



## Weekly bulletin: Secondary

Upcoming dates:	
Monday 25.03.2024	Year 8 Bovington Tank Museum Trip
Friday 29.03.2024	Good Friday - First day of the Easter Break
Monday 15.04.2024	First day back for all students following Easter Break
Sunday 21.04.2024	Year 9 Options Form Deadline
Wednesday 22.05.2024	HPV Vaccinations
Monday 03.06.2024	School Class Photos

### Key messages:

#### **Year 9 Options**

Our year 9 Options process is drawing to a close and all students and their families are hopefully feeling well informed and ready to make their choices. We now require all families to sit with their child to complete their final choices and select the subject they wish to study at KS4. If you or your child would like to remind themselves of any information, it can be found on our [website](#).

#### **Parent guide to Encouraging Open Conversations at Home**

Cultural and technological changes have made the experiences of today's children vastly different to our own childhoods; it can be challenging to engage youngsters in open, honest conversation – especially about more sensitive topics. This, combined with many children's instinct to avoid "rocking the boat", can make it difficult to stay up to date with the goings on in their lives.

However, it's hugely important that trusted adults still offer an empathetic ear and feel able to encourage young people to open up about their day-to-day activities. The National Online Safety guide provides ten top tips for promoting open conversations with children – helping to make sure there's someone they know they can turn to in times of need.



# 10 Top Tips for Parents and Educators

## ENCOURAGING OPEN CONVERSATIONS AT HOME

With tricky topics and occasional clashes of opinion, it can be challenging to maintain an environment where children feel able to talk candidly and honestly. However, encouraging such conversations helps to develop trust – making it easier to unpack even sensitive subjects as children get older. Here are our top tips for promoting open conversations at home.

### 1 CREATE A SAFE SPACE

Criticism, blaming or shaming can all prevent children from feeling emotionally safe – while showing affection, positive attention and an interest in what a child has to say builds their sense of security. These formative years are when children's opinions and values begin to take shape, so it's important to provide a non-judgmental environment in which to discuss them – especially if their opinions differ from your own.

### 2 CONSIDER OTHER OUTLETS

Some children may find it easier to talk while they're participating in another activity such as drawing, writing, walking or sport. If it's possible, taking part in these activities together presents you with an opportunity to communicate while doing something side by side. A child may feel less pressure that way and can be more inclined to open up of their own accord.

### 3 NORMALISE CHATS ABOUT FEELINGS

Incorporate mental health and emotional wellbeing into everyday conversations, using age-appropriate language and examples to help children understand their emotions. Ask questions like "How are you feeling today?", "What was the best and worst part of your day?", "If you could start today again, what would you do differently?" and "Is there anything you want to talk about?"

### 4 LISTEN ACTIVELY

When children express themselves, make it obvious that you're listening closely and giving them your full attention. Maintain eye contact and validate their feelings without immediately trying to solve the problem. It's not helpful to dismiss their issues as childish or 'teenage angst' – or to assume that they'll simply 'get over' whatever they're feeling. Children don't have your life experience; their resilience is still developing as they learn to push through difficulties and handle problems.

### 5 ASK OPEN QUESTIONS

Encourage children to share their thoughts by asking open questions about their feelings and experiences. Closed questions (such as "Did you enjoy school today?") are more likely to elicit a simple "yes" or "no" response. Instead, you could ask things like "Who did you spend time with at break?" or "Who did you sit with at lunchtime?"

### 6 RESPECT THEIR BOUNDARIES

If a child isn't ready to talk about something yet, respect their boundaries: this reinforces that their feelings are important and worthy of consideration. Ideally, you're aiming to let them know you care without smothering them, so just make it clear that you're there for them whenever they're ready to chat. Gentle, regular check-ins can sometimes be the best form of progress.

### 7 LEAD BY EXAMPLE

Model open, honest and healthy communication in front of children and young people. Try to demonstrate kindness when talking about others and yourself, because if children hear adults being overly harsh, critical or judgmental, or see them having unrealistic expectations of themselves, it makes them more likely to adopt and repeat this behaviour themselves as they grow.

### 8 HAVE REGULAR CHECK-INS

Check in with children periodically to discuss how they're feeling and what's going on in their lives. This could be a weekly or monthly conversation, where the child has an opportunity to share whatever's on their mind. For parents and carers, getting away from the house and other distractions might be productive here: you could consider regular trips to a coffee shop or a café, or just a weekly walk.

### 9 PROVIDE RESOURCES

It's often beneficial to let children know about other support that's available to them if they're struggling to talk to you specifically. Encourage them to talk to school counsellors, trusted adults or even a therapist, if necessary – while normalising this route and dispelling the harmful stigma around asking for help. Older children could engage with resources such as Kooth or YoungMinds.

### 10 CELEBRATE EMOTIONAL EXPRESSION

It's beneficial to praise children for expressing their feelings honestly – emphasising how important it is to talk about their emotions and how proud you are of them for doing so. This can be especially pivotal for boys, who often experience more of a stigma around talking frankly about their feelings and their mental health – a barrier that can be overcome, with enough love and support.



## **Rowing Taster Sessions - Lymington Amateur Rowing Club**

***Rowing taster sessions in Lymington on Monday 8th April during the Easter holidays***

This event aims to get children out on the water so they can try the sport of rowing first hand, while the sports coaches will also see whether rowing is a sport they might excel at. This taster session is:

- free of charge
- no prior rowing experience required, just interest
- all are welcome if you are enthusiastic
- email [ben.reed@britishrowing.org](mailto:ben.reed@britishrowing.org) to sign up



Applicants  
should ideally  
be 176cm (f) or  
188cm (m) tall  
or over

**Rowing Taster Sessions**  
Finding the next generation of talent  
Lymington Amateur Rowing Club  
Monday 8<sup>th</sup> April from 11am

For more information or to apply, email [ben.reed@britishrowing.org](mailto:ben.reed@britishrowing.org)



## **REPEAT MESSAGES / REMINDERS:**

### **Easter Holiday Food Vouchers**

All families with children who are eligible for free school meals will receive £15 per week per eligible child. These vouchers will be emailed to all families in the final week of term. Any questions please contact Miss Higgs at the main office ([office@livingstone-aspirations.org](mailto:office@livingstone-aspirations.org))

### **Apply for free school meals**

Anyone who thinks they could be eligible for their child to receive free school meals and other financial support such as uniform grant and trip subsidies please follow the advice on the following link: [Free school meals | BCP](#)

### **Pastoral Care**

We are pleased to have added resources to our website that can direct you to external organisations that can help with topics such as bereavement, finances and mental health. You can also find a list of apps and books for parents and children of a range of ages. They can be found on our website [here](#).

### **Parent Survey** <https://forms.gle/jecJrrlw2b1a5MPZ7>

Please complete this short parent survey so that we can constantly evaluate our practice and respond to your feedback. If you ever have a more pressing or specific concern, we would always urge you to communicate directly with us so that we can resolve it effectively.

### **Food Vouchers**

If any families are struggling to put food on the table, please contact our Safeguarding Team in confidence. We may be able to help for example with the issuing of food vouchers. ([safeguardingteam@livingstone-aspirations.org](mailto:safeguardingteam@livingstone-aspirations.org))

### **Cost of Living Support**

- Please visit the website - <https://www.bcpCouncil.gov.uk/costofliving>
- Household Support Fund - Citizens Advice Bournemouth Christchurch & Poole (<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.
- 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>





**Star of the Week: 23.03.24**

<b>Year 7</b>	<b>Year 8</b>	<b>Year 9</b>
<b>D</b> Valentina G	<b>A</b> Mshari A	<b>A</b> Joel B
<b>R</b> Deniz K	<b>C</b> Emily DF	<b>S</b> Theo H
<b>I</b> Alex F	<b>T</b> Joe S	<b>P</b> Finnley W
<b>V</b> Xabi S	<b>I</b> Maia K	<b>I</b> Nergiz H
<b>E</b> Lorenzo B	<b>O</b> Andre G	<b>R</b> Max E
	<b>N</b> Ania Ali	<b>E</b> Olumide O



**Weekly Attendance: w.b. 18.03.2024**

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

**LAB Secondary Attendance this Year: 91%**

**LAB Secondary Attendance Target: 97%**

**National comparison (Secondary): 92%**



**Achievement Points: w.b. 18.03.2024**

<b>This week</b>	<b>739</b>	<b>746</b>	<b>706</b>	<b>727</b>
<b>Total this year</b>	<b>18,147</b>	<b>18,909</b>	<b>18,935</b>	<b>18,108</b>
<b>Top contributors this week</b>	<ol style="list-style-type: none"> <li>Amira E</li> <li>Jack W</li> <li>Isaque Aj</li> <li>Tyler-Ford C</li> <li>Deniz K</li> </ol>	<ol style="list-style-type: none"> <li>Aaradhya P</li> <li>Ramiro-Jahkeim G</li> <li>Masen M</li> <li>Valbona A</li> <li>Iustina-Elena H</li> </ol>	<ol style="list-style-type: none"> <li>Amelia S</li> <li>Amelie D</li> <li>Kuzey</li> <li>Oliver S</li> <li>Luana S</li> </ol>	<ol style="list-style-type: none"> <li>Amira KP</li> <li>Malwina O</li> <li>Rafferty H</li> <li>Obadiah P</li> <li>Evan G</li> </ol>
<b>Top contributors this year</b>	<ol style="list-style-type: none"> <li>Jack W</li> <li>George A</li> <li>Amira E</li> <li>Isaque Aj</li> <li>Sandy S</li> </ol>	<ol style="list-style-type: none"> <li>Aaradhya P</li> <li>Dominik Wi</li> <li>Valbona A</li> <li>Thomas S</li> <li>Amy F</li> </ol>	<ol style="list-style-type: none"> <li>Luana S</li> <li>Amelie D</li> <li>Oliver S</li> <li>Amelia S</li> <li>Diego BG</li> </ol>	<ol style="list-style-type: none"> <li>Rafferty H</li> <li>Mariana M</li> <li>Amira KP</li> <li>Malwina O</li> <li>Dominik Wa</li> </ol>

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



## Home Learning Champions w.b. 18.03.2024

### Sparx Reader

#### Academy League Table

1. Nicole G C
2. Aamal E
3. Chinedum U
4. Yasmeen L
5. Anastazja P
6. William M
7. Weronika B
8. Zuzanna D
9. Liwia C
10. Aaradhya P

### Sparx Maths

#### Academy League Table

1. Zuzanna D
2. Ibukunoluwa O
3. Nicole G C
4. Ania A
5. Davi Jave J
6. Enzo M
7. Kuzey A
8. Fawwaz A
9. Maja S
10. Tegan B

### Readers of the week

#### Year 7

1. Harper C
2. Alaina B
3. Marziya O
4. Amelie D
5. Deniz K

### Mathematicians of the week

#### Year 7

1. Kuzey A
2. Ana d F S d S
3. Aaradhya P
4. Maja S
5. Anastazja P

#### Year 8

1. Ramzy A
2. Anja T
3. Metta F
4. Nikiya-Capree G
5. Teodor U

#### Year 8

1. Ali B
2. Ania A
3. Ahmed-Shaheem S
4. Tegan B
5. Davi Jave J

#### Year 9

1. Blessing M
2. Muriel S
3. Ayden M
4. Amelia B
5. Divyansh C

#### Year 9

1. Chinedum U
2. Blessing M
3. Muriel S
4. Maya S
5. Ksenija K





<b>Tassomai Scientists</b>	<b>Tassomai English</b>
<b>Academy League Table</b> <ol style="list-style-type: none"><li>1. Aamal E</li><li>2. Ania A</li><li>3. Davi Jave J</li><li>4. Maya S</li><li>5. Tegan B</li><li>6. Oscar- George O</li><li>7. Happiness S</li><li>8. Weronika B</li><li>9. Cosmina T</li><li>10. Anastazja P</li></ol>	<b>Academy League Table</b> <ol style="list-style-type: none"><li>1. Deniz K</li><li>2. Aamal E</li><li>3. Maciej L</li><li>4. Fawwaz A</li><li>5. Chinedum U</li><li>6. Ania A</li><li>7. Maya S</li><li>8. Happiness S</li><li>9. Oscar- George O</li><li>10. Davi Jave J</li></ol>
<b>Scientists of the week</b>	<b>Linguists of the week</b>
<b>Year 7</b> <ol style="list-style-type: none"><li>1. Deniz K</li><li>2. Maciej L</li><li>3. Isabella D</li><li>4. Anthony d'A P</li><li>5. Anastazja P</li></ol>	<b>Year 7</b> <ol style="list-style-type: none"><li>1. Deniz K</li><li>2. Maciej L</li><li>3. Isabella D</li><li>4. Anastazja P</li><li>5. Lena P</li></ol>
<b>Year 8</b> <ol style="list-style-type: none"><li>1. Ania A</li><li>2. Ibukunoluwa O</li><li>3. Davi Jave J</li><li>4. Happiness S</li><li>5. Tegan B</li></ol>	<b>Year 8</b> <ol style="list-style-type: none"><li>1. Ania A</li><li>2. Davi Jave J</li><li>3. Tegan B</li><li>4. Happiness S</li><li>5. Darius U</li></ol>
<b>Year 9</b> <ol style="list-style-type: none"><li>1. Chinedum U</li><li>2. Maya S</li><li>3. Ramiro-Jahkeim G</li><li>4. Oscar-George O</li><li>5. Liwia C</li></ol>	<b>Year 9</b> <ol style="list-style-type: none"><li>1. Chinedum U</li><li>2. Maya S</li><li>3. Oscar-George O</li><li>4. Liwia C</li><li>5. Aamal E</li></ol>



# PROUD

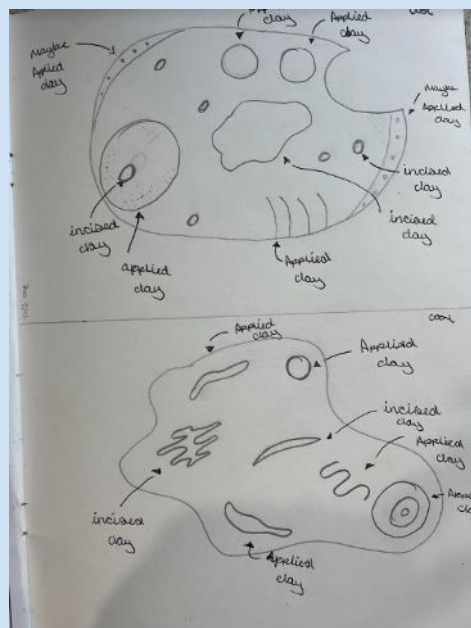
Every Thursday, pupils bring the work they are proud of to show to the leadership team. They receive a treat and a stamp on their loyalty card, which will enable them to achieve a reward.

## PROUD: 21.03.2024

Hiral S, Victoria H, Blessing M, Muriel S, Cain S, Divyansh C, Fawwaz A, Adunni A, Paras K, Cheila A, Chinedum U, Caslin T, Aaradhya P, Ikram T, Stephanie M, Dominik W, Thomas S

The following collected their 5th stamp and received a prize

Zeynep G, Sissi K, Ayanna A, Valentina G



14/3/24

LO: To first understand challenges and management of Sahara

The Sahara desert was all destroyed because of climate change.

The Sahara desert was a very beautiful place but everything was destroyed back of water.

What challenges do people in the desert face?

Sand is always moving and it's harder to move it.

Extreme high temperature during the day

Extreme low temperature during the night

The Sahara can be very high during the day

21/3/24

LO: To understand basic facts of Sahara deserts

- 1) No, it's worse in desert before.
- 2) A desert is a body of water.
- 3) An equator is a body of rock that holds reproduction.

Desertification happens when the land is gradually turned into desert, usually on the edges of an existing desert.

Causes	Effects	Solutions
1. Overgrazing	1. The overgrazing by the wild animals leads to the soil degradation.	1. Controlled grazing and rotational grazing.
2. Climate change and drought	2. The climate change and drought leads to the soil degradation and the loss of water.	2. Water conservation and efficient irrigation systems.
3. Over-farming and soil farming methods	3. Over-farming and soil farming methods leads to the soil degradation and the loss of water.	3. Crop rotation and soil conservation techniques.
4. Overgrazing due to human activities	4. Overgrazing due to human activities leads to the soil degradation and the loss of water.	4. Controlled grazing and rotational grazing.
5. Over-use of fertilizers	5. Over-use of fertilizers leads to the soil degradation and the loss of water.	5. Reduced fertilizer use and soil conservation techniques.
6. Population growth	6. Population growth leads to the soil degradation and the loss of water.	6. Sustainable land management practices.
7. Lack of water	7. Lack of water leads to the soil degradation and the loss of water.	7. Water conservation and efficient irrigation systems.

LO: To understand characters and their relations dynamics

Ascending slope

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it's in the 3y? → not for nothing

homer's eyes

desert

not by the desert himself

the 3y's

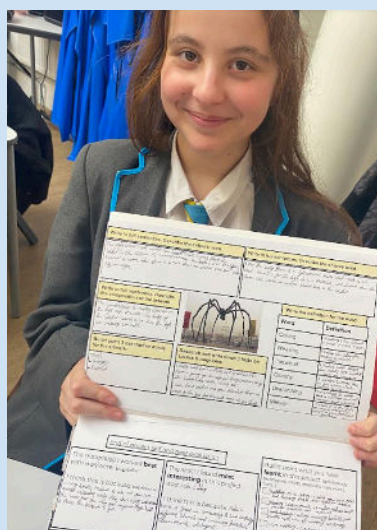
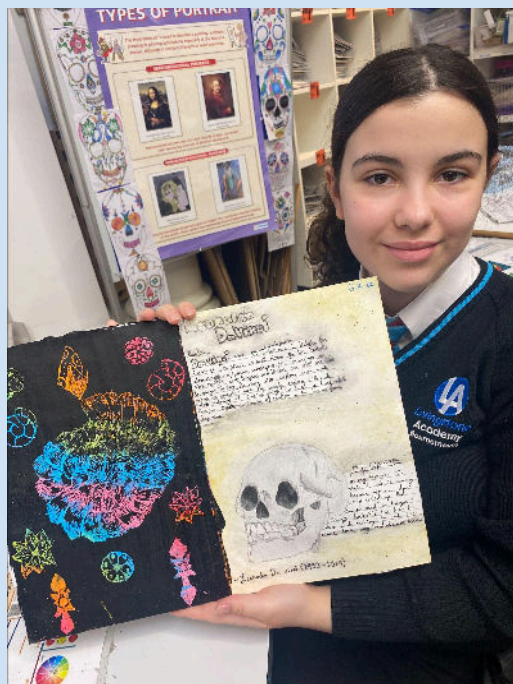
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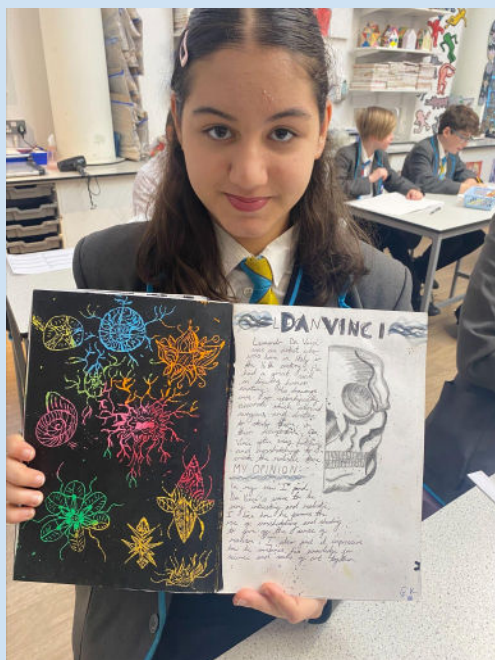
ozer

that monster should be such a natural a product which boy is born homed with a lion shape.



## Art of the Week







## Football Fixture - Year 9 Boys

### Cornerstone 5 - 4 LAB



#### Goal Scorers

Adam

Michael

Emeric X2

#### Most Valuable Player (MVP):

Emeric

### Match Report

The year 9 boys were unlucky to lose their 2nd ever game at LAB. The game started very positively with both teams having chances to score early on. Cornerstone however took the early lead and made it 2-0 after 15 minutes. However LAB were determined to get to half time level which they did with Adam finishing a nice team move for the 1st and Michael scoring following a corner. Cornerstone made it 3-2 just after half time however a header from Emeric from a corner made it 3-3 soon after. Cornerstone then scored 2 goals in 5 minutes to make it 5-3. However as the team had shown throughout the whole match they were determined to score again which Emeric did when he took a shot just inside Cornerstones half which went into the top corner for his second goal of the game. The game finished 5-4 to Cornerstone, however everyone in the team showed determination and teamwork and gave a very good account for themselves.