

Church Hill Middle School

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CHURCH HILL
MIDDLE SCHOOL
RSA ACADEMY

Weekly update - Friday 7th January 2022

Upcoming Events:

- Monday 10th January** - Flu Vaccination catch ups.
- Tuesday 11th January** - HPV jabs for Year 8 pupils
- Tuesday 25th January** - UKMT maths Challenge
- Friday 28th January** - French breakfast Day at Breakfast Club. Eco pupils visit to the Waste Management Site
- Thursday 3rd February** - Year 8 Virtual Decisions workshop.
- Friday 4th February** - NSPCC Numbers Day
- Monday 7th February** - Whole School Drop Down Day—Respect for our Environment. Tomos Roberts (poet) to visit Year 7.
- Monday 21st - Friday 18th February (inclusive) - HALF TERM**
- Tuesday 8th March** - Parents' Evening
- Friday 11th March** - Morgan Stanley project for selected Year 8 pupils
- Tuesday 15th March** - Parents' Evening. 5CB and 5BD visit to Bishops Wood
- Wednesday 16th March** - 5JE and 5MP visit to Bishops Wood.
- Thursday 17th March** - 5OC visit to Bishops Wood
- Tuesday 22nd March** - Whole School Drop Down Day—Integrity
- Wednesday 6th March** - Year 8 Residential visit to Conover Hall.
- Friday 8th March**—End of Spring Term.



Find us on Social Media:

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Mental Health Support Teams in Schools (MHSTiS)

Designed to help meet the mental health needs of children and young people in educational settings, this service supports schools and colleges to identify and manage issues relating to mental health and wellbeing in young people.

The Mental Health Support Teams in Schools (MHSTiS) initiative aims to transform children and young people's mental health provision by creating integrated partnerships between health, education, social care and voluntary, community and social enterprises (VCSEs). To achieve this, teams will deliver high quality, evidence-based interventions for those experiencing mild and moderate mental health issues.

We are currently working with **Jemima Keight** as part of this initiative. Jemima works for the NHS and will spend some time each week in our school.

As part of this initiative, we aim to develop a whole school approach to supporting mental health and well-being that will meet the needs of our school community.

How you can support

This is your opportunity to contribute to this exciting project. Attached is a link to a survey regarding mental health and wellbeing support in school- it should take no longer than 10 minutes to complete. The information you provide is collected by the Wellbeing and Emotional Support Teams (WEST) and shared with school. We would really value your contribution to this, as your views are important in the development of the strategy, so if you would like to, please complete by **Friday 14th January**.

Link to survey: <https://forms.gle/9nM8JUcfcg5hV4NA7>

Spring Term Clubs

	Morning	Lunch time	After School
Monday	Breakfast Club	KS3 Basketball Club	Homework Club KS3 Rugby KS2 Rugby KS2&3 Choir Y7 Book Club Y5 Yoga and Mindfulness KS3 Art Club
Tuesday	Breakfast Club	KS3 Boxing KS3 Gardening	Homework Club
Wednesday	Breakfast Club	KS2 Colouring Club	Homework Club KS2&3 Dance KS3 Dodgeball Y6 Book Club Y6 Booster Reading
Thursday	Breakfast Club	KS3 Curling	Homework Club KS2&3 Netball KS2 Dodgeball Y6 Booster Maths KS2 Art
Friday	Breakfast Club	KS3 Football	Homework Club KS2&3 Hockey KS2&3 Girls Football Y6 Booster Maths

Covid-19 New Isolation and Testing Procedures

We wanted to make the new Government arrangements clear for you to follow as of 11th January 2022.

From 11 January in England, people who receive positive lateral flow device (LFD) test results for coronavirus (COVID-19) will be required to self-isolate immediately, but won't be required to take a confirmatory PCR test.

Lateral flow tests are taken by people who **do not** have COVID-19 symptoms. Anyone who develops 1 of the 3 main COVID-19 symptoms should stay at home and self-isolate and take a PCR test. They must self-isolate if they get a positive test result, even if they have had a recent negative lateral flow test – these rules have not changed.

Under this new approach, anyone who receives a positive LFD test result should [report their result on GOV.UK](https://www.gov.uk) and must self-isolate immediately but will not need to take a follow-up PCR test.

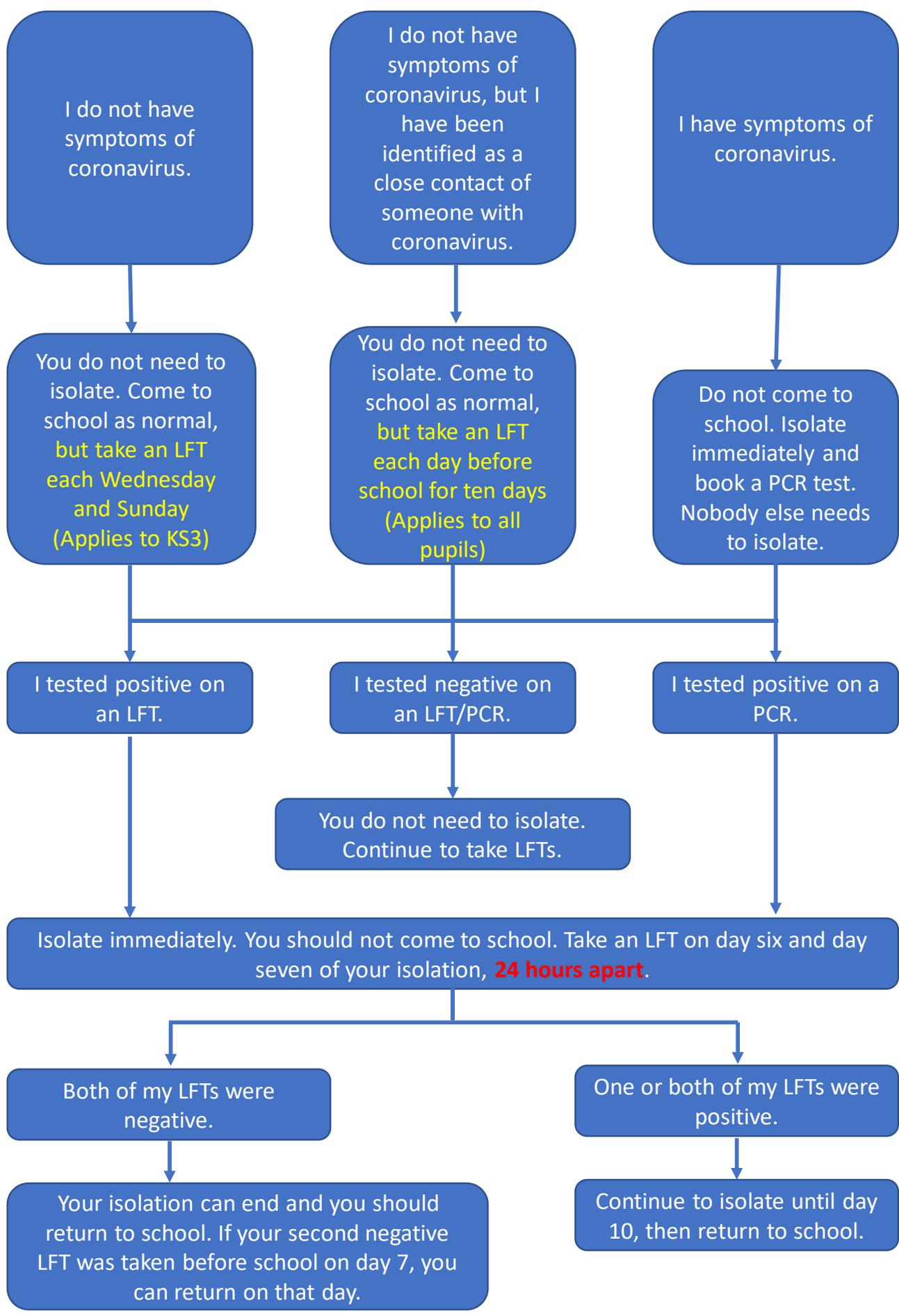
After reporting a positive LFD test result, they will be contacted by NHS Test and Trace so that their contacts can be traced and must continue to self-isolate.

There are a few exceptions to this revised approach.

- First, people who are eligible for the £500 Test and Trace Support Payment (TTSP) will still be asked to take a confirmatory PCR if they receive a positive LFD result, to enable them to access financial support.
- Second, people participating in research or surveillance programmes may still be asked to take a follow-up PCR test, according to the research or surveillance protocol.
- Finally, around one million people in England who are at particular risk of becoming seriously ill from COVID-19 have been identified by the NHS as being potentially eligible for new treatments. They will be receiving a PCR test kit at home by mid-January to use if they develop symptoms or if they get a positive LFD result, as they may be eligible for new treatments if they receive a positive PCR result. This group should use these priority PCR tests when they have symptoms as it will enable prioritised laboratory handling.

In line with the reduced self-isolation approach announced on 22 December, anyone who tests positive will be able to leave self-isolation 7 days after the date of their initial positive test if they receive 2 negative LFD results, 24 hours apart, on days 6 and 7.

Please see the flow chart on the following page if you are unsure of what to do if your child tests positive on an LFT test, or they are identified as a close contact of a positive case.



What are the symptoms of coronavirus?

The primary symptoms of coronavirus are a **high temperature** (above 37.5 degrees), a **dry and persistent cough** and a **loss or change to your sense of taste/smell**.

The secondary symptoms of coronavirus are a **sore throat, headache, fatigue, aches/pains, diarrhoea, vomiting** and **cold-like symptoms**. You do not need to isolate if you have these symptoms unless you have been identified as a close contact of coronavirus or otherwise advised by the NHS.

If you are in doubt, **contact 111 for advice**. Isolate and get a test. **Inform the school**.

When should I update the school?

KS3 pupils should update the school of their LFT test results every **Wednesday** and **Sunday**.

You should inform the school **without delay** if you test positive on an LFT or PCR. You can do this using the form on our **website** or **ePraise**.

You should inform the school if you test negative on **days 6 and 7 of isolation** and therefore will be returning to school earlier than day 10.

How do I access learning from home?

All pupils are able to access **Teams** by logging into www.office.com and **ePraise** by logging into www.epraise.co.uk.

Pupils will have **learning activities** set via Teams and can contact their teacher(s) via ePraise.

Pupils should engage with **learning from home** if they are well enough.

Talking to your child about online sexual harassment: A guide for parents

On 16th December 2021, the Children's Commissioner for England, Dame Rachel de Souza, launched a guide for parents and carers on online sexual harassment and how they can support children to stay safe online.

A copy of the guide can be downloaded from the following link: [Talking to your child about online sexual harassment: A guide for parents](#)

A summary document has been included on the next page, and both documents can be found on the school, website.

"The things I wish my parents had known..." draws together advice from 16-21-year-olds on how parents should manage tricky conversations around sexual harassment and access to inappropriate content, including pornography.

An overriding message is that parents should start these challenging conversations early. **Their focus groups suggest broaching topics before a child is given a phone or a social media account, which is often around the age of 9 or 10.**

The guide focuses on issues such as:

- Easily accessed online pornography
- Pressure to send nude pictures
- Sexualised bullying
- Editing pictures and body image
- Peer pressure

If you would like any further help or support on how to keep your child safe online, please don't hesitate to contact the school.

Please also refer to the NSPCC website which also has a wealth of information around keeping children safe:

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>



Here to help you keep your kids safe online

A guide to staying safe in the online world – so they can explore the endless possibilities technology offers, and safely navigate any risks.

Keeping your kids safe online

A guide to helping your kids confidently explore the online world.

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Let's keep kids safe online

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**THE THINGS I
WISH MY
PARENTS
HAD KNOWN**



**YOUNG PEOPLE'S ADVICE
ON TALKING TO YOUR
CHILD ABOUT ONLINE
SEXUAL HARASSMENT**

Summary of top tips

- 1 Start speaking to your children about these issues before you first give them a phone or set up a social media account. This might feel very early, but you can do it in an age-appropriate way. It is better to be proactive than reactive.

Don't wait for the crisis.

- 2 Keep the conversation going. Adapt to your child so you can support them.

Don't mention it once and think that's enough.

- 3 Keep it casual, find everyday opportunities to speak about these issues with your child – like when you're walking or driving somewhere.

Don't scare them with 'the big talk'.

- 4 Focus on your child's emotions first and work out what they may have seen online. By listening to your child and understanding if they accessed harmful content, you can help to support them.

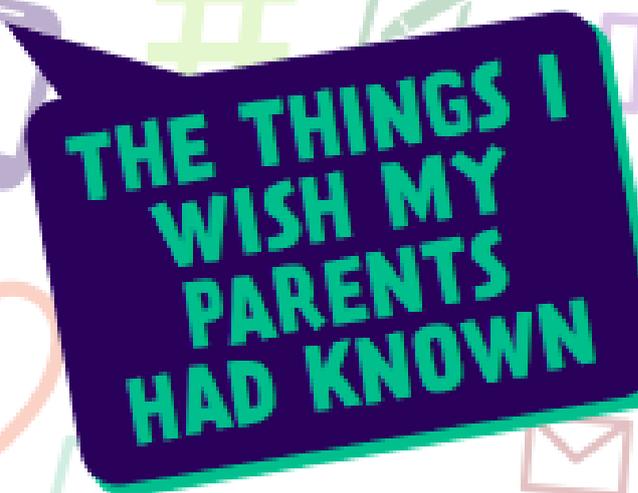
Don't punish them before listening and understanding.

- 5 Keep curious about the technology your child is using and stay up to date with platforms, apps and trends.

Don't pretend these issues don't exist

- 6 Set boundaries. Use filtering tools to limit your child's exposure to harmful content. Decide on rules and boundaries with your child, allowing them to input. Explain which monitoring and filtering tools you are using, and why.

Don't leave your child unsupervised online without using monitoring and filter tools. You wouldn't leave them alone in the park or the street, apply the same level of protection online.



**THE THINGS I
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**YOUNG PEOPLE'S ADVICE
ON TALKING TO YOUR
CHILD ABOUT ONLINE
SEXUAL HARASSMENT**

**Our full guide shares information
on each of these topics:**



Pornography

"I feel like the best time for parents to have a conversation about porn is a bit earlier for boys than girls. From my experience of male friends, they definitely see porn earlier than my female friends. I mean like early: year 4, year 5, year 6."



Sharing nudes

"A lot of parents might just blame the child instantly instead of trying to support them."



Sexualised bullying

"A lot of my male friends feel like they can't do certain things as they feel like they will get bullied, or even worse than bullied... they feel like they're in danger if they don't do a certain thing."



Editing photos and body image

"It is still as damaging ... you know it's edited, you still wanna look that way. It is hard to get over the fact you don't look that way. It's hard to navigate through that."



Peer pressure

"You see people like those comments and get lots of likes. It makes you think to post more comments like that, you see people like them so you start posting more hateful comments."

All quotes from young people aged 16-21