto who is a member of London Mozart Players Orchestra. This workshop focused on Mozart's Clarinet Concerto in A, a set work for our Year 10 GCSE Musicians. Through live performance of the piece, we had a great introduction to all of the melodic, harmonic and structural devices which is all incredibly important for the exam element of the GCSE. We are looking forward to watching the full orchestra perform the concerto at The De La Warr Pavilion on March 22nd.



### Hastings Music Festival



A huge well done to all our students who have taken part in this years Hastings Music Festival. It has been great to hear how well our students have done in a number of classes. We are looking forward to celebrating all your future achievements in the Performing Arts, thank you for all your hard work.

Mirabel and Daisy (pictured above) attended this festival and in the very competitive 'Musical Theatre and Film duet and Ensemble' (12–15) they managed to place joint Second! 89 points and distinction.

Stanley Oakman placed first in the age 12 Piano Solo!

## COMIC Red Nose Day RELIEF 15th March 24

Red Nose Day was a grand success, pulling together efforts from all year groups to raise money for Comic Relief. During the day, our wonderful student council provided face painting, a bake sale, many opportunities to win prizes, and the greatly anticipated three-legged teacher egg and spoon race.

The three pairs of teachers in the race got rather competitive, including instances of foul play. One pair was seen using an egg glued to the spoon, another with a fake egg and ladle. The crowd were on the edge of their seats to see which pair would win! Overall, it was difficult to decide a winner due to the instances of cheating, but Mr Tyson and Mr Grant were certainly adhering to the rules the best. Thank you to all who donated and participated in this wonderful fundraising event!

**Words: Mirabel Lingard** 

Photo below: Organisers of the Egg and Spoon race.





you can still <u>Donate</u>

<u>Via ParentPay here</u>

# COMIC Red Nose Day RELIEF 15th March 24



Egg and Spoon Race contestants on the start line

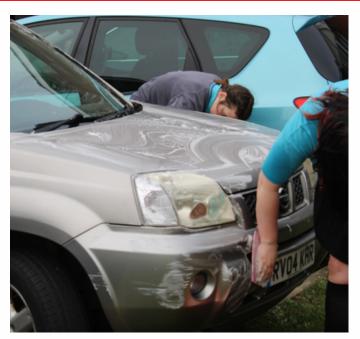


Bake sale in full swingnot much left!



Getting into the spirit with face painting

# COMIC Red Nose Day RELIEF 15th March 24





Car Wash: students hard at work cleaning cars for donations



**More Face Painting** 



Ms Macmillan and Mr Blackwell







A massive thank you to everyone who gave a hand or donated their bakes, cars or dignity to the Red Nose Day. We managed to raise more than £300 which will go a long way towards helping Comic Relief and their work fighting poverty.

#### Fitness Classes with:



### PLAY SPORT



Through PlaySport, we have received funding for some new fitness equipment and a series of after-school fitness classes for our students. These classes are for children of all levels, whether they are already very sporty and looking to increase their fitness, or whether they are looking to get in shape. Our trusty instructor, Reece, will be on hand to guide your child.

Just show up to the sports hall after school (with your sports kit!) and get stuck in!

There is also a free Women's class which runs after this at 5:15pm, for any mums out there!



#### Y11: Canteen Debts

Unfortunately we are now suspending the 'lend facility' in the canteen for Y11 students. This is due to it being the point in the year where it becomes too hard to recover these debts before the year group graduates.

If your child is ever in the situation where they have nothing to eat at school, maybe they forgot their packed lunch or to get their account topped up, please do encourage them to speak to a member of staff rather than go hungry!



#### Old Uniform Donations

Children grow up quickly and it can be surprising how often they outgrow their uniforms. If you find that you have old uniforms which no longer fit, why don't you consider donating them to the school? In the 1066 area we keep a wardrobe full of spare uniform for children caught in an emergency or who struggle to pay for their own. Over this year the supply of uniforms has been a huge help to our students who might've otherwise gone without.

If you have extra uniform which you would like to donate, please bring them to the school reception. Anything from old PE kit to shirts and skirts would be hugely appreciated.

A big thanks to everyone who has already made a donation. It is a massive help.



#### LIBRARY WISHLIST

Nearly every newsletter contains something exciting happening in the library and you may have heard about the gorgeous re-vamp that the library had recently. In addition to being a great meeting space, holding endless events and a fun place to hang out and play games or use the computers at breaktimes, you can actually read and take home books from the library too!

Many of the books which students request can be expensive and the library budget doesn't always stretch to cover copies of popular books.

For this reason, Ms Crane has put together a library amazon wishlist.

If you ever wanted to donate to the school library, you can now do so by following the below link.

A huge thanks to those who have donated books to us before, and a big thanks to those who will in the future!



#### **LIBRARY WISHLIST**

### Breakfast Club

Rise and shine!

Breakfast club runs every day between 7:15 to 8:15 in the canteen and is completely free to all!

Send your child in for a free breakfast, and let them enjoy the good vibes, Mr Mellish's breakfast bangers playlist, and start the day well.

Please ensure you arrive before 8.15 to avoid disappointment, as this is when the doors close.



# Reporting Bullying

We encourage all bullying to be reported but if you have concerns that your child is being bullied, do you know how to report it?

Your child will often be reminded in school how to report any concerns they have. They are reminded of who the safeguarding team are but know they can report to any member of staff they feel comfortable speaking to. They can also report any incidents of bullying using the email address talktous@thehastingsacademy.org.uk. These concerns will be sent straight through to the safeguarding team who will promptly pick them up and start the process of dealing with them. Recently we have also introduced an anonymous reporting tool where students can report without the need for giving their name. This can be especially useful if they have a concern about someone else and worry about getting involved. A link for the anonymous reporting tool can be found on the safeguarding page of the academy website but it can also be accessed via the QR code below or this link here.

If a parent or carer wishes to report an incident of bullying, they should contact their child's Head of Year by email. Those email addresses are as follows:

**Year 7** Miss E Wright e.wright@thehastingsacademy.org.uk

**Year 8** Mr O Mellish o.mellish@thehastingsacademy.org.uk

Year 9 Miss A Clark a.clark@thehastingsacademy.org.uk

**Year 10** Miss J Wickens j.wickens@thehastingsacademy.org.uk

Year 11 Miss S Paines s.paines@thehastingsacademy.org.uk

If you wish to view the academy's Anti-Bullying Policy, it can be found on the website under 'Key Documents' along with the academy's various other policies. Alternatively, you can access it via this link, and we would certainly encourage all parents, carers, students and staff to familiarise themselves with the contents





## **Anti-Bullying News**

If you are a regular reader of our newsletter, you will be aware that we have started the process of working towards the Anti-Bullying Quality Mark-UK, a national award that challenges schools to demonstrate their effectiveness in anti-bullying and the prevention of harassment.

The lead member of staff is Mr Wall and you are very welcome to consult him with regard to the academy's anti-bullying policy and strategies. If you wish to view the academy's Anti-Bullying Policy, it can be found on the website under 'Key Documents' along with the academy's various other policies. Alternatively, you can access it via this link, and we would certainly encourage all parents, carers, students and staff to familiarise themselves with the contents.

We also have a named governor, Mr Charles McGeachie, who is supporting the academy's anti-bullying work. If you wish to consult him about the strategic development of anti-bullying in the academy, then you can contact him by email at c.mcgeachie@brightonacademiestrust.org.uk



Students- all years

uesdays and Thursdays

3:15-4:15pm

No need to book- just go to the sports hall after school



#### Flavours from the canteen

#### Pizza:

Margherita Meat Vegetarian



#### Pasta:

Beef Bolognaise Herby Tomato Carbonara

Have a pasta with sauce and add a drink or cake for only £3!

#### **Sides:**

Dough balls Garlic and Herb Wedges Side Salad

#### Jackets of all trades:

Toppings:

**Baked Beans** 

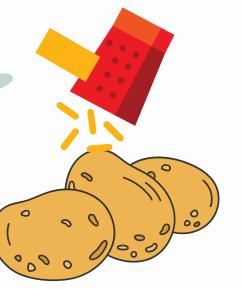
Cheese

Bolognaise

<mark>Tuna</mark> Mayo

Side:

Salad



Sweet Treats
Oat Cookie
Chocolate Brownie
Fruit Flapjack
Iced Bun
Jam Doughnut
Rice Crispy Cake
Cornflake Cake
Lemon Drizzle Cake
Shortbread

#### Deals from the canteen

#### Morning Break

BACON BAGUETTE WHOLE	£2.32.
HALF BACON BAGUETTE	£1.30.
VEGGIE SAUSAGE BAP	£1.30.
HOT FILLED BAGEL (MEAT OR VEGGIE)	£1.93
TOASTED BAGEL WITH SPREAD	£1.20
PIZZA	£1.40
VEGGIE SAUSAGE ROLL	£1.66
CHEESE ON TOAST PER SLICE	£0.92
SAVOURY TURN OVER/SAUSAGE ROLL	£1.66
BACON AND EGG BREAKFAST MUFFIN	£1.93
VEGGIE SAUSAGE , CHEESE AND EGG MUFFIN	£1.93
TOAST WITH SPREAD PER SLICE	£0.25
CEREAL AND MILK	£0.93
MIXED FRUIT POT	£0.93
OVERNIGHT OATS	£1.30
MEAL DEAL	£3.00

#### Drinks

Radnor Fizz	£1.25
Radnor Carton	£0.70
Water SportWater 500ml	£1.06£0.77
Juice Cartons	£0.70
Viva Milkshake	£0.70

#### **Meal deals**

Main with a drink or homemade cake for £3

#### Lunch Menu

Main Meal & Dessert OR DRINK	£3.00
Main Meal	£2.56
Main Dessert	£1.14
Meat Pizza	£1.56
Cheese ORVeggie Pizza	£1.40
Plain Jacket Potato	£1.29
Jacket with One Topping	£1.76
Jacket with Two toppings	£2.08
Plain Pasta	£1.56
Pasta & Sauce & Cheese	£2.69
Pasta & Cheese	£2.46
Portion of Cheese	£0.54
Meal Deal	£3.00
HotWrap	£2.06
Burger(veg, beef, chicken)	£2.06
½ Panini	£1.30
Full panini	£2.60
Veggie sausage roll	£1.66
Savoury side (chips, wedges)	£1.18

#### Cold Snacks

Solo Sandwich	£ 1.67
Classic Sandwich	£ 2.00
½ Baguette	£1.30
Wraps	£2.07
Baguette	£ 2.07
Large salad with protein	£2.08
Crudities & Houmous	£1.13
Salad Pot Small	£.99
Cold Pasta Pot	£2.69
Mixed Fruit Pot	£0.93
Grape Pot	£0.93
Pineapple Pot	£0.93
Piece of Fruit	£0.63
MEAL DEAL	£3.00
Oreo	£1.00
Mini Biscuit Pack	£0.60
Homebakes	£1.06
Homebakes mini	£0.65



An education worth the journey



www.bexhillcollege.ac.uk

part of our Online Bullying Series

NOS

# What you need to know about...



Brought to you by



What are they?

🤼 'Screengrabs' 🔑

Phones, tablets, and computers all have a feature that allows you to instantly capture and save still images of the content that's currently displayed on your screen. These images are called screengrabs, though you may also know them as 'screenshots' or 'screencaps'. Screengrabs are incredibly useful for countless reasons. They can let you

quickly save a copy of information you might

easily forget, like instructions or a number, email address or article, capture a funny still from a video clip, and even get around Twitter's 280-character limit for tweets.



#### Cause reputational damage

If somebody screengrabs an intimate picture, personal update or comment taken out of context which was intended to remain private or confidential, it could cause reputational damage if leaked to other people or shared publicly. It could even be used as leverage for bullying or extortion.

Never send valuable information such as financial details or passwords to other people or post it online, as it can be saved in a screengrab. That could allow a fraudster to breach your accounts and steal money and other precious information.

#### Privacy breaches

Many messaging apps use end-to-end encryption to keep conversations private between users which makes them popular to use. However, screengrabs provide an easy way to breach a child's privacy and any conversations they've held in confidence assuming that the app encryption would protect them.

#### Can be undetected

Apps such as Snapchat will notify you if a post or message has been screengrabbed, but by then the damage may already have been done. Furthermore, some users have discovered ways to take screengrabs without being detected, which means children may never have any idea.

#### Safety Tips 🍹

#### **Block and report**

Messaging apps and social media platforms have made it relatively easy to block and report other users, which is one of the first steps you can take to protect a child if they're suffering from any abuse. In some cases, this could result in that person's account being shut down.

#### Implement privacy setting

Maximising children's privacy settings on social media will provide them with an extra blanket of protection and will ensure that they only communicate with people they know well and trust, such as close friends and family. Ensure they know never to accept friend requests from strangers.

#### Ask for support

If a child is being subject to bullying behaviour, gather evidence using screengrabs, and report the incidents to the school, designated safeguarding lead and the local authorities if you believe the situation is serious. It may also be wise to seek professional help and support if necessary if you believe a child has been seriously

#### **Conversation Tips**

#### Discuss appropriate messaging

Prevention is always better than cure. Try talking to children to change their attitudes to the digital world. Foster a culture of honesty, maturity, and intelligence with regards to technology and warn them of the risks of sending sensitive information or inappropriate or embarrassing messages which could be used against them.

#### Talk about their feelings

Be proactive and try to spot changes in children's behaviour.
You should look out for some of the tell-tale signs of bullying,
which include sadness, isolation, mood swings, a reluctance to
socialise or go to school, and a decline in academic performance. Try to encourage children to open up and discuss th
feelings and why they might be feeling like this.

#### Draw on experience

Initiate conversations with children about their use of mes-saging and social media apps. Be sensitive, and do not judge them. It may also help to share your own experiences – a child might find it easier to talk and better to relate to something coming from your own experience.

#### Our Expert **Aatif Sulleyman**



Aatif Sulleyman is an experienced and respected technology journalist who has written about tech and consumer electronics for a broad range of publications including Gizmodo UK, The Independent, Digital Spy and ITProPortal He is currently the Digital News and Features editor at Trusted Reviews and has written widely across topics such as online streaming, social media platforms and privacy and security online.



SCREENSHOT SAVED

# YOUTHCUBS

#### HOLLINGTON YOUTH HUB

#### MONDAY

HANGOUT CLUB, 4:00 till 5:30pm, ages 8-13

A free youth club for young people aged 8-13, with mild to moderate learning difficulties: Referral only - contact us below

FUNKY TEENS, 6:30 till 8:30pm, ages 13-19

A youth club for young people aged 13-19, with mild to moderate learning difficulties: Referral only - contact us below, £2 per week subsidy.

#### TUESDAY

ACTIVE HASTINGS INCLUSIVE SPORTS, 4:00 till 5:00pm, ages 10-14

A free sports club for young people aged 10-14 with mild to moderate learning difficulties.

SOME PEOPLE, 5:30 till 7:30pm, ages 14-19

A free club for LGBT+ young people aged 14-19. Referral only - contact us below

#### WEDNESDAY

ACTIVE HASTINGS DANCE HUB, 4:30 till 5:30pm, ages 10-16

A free dance club for young people aged 10-16.

MUSIC CLUB, 5:30 till 7:30pm, ages 10-16

A free music club for all young people aged 10-16.

#### THURSDAY

JUNIORS CLUB, 4:30 till 6:00pm, ages 10-13

A free youth club for young people aged 10-13.

SENIORS CLUB, 6:30 till 8:30pm, ages 14-19

A free youth club for young people aged 14-19.

#### FRIDAY

FRIDAY NIGHT CLUB, 6:30 till 8:30pm, ages 10-16

A free youth club for young people aged 10-16.

#### HOLLINGTON YOUTH HUB 1 WISHING TREE ROAD NORTH ST LEONARDS, TN38 9LL



# Spring into COMMUNITY Art Competition

Spring into Community Art Competition: a celebration of the connections between nature, community and the season of spring.

We are inviting artists of all ages to explore and celebrate their connection with the natural world, their community and the season of spring by submitting a painting, drawing, photograph, lino cut, collage, print or any other 2D artwork that expresses how they feel about this topic.

#### **Size requirements:**

Artworks should be between A4 (210  $\times$  297mm) and A2 (420  $\times$  594mm) in size.

#### **Categories:**

This competition is open to everyone, with three age categories:

Ages 5 to 15 | 16 to 35 | 36+

#### **Submission:**

Submit your artwork using the QR code.

#### **Prizes:**

Exciting prizes include free entry to Wakehurst, train tickets to London, and the opportunity to exhibit your work at Wakehurst and in train station waiting rooms across Sussex.

#### Timeline:

Competition opens: 1 April 2024

Submission deadline: 30 April 2024

Winners announced: 7 May 2024

Exhibition at Wakehurst: 11 May 2024

# Wakehurst











