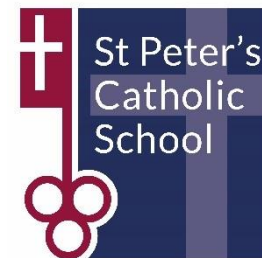




YEAR 10 PARTNERSHIP EVENING



KEEPING
CHILDREN
SAFE ONLINE

Depression by Level of Social Media Use, U.K.

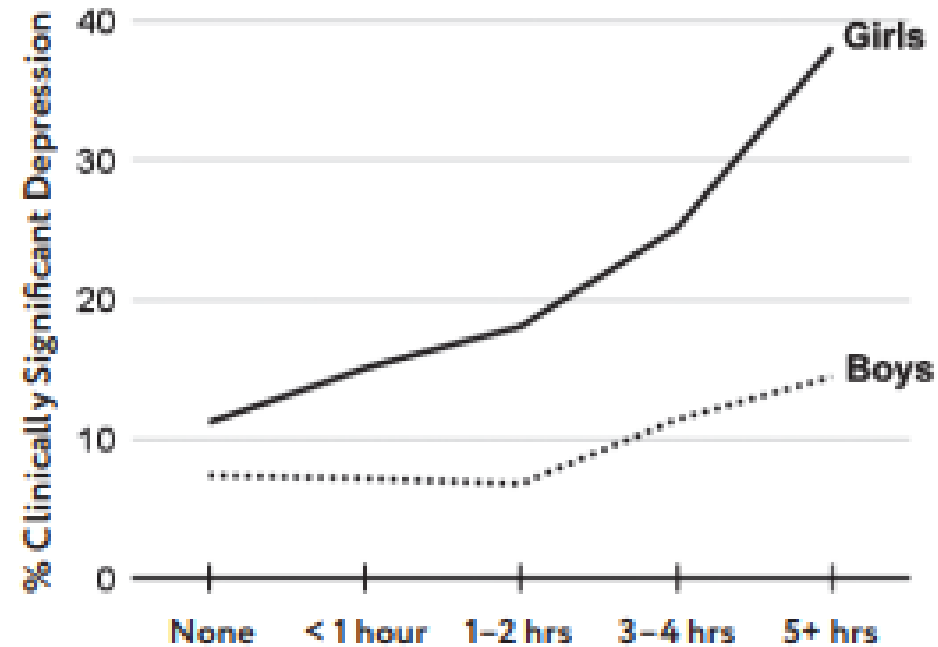
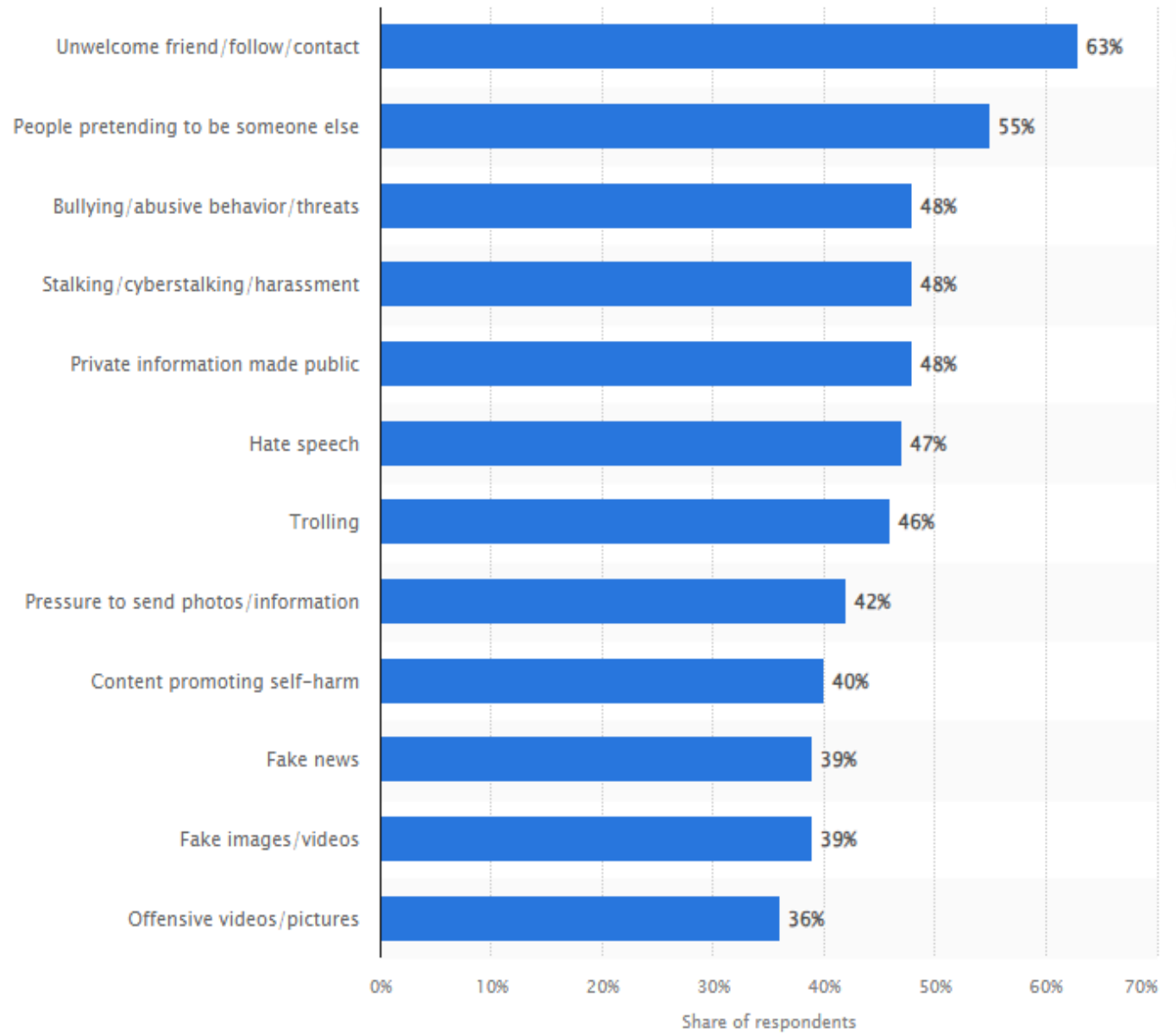


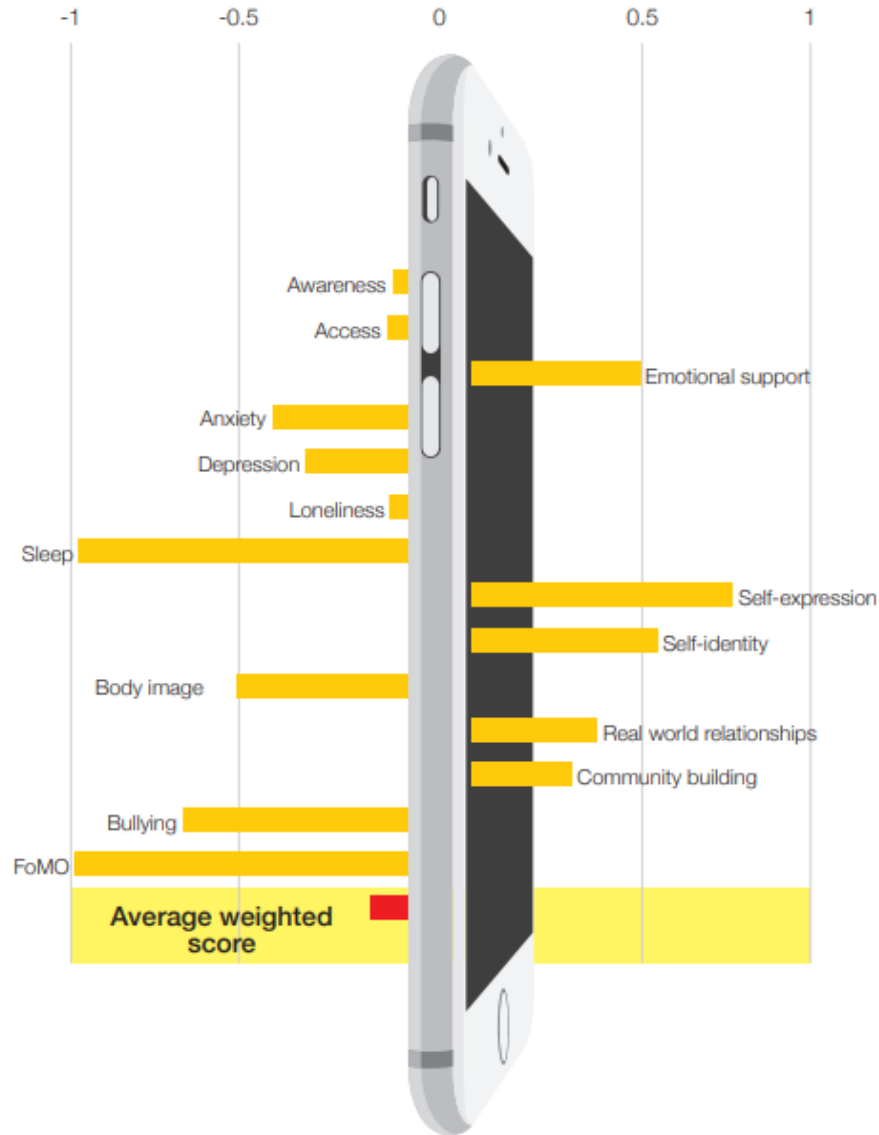
Figure 6.2. Percent of U.K. teens depressed as a function of hours per weekday on social media. Teens who are heavy users of social media are more depressed than light users and nonusers, and this is especially true for girls. (Source: Millennium Cohort Study.)¹¹

KEEPING CHILDREN SAFE ONLINE

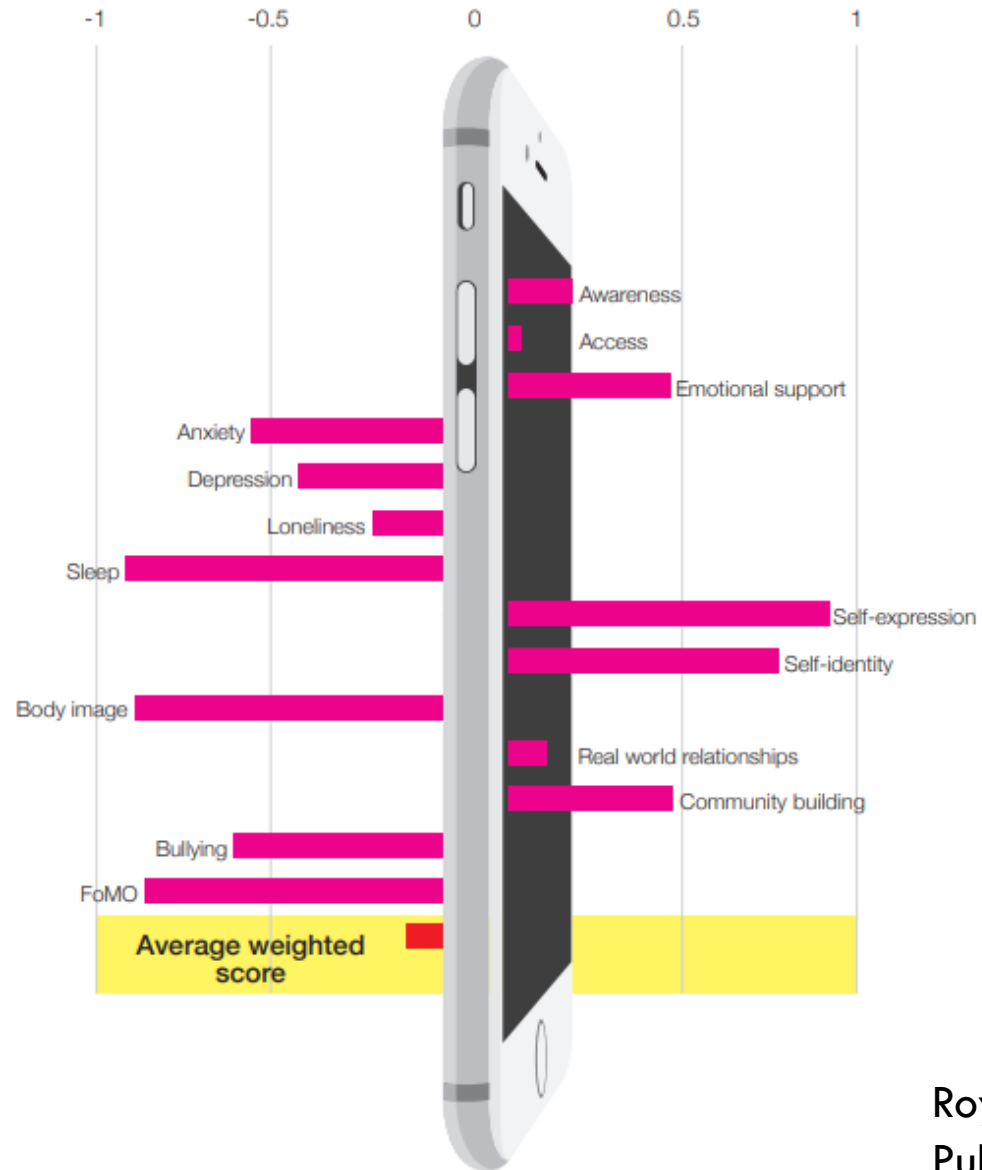
Leading potential harms on social media according to children in the UK, 2023 – Ages 12 -15



Snapchat



Instagram



SLEEP – TOP TIPS

Wi-fi off at 10pm

Consoles/plugs out of bedrooms

Devices out of bedrooms, charging in a communal area

Use wellbeing settings e.g. Time limits on phones

Discuss research on sleep

Which age group gets the least amount of sleep?

Teenagers

97%

get less than the recommended amount each night

3%

get the recommended amount each night

Source: National Library of Medicine

CONTACT

Alert issued to ALL UK children over online 'sextortion epidemic': Police warn foreign gangs are blackmailing hundreds of kids over intimate pics - as mother of victim, 16, who took his own life issues plea to other desperate youngsters

By [REBECCA CAMBER CRIME AND SECURITY EDITOR](#) and [KATHERINE LAWTON](#)
PUBLISHED: 21:49, 29 April 2024 | UPDATED: 22:57, 29 April 2024

County lines gang 'recruited teen in 80 minutes via Snapchat'

© 14 April 2021

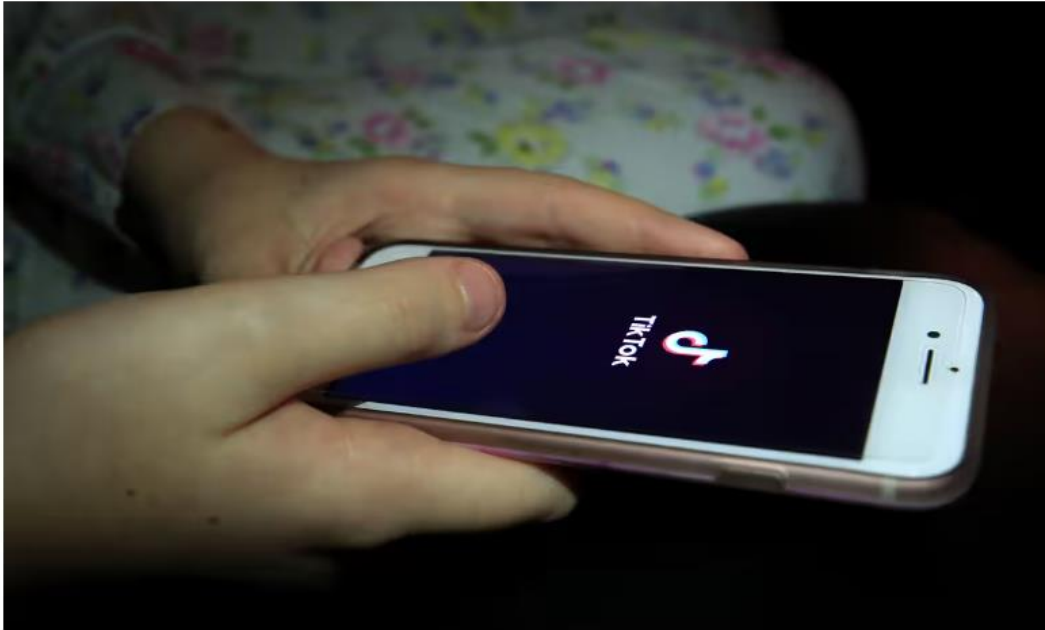


County lines drugs trade



Social media algorithms 'amplifying misogynistic content'

Researchers say extreme content being pushed on young people and becoming normalised



📷 Researchers said they detected a four-fold increase in the level of misogynistic content suggested by TikTok over a five-day period of monitoring. Photograph: Peter Byrne/PA

'I was radicalised by the far right aged 15'

🕒 3 March 2023

Manchester Arena attack



CONDUCT

What ideas is your child encountering online?



RELATIONSHIPS

What conversations have you had around relationships?

FURTHER RESEARCH

1. <https://nationalcollege.com/parents>
2. <https://www.childnet.com/parents-and-carers/>
3. <https://www.internetmatters.org/>
4. <https://saferinternet.org.uk/>

What Parents & Educators Need to Know about TIKTOK

AGE RESTRICTION 13+
(certain features are restricted to over-18s only)

TikTok is a free-to-use social media platform that lets people watch and share short videos of up to ten minutes in length. Its memes, trends, and celebrity cameos have made it enormously popular with an estimated 1 billion users worldwide – but its algorithm that surfaces videos based on users' activity can make the app seriously addictive.

WHAT ARE THE RISKS?

AGE-INAPPROPRIATE CONTENT
While TikTok's "Following" feed only displays videos from users that someone follows, "For You" is a collection based on their previously watched content. Most videos on a child's "For You" feed will probably be light-hearted and amusing, but it could potentially show something unsuitable. What's worse, if they engage with this content, more will follow. TikTok's guidelines prohibit the sharing of illegal or inappropriate content, but the volume of uploads means that they aren't manually monitored.

DANGEROUS CHALLENGES
Due to TikTok's immense popularity, some young people have unfortunately been influenced by videos challenging them to perform harmful, criminal, or even deadly acts. One extreme example was the "Ice Bucket" trend, which encouraged users to hold their breath until they passed out from a lack of oxygen. It led to two families filing lawsuits against TikTok over the tragic deaths of their children.

CONTACT WITH STRANGERS
With over 1.6 billion users globally, the potential for contact from strangers on TikTok is high – especially as accounts created by over 16s (or young people using a false date of birth) are set to public by default. This not only means that someone's profile is visible to everyone else on the app, it also suggests their videos to others and enables anyone to download or comment on them.

IN-APP SPENDING
TikTok is free, but users have the option to buy TikTok coins, which can be used to purchase emojis in the app. These emojis are then sent as rewards to other users for videos they've created, retaining their monetary value. Coin bundles range from £0.99 to an eye-watering £99. TikTok's policy is that they can't be bought by under-18s, but it's possible to bypass this with a fake birthday.

ADDICTIVE NATURE
Like all social networking platforms, TikTok can be addictive. Recent figures show that young people are investing increasing amounts of time on it. In 2024, UK children have spent an average of 127 minutes per day on TikTok – twice as much as in 2020 – according to parental controls company Qustodio. This compulsive usage can interfere with children's sleep patterns – leading to irritability.

MISINFORMATION AND RADICALISATION
Although the short-form videos on TikTok tend to be more frivolous than the longer ones on YouTube, clips can still influence impressionable minds in a negative way. Not only is there plenty of dangerous misinformation on TikTok, but with Ofcom reporting that nearly a third of children aged 12-15 use TikTok as a news source, you should be wary of extremist material.

Advice for Parents & Educators

ENABLE FAMILY PAIRING
Family Pairing allows parents to link their TikTok accounts with their child's and control their settings remotely. Parents can then turn on restricted mode (reducing the chances of a child seeing inappropriate content), set screen time limits, and manage whether their child can send messages – and if they can, to whom. Children can't alter these settings without parental approval.

MAKE ACCOUNTS PRIVATE
Although under-16s will have their TikTok accounts set to private by default, bypassing this setting is relatively easy. However, parents have the ability to manually set their child's account to private – meaning that their videos won't be visible to strangers, and they won't be able to exchange messages with people who aren't on their friends list.

LIMIT IN-APP SPENDING
If a child is using an iPhone or Android device to access TikTok, you can often restrict settings to prevent them from making in-app purchases. We'd recommend that you enable this feature, as it can be quite easy for a young person to spend a significant amount of real money buying TikTok coins to unlock more features of the app – sometimes without even realising.

DISCUSS THE DANGERS
If a child wants to use TikTok and you're happy for them to do so, it's crucial to talk about the potential risks in this type of app. For example, ensure that they understand not to share any identifying personal information, and to talk to a trusted adult if they're exposed to inappropriate content. Thinking critically about what they see on TikTok can help children become more social media savvy.

READ THE SIGNS
If you're concerned that a child is spending too much time on TikTok, or that they've been emotionally affected by something they've seen, it's important to know how to spot the possible signs, increased irritability and a lack of concentration are potential red flags, as is failing to complete homework, or skipping meals.

Meet Our Expert
Alan Martin is an experienced technology journalist who has written for the likes of Wired, TechRadar, Tom's Guide, The Evening Standard and The Mirror.

#WakeUpWednesday
The National College

OUTLINE FOR THIS EVENING:

- Year 10 in a nutshell
- Year 10 Team
- Pastoral Support
- Rocks of St Peters
- Celebrating Year 9
- Year 10 Philosophy
- Working together
- How to Prepare for KS4
- How to make the most out of each lesson
- Risks & Prevention
- Homework/Uniform
- Clubs & Interventions
- Rewards & Sanctions
- GCSE = 2 Year Race



YEAR 10 IN A NUTSHELL:

Start of GCSE's

Doing the subject THEY want to do

Higher expectations

More responsibility



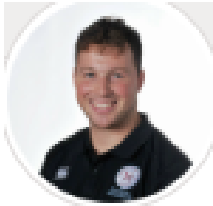


Head of Year 10: Mr Campbell

TUTORS:



BA: Miss Hardy
ehardy@st-peters.surrey.sch.uk



FR: Mr Price
mprice@st-peters.surrey.sch.uk

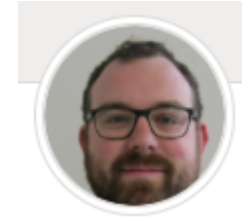


JPII: Miss Pollard (AHOY)
fpollard@st-peters.surrey.sch.uk

KO: Miss Palmer
dpalmer@st-peters.surrey.sch.uk



RO: Mr Batt
jbatt@st-peters.surrey.sch.uk



ST: Mrs Holland
hholland@st-peters.surrey.sch.uk



TE: Mrs Meeli
cmeeli@st-peters.surrey.sch.uk



TUTOR CONTACT:

Concerns:

Updates:

Rewards:

Sanctions:



Student success outside the classroom

Rugby
Sid 9ST and Conor 10JP have been selected for the Harlequins rugby academy.

Hockey
Martha 9FR has been selected for the UK Lions Hockey and will be taking part in matches abroad and in the UK.

English
Huge congratulations to Miffia 9JPII who has won the nationwide scary story competition 'Coccus Pocus' for the age 12-17 category.

Speed Skating
Daniel 8ST has been speed skating since he was seven years old and has been competing internationally since last April. He competed in a Star Class competition held in Rostock, Germany and finished in 7th place out of 25 competitors in his category.

Music
Will 8FR has recently featured on Caspar Sellen's Lightning Bolt playing the double bass. This is available to listen to on Spotify.



Miffia is part of the school's Creative Writing Club and has won £100 and will be presented with a certificate shortly. We look forward to seeing the scary story based on biofilms published in the May issue of the magazine Microbiology Today, which has been running for 75+ years and has 6,000+ subscribers. This is a tremendous achievement Miffia, well done!

We are very proud of all their achievements. If you would like your child featured in this newsletter, please send an email to parents@st-peters.surrey.sch.uk

Lightning Bolt
Caspar Sellén

SAFEGUARDING

Mr Ebenezer, Assistant Headteacher, Designated Safeguarding Lead (DSL)

Mr Evans, Deputy Headteacher, Deputy DSL

Mrs Ward, Deputy DSL *A.K.A Jo*

Mrs McMillan, Deputy DSL *A.K.A Kim*

Mrs Rana-Brown Assistant Headteacher, Head of Sixth Form, Deputy DSL

If you have safeguarding concerns about a child, please contact our safeguarding team.

St Peter's Rocks



Reflection



Love



Service



Courage



Justice

The foundation of our discipleship.

CELEBRATING LAST YEAR



THE SCHOOL/PARENT PARTNERSHIP

Shared values

Shared setting of rules and boundaries

Agreement on standards for uniform, homework and behaviour

Collaboration to solve problems

Communication when things are changing

The planner is a key communication tool between school and home so please do check

Parent Communications — please read school e mails



THE SCHOOL/PARENT PARTNERSHIP

ISSUES WE ARE TYPICALLY WORKING ON TOGETHER IN YEAR 10:

Uniform

Homework

Academic issues

Behaviour

- Relationships
- Identity
- Family changes
- Anything else that is a concern



WHAT ARE TOP TIPS FOR A SUCCESSFUL YEAR 10? BRILLIANT BASICS

An excellent sleep routine

A good skin care and hygiene routine!

Technology and boundaries at home (no phones in bedrooms at night; be aware of what your children are doing online)

Breakfast, plenty of food and water throughout day

Prompt arrival at school every day & excellent attendance

Positive attitude toward learning in ALL subjects

Knowing where your children are

OFSTED & GCSE

GCSE RESULTS 2024

Overall effectiveness

Outstanding

The quality of education

Outstanding

Behaviour and attitudes

Outstanding

Personal development

Outstanding

Leadership and management

Outstanding

Sixth-form provision

Outstanding

P8 = 1.09 (provisionally)

92% = 5 grade 4s or above

89% = 5 grade 4s (including Eng and Maths) and above

50% of all results were 7-9

	2024	2023	2022	2021	2020	2019
% students achieving 5+ Grade 9-4	92%	93%	95%	92%	96%	89%
% students achieving 5+ Grade 9-4 (inc. Maths & English)	89%	87%	94%	91%	92%	86%

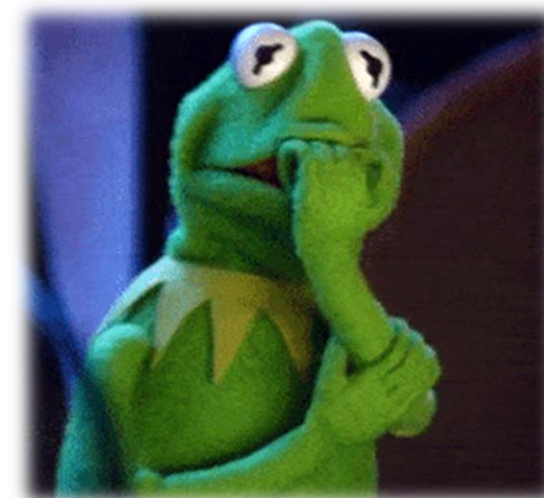
YEAR 10 SO FAR...



“I’m so tired”



“I am paying attention”



“It’s so much work”

VISION/MESSAGE FOR THE YEAR:

"Be so good, they can't ignore you"



Francis The Fox



HOW TO HELP YOUR CHILDREN PREPARE FOR KS4:

- ✓ Right equipment each day
- ✓ Know you timetable
- ✓ Different teachers will teach different units
- ✓ Revision guides & looking over lessons
- ✓ Teams on phone & outlook
- ✓ Take advantage of support and help
- ✓ Use KS4 homework club

HOMework FOR KS4:

Subjects	Number of lessons per fortnight	KS4 – number of homework's per fortnight, 45 mins each
English & Maths	8	4
RE	5	2
Science	9	3 (one per subject)
Options	5	2
Citizenship	1	2 per half term
Total		9-10 per week

Some subjects may not give homework each lesson, but this is the average students should expect to get. Message would be, do it when they get it, stay on top of it.

UNIFORM...

LOOK SMART
FEEL SMART



Tuck shirts, unroll skirts

- Make up is permitted, **should it be over the top and obvious you will be asked to remove.** Fake eyelashes, acrylic nails, fake tan, eye liner etc is still not permitted. **NO EYEBROW SLITS**
- Earrings are pairs, we do not allow 1 earring in. If you get one pieced, you either get both or do not wear any.
- Trainers, should you wear them, you will be asked to remove and we, as a school shall keep them until you return your plimsoles.
- **Trainers will result in lunchtime detention each time.**



Haircuts:

- No drastic differences in length.
- If hair is faded, needs to start on a 1.5 fade.
- Should be natural colours and not dyed

Natural Hair Colours



Jewellery:

- ✓ Gold, Silver or Pearl Studs for earrings. 1 per ear
- ✓ Religious necklace

X Rings

- X Bracelets & Anklets
- X Fake Nails
- X Fake Tan
- X Fake Eyelashes

Pastoral Curriculum Overview

Year 10 Pastoral Curriculum: *Be so good, they can't ignore you*



Adapting: Being able to manage day to day as a GCSE student		Maturing Social Life: To be treated like an adult, you need to act that way		Wider world: How to see the world through someone else's eyes		Service To Community: Teamwork & Bonding		Looking after yourself: How to see the positive side of life		RRR: Revise, Relax & Recognise	
1 st Half Term		2 nd Half Term		1 st Half Term		2 nd Half Term		1 st Half Term		2 nd Half Term	
Year 10: Starting GCSE's		Parties Influences		What is diversity?		Building a theme		Mindful		Revising, how to set yourself on the right path	
Why are GCSE's important		Show Respect, Get Respect		Struggles of Minorities		Delegating a team		Not all doom and gloom		Repetition is key	
How to look after yourself		You're only 14/15		Who are you inspired by?		Advertising campaign		Building resilience		Managing tests and social life	
Managing the Workload		Alcohol & Vapes (The Signs)		Stereotyping situations		Advertising campaign		Pre-Exam Worries		Stormy seas make the best sailors	
Quick Wins for Future Assessments		Who are you acting like?		The norms for everyone		Video creation		Physical Movement		Team Challenge	
Helping your fellow students		How have you tackled Year 10?		Overcoming the odds		Cake/Bake Sale				Team Challenge	
Successful Teams										Relaxing... Enjoy the summer	
Are you doing too much?											

Year 10 Careers Programme

- 1:1 Careers Guidance
- Business Day in Guildford in July
- Meet former students and hear about their career journeys
- Regular careers tutor time sessions
- Build their CV

No subject

do I need to wear school uniform tomorrow

Reading Suggestions

- Aim for 30 minutes of reading per day
- Encourage a wide variety of reading, e.g. Books (fiction and non-fiction), magazines, newspapers
- Ask questions and show an interest in what they are reading
- Model good reading habits
- Help them choose age-appropriate texts
- Check subject reading recommendations
- Emphasise the importance of reading



EQUALITY, DIVERSITY AND INCLUSION AT ST PETER'S



- Our staff are fully trained and we educate the students as much as possible.
- We have monthly bulletin slides that celebrate a different diversity day. We also started half termly diversity assemblies last term with different themes — this year these will be based on our school rocks.
- Our behaviour policy now clearly states what the response will be when a student has experienced discriminatory or prejudicial behaviour.
- Clearer reporting process communicated weekly to students about what to do if they experience the above.



As a school we are committed to continuing to improve celebration of diversity in our community and support for students.



CLUBS AND OPPORTUNITIES:



TRIPS/EXTRA-CURRICULAR EXPERIENCES

- All
- Art – Wisley
 - Business day visits
 - Careers talks
 - Drama – Theatre visit - tbc
 - English – Dr Jekyll & Mr Hyde performance and workshop
 - Feast Day walk
 - Geography – Stratford
 - History – Tower of London
 - Maths – Intermediate Maths Challenge
 - Sports Day
- Opportunity
- Arundel Pilgrimage/ Annual Schools Mass
 - **Bronze DofE**
 - Business – Dragon’s Den
 - Chemistry – Top of the Bench competition
 - Discipleship group
 - **European Ski Trip**
 - **French - Paris**
 - **Lourdes Pilgrimage**
 - Student leadership action team (SALT)
 - Theatre trip
 - Thorpe Park rewards trip
 - Worth Abbey/Good Shepherd Celebration
 - Young carers trip

Clubs

- Art
- Backstage
- Chess
- Creative writing
- Drama
- Homework
- Lego/Board Games
- Media club
- Photography
- Rocket
- School Show
- Textiles
- Warhammer
- Young carers
- Acapella choir
- Boys Choir
- Folk band
- Girls Choir
- Guitars and Ukeleles
- Jazz band
- Marimba
- Musical theatre band
- Musical theatre chorus
- Orchestra
- Senior choir
- Strings
- Athletics
- Basketball
- Cheerleading
- Cricket
- Football
- Gym/fitness
- Netball
- Rounders
- Rugby
- Safe Zone
- Volleyball

DUKE OF EDINBURGH

Reasons to choose to do DofE;

- Challenge yourself
- Make a positive difference to your community
- Develop a skill
- Get fitter
- Have lots of fun
- Meet incredible people and make lasting friendships
- Have amazing new experiences
- Find talents and passions you didn't know you had
- Gain skills that employers value, which you can use on your CV
- Become more confident and independent
- Stand out from the crowd in college, university and job applications
- Make memories that will last a lifetime.

Bronze Award
4x sections to complete
the award

Volunteering

3

months

Physical

3

months

Skills

3

months

Expedition

2 days

1 night

Plus a further **3 months** in either the
Volunteering, Physical or Skills section



The DofE's a life-changing
adventure you don't want to
miss.



ATTENDANCE & ATTAINMENT :

How much does attendance affect Grades?

Bottom 10% from test week: Average Attendance **89.9%**

Top 10% from test week: Average Attendance **98.1%**



HOW TO ENCOURAGE:

- Be your child's parent, not peerant.
- Praise them, yes they make mistakes but who didn't at their age?
- Support the school

FINAL WORDS:



KEY DATES

Online Safety Parents Information
Evening:

Mental Health Parents Information
Evening:

Year 10 Art Trip to Wisley Gardens	09.10.24
Parents Online Safety Evening	09.10.24
Year 10 Citizenship Day 1	07.11.24
Year 10 Paris Trip	08.01.25
Year 10 Progress Reports	28.02.25
Year 10 Citizenship Day 2	12.03.25
Year 10 Parents Evening online	13.03.25
Austria Ski Trip	04.04.25
Iceland Trip - Geography, years 10-13	07.04.25
Year 10 Citizenship Day 3	14.05.25
Year 10 Geography Field Trip	02.06.25
Year 10 Test Week 1	16.06.25
Year 10 Test Week 2	23.06.25
Sports Day	26.06.25
Feast Day	27.06.25
Year 10 Business Day	01.07.25
Year 10 Art Exam	04.07.25
Year 10 Alumni Morning	15.07.25