



NEWS & VIEWS

Be the best you can be.

Executive Headteacher: Mr Jamie Foster

Headteacher's Comment:

The weather is now turning colder and the evenings are drawing in ever closer. It is timely to remind everyone of the [Uniform Policy](#) regarding coats. Pupils are encouraged to wear coats, but we request they are plain and do not display fashion logos. You may also be aware we have strict rules on jewellery, and only a single stud in the lower lobe is allowed. Pupils may also wear a watch, but all other items and piercings are prohibited and they will be confiscated. Your continued support in helping us maintain our high standards is appreciated.

I look forward to welcoming all of our Year 11 pupils and parents to our curriculum evening on Thursday 17 October at 16.30 in the South Hall. This will be followed by our Sixth Form Open Evening at 17:30. The early entry will allow St Martin's families to access the evening before external candidates.

Finally, well done to Lacey Oakes, Year 11. Lacey is a reliable and committed team member in many of the sports teams here at St Martin's. She always puts the school first and will go out of her way to compete whenever she is needed. Lacey runs for the girls senior Cross Country team even when it is not her favourite activity. She is a true team player and a credit to her family and St Martin's.



Year 7 European Day of Languages

On September 26, the Languages department and our new Year 7s celebrated European Day of Languages by holding their very own St Martin's bake off and cake sale. There was an array of cakes, cupcakes and cake pops which were later sold for charity, with proceeds of £78 donated to MIND. A massive thank you to all our talented bakers, who will be receiving a certificate and a prize in their assembly, and to all the sweet-toothed pupils giving their donations.



Chief Executive Officer: Mr R Duff

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★ Department for work and Pensions Workshop

Last Thursday, our Year 7 pupils had a one hour session with the Department for Work and Pensions, focusing on their Goals and Aspirations. This allowed pupils to start thinking about their future goals. The pupils were introduced to the concept of SMART targets, and to consider setting themselves weekly or monthly goals, to help make their dreams a reality. This initial session was their first opportunity to start thinking about their careers and was an integral part of their career curriculum. This will complement future assemblies and lessons in PSHE, and is part of their seven-year journey at St Martin's, where the careers curriculum has been designed to prepare students for life beyond St Martin's.



★ British Trampoline Championships

Seren Inman and Phoebe Feltham, in Year 8, won bronze medals in the British Synchronised Trampoline Championships 2024. **Molly Taunton in Year 9**, came 6th overall as an individual in the age 13–16 year category. This is a fabulous achievement against many girls older than her. The competition was held in The International Centre, Telford. Well done girls, hard work pays off.



★ BIKC (British Indoor Karting Championships)

Finley Greer Year 7, was selected for the local qualifying heats for the BIKC (British indoor karting championships), from which he then qualified for the regional finals in Reading at the weekend. Finley qualified against 700 other applicants to reach this stage. He faced drivers from around the country, managing to qualify third at a new track and driving electric karts for the first time. Well done Finley !



Dates for the Diary

- 14.10.24 - Year 12 & 13 Parliament Trip
- 16.10.24 - Year 12 Careers Talk with Matt Smith
- 17.10.24 - Year 11 Information Evening and Sixth Form Open Evening

Word of the Week Week 6 Benevolent



adjective: well-meaning, kindly, showing goodwill.

Sentence: Albus Dumbledore, from Harry Potter, is considered to be one of the most powerful wizards of all time. He is wise, caring and benevolent.

For PE fixtures please follow twitter @STMartinsSchPE for further PE updates



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Sixth Form Open Evening

Thursday 17th Oct
5.30 to 7.30



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SAFEGUARDING NEWSLETTER

Autumn 2024 – Issue

Be the best you can be.

Executive Headteacher: Mr Jamie Foster

This month's safeguarding newsletter focuses on keeping children safe – on their mobile phones, around strangers, safety on the railways as well as keeping safe around fireworks and bonfires as we approach November. We have also reproduced some advice around helping your child overcome anxiety which is at the beginning of this newsletter.

As always, please do contact a member of the safeguarding team if you have any safeguarding concerns.



Social and emotional wellbeing

Anxiety is a feeling of worry, uneasiness or fear that is experienced as a combination of physical sensations, thoughts and feelings.

We all experience anxiety feelings from time to time. It is completely normal and a certain amount of anxiety helps us to be more alert and focused. For example, just prior to an exam, a few exam nerves have a positive effect - motivating us, helping us focus our thoughts on the task, making us more alert. Too much anxiety, or constantly being anxious, is unhealthy and detrimental to our lives and relationships.

Activities that can help

Use maths and numbers. Run through a times table in your head; Count backwards from 100; Choose a number and think of 5 ways you could make the number for example $6+7=13$, $20-3=17$

Bubble breaths -Imagine you are blowing the biggest bubble you can. Take in a breath and imagine you have a pot of bubble liquid. Slowly and gently blow bubbles into the room

Identify all the colours in the room

Hot Chocolate breathing: Pretend you are holding a warm mug of hot chocolate. Take in a deep breath through your nose and smell the treat. Then breathe out through your mouth to cool it off. Repeat!

Pick up and touch items that are near you: Are the things you touch hard or soft? Heavy or light? Warm or cool? Focus on the texture and colour of each item. Challenge yourself to think of specific colours, such as crimson, burgundy, indigo or turquoise instead of simple red or blue.

Dragon Breathing: Sit up straight. Breathe in cool blue air. Stick your tongue out and breathe out angry red fire.

Notice your body: You can do this sitting or standing. Focus on how your body feels from head to toe, noticing each part. Can you feel hair on your shoulders or forehead? The weight of your shirt? Do your arms feel loose or stiff at your side? Can you feel your heart beat?

If your child is still struggling, please speak with their Head of Year who can in turn discuss it with the most appropriate team member to identify what support school can put in place to help.



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Keeping your child safe on their smartphone (Barnados)

Be involved in your child's online life, just as you would their offline life.

Show interest in your child's digital life, get to know the games and platforms that they like and what they are using their mobile phone for. Not only is this a way for you to connect, but it'll also help you understand different platforms and apps, their features and whether they're appropriate for your child or not.

<https://youtu.be/Ql7cwovvywE>

If your child does disclose that something has happened to them whilst online, try to stay calm and ensure you don't react in a way that the child could interpret as punishment, such as banning them from using devices or apps. [Read more advice about talking to your child about their safety and wellbeing.](#)

For further advice and to read the full article, please follow this link:

<https://www.barnados.org.uk/blog/keeping-your-child-safe-their-smartphone>

WE SPEND THE FIRST FEW YEARS DOING EVERYTHING WE CAN TO PROTECT OUR CHILDREN...

Then we have to learn how to give them some independence...

Teaching children simply to avoid strangers doesn't work. Most strangers will help rather than harm children. Conversely, it is often people known to children that pose the greatest threat. That's why we've invented Clever Never Goes.

Clever Never Goes teaches children to recognise when someone (anyone) is asking them to go with them. We call this 'Go Spotting'. It's about giving your child practical safety skills and confidence to engage with the outside world.

CLEVER NEVER GOES is the new, child-friendly lesson that teaches children how to stay safe from abduction when they are outside (e.g. walking to or from school), or online.

For more information, click here:

https://clevernevergoes.org/wp-content/uploads/2020/12/Clever-Never-Goes_Parent_Leaflet.pdf.pagespeed.ce.kS5DsxRpCp.pdf

St Martin's Safeguarding Team



Mrs McGorrell
DDSL



Mrs Tatman
DHT/DSL



Mrs Wilson
DDSL

Incidents of rail trespass

Due to a number of our students travelling to school by train or using it during their down time, we felt that it was important to share the below video with parents so that they can watch it with their child at home.

Over 20 million students, parents and teachers from across the UK have already watched these videos which has led to a significant decrease in the number of fatalities and injuries in their area through watching the safety videos.

Secondary school & College/University version: Age 11+

<https://learnliveuk.com/greateranglia-rail-safe-friendly-secondary/>

Remember, remember 5th November fireworks safety



Did you know that sparklers burn 16 times hotter than a kettle? Or that powerful rockets unsuited to family back gardens are on sale to parents online?

There will be lots of displays happening this weekend - be sure to supervise young children at all times and check out the advice from [Child Accident Prevention Trust](#).

Here are some key safety messages from CAPT:

Fireworks are exciting, but they can be very dangerous and can hurt you. Listen to your grown-up about where is a safe place to stand.

Never touch a firework. Don't pick up a firework after it has been used.

Wear your gloves when you hold your sparkler and keep it away from your body.

It's not a good idea to hold more than one sparkler at once.

Keep your sparkly sparkler safely away from other people and don't run around with it.

Don't throw your sparkler in case it hits someone.

Once your sparkler is finished, put it into a bucket of water, don't pick it back up. It stays hot for a long time and can burn you.

Leave your dressing up clothes at home on fireworks night, wrap up warm instead.

Stand well away from the bonfire and stay close to the grown-ups.

Don't be tempted to throw things into the bonfire or poke at it with sticks.

If you're going to a firework display, hold hands with your grown-up and stay with them all the time.

Most importantly, if you catch your clothes on a flame, don't panic – **STOP, DROP and ROLL:**

STOP what you are doing.

DROP to the ground and cover your face with your hands.

ROLL over and over to put out the flames.



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