

## Senior Student Fundraising

A very big thank you to Mr Barrass, Mr Connors, Mr Hawkins, Dr Binding, Mr Couldwell and Mr Howard for playing in the football fundraiser on 18 December against Y11 students Harry, Christian, Benjy, Benji, Joe and Luke. Final score was 15 -14 to the staff team after a closely contested match.

Student Leadership Team raised £44.20, so a big thank you to all staff and students who took part and supported the event.



## Headteacher's Introduction

Dear Parent / Carer

We have launched into the new decade with a renewed focus on the mental health and well-being of all of our school community. All staff took part in our second well-being day on 6th January, which is now established as an annual event. We were delighted to be joined by our colleagues from Dacre Braithwaite Primary to take part in a range of activities to promote good physical and mental health, ready to take on the challenges of the new term.

Last week Mrs Kay introduced all students to mindfulness practice through a series of assemblies which each ended with a 'mass mindfulness' session. All Year 7 and 8 students will be taking part in daily mindfulness sessions as part of the pilot for the DfE's Education Well-being Programme, run by the Anna Freud Centre. We were pleased to be invited to be part of this national pilot and will be really interested in hearing feedback from students and families about the impact of this work.

Kath Jordan, Headteacher

## Accelerated Readers

Year 7 continue to impress with their reading efforts. They have read 299 books between them since the start of the school year in September. This equates to 6,493,604 words! Our top 5 Accelerated Reader quizzers are Summer Mason, Jack Milburn, Jack Boddy, Gracie O'Donnell and Theo Squires and they were presented with goody bags before the Christmas break.

I look forward to rewarding more of our keenest readers with reward trips and prizes in the near future!

Miss Lester

Learning Resource /Literary Development Coordinator



# Dates for your



## **Forthcoming events**

- 21 January – Leeds Uni trip – Business Taster (Y7, Y8)
- 23 January – Leeds Uni trip – Business Taster (Y9,10)
- 23 January 6pm – Duke of Edinburgh Silver Award Y10/11 Parent Information Evening
- 27 January – Harrogate Grammar School Sixth Form Interviews in school
- 30 January 6pm – Duke of Edinburgh Bronze Award Y9 Parent Information Evening
- 31 January – St Aidan's Sixth Form Interviews in school
- 7 February – National Citizenship Scheme Assembly (Year 11)

## **Safer Internet Day 11 February**

### **E-Safety Advice for parents**

The National Online Safety organisation offers the following guidance for parents and carers.

### **Security**

Help your children to set up accounts on new devices and ensure their settings are set to private. Read the manual and get to grips with security and privacy options. We advise that you set up a 'two-factor authentication' process when logging in to an online service. Some toys and devices are fitted with web cameras – you can turn the remote viewing option off in the device's settings. In addition to this, remove any default location tracking and GPS settings on new devices.

### **Passwords**

Some toys and devices have been found to have unencrypted Wi-Fi connections or unsecured Bluetooth connections. If this is the case, add a secure password or a PIN. Ensuring that passwords are secure is fundamental when protecting your children. When creating a password, remember to:

- set up unique passwords for new accounts
- avoid using easy-to-guess phrases such as 'freddie1'
- change passwords and usernames on new devices from default
- check your router has a strong password and latest security updates

### **Setting up parental controls**

We advise that you set up parental controls for young and vulnerable children to help prevent them from viewing content or engaging in activities that they shouldn't be. Additionally, take interest in your child's online activities. Play with them on their devices and encourage open conversation to help build that trust and confidence that will mean your child can confide in you if they ever feel uncomfortable, troubled, worried or unsafe.

### **Check age restrictions**

Games and apps have age restrictions. It's important that you make yourself aware of these age restrictions and WHY they have these restrictions and make the decision whether it is appropriate for your child.

### **Be a role model**

It's often the case that children copy the actions of their parents, guardians and even siblings, therefore it's important to set good examples and be a positive role model that they can look up to.

### **Set boundaries**

If you feel like your child is either spending too much time on their devices or maybe taking part in inappropriate activities, it's not a bad thing to be strict and set boundaries.

Useful websites:

- <https://www.vodafone.co.uk/mobile/digital-parenting>
- <https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/>
- <https://www.saferinternet.org.uk/blog/top-tips-staying-safe-online-christmas>
- <https://www.e-safetysupport.com/stories/292/digital-christmas-tips-for-parents>

## **Baby News**

What a lovely start to the term to learn that Mrs Witherwick's baby boy arrived in time for the first day of term! Many congratulations to the family.

## **Year 9 Parents**

Don't forget that this term is all about GCSE Option Choices – please refer to timeline sent last week. We will look forward to welcoming you to Parents' Evening in February.

## **Year 10 Parents**

It was great to see so many families at Parents' Evening yesterday with lots of positive conversations about learning and progress. Don't forget to order revision guides – Year 10 Exams are coming up in March.

## **Year 11 Parents**

Year 11 reports and mock exam results are being issued next week. Please contact Mrs Ashton if you need any advice or guidance about your child's preparation for exams.

The PTFA's Grand Christmas raffle was a great success with lots of fabulous prizes handed out to parents and supporters of the school and a grand total of £430 raised for school funds.

Money raised by the PTFA is used to support a wide range of activities across the school as well as being focused on raising funds for specific projects. At present the focus is fund raising for more outdoor sheltered spaces.

The PTFA is always looking for new members and new ideas. Any volunteers to take on the role of Chair or Secretary would be particularly appreciated! Contact [admin@midderdale.n-yorks.sch.uk](mailto:admin@midderdale.n-yorks.sch.uk) or rting the school office.