



Newsletter—Week Ending 4th April 2025

HEADTEACHER MESSAGE

As we come to the end of another busy term, can I thank you all for your continued support.

We are saying goodbye to some colleagues today, We all wish Leanne Bateford and Katherine Lynn the best as they take their next adventure in life and thank them for the differences they have made during their time at Ravenswood School.

I hope that you and your families are able to have a restful and enjoyable Easter Holiday.

We are looking forward to the pupils returning to school on Tuesday 22nd April, in the meantime, please do not hesitate to contact me if you have any worries or concerns over the break.

Take Care,
Mark Senior



DATES FOR THE DIARY:

Thursday 3rd April - End of Term 4 for pupils

Friday 4th April—

INSET DAY—No pupils

Monday 21st April—

SCHOOL CLOSED—BANK HOLIDAY

Tuesday 22nd April - Start of Term 5

Wednesday 23rd April— P16 College

Thursday 24th April— Primary Swimming

Friday 25th April— Year 11 College

Monday 5th May—

SCHOOL CLOSED—BANK HOLIDAY

Tuesday 6th & Wednesday 7th May—

Kilve Court Residential

Wednesday 21st– Friday 23rd May—

DofE Practice Expeditions.

Friday 23rd May– End of Term 5

Monday 2nd June— Start of Term 6.

Week commencing 23rd June— Relationship and Sexual Education (RSE) Week.

Wednesday 25th– Friday 27th June—

DofE Expeditions.

Friday 27th June—End of Year Reports Home

Tuesday 1st July—Moving Up Day



MEDICATIONS

As it is the end of term 4, all medications which we hold in school will have been returned home where possible. If your child's medications have been sent home please check them and then return any you wish us to administer in term 5 on your child's return to school, with a completed Administration Request form for each.

Please note, all medications should be brought in to school by an adult (for example the bus escort), be in the original packaging and clearly labelled with your child's name. If it is a prescription medication the prescription label must be clearly visible and unaltered.

Thank you

SCHOOLS IMMUNISATION TEAM

We have been asked by the Schools Immunisation Team to let you know that School aged immunisations are still available to Year 11 students.

If your child has missed their HPV, Meningococcal ACWY or Diphtheria, Tetanus and Polio vaccinations or you would like to check their records, please contact the Schools Immunisation Team at sirona.sch-imms@nhs.net or 0300 1245515 and they can book a community clinic appointment if required.



P16 DANCE FESTIVAL

Some of our Post 16 Students performed at the Weston Playhouse on Friday as part of the School's Dance Festival. They performed two different dances and did amazingly for both. In particular a special shout out to James who maintained a high level of energy and enthusiasm through the day for rehearsals and into the night and to Soraia, Drew and Indi for working so well together as part of the group. The students also performed their dances to the whole school today as part of our Easter celebration assembly. Well done to all of the dancers and to Rhi Marsh for choreographing and leading the dance.



DUCK CLASS NEWS

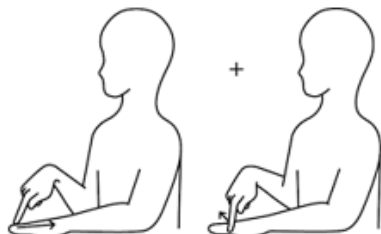
Duck class has enjoyed learning about food this term. We have developed skills in cooking including making pizza, cheese straws and Easter nests. We have walked to the local shop to explore using money and shopping lists, as well as developing our early reading skills through our sensory story, 'Sam's Sandwich.' Ducks have worked incredibly hard this term and we are extremely proud of all of their achievements.





SINGS OF THE WEEK

Easter



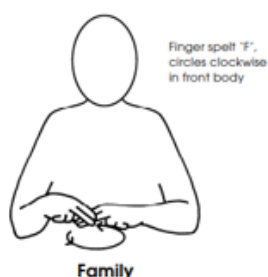
Church



Easter Eggs



Family



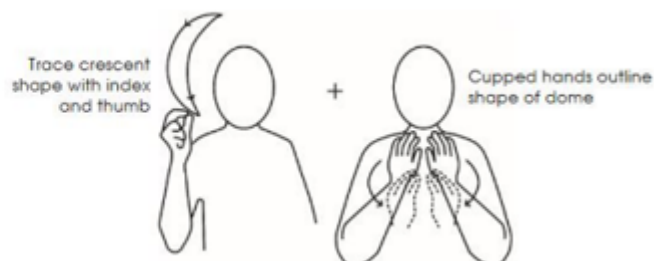
To Pray



Eid



Mosque



Lftar/ Evening Meal



Allah (God)





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.

10 Top Tips for Parents and Educators

SAFETY ON SOCIAL MEDIA

Currently, children are growing up in an immediate and throwaway culture when it comes to content that's consumed online. So much material is now deliberately created to be shorter in nature – and may often contain hidden elements such as advertising, or extreme political and cultural views. With complex algorithms built to keep people on their phones and engaging with social media content, it's becoming increasingly difficult to reduce time spent on these platforms.

1 REDUCE DOOMSCROLLING

It's concerning how common for young people to spend hours 'doomscrolling': trawling through social media and aimlessly viewing every post they see, many of which might make them feel sad or anxious. Social media can be useful for keeping in touch with friends and family, as well as staying up to date on current events. However, it's important to use it with a clear purpose, instead of endlessly scrolling through content, which could lead to young people accidentally discovering harmful material.

2 TALK ABOUT THE CONTENT

It's important to keep apprised of the kind of content that a young person is being exposed to. Discussing what they're watching online can help you understand why they're using social media in the first place. Furthermore, ensure that children are aware of hidden content, such as advertising of a product – and that they know how to spot that the creator is being paid to talk about it.

3 FIND POSITIVE ASPECTS

Despite all the concerns, there's plenty of wholesome content on social media. It's worth spending time with children to help them find something suitable and enjoyable. Perhaps you'll even discover a joint interest, and you can enjoy the content alongside the child. As part of this, you should also point out why certain things shouldn't be given attention, explaining why it isn't suitable and why it's been created in the first place.

4 REDUCE SCREENTIME

Young people can sometimes be unaware of the exact amount of time they spend looking at social media. Smart phones don't just have the capacity to monitor screentime; they also record how much time is spent on each app. Consider setting targets to reduce this and support children to meet these goals, gradually reducing the amount of time spent on different apps.

5 FILL THE VOID

Monitoring and reducing screentime can create a lot of free time to fill, and young people can even face withdrawal symptoms when made to step away from their phones. To mitigate this, consider what offline activities you could introduce the child to, and what they would enjoy. This can ensure that young users will permanently cut down on their screentime, rather than temporarily doing so while they know it's being monitored.

6 REDUCE NOTIFICATIONS

One way in which social media platforms keep people coming back is through notifications. The algorithms behind these apps track people's daily habits, including the times of the day where they're most likely to engage with the platform. This data is then used to deliver specifically timed notifications to draw them back in. To avoid young users being exposed to this tactic, simply turn off notifications for the app in their phone's settings.

7 LIVE IN THE REAL WORLD

Overexposure to social media can distort someone's perception of the real world – from body norms to social conventions. This filtered environment can make it hard for young people to distinguish reality from online content, which is now becoming even more difficult with the rise of AI. To mitigate this concern, take time to teach young people how to discern truth from fiction, both on and off social media.

8 DIGITAL DETOX

Encouraging young people to take a 'digital detox', from even just a couple of the apps that they use, can result in an overall reduction of screentime and less exposure to potentially harmful content. Alternatively, rather than avoiding the app entirely, encourage children to take a 'digital detox' from content creators and influencers, and instead, keep in touch with friends and family – which is generally a far healthier use of these platforms.

9 MODEL GOOD BEHAVIOUR

Consider the habits that you're demonstrating to your children. How much time do you spend on your phone? How much do you 'doomscroll'? Comparing your own usage with the child's could put things into perspective for them – or if it turns out that you're also overusing social media, it can turn screentime reduction into a joint mission, which you and the child can work on together.

10 BE CLEAR ON THE "WHY"

Research shows that young people can become addicted to social media. There are many schools that are moving towards being 'phone free' due to the negative impacts of using social media and phones continuously. It's important to explain to young people why managing screentime is important. Set out the benefits and ensure they have all the relevant information, so it's not just seen as a punishment.

Meet Our Expert

John Insley is a senior leader in a Birmingham secondary school and has vast experience in leading schools over the past 15 years – including the development of computing curriculums across primary and secondary schools, writing e-safety policies and supporting schools with computing and e-safety advice.



#WakeUpWednesday®

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Source: See full reference list on guide page at <https://nationalcollege.com/guides/top-tips-for-safety-on-social-media>



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