

# RUSHEY MEAD ACADEMY NEWSLETTER

Issue number 1

Friday 4th October 2019



Together We Make  
A Positive Difference



## Awards Evening 2019

This year's Awards ceremony was a glamorous red carpet affair where we celebrated the successes of students at the end of both Key Stage 3 and Key Stage 4.

We were particularly delighted to present academic achievement awards to Nasma, Khushi, Shreya, Manjina, Saroop, Anju, Jayden, Dhruvil, Nikhil, Shraddha, Shivani and Ram who achieved 80 grade 9s and the highest results in the year group for their GCSEs – well done to you all.

It's was a wonderful opportunity for us to recognise the outstanding achievements of these students, in front of the family, friends and teachers who supported them along the way. Each student who attended has worked exceptionally hard and persevered to achieve the highest outcomes, often exceeding the school's expectation as well their own. On the evening we heard about the different ways that Rushey students are embracing the Rushey Values; Be Kind, Work Hard, and Develop Your Whole Self.

A huge thank you to Theo 8BEM and Liam 8HAM who provided us with entertainment on the evening by wowing us with beautiful piano recitals.

Many congratulations to all award winners – we look forward to even more of their achievements in the future.





## Rushey Hero

A recognition of Joshwyn's (9HAM) outstanding bravery.

During the summer holidays, whilst visiting his grandparents, a fire engulfed their home. Joshwyn took control of the situation by alerting 999, before assisting his elderly grandparents safely out of the house, which had now filled with smoke. Joshwyn also supported his sister who experienced a panic attack, whilst waiting for paramedics and fire crew to arrive.

Since the fire Joshwyn has been interviewed by the Leicester Mercury and BBC Radio Leicester. He was also nominated for a Citizen's Honour Award and was invited for Afternoon Tea with Lord Mayor. He will be receiving the Prestigious Principal's Award at Rushey Mead Academy for his bravery.

We are so proud of you Joshwyn. Rushey Mead's very own hero!



## Chelsea's Choice

**Parents and carers - help protect your children by attending a free performance of Chelsea's Choice.**

This term, thousands of children across the county will see a powerful theatre production about child sexual exploitation (CSE), a form of child sex abuse. Rushey Mead Year 9 students saw the production this week and will follow up on the issues raised during lessons.

AlterEgo's Chelsea's Choice is currently being shown in secondary schools across Leicester City, Leicestershire and Rutland. The play was created to raise awareness of CSE and the devastating impact it can have on a young person's life, while educating young people about how they can keep themselves safe. To coincide with this and to ensure parents can support efforts to protect their children, a free performance of the 50-minute play is being offered to parents and carers at the Sue Townsend Theatre in Upper Brown Street, Leicester, on Monday, 30 October at 7.30pm.

There are 250 places available and tickets can be booked through Eventbrite: <https://www.eventbrite.co.uk/e/chelseas-choice-parent-performance-tickets-38802885475>

At the performance, parents will learn how to identify the warning signs of grooming and CSE and how to prevent it happening to their child. The play also covers:

- \* Awareness raising of the journey victims of CSE may have been on which has resulted in them being exploited
- \* How victims of CSE may fight against intervention as they may not see themselves as victims
- \* What makes a healthy relationship
- \* What makes an unhealthy relationship
- \* Safe Internet Use/Sexting
- \* What consent is
- \* The grooming process and the differing models and methods
- \* Where to go for help & advice.

Donna Smalley is Leicester, Leicestershire and Rutland's Service Manager for the Multi-agency Child Sexual Exploitation (MA-CSE) team. She said:

"I am urging parents and carers to come and see the performance their children are experiencing at school this term in order to gain a greater understanding of the risks they may be exposed to as they grow up.

"We work relentlessly to protect children but cannot do this alone. It is really important that parents and carers are aware of the signs of grooming or sexual exploitation and Chelsea's Choice is an excellent vehicle for this. It is only by working together that we can keep our children safe."

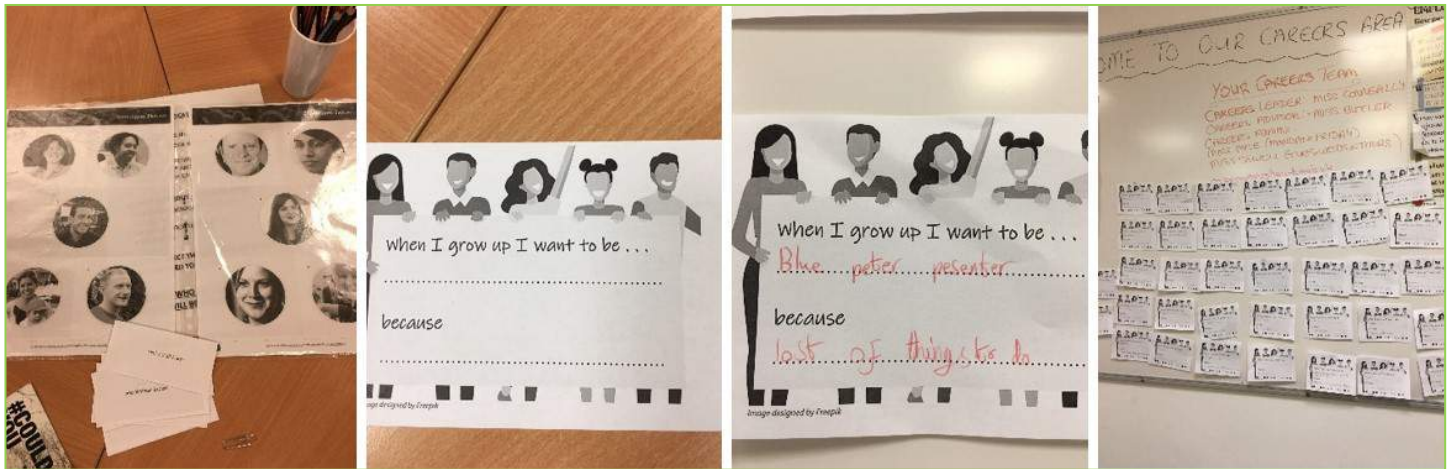
Following parent survey feedback, in future newsletters we will be sharing information from the National Online Safety website. The information will feature material regarding issues around online safety, which will enable parents/carers to have informed age appropriate conversations about staying safe online. The first issue is related to online screen addiction. Please see information attached to the back of this newsletter for further guidance.

In addition, we will be sending out a Safeguarding@RMA newsletter for all parents/carers every term so that we can work as a team to help keep students safe.

## Careers news

### Year 6 Open Evening – Tuesday 24th September 2019

The Careers library was a hive of activity at the Year 6 open evening with parents and Years 5 and 6 students attending. We prepared a couple of fun activities for the students to try. One of the activities was aimed at challenging stereotypes in careers. Many students were surprised to discover that a man could be a nurse and a woman could be a trainee engineer! The other activity encouraged the students to think about what they want to do when they grow up. We had some interesting results including Blue Peter presenter and a film director. Many thanks to Mohammed IOBER and Sanjay IOCHR (our student helpers) who were kept extremely busy all evening.



**Year 10 Work Experience: 9<sup>th</sup> – 13<sup>th</sup> March 2020** - Thank you again to those parents who joined us for our Work Experience information evening on 17th September. We welcome your feedback on the evening! We have sent out a link to all Year 11 Parents and Carers to get your comments on the evening or follow the link here: <https://www.surveymonkey.co.uk/r/TVXL8JM> For those who could not join us, the information that was presented on the evening by both LEBC and Rushey Mead can be found on the Careers Guidance page on the Rushey Mead website: <https://www.rushey-tmet.uk/pupils/careers-guidance/>

**Post-16 Online College Application Launch – PS16** - We will very soon be making the transition to the new PS16 (Positive Steps) system. We will do our best to make the transition from UCAS Progress to PS16 as smooth as possible for the students.

**College Open Days – reminder to attend** - Don't forget that college open days are now taking place. A link to these can be found on the Rushey Mead website - Careers Guidance page, lists are also displayed in the Careers library, on Show My Homework and each Year 11 form tutor has been given a list of dates. It is important that your son/daughter attends these open days to see what courses are available and what entry requirements each college has as these are different for each one.

**Post-16 Information Evening – Tuesday 8th October** - We are holding a Post-16 Information Evening for Year 11 students and parents on Tuesday 8th October where a number of local colleges, universities, apprenticeship and training providers will be attending to share information on their provisions and answer any queries you have regarding Post-16 options after Rushey Mead.

**Apprenticeship Evening – Tuesday 22nd October** - On Tuesday 22nd October we are holding an Apprenticeship Evening. Several companies who offer apprenticeship programmes after leaving school will be attending. If your son/daughter is interested in doing an apprenticeship after Rushey Mead we would encourage you to attend to get some useful information.

### Forthcoming events:

Post-16 Information Evening – Tuesday 8th October (6-8pm - R Band 6-7pm, M Band 7-8pm)

Apprenticeship evening – Tuesday 22nd October (6-8pm) PLEASE NOTE DATE CHANGE – WAS ORIGINALLY 29th OCTOBER

### Forthcoming events

Careers Evening - Tuesday 8th October, 6.00pm - 8.00pm

### HALF TERM BREAK

Monday 14th October - Friday 18th October 2019

*Teacher Training Information Event – Saturday 12<sup>th</sup> October, 10am – 12pm*

Attend the drop in event at the SCITT base and find out what teacher training is really like. You can meet a range of providers from different routes – PGCE, School Direct and SCITT and find out the answers to any questions that you have. Book Now - [www.bookwhen.com/leicesterscitt](http://www.bookwhen.com/leicesterscitt)



## INFORMATION EVENT

**CAN  
TEACH**



Saturday 12th October, 10 - 12  
Rushey Mead Acadaemy  
[www.bookwhen.com/leicesterscitt](http://www.bookwhen.com/leicesterscitt)



It can be challenging for parents and carers to know whether children are spending too much time on their devices. Furthermore, it's even more of a challenge to know whether a child is addicted to the internet and social media. As technology is becoming more pervasive, children and young people are experiencing tech-related dependencies. Do we as parents and carers have the knowledge to identify and support children and young people who may be developing an addiction to their devices?



# What parents need to know about SCREEN ADDICTION



## HEALTH & WELLBEING

Children as young as 13 are attending 'smartphone rehab' following growing concerns over screen time. There are now help centers in the UK which deal with screen addiction for children and adults showing the seriousness of device addiction. The World Health Organisation (WHO) has officially recognised gaming addiction as a modern disease. The condition was confirmed as part of their International Classification of Diseases (ICD) which serves as an international standard for diagnosing and treating health conditions.

## LACK OF SLEEP

7 out of 10 children said they had missed out on sleep because of their online habits and 60% said they had neglected school work as a result. It is important that children get the sleep they need in order to focus the next day.

## LOSS OF INTEREST IN OTHER THINGS

Your child may become less interested in anything that does not include their device. You may notice that your child is missing school time and generally being less engaged with other activities in the home. It is important to discuss this with your child as soon as you notice a behaviour change.



## CONFIDENCE, SUPPORT & ADVICE

The Children's Commissioner report 'Life in Likes', explored how children aged 8-11 are using social media today. It showed that children are using their devices to speak to their online friends about their problems and seek acceptance and support, removing face to face interactions.

## APPS CAN BE ADDICTIVE

Apps have been designed with 'psychological tricks' to constantly keep grabbing your attention. One example of this is on the app Snapchat, where you can gain 'streaks' when interacting with your friends. If you don't respond, you lose the streak. This addictive nature of apps aims to engage children and keep them coming back for more.



## Top Tips for Parents



## LIMIT SCREEN TIME

In today's digital age, technology is an important part of a child's development so completely banning them from their device will mean they are missing out on a lot, including conversations and communication with their friends. Rather than banning them from using their devices, we suggest setting a screen time limit. Work out what you think is a suitable and healthy amount of time for your child to be on their device per week. Remember that your child may need to use devices for their school homework so only set screen limits on recreational time on their device. Once you have established this, have the conversation with them to discuss why you are implementing a screen limit. There will be others in your child's friendship group who will not have screen limits set and will be sending messages when they do not have access to their phones.

## LEAD BY EXAMPLE

Children model their behavior on their peers, so if their parents are constantly on their device, they will see this as acceptable. Try limiting your own screen time and follow the same rules you have set for them. If you have asked your child to not use their device at the table, make sure you don't. Try setting house rules that the whole family abide by.

## REMOVE DEVICES FROM THEIR BEDROOM

Setting a rule about removing devices from bedrooms will help your child to get the sleep they need and be more focussed the next day at school. 20% of teenagers said that they wake up to check their social network accounts on their devices. Even by having a device switched off in their bedroom, they may be tempted to check for notifications.

## LESS TIME MEANS LESS EXPOSURE

There are many risks associated with devices, such as cyberbullying, grooming, sexting, viewing inappropriate content etc. Less time spent on a screen means that a child will be less exposed to these risks.

## MOBILE-FREE MEAL TIMES

Have you tried to settle your child by giving them a tablet at the dinner table or restaurant? This may seem like a quick fix to calm them down but in reality, it is encouraging them to use their device as a distraction from conversation and dealing with their emotions. We suggest removing all technology from the dinner table and having conversations with your family about how their day has been.

## ENCOURAGE ALTERNATE ACTIVITIES

It may seem like an obvious solution, but encouraging children to play with their friends, read a book, or playing outdoors will help them realise they can have fun without their device. Playing football, trampolining, camping, going for a walk or swimming are all healthy replacements for screen time. Try to join them in their Outdoor activities to show your support.

## STATISTICS

52% of children aged 3-4 go online for nearly 9hrs a week

82% of children aged 5-7 go online for nearly 9.5hrs a week

93% of children aged 8-11 go online for nearly 13.5hrs a week

99% of children aged 12-15 go online for nearly 20.5hrs a week

Children and Parents: Media Use and Attitudes Report 2018