



Friday 19 July 2024

# NEWS & VIEWS

Be the best you can be.

Executive Headteacher: Mr Jamie Foster



## Headteacher's Comment:

And just like that another year has flown by. This week has been super busy with Careers and Aspirations; work experience day, author visits, Army team building, rewards Inflatable session, Insight into Management training and finally the House day activities today. The final two days next week include Honours assemblies and a 'Culture day' where pupils have volunteered to wear clothing from their culture and will run sessions to share their heritage.

Year 11 marked their end of school journey at the Prom which took place at Boreham House in Chelmsford. It was a special evening to say thank you and well done and I must say they all looked incredible.

I would also like to congratulate Ravneet Diu and Nithilany Thirunavugarasu in Year 9 who won a STEM competition run by Colchester Zoo. The Competition attracted entrants from all over the world. The students worked with Dr Willis over a number of months to design an enclosure for the zoo.

Staff really appreciated the 'thank you' messages many of you sent back to us recently. It is never expected that anything further is needed but our Trust's Gifts and Hospitality Policy, available [here](#), details the monetary values members of staff are allowed to accept.

I look forward to seeing you all in September. Please look out for our end of year letter next week detailing our return to school dates.



## Science Museum Trip

Last Thursday 40 pupils journeyed to the Science Museum. Our pupils represented the school in a very positive manner. Whilst at the museum, the pupils learnt about rockets and how they are launched and then they had an interactive session with lots of loud bangs and flames! The pupils had lots of fun in the interactive zone; Wonderlab. Pupils tested out different materials to find how they contributed to how fast they could slide! The pupils also looked at old phones and predicted teachers' ages based on their first phones! It was a great day to celebrate all things Science and the Science Club



**DISCOVERY**  
EDUCATIONAL TRUST

**Chief Executive Officer: Mr R Duff**

St Martin's School is proud to be part of the Discovery Educational Trust



[www.st-martins.essex.sch.uk](http://www.st-martins.essex.sch.uk)



@StMartinsSch



@\_stmartinsschool



@StMartinsSchool





# Sports Day

Last Friday the whole school donned their house colours, excited to see who would be victorious at St Martin's Sport Day 2024! Years 7-10 competed in yellow, green, blue and red for Hunter, Quinlan, Roman and Becket, with the whole school in attendance. It was a wonderful day with many pupils competing for the first time on a synthetic track. Of course, there were some nerves but there were also many outstanding performances, personal bests and proud parents watching. The sense of school community could be felt all around with team mates and spectators supporting their peers, encouraging each other to 'be the best they could be'.

We were very lucky to have food vans serving burgers, ice creams and speciality coffees whilst the Performing Arts team played music and commented on the fast moving track and the medal podium presentations.

The day culminated with a staff v pupils and sixth form relay that was arguably the biggest crowd pleaser of the event! Adding up all the points from the track and field the results and house champions are as follows

**Year 7 Roman, Year 8 Quinlan, Year 9 Quinlan, Year 10 Hunter.**

**Overall Sports Day Champions Hunter.**

Congratulations to everyone involved and a big thanks you to the PE team for organising such a wholesome event!



**DISCOVERY**  
EDUCATIONAL TRUST

**Chief Executive Officer: Mr R Duff**

St Martin's School is proud to be part of the Discovery Educational Trust



[www.st-martins.essex.sch.uk](http://www.st-martins.essex.sch.uk)



@StMartinsSch



@\_stmartinsschool



@StMartinsSchool



## ★ Manchester United Inclusive Football team tournament

Charlie McCartney in Year 9, attended Man Utd's inclusive side at the Cliff. It was a brilliant day, Charlie's match ended in a 5-2 win with Charlie scoring 2 goals! The day was ended by having a private tour of Old Trafford then back to the hotel on the first team coach. Well done Charlie!



## ★ Summer events and activities

Please find the links below to KOOTH holiday support.

Please use the link to watch the short >9 minute video [here](#) to provide pupils with a reminder about Kooth over the summer holidays.



## Dates for the Diary

19.07.24 - 08.08.24 Borneo Trip  
 22.07.24 - Year 7 – 10 Activities  
 23.07.24 - Early finish 1.30pm  
 03.09.24 - Yr 7 & Yr 12 start  
 04.09.24 - All Years back to school

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



**DISCOVERY**  
EDUCATIONAL TRUST

**Chief Executive Officer: Mr R Duff**  
 St Martin's School is proud to be part of the Discovery Educational Trust



[www.st-martins.essex.sch.uk](http://www.st-martins.essex.sch.uk)



@StMartinsSch



@\_stmartinsschool



@StMartinsSchool



# SAFEGUARDING NEWSLETTER

July 2024 – Issue 3

**Be the best you can be.**

**Executive Headteacher: Mr Jamie Foster**

In this safeguarding newsletter we focus mainly on how to keep young people safe online, especially as we come to the summer holidays and the need to maintain friendships and communicate with one another. There is also some input around Discord which is a social media app that allows those over the age of 13 to communicate with others who they may not know and we have provided information from the NSPCC website which gives parents some help on privacy settings to keep children safe.

The website <https://parentingsmart.place2be.org.uk> has a wealth of parenting advice from child mental health experts and some of the topics are shown below. This is to help parents overcome issues that may become apparent over the holidays

Our final piece is about suicide and an app that has been created to help those having thoughts of suicide or for those concerned about someone else who may be considering suicide.



## What are students learning in PSCH during July

All students in Y7-10 are working on living in the wider world so have lessons on Money Management, Politics and first aid skills.



## Tips for helping children stay safe on line

Self-generated' child sexual abuse materials are images and videos which are taken by children and then shared. Some of these images end up being distributed, sometimes sold, on the open and dark web by those with a sexual interest in children. The National Crime Agency estimate that there are between 550,000-850,000 people in the UK who pose a sexual risk to children, and a large number of these will operate online.

This is a serious safeguarding issue, with wide-reaching consequences that we all need to learn more about. So, what can we do?

**If you need help or support**

**Reach Out via Email to our Safeguarding Team**

**reachout@st-martins.essex.sch.uk**



[www.st-martins.essex.sch.uk](http://www.st-martins.essex.sch.uk)



@StMartinsSch



@\_stmartinsschool



@StMartinsSchool

- ✚ Talk to your kids
- ✚ Sex and Relationship Education – Be aware that children are learning about sex from the internet and online pornography.
- ✚ Make yourself aware of all the help and guidance available
- ✚ Know what to do if an image of your child has been shared online.
- ✚ Understand how perpetrators are targeting children online.

For further details and information please follow this link:

<https://www.iwf.org.uk/news-media/blogs/tips-for-helping-children-stay-safe-online/>



## Online Challenges

### How to manage the risks of online challenges

Viral online trends attract many children and teens. Most are harmless, but some challenges can be dangerous.

Find advice and resources from parents, online safety experts and organisations to keep children safe from dangerous Online challenges.

<https://youtu.be/cLt9NKbBpOw>

**Are online challenges dangerous?**

*Popular online challenges or trends have raised money for charity while others have led to harm.*

Learn about these challenges so you can help your child stay safe online.

**BE CHALLENGE AWARE**

internet matters.org

**Why challenges attract young people**

- There is the **excitement of risk**;
- Young people are **naturally curious and adventurous**;
- It makes them feel like **they belong** - because their peers are doing it;
- It may make them feel **popular** - they get more attention, likes, views or comments;
- If **everyone is doing it**, to them it's OK.

Challenges are easy to do. They often involve ordinary objects you can easily find at home or skills that are easy to learn like dance steps.

Friends, family and influencers often nominate people to do it without thinking about the impacts on children and young people, and the risks this might bring to your child. It could be harmful if a group of 'friends' are manipulating and putting pressure on your child to do the challenge so that they can get entertainment out of it.

You may see or hear a warning about online suicide challenges which have encouraged young people to act in harmful ways. Take a deep breath! Most have been found to be hoaxes, untrue or exaggerated.

**What if I think my child has taken part in a dangerous challenge?**

At first, you may feel many emotions, but it's important to stay calm. Here are ways you can address it:

- Ask them to **tell you about** the challenge.
- **Check** they have not harmed themselves.
- **Explain** that some of these challenges are created to shock people and can lead to serious harm.
- Show them how to use **reporting and blocking features** to stop them from getting recommendations for harmful challenges.



**DISCOVERY**  
EDUCATIONAL TRUST

**Chief Executive Officer: Mr R Duff**  
St Martin's School is proud to be part of the Discovery Educational Trust



[www.st-martins.essex.sch.uk](http://www.st-martins.essex.sch.uk)



@StMartinsSch



@\_stmartinsschool



@StMartinsSchool





# Should I let my child use Discord

For full report please follow this link:

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-safety-blog/should-i-let-my-child-use-discord/>

## What is it?

An instant messaging and chat platform allowing users to communicate using voice video or text. It has an age rating of 13+



**Discord - Talk, Play, Hang Out** 17+

Group Chat That's Fun & Games  
Discord, Inc.

#5 in Social Networking  
★★★★★ 4.7 • 2.8M Ratings

Free - Offers In-App Purchases

## Is it safe?

- Your child could come across inappropriate or harmful content
- It puts your child in contact with adults/young people who may want to cause them harm
- Places your child at risk of bullying or abuse
- Your child could be pressured into sending money to other users.

## Are there safety features?

**Keep me safe** – this automatically scans and deletes direct messages that may contain harmful go to 'User settings'

- select 'Privacy and safety'
- then 'Safe direct messaging'
- you will then need to select 'Keep me safe'.

**Manage private messages** - There are different settings available that will help manage who can contact your child on the platform. By default, your child can be sent a private, direct message (most likely referred to as a DM) by other users who are in the same server as them. To disable this:

- 'User settings'
- 'Privacy and safety'
- then select 'Server privacy default'
- move the 'Allow direct messages from server members' toggle to off

**Manage friend requests** - You can also manage who can send your child a friend request. Being 'Friends' on Discord means you can communicate outside of servers. You can access this setting by:

- going into 'User Settings'
- selecting 'Privacy & Safety'
- 'Who Can Add You As A Friend'.

You will then be given three options to help you manage who can add them.

These include:

- everyone – anyone on the platform can add them
- friends of friends – selecting this means that your child will be able to receive friend requests from users who they have mutual friends with -
- server members – this means that your child can added by anyone who has joined the same server as them

If you don't want your child to receive any requests, you can deselect all three options. However, this won't stop them from sending out friend requests.

***You should make sure to talk to your child about not accepting friend requests from users they don't know.***





There are over 52 topics where there is support by way of video or written information, designed to help parents negotiate wellbeing and behaviour such as those below.

**Helping your child prepare for Secondary or High School**

2 min video  
10 min read

[Read now](#)

**Raising a resilient child**

2 min video  
6 min read

[Read now](#)

**Connecting with my teenager**

7 min read

[Read now](#)

**De-escalation techniques with children**

2 min video  
10 min read

[Read now](#)

**Helping your child develop a positive body image**

7 min read

[Read now](#)

Suicide is the main cause of death in young people under the age of 35 in the UK.

- In 2021, 1,905 young people under the age of 35 took their own lives.
- Over three quarters of them were boys or young men.
- On average, over five young people take their lives each day.
- Over 200 teenagers are lost to suicide every year.
- Research shows that with appropriate early intervention and support suicide by young people can be prevented.

(Information from Papyrus – prevention of young suicide)

About Stay Alive

This app is a pocket suicide prevention resource packed full of useful information and tools to help you stay safe in crisis. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide.

Stay Alive is a confidential app. You can view our [Privacy Policy](#) to find out more.



**Stay Alive** 4+  
Grassroots Suicide Prevention  
Designed for iPad  
★★★★★ 3.8 • 58 Ratings  
Free



## St Martin's Safeguarding





## What Parents & Educators Need to Know about **SHARING INTIMATE IMAGES**



The sharing of nudes, semi-nudes and other explicit material is a prominent issue in today's digital landscape: both their distribution and their misuse. In fact, the National Crime Agency has issued an alert to hundreds of thousands of education professionals after a [study](#) found that 26,718 cases of "sextortion" had been reported in 2023 - more than doubling from the year before.

It's vital for parents and educators to be aware of how they can safeguard children from exposure to, or involvement in, sharing intimate images – especially given that the sharing of such material featuring under-18s is a serious criminal offence. This week's guide offers expert insight into the risks of sharing intimate images online, as well as tips on implementing measures to shield children from encountering inappropriate digital content of a sexual nature.

 **DOWNLOAD YOUR FREE GUIDE**



**Get involved in  
[#WakeUpWednesday](#)**

Is there a topic within online safety, mental health and wellbeing, or climate change that you'd like us to cover?

If so, please get in touch with us at [hello@nationalcollege.com](mailto:hello@nationalcollege.com).

