



WEEKLY NEWSLETTER

7th Nov 2025

Dear Parent/Carer

Welcome back to the second half of the Autumn Term. I hope that you all had a relaxing and enjoyable half term break.

We have a busy half-term ahead with lots of events taking place over the coming weeks. This week, a group of students attended a trip to the Sizewell B Nuclear Power Station in Suffolk and our Year 12 students attended the UK University and Apprenticeship Search Fair at the University of Northampton. Sixth Form students also enjoyed a trip to Alton Towers at the end of last half-term and didn't let Storm Benjamin dampen their spirits!

We have noticed that a number of parents and carers are still driving on to the college site to drop off and collect their child/ren. To make our site as safe as possible, we will, as of Monday, be closing the front gates to stop unnecessary vehicles accessing the front of the school. We respectfully ask that you drop and collect your child/ren near to the college in a safe way without obstructing any of our neighbours' driveways.

This week in assemblies, all students have been spoken to about online safety in relation to social media, specifically WhatsApp, Snapchat and sharing photos and images online. This is primarily aimed at KS3, although there is information relevant to all year groups at the rear of the newsletter. Please read this and have a chat with your child/ren about the privacy settings.

Year 11 students will be starting their mock exams next Friday, 14th November. I am sure that this is a nervous time for them, but is an incredibly valuable experience and will help them to gain familiarity of the exam process for their summer GCSE exams. Good luck to all of them! Because of the mock exams starting on Friday, we will be holding our Children in Need fundraising non-uniform day on Thursday 13th November. This is an opportunity for students to attend school in appropriate non-uniform for a cash donation of £1 and our Year 11 students only can wear fancy dress! This is always a highlight of the year for Year 11 students and we look forward to seeing what interesting costumes students will come dressed in!

Have a lovely weekend.

Dawn White
Principal



ASPIRE Awards Programme

We would like to remind you about the ASPIRE Awards Programme, which aims to recognise student success within and beyond the classroom environment. The programme has three tiers of difficulty: **Bronze**, **Silver**, and **Gold**. We would like to encourage you and your child to share with us your success stories and achievements so that we can celebrate these with you. You can read more about the programme on our [school website here](#).

If you have any questions, please contact your child's Form Tutor in the first instance.

To share any success stories or achievements, you can do so by completing [this Form](#). We absolutely love reading about all of the success and achievements that our students have both inside and outside of school.



ASPIRE AWARDS

Aspire to achieve all
3 awards across 6 categories
Achievement, Service, Participation,
Inclusive, Responsibility, Environment



Sir Harry Smith
COMMUNITY COLLEGE
ASPIRATION & ACHIEVEMENT FOR ALL



Army Gun Run - Interhouse Competition

On Remembrance Day we are offering the opportunity for a fun yet very difficult interhouse competition. The Army Gun Run is a tradition whereby groups of sailors dismantle a field gun and transport the parts over and under obstacles. They then have to reassemble it at the end.

It's a huge challenge and the first time we have offered this to students at school to have an attempt at. There will be two teams competing from each House.

Teams will be as follows:

Each house – one team of 12 students from Years 7, 8 & 9.

Each house – one team of 8 students from Years 10 & 11.

Total 20 students from each house.

Under the watchful eye of Commando Mark and against the stopwatch, you will compete for Glory. You will need to bring old clothing – gloves will be provided. To sign up, students need to speak to their Head of House, SSA or Form Tutor. Entry is £2 per student.

No PRIZE you are running for the PRIDE - Which house will win?



 **COMMANDO JOE'S**

Children in Need - Thursday 13th November

We will be holding a non-uniform day on Thursday 13th November in aid of Children in Need. **We are holding our fund-raising event on the Thursday due to pre-arranged Year 11 mock exams taking place on the Friday.**

Students not wearing uniform will be asked to contribute £1.00 each as they enter the College that morning.

As part of the fund-raising activities that the College Year 11 volunteers are organising, there will also be sweet treats and confectionery items on sale during the course of the day and a 'beat the goalie' competition that students may want to bring additional money for. There will also be other competitions that can be entered for a donation.

Year 11 students only may wear fancy dress, if they wish. As with previous fund-raising non-uniform days, we must stress that it is vital that all students are dressed appropriately. If we consider any student's dress is unacceptable then parents will be contacted to arrange for the student to be sent home to change.



Sizewell B Power Station Trip

On Wednesday this week, some of our Key Stage 4 & 5 students visited Sizewell B Power Station in Suffolk, as part of our Science, STEM and Career Information & Guidance programme. Students visited the interactive visitor centre exhibition, learning how EDF safely produces 3% of the entire electricity needed to power the UK at Sizewell B Power Station. They then spent an hour in the briefing room, where Sizewell B staff explained how the power station works. Students and staff then went on a two-hour tour of the power station facility. This was a fantastic opportunity for our students to go behind the scenes at the most modern nuclear power station in the UK.

Science teacher, Mrs Guest, said: "The staff at the power station said how great the students were and it would be a pleasure to have us back. They really did us proud."



Sixth Form Trip - Alton Towers

After a long half term Sixth Form students enjoyed a bit of down time as they visited Alton Towers on the final day of school. The storm that brought high winds and torrential rain to Whittlesey, fortunately passed Staffordshire, which meant all rides were open. Halloween fever had certainly taken over at the Park with lots of themed performances and displays. We all had a fantastic time!



Operation Christmas Child: A Shoebox of Joy

This festive season, our school is proud to take part in the **Operation Christmas Child** shoebox appeal, run by the international relief organisation Samaritan's Purse. The initiative brings smiles to children around the world by delivering shoeboxes filled with small gifts and essentials.

Each form group will prepare one shoebox, thoughtfully packed for a specific child based on age and gender. Whether it's a boy aged 2–4 or a girl aged 10–14, every box will be tailored to make a meaningful impact.

What goes into a shoebox?

- Fun toys, puzzles, or games
- School supplies like pencils and notebooks
- Hygiene items such as toothbrushes and soap
- Optional: a personal note or drawing to brighten their day

This is a wonderful opportunity for students to collaborate, show kindness, and learn about giving to others. Once completed, the boxes will be collected and sent off to children in need across the globe.

Let's come together to make a difference—one shoebox at a time!



Photographs Courtesy of Samaritan's Purse.

Useful Information

Students can support the Royal British Legion Poppy Appeal by purchasing a poppy from reception. We will be participating in the two minutes' silence on Remembrance Day next week.



During the Year 11 Mock Exam Period, the college library is closed to lower school students on **Thursday lunchtimes**, to enable Year 11 students to have a quiet place to study & revise. The library is also open for revision on Mondays & Fridays until 3.30pm and Tuesday, Wednesday & Thursday until 4.15pm.

A reminder that college will close for the Christmas break on **Friday 19th December**. College will close at 1.20pm on this day.



Useful Information

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about WHATSAPP

AGE RESTRICTION
13+

WHAT ARE THE RISKS?

WhatsApp is a free messaging service owned by Meta which allows users to send text and voice messages, make video calls, share multimedia – such as images, videos, documents and polls – and have group chats. WhatsApp messages are encrypted, meaning only the sender and the recipient can view what is sent. While this privacy may sound attractive on paper, this app comes with several associated risks that must be considered – especially for younger users.

GROUP CHATS

Group chats let friends talk together but can pose problems for young users. They might feel excluded – like discovering events they weren't invited to. Hurtful comments can also escalate quickly, as more people join in, amplifying the impact through a wider audience.

EVOLVING SCAMS

WhatsApp's popularity makes it attractive to scammers. Tactics include impersonating a child in an 'emergency' to request money, or triggering a login code, then pretending to be WhatsApp and asking for it – giving them access to private messages and personal data.

CHANNELS

'Channels' let users follow topics anonymously, interacting only through polls or emoji reactions. However, fake channels can mimic real ones, spreading misinformation, hate speech, or phishing for personal data. WhatsApp may also collect and share channel-following info with third parties, raising privacy issues.

DISAPPEARING MESSAGES

Disappearing messages help share sensitive info, but young people may wrongly assume they're fully private. Senders can opt for their message to vanish after 24 hours, 7 days, or 90 days – or for media, after one view. However, recipients can still save them by bookmarking or taking screenshots, reducing their privacy.

FAKE NEWS

WhatsApp's simplicity makes sharing news quick – accurate or not. To help curb misinformation, messages forwarded over five times now show a 'Forwarded many times' label with a double arrow. This alerts users that the message isn't original and may be unreliable.

CHAT LOCK

The new 'Chat lock' feature lets users store specific messages in a separate passcode- or biometrically-protected folder. While useful for privacy, it could be misused by younger users to hide conversations or content they know parents and educators might find inappropriate, including age-restricted material.

VISIBLE LOCATION

WhatsApp's 'live location' feature helps friends meet up or parents check a child's route home. However, anyone in a child's group chats can track their location, potentially revealing their home address or regular travel patterns to strangers.

AI INTEGRATION

Meta AI on WhatsApp poses risks to children, including exposure to misinformation, inappropriate content, and data privacy issues. AI responses may be inaccurate, and kids might share personal information unknowingly. It can also hinder critical thinking by offering ready-made answers.

Advice for Parents & Educators

EMPHASISE CAUTION

Encourage children to treat unexpected messages with caution. Get them to consider, for example, whether it sounds like something a friend or relative would really send them. Make sure they know never to share personal details over WhatsApp, and to be wary of clicking on any links in messages. Setting up two-step verification adds a further layer of protection to their WhatsApp account.

ADJUST THE SETTINGS

It's wise to change a child's WhatsApp settings to specify which of their contacts can add them to group chats without needing approval. To do this, go to 'Privacy', then 'Groups'. You can give permission to 'My Contacts' or 'My Contacts Except...'. Additionally, if the child needs to use 'live location', emphasise that they should enable this function for only as long as they need – and then turn it off.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian Government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



THINK BEFORE SHARING

Help children understand why it's important to stop and think before posting or forwarding something on WhatsApp. It's easy – and all too common – for content sent to one user to then be shared more widely, and even publicly on social media. Encourage them to consider how an ill-judged message might damage their reputation or upset a friend who sent something to them in confidence.

CHAT ABOUT PRIVACY

Have a conversation with youngsters about how they're using WhatsApp, emphasising that it's for their own safety. If you spot a 'Locked Chats' folder, you might want to talk about the sort of messages that are in there, who they're with and why they have been hidden. Also, if a young user has sent any 'view once' content, discuss their reasons for using this feature.

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/whatsapp-2025>

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What Parents & Educators Need to Know about

SNAPCHAT

AGE RESTRICTION
13+

SNAP STREAK
97

WHAT ARE THE RISKS?

With over 900 million active monthly users and billions of 'Snaps' sent each month, Snapchat is a popular messaging app among children and young people. It allows users to share fun, spontaneous pictures and videos with friends and family while using playful filters. One of Snapchat's unique features is that pictures, videos and messages are only viewable for a short period of time.

ARTIFICIAL INTELLIGENCE

Snapchat's use of artificial intelligence (AI) includes features like the 'My AI' chatbot and AI-powered filters, offering interactive experiences that can be fun but also pose risks. These tools may share unfiltered or inaccurate responses, promote unrealistic beauty standards, and collect personal data. Advanced filters and deepfake-style lenses can distort reality, potentially leading to manipulation, impersonation, or inappropriate content.

SCREEN ADDICTION

Snapchat boosts user engagement and daily use with features like streaks (daily Snapchat exchanges between you and a friend). When a streak's been going for a few days, users will see a 🌟 emoji. The number alongside it shows the number of days, but if users miss a day and break the streak, the only way to restore it is to pay. This encourages daily use habits, and frequent notifications can keep users returning to the app even more often.

SEX TORTION

Because Snapchat's disappearing messages feature may foster a sense of safety, users may become targets of sextortion. For example, a predator may pressure someone into sending nude images, then somehow capture those images to threaten and intimidate the victim. This might involve claiming they will share the images with friends or family unless money is paid.

SNAPCHAT+

Snapchat+ is the platform's premium subscription service, offering early access to new and exclusive features. In June 2025, Snapchat introduced a new tier called Lens+, giving subscribers access to hundreds of lenses and AR experiences for playing, creating, and sharing Snaps. These paid features may encourage young users to spend money to access exclusive content, increasing the risk of overspending or feeling pressured to make in-app purchases.

ACCESSIBILITY

Snapchat is now accessible from a web browser, meaning children can use it on a laptop or tablet without downloading the app. This can make activity harder to monitor, reduce the effectiveness of parental controls, and increase the risk of unsupervised communication or exposure to inappropriate content.

INAPPROPRIATE CONTENT

Some content on Snapchat isn't suitable for children. The hashtags used to group content are determined by the poster, so even an innocent search term could still yield age-inappropriate results. The app's disappearing messages feature also makes it easy for young people to share explicit images on impulse – so sexting continues to be a risk associated with Snapchat.

Advice for Parents & Educators

ACCESS THE SNAPCHAT FAMILY SAFETY HUB

Created with guidance from Common Sense Media, Snapchat has developed a Family Safety Hub that explains how the app works and how to use its in-app protections for teens. It's recommended that you review this guidance before allowing a child to download Snapchat. Remember, the app is only intended for children aged 13 and over.

ENCOURAGE OPEN DISCUSSIONS

Snapchat's risks can be easier to handle if you nurture an open dialogue. Talk about scams and blackmail before letting children sign up. If they're lured into a scam, encourage them to tell you immediately. Talk openly and non-judgementally about sexting, emphasising its inherent risks. Furthermore, explain how popular 'challenges' on the platform can have harmful consequences.

BLOCK AND REPORT

If a stranger connects with a child on Snapchat and makes them feel uncomfortable by pressuring them to send or receive unwanted or inappropriate images, the child can tap the three dots on that person's profile to report or block them. There are options to state why they're reporting that user, with a tailored reporting section under the 'Nudity and Sexual Content' category. In this category, there's the option to report somebody for threatening to leak sexually explicit images, or 'nudes'.

USE PRIVACY SETTINGS TOGETHER

Sit down with the children in your care and explore Snapchat's privacy settings as a shared activity. You can help them adjust who can contact them, view their stories, or see their location on Snap Map. It's a good opportunity to explain why some settings are safer than others, reinforcing their understanding of online boundaries. Encourage them to regularly review these settings, especially after app updates or changes in their friendship groups.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian Government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.

#WakeUpWednesday

The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/snapchat>

Useful Information

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about — SHARING PHOTOS ONLINE

School is often a time chock-full of milestones for your child, and you may well be eager to share their accomplishments with the world. In today's digital age, sharing images of such precious moments on social media is commonplace, and – while that's a lovely thing to do – it does come with some risks attached. Our guide can help parents and carers to consider the potential dangers and make informed choices about safely sharing photos of their children online.

WHAT ARE THE RISKS?

INVASIONS OF PRIVACY

Even with the right settings in place, absolutely nothing online is 100% private. Anyone who can view your photos could take screenshots and potentially share them elsewhere. Privacy settings are still important, though, so it's always wise to ensure your social media accounts have them set up; just bear in mind that you can't completely control what happens to anything once it's gone online.

REVEALING PERSONAL DETAILS

Small details in photos can often reveal personal information. Backgrounds can give clues to where you live, for example, while school logos on uniforms, sports kits, or bags could help someone identify which school your child attends. With interactive maps and reverse image searches commonplace online, information like this could easily be misused by an individual with malicious intentions.

MISUSE OF IMAGES

Once something's been shared online, it's almost impossible to get it deleted. Photos can show up in search engine results and be downloaded, manipulated, and shared without consent. There's the potential for someone's images to be used for advertising purposes (which in many cases, isn't illegal) or even more inappropriate reasons, such as cyber-bullying or serious forms of exploitation.

ONLINE GROOMING

Pictures that convey details about your child's interests, activities, or daily routines could arm an online predator with the kind of information they can deploy to gain a child's trust. They might use this knowledge to pretend to be the same age as the child or to have a shared hobby. Essentially, the more a predator knows about a young person, the easier it is for them to invent some 'common ground'.

PRESSURE TO PLEASE

When their parents or carers share notable moments and accomplishments in a child's life on social media, some children may begin to feel an expectation to always meet certain standards, to achieve things, or to behave in ways that are "worth sharing". Knowing that other people (even friends and family) can see these posts on social media might also add to the pressure they're feeling internally.

IMPACT ON DIGITAL FOOTPRINT

Every photo of a child posted online contributes to their digital footprint. Young people's lives have never been so closely and publicly documented as they are now, and this permanent online presence could affect a child's future opportunities or the choices they make as they grow up – in addition to influencing how they see themselves and, consequently, their emotional wellbeing.

Advice for Parents & Carers

REVIEW SETTINGS REGULARLY

Make sure your social media's secure in terms of who can view your content or see your location (only family and trusted friends, for example). Privacy settings aren't totally foolproof, but they do make it tougher for strangers to access your pics. Reviewing your settings regularly is also a good starting point for conversations with your child about managing their own social accounts when they're older.

CHECK YOUR PHOTOS

Photos of your child shouldn't provide any clues to where they live or go to school: even a house number, street name, or car number plate could be a giveaway. Cover up or blur out school logos, too. If you really want to share a particular pic, you could post a watermarked or low-res version, which can help to discourage misuse as those images are less appealing to download or reproduce.

CONSIDER OTHER CHILDREN

When taking a group photo, make sure you get parents' or carers' permission to share it on social media. There may be an important safeguarding reason for them not wanting their child's photo posted publicly online, or it might simply not tally with their personal beliefs or cultural background. A quick conversation in advance, just to make sure, is usually hugely appreciated.

THINK AHEAD

Try to consider the longer-term implications of what you post. Would you be happy with that photo being online in 10 years' time? Would your child still be OK with the image when they're older? Once your child is mature enough, you could ask for their consent before posting: it respects their privacy, fosters trust and understanding, and helps them to start thinking about their own online life.

Meet Our Expert

Gabriela Russo is a safeguarding consultant with more than 30 years' experience working with children, families, and adults in education, local authority, and mental health settings, both in the UK and internationally. She has developed online safety training for local authorities and foster care agencies across Britain and is the online safety expert for FosterWise.



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10 Top Tips for Parents and Educators DEALING WITH TRAUMATIC & CHALLENGING EVENTS

Children and young people may face a wide range of traumatic or challenging events – from bereavement and illness to bullying, family breakdowns, or witnessing violence. These experiences can affect their mental health, behaviour, relationships, and academic progress. With the right support from trusted adults, children can begin to feel safe, rebuild resilience, and develop healthy coping strategies. This guide offers practical and empathetic ways to provide support and promote positive outcomes.

1 A PREDICTABLE ENVIRONMENT

Children who have experienced trauma often feel unsafe or uncertain. Creating routines, setting clear expectations, and maintaining consistency can help restore a sense of security. This structure offers reassurance and helps children feel more in control of their surroundings.

2 USE LANGUAGE THAT MATCHES THEIR AGE

Speak clearly and sensitively, choosing words that are appropriate for the child's age. Avoid overwhelming them with too much information at once. Offer gentle, honest explanations and focus on reassurance, especially when talking about difficult or sensitive subjects.

3 TRAUMA AND THE BODY

Mention briefly that trauma can show up in physical ways, such as changes in sleep, appetite, concentration, or as physical aches and pains. Consider this before labelling behaviour as 'difficult' or 'lazy'. Some children may become withdrawn, while others may be more outwardly challenging. Highlight that there's no 'one way' children respond.

4 AVOID RETELLING OR RELIVING TRAUMA

Children sometimes get asked to explain or repeat their experience multiple times. Striking a balance of when to listen and when to gently redirect can help to avoid unnecessary re-traumatisation. Acknowledge, but don't probe for detail unless safeguarding procedures require it.

5 AVOID DISMISSING OR MINIMISING FEELINGS

Seemingly well-meaning comments like "It's not that bad" or "You're okay" may shut down children's emotional expression and are often not helpful. Instead, acknowledge what they're feeling, even if it seems small. Validating a child's emotions helps them feel seen and encourages open communication in future.

6 UNDERSTAND HOW THEY'RE FEELING

Many children don't have the words to express their emotions, especially during distress. Supporting them to name what they're feeling – such as angry, scared or sad – builds emotional literacy. Tools like emotion charts, drawing, or storytelling can help externalise feelings in a safe, manageable way.

7 BE AWARE OF YOUR OWN RESPONSES

Children pick up on adult emotions and reactions, often mirroring them. Staying calm, even in challenging situations, helps children feel more secure. Practising your own self-regulation is an important way to model healthy stress management and encourages children to do the same.

8 SEEK PROFESSIONAL SUPPORT

While many children benefit from everyday emotional support, some will need more specialised help. If symptoms persist, worsen, or disrupt their daily life, consult with school safeguarding leads, a GP, or a mental health professional. Early intervention can prevent long-term difficulties and support healthy recovery.

9 MAINTAIN CONNECTION

Isolation can worsen the impact of trauma. Encourage involvement in group activities, praise their efforts, and ensure they feel like a valued part of the school or family community. Meaningful connection with trusted adults and peers builds resilience and a sense of belonging.

10 BE PATIENT – HEALING TAKES TIME

There's no quick fix for emotional recovery. Children may have good days and setbacks, and progress may not always be visible or linear. Your ongoing support, patience, and presence can help them move forward at their own pace, knowing they are not alone.

Meet Our Expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school by integrating mental wellbeing within the curriculum, school culture, and systems. She has been a member of the advisory group for the Department for Education, advising them on their mental health green paper.



#WakeUpWednesday

The National College

Key Information

Term Dates

AUTUMN TERM 2025

Professional Day (college closed to students)	Monday 1st September 2025
Professional Day (college closed to students)	Tuesday 2nd September 2025
START OF TERM - <u>Year 7 & 12 students only</u>	Wednesday 3rd September 2025
START OF TERM - <u>All other year groups</u>	Thursday 4th September 2025
Professional Day (college closed to students)	Friday 24th October 2025
Half Term	Monday 27th to Friday 31st October 2025
Last Day of Term	Friday 19th December 2025

SPRING TERM 2026

START OF TERM	Monday 5th January 2026
Professional Day (college closed to students)	Friday 13th February 2026
Half Term	Monday 16th to Friday 20th February 2026
Last Day of Term	Friday 27th March 2026

Contacting Us

Please visit our website to find out the best way of contacting the person you would like to get in touch with. Please do remember that if you are contacting a member of our teaching staff, they will have teaching commitments during the day so please bear with them. If you would like to meet with a member of staff then please do arrange an appointment first.

In any cases of an emergency, please call the school on **01733 703991**.

Social Media

Please be sure to follow us on social media. We have Facebook pages for Sir Harry Smith Community College, Park Lane Primary School, New Road Primary School and the Aspire Learning Trust.

