



Friday 2<sup>nd</sup> February 2024

Dear Parent/Carer,

### PE tournaments

On Monday, the Under 15 girls Handball Team placed in the top three which allowed them to proceed through to the next round of the England Handball competition into the regionals. Their teamwork for 3<sup>rd</sup> was a well-deserved win.

On Tuesday, the Under 15 girls Cricket Team took part in an Indoor Cricket Competition where they won the tournament with 157 runs, compared to second with 131. A huge well done for some excellent batting and fielding of which Essex cricket commented the best she had seen in any local competition. Well done girls.

### Marvellous Maths Workshop

On Thursday and Friday, Year 7 took part in a Marvellous Maths workshop. This fun filled event helped to boost the interest of Maths across the Year group with the use of interactive games, challenges and activities. My thanks to Mr Nadesan and Mr Blair for coordinating the event.

### Year 11 Mock Exams

Next week, Year 11 Mock Exams begin for two weeks from 5<sup>th</sup> February- 16<sup>th</sup> February. These exams are a vital milestone in Year 11. They will form the basis of the predicted grades that students receive, which will dictate their college, sixth form or apprenticeship opportunities. They will also allow teachers to adapt their curriculum based on students' strengths and weaknesses and to create personalised plans in the run up to the real thing.

Each morning, there will be a revision breakfast held for morning exams in the canteen from 7:45am. Students should ensure that they attend to get any last-minute tips or support from their teachers for their morning exams. Please see timetable below for the days where staff from relevant departments will support students. Outside of lesson time, students will follow their normal timetable. All students should re-familiarise themselves with the exam rules ahead of the exam period that were out with the mock timetable ([view timetable](#)). This short video summarises the rules. <https://youtu.be/xLDe6JDIcJU>. We wish our Year 11 students lots of luck!



## Attendance and Fabulous February

Good attendance at school is the key driver behind good student progress and achievement, so it is vitally important that we encourage students to attend every day. This month we are launching our *Fabulous February* attendance drive whereby those students who have above 95% attendance for the month of February will be entered into a prize draw. There are High Street vouchers and media tablets up for grabs!

We would also like to remind parents and carers that punctuality is equally as important as this is a skill for life. Students that are late for school will receive late detentions and those that arrive after registers close at 9.am will be marked down as unauthorised absence. This could potentially lead to parental fines.

## HPV Vaccinations

This is a reminder that Year 8 students will receive their HPV vaccinations on **Wednesday 7th** and **Thursday 8th February**. Please complete the form by following this link, even if you wish to refuse **Vaccination UK Immunisation (schoolvaccination.uk)**. From September 2019, the HPV vaccine is being offered to boys as well as girls. The HPV vaccine is universally offered as routine in Year 8.

The vaccination is free and recommended for young people to protect them against the human papillomavirus which increases the risk of developing some cancers later in life, such as cervical cancer, some mouth and throat cancers. and some cancers of the anus and genital areas. For further information on the vaccine please visit: **The universal HPV immunisation programme (publishing.service.gov.uk)**

## BPA Fundraiser

Bower Park Academy is very excited to announce that a group of Year 7 and Year 8 students will be hosting a fundraiser on **Thursday 15th February** where all money raised will go to a charity that they select. Please note, this event is only for Year 7, 8 and 9 students. The Fundraiser will have a variety of fun and exciting stalls where students will pay a small amount for the chance to win prizes; it is important to note that students will be required to bring a small amount of cash or coins to this event. There will also be a small tuckshop should students wish to buy their favourite chocolate treat. If you have any questions, please contact Ms O'Neill: **ONeill@elatschools.co.uk**

## Year 11 Mock Interview Day

On Friday 16th February, we will be holding a Mock Interview Day for our Year 11 students. They will be given an opportunity to prepare and attend a mock interview for a fictional job. We are looking for some volunteers from different business backgrounds who have experience conducting interviews. Volunteers would be needed from 8.45 until approximately 1.20 (but we can be flexible if people can't commit fully to these times). In this time, volunteers will conduct a number of 15/20 min interviews and then give the students some instant feedback. The response from previous students have been extremely positive but these days rely on the support of volunteers. We can provide tea/coffee and a cold lunch on the day. If you/anyone you know might be able to assist us, please complete or share the below form.

**<https://forms.office.com/Pages/ResponsePage.aspx?id=9OLizVXRnUy--Aoo72F-pPreWkf99rJloQgOitCP0k1UQ0xERTNWFY5MURtQkY2SzlyMVNIQ0VGTCQIQCNjPTEu>**

## Youth Vaping Ban

This week, the Government announced a crack down on underage vaping and the ban of disposable vapes. Disposable vapes are often targeted at secondary age children with 9% of 11- to 15-year-olds now using them. However, the long-term impacts of vaping are unknown and the nicotine within them is highly addictive. They also represent a huge and growing stream of hard-to-recycle waste, with nearly 5 million thrown away every week. The Government wants to protect our children's health and create a smoke free generation with the new law making it illegal to sell tobacco products to anyone born after 1<sup>st</sup> January 2009. The full article can be read here; [Disposable vapes banned to protect children's health - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/news/disposable-vapes-banned-to-protect-childrens-health)

Yours faithfully,



Mr E Aylett  
Principal

**Year 11 Mock Examinations – February 2024: Breakfast Club sessions**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>5<sup>th</sup> February</b>	<b>6<sup>th</sup> February</b>	<b>7<sup>th</sup> February</b>	<b>8<sup>th</sup> February</b>	<b>9<sup>th</sup> February</b>
Breakfast session – 7.45am start in school canteen: <b>Maths</b>	Breakfast session – 7.45am start in school canteen	Breakfast session – 7.45am start in school canteen: <b>English</b>	Breakfast session – 7.45am start in school canteen: <b>Creative Design &amp; Production</b>	Breakfast session – 7.45am start in school canteen: <b>Science</b>

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>12<sup>th</sup> February</b>	<b>13<sup>th</sup> February</b>	<b>14<sup>th</sup> February</b>	<b>15<sup>th</sup> February</b>	<b>16<sup>th</sup> February</b>
Breakfast session – 7.45am start in school canteen: <b>Maths</b>	Breakfast session – 7.45am start in school canteen: <b>English</b>	Breakfast session – 7.45am start in school canteen: <b>Maths</b>	Breakfast session – 7.45am start in school canteen	Breakfast session – 7.45am start in school canteen

# Helping your teen revise

## Parent Newsletter: 4

Edition 4: Week Commencing Monday 5th February 2024

### Did you know that You Tube can actually enhance your teen's GCSE revision?

The English Department recommend that your child visits Mr Bruff on You Tube. Mr Bruff is an English teacher who uploads presentations that cover:

- Literature texts including character and theme
- Examination technique – for English Language and Literature exams
- Planning and writing model essays

Videos range from 20 minutes to 60 mins and are very useful for condensing information and creating flash cards. This is something you can easily monitor at home when supporting your child's revision timetable.

Please note: We do not advise students to learn descriptive essays for Paper 1 and 2 writing – these are easily noticeable and count as plagiarism.

## At A Glance

### Key Dates

- A reminder that the second set of Year 11 Mock Examinations will begin on Monday 5<sup>th</sup> February. These will be completed by Friday 16<sup>th</sup> February.

#### Key Dates for Practical Exams

- **Art exam date** – 2nd and 3rd May
- **French Speaking Mock** – 29th, 30th and 31st January.
- **French Speaking Actual Exams w/c** – 16th April & 22nd April.
- **Geography Paper 3 Pre-Release** - 22nd April
- **Drama** – 7th March
- **PE Mock Date** – 15th and 22nd March
- **PE moderation date** - TBC
- **Community Languages (Speaking)** - 15th April onwards

### What techniques are being promoted for revision during the lesson that can also be used at home?

Students will have better memory retention if they **USE** knowledge they read and revise, rather than just repeat or copy it. Effective strategies for revision include:

#### TRANSFORM IT

Transform key facts into a series of images.

Transform what you have learnt into a diagram.

Transform your learning into a poem or a story.

#### REDUCE IT

Reduce what you have learnt about this topic into 5 bullet points or prompts.

Reduce the 3 most important facts in this topic into 9 words.

#### SORT IT

Use the ranking triangle template to rank the most important facts from this topic.

What is the most difficult point to remember? Why?

Categorise key facts from this topic into 3 groups. You choose the group headings.

#### LINK IT

Find 3 links between this topic and other topics you have studied.

Link the points together.  
Link the ideas.  
Find some random links.  
Link the factors.

Form Time: An update ALL Year 11 students are currently having additional Maths and Science revision every morning in Tutor time. Students spend this time watching a live stream that encourages them to complete revision cue cards. Every little bit counts! Please make sure your child is in by 08.25am so they have access to this opportunity every Wednesday and Thursday.

# Mock Interview Day 16th February 2024

**Volunteers needed to interview our year 11 students.**

**Contact : [careersfair@elatschools.co.uk](mailto:careersfair@elatschools.co.uk)**



**Unlocking Futures**  
**Bower Park Academy**



# What Parents & Carers Need to Know about PERSUASIVE DESIGN ONLINE

'Persuasive design' refers to the techniques that companies employ to influence our thoughts and behaviours when we're on the internet. These approaches can be spotted on websites, in apps and even as part of some video games. Persuasive design means that this content has been deliberately presented in a way that's intended to encourage you to spend your time or money (or both). These methods often prove highly effective at keeping people engaged and invested for longer than we might expect.

## WHAT ARE THE RISKS?

### POTENTIAL ADDICTION

In the digital world, persuasive design can make certain activities more addictive and harder to walk away from: some people may begin to feel anxious or irritated without access to their device or their favourite app, for example. It can also often leave users feeling isolated, as – if they spend most of their time on social media – they may start to find it difficult to talk to other people in real life.

### MENTAL HEALTH CONCERNS

Scrolling online or gaming without regular breaks is proven to be harmful to our mental health. The constant bombardment of news stories (many of them negative), images and influencers' posts can create sensations of unease, uncertainty and FOMO (fear of missing out). Young people can get so immersed in this environment that they become less likely to spot misleading posts.

### PROLONGED SCROLLING

Social media can draw any of us – regardless of age – into a continuous pattern of refreshing our screen, following posts and links down rabbit holes or reading countless comments made by others. This aimless scrolling can eat up time which could have been spent on more productive activities. It could also lead younger users into areas of the online world which aren't age appropriate.

### SENSORY OVERLOAD

Repetitively scrolling, clicking on links or playing games can create an unending stream of new information and visual stimuli. Put it this way: social media isn't exactly renowned as a carefree, chilled-out environment. Such overstimulation can become too much for young people to handle, resulting in sensory overload and causing them to feel stressed, overwhelmed and exhausted.

### COSTLY ADDITIONS

Video games sometimes display offers for downloadable content or loot boxes which can be bought with real money. While these 'microtransactions' temptingly promise to improve a player's gaming experience, most of the time they are money sinks. Young people in particular, excited by the chance of enhancing their game, could spend quite a sizeable sum very quickly indeed.

### PHYSICAL CONSEQUENCES

Hours spent sitting and scrolling means far less time moving around and getting exercise: hardly ideal for a young person's physical health. Additionally, prolonged exposure to the light given off by a phone's screen can lead to eye fatigue and discomfort, especially if viewing it in the dark. Extended phone use before bed can also impact on sleep quality, affecting mood and energy levels over the following days.

## Advice for Parents & Carers

### ESTABLISH LIMITS

Talk to your child about setting some time limits on how long they can use their phone, tablet or console in the evenings or at weekends – or perhaps how often they can go on a specific app, game or website. You could also decide to involve the whole family in creating this shared screen time agreement, making things fair (and healthier) for everyone.

### NIX NOTIFICATIONS

Stop knee-jerk responses at the source by turning off push notifications and alerts. Whether it's a gaming notification or a social media update, these not-so-gentle reminders are designed to catch our attention and lure us back to our device. Switching them off – or even deleting any particularly intrusive apps – can help prevent your child from being reeled back into the online world.

### ENCOURAGE MINDFULNESS

Acknowledging any addiction is key in overcoming it – and compulsive scrolling is no different. If anything mentioned in this guide sounds familiar, it could help to have an honest, open chat with your child about how much time they spend online. Get them to think about how often they scroll through social media aimlessly or habitually open it up whenever they have a spare moment.

### MAKE A CHECKLIST

Considering a list of relevant questions can be an effective way of helping children figure out why they're scrolling on certain sites or consuming particular pieces of content. A checklist can prompt young people to ask themselves if they're learning anything or benefiting from this activity – or if they're wasting their time. Taking a step back can sometimes help us to see things more clearly.

## Meet Our Expert

Rebecca Jennings has more than 20 years' experience in the field of relationships, sex and health education (RSHE). As well as delivering workshops and training for young people, parents and schools, she is also a subject matter expert on RSHE for the Department of Education.



The National College



National Online Safety®

#WakeUpWednesday





# FOOTBALL

## HAVERING SESSIONS

**Fridays 4:00PM - 6:00PM**

**Starting 2nd February 2024**

**Ages 11-16**

**Power League - Romford**

**King George Playing Fields,**

**Eastern Avenue W,**

**Romford, RM7 7AY**

**FREE Sessions**

**For more information please contact:**

**Tarik: 07547242077 TarikNugent@lifelineprojects.co.uk**

**Michael: 07749507081 MichaelBssada@lifelineprojects.co.uk**



**Lifeline**  
Projects



# HALF TERM JUNIOR TENNIS CAMPS

WEDNESDAY 21st FEBRUARY  
FRIDAY 23rd FEBRUARY

9.30am - 12.30pm • AGES 4-12yrs\*

Arrive at 9.15am for registration



PLEASE BRING  
A SNACKBOX  
& DRINK

Fun tennis camps, learning basic skills & co-ordination,  
rally drills and lots of games for all abilities.

\*Children will be split into their age groups.

**£20 member £22 non member** (per camp)

(Please make payment on the day)

To confirm your place, please contact  
[headcoach.gpltc@gmail.com](mailto:headcoach.gpltc@gmail.com)

Tom 07885 968237

All coaches are fully LTA licensed coaches and CRB checked  
**GIDEA PARK LTC, GIDEA CLOSE, ROMFORD RM2 5NP**



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# Havering Active 5-18 years & Para Sports 5-25 years

**BOOK YOUR OCTOBER HALF TERM  
ACTIVITIES NOW**

**Monday 19 to Friday 23 February 2024**

**To see all activities available and to  
book visit:  
[www.haveringactive.co.uk](http://www.haveringactive.co.uk)**



To all of the students and staff at Bower Park Academy

I'm writing to you on behalf of the team here at SMILE London & Essex to thank you for your incredibly generous donations towards our 2023 Christmas Shoebox appeal.

Since the launch of our annual appeal this is the first year we've worried we might not hit our target. We saw the requests for gifts almost double, while donations remained at an all-time low during the cost of living crisis.

We are so grateful for your massive efforts – thanks to you we managed to hit our goal and distribute 2800 Christmas gifts to children in Havering, Barking & Dagenham and Essex. We couldn't have reached this number without your support.

A huge congratulations and thank you to everybody who made this possible. Your support means the world to us and we hope we'll see you again for Christmas Shoebox 2024!

Kind regards,  
Maria Quaife



CEO & Founder

Registered Charity Number:  
1177989



CHARITY COMMISSION  
FOR ENGLAND AND WALES

