

Newsletter Term 2 | 8 December 2023**Term Dates 2022-2023****Term 2 Monday 30 October 2023-Friday 15 December 2023**

Term 3	Wednesday 3 January 2024-Friday 9 February 2024
Term 4	Monday 19 February 2024-Thursday 28 March 2024
Term 5	Monday 15 April 2024-Friday 24 May 2024
Term 6	Monday 3 June 2024-Tuesday 23 July 2024

Inset Days/Bank Holidays

Monday 1 January 2024	(Bank Holiday)
Tuesday 2 January 2024	(Inset Day)
Friday 29 March 2024	(Bank Holiday)
Monday 15 April 2024	(Inset Day)
Monday 6 th May 2024	(Bank Holiday)
Friday 5 July 2024	(CLF Inset Day)

*Should any of the above dates be rearranged we will inform parents/carers.

You will be informed of other key dates throughout the academic year for Parents' Evenings, Open Evenings and Exhibitions of Work.

Please also look out for key dates on our website www.digitechstudioschool.co.uk



Eco Committee were asked to contribute to a local community project which involved creating an (as much as possible) eco-friendly Christmas tree. Our lovely Eco Committee students helped to create the recycled and repurposed decorations displayed on the tree, which itself was laser cut from scrap cardboard and old boxes!

It's currently on display at St Barnabus Church in Warmley alongside other local contributions. They've also hosting a Green Christmas Celebration on this Saturday 9th, involving viewing the Christmas trees with food and crafts - there are leaflets in reception for more information!





On the final day of term (Friday 15th December) Students will be dismissed at 12:50pm following normal lessons Period 1, 2, 3 and 4. If your child is entitled to free school meals, they will be able to purchase this at break time. Looking ahead to Term 3, **students will return to the Academy on Wednesday 3rd January 2024.**

Paracetamol/Ibuprofen

If your child needs paracetamol or ibuprofen during the school day, please only give your child the quantity they would need for that day rather than a whole box. If a member of staff sees your student with a whole box, it will be taken off them and a parent/carer will have to collect it. If you would like us to keep hold of tablets, please feel free to come into reception where you can fill in a form to authorise this.



A message from the CLF Governance Team

If you have ever considered volunteering within your community, working with, and contributing to one of our CLF Academies could be one of the most rewarding things you ever do. If you have the desire to improve children's lives and outcomes, are passionate about the importance of education to change lives for the better then this could be the role for you.

I cherish the role I play in children's education; I live and work within my local community and feel everyone's contributions, no matter how small, can make a real difference to a child's life. As a Councillor I can shape the lives of children and therefore shape the community and society I live within. It is a really rewarding role.

Education is not just about the academic work that children undertake; it is a time when children develop their life skills creating the young adults that join our society; as Councillors we have a chance to help shape their lives and give them opportunities they may otherwise never have.

If you have an enquiring and challenging mind, put it to use and help shape the educational direction of the academy.

As a Councillor, I have had the opportunity to undertake professional roles outside of my own everyday remit and develop a diverse range of skills that are transferable to other areas of my professional life. I would highly recommend a role as an Academy Councillor within the Cabot Learning Federation; the training and opportunities are invaluable, joining really can make a difference.

Why wouldn't you want to?.....



Christmas Jumper Day

Tuesday 12th December

Charity donation welcome - suggested donation £1





Digitech
Christmas
Lunch Menu

Tuesday 12th December

Christmas Dinner in a Yorkshire!

Chicken, Sausage, Stuffing,
Seasonal Veg & Gravy



Christmas Cookie

£2.40

Pre-order at the canteen before
Friday 8th December.

Prom 2024 -

Prom Wear Hire




£10 per item

Dresses available in a range of sizes and styles

Shoes and suits also available

Speak to Digitech Reception Staff for more info!





Dear Parents/Carers

As we go into the festive period, we would like to remind you about the law regarding electric scooters. It has become apparent that some young people have already acquired or are in the process of acquiring electric scooters for their own use.

The only electric scooters that can only be used on public roads are those that are hired as part of the government-backed trials. We would also remind you that to use these trial scooters you must be at least 18 years old and hold a full or provisional driving licence. Private e-scooters can only be used on private land (with the landowner's permission) and not on public roads, cycle lanes or pavements.

Electric scooters are classed as powered transporters and fall within the legal definition of a motor vehicle under the Road Traffic Act 1998. This means that the same rules that apply to motor vehicles, apply to e-scooters. This includes, but isn't limited to:

- Driving with a licence
- Driving/riding with insurance
- Driving/riding other than on a road

It is not currently possible to get appropriate insurance for privately owned e-scooters meaning that it is illegal to use them on roads or public spaces. If a child or adult is found riding a private e-scooter on a public road or land the scooter may be seized, and the person, including children could be liable for prosecution for driving without insurance. If the child or adult doesn't hold a provisional or full licence and is stopped riding an e-scooter, they could be prosecuted for driving other than in accordance than with a licence, as well as having no insurance. Penalty points can still be issued where a licence isn't held. These points would take effect when the child or person applies for a driving license.

Our aim is to keep children safe and out of the criminal justice system. We want to keep you informed so that we can work together to do this.

If you need to report an incident involving an electric scooter you can call 101 or report online: [Report anti-social driving | Avon and Somerset Police](#)

If you need to know anymore information please contact your local neighbourhood policing team: [Your area | Avon and Somerset Police](#)

A handwritten signature in black ink, appearing to read 'Larisa Hunt'.

Larisa Hunt

Chief Inspector

Early Intervention, Crime Prevention and Licensing

Online relationship support for parents



Parents in this area can now access **THREE ONLINE COURSES** from the relationship experts at OnePlusOne. Learn to cope with stress and communicate better, wherever you are in your parenting journey.



Arguing better

Disagreements are a normal part of life. How you approach them can make all the difference to you, your partner, and your children. You will learn:

- How to recognise stress and how it can affect you.
- How to support each other through difficult times.
- What causes arguments and how to stop them.



Me, You and Baby Too

Learn how to navigate the changes that happen in a relationship when a baby arrives, including:

- How you and your partner can support each other.
- How to talk to bring up difficult topics.
- How arguments start, and how to stop them.



Getting it right for children

When parents are separating or separated, children can often get caught in the middle. Learn how to manage conflict to minimise the impact it has on your children, as well as:

- How to stop a discussion from turning into an argument.
- How to stay calm and listen as well as talk.
- Skills for finding solutions and making compromises.

To access the courses, you will need a smartphone, tablet, or computer, and a good internet connection. They are all **FREE** to use, so you'll just need to select your local authority area and create an account with a username and password.

You can get started by scanning the QR code or visiting:
www.oneplusone.org.uk/parents





FREE
resources
on debt and
relationships

Debt and relationships

Online materials to help you with debt and the impact it has on your relationships

Debt and money troubles are among the biggest causes of relationship stress.

In these short animations, real couples tell their stories of being in debt and the steps they took to get things back on track.

If you're worried about debt, watch these clips to see why it's best to act as soon as possible, and why it's always a good idea to talk to your partner about what's happening.



To access the online material, you will need a smartphone, tablet, or computer, and a good internet connection. It's FREE to use, so you'll just need to create an account with a username and password.



Register at this address
www.oneplusone.org.uk/parents
or scan the QR code





Between Us

an app designed to help your relationship

About the Between Us app

This app is designed to benefit all parents whether you are together or separated, whether you are experiencing new areas of conflict or whether you have been arguing or disagreeing about something for a while.

How does the app help?

The app can help in the following ways:

- by improving communication between the couple/separated parents
- by improving the ability to understand a partner's/co-parent's perspective
- by introducing skills and exercises to help reduce conflict between couples
- by giving co-parents the tools to think, reflect and reposition patterns of behaviour
- by developing tools and techniques to improve your parenting skills and help your family succeed.



How to get the app

The app is available for Apple iOS and Android smartphones.

Topics include:

- > Looking at how you communicate together
- > Your past, present and future together
- > Speaking and listening to each other
- > Sex, stress and parenting
- > What are you really rowing about?
- > Discovering new ways of being together

An app by  TAVISTOCK RELATIONSHIPS

For information and assistance contact

 01454 866971

 Debbie.stabbins@southglos.gov.uk

 <https://betweenus-app.com/get-access/southgloucestershire>


 South Gloucestershire
 Council

Delivering for you

Share your thoughts on Sexual + Health!

Participate in our anonymous survey and help the school nurse improve Sexual Health support and awareness for young people in schools.



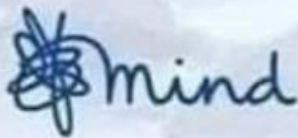
**SCAN OUR QR CODE OR VISIT
[HTTPS://WWW.SURVEYMONKEY.CO.UK/R/Q5P3ZDG](https://www.surveymonkey.co.uk/r/Q5P3ZDG)**

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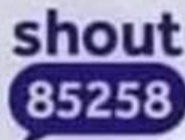


COPING AT CHRISTMAS

Christmas can be tough. That's why it's important to know there's always someone you can talk to.



☎ 0300 123 3393
📞 Helpline
🌐 mind.org.uk



☎ Text SHOUT to 85258
📞 24/7 text service
🌐 giveusashout.org



☎ 116 123
📞 24/7 helpline
🌐 samaritans.org



☎ Text YM to 85258
📞 24/7 text service
🌐 youngminds.org.uk



☎ 0800 58 58 58
📞 Helpline for men
🌐 thecalmzone.net



☎ 0800 068 4141
📞 Under 35s Helpline
🌐 papyrus-uk.org

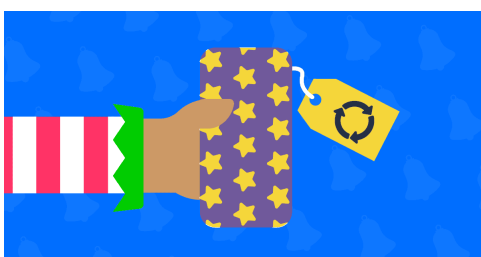
Second-hand devices guide

Make used devices safe for children with these online safety tips.

When it comes to giving your child their first mobile phone or video games console, it's tempting to go for brand new. However, in many cases, second-hand or refurbished devices are cheaper and just as useful.

Learn how to make the most of older devices to help children learn responsibility and find guidance on steps to take to keep them safe.

<https://www.internetmatters.org/resources/guide-to-hand-me-down-devices/>



[Tech guide to second-hand devices | Internet Matters](https://www.internetmatters.org/resources/guide-to-hand-me-down-devices/)

Second-hand devices are cheaper and just as useful as new ones. Learn how to make the most of older devices and stay safe with this guide.

www.internetmatters.org

A message from Winston's wish:

How to cope with Christmas after a bereavement

Christmas can be a very difficult time when you are grieving. As the season which celebrates love and family time, it's no wonder Christmas is a time when you may struggle with your grief. There are lots of potential 'triggers' everywhere – TV advertising, personalised cards, friends talking about their plans, poignant music, and films... It doesn't matter whether this is your first, fifth or tenth Christmas without your important person, it can be hard to deal with grief at this time of year. Below are some advice and tips from the Winston's Wish bereavement team and those who have experience of grief to help you and your children to cope with grieving at Christmas.

https://www.winstonswish.org/supporting-you/grieving-at-christmas/?utm_source=Winston%27s+Wish+newsletter&utm_campaign=7541aca923-email_newsletter_2023_12_07&utm_medium=email&utm_term=0_-7541aca923-%5BLIST_EMAIL_ID%5D



Grieving at Christmas - Advice and Support

Grieving at Christmas? We're here to help with advice and personal stories from our bereavement team and those with experience of grief.

www.winstonswish.org

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many apps which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about

SNAPCHAT

AGE RESTRICTION
13+

Snapchat is an instant messaging app which allows users to send images, videos and texts to people in their friends list. One of Snapchat's unique features is that pictures and messages 'disappear' 24 hours after they've been viewed; however, this content isn't as temporary as many believe – with some users saving screenshots or using another device to take a photo of their screen. This year, Snapchat added 'My AI': a customisable chatbot with which people can chat and share secrets, as well as asking for advice and suggestions of places to visit.

WHAT ARE THE RISKS?

CONNECTING WITH STRANGERS

Even if your child only connects with people they know, they may still get friend requests from strangers. The Quick Add option lets users befriend people the app recommends – but these 'friends' are merely a username, which could have anyone behind it. Accepting such requests reveals children's personal information through the Story, SnapMap and Spotlight features, potentially putting them at risk from predators.

EXCESSIVE USE

Snapchat works hard on user engagement, with features like streaks (messaging the same person every day to build up a high score). Spotlight Challenges tempt users into spending time producing content in search of cash prizes and online fame, while it's easy for children to pass hours watching Spotlight's endless scroll of videos.

INAPPROPRIATE CONTENT

Some videos and posts on Snapchat aren't suitable for children. The hashtags used to group content are determined by the poster, so even an innocent search term could still yield age-inappropriate results. The app's 'disappearing messages' feature also makes it easy for young people (teens in particular) to share explicit images on impulse – so sexting continues to be a risk associated with Snapchat.

ARTIFICIAL INTELLIGENCE

My AI is Snapchat's new chatbot, which replies to questions in a human-like manner. However, the software is still in its infancy and has significant drawbacks, such as biased, incorrect or misleading responses. There have already been numerous reports of young users turning to AI for medical help and diagnoses, which could be inaccurate and therefore potentially dangerous.

ONLINE PRESSURES

Although many of Snapchat's filters are designed to entertain or amuse, the 'beauty' effects on photos can set unrealistic body-image expectations – creating feelings of inadequacy if a young person compares themselves unfavourably with other users. Snapchat may also have 'priority' notifications (which still get displayed even if a device is in 'do not disturb' mode), increasing the pressure on users to log back in and interact.

VISIBLE LOCATION

Snap Map highlights a device's exact position on a virtual map, which is visible to other users. There are options to restrict who can see this information: all friends, only you (Ghost Mode) or selected friends. Snapchat also has real-time location sharing, which is intended as a buddy system to ensure friends have reached home safely – but which could also be used to track a young person for more sinister reasons.

Advice for Parents & Carers

TURN OFF QUICK ADD

The Quick Add feature helps people find each other on the app. This function works based on mutual friends or whether someone's number is in your child's contacts list. Explain to your child that this could potentially make their profile visible to strangers. We recommend that your child turns off Quick Add, which can be done in the settings (accessed via the cog icon).

CHOOSE GOOD CONNECTIONS

In 2021, Snapchat rolled out a new safety feature: users can now receive notifications reminding them of the importance of maintaining connections with people they actually know well, as opposed to strangers. This 'Friend Check Up' encourages users to delete connections with users that they rarely communicate with, to maintain their online safety and privacy.

DISCUSS AI

Although My AI's responses can often give the impression that it's a real person, it's essential that young people remember this certainly isn't the case. Encourage your child to think critically about My AI's replies to their questions: are they accurate and reliable? Remind them that My AI shouldn't replace chatting with their real friends, and that it's always better to talk to an actual person in relation to medical matters.

CHAT ABOUT CONTENT

It may feel like an awkward conversation (and one that young people can be reluctant to have), but it's important to talk openly and non-judgementally about sexting. Remind your child that once something's online, the creator loses control over where it ends up – and who else sees it. Likewise, it's vital that children understand that some challenges which become popular on the platform may have potentially harmful consequences.

KEEP ACCOUNTS PRIVATE

Profiles are private by default, but children may make them public to gain more followers. Snap Stories are visible to everyone your child adds, unless they change the settings. On SnapMaps, their location is visible unless Ghost Mode is enabled (again via settings). It's safest not to add people your child doesn't know in real life – especially since the addition of My Places, which allows other Snapchat users to see where your child regularly visits and checks in.

BE READY TO BLOCK AND REPORT

If a stranger does connect with your child on Snapchat and begins to make them feel uncomfortable through bullying, pressure to send explicit images or by sending sexual images to them, your child can select the three dots on that person's profile and report or block them. There are options to state why they're reporting that user (annoying or malicious messages, spam, or masquerading as someone else, for example).

Meet Our Expert

Dr Claire Sutherland 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 Online Safety®

#WakeUpWednesday

Source: <https://help.snapchat.com/hc/en-gb/articles/3605839582440640443-what-is-snapchat-what-is-snapchat-what-is-snapchat> | <https://help.snapchat.com/hc/en-gb/articles/3605839582440640443-what-is-snapchat-what-is-snapchat-what-is-snapchat> | <https://help.snapchat.com/hc/en-gb/articles/3605839582440640443-what-is-snapchat-what-is-snapchat-what-is-snapchat>