

ALL SAINTS'

CATHOLIC VOLUNTARY ACADEMY



Parent Bulletin – w/b 09/01/23

Thought for the Week: O Lord my God, many and many a time You have done great miracles for us, and we are ever in Your thoughts. Who else can do such glorious things? Psalm 40:5

Reminders/information:

All Saints' Way - This week's All Saints' Way theme is Show Pride! This week students continue to have their New Year welcome back assemblies and reminders about standards and rewards. Students are also being given new Absolutes for each lesson and top ups of equipment so that students can show pride in all elements of their classwork and homework.



Attendance: Good attendance is crucial and a pivotal part of a child's progress in school. Please note that Page 5 of the student planner has an attendance tracker where student's track their weekly attendance. Please do take a look and also at the other useful information included in the planner.

Fundraising: Before Christmas, the school had the annual "Christmas Jumper Day". Thank you to all of you who supported this day with donations and the total raised was £711.90. The funds are being split between the Lourdes Pilgrimage and Student Council.

Equipment: If you child needs any school equipment, our Year 9 students from the Student Council run an equipment shop every day at breaktime outside reception. See poster below for prices:

Whiteboard Pens	25p	
White Boards	50p	
White Board Rubbers	40p	
Black Pens	5p	
Green Pens	5p	
Pencils	5p	
Rulers	15p	
Highlighters	25p	
Rubbers	10p	
Glues	40p	
Post-It-Notes	50p	
Flash Cards	50p	

School Meals – please be aware that there are slight price increases to school meals. The meal deal is the same price but has gone down to 2 items instead of 3.

Well-being:

Personal Development:

- **Careers support** – a reminder that you are able to book a careers meeting with our advisor Naomi, please see details below:

Parents Evening
Monday 19/12/2022 – Y12/13 Careers parents 1 week after 6 th form parents evening
Monday 16/1/2023 – Y11 – 1 week after Y11 progress evening
Monday 6/2/2023 – Y8 – 1 week after progress evening and 2 days before options day
Monday 24/4/2023 – Y11 – when students are panicking about what to do
Monday 5/6/2023 – Y10 – 1 week after progress evening
Monday 3/7/2023 – Y9 - 1 week after progress evening

If interested, Email: naomi.whiting@progress-careers.co.uk

- **CEOP (Child exploitation and Online protection) resource:** Please see information at the end of this bulletin which has been developed for parent/carers' called: **Information about *Send me a pic?* and nude image sharing for parents and carers** - All students cover this information through Personal, Social, Citizenship and Health education (PSCHE) lessons and thought the guidance would be useful to share.
- **PSCHE: this half term the following topics are being delivered:**
 - Year 7 - Physical Health
 - Year 8 - Relationship and Sex education
 - Year 9 - Online safety
 - Year 10 - Work experience preparation
 - Year 11 - Mental health
 - Year 12-13 - British values and finance
- **Neuroheadway parent sessions:** Thank you for those that have signed up to the sessions starting Wednesday 18th January. As the sessions are running from 6-7pm, please sign in at reception by 5.55pm and you will then be directed to the relevant room. This is for parent/carers' only.
- **Wellbeing email address:** If you have any questions or specific concerns regarding your child's wellbeing then please email the address: wellbeing@allsaints.notts.sch.uk
- **Website links:** Please refer to our school website for any extra support: [Wellbeing - All Saints' Catholic Academy](#).

Upcoming events:

- **Tuesday 10th January** – Year 11 Progress Evening / Y7-9 Flu vaccinations
- **Wednesday 25th January** – UCAS deadline
- **Thursday 26th January** – Year 8 Retreat Day in school
- **Wednesday 1st February** – Year 8 Progress Evening
- **Wednesday 8th February** – Year 8 Options Day in school for students and virtual parents' evening.
- **Friday 10th February** – INSET Day – school closed for students.

Information about *Send me a pic?* and nude image sharing for parents and carers

Send me a pic? is an education resource from Thinkuknow. Thinkuknow is the national education programme from the Child Exploitation and Online Protection command at the National Crime Agency (NCA-CEOP). NCA-CEOP works to keep children safe from sexual abuse and exploitation.

Send me a pic? explores issues around nude image sharing and has been developed to support Relationships and Sex Education. *Send me a pic?* has three sessions based on seven short film clips depicting fictional online chats. The chats show young people requesting, receiving, and discussing issues related to the sharing of nude images.

Send me a pic? helps young people to spot the signs of manipulative, pressurising and abusive behaviour. It helps them develop the skills, knowledge and confidence they need to identify risk online and access help when they need it.

What is nude image sharing?

'Nude image sharing' is a term used to describe naked or semi-naked photographs or videos taken on an electronic device and shared online. Young people often refer to nude images as either 'nudes' or simply 'pics'.

[Digital Romance](#) (2017), a research report by NCA-CEOP and Brook, told us that **26%** of the 14-17-year olds surveyed had sent a nude or sexual selfie to someone they were interested in.

The research found there are many reasons young people share nude images, which include:

- With a trusted boyfriend/girlfriend within a relationship
- Flirtation with someone they are interested in
- Fun with friends
- Because they are confident in their body and want to show it
- Looking for reassurance about body image
- Pressure from a friend or a partner
- Sharing someone else's nude in revenge

There are situations where nude images of others are shared without their consent. Sometimes young people share nude images of other people because they're shocked by it, or because it seems like everyone is sharing it. They share it with more people without stopping to think of the harm it will cause. In other cases, images are shared in large group chats, either as a joke or to cause the person harm.

How do I talk to my child about this?

Sending nudes is a way for young people to explore their sexuality and relationships. Talking to your child about relationships, sex and nude images is the best thing that you can do to help keep them safe.

Key messages about nude images to share with your child

Your child will explore these key messages during their *Send me a pic?* sessions. Try to reinforce these messages with your child.

- Young people often think once they've sent an image, they're powerless to prevent anything bad from happening. If your child is worried about an image they've shared, there are things they can do about the situation (see advice in the box below).
- It's abusive to pressure someone into sharing an image if they don't want to. If someone says no to sending one this decision should be respected.
- If someone is pressuring or manipulating a young person to share a nude image, they should speak to someone they know and trust, or they can call [Childline](https://www.childline.gov.uk) on 0800 1111.
- Sharing nude images without someone's consent is wrong and it's ok to tell someone. Tell your child about reporting to CEOP (www.ceop.police.uk) if images are being shared.
- Sharing nude images of someone else is not 'just a joke'. Non-consensual image sharing can have a devastating impact on the person in the image.

Further information and guidance for parents and carers is available on the Thinkuknow website. <https://www.thinkuknow.co.uk/parents/articles/7-questions-parents-ask-about-nude-selfies>

My child has shared a nude – where can I get help?

If your child has shared a nude image and is worried, there are several steps that can be taken to help them.

1. Ask them to delete it. Your child may have shared a nude image of themselves with a friend or a partner. Often, the person an image has been sent to will not want to share it any further. Advise your child to have an honest conversation with them and ask them to delete it.

2. Report the image. Social networks don't allow naked images of those under 18. If the image has been posted online, a report can be made on most popular sites and the image should be taken down. If the site doesn't have any way to report the image, you can [report it to IWF](https://www.internetwatchfoundation.org) (Internet Watch Foundation). They should be able to assist with getting it removed from the internet.

3. Report to CEOP. If your child shared a picture or video because they were threatened, pressured, or forced to, [report to CEOP](https://www.ceop.police.uk). CEOP can help protect your child. It's never too late to get help.