

Welcome to our weekly edition of "IN TOUCH" our newsletter for parents and carers of pupils at Crofton Academy

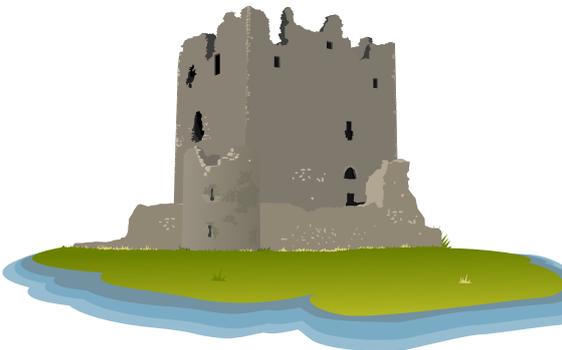


# IN TOUCH

20 January 2020 Issue 15

## HISTORY COMPETITION

Well done to our Year 7 historians who have made some brilliant castles and siege weapons for the medieval history competition! All pupils that have entered will be invited to go on a trip to the Leeds Royal Armouries museum later on in the year. The winner will receive £10 to spend on the day. The winning name will be announced soon - it's going to be a hard decision. Watch this space!





The information you need to know: Class Charts in numbers:

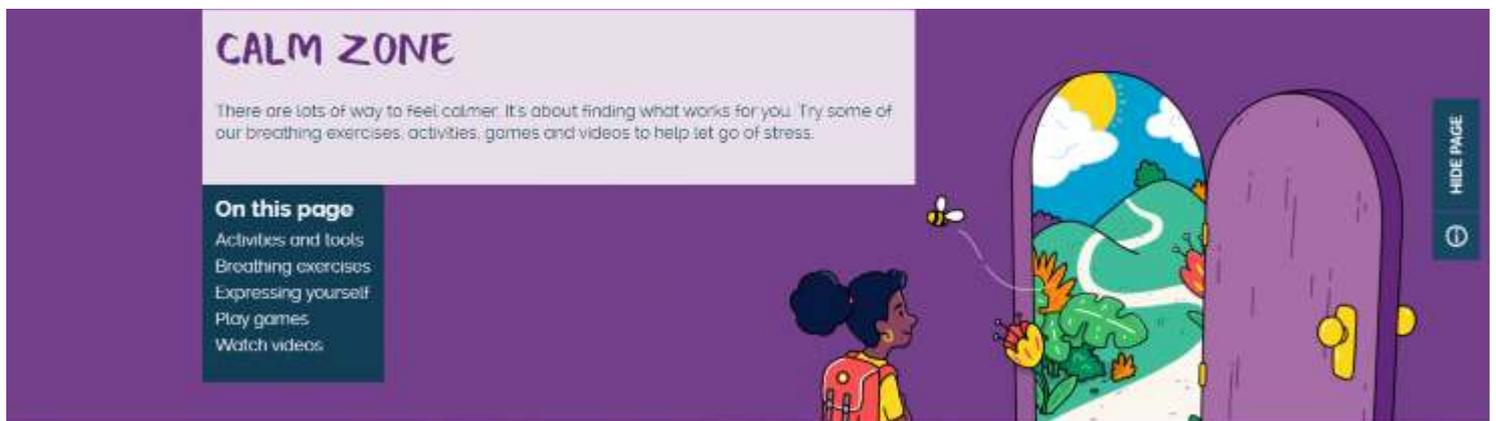
Total points awarded so far this term (as at 20 January)=		
Average points per student	=	<b>140</b>
Highest Individual point score	=	<b>326</b>
Number of students in the 100+ Club	=	<b>525</b>
Number of students in the 200+ Club	=	<b>203</b>
Number of students in the 300+ Club	=	<b>10</b>
Number of parents/carers using Class Charts	=	<b>822</b>

**143,234**

# MENTAL HEALTH & WELLBEING

## CHILDLINE LAUNCH NEW "CALM ZONE"

Childline's new "Calm Zone" has lots of information and advice to help young people keep calm. From breathing exercises to craft ideas and games to help with anxiety, feelings and emotions. Over the coming weeks we will share some of the information with you as we work to support all our young people with issues they may have.



The toolkit has some really great ideas, especially for pupils who haven't much confidence or are unable to open up verbally to relay their fears or worries.

*"Drawing and writing can help you think about your feelings or anything that's worrying you or making you feel anxious. Doing something creative can help you to feel calmer and distract you from problems. And you don't have to be "good" at art to be creative. Expressing yourself is for you.*

*You can try as many of these activities as you like. Or find a favourite that you can go to any time you need to. You can also use the Art box to create images and save them in your locker."*

[www.childline.org.uk/toolbox/calm-zone](http://www.childline.org.uk/toolbox/calm-zone)



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 topic of many which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

## SOCIAL MEDIA & Mental Health

### What trusted adults need to know

Social Media is often scrutinised as having a negative impact on children's mental health. Whilst currently there is not enough evidence or research to say whether this is true or not, there are certain 'modern pressures' connected with social media which trusted adults need to be aware of. Children and young people are constantly connected and whilst this comes with some benefits, it also comes with a feeling that you are constantly visible. This guide is designed to encourage trusted adults to think about their children's mental health and their social media activities, providing them with some useful tips on improving and supporting mental health among young people.

### Five potential signs & symptoms of mental health difficulties

1. Have you noticed a change in your child's personality? They may not be acting or feeling like themselves.
2. Any recent uncharacteristic anxiety, anger, or moodiness?
3. Is your child experiencing social withdrawal and isolation?
4. Is there a sudden lack of self-care or risky behaviours?
5. Does your child have a sense of hopelessness or feel overwhelmed?

**NOS** National Online Safety®  
#WakeUpWednesday



### 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.



### 1. EDUCATE YOURSELF

Educate yourself about social media sites your child is using so you can really understand what they are experiencing and how this may be making them feel.

### 2. DISCUSS REAL-LIFE CONNECTIONS

Talk about the importance of face-to-face time with friends and family, and what enjoyment this can bring. Encourage your child to focus on their relationships with people who make them feel good about themselves.



### 3. SUGGEST REGULAR BREAKS FROM SOCIAL MEDIA

Encourage your child to take regular breaks from checking their social media platforms. You could suggest that they turn off their app notifications during certain times of the day so they can focus on other things.



### 4. ENCOURAGE OTHER HOBBIES OR INTERESTS

Spending time away from their phone and devices will offer them an opportunity to discover other interests and activities they may enjoy. This could be sports, playing a musical instrument or creative interests such as arts and crafts.



### 5. OFFER YOUR SUPPORT

Inappropriate and harmful content can be accessed on the internet which may impact your child's mental health. Explain to your child that not everything online is real and ensure they know that you are there to support and advise them about any worries or anxieties they may have.



### HELPFUL APPS:

- Hub of Hope
- Mindshift
- Smiling Mind



### OTHER SERVICES:

- Childline (0800 1111)
- Bullying UK (0808 8002222)
- Young Minds (0808 802 5544)



Sources: <https://www.childrensminds.org.uk/publications/social-media-young-people-and-mental-health>, <https://www.nhs.uk/mentalhealth/young-people/mental-health-wellbeing/mental-health-wellbeing-2015-10-16>, <https://www.raph.org.uk/uploads/assets/uploads/0268370e-4534-4719-ad568c2e7a74c2a.pdf>, <https://www.psychologytoday.com/us/blog/cutting-edge-leadership/201505-warning-signs-mental-health-risk>



# CALENDAR

WEEK COMMENCING  
20 JANUARY... IS **WEEK 2** ON THE  
TIMETABLE  
... IS WEEK 3 OF A 6 WEEK TERM

## THURSDAY 23 JANUARY

Year 9 Parents' Evening 4:30-7:30pm

## FRIDAY 24 JANUARY

Year 7 Chinese Lion Dance Workshop  
Y8 Parents' Evening bookings open

## BLOCK THE WEB MONSTERS

For information about this competition pupils should see their group tutors.

## Help Block the Web Monsters!

Our exciting cyber safety awareness contest is open to all West Yorkshire pupils in years 7, 8 and 9. Work as a team to create some online safety advice - it could be a website, app, leaflet, rap, song, dance etc.

Entry deadline is Friday, March 27, 2020

The exciting final takes place in Wakefield on Thursday, May 14, 2020

More details on our website:  
[www.westyorkshire.police.uk/cybercontest](http://www.westyorkshire.police.uk/cybercontest)

#WYPcybercontest

We look forward to hearing from you!



## YEAR 9 PARENTS' EVENING - 23 JANUARY

Parents' evening appointments will be sent home on Tuesday 21 January. Check your appointments carefully as they may be slightly different from those you booked on line. For example, some core subjects have been taken out in order to focus on examination subjects.

If you haven't already booked and wish to do so, please contact reception and let them know what time you would like appointments from (the evening runs 4:30pm-7:30pm) and we will look at what's available.

## YEAR 8 PARENTS' EVENING - 6 FEBRUARY

The Parentmail Booking System will be open from 7am Friday 24 January for Year 8 evenings.

# DON'T PAY A THING WHEN THE BELL STARTS TO RING!

Coming soon to the dining hall



IF YOU ARE AT THE TILL POINT WHEN THE ALARM CLOCK RINGS, GET YOUR MEAL WITHOUT PAYING A THING!\*



# [www.croftonacademy.org.uk](http://www.croftonacademy.org.uk)

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