



WC: 11/09/2023

Dear Parent/Carer,

This week, in our assemblies, we focused on 'Purpose' and introduced the expansion of our house system to the students. We want all students to go on from NUSA to pursue the career of their choice but it isn't just about the grades they receive. It is really important that they have as many opportunities as possible to get involved in other aspects of school life; whether that be attending trips, being part of a club or attending extra-curricular clubs. You will have all received a letter from Miss Sayer last week regarding our extra-curricular offer. I would encourage as many students as possible to sign up to the activities as it is a perfect opportunity for them to try something they may have never tried before.

Attendance:

Last week, I mentioned the direct impact of low attendance on achievement. It is statistically proven that students who miss 17 days or more in an academic year are at greater risk of achieving one grade or more below their expected target grades for GCSEs. We want everyone to achieve the best grades possible and the first step to that is being in school every day, on time.

Offer of training for Parents/Carers:

Be a life saver - Attend our free awareness session on CPR and the use of a Defibrillator (AED) in October 2023.

We are delighted to be hosting 2 sessions in October in partnership with East Midlands Ambulance Service on CPR (CardioPulmonary Resuscitation) and use of an AED (Automated External Defibrillator). Part of the East Midlands Ambulance Service's Cardiac Arrest Strategy is to raise the awareness of the public, of what to do if they were in the unfortunate position of dealing with a cardiac arrest. The sessions will take place in school on Monday 16th October at 4pm or Tuesday 17th October at 5pm. If you would like to reserve your free space, please [click here](#) to complete the form. Spaces to the session will be allocated on a *first come first served* basis. You will receive a confirmation email if you have been allocated a space. Where you are allocated a space, please ensure you attend, as it is really important that as many people as possible have awareness of this topic as it really can save a life, so please only reserve a space if you are sure you can join us. We look forward to seeing you, be sure to click above to reserve your spot.

Medical passes:

Every term we review the issuing of medical exemption passes for students who require more frequent visits to the toilet. If your child needs to be issued with a medical pass, please contact your child's Head of Year to arrange this to be issued.

Reading at NUSA:

We, at NUSA, have started the academic year picking up where we left off, with a love of reading. On our website, we have a wide range of subject specific vocabulary that you can read through with your child. The link can be found by [clicking here](#).

Alternatively, you can scan the QR code below, and it will take you to the same place.



We will be sharing your child's reading age with them via their email and their reading ages will still be available on their reports. Should you have any questions regarding reading, please do not hesitate to email us at reading@nusa.org.uk

Revision guides:

If your child is currently studying for GCSE exams (year 10 or 11) and would like to purchase revision guides at a reduced cost, they can do so by completing the order form and taking it, along with the correct amount of money to Vera in A119. Order forms can be collected from tutors, Mrs Huskisson-Moore or Vera. Revision guides are available for a range of subjects including maths, English, Science, drama, Spanish, sport, history, geography, psychology and catering and are an invaluable tool to support students maximising their progress.

SEND Drop ins:

We offer a number of 'SEND drop ins' throughout the year for parents/carers. These are open to any parent/carer who may want to discuss their child's SEND needs further or parents/carers who have concerns that their children may have SEND needs that are yet to be diagnosed. If you wish to book an appointment in one of the slots below, please contact reception.

Wednesday SEND Drop in dates:
13/09/2023
27/09/2023
11/10/2023
25/10/2023

Coming up at NUSA:

Date	Event
27/09/2023	Year 6 Open evening
28/09/2023	Year 7 & Year 12 Settling in event
06/10/2023	INSET Day
16/10/2023	Community CPR & Defib Training - Ticket Only (information above)
17/10/2023	Community CPR & Defib Training - Ticket Only (information above)
19/10/2023	Nusa Sixth Form Open Evening

Safeguarding corner:

This week's safeguarding corner is once again from NSPCC and focusses on tips for keeping your child safe online:

Online safety

Workshop factsheet



Key risks

- Who they're **talking to**
 - This includes grooming and cyberbullying
- What they're **seeing**
 - Innocent searches can lead to not so innocent results
 - Children are often a few clicks away from inappropriate/harmful content
- What they're **'oversharing'**
 - Personal information, location and nude images/videos
 - Remember that when young people share online, it may never be fully private

Signs of online abuse

- **Children may not know what's happening to them**, so the signs may not always be obvious
- **Sudden, unexplained changes** are usually an indication that something's wrong
- Consider what's **age-appropriate** for your child

A child's experience online

- **Remember to focus on what your children are doing online**, not how long they spend online
- The apps and games they're using can be **multi-use** and the risks can lie in these features, eg a game can have chat features and chat apps can have games
- **The things children like to do offline are the same as online**, and the same can be applied in keeping them safe

Top tips for staying safe online

- **Talk with your child** about online safety
- **Explore their favourite apps, sites and games**, and look at the safety features, together
- Make **going online a family activity** where you support each other

Practical advice

- Keeping **younger children** safe online:
 - Supervise what they're doing
 - Check games and videos before they watch and play
 - Turn off autoplay settings
 - Put safety settings on their apps and games
 - Agree rules and boundaries together using the NSPCC family agreement
- Keeping **older children** safe online
 - Ask them what they like to use online and set these things up safely together
 - Use the latest app challenges, like TikTok dances, as a chance to explore together
 - Watch the Childline's YouTube channel films
 - Be realistic with rules, setting ones which you could follow as well
 - Remind them where they can go for support if something worries or upsets them

Getting support for you and your child

- Share **knowledge** with other parents/carers
 - What apps and games young people use
- Share **tips**
 - How do other parents keep their child safe online?
- Share **supervision**
 - Take turns supervising and supporting your child and their friends when they're online, just like you would if they were at each other's houses

Top tips for talking with your child:

1. Always **start with the positives**. Ask your child to show you what they like doing online as this will show your child that you care about what they enjoy and don't always focus on the risks
2. Make sure **they know the basics** to stay safe online, eg how to **report and block**
3. **Explore apps and games together** so you understand the apps they like to use and can make them safe to use, together
4. Remind them **they can always come to you or Childline** for support about anything

NSPCC

EVERY CHILDHOOD IS WORTH FIGHTING FOR

Have a wonderful weekend

Emma Howard
Headteacher