



# ORMISTON SIX VILLAGES ACADEMY



1<sup>st</sup> March 2024

Dear Parents and Carers

Please find this week's notices below.

## Year 11 – Mock Exams

The final mock exams take place on Monday, as shown opposite.

I would like to commend the conduct of the Year 11 cohort which has been exemplary all week. They have adhered to all JCQ regulations; I could not be prouder of these students, who are taking the preparation for the summer public exams very seriously.

The only aspect of exams that we need to work on is equipment. We are having to loan a lot of equipment to students before every exam and this needs to be addressed for the summer exams. Students should all have maths equipment: ruler, protractor, scientific calculator and a pair of compasses. Students also need black pens and pencil.

## Year 9 Options Process

Following on from the recent Options meeting, the Options Hub is live on the website and can be accessed via [Ormiston Six Villages Academy - Options process](#). On the website you will find a host of information including the Options timeline (deadline for online option choices is 28<sup>th</sup> March), Options booklet, curriculum videos and the option selection form.

I would urge you to take time to review all the information shared on the website. If you have any questions, please contact your child's tutor in the first instance.

## Year 7 – Singing opportunity

A reminder of our invitation to parents and carers to attend the vocal showcase on **Wednesday 6<sup>th</sup> March**. This takes place at 2.30pm until the end of school in our Gate Theatre. All of our Year 7 students will be taking part alongside our vocal group Voices Together.

If you would like to attend and have not already completed the form (thank you to those who have), please follow this link <https://forms.office.com/e/zMJCfAkuNU>.

WA: Mon 4 <sup>th</sup>
Design Technology 2h
Interactive Media 1h 30mins
GCSE PE Paper 2 1h 15mins
P1: Science P2: Option B
Option D
English
Spanish and French Reading + Listening, 1h 15mins
Music Paper 2, 1h 30mins
Drama, 1h 30mins
Travel and Tourism (Sienna G), 1h 30mins
P5: English and PE

## Tutee of the Week










7O		8O	Brandon R	9O	Megan F	10O	Esha	11O	Taylor C
7R	Katie B	8R	Phoebe W	9R	Arron M	10R	Poppy T	11R	Fern R
7M	Eden S	8M	Daniela H	9M	Caitlin N	10S	Mya P	11M	Ellie T
7S	Cara B	8S	Sofie P	9S	Lucy H	10T	Emily F	11S	Phebe E
7T	Willow W	8T	Bradley N	9T	Brooke-Lily K			11T	Logan M

## Sparx Superstars

Congratulations to this week's superstars who have gone above and beyond in their independent learning.

Demi-May S	Ella K	Oscar B	Amy L	Jayden P
Hugo D	Oliver C	Jake D	Joshua C	Laila M

## Enrichment timetable

OAT Competitions	Monday	Tuesday	Wednesday	Thursday	Friday
  	Drum Kit lessons Sign up – See DMT/SRS	Kung Fu Wyatt Studio	Wordle Club (by invitation) in the Hive EBR	Challenge Maths MA5 CFE	Guitar/Bass Lessons Sign up – see DMT/STR
	Wordle Club (by invitation) in the Hiva EBR	Sparx Club IT 2 LMY	Bouldering Club Sports Hall TCS	Skills Booster Maths MA3 LMY	Keyboard club Music Suite DMT
	Philosophy Club Hum4 CMH	Italian Club MFL 1 RGI	Language Lunch (Italian, Japanese and Ukranian) MFL1 PHE	Extra Computer Science (KS4) IT 1 MWN	Librarian Training invite only (librarians) Library EBH
  	KS3 Dodgeball Club Sports Hall MCR	Chess Club Ma5 CFE	'Voices Together' singing group (no requirement to be able to read music) Music Suite DMT	Violin enrichment Music Suite DMT	Year 11 GCSE Art Club Art 1 NGN
	Duke of Edinburgh (Applicates only) PE1 LOR	KS4 English masterclass* Eng 4 DLO	Lego/Robotics IT 1 MWN (Invite only)	Cornet enrichment Music Suite DMT	Wordle Club (by invitation) Hive EBR
  	HellCats Cheerleading Club Wyatt Studio	Wordle Club Hive EBR	NHS Cadets Club IT1 MWN	Chichester Lit Quiz years 7&8 invite only. (From October half term) Library EBH	All Sorts – Pride Club Hums 2 RRL
		Inclusion homework support Hive SWD	Inclusion homework Support Hive LME	Wordle Club Hive EBR	Roller blading Club Sports Hall LOR (Bring your own roller blades)
		Film Club Eng1 DLO	Art Club Art 1 NGN	Band Practice Sign up – see DMT/STR	Sports Leaders Award (Applicates only) PE1 LOR
		Band Practice Sign up – see DMT/STR	Green Power Car Club (by invitation) DT1 KOL	Young Writer's Association Eng1 DLO	
		Violin Enrichment Music Suite DMT	Book Craft Library EBH	Inclusion homework support Hive MCE	
		GCSE Computer Science Club* IT1 MWN	Clean & Green Reception GAD	Drama Club Drama Studio EMX	
				Fashion & Textiles Club Art 2 AGR	

## PE Fixtures

Week commencing	Tuesday	Wednesday	Thursday
4 <sup>th</sup> March	Y8 Boys football @OSVA against SPH <i>Collection time: 4.30pm</i>  U13s Girls rugby festival @ OSVA <i>Collection time 4.30pm</i>	Y7 netball @ SPH <i>Collection time: 4.30pm</i>	Y7 Girl football @ Selsey <i>Collection time: 5.45pm</i>
11 <sup>th</sup> March	Y7 Boys football @ FCC <i>Collection time: 5pm</i>  U13s Girl rugby festival @ OSVA <i>Collection time: 4.30pm</i>	Y8 Netball @ OSVA <i>Collection time: 4.45pm</i>	Y7 Netball @ OSVA against BL <i>Collection time: 4.30pm</i>
18 <sup>th</sup> March	Y9 Football @ Selsey <i>Collection time: 4.45pm</i>	Y9 Netball @ The Regis <i>Collection time: 5.45pm</i>	Y7 Girls Football @ FCC <i>Collection time: 5pm</i>
25 <sup>th</sup> March	U13s Girl rugby festival @ OSVA <i>Collection time: 4.30pm</i>	Y7 Netball @ The Regis <i>Collection time: 5.45pm</i>	Y7 Girls Football @ OSVA against SPH <i>Collection time: 4.30pm</i>

## Physical Education Clubs

Tuesday	Wednesday	Thursday	Friday
ALL YEARS RUGBY	ALL YEARS FOOTBALL	ALL YEARS NETBALL	ALL YEARS BADMINTON/PICKLEBALL
ALL YEARS BASKETBALL	ALL YEARS GY MNASTICS	DANCE	
DANCE			

### **Top tips for supporting children who are experiencing bullying**

Bullying has long been a pervasive issue in schools – and, being realistic, it's regrettably a problem which is always likely to exist to a certain extent. There are still plenty of steps we can take as trusted adults, however, to lend support, comfort and reassurance to children who are going through this deeply upsetting experience.

Such a highly emotive topic can be a difficult one to talk about with children – but honest, open communication nevertheless remains vital to young victims' wellbeing. It's important to be aware, then, of effective ways to broach and explore the subject. This week's national online safety guide is at the foot of this letter and has expert advice on effective ways to support children who are being bullied.

If you have concerns about your child potentially being bullied at school, please contact your child's form tutor.

### **Workshops for parents and carers – child wellbeing**

Please follow the link below to access information on how to support your child's wellbeing. The NHS has recorded webinars on ADHD, Anxiety, Autism and challenging behaviour, Building self esteem and resilience, Depression, Eating disorders, Managing self harm and suicidal thoughts and Sleep.

[Workshops for parents and carers](#)

### **Key dates 2024**

4 <sup>th</sup> March	End of Year 11 mocks
7 <sup>th</sup> March	Futures Fair (careers) & World Book Day
15 <sup>th</sup> March	Year 9 Teenage booster vaccinations
28 <sup>th</sup> March	Last day of spring term

Yours sincerely



Paul Slaughter  
**Principal**

# Top Tips for Supporting Children Who Are EXPERIENCING BULLYING

In a DfE survey, 36% of parents said that their child had been bullied in the past year, while 28% of secondary school headteachers reported bullying among students. Public Health England states that young people who maintain positive communication with their family were less likely to experience bullying – so it's important that parents, carers and educators know how to talk to children about bullying.

## 1. WATCH FOR BEHAVIOURAL CHANGES

Children who are experiencing bullying may become quiet, withdrawn, or anxious; however, they may also act on the pain and anger that they're feeling. A shift in attitude towards their existing friends (or not mentioning them any more at all) or avoiding to new friendships which seem notably different could also be warning signs. It's important to be alert to such changes and talk to your child about them if they occur.

## 2. THINK THINGS THROUGH

Before acting, ask yourself if this is the right time and place to address concerns about bullying. Might your worries trigger strong feelings – perhaps from your own experiences – that could discourage your child from opening up to you? You could try discussing what you've noticed with another trusted adult who knows your child well.

## 3. BE OPEN AND UNDERSTANDING

Try to outline to your child the changes that you've noticed in their body language, appearance, behaviour, or tone of voice – and do so without sounding judgemental. Help them to describe what they're feeling – be it anger, sadness, fear or something else – as accurately as possible. If they say they're "angry", do they mean "upset" or "frustrated"? This will help them to understand how they're feeling and why.

## 4. LET THEM SPEAK FREELY

Use open questions and a welcoming tone to encourage your child to talk. Listen closely and summarise what they've said at appropriate points (ideally without interrupting) to demonstrate that you're understanding clearly. Bullying may have undermined your child's sense of control, and they may fear that you'd judge them, overreact or impose consequences – so this conversation can reassure them being honest with you was the right decision.

## 5. CALL A TIME OUT

A conversation about bullying could leave both you and your child feeling distressed. It's important to recognise this and pause at suitable moments to calm down. Take deep breaths, enjoy a hot drink or even have a cathartic cry. This can reinforce trust, while also helping you both feel that you have control over the situation and the emotions that you're feeling.

## 6. STAY INFORMED

Make sure you know your child's school's definition of response to and relevant contacts for bullying. This information should be in their anti-bullying policy, which ought to be available on the school's website. Class teachers or form tutors are usually the first point of contact, though there may be dedicated support teams or key workers to help your child, depending on the specific situation.

## 7. PREP YOUR CHILD FOR THE RESPONSE

Schools' responses to bullying vary depending on whether they're resolving disagreements and arguments, or addressing unintended verbal or physical harm and so on. It's important to work out with your child whether any harm was intentional, how much control they had over the situation and how often such incidents have occurred. Reporting concerns accurately will get the best outcome for your child more quickly.

## 8. SUMMARISE YOUR CHILD'S EXPERIENCE

When you contact the school, make sure you've precisely described what your child experienced: what happened; when, where; and who was involved. This will help the school to investigate further, identifying any witnesses, as well as those who were directly involved. It can also help the school to know how your child is feeling and how they'd like the matter to be resolved.

## 9. LIAISE WITH THE SCHOOL

Any school has a duty to ensure that the members of its community feel safe and included. It's important for children to learn their role in this. The school must determine how best to restore these feelings of safety and respect. It's often best for schools to keep parents and carers informed of any action taken – and for families to avoid taking matters into their own hands.

## 10. CHECK IN FREQUENTLY

Once the issue has been resolved and the bullying behaviour has stopped, your child may still feel anxious and might find it difficult to rebuild relationships or develop new ones. Parents, carers and the school should all keep an eye on how the child is feeling and acting over the following months. Any relevant information should be shared, so that further support can be planned if necessary.

## Meet Our Expert

Bob Bosley is the Director of Anti-Bullying Quality Mark-UK, which challenges and supports schools to develop sustainable whole-school approaches to prevent bullying, including working with parents and carers. More than 80 schools in England and Wales currently hold the quality mark.



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