



# Newsletter

Friday 11<sup>th</sup> November, 2022

## Prayer

Lord Jesus, you said,  
"Peace I leave with you.  
My peace I give to you."  
Help us be peacemakers  
In our world today.  
Amen.

## Principal's Introduction

Dears Parents/Carers

It has been another busy and productive week at the Academy. Lots of preparations are underway for some amazing events that will be happening before the end of term, including our annual carol concert, a trip to the pantomime and an author visit.

Year 11 and Year 13 have been working incredibly hard to prepare for their mock examinations that begin week commencing 14<sup>th</sup> November. All Year 11 students received a bespoke study skills session on Wednesday, which covered aspects on how to effectively revise.

Today, we have had a whole-school Remembrance Service, and held a two-minute silence at 11am to remember the service and sacrifice of all those that have defended our freedoms and protected our way of life.

If you have any feedback for the Academy, please feel free to use our new email address that is dedicated to this: [feedback@magnusacademy.co.uk](mailto:feedback@magnusacademy.co.uk).

I wish you a restful weekend, and I know staff are looking forward to welcoming students back to the Academy from 8am on Monday morning.

Kind regards,

Anna Martin  
Principal



## MOCK EXAMS for Y11 and Y13 students

Mock exams for Y11 and Y13 students start week commencing 14<sup>th</sup> November and will last for two weeks.

The purpose of the mock examinations is to provide teachers with information regarding the progress of each student. This allows teachers to predict what each student will get towards the end of the year.

More importantly, the information from the mock exams tells teachers what students don't know so they can fill these knowledge gaps in lessons. It also provides middle and senior leaders with information to ensure the intervention taking place at the Academy has the most impact.

With all this in mind, it is essential that Y11 and Y13 students attend during the next two weeks. If they miss exams, they might not get the interventions they need in certain subjects. Missing mocks might also result in inaccurate progress grades the teachers give as they have to base their judgements on less information. Please ensure that your child attends all exams and arrives on time to school.

## EVERY MINUTE COUNTS

We have recently had a real focus on ensuring that students are not missing valuable learning time by being out-of-lessons. This has led to a misconception that we do not allow students to go to the toilet. This is not true.

Students are not allowed to go to the toilet during lessons.

Students can go to the toilet: before school, at break, at lunch, at lesson changeover, in some subjects e.g. PE. The maximum time a student has to wait between opportunities to go to the toilet is 55 minutes.

Why are students only allowed to go to the toilet at break, lunch and lesson changeover?

- Going in the middle of a lesson is incredibly disruptive. Other students lose learning time by the child asking. The child misses key teaching and learning as they are out of lesson. Every minute counts.
- It prepares your child for life after school. There are many jobs where you cannot pick and choose to go to the toilet whenever you like. There are many opportunities in life, where you cannot always go to the toilet. E.g. at certain times on an airplane.

Minutes late or out of lesson per day	Days of teaching lost in one year	Number of lessons missed in one year
5 mins	7 days	17 lessons
10 mins	10 days	35 lessons
15 mins	12 days	52 lessons
20 mins	14 days	70 lessons
30 mins	21 days	104 lessons





Applications to the Magnus Academy 6<sup>th</sup> form, including IASTI and You Can Do Sport are now open!

Please use the link below to apply:

<https://www.magnusacademy.co.uk/sixth-form/apply/>

For more information or to arrange a meeting with the 6<sup>th</sup> form team, please contact the Academy office.

### Anti-Bullying Week 2022



Anti-Bullying Week 2022 is coordinated in England and Wales by the Anti-Bullying Alliance. It will take place from 14 to 18 November 2022 and has the theme Reach Out.

Students will be taking part in activities throughout the week.

Also, Magnus Church of England Academy is taking part in the United Against Bullying anti-bullying programme provided by the Anti-Bullying Alliance (ABA). ABA is part of the National Children's Bureau (NCB) and works to reduce bullying in schools.

In order to make sure that we are doing all we can to prevent and reduce bullying and to improve student wellbeing, we want to find out the levels of bullying in our school and to find out how our students feel about school. For this reason, we are inviting all students at our school to complete an anonymous survey in Term 1. We will then ask students to complete the questionnaire again in Term 3 to see if the changes made have had an impact.

A letter will be sent to all parents via ClassCharts requesting their consent for their child to take part in the survey. Please keep an eye out for this letter.



At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues 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.

# What Parents & Carers Need to Know about HOW TO COMBAT ONLINE BULLYING



Defined as "ongoing hurtful behaviour towards someone online", cyber-bullying makes its victims feel upset, uncomfortable and unsafe. In the digital world, it has numerous forms – such as hurtful comments on a person's posts or profile; deliberately leaving them out of group chats; sharing embarrassing images or videos of someone; or spreading gossip about them. Cyber-bullying can severely impact a young person's mental health ... so, in support of Anti-Bullying Week, we've provided a list of tips to help trusted adults know what to look for and how to respond to it.



## 1. GET CONNECTED

Playing online games together with your child or connecting with them on social media (providing they're old enough) is not only fun but also an excellent way of establishing some common ground to discuss things you've both seen or done online – as well as keeping an eye on who your child is communicating with in the digital world.

## 2. KEEP TALKING

Regular chats with young people about their online lives are good practice in general, but they can also be an excellent refresher to help prevent cyber-bullying situations. Topics you might want to revisit include why it's important to only connect online with people we know and trust, and why passwords should always remain secret (even from our best friends).

## 3. STAY VIGILANT

Observe your child while they're using technology and just after they've used it. Are they acting normally, or out of character? Possible signs of a problem may include seeming quiet or withdrawn, jumpy or anxious, angry or repeatedly checking their phone. When you feel it's the right time, you may want to check in with them to see if everything is OK.

## 4. MAKE YOURSELF AVAILABLE

If an online bullying incident does occur, it may take a while before your child is ready to open up about what happened. Just gently remind them that they can always come to you with any problems – and that they won't be in trouble. You might also suggest a trusted family member they could turn to, in case they feel too embarrassed to tell you directly.

## 5. BE PREPARED TO LISTEN

When conversations about online bullying do take place, they're likely to be difficult, emotional and upsetting for both you and your child. Actively listen to your child while they're bringing you up to speed, and try not to show any judgement or criticism – even if they haven't dealt with the situation in exactly the way you would have hoped.

## FURTHER SUPPORT AND ADVICE

If you or your child need additional help with an online bullying issue, here are some specialist organisations that you could reach out to.  
**Childline:** talk to a trained counsellor on 0800 1111 or online at [www.childline.org.uk/get-support/](http://www.childline.org.uk/get-support/)  
**National Bullying Helpline:** counsellors are available on 0845 225 5787 or by visiting [www.nationalbullyinghelpline.co.uk/cyberbullying.html](http://www.nationalbullyinghelpline.co.uk/cyberbullying.html)  
**The NSPCC:** the children's charity has a guide to the signs of bullying at [www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/](http://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/) and can be reached on 0800 600 5000

## 6. EMPOWER YOUR CHILD

Depending on their age, your child might not want a parent "fighting their battles for them". In that case, talk through their options with them (blocking the perpetrator, deleting the app and so on). By allowing your child to choose the path they take, you're putting them in control but are also demonstrating that you're there to support them along the way.

## 7. REPORT BULLIES ONLINE

Cyber-bullying often takes place through a particular app, social media platform or online game. If this is happening to your child, encourage them to report the offender to the app or game in question – ideally with screenshots to support their complaint. Most games and apps have reporting tools specifically to stamp out abusive behaviour and protect users.

## 8. ENCOURAGE EMPATHY

Protecting themselves online is the priority, of course, but young people should also feel empowered to help if they witness other people falling victim to cyberbullying. Even if they don't feel confident enough to call someone out on their abusive behaviour online, they can still confidentially report that person to the app or game where the bullying occurred.

## 9. SEEK EXPERT ADVICE

Victims of online bullying frequently experience feelings of isolation and anxiety, a loss of self-esteem and potentially even thoughts of self-harm or suicide. If you think that an incident of cyber-bullying has affected your child's mental wellbeing, then seek psychological support for them. There are some useful contact details in the central panel below.

## 10. INVOLVE THE AUTHORITIES

If the nature of any online bullying makes you suspect that your child is genuinely in imminent physical danger – or if there are any signs whatsoever of explicit images being shared as part of the bullying – then you should gather any relevant screenshots as evidence and report the incidents to your local police force.

## Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.





## Key dates:

WC 14 <sup>th</sup> November	Monday 14 <sup>th</sup> November – Friday 18 <sup>th</sup> November – Y11 and Y13 Mock exams
WC 21 <sup>st</sup> November	Monday 21 <sup>st</sup> November – Friday 25 <sup>th</sup> November – Y11 and Y13 Mock exams Tuesday 22 <sup>nd</sup> November – Y10, Y11, Y12 and Y13 – Futures Careers Exposition – Newark Showground
WC 28 <sup>th</sup> November	Tuesday 29 <sup>th</sup> November – Y8 Parents' Evening Tuesday 29 <sup>th</sup> – Thursday 1 <sup>st</sup> December – 6 <sup>th</sup> form Criminology exam
WC 5 <sup>th</sup> December	Wednesday 7 <sup>th</sup> December – Y7 Christmas Carol Concert 6-7pm Thursday 8 <sup>th</sup> December – 6 <sup>th</sup> Form host The Bowbridge Road Christmas Party
WC 12 <sup>th</sup> December	Monday 12 <sup>th</sup> December – Y7 Author Visit Wednesday 14 <sup>th</sup> December – Character Day 2 Wednesday 14 <sup>th</sup> December – Y7 Pantomime Trip Wednesday 14 <sup>th</sup> December – You Can Do Sports Trip Thursday 15 <sup>th</sup> December – Y11 and Y13 Mock Results Day

## Extra-curricular Activities WC 14<sup>th</sup> November

<b>Monday 14<sup>th</sup> November</b>	Y7-9 Football – (Boys and Girls) = sports centre Humanities Club – 3:15-4:00 = room 58 Duke of Edinburgh – 3:15-4:00 = room 44 Dance Club Y7-9 – dance studio Hope Monday – 3:15-4:00 = 6 <sup>th</sup> form common room
<b>Tuesday 15<sup>th</sup> November</b>	Mandarin Club - 3:15-4:00 = room 58 School Show 3:15-4:15 – main character rehearsals = drama studio Rugby (all Year Groups) and Y7-9 Netball = sports centre Music Swing Band – Invite only = music room Art – Y11 Catch up sessions = room 60 Y11 Humanities Intervention = room 51 Institute of Physics Community Project (Y9) - 3:15 -4:00 = room 13
<b>Wednesday 16<sup>th</sup> November</b>	Football (Y10 and Y11) and Netball (Year 10 and Y11) = sports centre Music – concert band = music room Art Y11 Catch up sessions = room 60 School Show – Whole Cast – 3:15-4:15 = drama studio
<b>Thursday 17<sup>th</sup> November</b>	All Staff CPD
<b>Friday 18<sup>th</sup> November</b>	