



# ORMISTON SIX VILLAGES ACADEMY



2<sup>nd</sup> February 2024

Dear Parents and Carers

Please find this week's notices below.

## Parent Pay

Please do not use the 'one click' payment method on Parent Pay. We are experiencing difficulties with that function.

## Year 9 Options Meeting – 22<sup>nd</sup> February – Save the date.

We look forward to launching the Year 9 options process on 22<sup>nd</sup> February, in an online meeting at 6pm. On this day, the options hub will go live giving access to the subject videos which will support you and your child in choosing their options. I cannot emphasise enough the importance of joining this meeting.

## Year 7 and Year 8 Valentine Disco

The Year 11 Prom team and Miss White are delighted to invite Year 7 and 8 students to a Valentine's disco on **Thursday 8<sup>th</sup> February**, 6pm to 8pm in the Gate Theatre. Payment of £3.50 per child is to be made via Parent Pay by 6<sup>th</sup> February. There will be a sweet treat stand (cash only) and there will be prizes for the best dressed (red for love).

## Tutee of the Week

7O	Lily B	8O	Ryan M	9O	Sophia A	10O	Zak H	11O	Daisy B
7R	Lilianna T	8R	Iola S	9R	Carys T	10R	Riley A	11R	Olivia B
7M	Cody D	8M	Maggie B	9M	Maiara C	10S	Alisha H	11M	Amy W
7S	Cruz B	8S	Theo H	9S	Lucy F	10T	Lily D	11S	Kyle G
7T	Adam H-W	8T	Jake H	9T	Harrison E			11T	James H

## Sparx Superstars

Congratulations to this week's superstars who are trying their best this week to go above and beyond

Ava M	Layla-Grace T	Luke W	Jacob P	Corey D
Daniela H	Katie Bates	Luke M	Greta B	Rose-Marie M

## Spring Term Fixtures

Week commencing	TUESDAY	THURSDAY
5 <sup>th</sup> February	Year 9 – Girl's Football. Return to school - <b>6pm</b>	U16s – Boys Basketball Return to school – <b>5:45pm</b>

## Free School Meals – February half term

FSM eligible families in West Sussex will be entitled to a £10.00 voucher per FSM child, for one week.

For children who are not FSM eligible but whose families need urgent support with food, West Sussex has a Community Hub operating

## Year 11 Prom Dresses

The Chestnut Tree House charity shop in Bognor has asked us to pass on the information that they are now taking bookings for prom dress appointments. Their dresses start from as little as £15.

## What children and young people need to know about persuasive design online

For many companies who operate in the online space, attention and engagement are the holy grail. Social media sites in particular make deliberate creative choices to keep people scrolling, reading, watching and clicking. This phenomenon is known as 'persuasive design' and it's being employed in the vast majority of the digital world's most popular destinations.

A study by the charity 5Rights Foundation concluded that "...the brain's response to rewards and punishments can be leveraged through persuasive design to keep children online." To tie in with Safer Internet Day 2024, this week's National Online Safety leaflet can help to educate youngsters on the effects of persuasive design – and suggests ways to insulate themselves from its influence. For further information, please read the leaflet at the foot of this letter.

## Chichester Community Development Trust

There are a number of youth opportunities and programmes available; for further information please follow the link [Youth - Chichester Community Development Trust \(chichestercdt.org.uk\)](http://www.chichestercdt.org.uk).

## Chichester Family Support Group

The charity Aspens are running a free monthly family support group at the Chichester Family Hub. This is a new group running in partnership with the family hub to offer support and guidance to parents and carers of Autistic children and young people.

The flyer opposite includes information on the times and dates of the groups. To register for one of these events, scan the QR code opposite or visit [Autism Central South East Hub | ASPENS CHARITIES](http://www.autismcentral.org.uk).

## Key dates 2024

7 <sup>th</sup> February	Year 8 Immunisations
12 <sup>th</sup> -16 <sup>th</sup> February	Half term
22 <sup>nd</sup> February	Year 9 online Options Evening, 6pm
26 <sup>th</sup> February-1 <sup>st</sup> March	Year 11 mock week
7 <sup>th</sup> March	Futures Fair (careers)
28 <sup>th</sup> March	Last day of spring term

Finally, a reminder that the half-term break is approaching. I feel the need to emphasise that attendance next week is required every day including Friday. Across the academy, there is a noted dip in attendance on Fridays. Friday is just as valuable and mandatory as every other school day in that students do 5½ hours of learning. Please ensure your child is being as resilient as possible when deciding whether they are fit for school, and take into account whether they can afford to miss their learning, particularly if they are in Year 11, or if they could soldier on and make it through the day, something that will serve them well in the work place later.

Yours sincerely



Paul Slaughter  
Principal



# What Parents & Carers Need to Know about PERSUASIVE DESIGN ONLINE

'Persuasive design' refers to the techniques that companies employ to influence our thoughts and behaviours when we're on the Internet. These approaches can be spotted on websites, in apps and even as part of some video games. Persuasive design means that this content has been deliberately presented in a way that's intended to encourage you to spend your time or money (or both). These methods often prove highly effective at keeping people engaged and invested for longer than we might expect.

## WHAT ARE THE RISKS?

### POTENTIAL ADDICTION

In the digital world, persuasive design can make certain activities more addictive and harder to walk away from: some people may begin to feel anxious or irritable without access to their device or their favourite app, for example. It can also often leave users feeling isolated, as – if they spend most of their time on social media – they may start to find it difficult to talk to other people in real life.

### MENTAL HEALTH CONCERNS

Scrolling online or gaming without regular breaks is proven to be harmful to our mental health. The constant bombardment of news stories (many of them negative), images and influencers' posts can create sensations of unease, uncertainty and FOMO (fear of missing out). Young people can get so immersed in the environment that they become less likely to spot misleading posts.

### PROLONGED SCROLLING

Social media can draw any of us – regardless of age – into a continuous pattern of refreshing our screen, following posts and links down rabbit holes or reading countless comments made by others. This aimless scrolling can eat up time which could have been spent on more productive activities. It could also lead younger users into areas of the online world which aren't age appropriate.

# KEEP SCROLLING

### SENSORY OVERLOAD

Repetitively scrolling, clicking on links or playing games can create an unending stream of new information and visual stimuli. Put it this way: social media isn't exactly renowned as a calming, chilled-out environment. Such overstimulation can become too much for young people to handle, resulting in sensory overload and causing them to feel stressed, overwhelmed and exhausted.

### COSTLY ADDITIONS

Video games sometimes display offers for downloadable content or loot boxes which can be bought with real money. While these 'microtransactions' temptingly promise to improve a player's gaming experience, most of the time they are money sinks. Young people in particular, excited by the chance of enhancing their game, could spend quite a sizeable sum very quickly indeed.

### PHYSICAL CONSEQUENCES

Hours spent sitting and scrolling means far less time moving around and getting exercise: hardly ideal for a young person's physical health. Additionally, prolonged exposure to the light given off by a phone's screen can lead to eye fatigue and discomfort, especially if viewing it in the dark. Extended phone use before bed can also impact on sleep quality, affecting mood and energy levels over the following days.

## Advice for Parents & Carers

### ESTABLISH LIMITS

Talk to your child about setting some time limits on how long they can use their phone, tablet or console in the evenings or at weekends – or perhaps how often they can go on a specific app, game or website. You could also decide to involve the whole family in creating this shared screen time agreement, making things fair (and healthier) for everyone.

### NIX NOTIFICATIONS

Stop knee-jerk responses of the source by turning off push notifications and alerts. Whether it's a gaming notification or a social media update, these not-so-gentle reminders are designed to catch our attention and lure us back to our device. Switching them off – or even deleting any particularly intrusive apps – can help prevent your child from being reeled back into the online world.

### Meet Our Expert

Reference: <https://www.gov.uk/guidance/online-safety-advice-for-parents> (last updated 2023) and our experience in the field of mental health, law and health education (EHE) as well as delivering workshops and training for young people, parents and schools. We are also a subject matter expert on EHE for the Department of Education.



### ENCOURAGE MINDFULNESS

Acknowledging any addiction is key in overcoming it – and compulsive scrolling is no different. If anything mentioned in this guide sounds familiar, it could help to have an honest, open chat with your child about how much time they spend online. Get them to think about how often they scroll through social media aimlessly or habitually open it up whenever they have a spare moment.

### MAKE A CHECKLIST

Considering a list of relevant questions can be an effective way of helping children figure out why they're scrolling on certain sites or consuming particular pieces of content. A checklist can prompt young people to ask themselves if they're learning anything or benefiting from this activity – or if they're wasting their time. Taking a step back can sometimes help us to see things more clearly.

The National College

NOS National Online Safety

#WakeUpWednesday

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