



WC: 18/09/2023

Dear Parent/Carer,

This week, in our assemblies, we focused on safeguarding and the importance of good attendance. We introduced all of the students to our safeguarding team so that they are aware of who to go to should they have any worries or concerns. Each week, I will give you an update on attendance via our parent letter. We also update students on their attendance as part of their weekly student briefing session.

RE: Upcoming webinar for parents – Helping Your Child Manage Their Time

We're excited to announce that Elevate Education will be hosting a free webinar for our parents on time management on October 3rd.

Elevate works with our students, delivering high-impact- workshops on study skills, motivation, wellbeing, and exam preparation. By tuning into their webinar series, you'll learn how you can help support your children at home by reinforcing the skills they're learning at school

Sign up for the session below to learn how you can help your child to balance their priorities and stay on top of their workload.

How You Can Help Your Child Manage Their Time

Tuesday 3rd October 6:00-7:00pm (GMT)

Click the link below to register for free

<https://go.elevateeducation.com/e/891981/uk-schoolwebinar/prrtm/547536015?h=OnmibZFadwRLf38bAOGbalzfP-3X7eJpzy3PWnCrDQo>

Here's what Elevate will be covering on the night:

- ✓ **Align expectations on homework with your child**
- ✓ **Help your child balance their schoolwork and social life**
- ✓ **Set up a weekly planner tool with your child**

Attendance:

This week, an article was published about attendance to schools following the pandemic. We are in the fortunate position that, at present, over 70% of our students are at 100% for attendance so far this academic year. We want as many students as possible to remain over 96% as we know that they will then hold a greater chance of achieving grades which will allow them to go on to the careers of their dreams.

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.

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 math's, English, Science, drama, Spanish, sport, history, geography, psychology and catering and are an invaluable tool to support students maximizing their progress.

Uniform Reminder:

Please remember that student should not be arriving to school with lots of jewelry on and long nails. They should wear stud earrings only and nails need to be kept short for PE and DT.

SEND Drop ins:

We offer a number of 'SEND drop ins' throughout the year for parents/carer's. These are open to any parent/carer who may want to discuss their child's SEND needs further or parents/carer's 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:
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 what parents/carer's can do if they are concerned about self-harm:

Supporting a child who self-harms

Offer them emotional support

- ◆ Finding out that your child's been hurting themselves can be really hard to accept and it's natural to feel anxious or upset. Some parents might also blame themselves or feel powerless to help. But if you can, it's really important to try and stay calm and remember there are things you can do to support your child.
- ◆ Focus on showing them that you're there whenever they choose to talk. Remember they may prefer to talk over text or WhatsApp rather than in person. If they do feel ready to talk, try to just listen and not ask too many questions about why they've been self-harming, so it doesn't seem like you're judging them.
- ◆ Let them know that you care about them and that you want to help them find healthier ways to cope with difficult or upsetting feelings they're having. But that's it's okay for them to be honest with you about what they're going through.

Focus on what's causing the self-harm

- ◆ Remember self-harm is often caused by an underlying problem, like depression or anxiety, or being bullied. It can be more helpful to focus on helping them with what's causing their feelings rather than on the self-harm itself.
- ◆ You can help them to get support for a mental health problem, such as by talking to their GP, someone at their school or to Childline. It can also help to ask their GP about a referral to Child and adolescent mental health services (CAMHS).
- ◆ Sometimes hiding or taking away something a child is using to self-harm can lead to them finding other ways to hurt themselves. You could try asking your child what would be most helpful for them and ask them to tell you when they feel they want to hurt themselves.
- ◆ Sometimes, it might be possible to come to an agreement where your child tells you when they've hurt themselves. It's important to make sure any injuries or cuts are cleaned and properly taken care of. Any serious injuries should be treated right away in a hospital.

Encourage them to find healthy ways to cope

Instead of simply asking a child to stop self-harming, it can be helpful to suggest something they could do instead to cope with difficult feelings.

Some things young people who've spoken to us have found helpful are:

- paint, draw or scribble in red ink
- hold an ice cube in your hand until it melts
- write down your negative feelings then rip the paper up
- wear an elastic band on your wrist and snap it every time you feel the urge to self-harm
- listen to music
- punching or screaming into a pillow
- talk to friends or family
- take a bath or shower
- exercise
- watch your favourite funny film.

Childline also has many more [self-harm coping techniques](#) for children and young people. The [wall of expression game](#) can also be a helpful way for young people to deal with difficult feelings.

Have a wonderful weekend

Emma Howard
Headteacher