



Updates for the parents and community of The South Wolds Academy and Sixth Form



## KEY DATES

### Year 11 and 13 Awards Evening

By Iona M - Year 12

After the challenges of the last 5-7 years and hard work from all, on Thursday 12th January chosen students from last year's Year 11 and Year 13 cohort, alongside their families, gathered at The Carriage Hall in Plumtree to celebrate their achievements. Upon arrival, we were greeted by various members of the senior leadership team prior to the official event.

Before the awards commenced, Mrs Angus emphasised how proud of us all she was for the determination we had all shown throughout the past two, extremely uncertain, years.

An element of excitement was present among us all as none of us had been informed of which award we had won, so we had to wait for the citation, personally written by our subject teachers, to be read out. The awards didn't just stop at subject awards as Headteacher and Chair of Governor awards were won by students for their overall performance and how well they reflect South Wolds' core values.

After the ceremony came to an end, there were opportunities to congratulate fellow students and socialise with your friends, their families and your teachers. With a range of canapés offered, it was the perfect end to a thoroughly enjoyable evening, celebrating two years of hard work and aspiration by all.

- 2nd March - World Book Day
- 16th March - Year 5&6 Dance Workshop
- 20th March - Inter Tutor Sports Week
- 21st March - Year 11 Parents' Evening
- 27th March - Year 13 Parents' Evening
- 28th & 30th March - Dance Festival
- 3rd to 14th April - Easter Break



# What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so enthralls young people, but we can still help children to be aware of their mental wellness: recognising when something isn't OK ... and knowing what to do about content that upsets them.

## 1. UNDERSTAND THE ALGORITHM

Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.

## 2. AVOID THE MAIN FEEDS

Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.

## 3. DISCUSS WHAT THEY'VE SEEN

Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds: if alarm bells ring, it could be time for a more in-depth talk or to seek support.

## 4. LEARN HOW TO HIDE CONTENT

If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.

## 5. SET DAILY LIMITS

Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces: involving your child in creating this agreement makes them more likely to stick to it.

## 6. MONITOR THEIR ACTIVITY

Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.

## 7. TURN OFF PUSH NOTIFICATIONS

Even for adults, it's tempting to check an email or message as soon as the alert sound pings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practise mindful use of tech. Most of us have other things that we need to focus on as a priority – and those notifications will still be there later, when we have more time.

## 8. USE DEVICES TOGETHER

Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area at home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.

## 9. ENCOURAGE OTHER ACTIVITIES

Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.

## 10. TALK ABOUT PEER PRESSURE

Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like offline life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.



The South Wolds Academy  
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#WakeUpWednesday

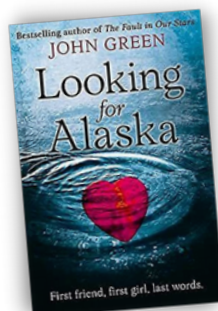
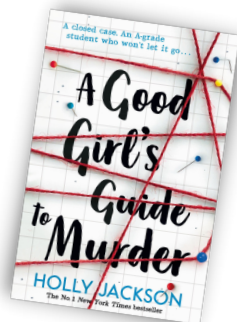
Sources: <https://www.bbc.co.uk/news/technology-55204925>  
<https://iproutsocial.com/insights/social-media-algorithms/>

# Library News

By Mrs Conroy

We have some fabulous books in our library. If you want to borrow one please come to the library at break or lunch. You can also read, do homework or sit quietly with a couple of friends.

**A Good Girl's Guide to Murder.**  
Five years ago, Sal Singh was convicted of murdering his girl-friend, Pippa suspects it wasn't him but someone in the village doesn't like her delving into the past. Suitable for Year 8s upwards.

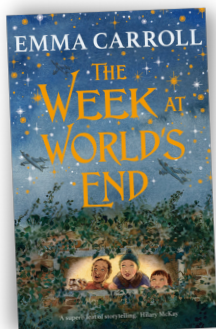


**Looking for Alaska**  
showcases young love and growing up in a brutal and honest way. About love, friendship and truth. Suitable for Year 9 and upwards.

This book follows the perilous fate of the 3 Baudelaire orphans, who are sent to live with their treacherous Uncle, Count Olaf. It is a little dark and may not be to everyone's taste. Do not read if you like unicorns and fairy tales. Suitable for Year 7 and upwards.



Set loosely in Victorian Britain this is the usual David Walliams humour and style. Featuring a wolly mammoth and a homeless street urchin. Suitable for Year 7's upwards.



Set in the 1960's UK with an historical backdrop of mounting tension between Russia and America. The threat of Nuclear war is looming!!

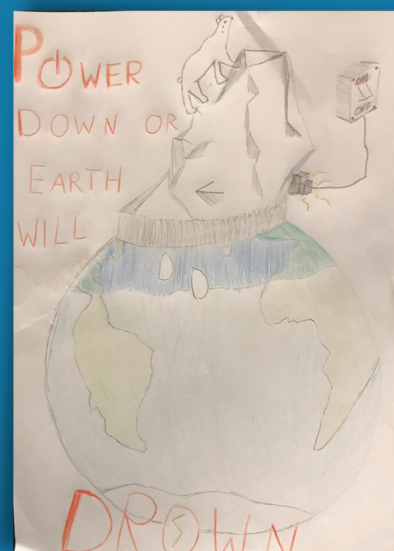
This story is about ordinary kids who live on a street called 'World's End Close.' where nothing ever happens! It begins...'It was after tea on a school night when I found the dead body.' How could you not want to read on? Suitable for Year 7 upwards!

## Switch Off Fortnight Teemill T-Shirt Competition 2022

By Mr Inufusa

Libby T in Year 7 won the nationwide t-shirt designing competition for Switch Off Fortnight. The design's slogan was 'Power down or Earth will Drown'. Shirts with her design will be printed by Teemill (a sustainable shirt company) which hopefully we can have up on display on the Eco board in the refectory when it is done and Libby will also have the opportunity to visit the design and production team in their factory in Isle of Wight.

If you see her, please congratulate her.



# January High Flyers

## Jess G, Sophie S, Thomas W (Year 10) Sport Science

For producing some outstanding Sport Science coursework this year. Keep up the fantastic work.

Mr Levack

## Adib R (Year 10) English

For excellent commitment to his learning in English, which is producing noticeable progress. Adib also stands out for the effort he puts into his homework, which is always very detailed and thorough. He takes pride in his work and in working towards his targets

- well done, Adib.

Mrs Green

## Mohammed E, Harry H, Daniel C (Year 7) German

For scoring 100% in all three sections of their first Y7 German assessment! Well done!

Mrs Pabari

## Norah T (Year 7) EP

Working around a grade 4 at GCSE level in Year 7. I loved her recent work on 'Introducing Socrates' where she considered why God allows illness if God is supposed to help us and even commented on how learning in EP can be fun :)

Mr Lloyd

## Holly W, Olivia H (Year 11) German

Amazing work and effort in German. Well done!

Mrs Kiesswetter

## Zac T, Lucianne H (Year 9) Maths

Amazing work and pushing yourselves every lesson. Well done!

Mrs Sprake

## Isabella O, Isabel D (Year 7) History

Excellent participation in lessons and brilliant book work completed.

Miss Crawford

## Lorenne E (Year 11) French

For really pushing herself to do her best in the French mock exams in December and completing additional work at home to prepare. And for arriving at every lesson with a smile and a positive attitude.

Miss Crawford

## Kyle N (Year 8) Geography

Amazing Powerpoint Presentation on Stone Henge and Svalbard created in his own time as extra work. Well done and keep up the enthusiasm!

Mr Inufusa

## Mohammed A (Year 10) English

Exceptional engagement and enjoyment no matter the task. A marvellous level of empathy which not only helps his understanding and analysis during lessons, it also makes him a good person.

Miss Curley



# January High Flyers

## **Brodie B (Year 9) French**

For a brilliant improvement in French. Brodie has been putting 100% effort into tasks and started making excellent class contributions. Keep up the good work Brodie!

Miss Crawford

## **Wayne Y (Year 10) Geography**

For being super polite and kind. Working hard and aspiring by continuously achieving his target grade and beyond. Well done.

Mr Inufusa

## **Isabelle F (Year 13) Eco Council**

For leading eco council activities, meetings and being the chief editor of the Eco Newsletter.

Mr Inufusa

## **Elizabeth S (Year 7) English and Drama**

I appreciate Elizabeth's calm and thoughtful approach to her work in both English and in Drama, and the enthusiastic way in which she works with others to get the most out of everyone's personalities and ideas. Elizabeth is a fantastic team player and she works exceptionally hard independently too. Well done, Elizabeth.

Mrs Green

## **Liam G (Year 8) The Bridge**

For being an amazing friend and sticking up for your friend in front of other adults. Your friend is very lucky to have you by his side!

Lucy

## **Freya M (Year 7) EP**

Freya has completed homework to an incredible standard in EP and as a result is working around a GCSE Grade 4.

Mr Lloyd

## **William B (Year 7) German**

Completing his German assessment with flying colours, 100%. Congratulations!

Mrs Kiesswetter

## **Autumn S (Year 7) Maths**

Making an excellent start with great enthusiasm in Maths.

Mrs Sprake

## **Oscar W (Year 7) Geography**

Fantastic geographical knowledge shared in class e.g. place names and hazard events. His thorough analysis skill makes him a great Geography Detective!

Mr Inufusa

## **Shun Y (Year 7) Geography**

For thoughtful class contributions. Thank you Shun

Miss Martin

## **All of amazing Year 11 Geographers**

...who scored their target grade and higher in their mocks - you know who you are.



# Year 13 PE at Nottingham Trent University

By Ms Smith

Year 13 PE students spent a day at Nottingham Trent University at their Sports Science Faculty.

Students had a tour of the campus and the Exercise Physiology, Biomechanics and Sports Psychology facilities. Students were able to put into practice and see in person a number of different tests and assessments that they learn about in the A Level PE theory lesson. These included experiencing an environmental chamber, memory testing, and VO2 max and lung capacity tests.

The highlight was a blood lactate test which involved taking blood samples, heart rate and perceived exhaustion from a runner on a treadmill.

At the speed of the running increased, students were able to measure and track the effects of increasing intensity of exercise.

Thank you to the NTU team for a fantastic day!



## Fantastic Fristory Storyboards!

By Miss Fox and Miss Georgiou

The Year 7 Fristory group produced some outstanding storyboards to recap the key events of the Peasants Revolt. The Fristory group never fails to amaze us with their outstanding knowledge of History and French... and their artistic ability!

Well done and keep up the great work!

