



Principals Newsletter

BOWER PARK ACADEMY

Friday 8th March 2024

Dear Parent/Carer,

Compassion and Tolerance Workshop

Michael Haines, founder of Global Acts of Unity, visited Bower Park Academy on Wednesday 6th March to deliver workshops to years 7-9. The sessions are designed to tackle intolerance and build understanding. Michael set up the campaign in 2015 after his brother David, an aid worker, was kidnapped and killed by ISIS. Michael now devotes his life to spreading messages of tolerance, the aim ultimately to encourage critical thinking skills and the rejection of hate, extremism, and violence. As a school, we are especially aware that the current crisis in the Middle East has caused a rise in community tensions and hate and we feel it is important to give pupils the opportunity to opt for compassion. Michael said *“The day went very well indeed. The students were superb. I had some great conversations with them”*.

Year 9 Progress Evening & Options Evening

Thank you to all of the Parents/ Carers who attended our virtual Year 9 Progress evening on Wednesday 6th March. It was great to hear that so many Parents/ Carers attended.

On Wednesday 27th March, we will be hosting Year 9 Options Evening, face-to-face, from 4:30pm – 7:00pm. This will be a great opportunity to speak to teachers about the suitability of different KS4 options before students make their final choices after Easter.

School Trips

This week we had a number of students partake in school trips. On Monday, Year 9 students took part in an artist-led workshop at the Saatchi Gallery. Students were introduced to the artwork in the gallery space, before taking part in a craft activity in the learning suite, Students were brilliantly behaved and were fantastic ambassadors for Year 9, the Art department and Bower Park Academy. Our Academy has a long-standing partnership with Saatchi Gallery. Many of these trips are oversubscribed but if you are interested in going on the next trip in the summer, please let the Art department know.

On Tuesday, 30 students from The Station enjoyed an activity day at Stubbers funded by The UK Youth Adventures Away From Home Fund 2024. The fund is directed at young people who are under-represented in the adventure activity sector. All students involved took part in activities such as rowing and archery. Students thoroughly enjoyed the day.

And on Wednesday 20 students travelled to London to watch the theatre production of Everybody's talking about Jamie- a funny, fabulous and feel good coming of age story about sixteen-year-old Jamie. The students were incredibly well behaved, and were fantastic ambassadors for Bower Park Academy, and everyone singing and dancing along to the musical numbers. We hope everyone enjoyed the show.



World Book Day and Reading Initiative

On Thursday, Bower Park celebrated another World Book Day focusing on Percy Jackson and the Lightning Thief. A World Book Day lesson took place in their English classes that not only looked at the first chapter of this book, but promoted a love of reading by having conversations about books. Outside these lessons, all students have had Tutor time devoted to World Book Day with information about the day itself and videos from some of this year's famous authors discussing their books. The Library also celebrated World Book Day by not only giving away a selection of World Book Day books, but also held multiple competitions including identifying books from their covers, identify books from emoji/pictures, book code breakers and identifying books from their alternative titles.



KS4 Teams Intervention sessions

From Monday 11th March, Year 10 & 11 students will be offered a range of virtual intervention sessions from across the curriculum. These sessions will be accessible via Teams and have been designed to support their preparation for the upcoming examinations. These sessions will run in the evening and students can access these via their phones or tablets – the timetable is attached. Instructions were provided to Year 10 students during assembly, whilst Year 11 students are already familiar with this process. If you have any question regarding the Intervention sessions, please contact Mr Mayhew or Mr Sears. We would like to thank all teachers for their efforts in delivering these additional sessions.

Please also see the updated edition of the Year 11 in-school intervention schedule for this half-term. As indicated in last week's newsletter, this a programme of targeted intervention, however, in the event that your Son/ Daughter is not included and you would like to explore this opportunity, please contact the relevant Head of Department or Mr Sears via email dsears@elatschools.co.uk I am currently in the process of arranging the Easter revision sessions and will confirm the arrangements in due course.

Toilets

Today, I delivered a talk to students regarding toilets in the Academy. Due to a high increase of vandalism, toilets were previously only open at break and lunch times. However, I have listened to student voice and reviewed this so now students will be able to use toilets during lessons in emergency cases only. We will continue to encourage students to use toilets during break and lunch times.

Red Nose Day

On Friday 15th March, Bower Park Academy will be turning RED to celebrate Red Nose Day. We would like students to wear a red accessory of their choice along with their full school uniform. This could be a red hairband, a red badge, a red scarf. Students will be asked to donate £1 to Comic relief when they enter the Academy on Friday to fundraise for people who are facing the toughest time of their lives, both here in the UK and around the world.

Have a great weekend!

Yours faithfully,



Mr E Aylett
Principal

Year 10 Spring PPEs online Teams revision timetable

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------------------|--|--|---|---|---|
| w/c Monday 11 th March | 11 th Media Studies DSE 4.45pm - 5.45pm Computer Science RGR 5pm – 6pm Science PPA 6pm – 7pm RE BMU 8.30pm - 9.30pm | 12 th Geography DGU 6pm – 7pm Maths Higher ESH 7.30-8.30pm | 13 th Sociology AOF 6pm – 7pm Maths Foundation JAD 5.15pm-6.15pm | 14 th English LON 6pm – 7pm | 15 th |
| w/c Monday 18 th March | 18 th Computer Science RGR 5pm – 6pm Science PPA 6pm – 7pm RE BMU 8.30pm - 9.30pm | 19 th Geography DGU 6pm – 7pm History CHI 7.15pm - 8.15pm Maths Higher ESH 7.30-8.30pm | 20 th Sociology LON 6pm – 7pm Maths Foundation JAD 5.15pm-6.15pm | 21 st English SED 6pm – 7pm | 22 nd |
| w/c Monday 25 th March | 25 th Computer Science RGR 5pm – 6pm Science PPA 6pm – 7pm | 26 th Geography DGU 6pm – 7pm History CHI 7.15pm - 8.15pm | 27 Maths Foundation JAD 5.15pm-6.15pm English HTR 6pm – 7pm | 28 th <i>Last day of term Spring term</i> | 29 th Bank Holiday Good Friday |

Year 10 Spring PPEs online Teams revision timetable

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|---|------------------|---|------------------|------------------|------------------|
| | | Maths Higher ESH 7.30-8.30pm | | | |
| w/c Monday 1 st April Easter break week 2 | 1 st | 2 nd | 3 rd | 4 th | 5 th |
| w/c Monday 8 th April Easter break week 2 | 8 th | 9 th | 10 th | 11 th | 12 th |
| w/c Monday 15 th April | 15 th | 16 th | 17 th | 18 th | 19 th |
| w/c Monday 22 nd April Mocks commence | 22 nd | 23 rd | 24 th | 25 th | 26 th |

Year 11 Block C intervention – 26th February until 28th March 2024

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|---|
| <p>4th March History Location: NS06 and NS08 Staff delivering: MK, KM, CH</p> <p>Maths Staff delivering: SAH, JAD, JLA, IPA, LFL, UMI, PNA, ASO Location: SF01/02/04. SG08</p> | <p>5th March Maths morning session (7.30am – 8.30am) Students targeted at Grade 7 or above Location: SG08 Staff delivering: PN</p> <p>PE Theory Location: BG01 Staff delivering: CR</p> <p>Science Location: SG06, SG07 Staff delivering: RPA, PPA, JST, ASU, BKO</p> | <p>6th March English morning session (7.45am – 820am) Location: NG08 Staff delivering: RKE</p> <p>Maths morning session (7.30am – 8.30am) Students targeted at Grade 4 or 5 Location: SG08 Staff delivering: PN</p> | <p>7th March Sociology morning session (7.45am – 820am) Location: NG10 Staff delivering: LON</p> <p>PE / NEA Coursework Location: BF03 Staff delivering: LSH, CRI</p> <p>Sports Studies Location: BG01 Staff delivering: KPO</p> <p>English Location: NG08 Staff delivering: RKE</p> | <p>8th March Further Maths morning session (7.30am – 8.30am) Location: SG08 Staff delivering: PN</p> <p>Maths Foundation – students targeted at grade 4/5 Location: SG08 Staff delivering: PN</p> |
| <p>11th March History Location: NS06 and NS08 Staff delivering: MK, KM, CH</p> <p>Maths Staff delivering: SAH, JAD, JLA, IPA, LFL, UMI, PNA, ASO Location: SF01/02/04. SG08</p> | <p>12th March Maths morning session (7.30am – 8.30am) Students targeted at Grade 7 or above Location: SG08 Staff delivering: PN</p> <p>PE Theory Location: BG01 Staff delivering: CR</p> <p>Science Location: SG06, SG07 Staff delivering: RPA, PPA, JST, ASU, BKO</p> | <p>13th March English morning session (7.45am – 820am) Location: NG08 Staff delivering: RKE</p> <p>Maths morning session (7.30am – 8.30am) Students targeted at Grade 4 or 5 Location: SG08 Staff delivering: PN</p> | <p>14th March Sociology morning session (7.45am – 820am) Sociology morning session (7.45am – 820am) Location: NG10 Staff delivering: LON</p> <p>PE / NEA Coursework Location: BF03 Staff delivering: LSH, CRI</p> <p>Sports Studies Location: BG01 Staff delivering: KPO</p> <p>English Location: NG08 Staff delivering: RKE</p> | <p>15th March Further Maths morning session (7.30am – 8.30am) Location: SG08 Staff delivering: PN</p> <p>Maths Foundation – students targeted at grade 4/5 Location: SG08 Staff delivering: PN</p> |
| <p>18th March History Location: NS06 and NS08 Staff delivering: MK, KM, CH</p> | <p>19th March Maths morning session (7.30am – 8.30am) Students targeted at Grade 7 or above</p> | <p>20th March English morning session (7.45am – 820am) Location: NG08</p> | <p>21st March Sociology morning session (7.45am – 820am) Location: NG10</p> | <p>22nd March Further Maths morning session (7.30am – 8.30am) Location: SG08</p> |

| | | | | |
|---|---|--|---|---|
| <p>Maths Staff delivering: SAH, JAD, JLA, IPA, LFL, UMI, PNA, ASO Location: SF01/02/04. SG08</p> | <p>Location: SG08 Staff delivering: PN</p> <p>PE Theory Location: BG01 Staff delivering: CR</p> <p>Science Location: SG06, SG07 Staff delivering: RPA, PPA, JST, ASU, BKO</p> | <p>Staff delivering: RKE</p> <p>Maths morning session (7.30am – 8.30am) Students targeted at Grade 4 or 5 Location: SG08 Staff delivering: PN</p> | <p>Staff delivering: LON</p> <p>PE / NEA Coursework Location: BF03 Staff delivering: LSH, CRI</p> <p>Sports Studies Location: BG01 Staff delivering: KPO</p> <p>English Location: NG08 Staff delivering: RKE</p> | <p>Staff delivering: PN</p> <p>Maths Foundation – students targeted at grade 4/5 Location: SG08 Staff delivering: PN</p> |
| <p>25th March History Location: NS06 and NS08 Staff delivering: MK, KM, CH</p> <p>Maths Staff delivering: SAH, JAD, JLA, IPA, LFL, UMI, PNA, ASO Location: SF01/02/04. SG08</p> | <p>26th March Maths morning session (7.30am – 8.30am) Students targeted at Grade 7 or above Location: SG08 Staff delivering: PN</p> <p>PE Theory Location: BG01 Staff delivering: CR</p> <p>Science Location: SG06, SG07 Staff delivering: RPA, PPA, JST, ASU, BKO</p> | <p>27th March English morning session (7.45am – 820am) Location: NG08 Staff delivering: RKE</p> <p>Maths morning session (7.30am – 8.30am) Students targeted at Grade 4 or 5 Location: SG08 Staff delivering: PN</p> | <p>28th March Sociology morning session (7.45am – 820am) Location: NG10 Staff delivering: LON</p> <p>PE / NEA Coursework Location: BF03 Staff delivering: LSH, CRI</p> <p>Sports Studies Location: BG01 Staff delivering: KPO</p> <p>English Location: NG08 Staff delivering: RKE</p> | <p>29th March N/A Good Friday</p> |

All intervention session in Block C will take place between 3pm and 4pm unless stated in the timetable above. Please note that this is a targeted programme, meaning that students are selected for inclusion. Departments will contact parents directly to inform them if their son/daughter is expected to attend.

Tips for Encouraging Open Discussions about DIGITAL LIVES

The online world is an entirely familiar and commonplace part of life for today's children and young people, far more so than for previous generations. There are many positives to children being able to access online materials, so it's important not to demonise the internet, games and apps, and limit the benefit of their positive aspects. At the same time, we *do* have a responsibility to educate children about the hazards they may encounter online (just as we would about real-world dangers) so it's essential that we don't shy away from talking to them about the complex – and often sensitive – subject of what they do and what they see when they're online.

Here are some suggestions for kicking off conversations with your child about their digital life ...

MAKE YOUR INTEREST CLEAR

Showing enthusiasm when you broach the subject signals to your child that you're keen to learn about the positives of their online world. Most children enjoy educating adults and will happily chat about what they use the internet for, or what games and apps they're into and how these work. Asking to see their favourite games and apps in action could help you spot any aspects that may need your attention – such as chat functions which might require a settings adjustment to limit contact with strangers. Keep listening even if your child pauses for a long time: they could be considering how to phrase something specific, or they may be gauging your reaction.

BE OPEN AND HONEST, APPROPRIATE TO THEIR AGE

At various stages, children and young people become curious about puberty and how their body changes; about relationships; about how babies are made; and about sexual health. If your child knows that they can discuss these sensitive subjects with you, they tend to be less likely to go looking online for answers – which can often provide them with misleading information and, in some cases, lead to them consuming harmful content. Don't worry if you don't immediately know the answers to their questions – just find out for yourself and go back to them once you have the facts.

REMAND YOUR CHILD THEY CAN ALWAYS TALK TO YOU

In my role I work with many children and young people who admit being reluctant to tell a trusted adult about harmful content they've viewed online, in case it leads to having their devices confiscated. Emphasise to your child that you're always there to listen and help; reassure them that if they *do* view harmful content, then they are not to blame – but talking about it openly will help. Children shouldn't be expected to be resilient against abuse or feel that it's their job to prevent it.

KEEP TALKING!

The most valuable advice we can give is to keep talking with your child about their digital lives. You could try using everyday situations to ask questions about their online experiences.

DISCUSS THAT NOT EVERYTHING WE SEE ONLINE IS REAL

Here, you could give examples from your own digital life of the online world versus reality – for example, those Instagram posts which show the perfect house: spotlessly clean, never messy and immaculately decorated. Explain to your child that there are many other aspects of the online world which are also deliberately presented in an unrealistic way for effect – such as someone's relationship, their body, having perfect skin and so on.

TRY TO REMAIN CALM

As much as possible, try to stay calm even if your child tells you about an online experience that makes you feel angry or fearful. Our immediate emotions frequently influence the way we talk, so it's possible that your initial reaction as a parent or carer could deter a child from speaking openly about what they've seen. Give yourself time to consider the right approach, and perhaps speak with other family members or school staff while you are considering your next steps.

CREATE A 'FAMILY AGREEMENT'

Involving your whole household in coming up with a family agreement about device use can be immensely beneficial. You could discuss when (and for how long) it's OK to use phones, tablets, consoles and so on at home; what parental controls are for and why they're important; and why it's good to talk to each other about things we've seen or experienced online (both good and bad). Explaining your reasoning will help children to understand that, as trusted adults, we want to make sure they are well informed and kept safe. Allowing children to have their say when coming up with your family agreement also makes them far more likely to stick to it in the long term.

Meet Our Expert

Rebecca Jennings of RAISE (Raising Awareness in Sex Education) has almost 20 years' experience delivering relationships and sex education and training to schools, colleges and other education providers. A published author on the subject, she also advises the Department of Education on the staff-training element of the RSHE curriculum.



National Online Safety®

#WakeUpWednesday

Holiday Activities and Food Easter Programme (HAF)



FUNDED HOLIDAY FUN ACTIVITIES AND FOOD!

Supporting families
during the Easter Holiday

Monday 1 April to Friday 12 April 2024



Trampoline
Park



Ice
Skating



Arts
and
Crafts



Activity
Camps



Cooking

- **Funded** places for children to enjoy up to 16 hours of fun activities and nutritious food over Easter school holidays.
- Children who live in Havering, aged reception to year 11, can benefit from this fantastic programme.
- There are a number of exciting activities and camps you can join.
- HAF is funded by the Department for Education.

Please visit www.havering.gov.uk/HAF for more information and for the list of activities



Department
for Education



@HAFHavering



Havering
LONDON BOROUGH



(add senders address)
(add senders postcode)

Telephone:
Facsimile:
Email: (add senders email
address@met.pnn.police.uk)
www.met.police.uk

Your ref:
Our ref:

7th March 2024

Dear Parents/Caregivers

Subject: Warning Regarding Dangerous Vape Devices in Havering

I hope this letter finds you well. We write to bring your attention to a concerning issue affecting our school community. There have been reports in London of young individuals experiencing health complications after using vape devices containing drugs.

We wish to emphasise the importance of informing parents about the hazards associated with unregulated vape pens, given the recent surge in related incidents. Law enforcement authorities across London, including our local police officers, have seized numerous vapes from students in the past weeks. Some of these devices are currently undergoing testing to detect dangerous Class B substances such as Spice or THC, the active component in cannabis.

It has come to our understanding that certain reusable vape pens are being illicitly filled with drugs by dealers. Officers have received information about students falling ill after using these altered devices, which are then believed to be distributed among young people through platforms like Snapchat and other social media apps.

Parents/Caregivers must be aware that unregulated vape pens pose a serious threat to the health of young individuals. Those contemplating the purchase of these unauthorised, home-filled devices are unaware of their contents and the potential dangers they pose. THC and Spice are harmful psychoactive substances that can lead to severe health problems, necessitating heightened vigilance on the part of parents/Caregivers.

THC, the primary psychoactive compound in cannabis, and Spice, a group of synthetic Class B drugs, are known to mimic the effects of cannabis. Inhaling Spice through a vaping pen is particularly hazardous for young people, leading to various health issues such as breathing difficulties, chest pains, heart palpitations, seizures,

extreme anxiety, paranoia, suicidal thoughts, psychosis, vomiting or diarrhoea, and acute kidney injury. In some instances, a single dose can prove fatal.

Our Havering Police Schools Officers are collaborating closely with our schools and partners to share information and intelligence on this matter so we can better understand the issues. We urge parents, guardians, and anyone with pertinent information about those supplying these vapes to contact the Police on 101 or Crimestoppers anonymously online at www.crimestoppers-uk.org, <https://crimestoppers-uk.org/fearless> or by calling 0800 555 111.

Thank you for your attention to this critical matter. Your cooperation and awareness are crucial in ensuring the safety and well-being of our children.

Sincerely

A handwritten signature in black ink, appearing to read 'Lisa Ryan', written in a cursive style.

PS Lisa Ryan
Havering Safer Schools



Dear parents/carers

Re: Increased risk of measles in London and the UK

Measles is highly infectious and can also be a really serious illness: for every five children who get measles, one will require a hospital visit; for every 15 children who get measles, one will be affected by serious conditions, such as blindness, meningitis and sepsis.

Measles cases are rising in the UK, and it is likely that there will be outbreaks across London. MMR vaccination rates in Havering and London have fallen over the last decade, leaving a large number of children and young adults at risk of infection.

The safest and most effective way to protect yourself, your children and your community against measles is to make sure that you and your children are up to date with your MMR vaccinations.

Two doses of the MMR vaccine provide 99% protection against measles, and it's never too late. You can check whether your child's vaccinations are up to date by contacting your GP or by looking in your child's red book. If you or your child haven't been fully vaccinated (two doses of MMR) then you can get vaccinated at your GP practice.

The local school age immunisation service provider, Vaccination UK, is also offering MMR vaccinations to secondary school-aged children at community catch up clinics. **The next community clinics are scheduled for Saturday 9 March and Saturday 23 March at Fairkytes (Frys Gallery) 11:30am - 2:00pm - email Havering@v-uk.co.uk or call 02033432400 (option 1) to book an appointment.**

Halal (gelatine-free) MMR vaccinations are available and can be requested when you make an appointment.

For more information about measles and the MMR vaccine, please visit the following webpages:

- www.nhs.uk/conditions/measles/
- www.nhs.uk/conditions/vaccinations/mmr-vaccine/

Yours sincerely,

Mark Ansell, Director of Public Health,
London Borough of Havering