



Newsletter 19.03.2021

Issue 20

Message from Mr Inglis, Head of School

It has been wonderful to see all of our pupils back in school this week and I can report that the overwhelming majority have returned with a mature approach and eager to learn. With consent, all pupils have completed between them well over 1000 lateral flow device (LFD) tests. These in-school tests undertaken in one of our two testing facilities are now complete and we have now moved to providing the information and resources ready for home testing.

The Government previously announced that all secondary pupils and staff will be offered regular asymptomatic COVID-19 tests to take at home to reduce the spread of the virus. Up to one in three people who have COVID-19 can spread the virus without knowing, because they have no symptoms. To reduce the spread of the virus, those individuals can be identified by carrying out tests at home twice every week. Most pupils will adapt to testing becoming part of their weekly routine and taking part is entirely voluntary. All pupils will be able to attend school whether they take part or not and if you have any questions or require further support, please do not hesitate to contact the school. If a LFD test taken at home is positive, the pupil must self-isolate and school must be informed immediately so that we can initiate our track and trace procedure.

Regular rapid testing is now also available for parents, their households and support or childcare bubbles. The government is encouraging all families to participate in twice weekly testing. Households can access tests by:

- Ordering tests online www.gov.uk/order-school-household-tests
- Getting an assisted test at work, if it is available

· Attending a test site to get tested (where you will be able to see how to take the test) or pick up tests to do at home.

Further information can be found at: <https://www.gov.uk/guidance/rapid-lateral-flow-testing-for-households-and-bubbles-of-school-pupils-and-staff>

Finally, testing should also continue twice a week, at home, throughout the Easter break and we will be sending home extra kits before the end of term

Parents In Partnership

New Launch: The Mental Health Curriculum

'Its good to talk'.

We are extremely proud to be launching our Mental Health Curriculum this week. Our boys have lived through one of the most difficult and unusual periods in living memory and national data shows that mental health amongst teenagers is at an all time low. Our Mental Health Curriculum has been written in school and is specifically designed to normalise talking about mental health amongst young men who often struggle to vocalise their feelings and emotions or seek help when they need it.

The programme teaches about a wide range of mental health conditions including OCD, panic attacks, phobias, eating disorders, anxiety and depression and their symptoms and treatments. It also offers practical ways of coping with them, knowing when, where and how to seek help and looks in depth at various support networks such as Young Minds or The Samaritan as well as our, in school mental health team.

As well as teaching pupils about common mental health conditions, the course teaches boys how to address their own feelings; with sessions on confidence, how to vocalise feelings in a calm manner, how to calm down, how to express empathy, support others and to have difficult conversations. There are also sessions on grief and bereavement.

The programme will be launched this week and will continue through form time sessions at least fortnightly until well into next year and beyond. Pupil well being is a huge part of the school ethos and we hope that this programme gives pupils the confidence to speak out when they need help, without the stigma that has often been associated with mental health.

What are the Key Aims of 'Its Good to Talk'?

- To normalise a dialogue about mental health and to remove any stigma attached to it.
- To educate the pupils on the main mental health conditions, how to spot them, the physical changes on the body and where to seek help.
- To teach pupils how to respond in difficult situations, how to express their opinion and how to show their support to others.
- To build confidence and resilience, looking at body language, the importance of standing tall and making eye-contact and etiquette in certain situations.

- To teach pupils how to articulate their thoughts and express themselves in a calm and coherent manner.
- To provide practical strategies to support with the short term effects of mental health disorders such as massaging pressure points and breathing techniques.

For more information about what we are teaching, please check out the Parents in Partnership section of the website under 'mental health'. If you have any concerns about your sons' mental health, please contact the school and together we will work to support your son. For more information on the Mental Health Curriculum, please contact Mrs Alexa Oshodi, Assistant Headteacher a.oshodi@tgbs.co.uk.

Online Safety

5 top tips for safer social networking

If you use social networks always think about who can see the things you post and what they reveal about you.

Know who your friends are.

It's really tempting to accept as many friend requests or follows as possible. It can make us feel popular. But remember, they could be anyone. Do you really want them seeing your pictures, videos or comments?

Share with care.

Once you've put something online it can be copied, shared or edited. It could turn up somewhere you wouldn't want it to be.

Use privacy settings.

Most social networks let you limit what you share to friends or followers you've OKed. It's always a good idea to only let people you know and trust see your stuff. Learn how to use privacy settings and how to block people who are bothering you.

Know how to report.

Most social networks let you report to them if you have a problem on their site. So if someone's shared an embarrassing picture or is being nasty to you, you need to know how to get help. Learn how to report on any site or app you use by visiting their 'safety' pages. [Find the Safety pages of popular sites](#)

Know how to get help.

If someone's bullying you on a social network you should talk to an adult you trust, or, if you'd rather speak to someone you can call [Childline](#) on 0800 1111. If someone's being weird or making you feel uncomfortable, talking about sex or asking you to do things you don't want to do you should report to [CEOP](#). Whatever may have happened CEOP will understand. You won't be in trouble.



Online safety at home: parents and carers newsletter

With the majority of young people now learning from home, they will be spending more time online doing their school work, playing games or socialising. Technology is hugely valuable for education, as well as a way to keep in touch with friends and family. However it's important we all consider how we can help keep young people safer online during this lockdown, and always. Here's some information about what your child may enjoy online and what you can do to help keep them safer:

Online gaming

Online games are social activities, and most have features that allow young people to chat with others whilst they play.

For information about the positives of gaming, the risks of 'in-game chat' and measures you can take to help protect your child, watch this short video: [In-game chat: a guide for parents and carers](#).

Sharing images and videos

Young people often share images or 'selfies' and there is potential for some of those to be nude or nearly nude images. Young people share 'nudes' for a number of different reasons, and some situations are more risky than others. For information about the contexts in which images are shared and how best to respond, take a look at [nude selfies: a parents guide](#).

More information?

Thinkuknow is the education programme from the National Crime Agency's Child Protection Command (NCA-CEOP). Their aim is to protect children and young people from sexual abuse online.

For more information, advice and guidance, visit their [parents website](#) and download their [home activity worksheets](#) for fun, online safety activities to do with your family.

Steps you can take to help keep your child safer online

Have an ongoing conversation: Continue to talk about the apps, games and sites they like to use, and what they like and don't like and any concerns about being online. Discuss with them when to unfollow, block or report. For help starting this conversation, read [having a conversation with your child](#).

Make sure they know where to go for support: Remind your child they can always speak to you or an adult they trust if anything happens online that makes them feel worried or upset. Remind them that they won't be in trouble at that you are there to help. For a breakdown of report services, visit: [Supporting your child with reporting unwanted content online](#)

Make sure they know about NCA CEOP: Young people can report a concern about grooming or sexual abuse to NCA CEOP at <https://www.ceop.police.uk/safety-centre/> and get support from a specialist Child Protection Advisor.

Topics

Social media

You may be wondering when is the best age to let your child have a social media account, or have some concerns if they're already using them. For advice and guidance, read [Is your child ready for social media?](#)

Remember, most social media services require users to be at least 13 years of age before they can register.

Most young people have positive experiences socialising online, but it can be easy for young people to share things or post things they wish they hadn't.

The simplest way to have information about your child removed from a website, or app is to contact the site itself. Read [reporting to social media sites](#) for more information.

Social media can offer young people opportunities to express themselves and have fun, but they could be exposed to harmful content which might include sexual images or videos which could impact on their understanding of sex and relationships.

For information, read [Teens and the sexual content on social media](#).

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Online games are social activities, and most have features that allow young people to chat with others whilst they play.

For information about the positives of gaming, the risks of 'in-game chat' and measures you can take to help protect them, watch this short video: [In-game chat: a guide for parents and carers](#).

The PEGI (Pan European Game Information) rating system can be a useful tool to help you decide what online games are appropriate for your child.

For more information on the PEGI system and other factors to consider before deciding what's suitable, read [Gaming: what's appropriate for your child](#).

Gaming is popular with both children and adults and can help to cure that lockdown boredom! If your child is gaming, you may have some questions about how to keep them safer. If so, check out - [gaming: what parents need to know](#).

For a guide on the apps, sites and games your child might enjoy, visit: [Net Aware](#).

Topics

Sharing information, images and videos

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Young people share 'nudes' for a number of different reasons, and some situations are more risky than others.

For information about the contexts in which images are shared and how best to respond, take a look at [nude selfies: a parents guide](#).

If your child enjoys being online and uses social media apps, games and more, it's important you know how to protect their personal information and support them to make safe choices about what they share online.

Read this [parents guide to personal information](#) and [how to protect it](#) for more information to support your child.

Some of the most popular apps, sites and games are designed to make it easy to share information online. But once information is shared, you can never be sure who has seen it, saved it or shared it.

If your child has shared something online they wish they hadn't - don't panic. Read [my child has shared too much online](#) for advice on how to support your child.

Livestreaming

Live streaming is now a very popular feature of many apps and platforms, and all you need to livestream is an internet enabled device like a laptop or a smart phone.

If your child enjoys livestreaming, you may want to read [what is livestreaming](#) to find out more about it and help your child have a positive online experience.

Over the past few months, many of you may have watched a livestream, or taken part in a video chat. Livestreaming can be a fun and enjoyable online activity for young people.

If you want to know more about livestreaming, the risks and safe use, watch this short video: [video](#) or download this [handy guide](#).

Steps you can take to help keep your child safer online

Parental controls: Parental controls have been designed to help you manage your child's online activities. There are various types, some of which are free but others which can be bought. However, nothing is totally fool proof so they shouldn't replace the need for you to support and advise your child using the internet. For more information and step by step instructions on setting up parental controls, visit [Parental Controls & Privacy Settings Guides - Internet Matters](#).

Have an ongoing conversation: Continue to talk about the apps, games and sites they like to use, and what they like and don't like and any concerns about being online. Discuss with them when to unfollow, block or report. For help starting this conversation, read [having a conversation with your child](#).

Be non-judgemental: Explain that you would never blame them for anything that might happen online, and you will always give them calm, loving support.

Make sure they know where to go for support: Remind your child they can always speak to you or an adult they trust if anything happens online that makes them feel worried or upset. For a breakdown of report services, visit: [Supporting your child with reporting unwanted content online](#)

Make sure they know about NCA CEOP: Young people can report a concern about grooming or sexual abuse to NCA CEOP at <https://www.ceop.police.uk/safety-centre/> and get support from a specialist Child Protection Advisor.

Talk about how their online actions can affect others: If your child is engaging with peers online, remind them to consider how someone else might feel before they post or share something. If they are considering sharing a photo/video of somebody else, they should always ask permission first.

Tell them about Thinkuknow: Our websites provide open and honest guidance for young people on friends, relationships and the internet, covering topics like dealing with pressure; consent; and getting support when you're worried. Visit our [website for 11-13's](#) or our [website for 14+](#) for age appropriate information.

Direct your child to age appropriate information about relationships and sex: It's natural for young people to start exploring their sexual feelings online and adolescents are more inclined to take risks. It's important to understand this and to talk to your child in a positive, encouraging and safe way. [Thinkuknow](#), [Brook](#), [The Mix](#) and [Childline](#) all provide age appropriate information about relationships and sex that you can signpost your child to.

Curriculum

Miss Mansell's Factoids

1. Your tongue is made up of eight interwoven muscles, similar in structure to an elephant's trunk or an octopus's tentacle
2. The human nose can detect around 1 trillion smells
3. The satisfying sound of cracking your knuckles comes from gas bubbles bursting in your joints
4. The pineal gland, which secretes the hormone melatonin, got its name from its shape, which resembles a pine nut.
5. Thumbs have their own pulse

SEND - Miss Chetwynd

It's fantastic to see all the students back in school, they have all settled in amazingly. All our Teaching Assistants have been deployed to support the schools most anxious students and help them with the transition back into school as smoothly as possible for them.

If you have any questions or concerns, please email Miss Chetwynd on sendbookingsandenquiries@tgbs.co.uk

What our pupils have been up to this week









Northfield Community

TEAM is a programme for young people aged 16-25, which is starting on **Tuesday 4th May 2021** and will run for 12 weeks.

The programme enables students to receive a **Princes Trust Level 1 qualification in employability teamwork and community skills**.

The TEAM programme enables young people who are NEET (Not in education, employment or Training) to complete a 12 week course, readying them to get a job or return to education or even just build their confidence, knowledge and skills.

We do various activities on the course, such as a residential away day (think rock climbing, canoeing, archery etc) 2 week work placement and various community projects.

Here's a look at what you'll get up to during Team:



Day 1: Meet new people

Don't worry about turning up on your own - there'll be about 12 people joining and everyone will be in the same situation. It'll be informal and there are plenty of activities so you'll soon feel part of the group.

Week 1: Take action

Over this week, you'll start planning for the weeks ahead - setting out what you want to achieve and finding out how to get your qualifications.

Week 2: New experiences

You'll spend this week away - trying new things and learning how to work with others. This gives you a chance to break away from your current situation - trying canoeing, climbing, raft building and much more.



Weeks 3-6: Something to talk about

As a Team, you'll decide on a project to benefit your local community and carry it out. This gives you great experience to talk about at interviews.

Weeks 7-8: Work placements

This is the time to see how the skills you've developed so far can help you in the workplace. It's also a great chance to try out a type of work, or company, to see whether you like it.

Week 9: Plan for the future

You'll get help to write a fantastic CV, practise your interview skills and write applications.



Weeks 10-11: Meet the challenge

You and your Team will take on a challenge to help others in the community. This is when you get to test out all the skills you've developed.

Week 12: Have your say

In your final week, you'll deliver a presentation - giving you the chance to show off the talents you've discovered! This may sound scary now, but after 12 weeks you'll be surprised at how far you've come.

Careers - *If you can dream it, you can do it!*

Important Dates:

Turner & Townsend. Degree Apprenticeship Quantity Surveying Closing 7th May 2021

Severn Trent PLC. Advanced Apprenticeship Water Process Technician Closing 21st March

Fortem. Plumbing and Electrical Apprent www.fortem.co.uk/opportunities Closing 25th March

Johnson Control Building. Refrigeration and Air Con Apprenticeship Closing 31st March

West Midlands Trains Ltd. Rail Engineering Advanced Apprenticeship. Closing 25th April

Colleges will have spring term virtual events, check websites for details.

New Opportunities and Openings:

WSP UK Ltd. Business Administration Advanced Apprenticeship. Closing 28th May 2021

Blue Earth Foods Ltd. Advanced Apprenticeship Engineering. Closing Date 1st April 2021

MGTS. Engineering Apprenticeships Advanced Level. Closing Date 30th March 2021

Toyota. Advanced Apprenticeship Service and Maintenance Closing 30th May 2021

Johnson Control Building. Fire and Security Engineering Closing 31st March

MAKEUK. Several Engineering opportunities. www.makeuk.org/futuremakers

All Electric Skoda. Service Technician Advanced Apprenticeship. Closing 31st May 2021

Collins Aerospace. Engineering apprenticeship. Apply through MakeUK Closing 8th May

Taylor Estate Agent. Admin Estate Agent Apprenticeships. Closing Date 30th June 2021

Busy Bees. Child Care Apprenticeships. Various locations. Closing Date 30th June 2021

For further information on these apprenticeships: www.getingorfar.gov.uk and
www.getmyfirstjob.co.uk

You will have to register with these websites.

Useful Websites:

Exploring ideas, interests and skills

www.nationalcareersservicedirect.gov.uk

www.icould.com

www.bfi.org.uk - British Film Industry runs a national programme offering hands-on filmmaking.

Apprenticeships

www.apprenticeships.gov.uk

www.notgoingtouni.co.uk

Higher Education

www.ucas.com

www.university.which.co.uk

www.whatuni.com

www.hecsu.ac.uk