The Pastoral Post



22-23 Academic Year

Issue 3— Feb 23

Inside Endeavour Academy this term...

Mental Health Awareness Week

Endeavour Academy recently took part in Mental Health Awareness Week where staff and students got involved in a variety of ways, including: Student 'Express Yourself' Hoodie Day, Whole school, 'Lets Connect 'Assembly, Inside Out Clothing Campaign and general subject related activities. Our Students, who study the Hair and Beauty vocational course within East Durham College, experienced a fabulous opportunity to treat their parents / carers to a pamper session.

It is very important that parents / carers feel appreciated for all the hard work and dedication they provide for our students in attending school, and supporting their wellbeing and we loved seeing some of them take part in this activity.

Having this opportunity to say a **big THANK YOU** to all parents / carers has been so rewarding and we are hopeful to continue this well earned treat across more of our cohort as part of the Endeavour Academy Wellbeing Programme.

Please let us know if you would like to get involved with school Wellbeing Activities.



Endeavour Academy's Pastoral Post is

here to provide information, advice

and support for all Parents / Carers.

We would like YOUR views on what

type of content you would like to see.

Art and Lego Therapy Sessions

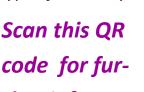
Small groups of students participate in Art and Lego Therapy sessions with Mrs Setterfield.

Art and Lego Therapy aims to upskill students in a variety of ways: such as following instructions, meeting timescales, and friendship building.

Our students produce fabulous work and have positively fed back to staff how

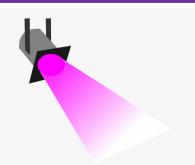
beneficial this planned

intervention has been for them.



ther information





Attendance Spotlight



In supporting and managing student attendance, Endeavour staff operate in line with the Local Authority operational policy, the government legislation - '2006 Pupil Registration Regulations and the DfE document 'School Attendance - policy and practice on categorisation of absence'.

Why is Attendance Important?

- 1. Parents / Carers have a legal duty to ensure compulsory school age children who are registered at a school attend regularly (DfE, May 2022).
 - 2. The evidence suggests attending school strongly supports children's academic progression.
- 3. School can support children socially and emotionally—this can improve relationships at home and in the community.

Our students have shared how being absent effects them:

- More difficult to develop and maintain friendships
- Not feel sure where to sit in class
- Feel less confident
- Gaps in learning, long and short term
- Find lessons more difficult to engage in when you don't know what to do
- Behaviour can be worse when we don't know what to do in lessons
- Don't achieve as well as you could
- You can't get the rewards that are on offer
- You might not get into college or the apprenticeship you want
- Your parents / carers could get fined
- You can feel lonely or isolated
- You become more and more withdrawn



Attendance Spotlight



Supporting You and Your Child with Attendance

- **Home Visits** staff will carry out regular home visits where a student is absent from school, this aims to promote positive engagement and offer any interventions to support a student in returning to school.
- **Support from Partner Agencies** staff communicate with professionals to request support in assisting in supporting improvement. This can include One Point, CAMHS, Piece of Mind Team, School Nurse, and other external support.
- Pastoral and Academic Interventions— support is available for all students for academic, and pastoral support—this is provided on a 1-1 basis, or groups to suit the needs of the students.
- Online Learning— online learning is available to all students via Sparx (Maths),
 Seneca (English & Science), and Microsoft teams. This can be accessed at any
 point, to provide opportunity for students to minimise academic loss.

Most importantly, **REMEMBER** that we are here to support you in making the most out of your time working with the provision.

We aim to make this experience a pleasant one and to help create positive memories of those final school years, whilst raising aspirations, preparing our students for their next steps into post 16 environments and creating opportunities for success at every stage.

The Careers Column

Careers Appointments

All parents and students have the opportunity to have a Post-16 Careers appointments with Miss Brewer (Careers Lead) to discuss Post-16 options, such as:

Course
Options
College Open
Evening Dates

Work
Support
Experience

We welcome all
Parents / Carers
in contacting Reception on
0191 518 5595,
to organise an appointment
with Miss Brewer.

Fire Cadets Recruitment

Activities include:

- Learning key skills used in fire and rescue scenarios in a safe and controlled environ ment
- Team building and leadership activities.
- The opportunity to take complete external qualifications such as first aid, the Duke of Edinburgh award, community safety awards.

Places are limited at the below stations:

- Consett Fire Station
- Durham Fire station
- Spennymoor Fire station
- Peterlee fire station
- Stanhope fire station

Please follow the following link to sign up

https://bit.ly/3DCmAZ4

Please note, the scheme is with County Durham and Darlington fire and Rescue Service, and is not in association with Endeavour Academy. Please contact the scheme directly with any enquiries.



National Online Safety



National Online Safety Parent Group

With ever-growing technology, it can be difficult to keep up with the latest trends, and different ways we can keep our students safe online. At Endeavour Academy, we value the importance of upskilling and empowering parents / carers in the complicated world of technology.

The group will complete a National Online Safety course, and receive a certified certificate upon completion!

To express your interest in being a member of the National Online Safety Parent Group, please scan the QR code.



We invite parents / carers to access NOS via the following link ...

www.nationalonlinesafety.com/enrol/endeavour-academy-durham

Free Courses, and Self-Help tips are available to all parents / carers

by following the above link .

Half Term Support

School Holidays can increase screen time for students, which increases risk online for young people.

In aim to reduce students screentime this half term, please visit the Fun and Food Facebook page; Fun and Food is a Durham County Council scheme which provides FREE activities for families across the county during school holidays.



Fun and Food County Durham

⊙ Public group · 2.6K members

10 WAYS GAMING CAN SUPPORT POSITIVE OUTCOMES

in Children and Young People

Gaming, of course, is phenomenally popular with children and young people. In 2021, for instance, more than three-quarters of teenagers played online games, with almost 70% of primary school aged children doing likewise. If enjoyed in moderation and supported by a healthy routine (staying hydrated, good sleep habits, taking breaks and so on), gaming can actually benefit a person's mental health. As long as we stay alert for potential risks, games can be much more than what we see on the surface: they can be a way to socialise, an avenue for creativity and a route to solving problems. Check out our top ten tips on how gaming online can sometimes work to your child's advantage ...

THE FEEL-GOOD FACTOR

ACHIEVEMENT & PRIDE

SOCIAL SALVATION

TEAMWORK MAKES THE DREAM WORK

REAL-WORLD RELATABILITY

A DIGITAL COMFORT

PROBLEM-SOLVING PRACTICE

THE GREAT ESCAPISM

TRIED & TRUSTED

ENCOURAGING CONTROL OF THE PROPERTY OF THE PRO

Meet Our Expert

iel Lipscombe is a writer who specialises in technology, so gaming, virtual reality and Web3. Author of 15 guidebooks shildren on games such as Fortnite, Apex Legends, Valorant, lox and Minecraft, his work has also been published in the lost PC Gamer, Kotaku, Pocket Gamer and VO247.



National Safety #WakeUpWednesday

Source: https://www.olcom.org/uk/__data/assets/pdf_fie/co24/234809/childrens-



www.nationalonlinesafety.com









Social media influencers are people who have established credibility in a specific industry and have the power to influence other people's decisions. Most commonly associated with YouTube and Instagram, 'influencers' will usually have a large number of followers and be viewed as authentic by their audience. It is for this reason that many influencers are often paid by big companies to promote their products in the hope of persuading their followers to purchase those goods.





What parents need to know about SOCIAL PRESSURES LINKED TO INFI LIFNCERS



AN UNREALISTIC PERCEPTION OF BODY IMAGE

Some of the most popular social media influencers often depict themselves as having the 'perfect body' and are paid to promote items such as health supplements or swimwear, which young people believe can help them achieve the same look. What is not always realised is that these images can be edited or claim to the same look. What is not always realised is that these images can be edited or claim to the same look. What is not always realised is that these images can be odited on. Your child may feel like this is what they need to look like and in some cases, become obsessed with their body image, which could contribute towards a lower self-esteem or even becoming depressed if they can't asking the same look.



BECOMING UNREALISTIC ROLE MODELS

As children become more and more involved on social media and identify who their favourite people are to follow, they may come to see social media influencers as role models, particularly if they are attracted by the lifestyle they see online. This could lead them into developing potentially unrealistic expectations of life and in some cases, using their role models as an escape from reality, particularly if they feel like they're own life isn't very fulfilling.



ENCOURAGING BAD HABITS

Although many social media influencers will get paid to advertise brands and their products, they will also post their own material online too, usually depicting their daily life or an activity for example. This may have both desirable and undesirable consequences, with influencers able to inspire both good habits, such as healthy eating, exercise or kindness. However it may also encourage children to adopt bad habits, such as drinking, smoking, swearing or even criminal behaviour, particularly if these are seen to be endorsed by the influencer.



THE NEED TO HAVE EVERYTHING

Many social media influencers will take photos or videos of themselves wearing the latest fashion or jewellery which companies want them to promote. They may also be provided with the latest gadgets to promote or, if they are children, toys to play with in order to persuade their followers to purchase them. Many children will be keen to buy these items in order to keep up with the latest trends however if they get left behind, they could be made to feel inadequate or inferior by other children who do have them.



AUTHENTICITY OF ENDORSEMENTS

Social media influencers hold a lot of persuasion with their audience and are often looked up to by younger followers. Many children will see them as credible, authentic and trust what they see online. However, some influencers may not always believe in the product they are promoting and therefore can mislead their followers, abusing their level of confidence in them. Your child may therefore find themselves looking up to people who are disingenuous or who feign interest in activities that they themselves do not actually care about.











FOLLOW WHO THEY FOLLOW

A good way to see first-hand who may be influencing your child is to create your own social media account and follow the same people they do. This will give you a strong indication of what is shaping how your child behaves, what they like and what they are taking an interest in.



TALK ABOUT ROLE MODELS

Role models can play an important part of your child's life, particularly outside of the home. Talk to your child about who they look up to and why. Remind them that not everybody online is who they seem to be and if you do have concerns that your child is being negatively influenced, work with them in finding more positive alternatives.

BUILD THEIR SELF-ESTEEM

It's important that your child is aware of how unrealistic perceptions of life can be depicted on social media and that it is easy to be deceived. Discuss with your child how images can be heavily edited, cropped or manipulated to create artificial scenarios and that often the lifestyle that people display on social media isn't always realistic or in fact the truth.

DISCUSS REALISTIC VS UNREALISTIC EXPECTATIONS

If you notice your child has suddenly taken a strong interest in the way they look, or you find they are a lot more body conscious, then it's a good idea to speak to them about why they feel that way. If they seem unhappy, try to build their self-esteem by talking to them and listening to their concerns, helping to build their confidence through praise and positivity. Remind them that looks aren't everything and not everything they see online is actually a true depiction of real life.



ENCOURAGE INDEPENDENT THINKING

Social media influencers can be quite powerful individuals who hold a lot of persuasive power so it's important to encourage your child to think independently about everything they see and engage with online. Talk to them about the dangers of blindly following others and in keeping an open mind when viewing content. Teach them to always question people's motives online, especially when they see individuals are promotting a brand or product which they are likely to have been paid to advertise but may not necessarily personally endorse.



Meet our expert

Pete Badh is a writer with over 10+ years in research and analysis. Working within a specialist area for West Yorkshire Police, Pete has contributed work which has been pivotal in successfully winning high profile cases in court as well as writing as a subject matter expert for industry handbooks.











www.nationalonlinesafety.com

Twitter - @natonlinesafety

Facebook - /NationalOnlineSafety

What Parents & Carers Need to Know about

BeReal is the latest trending social media app. The concept is that people see others in their authentic day-to-day lives, sharing candid photos without editing or applying filters. Each day at a random time, users are simultaneously notified to take a picture of what they re doing at that exact moment. The two-minute window to submit an image means there's no time to select a particularly glamorous or exciting activity. BeReal shares two pictures: a selfie, and an image of the immediate surroundings.

Users can only view and react to their friends' photos once they upload their own.

WHAT ARE THE RISKS?

CONTINUOUS NOTIFICATIONS

Like any social media app,
BeReal's developers want users
to be on it regularly and scrolling for
long periods. BeReal only sends one
notification to post a picture each day,
but there are other alerts for events
such as mentions, comments, friend
requests and reactions to your photo.
This can cause young users to feel
pressure to open the app and respond,
distracting them from other activities.

CONNECTING WITH STRANGERS

PUBLIC SHARING

EASY LOCATION

VISIBLE PERSONAL DATA

As with any other form of social media, it's important that your child doesn't share too much personal information on their profile. Bekeal allows for a photo, full name, approximate location and a short bio. It's safest to make sure that your child's profile doesn't display anything which could identify where they go to

REPUTATIONAL DAMAGE



Advice for Parents & Carers

LIMIT NOTIFICATIONS

BeReal offers the option to turn off individual types of notification.
Doing this will significantly reduce the number of times your child
is tempted to open the app by incoming comments, uploads, friend
requests and so on. Ironically, it will allow them to actually 'be real' by
being present in the moment and their current environment as opposed to
being engrossed on social media.

STOP AND THINK

BeReal's goal is for users to be authentic with friends, removing the pressure of that flawless photo or perfectly worded post. It's still vital, though, that children stop and think rather than uploading something risky just to meet the two-minute deadline. Point out to them what kind of information strangers could extract from an image: school crests, street names or local landmarks, for example.

KEEP IT AMONG FRIENDS

Time to Bereal

Remind your child why adding strangers to their contacts isn't a good idea, and advise them to decline any friend requests from people they don't know in real life. If something your child sees on BeReal makes them feel uncomfortable, they can report it by clicking on the three dots in the top right. The reporting tool allows them to state the reason that they're flagging up the post.

CREATE A SAFE PROFILE

Remind your child to use an avatar as their profile pic (as opposed to a photo of themselves) and use a nickname or just their first name, not their full name. Any information they add to their bio (which is optional) should be kept vague, and personal details should remain private. It's also worth turning off the geolocation feature either through the device's settings or in BeReal itself.

Meet Our Expert

Dr Claire Stherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.









National

Safetv eUpWednesday

Useful Numbers for External Support



Mental Health & Emotional Support

for children, young people & families in County Durham

This is a great starting point to help you access support



One Point | 03000 261 111 | www.durham.gov.uk/OnePoint

Advice and practical support across all aspects of family life

Education & SEND Support | www.countydurhamfamilies.info

Support for children with special educational needs or disabilities

Humankind | 01325 731 160 | www.humankindcharity.org.uk

Health and wellbeing support for LGBT young people (15-24 years)

Investing in Children | www.investinginchildren.net

A children's rights organisation, creating spaces to be heard

Rollercoaster Parent Support | 07377 213 952

Helping parents to support children (0 – 25 years) with emotional or mental health issues www.rollercoasterfamilysupport.co.uk

DurhamWorks | 03000 262 930 | www.durhamworks.info

Supporting 16-24 year olds not in education, employment or training

Recovery College Online | www.recoverycollegeonline.co.uk

Educational resources for people experiencing mental issues

County Durham Together Hub | 03000 260 260

Support when self-isolating, directory of help and how to volunteer www.durham.gov.uk/covid19help

Children's Social Care First Contact | 03000 267 979

Report a concern about a child's welfare

www.durham.gov.uk/FirstContact

CAMHS - Single Point of Access | 03001 239 296

Community mental health teams for children (0 – 18 years)

www.tewv.nhs.uk

If you need any support reach out to the following agencies for help!

TEWV Crisis line | 0800 0516 171 | www.tewv.nhs.uk

24 hour service for young people experiencing a mental health crisis

Durham SEND Information Advice and Support | 0191 587 3541

Provides information and advice to parents/carers of children with SEND www.durhomsendiass.info

Emotional Health & Resilience Team | 03000 263 532

Emotional health, advice and guidance for 5 - 19 years

County Durham Cree Network | Website Coming Soon!

Support and promote health & wellbeing as part of voluntary sector.

Hub of Hope | www.hubofhope.co.uk

UK mental health support database (with local options)



National Support

KOOTH | www.kooth.com

Free, safe and anonymous support around mental wellbeing for 11 years +

Anna Freud Centre for Children and Families

Empowering young people to make informed choices about their mental wellbeing www.annafreud.ora/on-my-mind

Charlie Waller Memorial Trust | www.cwmt.org.uk

Education resources for young people (16+), families and schools on mental wellbeing

Headspace | www.headspace.com

Free tools around mindfulness, meditation, routine and sleep

NHS Every Mind Matters | www.nhs.uk/oneyou/every-mind-matters

Resources to support children and young people's mental health

MindEd | www.mindedforfamilies.org.uk

Safe and reliable advice about young people's mental health

Young Minds | 0808 802 5544 | www.youngminds.org.uk

Helping young people around isolation and gaining support around mental health.