



Dear Parents and Carers,

Welcome to the spring edition of our Personal Development Newsletter. This is always a very busy term for students, staff and the community with it being the shortest term in the school year. 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 will provide information regarding these areas, including the 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.

Please visit the [Personal Development area](#) on our website for further information.

We hope you find the following information useful. We would welcome any feedback or queries, please email:

louise.rea-palmer@edgbarrowschool.co.uk or emily.price@edgbarrowschool.co.uk.

Louise Rea-Palmer, Assistant Headteacher & Designated Safeguarding Lead

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Charity Week, 5th-9th February

Key Stage 3

On the Wednesday after school, Mr Dangerfield and Year 9 held a wellbeing walk in the woods raising money for the Year 9 chosen charity, Great Ormond Street Hospital. Thursday and Friday lunchtimes, Year 7 ran a Lego Lunch competition where students paid to complete Lego challenges. Year 8 ran cookie decorating and hot chocolate lunches for students. All week Year 7 completed a Readathon during which students collected sponsorship to read more outside of school that week. This has raised over £1000 (total still being counted) for the Read for Good Charity, which puts books and readers into hospitals to support children.

Key Stage 4

On the 8th and 9th of February, we hosted a charity penalty shootout at lunchtime for Key Stage 4 students against some of the PE teachers, who were goalkeepers. This was a brilliant approach to raise money for COATS in Crowthorne and to give back to the community, whilst making it an enjoyable and memorable experience for all of the students. On both days, KS4 students who joined us in the sports hall had an excellent time and took delight in attempting to score against some of the PE teachers, with some even making more donations to score as many goals as possible. This money will go towards improving the COATS centre, which will give the senior community a wonderful place to socialise and engage in exciting activities. It is certainly a great cause to support through our events, and it was most definitely worth it!



Thames hospice



Totals raised (including non-uniform day)

Year 7: £491.39 Year 8: £308.13 Year 9: £253.82 Year 10: £283.74

Student Leadership & Peer Education Project Update

In January 2024, Miss J King (Teacher of Social Sciences) was successfully appointed to the role of Co-ordinator of Student Leadership. Please find an introduction and the student leadership update below:

Firstly, thank you for taking the time to read the Student Leadership update in the latest edition of the Personal Development Newsletter.



School Council have had their first meeting of 2024 and the agenda involved discussing the current school offer at Culinera (on-site catering), careers advice and preparation, preparing for Children's Mental Health Week and more.

School Council members worked incredibly hard to come up with starter activities for Children's Mental Health Week (5th – 11th February). English, Maths, Science, Geography, History, Art and Languages all received resources for lessons. This means every child from Years 7 -11 had multiple links to mental health throughout their school week, around the theme of "My Voice Matters".

On top of this, all students completed a mental health activity during tutor time and wellbeing opportunities were provided at lunchtime.



Within my role as Student Leadership Co-ordinator, I am involved in promoting mental health. This year, we have introduced an exciting project where the sixth formers are teaching Year 7 about mental health during tutor time. It started on Wednesday 10th January. It is being run in collaboration with the Mental Health Foundation.

Some of our lovely sixth form students worked incredibly hard for weeks preparing to become 'Peer Educators'. Myself and Mrs Pearce have guided and worked with the sixth formers in preparation for this project. The whole cohort of Year 7 students has started a ten-week programme where a series of mental health lessons will be taught during tutor time.

This is something we are hoping to run every year with the new incoming Year 7s. I am passionate about mental health and am in a unique position to work with the Senior Leadership Team and Student Leadership to continue to make mental health an integral part of our education and community.

Lastly, I just want to say I am proud to be working with the School Council, prefects, sixth form student ambassadors and other members of the school community. Student Leadership is a fantastic opportunity where students feel valued and their voices feel heard. I am looking forward to seeing what we can implement over the rest of the academic year.

Thank you.

Jade King, Co-ordinator of Student Leadership

Co-Curricular Clubs

Please visit the [co-curricular page](#) on our website to view our sport and non-sport co-curricular clubs that are going on this term. All abilities are welcome and students can join in at any point in the term.

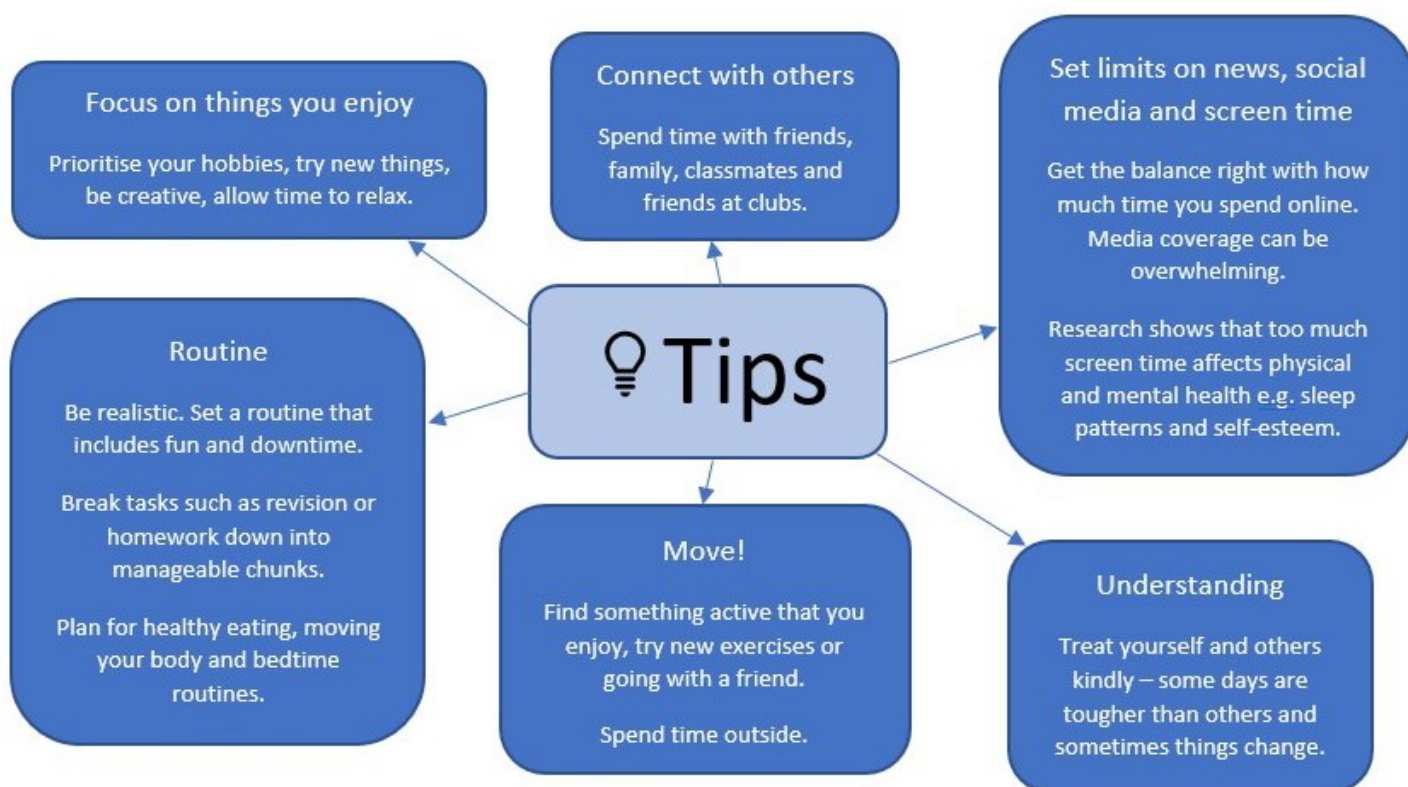
NON-SPORTING CO-CURRICULAR CLUBS						
Spring Term 2024						
DAY	TIME	CLUB	YEAR GROUP	LOCATION	TEACHER IN CHARGE	
MONDAY	1.45 – 2.10	Choir				
	3.15 – 4.15	Biology Clinic				
	3.15 – 4.15	Photography Focus				
	Start 18/09	3.20 – 4.20 School Newspaper				
	3.15 – 4.15	Cam Tech IT Support				
TUESDAY	1.35 – 2.15	Philosophy Club				
	3.20 – 4.20	Progress Homework Club				
	1.50-2.10	Touch Typing				
	3.20 – 5.00	Maths Fun Bus				
WEDNESDAY	3.20 – 4.20	D&D Club				
	3.20 – 4.20	Science Xtra (By invite only)				
	3.20 – 4.20	Art Club				
	3.15 – 4.15	Art Focus				

Spring Co-Curricular Timetable		
DAY	Paid	CLUB (3:30-4:30)
Monday	Basketball	Boys' senior football: Years: 9, 10 & 11 Girls' senior football: Years: 9, 10 & 11 Team Badminton (invite only)
Tuesday		Boys' junior football: Years: 7 & 8 Girls' junior football: Years: 7 & 8 Social sports
Wednesday	Trampoline	
Thursday		Social Badminton

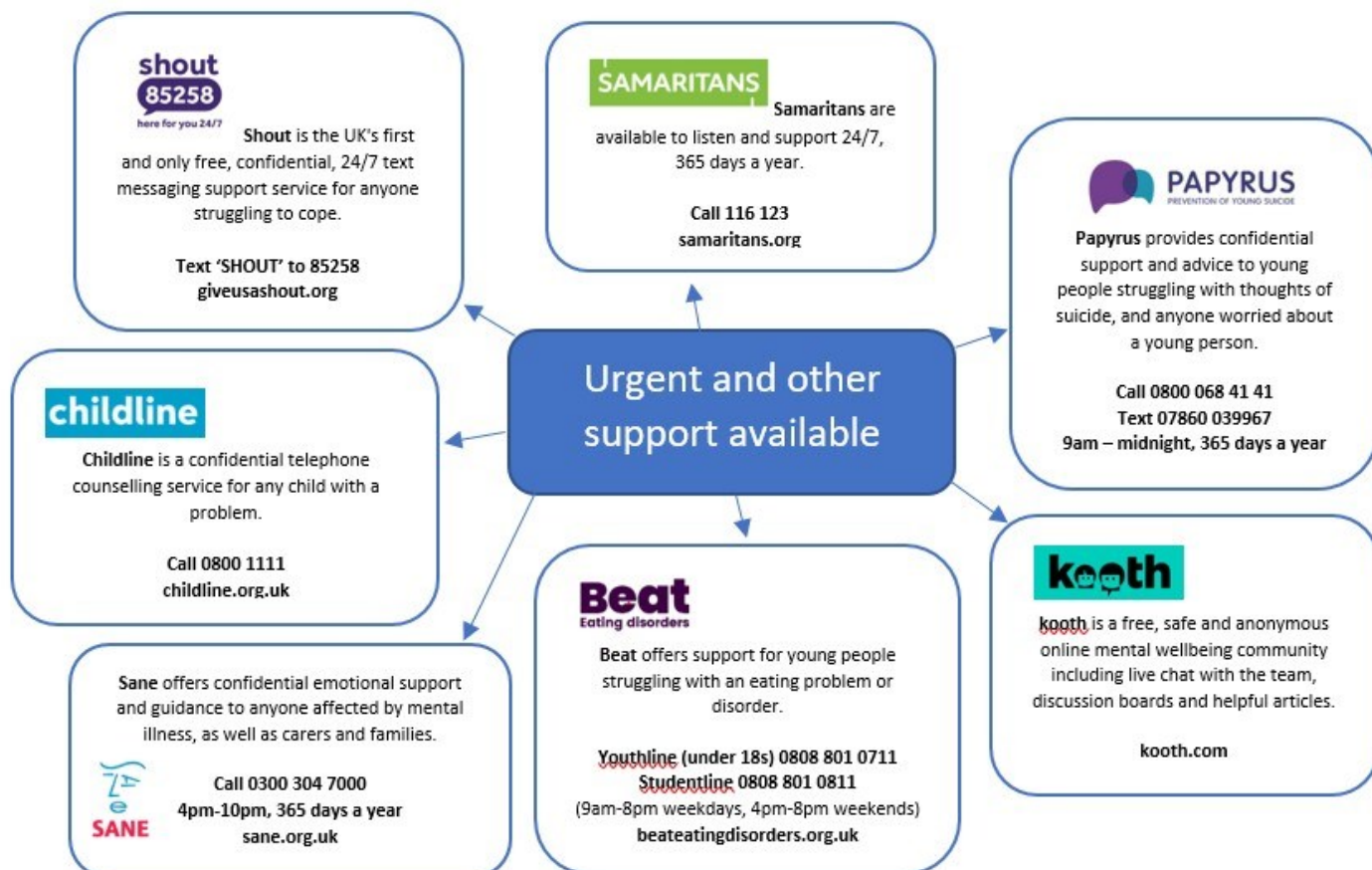
Looking after your mental health

Children's Mental Health Week took place from 5th to 11th February this year. We took this opportunity to remind students about how important their mental health is and that there may be times that our mental health is better than others.

It might be good to talk to your child about ways they can look after their mental health, using the examples below.



Want more advice or support?



Keeping Safe Online

The internet gives us access to a whole host of information as well as linking us to social activities, meet-ups and of course, providing a way to stay in touch with friends.

It is important to have discussions with our children about keeping safe online. It is also useful to know what to do if and when things go wrong. Children should recognise that sometimes things they have clicked on online, or perhaps shared can be used to harass or frighten them.

- **Think before you post!**
- **Don't share personal details**
- **Think about who you're speaking to, or who they could be**
- **Take breaks – set limits**
- **Never give out your passwords**
- **Manage your privacy settings on apps**
- **Know what to do if something goes wrong (see below)**

Advice for Parents and Carers

Childline has provided some helpful tips to support you if things do go wrong (see table opposite).

Childnet and the NSPCC have created free, adaptable resources that cover the important topics of healthy relationships, digital wellbeing and online pornography and are designed to equip and enable parents and carers, to support young people aged 11 and over. They also have resources to support young people with Special Educational Needs and Disabilities (SEND). Click on the logos below to view resources and further information.

childline

ONLINE, ON THE PHONE, ANYTIME



Childnet

NSPCC

5 ways to get support if things go wrong

1. **Talk to someone you trust** like an adult, or you can always talk to a [Childline counsellor](#)
2. **Report bullying and abuse** directly to the [website or app](#)
3. **Delete things you've shared** that you're worried about or find ways to hide them
4. **Tell the police** by making a [report to CEOP](#) if someone is threatening or blackmailing you
5. **Plan for the future** and change your privacy settings so it doesn't happen again

Safer Internet Day

Safer internet day was celebrated on 6th February, this year's theme is all about change and influence online. [Saferinternet](#) has created a range of guides for parents and carers.

Remember, if you need to report exploitation or online criminal activity, please contact [CEOP](#)

Safeguarding

We would like to take this opportunity to remind all students and parents/carers of our Safeguarding Team members. Students should be very familiar with our Safeguarding Team poster, which is displayed across the school. Students can seek support from their Tutor, Head of Year, Student Support, the Safeguarding Team, or any member of staff they feel comfortable talking to.

Imabi app. We are aware that some students are not ready to disclose information face-to-face to an adult and as a result, we have online reporting to enable students to report a genuine bullying or safeguarding incident to our team. You can find out more about the app by [watching this video](#) (click on link or the logo below). Please

talk to your child about the Imabi app and encourage them to download it. The app also features informative guides on a range of topics such as mental health, healthy relationships and social media. Search imabi Inspire in app stores. Please [visit our website](#) for further safeguarding information.

imabi

Louise Butler, Safeguarding Officer



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'. Year 7 are continuing to take part in sessions looking at first aid with our school nurse. Through these topics students will consider a series of age-appropriate topics preparing them for life in the world.

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
Online safety - gaming	Healthy sleep	Options	Drugs and alcohol	Parenting
Healthy balanced lifestyles	Substance misuse	Substance misuse	Drug workshops	Different attitudes towards others
Personal hygiene	Emotional wellbeing	Dental health	Recognising poor mental health	Managing money
Substance misuse	Growing up	Sexual orientation and gender identity	Marriage	Emotional wellbeing
Mental health awareness	Puberty	Relationships	Family	Revision skills

You will find the link to the full PSHE curriculum and the Relationships and Sex Education (RSE) policy [here](#), which includes all the relationships, health and wellbeing topics that will be covered in school. We really value parental feedback so please email emily.price@edgbarrowschool.co.uk if you have any comments or questions.

Emily Price, PSHE Lead

Character Values

Each half term, we ask students to think about different ways in and outside school they can develop key values and evaluate their own personal targets. In the spring term, we are focussing on motivation, ambition, courage and self-control. Students in Years 7 and 10 wrote an assembly about the importance of role models in motivating us to be ambitious and this was presented by members of the Student Leadership Team, Flavia and Susannah. Year 7 has used these values to inspire their Drama assessments over the spring term. We are excited to see these and hope some may be performed in assembly.

Here are some of the role models that students came up with:



Environmental

Jane Goodall



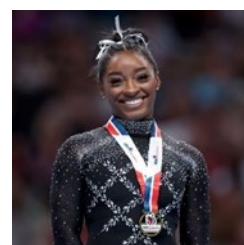
Entrepreneurial

Robert Felder



LGBTQ+

Harry Styles & Bella Ramsey



Sporting

Simone Biles



Academic

Stanley B. Prusiner

The last week before half term was our charity week, where students were actively involved in raising money for their chosen year group charities through games, and wellbeing activities. This has provided them the opportunity to engage with these character values and develop being an active citizen within a local community. Students should look out for character value Edgpoints in lessons. Each tutor group and Head of Year will name a half term character star based on their development. Look out for these on ClassCharts!

Louise Rea-Palmer, Assistant Headteacher & Designated Safeguarding Lead

Assembly Rota - Spring Term

Our assemblies cover relevant topics to help prepare and develop our students into confident, informed and involved citizens. Our assemblies are used to support and consolidate our teaching of PSHE.

Week Beginning	Assembly Theme	National awareness days, religious festivals and events	Additional Assemblies & Activities	Character Value
01/01	New Starts Values Healthy Choices	New Year's Day	Character Values	Motivation & Ambition
08/01	Online Gaming Online Gambling		Character Values	Motivation & Ambition
15/01	Stereotypes Role Models			Motivation & Ambition
22/01	Holocaust Memorial Day Diversity	Holocaust Memorial Day	Holocaust Memorial activity	Motivation & Ambition
29/01	LGBTQ+ History Month	LGBT+ History Month	Diversity tutor activity	Motivation & Ambition
05/02	Online Safety	Safer Internet Day 6/02	Charity Week Tutor and lunch activities	Motivation & Ambition
HALF TERM				
19/02	Lent Challenging Yourself Resilience		Character Values	Self Control & Courage
26/02	Women's History Month International Women's day	Women's History Month	Character Values	Self Control & Courage
04/03	British Science Week	British Science Week	World Book Day quiz	Self Control & Courage
11/03	Careers Week		Careers quiz	Self Control & Courage
18/03	Racial Discrimination	International Day for the Elimination of Racial Discrimination 21/3	Ramadan	Self Control & Courage
25/03	Disability Awareness	World Autism Awareness Day 2/4 World Down Syndrome Day 21/3	Nudes Tutor activities	Self Control & Courage

Information for parents and carers about vapes

January 2024

This leaflet contains guidance and information around the use of vapes, especially by young people. We know that the use of vapes is on the rise. Marketing makes vaping attractive to younger people, enticing them to use vapes, particularly disposable vapes which are offered in a variety of colours and flavours.



What should you know as a parent or carer?

- There is clear advice that vapes should not be used by children and young people.
- Vaping products should not be sold or given to anyone under the age of 18. The Tobacco and Related Products Regulations 2016 prohibits vapes and e-cigarettes to be sold or given to anyone under the age of 18.
- The use of any type of vape can increase young people's exposure to harmful chemicals. Reported side effects of using any vape include:
 - vomiting
 - nausea
 - coughing
 - shortness of breath
 - mouth irritation
 - asthma
- Defective products may catch fire or explode, leading to burns and injuries.
- Nicotine can be found in most vapes. Nicotine is a highly addictive chemical and it can affect brain development in young people. This may impact their learning, memory, concentration, and mood, causing anxiety and depression. It can also lead to addiction and physical dependence. Children and young people may become dependent on nicotine quicker than adults.

- The long-term effects of vapes are still unknown. Therefore, it is difficult to know the outcomes and risks of using vapes over the long term.

What you can do as a parent or carer

If you know or suspect your child is using a vape, talk to them about the risks and that they are not designed for general use, only as a tool to quit smoking or as a less harmful alternative to smoking for adults.

If your child is using the vape as a way of managing their anxiety or stress, there are other ways they can destress without relying on vapes, such as physical and creative activities, relaxation techniques and talking therapies. There are many local services to support young people (listed at the end of this leaflet).

What are the risks of illegal vapes?

Illegal vapes can contain a number of harmful chemicals that are controlled under the Misuse of Drugs Act (1971), including tetrahydrocannabinol (THC).

THC is a psychoactive compound in cannabis and can make people feel a range of effects.

These may include:

- Paranoia
- Nausea
- Hyperactivity
- Hallucinations
- Panic attacks
- Impaired mobility
- Elevated heart rate
- Cough or shortness of breath
- Chest pains

The quantity and strength of THC found in these illegal vape products varies greatly. Any product containing THC is illegal in the UK.

It is important to note that THC is different to cannabidiol (CBD), which is the non-psychoactive chemical compound and does not have the same effect.

If a young person is known to have used a vape containing THC or another illegal substance, monitor for these symptoms. Seek immediate medical attention if you have concerns about their health: use **111 online** or call **999** in an emergency.

There are several options available if you find a vape which you suspect contains an illegal substance or if a retailer is selling vapes to young people under the age of 18:

- contact [trading standards](#)
- visit www.stop-illegal-tobacco.co.uk/share-information
- call **0300 999 6999**

Local support and information

Bracknell Forest Thrive!

This website provides information and guidance on children and young people's health and wellbeing.

Youthline Bracknell Forest

Free, confidential and client-centred counselling for young people attending secondary school and adults who care for and support young people in Bracknell Forest. Youthline offers in person, online and telephone counselling. Phone: **01344 311200**.

Kooth

Free digital emotional wellbeing and counselling service available to young people aged 10 to 25 across east Berkshire.

Smoke Free Teen

Useful advice on vaping for young people including tips to deal with cravings, understanding triggers and managing anxiety, stress and the cost of vaping.

New Hope

A substance misuse service for young people and adults. They can support young people to understand the risks and harm of taking drugs or drinking alcohol. They also offer advice and information to parents and carers and hold a family and friends group which young people can access. Email: new.hope@bracknell-forest.co.uk
Phone: **01344 312360**.

ChatHealth

Free and confidential text messaging service for parents and young people, putting you in contact with a local school nurse for advice and information.

- If you are a parent of carer of a five to 19 year old and need advice, you can text a school nurse: **07312 263194**.
- If you are aged 11 to 19 and need advice, you can text a school nurse: **07312 263266**.

The Bracknell Forest Youth Service

Provides preventative teaching and support to enhance and compliment substance misuse curriculum already delivered in schools.

General information and support

Information about drugs on the Talk to Frank website:

- vapes: www.talktofrank.com/drug/vapes
- cannabis: www.talktofrank.com/drug/cannabis
- synthetic cannabinoids: www.talktofrank.com/drug/synthetic-cannabinoids
- general overview: www.talktofrank.com/news/cannabisvapes