



Weekly bulletin: Secondary

Star of the week: w.b. 08.12.2023		
Year 7	Year 8	Year 9
D Dominik Wi	A Holly A	A Jack B
R Marta DM	C Emily DF	S Zuzanna D
I Immanuel W	T Yasmin E	P Max P
V Lea M	I Luca I	I Lenny S
E Nikola V	O Oliver R	R Sara M
	N Alan H	E Adam M



Weekly Attendance: w.b. 08.12.2023

Year 7:	D 1st	R 4th	I 5th	V 3rd	E 2nd	
Year 8:	A 4th	C 6th	T 5th	I 1st	O 3rd	N 2nd
Year 9:	A 2nd	S 5th	P 1st	I 6th	R 4th	E 3rd

LAB Secondary Attendance this Year: 93.99%

LAB Secondary Attendance Target: 97%

National comparison (Secondary): 92%



Achievement Points: w.b. 08.12.2023

This week	777	861	883	756
Total this year	7132	7663	7683	7153
Top contributors this week	<ol style="list-style-type: none"> 1. Lea M 1. Jack W 2. Raven F 3. Louisa A 4. Lui M 	<ol style="list-style-type: none"> 1. Aaradhya A 2. Dominik Wi 3. Daniel D 4. Sienna W-P 5. Kenza A 	<ol style="list-style-type: none"> 1. Lily G 2. Oliver S 3. Amelia S 4. Ana DF 5. Dateo K 	<ol style="list-style-type: none"> 1. Rafferty H 2. Mariana M 3. Alaina B 4. Nikole S 5. Antonia S
Top contributors this year	<ol style="list-style-type: none"> 1. Jack W 2. Isaque AJ 3. Nicole G 4. George A 5. Raven F 	<ol style="list-style-type: none"> 1. Aaradhya A 2. Valbona A 3. Dominik Wi 4. Adunni A 5. Nathan G 	<ol style="list-style-type: none"> 1. Oliver S 2. Luana S 3. Amelia S 4. Kuzey A 5. Confidence A 	<ol style="list-style-type: none"> 1. Rafferty H 2. Mariana M 3. Malwina O 4. Alaina B 5. Nikole S

<u>Achievement Level</u>	<u>Points Tariff</u>
Bronze	100
Silver	200
Gold	300
These achievement levels are ongoing for each academic year	



Sparx Champions w.b. 08.12.2023

Sparx Reader

Academy League Table

1. William M
2. Weronka B
3. Yasmeen L
4. Alaina B
5. Aaradhya P
6. Liwia C
7. Anastazja P
8. Aamal E
9. Angelica O G
10. Primrose D

Sparx Maths

Academy League Table

1. Zuzanna D
2. Nicole G C
3. Ania A
4. Kuzey A
5. Enzo M
6. Corin L
7. Tegan B
8. Cameron C
9. Lui M
10. Maja S

Readers of the week

Year 7

1. Ethan S
2. Anastazja P
3. Alaina B
4. Melody J
5. Caslin T

Mathematicians of the week

Year 7

1. Kuzey A
2. Corin L
3. Cameron C
4. Maja S
5. Anastazja P

Year 8

1. William M
2. Angelica O G
3. Matilda P
4. Maya Z
5. Laura M-H

Year 8

1. Ania A
2. Enzo M
3. Tegan B
4. Oliwia F
5. Darius U

Year 9

1. Yasmeen L
2. Aamal E
3. Lenny S
4. Laura R
5. Katerina N

Year 9

1. Zuzanna D
2. Nicole G C
3. Ruben W
4. Oli K
5. Aamal E



Upcoming dates:

Friday 15.12.2023	Break up for Christmas Holidays <i>Students will be dismissed at 12.40</i>
Tuesday 02.01.2024	INSET Day - Academy closed to pupils
Wednesday 03.01.2024	Welcome back after Christmas
Thursday 04.01.2024	Year 7 Rewards Trip
Friday 05.01.2024	Year 8 and Year 9 Rewards Trip
Monday 12.02.2024 - Friday 16.02.2024	Half term
Monday 19.02.2024	INSET Day - Academy closed to pupils
Thursday 14.03.2024	Year 9 Careers and Apprenticeship Show at the BIC <i>Students will be dismissed from the BIC</i>
Thursday 14.03.2024	Year 9 Options Evening (Year 9 students and families)

Last week of term - Clubs

Monday 11th - Friday 15th December	No Academy Clubs
Monday 11th - Thursday 14th December	Wraparound Care (Premier Education): Running as normal
Tuesday 12th December	Karate Club: going ahead
Tuesday 12th December	Mini Athletics: not running



Friday 15th December

Children finish at 12:40pm: **No wraparound care**

Key messages:

Last day of term - Friday 15 December

All students are allowed to wear one christmas item of their choice on the final day of term. This could be an item such as a Christmas Jumper, Christmas socks or a Christmas hair accessory.

Cost of Living Support

This time of year can place a large financial pressure on families. There is however support available. This includes:

- Please visit the website - <https://www.bcpCouncil.gov.uk/costofliving>
- Household Support Grants administered through Citizens Advice BCP - Next round of applications open Monday 15 January until Friday 9 February 2024
[Household Support Fund - Citizens Advice Bournemouth Christchurch & Poole \(citizensadvicebcp.org.uk\)](https://www.citizensadvicebcp.org.uk)
- Ridgewater Energy provides advice and assistance to any of our residents in fuel poverty. They can assess your eligibility for various schemes and grants, and can help you with expert energy saving advice to help lower your energy bills, insulation grants and free energy saving products. [Home | Ridgewater Energy](#)
- Warm welcome spaces - Find friendly, welcome spaces in your local community where you can meet others, take part in activities, get a warm drink or meal, find out about cost of living support services or spend some quiet time away from your home. We have produced a map of local welcome spaces, including places of worship, community centres, libraries and cafes. <https://www.bcpCouncil.gov.uk/costofliving>

Free School Meal / Pupil Premium

- Families for children who are Pupil Premium will receive £30 worth of vouchers to help over the holiday period.



Phone and Digital safety

Many students have been talking about their wish lists for Christmas being a new device. With this in mind please take a look at some useful parent resources below.

- [Childnet's 'First Phone Checklist'](#) is a great, easy to understand resource that takes you through the process of choosing the right time, setting it up and supporting your child.
- [Childnet's 'Moving on Up!'](#) videos are a great place to start conversations around new devices, digital wellbeing and online bullying.
- **The Mix** is a leading support service in the UK for young people and offers free and practical advice on wide ranging issues. The article on ['How to Avoid Online Scams'](#) helps young people understand what to watch out for and actions to take to hopefully avoid being scammed online.
- **TikTok:** Check out Parent Zone's guide on TikTok which includes functionality, reporting, blocking and privacy settings. [Read the guide](#)
- **Help children stay safe on chat apps:** The NSPCC have also published [safety guides](#) on chat apps. Chat apps allow users to send messages, videos, photographs and documents to individuals or groups of people. Personal safety settings should always be used to help ensure children only receive messages from people they know and trust and messages from strangers are automatically blocked. Reassuring children they can talk with you if they feel they may have had a risky conversation is to be recommended. Most chat apps do have safety settings, if this isn't the case then such platforms are not to be recommended for children.
- If you're worried about something a child or young person may have experienced online, you can contact the NSPCC helpline for free support and advice. Call 0808 800 5000 or contact NSPCC online.

Dealing with safety concerns

Inappropriate contact from an adult

- The Child Exploitation and Online Protection Command (CEOP) helps keep children safe from online grooming. CEOP is part of the police service and sits within the National Crime Agency. If you suspect an adult is communicating with a child



inappropriately, or a child is being sexually abused online, you should report this to the [CEOP](#).

Online hate content

- Online content which incites hatred should be reported to True Vision at report-it.org.uk which covers the grounds of race, religion, disability, sexual orientation or gender. This content should also be reported directly to the platform on which it appears.

Nude images of children online

- The report remove tool on the ChildLine website is for young people to get help removing a nude image or video of them that has been shared, removed from the internet. There is a helpful video that explains how report removal can help. For forms of online abuse and harmful content, such as bullying, threats, or self-harm and suicide content, you can report this directly to the platform where the abuse took place. This also includes content designed to impersonate someone else (e.g. creating a fake account pretending to be someone else) [Report Harmful Content](#) can walk you through the reporting process for many popular sites.

If the content has remained online or the platform has not taken appropriate action, you can report this to Report Harmful Content. They will look into the issue and ensure the correct processes have been followed and advise you on what steps you can take next.

Mental Health

It can be difficult for parents/carers to tell whether their teenagers are just "being teens" or if there is something more serious going on. Many of the things you may notice, such as changing moods, can often be attributed to normal teenage behaviour. However, it can be helpful to know when there may be signs of a more serious problem.

If you're worried about your teenager's behaviour or general wellbeing you should consider:

- speaking to your teenager about your worries
- getting advice from a GP
- contacting us to find out if we have noticed any changes in their behaviours or share the same concerns.

It's important to know that many parents and carers find teenage behaviour difficult to



understand or challenging to cope with.

Supporting your child's mental health

1. **Open Dialogue:** Create a safe space for your child to express their feelings and concerns. Encourage open conversations about mental health, actively listen, and validate their emotions. Let them know that it's okay to seek support when needed.
2. **Promote Self-Care:** Encourage healthy habits that contribute to positive mental well-being. Encourage regular physical activity, adequate sleep, balanced nutrition and engaging in activities they enjoy. Help them find healthy outlets for stress, such as hobbies or mindfulness exercises.
3. **Validate and Empower:** Validate your child's emotions and experiences. Encourage them to identify and express their feelings constructively. Empower them to problem-solve and make decisions independently, building their self-confidence and resilience.
4. **Encourage Connection:** Foster a supportive network of friends, family, and mentors for your child. Encourage participation in social activities, clubs, or community programs that align with their interests and help build positive relationships.

Road Safety

Following on from our assemblies that took place last week we are asking for parents to talk to their teenagers about how their child's risk of being injured on foot or on a bicycle increases as they gain independence. Far more teens are knocked down and hurt than younger children. Peer pressure can also cause young people to behave in unsafe ways near the road. If your child cycles to school, ensure they are **wearing a helmet, visible or reflective clothing/equipment.**

Our Academy is situated on a busy road, therefore all students need to learn how to cross the road safely. Please remind your child on the important core steps of crossing the road safely. Supportive information can be found at <https://capt.org.uk/pedestrian-safety/> You can also download road safety fact sheets translated into five languages – Arabic, Bengali, Panjabi, Polish, Romanian, Somali and Urdu – for speakers of English as an additional language.

<https://capt.org.uk/csw-translations/>



Useful articles

- [Teens and mental health](#)
- [Teens and vaping](#)
- [Teens and social media](#)

Parent View

We would like to invite all our families to complete the [linked questionnaire](#) to tell us what you think of Livingstone Academy Bournemouth, this includes:

- how happy your child is at the school
- how the school manages bullying or challenging behaviour

If your child has special educational needs and/or disabilities (SEND), we will ask how well the school supports them.

We will use your responses to help inform us of what next steps we can take to continue to develop students learning at Livingstone Academy Bournemouth.