



**MOMENTS
MATTER,
ATTENDANCE
COUNTS.**

Friday 27th September

#ThisWeek@SAN

**MOMENTS
MATTER,
ATTENDANCE
COUNTS.**

Welcome to this week's Parental Bulletin which gives you a summary of Academy Events, Sporting achievements, important information and weekly Student Nominations from staff. If you've missed checking our socials, it's all here for you.

You can still follow us on Facebook and Twitter for updates as well.



@SiriusAcademyNorth



@sirius_north

The MyEd app remains our most important way of communicating with you and together with the iParent app, you can access everything you need to know about your child's school life.

MY





MOMENTS MATTER, ATTENDANCE COUNTS.

Academy News

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At The National College, our **WakeUpWednesday** guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about INSTAGRAM

Instagram is a highly popular social media platform with over 2 billion active monthly users. The app is continuously updating and adding new features to meet the wishes of its audience, allowing them to upload images and videos to their Instagram feed, create interactive 'stories', go live, exchange private messages or explore and follow other accounts that catch their eye.

AGE RESTRICTION 13+

follow

WHAT ARE THE RISKS?

ADDICTION

Many social media platforms, Instagram included, are designed to keep us engaged on them for as long as possible. They encourage scrolling and scrolling more in case we miss something important - in essence, a fear of missing out. On Instagram, young people can lose track of time when aimlessly scrolling and watching videos posted by friends, acquaintances, influencers and possibly strangers.

UNREALISTIC IDEALS

Children sometimes compare themselves to what they see online: how they look, how they dress, and the way their life is going in comparison to others on social media. However, most people only show the positives about their lives online and many use filters when sharing pictures of themselves. A constant comparison with unrealistic ideals can lead to insecurity over one's own appearance and lifestyle.

GOING LIVE

Livestreaming on Instagram allows users to connect with friends and followers in real time. Risks increase if the account is public, because that means anyone can watch the broadcast, which could result in further contact from strangers. Additional dangers of going live include an impulse to act inappropriately to draw more viewers, as well as being exposed to harmful content or offensive language.

INFLUENCER CULTURE

Social media influencers are sometimes paid thousands of pounds to promote products, services, apps and more. When celebrities or influencers post such content, it often says 'paid partnership' above the post. In April 2023, Ofcom found that over a quarter of children (27%) believed in influencer marketing, accepting their endorsement of products wholeheartedly. So it's perfectly possible for young people to be taken in by this kind of content.

PRODUCT TAGGING

Product tags allow users to tag a product or business in their post. This tag will take viewers directly to the product detail page on the shop where the item can be purchased. Children may also be encouraged by influencers to purchase products that they advertise.

EXCLUSION & OSTRACISM

Youngsters are highly sensitive to feeling excluded, which comes in many forms: not receiving as many 'likes' as expected; not being tagged in a friend's photo; being unfriended; not receiving a comment on their post or a reply to a message they sent. Being excluded online hurts just as much as offline. Young people have reported lower moods and self-esteem when excluded in this way, feeling as if they don't belong and aren't valued.

Advice for Parents & Educators

AVOID GOING PUBLIC

If a young user wants to share their clothing style, make up or similar and use product tagging to show off the items in their post, they may be tempted to change their settings to public. This leaves their profile visible to everyone, which carries the risk of strangers getting in touch with them. Set a child's account to private and explain the importance of keeping it this way.

HAVE AN OPEN DIALOGUE

Talk to children about the positives and negatives of social media, including the risks involved and how they can view or create content safely with family and friends. Explain how safety settings will ensure only followers can view them, and why this is so important. Also, if you find a child continuously uses filters on their photos, ask them why and impress on them that they don't need it.

MANAGE LIKE COUNTS

Due to the potential impact on mental wellbeing, Instagram allows users to hide the total likes on their posts, to prevent people from obsessing over that number in the corner. Users can hide like counts on all the posts in their feed as well as on their own posts. This means others can't see how many likes a person gets. This can be done by going into Settings > Notifications > Posts > Likes > Off.

USE MODERATORS

Instagram Live has implemented a mechanic called 'Moderators', meaning that creators can assign a moderator and give them the power to report comments, remove viewers and remove the ability for certain viewers to comment at all. Consider this if a child in your care wants to go live on the platform. It's also recommended to keep devices in communal spaces so you're aware if a child does go live or watch a livestream.

FOLLOW INFLUENCERS

Following influencers will allow you to monitor what they're posting as well as being able to discuss anything which you deem inappropriate. Talk to children about who they follow and help them to develop critical thinking skills about what the influencer is trying to do. For example, encourage the child to ask themselves if an influencer is trying to sell them a product when they make a video endorsing it.

BALANCE YOUR TIME

Instagram has a built-in activity dashboard that lets you control how much time is spent on the app. Make sure children sign in to the platform with the correct age, as Instagram's 'Teen Accounts' afford much more control for parents and carers over how long they can use the app each day. Talk with young users about how much time they spend on Instagram and work together to set a healthy time limit.

Meet Our Expert


Dr. Claire Sutherland is an online safety consultant at @CyberAware. She has developed and implemented anti-bullying and cyber safety workshops and policies for schools in Australia and the UK. Claire has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviours of young people in the UK, USA and Australia.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/instagram-2023>

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  @wake.up.wednesday
  @wake.up.weds

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Year 5 and 6 Open Evening

We absolutely loved meeting all of the Year 5 and 6 students and parent carers this week!

NO LIMITS

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**BROADENING
HORIZONS**

COMMUNITY



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Calling All Parent Carers of KS4!

OPEN EVENT SEASON, COMMENCES OCTOBER 2024

ATTEND COLLEGES

All learners have access to 'Save the Date' information.

KS4 have posters in all Lesson 1 classrooms. They also have them attached in their planners.

OPEN

ATTEND APPRENTICESHIP EVENTS

All providers publish their events and taster sessions via Social Media.

We also have multiple provider information already advertised in the academy.



BOOK ONLINE

Most providers like you to book a free E-Ticket.

This can be done via their Direct websites. Also, most links can be found via 'Events' via Log On Move On.

> Log on | move on >



CONNECT AND NETWORK

Information is essential. Explore the varieties of courses available, entry requirements and extra curricular programmes on offer!





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COMMUNITY CHARITY WALK

On Friday 18th October, the Academy will be taking part in a Community Charity Walk across the Humber Bridge. This will begin at 6pm and details have been sent through [MyEd](#). All money raised will be going to the charity chosen by you through our democracy platform. The charity voted by you is...



NO LIMITS RESPECT SUPPORT BROADENING HORIZONS COMMUNITY

Breakfast Club

A really good turnout for the first breakfast club for the history GCSE students. Come and join us on Tuesday morning each week.



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Academy News



Will you find a
GOLDEN
ticket in your sandwich?



- Promotion starts after October half term, 6th November and runs up to Christmas!
- Twice a month a small golden ticket is put in a sandwich from the range for any of our schools.
- Find a ticket and you get a gift!



Academy News



Book Your Place

Open Event
3rd October

Limited Availability

Other dates:

Thursday 7th November 2024, 6.30pm - 8pm

Thursday 9th January 2025, 6.30pm - 8pm



Contact to find out more

01482 222299



info@rondearingutc.com

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Enrichment Timetable 2024_25- Half Term 1

MONDAY

ENRICHMENT	TIME	ROOM
Breakfast Club	7.30-8.15	OWS
Chess Club	15.05-16.00	Library
Checkers Club	15.05-16.00	Library
Scrabble	15.05-16.00	Library
Bikeability	9.00-12.00	Sign up only

TUESDAY

ENRICHMENT	TIME	ROOM
Breakfast Club	7.30-8.15	OWS
Productions	15.05-16.00	OK1 AWI
Productions Y11	15.45-16.30	OK1 AWI
Girls Football	15.05-16.05	PE SWO
Dance	15.05-16.00	Activity Suite
Cadets	15.05-16.45	OWS DMAC
History Support	15.05-15.45	SCA
War Hammer Club	15.05-16.00	JOC
Emerald Games Club	15.05-15.45	2K3 KGA
PenPal Club	15.05-15.45	1F10 LGO
Emerald Drama Club	15.05-15.45	EDR
KS4 FOOTBALL	15.05-16.00	PE
KS3 FOOTBALL	15.05-16.00	PE
Musical Theatre	15.05-16.00	Auditorium ERO
KS3 RUGBY	15.05-16.00	PE
Social Club	15.05-15.45	2K5 AST
Emerald Colour By Numbers	15.05-15.45	JGI

WEDNESDAY

ENRICHMENT	TIME	ROOM
Breakfast Club	7.30-8.15	OWS
Active Travel Group	8.00-8.30	OWS
Magic the Gathering	15.05-15.00	OWS RLC
LGBTQ Society	15.10-15.45	OK2
STEM Club	15.05-16.00	1M3C PWL
Silent Reading	15.05-15.45	1F11 NFA
Upcycling Club	15.05-15.45	1F11 LPL
STEM Club	15.15-16.15	1M3C SJA
Emerald Fine Motor Skills	15.05-15.45	2K4 CDE
KS3 Rugby	15.05-16.00	PE HEL

THURSDAY

ENRICHMENT	TIME	ROOM
Breakfast Club	7.30-8.15	OWS
Fantasy Football Tips	8.00-8.30	OK1 AWI
Y8 Netball	15.05-16.05	PE SWI
Y7 Netball	15.05-16.00	PE ASP
Emerald Support	15.05-15.45	2K1
Top Trumps	15.05-16.00	1R9 CMC
Lego Club	15.05-16.00	1M1
Blue Peter Badge	15.05-15.45	2K1 NPE

FRIDAY

ENRICHMENT	TIME	ROOM
Breakfast Club	7.30-8.15	OWS
Duke of Edinburgh	8.00-8.30	AWI OK1
Productions	15.05-16.00	OK1 AWI

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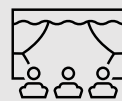
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Academy Events

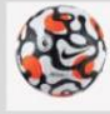
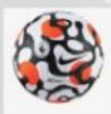


RUGBY TEAM

- Monday 30th September - Year 7 Boys Rugby training after school
- Thursday 3rd October - Year 7 Boys at HOME v St Mary's, 4pm KO
- Friday 4th October - Year 8 and 9 Boys Rugby training after school
- Monday 7th October - Year 9 Boys AWAY at Winifred Holtby, 4pm KO
- Friday 11th October - Year 7 Boys AWAY at Kingswood Academy, 4pm KO
- Monday 14th October - Year 8 Boys HOME v Bev Grammar, 3:30pm KO
- Friday 18th October - Year 10 and 11 Boys Training after school
- Monday 21st October - Year 9 Boys HOME v Bev Grammer, 3:30pm KO



Girls' football club!



Where: On the astroturf

When: Tuesday after school!



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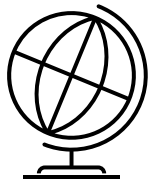


Academy Events



Geography Fieldwork

Year 11 GCSE Geographers ventured to Helmsley last week to collect primary data for their fieldwork investigation on the impacts of tourism in a rural honeypot. In each location, students conducted themselves confidently, asked questionnaires, recorded pollution measurements, completed noise surveys, traffic and pedestrian counts. They also examined the environment and completed adjective surveys throughout the settlement. They now have an array of quantitative and qualitative data to use in their write up, ready for their Paper 3. Well done 11R5/6 Geographers.





Academy Events



Hull 
Training & Adult Education

Ofsted
Good
Provider

Construction Taster Sessions

**WOULD YOU LIKE TO
START A CAREER IN
CONSTRUCTION?**


Join us for our Construction taster sessions and get hands-on experience while discovering the exciting opportunities a career in construction has to offer!

All 9:30 - 1pm

- 1st November 2024
- 21st February 2025
- 11th April 2025
- 30th May 2025

**BOOK YOUR
PLACE
HERE** →



01482 615349  hulltrainingconstruction@hullcc.gov.uk



Construction Taster sessions

Calling all Year 10 and Year 11 learners! For all individuals who would like to explore pathways in construction - Sign up to the FREE Tasters session provided by Hull Training and Adult Education. The days will be filled with activities and guidance from professionals and support staff. **DO NOT MISS OUT! BOOK NOW VIA THE QR CODE.**

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Sporting Success



U15 Girls Football

Congratulations to our U15 girls football team for beating Newland 5-2 in their first league game!





Sporting Success



NETBALL
Wednesday
3:05- 4:00
PE





Final Thought



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“You don’t have to
be great to start,
but you have to start
to be great.”

[#broadeninghorizons](#)
[#SAN](#)

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