



Principals Newsletter

BOWER PARK ACADEMY



Thursday 28th March 2024

Dear Parent/Carer,

As we approach the Easter break, I want to thank Parents/ Carers for their continued support throughout yet another busy term. The Easter holidays are a time for our staff and students to relax and re-energise ahead of the final term of the academic year. However, the Easter break will be an important time for Year 10 and Year 11 students to revise in preparation for their Year 10 mock exams beginning the week we return, Monday 15th April, and for GCSE exams starting in May. We will have extra online revision sessions running throughout the holidays to support our students. Students' revision schedules should however, include structured rest and activity breaks to help students to revise more effectively.

Year 7 Disco

Last Friday evening, Year 7 students attended a Disco at Bower Park Academy. The students were well behaved and had a great time. My thanks to Mr Blair for coordinating the event.

Staffing

Today, we wished a Happy Retirement to Mrs Collard, our Instructor of English and a fond farewell to Teaching Assistant Ms Bromfield. Thank you for all of your hard work and we wish you lots of luck for the future.

In addition, we welcome Miss Mbeka who has joined us as Teacher of Child Development. She joins us from a school in Dagenham and has a wealth of experience.

PTA Tuck Shop

Students enjoyed purchasing snacks from a pop-up Tuck shop on Wednesday. Thank you to the friends of Bower Park PTA for running this event and raising £290 for the Academy! We look forward to running similar events in the future.

Year 9 Options Evening

On Wednesday 27th March, we hosted Year 9 Options Evening. This was an opportunity for Parents/ Carers to speak to teachers about the suitability of different KS4 options before students make their final choices after Easter. Thank you to the Parents/ Carers that attended. The evening was a success and we

hope it will help our Year 9 students to make informed choices regarding their GCSE options. Year 9 students will select their Options during their Computer Studies lessons next term.

PE

We have a large amount of unnamed lost property in PE. If your child has lost anything please ask them to come and check at the PE office before the end of April. After this date, all remaining kit will be donated. With this in mind, please ensure all kit and uniform is labelled so that we are able to return items back to you with ease.

Year 11 Revision and Intervention

There will be a range of revision sessions that will be taking place during the easter holidays targeted at Year 11 students. Please see below the schedule for your convenience. Departments will contact parents via letter to inform them of the specific arrangements.

After the Easter break, Year 11 GCSE intervention sessions are scheduled to take place between 15th April and the 8th May. Parents will be informed by departments of the specific arrangements which include; the dates and scheduled times, locations and the member of staff delivering the session. Please see timetable below for your reference.

Year 10 Mock Exams

When we return, Year 10 Mock exams will begin on Monday 15th April- Friday 19th April. Each morning at 7:30am, Year 10 students will be able to get breakfast in the canteen ahead of their exams whilst topping up on some last-minute revision tips from teachers. Year 10 should use the Easter break to revise for these examinations as they will provide a predicted grade as placements for Year 11.

We look forward to welcoming students back on Monday 15th April at 8:25am.

Have a very Happy Easter and a restful break!

Yours faithfully,



Mr E Aylett
Principal



Year 11 Easter revision sessions

Week commencing 1st April

Monday 1 st April	Tuesday 2 nd April	Wednesday 3 rd April	Thursday 4 th April	Friday 5 th April
Bank Holiday	Maths 10am-1130am Open session Staff delivering: SAH, AJO Rooms: SF01, SF02 Maths targeted session, Foundation TIER 10am-1130am Staff delivering: PN Room: SG08 Maths targeted session, Higher TIER 1130am-1pm Staff delivering: PN Room: SG08	Maths targeted session, Foundation TIER 10am-1130am Staff delivering: PN Room: SG08 Maths targeted session, Higher TIER 1130am-1pm Staff delivering: PN Room: SG08	Maths targeted session, Foundation TIER 10am-1130am Staff delivering: PN Room: SG08 Maths targeted session, Higher TIER 1130am-1pm Staff delivering: PN Room: SG08	Maths targeted session, Foundation TIER 10am-1130am Staff delivering: PN Room: SG08 Maths targeted session, Higher TIER 1130am-1pm Staff delivering: PN Room: SG08

Week commencing 8th April

Monday 8 th April	Tuesday 9 th April	Wednesday 10 th April	Thursday 11 th April	Friday 12 th April
Sociology 930am-1030am Staff delivering: LON Room: NG10 Art 10am-230pm Staff delivering: RB Room: NG02 English 3pm – 4pm Staff delivering: LON Teams session	Maths 10am-1130am Open session Staff delivering: SAH, AJO Rooms: SF01, SF02 Art 10am-2:30pm Staff delivering: RB Room: NG02 RE 10am-12pm Online session via Teams Staff delivering: BM	Art 10am-2:30pm Staff delivering: RB Room: NG02 French (Speaking Exam prep) 9am-11am Open session Staff delivering: KCA Room: SF10	Technology 10am-3pm Open session Staff delivering: MM Room: TG01 Science 10am-12pm Teams session Staff delivering: PP English 1pm-2pm Staff delivering: SED Teams session	

Year 11 – Block D intervention (15th May – 3rd May 2024)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>15th April Maths 3pm – 4pm</p>	<p>16th April Higher Maths 7.30am-8.30am Science 3pm – 4pm</p>	<p>17th April English morning masterclass (7.30am-8.30am) Foundation Maths (7.30am-8.30am) English targeted sessions (3+/4+) Literature & Language 3pm -4pm Maths targeted intervention (3+/4+) 3pm – 4pm RE 3pm - 4pm</p>	<p>18th April Sociology 7.45am – 8.30pm English 3pm – 4pm</p>	<p>19th April Further Maths 7.30 – 8.30am</p>
<p>22nd April Maths 3pm – 4pm</p>	<p>23rd April Higher Maths 7.30am-8.30am Science 3pm – 4pm</p>	<p>24th April English morning masterclass (7.30am-8.30am) Foundation Maths (7.30am-8.30am) English targeted sessions (3+/4+) Literature & Language 3pm -4pm Maths targeted intervention (3+/4+) 3pm – 4pm</p>	<p>25th April Sociology 7.45am – 8.30pm English 3pm – 4pm</p>	<p>26th April Further Maths 7.30 – 8.30am</p>

		RE 3pm - 4pm		
29 th April Maths 3pm – 4pm	30 th April Higher Maths 7.30am-8.30am Science 3pm – 4pm	1 st May English morning masterclass (7.30am-8.30am) Foundation Maths (7.30am- 8.30am) English targeted sessions (3+/4+) Literature & Language 3pm -4pm Maths targeted intervention (3+/4+) 3pm – 4pm RE 3pm - 4pm	2 nd May Sociology 7.45am – 8.30pm English 3pm – 4pm	3 rd May Further Maths 7.30 – 8.30am
6 th May Bank Holiday	7 th May Higher Maths 7.30am-8.30am Science 3pm – 4pm	8 th May English morning masterclass (7.30am-8.30am) Foundation Maths (7.30am- 8.30am) English targeted sessions (3+/4+) Literature & Language 3pm -4pm Maths targeted intervention (3+/4+) 3pm – 4pm RE 3pm - 4pm	9 th May Form exams begin	

What Parents & Educators Need to Know about CLICKBAIT

WHAT ARE THE RISKS?

Clickbait is a controversial online marketing strategy which uses sensationalist (and frequently misleading) headlines to encourage engagement with an article, image or video – often playing on users' emotions and curiosity, while much of the actual content is of questionable accuracy. Clickbait is also sometimes used to disguise scams, phishing sites and malware.

HARMFUL MISINFORMATION

Clickbait tends to play fast and loose with the truth, opting for eye-catching content over objectivity. This is particularly dangerous for younger internet users, who are generally more susceptible to that type of material. A child could be presented with fake news, misleading articles and – in some cases – outright lies without fully understanding what they're viewing and why it's harmful.

INAPPROPRIATE CONTENT

Due to the misleading nature of many examples of clickbait, what may seem to be innocuous and child friendly could actually contain age-inappropriate material such as extremist political views or violent, pornographic or sexually explicit content. This is clearly a hazard for young people, who could be upset, disturbed or influenced by exposure to such subject matter.

HIDDEN MALWARE

While most clickbait is simply trying to promote engagement to earn companies additional revenue, some of it *does* redirect to dubious sites with the potential to infect devices with viruses or malware. This could put a child's sensitive data – such as their name, their location and their date of birth – at risk of being accessed and exploited by malicious hackers.

PRIVACY PROBLEMS

Some clickbait leads to sites which could coax a child into volunteering their personal data – using pop-ups to ask them for their email address and phone number, for example, in exchange for accessing additional content or subscribing to various services. Normally, this harvested information is then sold to third parties, who often utilise it for targeted adverts and other sales schemes.

A DRAINING DISTRACTION

Clickbait encourages spiralling consumption of online content, which could easily result in a young person spending hours scrolling aimlessly instead of doing something productive or interacting with family and friends. This can leave them tired, asocial and lacking focus – and, in the long term, can negatively impact their social skills, education and mental wellbeing.

IMPACT ON BEHAVIOUR

Depending on the type of clickbait a child is interacting with, you might notice negative changes in their behaviour. Weight loss scams, for example, are common among clickbait and have the potential to influence eating habits and body image – while deliberately inflammatory 'rage bait' articles can leave impressionable young people feeling irritable, restless or argumentative.

Advice for Parents & Educators

START A CONVERSATION

The sheer volume of clickbait can make protecting children against it quite challenging. It's vital to talk to young people regularly about the types of content they encounter online, so that they understand the risks of engaging with clickbait. If you're still concerned, it may also be wise to keep an eye on children's online activity to ensure they're not being tempted by clickbait headlines.

PROMOTE CRITICAL THINKING

Encouraging children to question the legitimacy of sensational headlines and too-good-to-be-true promises will help them to become savvier online – and far less likely to be drawn in by clickbait content. These critical thinking skills will also serve to protect them in other areas of the digital world where misinformation is becoming increasingly common.

SPOT THE TELLTALE SIGNS

There are certain common elements in clickbait, including headlines and images that use shock and outrage to grab people's attention – as well as numbered lists, such as "8 Facts You Won't Believe Are True". Some clickbait combines several of these tactics to snag users' interest. Learn to recognise these techniques for yourself so you can teach children to notice them as well.

TAKE CONTROL

Many parents opt to place limits on how long their children can spend online each day, which obviously reduces the chance of exposure to clickbait. Alternatively, most internet-enabled devices have built-in controls that allow parents to manage what sort of online content their child can access – including filtering by age, which can screen out a percentage of inappropriate material.

Meet Our Expert

Carly Page is an experienced technology writer with more than 10 years in the industry. Previously the editor of tech tabloid The Inquirer, she is now a freelance technology journalist, editor and consultant who writes for Forbes, TechRadar and Wired, among others.



#WakeUpWednesday

The National College



28 March 2024

Dear Parents and Carers,

Re: The Risks Associated with Vaping and the External Agency Support Available

As an academy, we will always look to support our stakeholders in being aware of the dangers and associated risks that come with various chosen behaviours of young people. Therefore, we felt it important to update you with regards the growing concern across the education sector of the risks that vaping is posing to our young people on a national scale.

‘Vaping’ and the rise of e-vapes has become a significant public health issue, and the academy has been working with Havering Council, Wize Up, the Police and other external agencies who are also all becoming increasingly concerned about the rise of ‘vaping’ amongst young people across the county.

This is particularly regarding the use of:

- Vape pens
- Liquids and oils,
- THC

Some of these are currently legal, however, some are illegal and the difficulty is being able to observe and know the difference between the two. Synthetic illegal substances can often be odourless and very difficult to detect due to the nature of chemicals used. They can also be quite innocently named.

Another problem with vaping is the sharing of a ‘vape’ with young people often having no idea whatsoever as to what they are actually inhaling, which is potentially very dangerous in itself of course. To vape from somebody else’s pen is extremely dangerous – one simply does not know what substances are being inhaled into the respiratory system, and it is therefore, placing young people at an even greater level of risk. The risks are further heightened due to some of these substances when inhaled potentially leading to extreme behaviours and reactions - the national



press covers heart breaking stories on a regular basis of young people either dying or being seriously affected by such drug misuse.

It may also be helpful for parents and carers to know that we are told vape pens, liquids, oils and other such paraphernalia can be legally purchased online and via Amazon, Ebay, and other well-known platforms through social media. Therefore, we strongly encourage you to monitor your child's online purchases as these accounts are often set as 'private' and what is subsequently purchased is then hidden. Furthermore, if you see a change in your child's behaviour, sleep or eating patterns, we would advise you to speak to your child about your concerns and be vigilant about the potential risks they may well be exposing themselves to.

With regard to Bower Park Academy, we have significant sanctions in place for any vapes found in school. Our behaviour policy makes it clear that using or being in possession of a vape, or being with a group vaping or in possession of a vape, will lead to reflections or a suspension. Please be aware that any vapes found to have illegal substances such as THC added, would usually lead to permanent exclusion.

The academy recognises the importance of educating our students when dealing with drugs related issues and constantly review, and where deemed necessary, adapt our Personal Development curriculum and assembly plans accordingly.

To further assist you, please find some extremely useful links which may be of use if you are concerned about your child's changed behaviour:

- <https://www.publichealth.hscni.net/news/call-alert-young-people-dangers-spice>
- Wize Up - [**Wize Up - Havering info \(changegrowlive.org\)**](http://Wize Up - Havering info (changegrowlive.org))
- Talk to Frank is an educational site for young people and their families with lots of help and advice on all topics related to illegal substances. Their website is user-friendly with advice and education to help and support. Telephone 0300 123 66 00 or visit their website:
[**www.talktofrank.com**](http://www.talktofrank.com)
- Drugwise offers information on drugs, alcohol and tobacco and have an A-Z of drugs explaining what they are and how they are used: DrugWise
- The Mix provides information and support for the under 25s covering a range of topics. You can use their helpline or web chat from 11am-11pm daily. Telephone: 0808 808 4994 or go to
[**www.themix.org.uk**](http://www.themix.org.uk)

We hope you have found this letter both informative and supportive and that you will take a few moments to discuss its contents with your child. Moving forward, we will of course continue to educate all students at Bower Park Academy of the risks posed by vaping, and very much hope

our students will refrain from engaging in this risk-taking behaviour which can adversely impact their health and wellbeing.

Yours sincerely

A handwritten signature in black ink, appearing to read 'S Gander', with a long horizontal flourish extending to the right.

Mr S Gander

Assistant Principal and Designated Safeguarding Lead

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



Sport

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



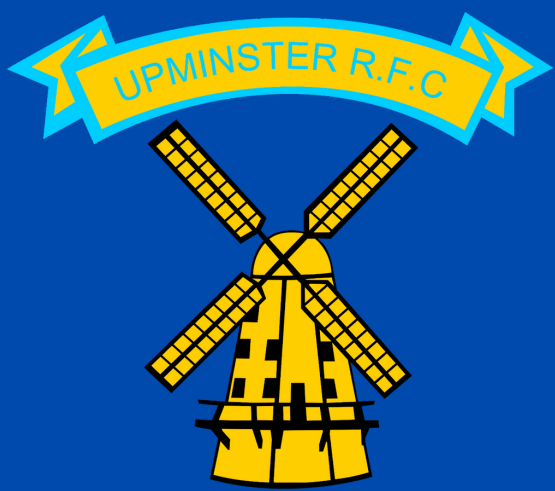
Department
for Education



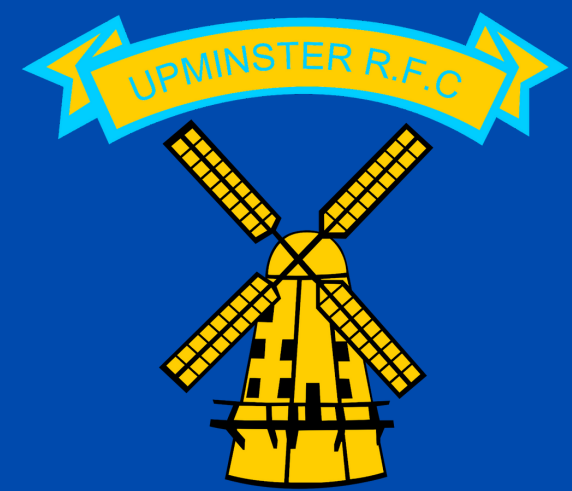
@HAFHavering



Havering
LONDON BOROUGH



Upminster Rugby Club Open Day



***Are you looking for a new challenge?
We are looking to recruit!***



Upminster under 14s (Year 9) Rugby team are looking for new players and are hosting an open day.

All abilities welcome, including those new to the sport entirely.

Boots and gumshields welcomed but not essential.

Future session being held in August/September. Dates TBC

7th April

10:30am - 1pm

Hall Playing Fields, Hall Lane, Upminster RM14 1AU

Training Wednesdays

6.15pm - 8.30pm

Games on Sunday mornings.

Sign up at

URFC2019U10@gmail.com