

# Academy News

7th October 2022



Good afternoon,

This week's communication centres around internet safety and mental health. The internet and social media platforms can be a valuable source of information and a place of shared experiences and familiarity. However, online safety is a rapidly changing area of interest and concern. We recently spoke with parents/carers of children in Year 8 about the dangers of the internet, namely the four C's - Content, Commerce, Conduct and Contact.

Following the inquest in the tragic death of Molly Russell lessons can be learned regarding the harmful content our young people are routinely exposed to.

- Have clear and simple boundaries regarding the use of technology - it is not too late to re-establish these
- Have open discussions about issues such as health, wellbeing and body image online. An emergence of pro-anorexia, pro-bulimia or pro-self-harm sites can normalise very concerning behaviours
- Explore how they behave towards others and what they post online. Tackle difficult conversations about things like pornography, bullying and other risky behaviours such as sharing nude images.
- Discuss downloading and plagiarism so that they understand what is legal and what's not.

Our website signposts you to specific resources that may help you understand social media platforms. Just visit <http://holbrookacademy.org/parents/online-safety-safeguarding/>

In Year 8, our Life Skills teachers have been delivering units on Mental Health - what it is, what factors in our lives influence it positively and negatively, and how and where we can seek help. We all know that Covid has accelerated the mental health challenge in the general population and particularly for young people. 1 in 4 people will experience a mental health issue in their lifetime, and this increases among minority groups nationally (LGBT+ for example). Raising awareness is not just our challenge but that of every school in the land and charities such as Mind, The Mental Health Foundation, Child Line and many more.

At the end of Life Skills lessons we signpost the students to additional resources for help and/or support. One of them is the Young Minds Charity who specialise in mental health support for young people. 'Hello Yellow' is their annual awareness raising and fundraising activity directed specifically at young people.

On Monday 17th October - students will be allowed to accessorise their uniform with something "yellow". The colour yellow is all about sunshine and optimism. Any donations to the Young Minds charity will be welcomed.

*Continued ...*

## Calendar / Upcoming Events

13th October - Year 7 Settling In Meetings

21st October - PD Day

24th-28th October - Half Term

*(Full details of all events will be sent direct to Parents/Carers.)*

Finally, I would like to emphasise the importance of attendance to school - it has a significant impact on engagement, progress and feeling part of a school community - which can significantly impact a child's mental health. Too often we are finding students late to school, sometimes for good reason, sometimes for not so good enough reasons. We are increasing our monitoring of these later arrivals and will issue late detentions for those that cannot give sufficient reason for this lateness as explained in our Attendance Policy.

I hope you have a peaceful weekend.

George Anstee-Parry  
Deputy Headteacher

### Year 11 Life Skills

We want to inform parents/carers that Year 11 students will be having a Life Skills (PSHE) lesson over the next two weeks as part of the National Sexual Health Week programme. The content of the lesson will be part of the RSE statutory content that focuses on building age-appropriate knowledge and understanding. This lesson is in addition to the published PSHE programme on the Academy website.

If you have any questions or concerns please contact Mrs Bell at the Academy.

Term dates for 2023-24 are now available on the website:-

[Term dates 2023-24](#)

See page 3 for a letter from the School Nursing Team.

### Useful Information

Links to support services

**Suffolk County Council** - [The Parent Hub](#)

**Childline:** 0800 1111

**Online bullying:** [thinkyouknow.co.uk](http://thinkyouknow.co.uk)

**Feeling down, low or depressed:**

[youngminds.org.uk](http://youngminds.org.uk) or [samaritans.org](http://samaritans.org) Call 116 123 for free

**Sexual Assault:** Call NSPCC 0800 136 663 or [help@nspcc.org.uk](mailto:help@nspcc.org.uk)

### Safeguarding Information

During school hours, please contact Mr Anstee-Parry (Designated Safeguarding Lead) or Mrs Watson (Deputy Designated Safeguarding Lead) - 01473 328317

At all other times, please contact Customer First : 0808 800 4005 or  
If you believe there is an emergency and a child is at risk of **immediate harm** please call the Police on **999**.

Dear Parents/Carers

### **Suffolk School Nursing Service**

We are writing to introduce the Suffolk School Nursing service and the School Nurse drop-in held at Holbrook Academy. Within Suffolk, the School Nursing teams provide a range of services to help you and your family stay safe, happy, and healthy.

Young people in secondary school can access a confidential drop-in service delivered by the School Nursing team. At a School Nurse drop-in, we can offer information, advice and guidance including:

- Emotional Health including low mood, worries, self-harm, self-confidence, and self-esteem.
- Physical Health- including puberty, healthy lifestyle, sleep, and health conditions.
- Sexual Health including C-Card condom scheme, Chlamydia testing, pregnancy testing and emergency hormonal contraception provision.

The drop in's at Holbrook Academy are held on Thursdays 12.20-01.05pm. Students do not need an appointment, and all are welcome.

Our Chathealth texting service is available for young people aged 11 to 19 years old and parents/carers. Texts are charged at local rate and are responded to by a member of the School Nursing team between 9am and 4.30pm Monday to Friday (excluding bank holidays). You can text ChatHealth on 07507 333356.

If you would like to find out more about our service, please visit our website at [www.suffolk.gov.uk/schoolnursing](http://www.suffolk.gov.uk/schoolnursing) where you will find resources, videos, and useful information which we hope you find useful.

If you would like any further information, advice, or support, please do not hesitate to contact us via our Health Business Centre on 0345 6078866 or email [childrenshealth@suffolk.gov.uk](mailto:childrenshealth@suffolk.gov.uk)

Kind Regards

### **Suffolk School Nursing Service**

