



# The Word

THE BEST FROM EVERYONE, ALL OF THE TIME

12 FEBRUARY 21

## Headteacher's Roundup

We've come to the end of the first half term of 2021 and what a strange 6 weeks it has been! The challenges have been great, however, I must commend all our students for their tenacity in adapting to all the changes to their education. I must also thank all our parents/carers for their support in home schooling and finally I want to thank my staff for rising to the challenge of a whole new way of teaching.

As the days start to stretch out, and the vaccine roll-out continues, I am hopeful our school community can soon come together again soon. Unfortunately, we do not currently have any more information on when that will be, but we will be in touch as soon as we are told by the Government.

Our "live" PSHEC lessons, for year 7, and 10, continued this week and I was impressed with the engagement of all years.

As I briefly mentioned last week we have continued to discuss and analyse the feedback from our various surveys. As a

result, after half term, we will be moving to 5 x 50 minute lessons to ensure that lesson content is evenly spread and students get the chance to move and stretch between lessons. The timings are as follows:

- Tutor Time - 8.45am
- Period 1 - 9.05am – 9.55am
- Period 2 - 10.05am – 10.55am
- Period 3 - 11.25am – 12.15pm
- Period 4 - 12.25pm – 1.15pm
- Period 5 - 2.00pm – 2.50pm

I wish you all a lovely half term break, I hope you get the opportunity to get out and get some fresh air. Please stay safe and well.

Best wishes

*Annette Kumbler*







## Year 9 Parents' Evening

Parents' evening will take place on Wednesday 24<sup>th</sup> February. The booking system for appointments is opening this week. Any queries or issues please contact Mrs Regan. [kregan@lighthall.co.uk](mailto:kregan@lighthall.co.uk)

## House Points Totals

The running totals for number of house points so far are:

			
16044	16489	16497	16276

## Parents Information

### All Years:

Monday 15<sup>th</sup> February – Friday 19<sup>th</sup> February – Half Term

**Please note that after half term, all lessons will start at the usual time, but will only last for 50 minutes**

### Year 7:

**Attendance and learning:** online learning continues to be a great success with **average weekly attendance up to 93%**. Keep up the good work year 7!

15<sup>th</sup> – 19<sup>th</sup> March – Year 7 Mid-Point Assessment week

### Year 8:

**Attendance and learning:** online learning continues to be going extremely well with **average weekly attendance of 93%**. Keep up the good work year 8!

Week beginning 22<sup>nd</sup> February – Year 8 Assessment week

### Year 9:

**Attendance and learning:** online learning is going extremely well with **average weekly attendance of 90%**. Keep up the good work year 9!

Wednesday 24<sup>th</sup> February – Parents' Evening  
Thursday 4<sup>th</sup> March – Options Returns deadline

### Year 10:

**Attendance and learning:** online learning is going extremely well with **average weekly attendance of 82.68%**. Keep up the good work year 10!

### Year 11:

**Attendance and learning:** online learning is going extremely well with **average weekly attendance of 87.3%**. Keep up the good work year 11!

## Year 8 Assessment Schedule

Teaching Group	Science	Maths	English	Geography	History
H1	24.02.21 P1	25.02.21	22.02.21 – 23.02.21	26.02.21	26.02.21
H2	24.02.21 P1	25.02.21	22.02.21 – 23.02.21	26.02.21	26.02.21
H3	24.02.21 P1	25.02.21	22.02.21 – 23.02.21	26.02.21	22.02.21
H4	24.02.21 P1	25.02.21	22.02.21 – 23.02.21	26.02.21	23.02.21
H5	24.02.21 P1	25.02.21	22.02.21 – 23.02.21	25.02.21	26.02.21
L1	24.02.21 P4	25.02.21	22.02.21 – 23.02.21	25.02.21	26.02.21
L2	24.02.21 P4	25.02.21	22.02.21 – 23.02.21	23.02.21	23.02.21
L3	24.02.21 P4	25.02.21	22.02.21 – 23.02.21	24.02.21	26.02.21
L4	24.02.21 P4	25.02.21	22.02.21	26.02.21	26.02.21
L5	24.02.21 P4	25.02.21	22.02.21 – 23.02.21	26.02.21	25.02.21

Teaching Group	RE	Music	Computing	Drama	French	Spanish
H1	23.02.21	26.02.21	25.02.21	08.02.21	22.02.21 – 24.02.21	22.02.21 – 24.02.21
H2	25.02.21	26.02.21	22.02.21	12.02.21	22.02.21 – 24.02.21	22.02.21 – 24.02.21
H3	23.02.21	26.02.21	26.02.21	12.02.21	22.02.21 – 24.02.21	
H4	22.02.21	26.02.21	26.02.21	08.02.21		
H5	23.02.21	26.02.21	24.02.21	10.02.21		
L1	24.02.21	23.02.21	26.02.21	11.02.21	25.02.21 – 26.02.21	25.02.21 – 26.01.21
L2	25.02.21	26.02.21	26.02.21	11.02.21	25.02.21 – 26.02.21	25.02.21 – 26.02.21
L3	23.02.21	26.02.21	22.02.21	11.02.21		25.02.21 – 26.02.21
L4	24.02.21	22.02.21	22.02.21	24.02.21		
L5	22.02.21	23.02.21	26.02.21	09.02.21		

Teaching Group	Technology	Art
L1	25.02.21	26.02.21
L2	25.02.21	26.02.21
L3	25.02.21	26.02.21
M1	26.02.21	25.02.21
M2	26.02.21	25.02.21
M3	26.02.21	25.02.21
H1	22.02.21	23.02.21
H2	22.02.21	22.02.21
H3	22.02.21	23.02.21
I1	23.02.21	22.02.21
I2	23.02.21	22.02.21
I3	23.02.21	22.02.21



## Word of the Week



### UNDERGO

*Verb:* Experience or be subjected to (something), typically something unpleasant or arduous.

During Lent Christians **undergo** a period of giving up an activity or luxury.

Tony had to **undergo** rigorous fitness tests in order to join the army.

## Form Time Competition Year 10

The first to log in every morning over the week during tutor time – congratulations to...

DBU – Tobias A  
AMK – Scarlett H  
AHU – Priya C  
NPL – Alex F



JHA – Matt T  
JHU - Amina  
HSN - Mahinooz S

## Shout Outs

Congratulations to the following students who have engaged fantastically with their online learning this week.

### Year 7

Imaan, Corey, Pavan,  
Kelsey, Imogen, Darcy,  
Luke, Isnan, Harvey,  
Charlie, Safwan and Ajeet

### Year 8

Edie, Hanbi, Megan,  
Gabriel, Hannah, Issy,  
Benjamin, Marci and  
Bethany

### Humanities

Louison D, Ryan W, Jude M,  
Megan J, Ellie W, Kuldeep  
V, Devon McD, Isaac McC  
and Megan L

### Maths

Jude M, Isabel C, Zaynab R,  
Matthew F, Matt F, Tallulah  
H and Reece C

### Technology

Aimie B and Jack G

### Y10 Maths

Avneet B, Karam K, Abbie  
B, Matt T, Morgan T, Amina  
H, Scarlett H, Grace H and  
Lorenne A

### Submitting Good Work

Kayne D, Rayan A and  
Amber E

### Top House Points

Karam K, Amber E, Lexi S,  
Mahinooz S, Tobias A,  
Hillah S and Darcy S



## Thought of the week

### What can we learn from sacrifice?

The start of Lent

If you feel like you've been over-doing it recently and need something to help you kick the habit - albeit temporarily - then giving something up for Lent might be just the answer you're looking for. The run up to Easter Sunday is an important period in the Christian calendar and is observed by many, who use the time to reflect in the rear view mirror and prepare for the road ahead.

According to the Bible, Lent marks the sacrifices of Jesus Christ in the days leading to his crucifixion when he went



into the desert to fast and endured the temptations of Satan.

For many Lent remains a time for giving up certain luxuries to demonstrate their own sacrifice and to reflect those made by Jesus - but what could you live without for 40 days and 40 nights?

In 2021, Lent begins on Wednesday 17

February and ends on Saturday 3 April.

It begins on Ash Wednesday, which follows Shrove Tuesday, when priests gather ashes from previous Palm Sundays and rub them on the heads of their congregation.

The festival begins with many cooking pancakes on Shrove Tuesday to use up rich foods such as eggs, milk and sugar before making a sacrifice of giving something up.

### What should I give up for Lent?

#### Chocolate

It's a popular choice. Could you go without sweet and sugary treats for 40 days?

#### Coffee

It might be your cup of sunshine in the mornings - but do you really need it?

#### Biscuits

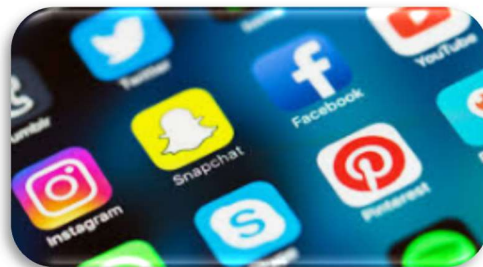
A biscuit here and there out of habit can quickly add up between meals when you might not even be hungry

#### Social Media

Dependence on technology has taken on a new lease of life over the past year. Instead of scrolling, why not call?

#### TV Time

If you're binge watching series after series it could mean you are missing out on something else



## Safer Internet Day 2021



### An internet we trust

Exploring reliability in the online world



This sheet provides parents and carers with useful sources of advice and information, both for general online safety and in particular, for this year's Safer Internet Day theme of '**An internet we trust: exploring reliability in the online world.**' It also includes information on how to report online problems.

### The UK Safer Internet Centre partnership:



#### UK Safer Internet Centre (UKSIC)

The UKSIC co-ordinates Safer Internet Day in the UK. Appointed by the European Commission, the UKSIC is made up of three partners: Childnet International, the South West Grid for Learning and the Internet Watch Foundation. We raise awareness about online safety, develop resources and organise nationwide events such as Safer Internet Day: [saferinternet.org.uk/parents](https://saferinternet.org.uk/parents).



#### Childnet

A non-profit organisation working to help make the internet a great and safe place for children. The Childnet website has lots of resources for young people, parents, carers and teachers. The Parents and Carers page contains a family agreement, advice on talking to your child about online issues and further places to go for help: [childnet.com](https://childnet.com).



#### Internet Watch Foundation (IWF)

The UK's hotline for reporting illegal content found online. The IWF deals specifically with child abuse and criminally obscene images hosted in the UK and internationally. The IWF works in partnership with the online industry, law enforcement, government and international partners. It is a charity and a self-regulatory body with over 100 Members from the online industry: [iwf.org.uk](https://iwf.org.uk).



#### South West Grid for Learning (SWGfL)

A not for profit, charitable trust dedicated to the advancement of education through information and communication technologies. Provides professionals, parents and children with advice, resources and support to use internet technologies safely to enhance learning and maximise potential: [swgfl.org.uk](https://swgfl.org.uk).

#SaferInternetDay

[www.saferinternetday.org.uk](https://www.saferinternetday.org.uk)

Parents and Carers Pack

Parents' and Carers' Resource Sheet



## Where to report and get help



### UK Safer Internet Centre – Need help?

Advice on what to do if a child comes to you for help and how to report online concerns such as cyberbullying, inappropriate content or illegal behaviour: [saferinternet.org.uk/need-help](https://saferinternet.org.uk/need-help).



### Report Harmful Content

Provided by the UKSIC. Gives advice on how to report online problems, offers help in removing harmful content from platforms and supports with reports that need to be escalated: [reportharmfulcontent.com](https://reportharmfulcontent.com).



### Internet Watch Foundation (IWF)

The UK's reporting hotline for illegal content found on the internet. The IWF specifically deals with child sexual abuse and criminally obscene images hosted in the UK and internationally: [iwf.org.uk](https://iwf.org.uk).



### Child Exploitation and Online Protection (CEOP)

A police agency tackling child sexual abuse and grooming online. Parents and young people can make reports of grooming or child sexual abuse online at: [ceop.police.uk](https://ceop.police.uk). CEOP's Think U Know website contains information for children and parents, as well as a link for children to report sexual abuse or grooming online: [thinkuknow.co.uk](https://thinkuknow.co.uk).



### Action Fraud

The UK's national reporting centre for fraud and cybercrime. Make a report of fraud if you have been scammed, defrauded or experienced cybercrime: [actionfraud.police.uk/](https://actionfraud.police.uk/).



### ParentPort

Run by the UK's media regulators. Provides information about media standards and a reporting tool to make a complaint about online advertising, video games, online media and more: [parentport.org.uk/](https://parentport.org.uk/)

### NSPCC helpline

The NSPCC has partnered with O2 to provide an online safety helpline for parents and carers to answer questions and address concerns about a child's online safety: 0808 800 5002 [nspcc.org.uk/about-us/contact-us/](https://nspcc.org.uk/about-us/contact-us/).

The NSPCC also provides the Childline helpline. Children can talk to someone for advice and support at any time by contacting 0800 1111 or chatting to a counsellor online at [childline.org.uk](https://childline.org.uk).

### Young Minds

A UK charity committed to improving the wellbeing and mental health of children and young people. They offer a free confidential helpline for parents on 0808 802 5544. Information and advice for young people and parents/carers can be found at: [youngminds.org.uk](https://youngminds.org.uk).

#SaferInternetDay  
[www.saferinternetday.org.uk](https://www.saferinternetday.org.uk)

Parents and Carers Pack  
Parents' and Carers' Resource Sheet





## Risks children face online: Online grooming

### What is online grooming?

Grooming is a process used to prepare a child for sexual abuse. An offender's aim when grooming will be to gain access to a child and build a relationship with that child. Grooming can take many different forms, from one off contact which may include sexual advances, to a series of events over time. It may start with an adult scanning websites to identify a vulnerable child or befriending a child, perhaps by pretending to have common hobbies or interests or using flattery to trick a child into trusting them.

Online it is easier for an offender to lie and gain one to one contact with a child, for example through a social networking or gaming site. They can share images or videos relating to their claimed common interests and build a 'relationship' away from any adult supervision.

Once a relationship is established an offender may then introduce sexual themes to the conversation, for example, asking the child about their sexual experiences, sharing pornography with them or asking them for sexual pictures of themselves. Different offenders will have different approaches so whereas this process may be very quick it can also take days, weeks or even months. Often an offender will attempt to get a child to meet them in the real world in order to abuse them. Increasingly some offenders are also persuading children to perform sexual acts on webcam.

### Signs of grooming

Look out for an unhealthy or heightened level of internet usage. Has your child become more secretive about who they are talking to and where they conduct their online conversations?

To your knowledge has your child engaged in any sexual behaviour online or via text, chat or webcam? Have they got any new electronic devices or gifts that they may not have been able to obtain for themselves?

Talk to your child about meeting their online friend's offline. If they intend to meet any of these online friends, you need to set clear boundaries, tell them why you are concerned for their safety and that they must take you or a trusted adult with them to the meeting.

### What can parents and carers do to protect their child online?

Parents and carers need to be mindful that part of the fun of being online is communicating and often sites are designed for you to do so with people you don't know. It is important to talk to your child about who they are friends with and how to manage these online relationships.





### Not sure where to start? Talk to your child about:

- \* What sites they use
- \* The friends they have and how they know them
- \* How they communicate with these friends
- \* The type of information they can share

For further help and guidance on all the information mentioned please visit  
[www.thinkuknow.co.uk/parents](http://www.thinkuknow.co.uk/parents)

## Risks children face online: Online grooming

### Top tips

-  **Talk to your child about online grooming.** Explain how easy it can be to lie online and the reasons why an adult may wish to contact them.
  - \* **For primary age children** talk to them about the topic in the context of stranger danger. Strangers are people you or they don't know. In the online world there are strangers too and they must not talk privately with them or give out any personal information online.
  - \* **For older children**, the conversation might be a little more difficult. They may have built quite an online network over the years, and might feel you're intruding into their private matters. Why not use one of the Thinkuknow resources to open a conversation. Our age appropriate education films are available through the parents and carers website ([www.thinkuknow.co.uk/parents](http://www.thinkuknow.co.uk/parents)) or CEOP YouTube channel ([www.youtube.co.uk/ceop](http://www.youtube.co.uk/ceop))
-  **Talk about their online friends.** Ask them to think carefully about who they chat and share information with. If they don't know them in the real world they need to delete or limit what they share with them, for example not sharing their photos, videos or their locations.
-  **Let your child know that you are always there for support.** Let them know that you understand how easy it can be to get into difficulties online. Get them to talk to you if anyone makes inappropriate/ sexual comments and ensure they know that, no matter what's happened, you are there to help.
-  **Learn how to report any inappropriate contact made to your child online.** This can be done via the ClickCEOP button at [www.ceop.police.uk](http://www.ceop.police.uk)

### **The Child Exploitation and Online Protection Centre (CEOP)**

CEOP is a police led, child protection agency which specialises in tackling sexual abuse on and offline. Through its education programme, Thinkuknow, CEOP offers a range of safety information for children, young people, practitioners and parents/carers. For more information visit [www.thinkuknow.co.uk/parents](http://www.thinkuknow.co.uk/parents).

### **Reporting to CEOP**

If someone has acted inappropriately towards your child, it may be sexual chat, being asked to do something that makes them feel uncomfortable or someone being insistent on meeting up, you must report it to ClickCEOP at [www.ceop.police.uk](http://www.ceop.police.uk).

For further help and guidance on all the information mentioned please visit [www.thinkuknow.co.uk/parents](http://www.thinkuknow.co.uk/parents)