The Downs School

Parents’ Information Evening
Agenda

• Introduction – Mr Wilson
• Health and becoming a teenager (Heather Bates - school nurse)
• Internet safety and drug awareness (PC Tim Emery)
• Mental health (Steve Vardy - Time to Talk counselling)
• Developing independent learning (Mrs Gordon)
Your School Nursing Service
Someone you know and can trust...

Heather Bates
School Nurse
Who are we?

We are qualified nurses who can support your children in school to meet their health needs.

School nurses are key professionals in supporting children and young people aged 5-19 to have the best possible health and education outcomes.
A Confidential Service

- This means that young people can discuss personal information in confidence.

- We would only pass on information in order to protect from serious harm. Whenever possible we would discuss this with the young person first.
Non-Judgemental

We are here to help, not to judge
What do we do?

We work both in and out of School to provide support around

- Keeping Healthy
- Immunisations
- Emotional Health
- Weight Management
- Sexual Health
- Drugs and Alcohol
- Smoking
- More Support for those who need it most
How do we work?

• Confidential 1:1 appointments with the named school nurse

• Health education

• Drop-ins

• A Text advice Service
TEXT YOUR SCHOOL NURSE TO 88020 WITH YOUR QUESTION

Design concept by students of the Department of Typography & Graphic Communication, University of Reading

Texts will be charged at your standard network rate.
Texting

- Confidential and anonymous
- Replied within 24 hours, except at weekends
- Young people will get a text reply with advice and/or direction to other sources of help
- In some cases they may be asked if they would like to call or to see the school nurse
How to stay healthy – physical health advice

Eat well
Exercise
Rest
Sleep
How to stay healthy – emotional health advice

- Make time for yourself
- Set realistic goals—don’t be too hard on yourself
- Talk to someone/keep in touch with friends
- Look on the bright side/try to see the funny side
- Ask for help
Issues that young people have talked to us about

- Young carers
- Sexual health
- Self harm
- Feeling unsafe
- Feeling low
- Eating issues
- Low self-esteem
How to Contact Us

Young people can contact us by:

• Text: NURSE 88020
• Tell a member of staff they want to meet with us
• Or attend the school nurse drop in
Your School Nursing Service
Someone you know and can trust...

Heather Bates
School Nurse
Downs School

PC Tim Emery
Safer Schools Police Officer
West Berks Police Area

Online Safety, Cyberbullying & Social Networking

(Instagram, Snapchat, Facebook, Text Message, What’s App, gaming sites, Email, Twitter, Tumblr...)

Wednesday 8th July 2015
My Experience: Computing prior to my joining the Police

It’s been a steep learning curve and I’ve had to try and keep up with trends online, often googling sites and apps to see what they are about.
Let’s test your knowledge

- **POS** – Parent over Shoulder
- **9** – Parent Watching
- **PIR** – Parent In Room
- **5-0** – The Police
- **Feds** – Also the Police
- **IWSN** – I want sex now
- **GNOC** – Get naked on camera
- **NIFOC** – Naked in front of computer
- **PRON** – Porn
- **WTTP** – Want to trade pictures?
- **CD9** – Parents around/Code 9
- **(L)MIRL** – Let’s meet in real life
- **KPC** – Keeping parents clueless

Does your knowledge need improving?
Almost one in five children who use social networking sites suffered a very negative experience on their favourite sites last year, research by the charity NSPCC shows.

It is much higher for children with disabilities.

*Full results of the survey were published about 18 months ago.*
Another headline from the last year;

Social media 'at least half' of calls passed to front-line police – source BBC News 24th June 2014
The report also said a "large number" of users of sites like Snapchat, Instagram and Facebook were under the minimum age of 13 and there was a marked increase in fake accounts.
“I also believe that parents/teachers/family are not as supportive as they should be because they do not understand the technology and what you can do with it” - Sophie Thorne, Cyberbullying victim, Swindon 2013.
When it comes to privacy settings, google is your friend

This is from Facebook but information should be available on every app and site
Yik Yak was briefly popular back in December BUT are we all too quick to sign up for new apps without thinking?
Did you know that the words we say only account for just 7% of how we communicate and what people pick up on?
Advice I give young people to stay safe online:

- Never share passwords with anyone except an adult at home
- One account per site in your name is plenty
- Don’t add people who are not your friends
- Be very careful how you share your personal information
- Don’t post things that could embarrass you at a later stage
- Familiarise and regularly review your privacy settings
- Report inappropriate behaviour to the site / service provider and tell an adult you can trust about it.
More & more young people are falling foul of the law for the way they conduct themselves on social networking sites such as Instagram, Facebook and Snapchat.
As an example, just over the last term (Spring ‘15), Thames Valley Police recorded a staggering 989 crimes that made mention of Facebook.

*Facebook is really out of date as far as young people are concerned

*It is estimated that the real figure is much higher with several offenders not realising what they had done was illegal

*Facebook also state that over 8% of their accounts are fake accounts
• Paedophile arrests from a recent UK operation
• 660 suspected paedophiles arrested
• 431 children have been protected
• 39 suspects were registered sex offenders
• Who were the other 621 we didn’t know?
• 833 buildings searched
• 9,172 devices, including phones & laptops, seized

• Source: National Crime Agency
Laws that protect us online
Hundreds of crimes are recorded every month that mention social networking

- Computer Misuse Act
- Threats to Kill (illegal since 1861)
- Malicious Communications Act 1988
- Protection From Harassment Act 1997
- Telecommunications Act 2000
- Human Rights Act 1998
- Public Order Act 1986
- Communications Act 2003
- Breach of the Peace (Scotland only)
• Not everyone who uses the internet is as they appear. Older teenagers and adults are sometimes online pretending to share similar interests to you.
• If you are uncomfortable with something that happens online you need to raise it with an adult in the real world.
• Nobody under the age of 16 has ever got into trouble for what they’ve said online to an adult who is guilty of this type of crime.
• It isn’t always easy to spot the signs of someone who is grooming.
A direct quote from a Detective Inspector on the Sexual Offences Unit based in Newbury;

• The main trend I have noticed is a serious lack of knowledge or perhaps a cavalier attitude around what can be accessed by other people especially when it comes to sending images to one another.

• I am possibly more sensitive to this having managed the VISOR teams and having seen the damage that some of the suspects have been guilty of.

• Likewise with the conversations on many of these networks, they quite frankly read like a paedophile’s dream.
Children as young as 10 are being reported to police for sharing explicit photos of each other over mobile phones and social media, a BBC investigation has reported.

Freedom of Information requests to secondary schools and police forces across Hampshire, Berkshire, Dorset, Sussex, Surrey and Wiltshire have revealed a sharp increase in incidents of "sexting" between underage pupils.

In some cases police have pressed charges for so-called sexting incidents involving those who are underage.
Just a thought...

If the Criminal Justice System is being used to solve your online problems, how bad have things got?
Top Tip – My advice to your children

Whenever you're about to post something online, pause and just imagine someone in authority, someone you respect, reading that post or looking at that photo. If that feels uncomfortable, don't do it.
Most teenagers think they are being safe online and believe there are no dangers.

“It’s great with Snapchat because the images all delete after 15 seconds”.

In October 2014 it is announced that 200,000 images stolen from teenagers on Snapchat were leaked onto the web! The teenagers thought the images were long gone.
INTERNET TOUGH GUY

Because it's easy to be a 6 foot 4 Olympic powerlifter and streetfighting god, from behind the confines of a keyboard.
Three Serious Points to remember from my Sexting Inputs

1.) Sexting (sending, receiving or being in possession of these images) is illegal

2.) Once sent, you have no control over sent images or who chooses to share them

3.) You are more vulnerable to blackmail, bullying and harm.
There are lots of useful websites out there for those of you who need to keep up with the changes...

www.staysafeonline.org
ZIP IT
Keep your personal stuff private and think about what you say and do online.

BLOCK IT
Block people who send nasty messages and don’t open unknown links and attachments.

FLAG IT
Flag up with someone you trust if anything upsets you or if someone asks to meet you offline.
Substance Misuse

Wednesday 8th July 2015
• Numerous deaths around addiction and even 1st time experimentation with drugs
• Links with people trafficking
• Deterioration of people I deal with regularly
• Links with Serious and Organised crime
• Drug users getting out of their depth and resorting to having weapons
• Excuses and misinformation around drug usage from users
What difference a year makes (cocaine & heroin mixed)
Police Officers enforce laws, we are not experts in substance misuse nor trained counsellors.

Locally we have The Edge – www.edgecrew.co.uk who are a local charity who deal with issues around substance misuse for young people across West Berkshire.

In South Oxfordshire it is CAN who are at http://can.org.uk/
Stop & Search

Has to be **reasonable suspicion** so could be wrong place, wrong time and matches a similar description

Separate database and NOT an acknowledgement of any wrong doing if nothing is found
Recent tests carried out this year locally reveal illegal substances to contain levels of purity around only 5% - 8.5%.
Cocaine is mostly crushed caffeine tablets which has a similar effect.
Heroin typically contains rat poison and toilet bleach.
These tests include a range of illegal class A, class B and class C drugs.
Youth Cannabis Warning (YCWs)
There has been a worrying trend in Legal Highs

• Our legislation for misuse of drugs is from 1971
• In 2014 60 new substances hit the streets of the UK. A similar amount came out in 2012 and 2013.
• How can we know long term impact on new drugs? They are not safe. For example, if one chemical compound is changed in cocaine, it is not cocaine.
WATCH YOUR BACK AND
STAY WITH MATES

DRUNK YOU’re AN EASY TARGET

For info log on to
www.thamesvalley.police.uk/saferstreets
follow us on Twitter  find us on Facebook

Safer Streets

THAMES VALLEY
POLICE
Crime and Alcohol
Police Officers and Police Community Support Officers (PCSOs) often deal with young people differently for underage drinking than for drugs.
The End
Living with Teenagers

Such that everyone survives!
Overview

- What is happening?
- Is something wrong?
- Staying out of trouble!
Your teenager is changing

- Discovering who they are and working out how they fit in and what they want to be “Identity versus Role”
- See our parents as actual people, not superheroes
- Seeking new experiences with a spirit of adventure
  - Risk takers!
- Period of greatest brain development
You are changing

- Losing child
- Losing close attachment in favour of attachment to friends – jealousy
- Evolving a relationship with an independent adult
Minimising Potential Problems

* Allow your relationship to evolve
* Give your teenager quality time!
  * Time as a family
  * Time as individuals
  * Talk about their issues when they want – that may not be when you want!
    * Drop what you’re doing or negotiate a time ... and stick to it!
  * Explore, don’t judge
  * Help them see the “big picture”
  * Help them develop the self confidence to be assertive when they need to
* Always be their safe harbour
  * Be Reliable
* Never close the door on them

Time To Talk
Brain Health

* Sleep time – get enough!
* Physical time – any aerobic exercise
* Focus time – concentrate on 1 task, no distraction
* Down time – chill out
* Play time – have fun!
* Connecting time – tuning in to others thoughts, feelings and emotions
* Time In – tuning in to your own thoughts, feelings and emotions

Time To Talk
Optimum sleep time for teenagers through early 20’s is 9.5 hours per night (more than a 10 year old!)

Teenagers body clock similar to adults, naturally ready to sleep around 11 pm

Experts believe deep (REM) sleep important for memory and learning

  * More REM sleep = better grades

Evidence shows that when parents set a bedtime teenagers get more sleep and function better

  * More instances of depression when bedtime set at midnight compared to 10pm!
Recognising a problem

Trust your instincts, you know your teenager best

Possible indicators include:

* Mood swings that are out of character
* Behavioural changes
* Change in school performance or among friends
* Physical symptoms
  * Low energy, changes in eating and sleep, headaches and backache, neglecting appearance etc..
  * Self Harm
* Seek professional advice and help but don’t be paranoid
  * School pastoral staff
  * GP

Time To Talk
Further Information

* “The Teenage Guide to Stress” by Nicola Morgan
* “Blame My Brain: the Amazing Teenage Brain Revealed” by Nicola Morgan
  * Nicola writes in a way that appeals to teenagers
* Royal College of Psychiatrists health advice for Parents and youth
  * http://www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo.aspx
* Information site of West Berkshire Children and Adolescent Mental Health service
  http://www.berkshirehealthcare.nhs.uk/camhs/
* Young Minds has a lot of useful advice for parents and young people
  http://www.youngminds.org.uk/
Our Contact Details

Time to Talk West Berkshire, Broadway House, 4-8 The Broadway, Newbury, Berkshire, RG14 1BA

01635 581421

Admin14-21@btconnect.com
E-mail for office queries only

T2twb.org
Being an Independent Student

Mrs Gordon
Deputy Head of Year 8
Opportunities for Year 8

- Being a house leader
- Being a runner for a day
- Being a year leader
- Fundraising with their house or year group
“No- I don’t have anything to do”

- Often students have reached the stage where they have become ‘comfortable’ in their learning.

  The expectation is that students need to make sustained and consistent progress from Year 7-11.

- BBC Bitesize
- Private reading
- Extra curricular opportunities
  - My Maths
  - Linquascope
  - Languagesonline
- Moodle (school learning portal)
Achieving Outstanding

Displayed in all classrooms is the:

*The Downs School Outstanding Behaviour for Learning Poster.*

This ensures students are clear on the expectations for the three areas in their progress report.
- Attitude for Learning
- Organisation
- Contribution to Lessons

Encourage students to take ownership of their progress.

- Highlight their progress report
- Discuss your concerns with them
- Encourage your child to speak with their teachers
- Praise any strengths
- Look at the APP sheets
**Organisation**

<table>
<thead>
<tr>
<th>Uniform</th>
<th>Equipment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Top button done up</td>
<td>Black/Blue pen x2</td>
</tr>
<tr>
<td>Five Stripes on tie</td>
<td>Ruler</td>
</tr>
<tr>
<td>White, black socks (blue/black/natural tights)</td>
<td>Rubber</td>
</tr>
<tr>
<td>Matching coloured blazer to bottoms</td>
<td>Sharpener</td>
</tr>
<tr>
<td>No piercings and no jewellery</td>
<td>Pencil</td>
</tr>
<tr>
<td>Skirt length just above knee</td>
<td>Highlighter</td>
</tr>
<tr>
<td>No extreme hair styles</td>
<td>Calculator</td>
</tr>
<tr>
<td>Black shoes</td>
<td>Protractor</td>
</tr>
<tr>
<td>No nail varnish</td>
<td>Compass</td>
</tr>
<tr>
<td>Heavy make up</td>
<td>Handbook</td>
</tr>
</tbody>
</table>

How about....

- Providing your child with a folder to put all their homework sheets in.
- Putting your child's timetable up on display at home
- Ensuring your child has a set place to complete their homework.
- Setting up files for each subject on the home computer.

If your son/daughter is struggling with organisation provide them with a daily checklist which they can complete as they leave the house each day.
“What makes your child do well in school?”

In ‘The Independent’ newspaper recently they asked the above question.

Parents answered:

- a high IQ
- a terrific school,
- well-run lessons,
- skilled teachers,
- a creative curriculum,
- high expectations.
The article went on to state that:

“Children with the attitude and disposition that encourage good learning will flourish even in a mediocre school, while those who come with a mind-set that hampers learning won't be able to make much of even the best educational opportunities.”

There is growing evidence that the six key qualities that parents can foster in their children that will help them do their very best in school are:

- Love
- Resilience
- Self discipline
- Honesty
- Courage
- Kindness
As a school we will be concentrating on providing students with the skills to improve their work.

Encouraging students to make changes, learn from their mistakes and not accept that their work ‘is just ok’.

APP sheets and targeted feedback will be given to students and they will be responsible for reacting to this.

“In the 2013-14 whole school survey 89% of students felt that they used feedback to improve their work”
Does that sentence make sense?

Have I spelt that correctly?

Have I used paragraphs?

Am I writing in detail?

Have I used key words?

Do I have the right attitude to homework?

Should I reference the website?

Am I contributing enough in this lesson?

Have I got the right equipment?