

Personal Development @ Edgbarrow

Issue 5 Spring Term, February 2023

Dear Parents and Carers,



Welcome to the Spring edition of our Personal Development Newsletter.

Our aim is to share with you and give you an insight into the Personal Development curriculum and opportunities we offer at Edgbarrow, including PSHE, Character Education, Citizenship and Social, Moral, Spiritual & Cultural (SMSC). This newsletter provides information regarding these areas, including assembly themes and the PSHE curriculum. This will give you an awareness into what your children are accessing, but also enables you to have important conversations with your child on pertinent and emerging topics, as they progress through the year. We hope you will find the following information useful and we would welcome any feedback or queries

For feedback or queries please email: pshe@edgbarrowschool.co.uk

Louise Rea-Palmer, Assistant Headteacher & Designated Safeguarding Lead

Student Voice - reflections on school

Student Voice is captured on a different theme at the beginning of every half term. This year, students across the school have given their opinions on the following themes. This will help inform us on how we can continue to support our students well. Below are some statistics which reflect their responses.

- **Understanding how I learn** - 90% believe they have pride in their work and if they don't understand something, will try and problem-solve first. 95% believe they know their personal strengths in the subjects they are taught.
- **Quality of education** - 90% say they are encouraged to do their best and 86% feel they are making progress. 90% also believe they receive challenging work.
- **Inclusion and equal opportunities** - 95% said the school teaches what diversity means and understand what the Equalities Act stands for. 92% of students believe all students are given the opportunity to succeed.
- **Safeguarding and keeping healthy** – 85% of students feel happy in school and 86% believe they are taught how to recognise and deal with an unsafe situation. 100% of students said they feel safe in school and 93% of you said you are taught about sexual harassment.
- **Environment** – 90% believe being “greener” is important for the future of the school and 84% believe more needs to be done for us to be considered an environmentally friendly school.



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First Aid



We are happy to be trialling a new service called **ChatHealth**. It is aimed at young people aged 11-19 and is a free, confidential texting service. Students can text a school nurse about any health concern such as sleep, low mood, self-harm, healthy eating, stress, anxiety, relationships, smoking, drugs and alcohol etc. and a nurse will get in touch. The number you will need to use is **07312 263266**. If you would like more information, please visit www.chathealth.nhs.uk.

Lastly, just a reminder to stay hydrated. Some of the benefits from staying hydrated are; keeping you focused, helping your digestion, helping your skin and reducing your risk of headaches. So, remember to drink plenty of water each day.

If you have any medical queries relating to your child, please feel free to contact me keely.benn@edgbarrowschool.co.uk.

Keely Benn, Lead First Aider

PSHE this term

This term, students in Years 7-10 are covering the theme 'Health and Wellbeing' and Year 11 are covering 'Living in the Wider World'. Through these topics students will consider a series of age-appropriate topics preparing them for life in the world.

Earlier this term, Year 10 and 11 had the opportunity to watch 'Unacceptable', a performance that discusses issues around sexism, sexual harassment and sexual violence. Year 9, 10 and 11 were also given the opportunity to watch 'Chelsea's Story', a performance that discussed the stories around child sexual exploitation. Both these performances gave the students an opportunity to listen to a re-telling of real-life events and an opportunity to engage in discussion around these topics. We hope to offer more of these events in the future as they are a great way to engage students in discussions around important and hard-hitting topics.

Please see the PSHE overview for the term below:

PSHE curriculum intent: To educate, inform and equip pupils with the knowledge needed to become conscientious, independent and accountable young adults, who are able to make well informed decisions.

Year 7	Year 8	Year 9	Year 10	Year 11
Health & Wellbeing	Health & Wellbeing	Health & Wellbeing	Health & Wellbeing	Living in the Wider World
Healthy, balanced lifestyles	The importance of exercise	Options	Recognising poor mental health	Parenting
Personal hygiene	Substance misuse	Substance misuse	The importance of exercise	Emotional wellbeing
Substance misuse	Healthy sleep	Dental health	Drugs and alcohol	Substance use and seeking help
Mental health awareness	Emotional wellbeing	Mental health	Substance use and influence	Managing money
Charity	Digital resilience	Sexual orientation and gender identity	Marriage	Pregnancy and abortion

You will find the link to the full PSHE Scheme Of Work and the RSE policy on the [Personal Development page](#) on our website, which includes all the relationships, health and wellbeing topics that will be covered in school.

We really value parental feedback so please do email pshe@edgbarrowschool.co.uk if you have any comments or questions.

Emma Noss, PSHE Lead

Careers

This term we have our annual careers convention taking place on Thursday 9th March at 6:30pm. As I type this, we have 57 exhibitors confirmed from a range of companies as well as further and higher education establishments. A booklet will be distributed electronically after half term. On the evening, you can pick up an information sheet which will include a floor plan for the Sixth Form Atrium and the main hall as well as a list of who is in each location. Students in Years 8 and above are invited to attend. We do have a number of new companies attending so would encourage students to attend even if they have attended in the past. Students in Year 8 in particular would benefit from attending with a parent/carer to support their careers and educational research.

The careers convention falls during National Careers Week and we are currently working on finalising guest speakers for assemblies that week.

The Year 10 mock interviews will take place during the week of 20th March. Students have prepared a CV and this will be used as the basis for the interview. They will all receive verbal feedback on the day of their interview as well as a paper copy afterwards. If parents/carers can support students with preparing for their interviews as well as discussing their feedback afterwards this will help to make the process more worthwhile and engaging for all.

Karen Robinson, Careers Manager



Assembly Rota

Our assemblies cover relevant topics to help prepare and develop our students into confident, informed and involved citizens. They are used to support and consolidate our teaching of PSHE. Please see the table below for this term's assembly themes.

Week Beginning	Assembly Theme	National awareness days, religious festivals and events	Additional Assemblies & Activities	Character Value
03/01/2023	New starts & healthy lifestyles			Motivation & Ambition
09/01/2023	World Religion Day 15/1	World Religion Day		Motivation & Ambition
16/01/2023	Martin Luther King Day (planned with students)	Martin Luther King Day	Chinese New Year	Motivation & Ambition
23/01/2023	Holocaust Memorial Day	Holocaust Memorial Day		Motivation & Ambition
30/01/2023	LGBTQ+ History Month (planned with Umbrella Club)	LGBTQ+ History Month	World Cancer Day 4/2	Motivation & Ambition
06/02/2023	Safer Internet Day 7/2			Motivation & Ambition
HALF TERM				
20/02/2023	Lent - Challenging yourself - Resilience - Giving up things	Ash Wednesday		Self Control & Courage
27/02/2023	World Book Day 2/3	World Book Day	Women's History Month 1/3	Self Control & Courage
06/03/2023	Careers		Careers quiz	Self Control & Courage
13/03/2028	British Science Week - Women Scientists - Link to International Women's Day 8/3	British Science Week	Women in Maths Pi Day	Self Control & Courage
20/03/2023	International Day for the Elimination of Racial Discrimination (planned with staff & student leadership team)	International Day for the Elimination of Racial Discrimination	Ramadan	Self Control & Courage
27/03/2023	World Autism Awareness Day 2/4 World Down's Syndrome Day 21/3	World Autism Awareness Day	Easter - Significance of Jerusalem	Self Control & Courage

EDGE BARROW

Charity Week 2023

In February, the school ran a Charity Week to raise awareness of specific charities and to give students an opportunity to be active citizens and involve themselves in fundraising activities. Each year group took responsibility for a different activity to raise money for their chosen charity. The students enjoyed 'Nerf the Teacher', 'Basketball challenges' and were able to buy sweets and cakes during the week.

Qaylah in 8W wrote the following:

"In Year 8 for charity week, we raised money for the Teenage Cancer Trust. This charity supports young people pre, during and post their cancer treatment. So, to raise money to support the work of this charity, Year 8s went round the school selling sweets to their peers to raise money for the trust. As someone who took part in raising the money I enjoyed knowing that we were helping people our age get through a tough time in their lives! Many of my peers relate and enjoyed charity week in more ways than one!"



Julia Cooper, Head of Year 8 & Senior Pastoral Lead

Online Safety

On Tuesday 7th February we joined schools and youth organisations across the UK in celebrating Safer Internet Day 2023. Safer Internet Day is a global campaign to promote the safe and responsible use of technology, which calls on children and young people, parents, carers, teachers, social workers, law enforcement, companies, policymakers and more, to help to create a better internet.



Using the internet safely and positively is a key message that we promote in school, and celebrating Safer Internet Day is a great opportunity for us to re-emphasise the online safety messages we deliver throughout the year. In assemblies, we have been discussing the benefits and risks presented by [social media algorithms](#) (select link to view Childnet blog).

We would be delighted if you could continue the conversation at home. To help you with this, the UK Safer Internet Centre have created some free activities and information for parents and carers which are available from [Saferinternet.org.uk](https://saferinternet.org.uk). The NSPCC also has '[Practical tips for starting a conversation about life online](#)'. Whether you have a few minutes to start a conversation or hours to spare, there are top tips, quizzes and films which you can use at home with your child.

If you have any concerns or questions about keeping your child safe online, please do get in touch with me at phil.marshall@edgarrowschool.co.uk.

Phil Marshall, Data & IT

Safeguarding

Opposite you will see an image that our students will be very familiar with. This is a snapshot of our safeguarding team and illustrates where students can go if they need someone to talk to.

As part of ensuring our students are kept safe, we have continued with our safeguarding curriculum. Years 9, 10 and 11 were able to watch a drama production called 'Chelsea's Story' about Children's Sexual Exploitation. All students will be taking part in Internet Safety Week. We want students to feel confident in recognising risk situations and be able to report this to the appropriate body/person.



Please look out for our IMABI app and encourage students to download it. The app offers a function where students can report concerns direct to the school's safeguarding team should they wish. Search 'imabi Inspire' on App Stores. Students should sign in with their school username and password.

A current national and local safeguarding concern is the increasing number of young people having access to e-cigarettes and vaping. We have updated our PSHE curriculum to ensure these topic areas are taught in Year 7 with their lesson on tobacco, as well as whole school tutor activities. A study was completed in 2022 regarding young people and vaping. For further information regarding the research please select the following link from ash.org.uk: [Use of e-cigarettes \(vapes\) among young people in Great Britain.](#)



We want students to feel confident and empowered with knowledge to make informed decisions, and would encourage conversations at home to support this. If you have any concerns, please get in touch with us.

Louise Rea-Palmer, Assistant Headteacher & Designated Safeguarding Lead

Character Education

Character Education is a facet of Personal Development that Edgbarrow School provides as part of our students' education experience. Character Education is embedded at Edgbarrow through assemblies, subject lessons, dedicated character education lessons during tutor time, sports, performance and arts clubs, outward bound activities, hobby clubs, subject learning clubs and co-curricular activities. These opportunities help young people to explore and express their character and build the skills they need for resilience, empathy and employability.

Each half term, we will ask students to think about different ways, in and outside school, they can develop key values and evaluate their own personal targets. This Spring term, we are focussing on motivation, ambition, courage and self-control. Year 7 have used these values to inspire their Drama Assessments over the Spring term. The last week before half term was our charity week, where students have been actively involved in raising money for their chosen year group charities through games, and selling cakes. This has provided them with the opportunity to engage with these character values and develop being an active citizen within a local community. Each tutor group and Head of Year will name a half term character star based on each half term's development.



Louise Rea-Palmer, Assistant Headteacher & Designated Safeguarding Lead

Year 7 Geography Trip - Natural History Museum

It was a privilege to take our Year 7 students to the Natural History Museum this term. The students had an awesome time exploring the world of tectonics and expanding on what they had learnt in class. Highlights include taking part in the "Emergency! Earthquakes and Volcanoes" show learning how earthquakes and volcanoes are managed and how we live with them every day. Students also loved exploring the tectonics zone with a real highlight being the earthquake simulator where students got to experience what it feels like to be in an earthquake.

John Russell-Smith, Geography



Sport Co-Curricular Clubs Spring Term 2023

Spring Sport Co-Curricular Timetable



Check-In for clubs

DAY	CLUB (3:30-4:30)
Monday	
Tuesday	Boys Football (all years) Multi Sports (invite only) Girls Cricket (all years) Yoga
Wednesday	Girls Football (all years) Sixth Form Football Social Sports (Badminton, TT) Year 10/11 Fitness suite - YA's <i>£ Paid Trampolining club</i> <i>£ Paid Acestars Tennis</i>
Thursday	Badminton (all years) Fitness Suite Year 10/ 11 – YA's GCSE and A-Level Intervention
Friday	<i>£ Paid Boxing</i>

At Edgbarrow we promote a fully inclusive sport co-curricular programme and this also applies to fixtures, competitions and tournaments. We do not have an elitist approach. We recognise hard work and attendance to clubs and this is what we look for when selecting our teams. We do not hold trials for teams, we just have regular training sessions during our co-curricular hours. For home matches we try to include as many students as possible, for away fixtures we are limited to the capacity of the mini-bus.

Non-Sport Co-Curricular Clubs Spring Term 2023

DAY	TIME	CLUB	YEAR GROUP	LOCATION	TEACHER IN CHARGE
MON	1.45 – 2.10	Choir	All Years	MU1	Mrs Cruickshank/Miss Yatirawana
	1.45 – 2.10	Faith Hub	All Years	Learning Room	Mrs Wilmot/Mrs Hartley
	1.45 – 2.10	Composition Club	All Years	MU2	Mrs Cruickshank
	1.35 – 2.15	Debating Club	Y11 – Y13	BC1	Mr Birch
	3.20 – 4.20	Chess Club	All Years	M5	Mr Meyer
	3.15 – 4.15	Biology Clinic	Y13	S2	Biology Team
	3.20 – 4.20	Creative Writing	KS3	Library	Miss Ford/Mrs Huxtable
	3.20 – 4.20	German Club	All Years	L4	Miss Hancox
	3.20 – 4.20	Japanese Club	All Years	L3	Ms Bos
	3.20 – 4.20	Board Games and D&D	All Years	H13	Mr Birch/Mrs Meyer
TUES	1.35 – 2.15	Philosophy Club	All Years	H10	Mr Hinz
	3.20 – 4.20	Progress Homework Club	Invite only	HB5	Mrs Bowker
	1.50 - 2.10	Touch Typing	Y7 – Y9	H9	Mrs Puddy
	3.20 – 5.00	Maths Fun Bus	Y12 / Y13	M1/M2	Maths Teaching Staff
	3.30 – 4.30	Geography Society	Y 7 - Y9	H2	Mr MacFarlane
	3.15 – 4.15	Cam Tech IT Support	Y12-Y13	H6	Mrs Hartley
	3.20 – 4.20	Science Xtra (by invite only)	Yr11	S9	Dr Bingham
	3.15 – 4.15	Art Focus	GCSE & A-Level	A3	Miss Owens/Mrs Roylance
	3.15 – 4.15	Photography Focus	GCSE & A-Level	ICT1	Mr Fayers
	3.15 – 4.20	Creative iMedia (IT) Support	Y10 – Y11	H8	Miss Pilgrim
	3.20 – 4.20	Cookery Club	Y7 & Y8	T8/9	Mrs Crowe/Ms Catanach
WEDS	1.35 - 2.20	Umbrella Club	All Years	Learning Room	Miss Thompson/Miss Baxter
	3.15 – 4.10	Vocational Work Shop	Invite Only	KS4/KS5	Mrs Shepherd
	3.20 – 4.00	Problem-Solving Club	Y7 - Y8	M5	Mr Rayner
	3.20 – 4.20	Swing Band	MU1	All Years	Mr Meyer
	3.20 – 4.20	Psychology Support Session	Y12 – Y13	SF2	Mr Croxon
	3.20 – 4.20	A-Level Computer Science Projects	Y13	H8	Mr Marshall
	3.20 – 4.20	Cambridge IMedia/CTEC	Y10 – Y11	H6	Mrs Puddy
	3.20 – 4.20	Progress Homework Club	Invite only	HB5	Mr Thorman
	3.20 – 4.20	Game Creation Software Club (Contact Miss Pilgrim before attending)	All Years	H7	Mrs Hartley
THURS	1.45 – 2.15	Technical Theatre Club	All Years	Studio	Mr Portnow
	3.20 – 4.20	Chemistry Clinic	Y13	S5	Dr Bingham
	3.15 – 4.15	Art & Photography Focus	GCSE & A-Level	A3 & ICT1	Miss Owens
	3.20 – 4.20	Physics Xpress	Y13	S10	Physics Team
	3.20 – 4.20	GCSE Computer Science Support (Programming & Theory)	Y10 – Y11	H8	Mrs Hartley
	3:20 – 4:20	Social Sciences Support	Y12 & Y13	SF3	Mrs Hume
	3.20 – 4.15	Art Club	Y7 – Y9	A1	Mrs Giles
	3.20 – 4.20	Science Club	Y7 - 8	S3	Mr Shingadia
	3.10 – 4.10	Biology Revision Clinic	Y13	S2	Mr Woolman
	3.15 – 4.15	Creative Writing Workshop	KS4	E3	Miss Ford/Mrs Huxtable
	3.20 – 4.20	BTEC Catch Up	Y10 & Y12	SF10	Ms King
FRI	3.15 – 4.15	E-sports Club	All Years	H8	Miss Mullane