

NORTH STAR 240°

Issue number 2—Mental Health Week and Black History Month

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Head Teacher's Message

Dear Parents and Carers,

We have had a busy two weeks since the last newsletter with two sports fixtures that you can read about below and a KS3 trip to play crazy golf.

Ms Watt has lead an assembly on Black History Month and Ms Evans-Bentley has delivered one on Mental Health Week. As always, students listened respectfully and participated fully. Well done all.

With one school week until the half-term break, I hope that you all have a restful break. For information, as the weather gets colder, there is a list of warm spaces on the Bristol City Council website [Find a Welcoming Space \(bristol.gov.uk\)](https://www.bristol.gov.uk)

Ms Grayson

**MENTAL ILLNESS
AWARENESS WEEK**
first full week of October



Mental Health Awareness week was the first week in October. This year the focus was Anxiety. Anxiety is a normal and actually useful response to an uncertain situation. If we are preparing for a big event an amount of adrenaline can be helpful. However, more increasingly we are facing events and worries that are out of our control.

If we are unable to affect the outcome of a situation then anxiety, albeit normal, is unhelpful. Some people may suffer for increased levels of anxiety that can have detrimental effects on the body and mind. We teach our students that that if Anxiety is becoming unmanageable, or it is stopping us living our lives to the full, we may need to act to reduce the anxiety.

The action we can take will be different for each person, strategies may be self-managed, aided by friends/family or teachers, right through to seeking professional help. Advice on all of these is available through school, but if that seems too much we encourage students to access SHOUT, a free text help line where young people can access support and guidance regarding Anxiety, or any other concern they have. To access help text 'SHOUT' to 85258

KS3 fixture vs Aspire Academy, 29.9.23



Students from year 7, 8 and 9b competed in our first football fixture of the year against Aspire Academy. The match took place at Bristol Manor Farm and was played with great respect and sportsmanship from both teams. Our students represented North Star 240° brilliantly, demonstrating excellent effort, resilience and skill levels against a more experienced team. Although we lost 7-3, we are incredibly proud of our KS3 for never giving up and supporting each other to the very end. Goal scorers were Joe(2) and Damarae. Man of the match awarded by Mr Mitchell and Mr Palmer for his all-round contribution, hard work and amazing solo goal was Joe.

KS4 fixture vs Aspire Academy, 6.10.23

This time students from 9A and years 10 and 11 competed against Aspire Academy in the second football fixture of the year at Bristol Manor Farm. Once again, the match was played in a wonderful spirit, resulting in an extremely close, entertaining and competitive game. North Star 240° ran out deserved 3-2 winners with goals from Kelvin (2) and Seb. It was brilliant to witness the growing confidence of many of our players to practice skills learnt in lessons and this was epitomised by the passing, movement and finishing for our first goal. More pleasing however, was the support our students showed for each other, genuinely pleased for each other's and the team's success. Man of the match awarded by Mr Mitchell, Mr Horseman and Mr Williams goes to Kelvin for his goals, most notably the winner scored directly from a corner with minutes to go!



We look forward to playing more fixtures in the coming weeks with return games against Aspire Academy booked and Soundwell Academy planned.

Scott Mitchell, PE Teacher

Police Sessions at North Star 240°

Continuing our partnership with the Avon and Somerset Constabulary Early Intervention Team, we have had our first session on online safety. Our pupils have fully engaged in the session asking questions and contributing to discussions.

We will carry on our sessions throughout the year on different topics and our next session will take place on 19th October on Knife Crime.



Safer Online Relationships KS3 - Secondary School
June 2020

12 Social Media Online Safety Tips FOR CHILDREN WITH NEW DEVICES

With Christmas only a few weeks away, many of you will be using social media to share your excitement with friends and family. Being active on social media is a great way to show others how much fun you're having, but it's important that you know how to use these apps safely and securely so that bad things don't happen. By following our safety tips below, you can make sure that your personal information stays private, your postings are positive and that your social media use overall is responsible, healthy and most of all enjoyable.

1 DON'T ACCEPT FRIEND REQUESTS FROM STRANGERS



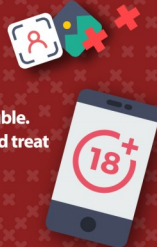
Make sure that you set your profile to private so that people you don't know can't find you online. Always tell a trusted adult if a stranger or somebody you don't know sends you a message or a friend request.

2 NEVER SHARE YOUR PERSONAL INFORMATION WITH PEOPLE YOU DON'T KNOW

Keep your personal information personal. Sometime people online aren't always who they say they are and might ask you to share things that you don't feel comfortable sharing.

3 DON'T SHARE EMBARRASSING PHOTOS OR VIDEOS OF OTHERS ONLINE

This could really upset them and could get you into a lot of trouble. Always think twice before posting anything on social media and treat people online as you would in real-life.



4 NEVER SEND NAKED PICTURES OF YOURSELF TO OTHERS

This is illegal if you are under 18 and you could get into trouble with the Police. If you are being pressured by someone, always say no and tell a trusted adult. Even if you think it is innocent fun, the photo could be shared with other people and you won't be able to control who else sees it.

5 CREATE A POSITIVE ONLINE REPUTATION

Always be kind and polite when posting comments on social media and only upload pictures and videos of things you are proud of. This forms part of your digital footprint. Everything you do online can be tracked and monitored and could affect what people think of you in real-life if it is negative.



6 LIMIT YOUR SCREEN TIME

Social media can be addictive, and it is easy to keep checking newsfeeds or your notifications every 5 minutes which can affect your behaviour and stop you from doing other things. Remember to only use your phone at certain times of the day, turn notifications off at bedtime and go out and have as fun as much as possible. This will keep you fit and healthy and make you appreciate there's more to life than just what's on social media.



7 BLOCK ONLINE BULLIES

Sometimes people might say nasty things to you online or post offensive comments on your pictures or videos. If this happens, always tell a trusted adult who will help you block them from your profile and support you in taking further action.



8 REPORT INAPPROPRIATE CONTENT

If you see something on social media that you don't like, offends you or upsets you, you should always report it to a trusted adult. You should also report it to the social media app who will be able to remove the content if it is against their user policy and can block the person who posted it.



9 ONLY USE APPS WHICH YOU ARE OLD ENOUGH TO USE

Before downloading any new social media app, always check the age-rating. If you need help, ask your parent or carer to make sure that the app is safe for you to use and never download anything which you are too young for as it may contain content that isn't safe for you to see.



10 ALWAYS SECURE ALL YOUR SOCIAL MEDIA PROFILES WITH A PASSWORD

This will help to keep your private information safe and won't allow others to access your profiles without your permission. Make sure your passwords are memorable and personal to you but something which other people can't guess, and always share them with your parents just in case you forget them.



11 ASK PARENTS TO SET-UP 'PARENTAL CONTROLS' FOR SOCIAL MEDIA

When you download a social media app, you should always ask a trusted adult to help you set it up for the first time. This will help you control who sees what you post, who can contact you and make sure you are able to enjoy using the app safely and securely.



12 ALWAYS TALK TO YOUR TRUSTED ADULT IF SOCIAL MEDIA IS MAKING YOU UNHAPPY

Sometimes, social media can make us feel bad about ourselves or sad that we aren't the same as someone else or doing the same things as someone else. Remember, if you ever feel this way, it's really important to talk to your trusted adult(s) like your parents, carers, other adult family members or a teacher, all of whom will be able to support you and discuss your feelings with you to help make you feel better.

