

Digitech NEWSLETTER

Dear Parents, Carers and Guardians,

Welcome to the Term 3 newsletter! We have had an exciting, productive and busy term, and we are thrilled to share some of the highlights and important updates with you.

The students have worked incredibly hard both inside and outside of the classroom and it is always great to showcase their great work and achievements.

Thank you for your continued support and we look forward to another successful term ahead!

Best Wishes,

Chris Ballard



Term Dates 2024-25

Term 4 **Monday 24th February 2025 - Friday 4th April 2025**

Term 5 Tuesday 22nd April 2024 - Friday 23rd May 2025

Term 6 Monday 2nd June 2025 – Tuesday 22nd July 2025

Inset Days

Monday 24th February 2025

Friday 4th July 2025 (CLF Summer Conference)

Monday 7th July 2025

*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.clf.uk



Reminder's

PE Reminder

A reminder for students to wear appropriate clothing on PE days or have something to change into. Students that are not appropriately clothed for PE are not able to engage in this lesson. Please NO jeans and sensible footwear

Admin Changes

Please can all Parents/Carers ensure that you are updating reception with Admin changes for example, change of address, contact telephone numbers and email addresses. If you would like to email please use info@dssb.clf.uk

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.

Attendance procedure

What to do when your Child is unwell

- Call the absence line on 0117 9927100 and press option 2 before 8.30am. Please provide a detailed reason for absence. This will need to be done for each day of the absence, we cannot accept they will be off for number of days. This is to always keep your Child safe.
- If you receive a text message that your Child was absent at morning registration. It's very important you contact us either by replying direct or calling the office. Please don't respond to this message any other time as your response may not get picked up.

Bridge Update

Please be mindful that the bridge might be shut when the students return On Tuesday 25th February. If we have any updates, we will communicate with you next week.



Digitech NEWSLETTER

This term some of our Year 12 students have created a mural outside of the Pastoral Office, inspired by Keith Haring to encourage the Digitech School values of 'Trust, Aspire, Excellence'. Huge well done to Phoebe and Louisa for completing this so professionally!



Our Year 10 boys travelled to Redland Green, much of the group were playing in their first ever 11 a side football match and they really enjoyed the experience. The group showed fantastic resilience throughout to compete until the end. The game was played in great spirit with RGS progressing to the next round of the Woodcock Shield.

Many thanks to Coach Karl for his support on the day, we never lost belief... even when they scored their 5th goal after 4 minutes. Special shoutout for some very good individual displays from Findley, Freddie, Jake and Logan, please congratulate them when you see them next!



Year 11 Trip to Aardman Studios, Bristol

On 3rd February, our Year 11 ICT students had the incredible opportunity to visit Aardman Animation Studios. The visit was an educational experience where students learned about the animation industry and how real businesses produce, create, and plan new animations. The students enjoyed exclusive access to their creative spaces, where they got hands-on and crafted their very own army of Feathers McGraws. They were also joined by an animator who worked on some of the characters in the new Wallace and Gromit film, adding an extra layer of excitement to the visit.

The highlight of the trip was undoubtedly the sneak preview of their upcoming film, the Shaun the Sheep movie, which is currently in production. Joshua Sterling, our Assistant Principal, remarked on how much the students enjoyed their time at Aardman, noting that the experience has significantly raised aspirations for many students to pursue careers in animation. It was a fantastic experience, and we can't wait to see the final film!

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Rewards Assembly Term 3 Year 10



TUTOR

Hayden S-P
Kai D
Taylor H
Kian C & Franklin W



100% Attendance Term 2

Erin S	Liam B
Noah D	Tessa S
Theo H	Franklin W
Cody J	Logan S



Most Improved Attendance from Term 2 to Term 3

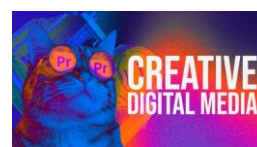
Teddy A	Liam C	Lucas J-W	Archie M	Jake S	Keira P
Sam B	Kian C	Seddon L	Isla N	Issac S	Scarlet Y
Dyllon B	Kaden F	Amie L	Harry O	Leo S	
Buddy B	Lillie J H	Eden L	Liam R	Lewis S	
Henry C-E	Reigan H-C	Alexander M	Inigo R	Jack T	
Ben C	Taylor H	Hendrix M	Riley S	Remy T	
Lewis C-S	Rares H	Carys M	Hayden C-PH	Kyle W	
Emily C	Addison H	Amira M	Jago S	Milly W	



Zac L-I
Lucas J-W
Lillie J H



Daniel H
Addison H

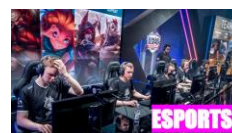


Eden L
August F
Naite F-W

Hayden S-P H
Silver-Rae S



Leo S	Aimee L	Hendrix M
Harry O	Tessa S	Louis M
August F	Amira M	
Isla N	Jake S	

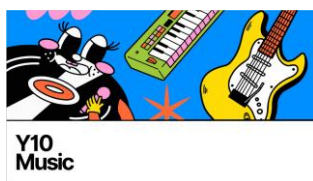


Noah D
Theo H
Alex M

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Noah D
Ellie T
Keria W



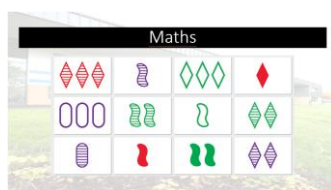
Kai D
Sophie-Levina K



Carys M
Isla N
Noah K
Theo H



Lucas J-W
Reece H



Theo H
Noah D
Arthur S-M
Sam M

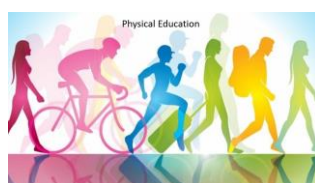
Photography



Seddon L
Jake S
Amie L
Cassius J
Carys M
Isaac S



Erin S
Reece H
Daniel H
Louis M
Liam R
Henry C-E
Harry O
Cassius J



Daniel H
Finley K
Arthur S-M
Taylor H



Rewards Assembly Term 3 Year 11



1

Ben F
Abbie F
Felipe Z
Alex P



100% Attendance Term 2

Lana B	Bailey R	Charlie G	Alex P
Cain B	Ahsan U	Edgar M-S	Callum H
Ainsley K	Enzo C	Alex P	Harry H



Most improved attendance from Term 2 to Term 3

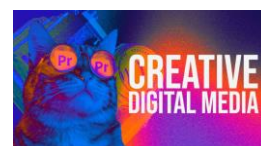
Josh B	Oscar E	Corey H-W	Gilbert M-T	Katie M	Jordan S
Sara B	Leo E	Morgan H	Matthew M	Jess N	Lani S-R
Stanley B	Abbie F	Jack H	Ava M	Kay P	Ellis S
Eli B	Ben F	Dylan J	Nathan M	Charlie P	Leyton S
Bam C	Ashton G	Daisy K	Anwar M	Ellie-Louisa R	Miya S
Ricardo D-S	Makayla-Marie G	Willow L	Rhylee M	Daisy S	Jayden S-S
Jake E	Ethan T	Bonnie V-C	Osana W	Henry W	Jayden Y
Lola G	Aine L	Keira M	Esme S	Tyler-Jay S	



Willow L
Miya S
Ashton G



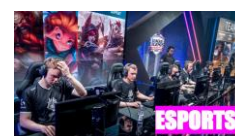
Lola G
Lani S-R



Oscar E	Harrison W
Ainsley K	Matthew M
Sophie C	Jack H
Lana B	Enzo C



Harrison W
Esme S
Rhylee M-P
Ricardo D
Jayden S
Jordan S

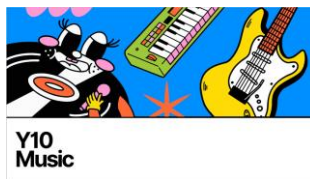


Felipe Z
Rhylee M-P

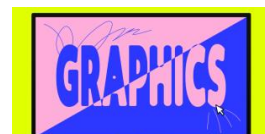
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Bonnie V-C



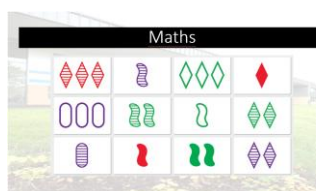
Alex P Lana B



Lani S-R Matthew M
Ben F Edgar M-S



Leo E



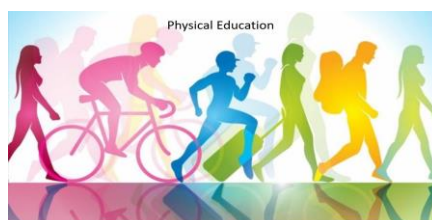
Eli B Gilbert M-T
Keria M Lana B



Edgar M-S Sara B Tyler S
Daisy S Eli B Osana W



Lana B Enzo C
Eli B Jordan S



Stan B Felipe Z
Callum H



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The Year 11 music students did a great job of hosting another two Live Lunch gigs this term. A few weeks ago, our Y10 DJ duo 'm0shp1t' dropped an incredible Drum 'n' Bass set for the students - which they are still talking - about and then last week, the ragtag band of staff known as 'School of Rock' thoroughly entertained the crowd with their classic rock set, bad jokes and some questionable costume choices. A few more Live Lunches still to come, as well as the Year 11's main event - 'Digifest 2025'. More news on that very soon...



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.



FOR
ALL
PARENTS

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.



FOR
NEW
PARENTS

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.



FOR
SEPARATING
PARENTS

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 Triple P and Stepping Stones Parenting Programmes



Parenting is one of the hardest jobs in the world - our free parenting courses are designed to support parents to be the best they can be

Our regular 6 week programmes will not tell you how to parent, but give you a toolbox of ideas to improve your confidence in:

"The staff are amazing!
Friendly, great
communication and
make you feel at ease."

- Boundaries
- Routines
- Behaviour management techniques
- Looking after yourself as a parent



Our programmes are:

- Free to access
- For parents of children aged 0-12
- Run by professionals with SEN Experience
- Friendly and Non judgemental
- A chance to meet like minded people who understand your situation
- Flexible - run across the year, at different venues across South Gloucestershire, with day, evening and online options to attend

"We've seen a huge improvement in our confidence as parents. Since implementing strategies learned on the course, our family life is much calmer and happier."

For more information, get in touch via
family.referrals@ccp.org.uk, or to book a place please
scan the QR code



Please see below links for advice and guidance for parents and carers on financial information that you may find useful.

1. **Use the Benefits Calculator:** Parents can check if they're claiming everything they're entitled to by using [this online Benefits Calculator](#) – it takes just 10 minutes and can make a *huge* difference
2. **Try our Grants Search:** [The online Grants Search tool](#) will show parents what charitable funding they could get towards specialist equipment, therapies, home adaptations, white goods and even holidays
3. **Get help with household bills:** Take a look at the [schemes and grants available](#) to help families with water, fuel and other utility bills
4. **Look at our energy saving tips:** With disabled families already facing higher energy bills, [these practical tips](#) can help parents cut down on heating, fuel and appliance costs
5. **Apply for help with extra costs:** Our website lists [several support schemes](#) available to help parents with [education](#), [health](#), and [transport and leisure](#) costs
6. **Read our Money Matters guide:** Parents will find detailed advice on benefits, vouchers, discounts, loans and other sources of financial help in our [Money Matters guide for England & Wales](#)





Come And See Your School Nurse

Get confidential advice and support about:



Mental health and anxiety management



Healthy eating



Healthy Relationships



LGBTQA+



Drugs, alcohol and smoking



Dental health.



Sexual health



Sleep



Physical health concerns



Toileting troubles

When: Wednesday 12:50—13:20

Where: upstairs in the Intervention room

You can also text our anonymous ChatHealth service using 07312 263 093: Mon-Fri, 9am-5pm.
For more info visit: bit.ly/ChatHealthCCHP

Your school nurse is: Jane



Your confidentiality

We do not usually inform your parents, teachers or anyone else if you contact the school nurse. We might inform someone if we are concerned about your safety, but we

Service provided by

Sirona
care & health

Exam Stress Support Booklet

Staying well during revision and exams



We asked young people to give us some wellbeing advice for exam time and this is what they told us:

1. Always take a moment just to breathe, whether in the exam, before or after.
2. Remember that school does offer support, just reach out and ask!
3. Keep your work balanced. Spend time revising, but socialise and relax too.
4. Keep a self-care routine so that your revision is the most productive it can be whilst you feel as good as possible.
5. Break up revision with food and exercise to make sure you stay energised.
6. Remember that results do not define you.
7. Find a revision space and style that works for you: silence, background chatter, music with or without lyrics.
8. Work to your own pace – everyone is different in how they work.
9. If you feel nervous about the time pressure of an exam, practice timing yourself when you revise, or try some test papers.
10. Plan in some treats to reward yourself, and celebrate when it's all over!

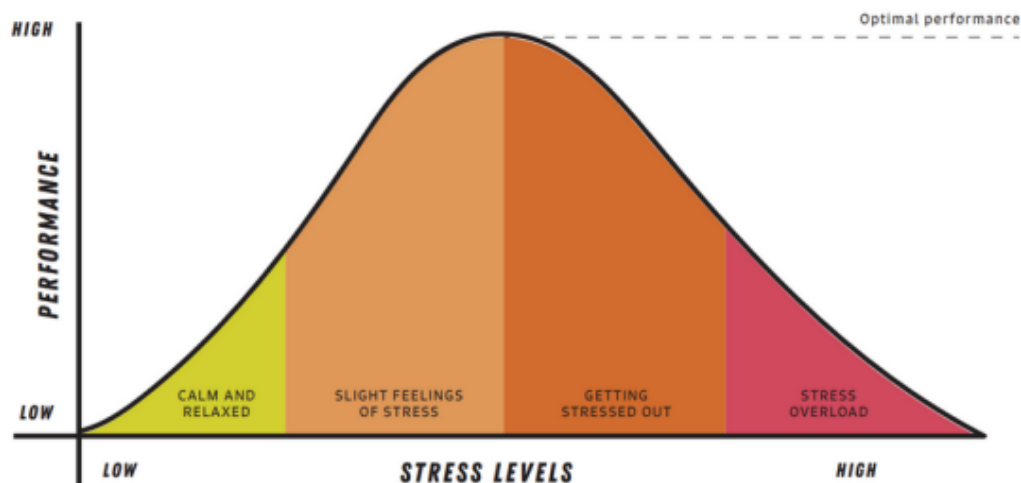


Managing Stress

It may seem strange but the right amount of stress actually improves our performance. However, once we start getting too stressed it impacts us negatively!

Feeling slightly stressed drives us to revise or work hard but too much stress impacts our ability to function. It's important to recognise when we're starting to get stressed out or entering stress overload.

MANAGING STRESS



My Wellbeing Toolkit



Recognising that I am starting to struggle..

The first step in knowing when you might need to do something to look after your wellbeing, is recognising when you are starting to struggle. In the examples below, you can see what some warning signs might look like..

My emotions
What emotions might you start to feel?

STRESSED **OVERWHELMED**
WORRIED **ANXIOUS**
ANGRY **SAD**
UPSET **NERVOUS**
BORED

My body sensations
What might you start to feel in your body?

MUSCLES ARE FEELING REALLY TENSE
SHAKY - CAN'T STOP FIDGETTING
BODY FEELS HEAVY AND LIKE I HAVE NO ENERGY
MY HEART STARTS TO BEAT REALLY FAST
MY BREATHING GETS FASTER
MY HEAD STARTS TO HURT

My thoughts
What thoughts might you be having?

"I CAN'T DO THIS"
"EVERYTHING IS GETTING TOO MUCH"
"NOTHING IS MUCH FUN AT THE MOMENT"
"I HAVE SO MUCH TO DO AND I HAVE NO IDEA WHEN I AM GOING TO GET EVERYTHING DONE"
"I CAN'T STOP THINKING ABOUT THE SAME THING OVER AND OVER AGAIN"

My behaviours
What might you be doing or not doing?

CAN'T CONCENTRATE
SHUT MYSELF AWAY IN MY ROOM
TRY TO AVOID THE THING THAT IS MAKING ME WORRIED
CAN'T THINK STRAIGHT
SPEND MORE TIME SCROLLING ON INSTAGRAM
STOP DOING THE THINGS I ENJOY

Things I do to keep myself well

Once you have recognised that you might be struggling, it is important to have some tools that you can use to try and help yourself. The tools that help will be different for different people and different in different situations. If you are unsure what helps, it is worth giving some of the ideas below a try and seeing if they work for you!

IDEAS FOR ACTIVITIES TO TRY

CALMING

- BREATHING EXERCISES*
- WATCH A TV SHOW YOU LOVE*
- STROKE A PET ANIMAL*
- HAVE A HOT BATH OR SHOWER*
- MEDITATE*
- READ FOR PLEASURE*
- LISTEN TO SOOTHING MUSIC*

ACTIVE

- DO AN ONLINE EXERCISE VIDEO*
- GO FOR A WALK/JOG/RUN*
- PLAY A SPORT YOU ENJOY*
- YOGA*
- GO FOR A SWIM*
- DANCE*
- MAKE A PLAN TO MANAGE YOUR TIME*

RELATIONSHIP

- SPEND TIME WITH A FRIEND*
- SPEND TIME WITH FAMILY OR PEOPLE AT HOME*
- GIVE SOMEONE A CALL*
- PLAN TO MEET UP WITH SOMEONE YOU LIKE TO*
- SPEND TIME WITH*
- TALK TO SOMEONE ABOUT HOW YOU FEEL*
- CONNECT WITH SOMEONE WITH SIMILAR INTERESTS*
- THROUGH A CLUB OR SOCIAL MEDIA*

EXPRESSION

- MAKE SOMETHING WITH YOUR HANDS*
- DO SOME WRITING*
- DO SOME PATINING OR DRAWING*
- SINGING/RAPPING/PLAYING MUSIC*
- DRAMA*
- WRITE A POEM*
- COOK SOMETHING DELICIOUS*

IDEAS FOR STRATEGIES TO TRY

Grounding Techniques

Grounding Techniques are there for a time when you feel anxious to help you to concentrate on what is happening to your body and your surroundings rather than being trapped in your own mind with distress

Why they are useful:

It can help you stay with the present moment rather than thinking about what worries you in the future or what worried you in the past. Below are some grounding techniques that may help you with this:

5-4-3-2-1

This is a technique to help you concentrate on all five of your senses.

To begin with, close your eyes and take a deep breath in and out. Then open them and name out loud:

- 5 things you can see
- 4 things you can feel
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

Take a deep breath to finish

DISTRACTION

Another way to ground yourself is the distraction method. For this begin by taking a deep breath and looking around your surroundings and pick something to count.

For instance, you could be counting the amount of trees you can see or the number of white cars.

You can also mentally distract yourself through trying to double numbers in your mind starting with the number 2 - this can be quite challenging so may help to distract your mind from the distressing thoughts.

4-7 BREATHING

WHY/WHEN: When we are stressed, anxious or angry we breathe faster and take in too much oxygen which can lead to dizziness and a feeling of panic

HOW TO: Count to 4 in your head (or on your fingers) as you breath in
Count to 7 as you breath out

To make your out breath last longer imagine you're breathing through a straw

Repeat for 5 minutes or until you feel calmer

ROOTED

This technique is useful to clear your mind and calm your emotions it can be helpful to focus fully on the present and feel rooted to the earth

HOW TO: Sit or stand with your feet placed flat on the ground or lie down on your back the ground (be careful it's a place you won't get hurt). Close your eyes and breathe deeply as you focus you're attention on the parts of your body touching the ground one by one. What does it feel like?

Feel the ground support and hold your body. Allow your body to grow heavy and sink into the ground. Imagine your body growing roots into the earth.

IDEAS FOR APPS TO TRY

USEFUL APPS



Calm Harm



Clear Fear



MeeTwo



SAM



DistrACT



My Possible Self



Smiling Mind



Stay Alive



What's Up?

Helpful Organisations and Professionals



www.otrbristol.org.uk **11+**
OTR is a mental health social movement by and for young people aged 11-25 living in Bristol and South Gloucestershire.



www.themix.org.uk **11+**
webchat open from 3pm – midnight everyday



www.kooth.com **11+**
online support and counselling, self-help materials and forums
midday - 10pm on weekdays, 6-10pm Sat and Sun



www.childline.org.uk/get-support 0800 1111
24/7 helpline and online 1-2-1 chat. Talk to a trained counsellor in a safe space about anything that's worrying you

School Health Nursing Team

South Bristol: Telephone 0300 125 6277
East & Central: Telephone 0117 939 3760
South Glos: Kingswood Hub: 01454 862441
Patchway Hub: 01454 862442
Yate Hub: 01454 338804
Lines open Monday - Friday 9am to 5pm

My Doctor

Write the name of your
doctor's surgery below:



Sextortion phishing scams How to protect yourself

This advice is for people who have received sextortion emails. If someone you don't know is blackmailing you by claiming to have login details or a video of you visiting an adult site, **don't pay the ransom**, but follow the steps below instead. The criminals behind these attacks don't know if you have a webcam, or if you've visited adult websites.

What is a sextortion scam?



A **sextortion scam** is when a criminal attempts to **blackmail** someone, usually by email. The criminal will claim they have login details or a video of the victim visiting an **adult website**, and will threaten to disclose this unless the victim pays a **ransom** (often in BitCoin).

The criminals behind these attacks do **not** know if you have a webcam, or know if you've visited adult websites. They are attempting to **scare their victims** into paying a ransom, and will send millions of emails in the hope that someone will pay. They'll often include technical sounding details to make the email sound convincing. It may also include a password the victim uses or has used.

Sextortion is an example of a **phishing attack**, where victims receive emails that try and **trick them** into doing the wrong thing.

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What to do if you're being blackmailed

Don't communicate with the criminal

Our advice is to **not** engage with the criminal. If you have received an email which you're not sure about, forward it to the NCSC's suspicious Email Reporting Service (SERS): report@phishing.gov.uk.

Don't pay the ransom

If you pay the ransom, you might be targeted with more scams, as the criminal will know their previous scam worked.

Check if your accounts have been compromised

Do not worry if your password is mentioned. It has probably been discovered from a previous data breach. You can check by visiting <https://haveibeenpwned.com/>

www.ncsc.gov.uk
[@NCSC](https://twitter.com/NCSC)
National Cyber Security Centre
[@cyberhq](https://www.facebook.com/ncsc)

Change any passwords that are mentioned

If a password you still use is included, then change it immediately. For advice on how to create good passwords, please visit www.cyberaware.gov.uk.

Report any losses to Action Fraud

If you have already paid the ransom, then report it to Action Fraud (www.actionfraud.police.uk).

