



WC: 13/11/2023

Dear Parent/Carer,

This week at NUSA:

Another great week for us at NUSA this week. We have celebrated 'Anti-bullying week' and have held assemblies to remind students of how important it is to be an 'upstander' rather than a 'bystander'. We held our 'Odd socks day' on Monday and it was great to see how many students and staff took part in this.

Consultation on NUSA Admissions Arrangements from September 2025:

We have made some proposed amendments to our admissions arrangements and you can view a copy of them by [clicking here](#). If you have any comments on our proposed arrangements, please kindly complete the form [available here](#). You are able to read and make comments on the proposal until Friday 1st December 2023.

Sparx Maths:

A reminder that all students should be routinely logging on to Sparx Maths to complete homework. They all have individual logons and if they are struggling with accessing this, they need to speak to their maths teacher who will be able to help.

Uniform reminder:

A timely reminder of our expectations around jewellery and nails.

If your child has a facial piercing, they will be asked to remove it. We will happily replace a piercing with a clear nose stud if needed. If a facial piercing cannot be removed due to healing time, students will be expected to wear a plaster. Failure to any of the above will result in a red flag.

For earrings in ears, all students must wear studs only.

We are happy for students to paint their nails, but they must not wear long acrylics which overlap their fingers significantly.

Year 11 – the future:

Following a really successful interview day for Year 11 last week, they should now be actively applying for the next steps of their education. In order to apply for a place at NUSA 6th form, students need to complete the application on the link below:

<https://www.nusa16.org.uk/>

SEND Drop ins:

We offer a number of 'SEND drop ins' throughout the year for parents/carers'. These are open to any parent/carers 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:
29/11/2023

17/01/2024
07/02/2024

Coming up at NUSA:

Date	Event
30/11/23	Year 11 Parents Evening
07/12/23	Christmas Jumper day
13/12/23	Christmas dinner
14/12/23	Christmas Rewards trip
15/12/23	Final day of term – school finishes at 12pm for all students

Safeguarding corner:

This week, safeguarding corner provides you with information about 'Influencers' and comes from the National Online Safety organization.

What Parents & Carers Need to Know about INFLUENCERS

In today's digital age, social media influencers play an increasingly significant role in shaping the opinions, interests and behaviours of our children. While many of these individuals can have a positive effect, influencer culture can also present certain risks – such as encouraging consumerism, affecting self-esteem and blurring trustworthiness. To help ensure a safe online environment for young people, it's vital to maintain open communication, set sensible boundaries, promote a healthy self-image and teach digital media literacy. Our guide delves deeper into all of these.

WHAT ARE THE RISKS?

HEIGHTENED CONSUMERISM

A major way that influencers make money is through brand partnerships and sponsored content. As a result, children who follow them may be exposed to a steady stream of advertising; this can lead to materialistic attitudes, unrealistic expectations and an increased desire to have the latest products. Many influencers have built huge brand empires around their large, impressionable following.

THE SOFT SELL

Some influencers aren't always transparent about the motivations behind their posts, blurring the lines between genuine recommendations and paid-for promotions – and young people sometimes find it difficult to distinguish authentic content from advertising. Many major social platforms have taken steps to make sponsored content and ads easier to identify, but it remains an area of concern.

PRIVACY CONCERNS

Inspired by their favourite influencers, children may start sharing more of their own lives online – which could reveal personal information or details about their daily routine. This openness can put them at risk of cyberbullying or even predatory behaviour. This is exacerbated by live streaming, which gives young people no time to consider the potential consequences of saying too much.

UNDERMINING SELF-ESTEEM

Many influencers share images and videos of themselves and their activities, which are often painstakingly curated and edited to present an idealised version of their life. Children who follow these influencers may develop distorted expectations about body image and the concept of beauty, which can potentially lead to negative self-esteem and even mental health issues.

Advice for Parents & Carers

KEEP TALKING

Chat to your child about the content they consume on social media and the influencers that they like. Encourage them to think critically about what they see and hear online, and listen to any concerns they might have. Maintaining this line of open, honest communication can help your child to make informed decisions about which individuals they follow and what content they engage with.

SET SOME BOUNDARIES

Agree age-appropriate boundaries for your child's social media use, including time limits and privacy settings (the two major operating systems on mobile devices, Android and iOS, have these controls baked in). Try to keep an eye on your child's online activity and discuss it regularly with them – including reminding them of the potential risks that can arise from following influencers.

SUPPORT A HEALTHY SELF-IMAGE

Reinforce your child's awareness that real life isn't usually as picture perfect as it may appear on social media – and how some content (particularly that of influencers) is often curated, staged or edited to look more glamorous. If possible, highlight examples of other influencers who share authentic, relatable material which acknowledges their imperfections and struggles as well.

PROMOTE MEDIA LITERACY

Talk to your child about the concepts of sponsored content, advertising and potential influencer bias. Teach them to critically evaluate the information they're presented with online and to consider the possible reasons behind content creation. This can help young people develop the skills to make healthier decisions about the influencers they choose to follow and the content they consume.

Have a wonderful weekend.

Emma Howard



Support available for Young people in Nottingham
 These services are really friendly and they will help you!

ITS OK TO NOT BE OK!
CAMHS help with mental Health..
 To get help:
 Text: 07860 002 131
 Phone: 0115 876 4000
 For more info and self-help, find us on
 Instagram: [camhs_nottinghamcity](#)
 YouTube: [CAMHS Nottingham City](#)
 Website: [nottinghamcity.gov.uk/camhs](#)

JIGSAW
 JIGSAW - Nottingham is a support service for young people and families affected by drugs or alcohol. Follow or contact them at:
 Instagram: [cgljigsaw](#)
 Facebook: [CGLJigsaw](#)
 Email: jigsaw@cgl.or.uk

ChildLine 0800 1111
 Childline is for all young people up to 18 years. You can contact them about anything. Whatever your worry - big or small.
 Call FREE on 0800 1111 (Open until 3:30am every night)
 Chat Online at www.childline.org.uk/get-support

Nottingham City Council
 Our Youth Provisions delivers fun activities / Programmes to develop and support young people. We offer 1:1 support and small group session.
 To find our centres and our partners provisions, please search www.asklion.co.uk
 Email: playandyouth@nottinghamcity.gov.uk

Food Banks
 Visiting a food bank isn't something to be worried about - they are here to help.
 To find your nearest food bank visit www.asklion.co.uk/food
 Or call the families Information Service FREE on 0800 458 4114

kooth
 Whether your feeling sad, anxious, or finding life hard, know that you are not alone. Kooth provides free, safe and anonymous support.
 Check out
 Instagram: [Kooth_uk](#)
 YouTube: [Kooth_uk](#)
 Facebook: [KoothUK](#)
 Email: info@xenzone.com

VRU
HashtagNG
 If you or someone you know is involved or at risk of violence or exploitation, you should confide in someone you trust. It could save a Life! Check out www.hashtagng.co.uk or follow:
 Instagram: [_hashtagng](#)
 YouTube: [HashtagNG](#)
 Facebook: [Hashtagnotts](#)
 Snapchat: [hashtagng](#)

Futures
 Futures support young people to explore options and find opportunities like apprenticeships, sixth form, college, university and work.
 Website: futuresforyou.com
 Phone: 0800 858520
 Email: talk@futuresforyou.com

Nottingham Youth Justice Service
 Nottingham Youth Justice Service (YJS) is looking for committed, caring people representing the diverse communities throughout Nottingham who are willing to give their time to challenge youth crime in the city, in the role of a Volunteer Panel Member.
 To find out more about the role and for an application form, please go to
 Phone: 0115 9159400
 Website: www.nottinghamcity.gov.uk/VolunteerForYJS
 Email: YJS@nottinghamcity.gov.uk

Nottingham City Council
 To find out what support you can access from Early Help
 Please search www.Asklion.co.uk or contact your local Family Hub where support and guidance can be offered as appropriate.
 Southglade Access Centre - 0115 8761890
 Broxtowe Family Hub - 0115 8763888
 Meadow's Family Hub - 0115 8761320
 Email: CityWideEarlyHelpTeams@nottinghamcity.gov.uk

NHS Nottingham University Hospitals
 Nottingham University Hospitals and Health Promotion clinical services are set up for young people aged 13 - 19 to get free, confidential, help, support and advice about sex and relationships, resisting peer pressure, sexuality, contraception, STIs, pregnancy testing and emergency contraception
 Phone: 07814 678 460
 Website: aycnottingham.co.uk

Have a wonderful half term
 Emma Howard
 Headteacher