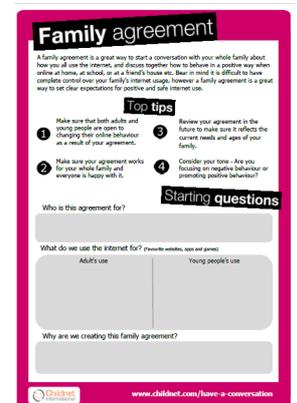


Dear Parents,

If there is one unifying concern amongst all parents, it is the impact and influence the internet has on the lives of your sons and daughters. Your exasperated comments usually mention, "She cannot live without her phone", "I can't get him off it", "S/he is always playing games online". As a parent or carer, you have a key role to play in helping your child to stay safe online. You do not need to be an expert on the internet to help keep your child to stay safe. Fortunately, the UK Safer Internet Centre provides advice, good ideas, sensible suggestions via its own website. To highlight how young people can use Information Technology responsibly, respectfully, critically and creatively there is a **Safer Internet Day** on **Tuesday 5th February 2019**. To coincide with this event, I will be leading two separate assemblies throughout this week. This year, **Safer Internet Day** will focus on how consent works in an online context and



will ask young people to explore how they ask, give and receive consent online. This could be in their friendships or relationships, how they take and share images and videos or how they manage their privacy and data. This year's campaign encourages young people to explore how the internet works, who owns the information that is shared on it, and how your sons and daughters can actively take ownership of digital spaces. If you **Google 'safer internet day'** you will be directed to their website which contains a plethora of useful resources. I wholeheartedly recommend you spend time on the site. Why not adopt or adapt the Family agreement (attached to this newsletter)?



As you are aware, Facebook has been in the news recently as it attempts to improve its security and privacy settings. Last week, Ofcom published some interesting statistics about the types of services and devices young people are using.

Ofcom's snapshot of 12-15 year olds

83% have their own smartphone

50% have their own tablet

90% watch TV programmes on their tv set for an average of more than 13 hours a week

62% watch TV programmes on other devices

76% play video games, on average about 14 hours a week

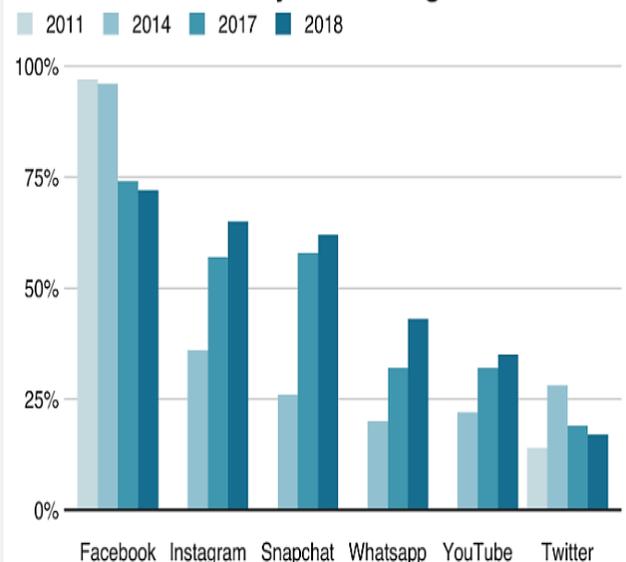
53% mostly use a mobile phone to go online

58% watch subscription video services such as Netflix, Amazon Prime and Now TV

69% have a social media profile

89% watch YouTube

Social media used by children aged 12 to 15*



Source: Ofcom. *Data for 2011 only available for Facebook and Twitter.



Thank you to everyone who attended **last week's Year 8 Parents' Evening**. Attendance was 95% and such a high level of support is very much appreciated.

As always, if you are happy or unhappy with any aspect of life here at Broughton, please do not hesitate to get in touch. My email address is morrisc@broughtonhigh.co.uk.

Chris Morris, Headteacher



Late Bus



The late bus (403) **operates every Monday, Tuesday, Wednesday and Thursday.**

The service **departs from Broughton at 4.25pm**, allowing pupils to stay late to complete school work or participate in sports activities after school.

60p per pupil, per journey.

Pupils are able to use their bus passes and return tickets.



Friendship is Key

Some of our pupils have been writing about respectful encounters around school:

Ryan Parker and **Ali Juno**, both Year 7 pupils, would like to thank the **Site Supervisor** who cut open Ali's bike lock when he had lost his key. Ryan stayed with Ali until the problem was sorted and the boys rode home together, safely.

Olivia Huskisson, 7H, would like to thank **Rayaan Mal** for lending her his ruler in French because she had lost hers. She says, "He was very kind and respectful about it." Olivia had looked up the definition of respect and found it means, "Having due regard for the feelings, wishes or rights of others."

Last week, when **Gabrielle Cowell** arrived at school on her bike she asked if Mrs Higham would give **Jack Nicholson** in Year 8 a ClassChart point. Gabrielle explained that when her chain had come off her bike that morning, whilst cycling to school in the snow, Jack stopped and helped her.

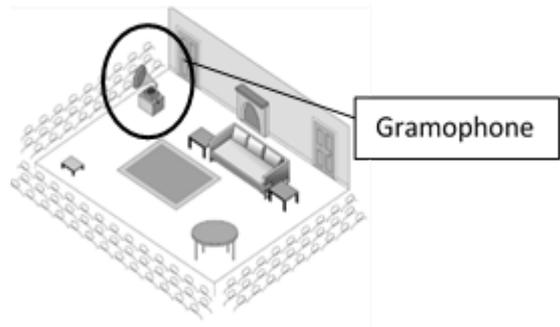
Well done to these Year 7 and Year 8 pupils.

Mrs Hardman

Learn it CHALLENGE

Drama

- Western theatre as we know it originated in the ancient Greek city of **Athens**.
- Dyonisis** was the God celebrated in ancient Greek theatre.
- The apron of a stage is **the part that protrudes out into the audience**.
- When an actor corpses they **slip from character or laugh**.
- The protagonist in a play is **the main character representing good**.
- The antagonist in a play is **the main person representing evil**.
- Agatha Christie** wrote the longest running show in the west end "The Mousetrap", which has run for 66 years.
- The diagram is of the set of "The Mousetrap". The type of stage layout it shows is **Thrust Stage**.



- In the diagram, the Gramophone (circled) is positioned **Upstage Right**.
- The different **areas of a stage** are **labelled** on this diagram.

USR (up stage right)	US (up stage)	USL (up stage left)
SR (stage right)	CS (centre stage)	SL (stage left)
DSR (down stage right)	DS (down stage)	DSL (down stage left)

AUDIENCE

Year 11 Hospitality and Catering Visit Barton Grange Garden Centre

As part of the Year 11 Hospitality and Catering brief, the pupils have been asked to plan and prepare traditional British dishes using local ingredients. The scenario is similar to the services provided at Barton Grange Garden centre. Pupils were given a tour of the Riverside café and Willows restaurant. This has helped the pupils to plan their final dishes in preparation for the practical exam on Thursday 14th February.

Thank you to the staff at Barton Grange for allowing the pupils to visit as part of their practical exam preparation.



Mrs Newton

Mental Health and Wellbeing in the Library

Some time ago we advised you that the library at Broughton now has a permanent 'Shelf Help' display. We have non-fiction covering lots of different areas connected to mental health and wellbeing, from self-esteem, information on a range of disorders, managing anxiety, to coping with exam stress and practising mindfulness. We also have a range of fiction titles which deal with the subject of mental health and, as always, a wealth of other fantastic reads.

To encourage pupils who may be looking to find out more but would feel more comfortable doing so discreetly, we would like to inform you that anonymous borrowing for any title on this display marked with a gold star is now available. Pupils wishing to take advantage of this, simply need to fill in the log book on display with the date they have borrowed the book and the date they have returned it. Of course, any book may also be checked out in the usual manner at any time or with myself during form time should this be preferred.

If you are looking for books for young people on a particular area of mental health and wellbeing, why not try:

www.wordsforlife.org.uk/wellbeing

www.reading-well.org.uk/books/books-on-prescription/young-people-mental-health

Your local library



Mrs Whitlock

Food Practical Skills Year 8 Silver Award



Congratulations to **Viki Clarke** and **Emma Jackson** who are **the first Year 8 pupils to be awarded the Silver Award** for completing eight dishes at home. Well done - keep on cooking.

Mrs Newton



Old duvets, curtains and fabric needed in the Textiles Department



Donations
are greatly
Appreciated!



Newspapers needed in the Art Department

If you have any **textiles and/or newspapers** which could be donated for pupils to use in school for modelling and structure projects, please could they be given to **Mrs Biscomb in the DT Department**. Thank you in advance.

Year 8 Preston Schools' Indoor Athletics Tournament

Last Wednesday it was the annual Year 8 Preston Schools' Indoor Athletics Tournament held at Preston's College. With the winning school going through to represent Preston in the County Finals, it is always a highly competitive and sought after title. Broughton did not disappoint; the boys finished in either 1st or 2nd place in every single track and field event (bar a 3rd place in long jump), which put them in 1st place overall in the boys' category. The girls also finished in 1st place overall, meaning **both teams will now represent Preston in the County Indoor Finals**. Broughton also took twelve Year 9 leaders who assisted in organising the field events. Well done to everyone involved.



Boys' Results

1st - Broughton 341
2nd - Archbishop Temple 311
3rd - Longridge 301

Girls' Results

1st - Broughton 336
2nd - Ashton 294
3rd - Our Lady's 291

Boys' Team

George Denye, James Clark, Luke Foy, Dan Eastham, Harry Kiley, Jacob Barry, Jacob Bott, Will Sant

Girls' Team

Macy Darley, Emily Rankin, Lucy Ayrton, Rebecca Littlechild, Alice Smithies, Indiana Moore, Reja Fontenell, Charlotte Parkinson

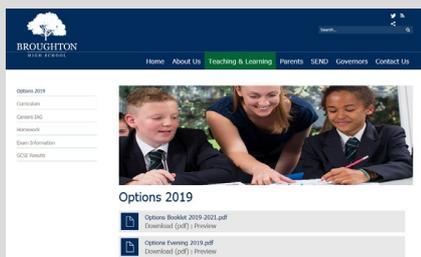
Leaders

Isabella Finley, Victoria Latham, Daniella Martin, Alex Morris, Eleanor Noblet, Molly Parkinson, Ely Graveson, Layton Kirnon, George Lowe, Azel-Avez Shahid, Thomas Smith, Archie Stewart



Mr Marquis and Mrs Rukin

Year 9 GCSE Option Process



The presentation from the Options Evening (held on 24th January) and the Options booklet are now available on the school website.

Please go to www.broughtonhigh.co.uk and select the **Teaching and Learning** tab, followed by the **Options 2019** tab (on the left hand side).

Apprenticeships

Below are the links to websites which have more information about apprenticeships in the Automotive industry. There are a variety of opportunities: hands-on roles in the workshop, motorcycle roles and also customer service roles.

Bosch: http://aa-boschcommon-web.resource.bosch.com/microsites/en/internet/apprenticeship_wv/startpage_1/overview_apprenticeship.html

Suzuki: <http://www.suzuki-apprenticetraining.com>

Renault: <https://life.renault.co.uk/careers/dealer-apprenticeship-programmes>

IVECO: <http://www.ivecotrucks-apprenticetraining.co.uk>

Lancashire Schools' Cross Country at Witton Park, Blackburn

Broughton was extremely proud of to have a number of pupils representing school at the Lancashire Schools' Cross Country Championships last Saturday.

Noah Bunting (7R) and **Alex Grandidge** (7R) did really well in the competition. With freezing conditions in Blackburn on Saturday they were running on frozen, hard ground, in snow and ice! Pure grit and determination was required and out of the seventy children running, **Alex came 20th** and **Noah** in **26th** position overall. Of the five children who were representing Preston, Alex and Noah came 2nd and 3rd respectively. There was a wonderful camaraderie amongst all competitors throughout the day and despite any pre-race nerves both boys thoroughly enjoyed competing.

George Denye (8H) and **Charlie Haigh** (9N) run for Preston Harriers and they train together. Running a distance of just over 3.9k, Charlie and George Denye had an extremely good race and finished in 6th and 7th positions. They finished neck and neck with a thrilling sprint finish. George and Charlie clocked identical times of 14:47 - good enough to win the event in previous years. George and Charlie have been **selected to run for Lancashire at the English Schools' event on 16 March**.

Very well done to everyone who competed.

Mr Marquis



George was first Year 8 back and both Charlie and George finished in the top 7 overall.

Words of the Week

Affect and Effect

Affect is generally used as a verb.

Meaning: to influence; produce a change in; to stir the emotions.

Example: The dog's death affected his owners.

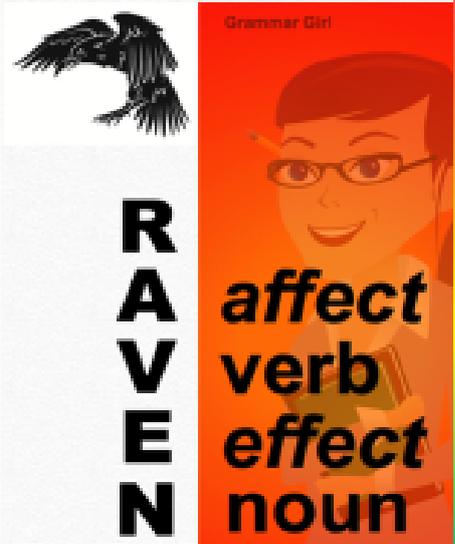
Effect is generally used as a noun.

Meaning: A change produced by an action; a result or an impression.

Examples: The new speed limit law had little effect on the speed of the motorists.

He choked on his words when considering the effect the scandal.

Writers use short sentences for effect.



Revision Techniques

Active revision is the key!
Reading through notes is not good enough.



Did you know that creating things dramatically helps your memory and retention skills?

Mnemonics

To make an Expression or Word mnemonic, the first letter of each item in a list is arranged to form a phrase or word.

Eg.

*In English, the 7 coordinating conjunctions are For, And, Nor, But, Or, Yet, So = **FANBOYS**.

*The order of colours in the spectrum Richard Of York Gave Battle In Vain = Red, orange, yellow, green, blue, indigo, violet.

Family agreement

A family agreement is a great way to start a conversation with your whole family about how you all use the internet, and discuss together how to behave in a positive way when online at home, at school, or at a friend's house etc. Bear in mind it is difficult to have complete control over your family's internet usage, however a family agreement is a great way to set clear expectations for positive and safe internet use.

Top tips

- 1** Make sure that both adults and young people are open to changing their online behaviour as a result of your agreement.
- 2** Make sure your agreement works for your whole family and everyone is happy with it.
- 3** Review your agreement in the future to make sure it reflects the current needs and ages of your family.
- 4** Consider your tone - Are you focusing on negative behaviour or promoting positive behaviour?

Starting questions

Who is this agreement for?

What do we use the internet for? (Favourite websites, apps and games)

Adult's use

Young people's use

<input type="text"/>	<input type="text"/>
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Why are we creating this family agreement?

We agree to...

Eg, I will use kind words when online

Who is responsible for this?

Eg, We will all make sure we only post kind comments

Final thoughts

What happens if someone doesn't follow the agreement?

Eg, revisit the agreement and discuss how it was broken

How long will our agreement last for?

Eg, 6-12 months

How often will we review our agreement?

Eg, every time we download a new app or get a new device

Signatures

Date:

Things to consider...

Keeping safe

- How safe is our personal information?
 - Do we have strong passwords? Eg capital letters, symbols, 10 characters etc
 - Do we all have usernames that don't reveal our full names?
- Have we considered which parental controls would be right for our family?
- Have we discussed online friendships and whether we can trust them?
- Do we need a family email address to use when signing up to new accounts?
- Who will we talk to if we feel uncomfortable about anything we have seen or heard online or on a mobile phone or gaming device?
- When is it okay to download files, games or apps?
- Have we checked the reviews and ratings for apps and games?
- Which websites are okay for us to use?
- Should we open links from people we don't know?
- Do we ever use voice activated controls or searches?

Social networking

- Do we know the age requirements to be on social networks?
- Who can I post images and videos of online? When should I check before I post?
- Do I know why it is important to be private and how to set this up?

Gaming and toys

- Which age rated games can I play?
- Am I aware of why PEGI is important?
- Can I play online with people I don't know?
- Do we know which of our toys and devices connect to the internet?

Positive online behaviour

- How can I be a good friend on the internet?
- What will I do if I receive a message which worries or upsets me?
- Do I know where the report and block buttons are online?

Healthy lifestyle

- How long can we spend online? And what mix of activities can we enjoy?
- Do we spend the same amount of time enjoying our offline activities?
- Where can we use our devices around the house?

Examples

Suggested ideas for an agreement with younger children.

We agree to...

I will use my tablet for _____ mins a day

I will make sure the children's favourite games are bookmarked for them to get to easily

Who is responsible for this?

Isabel and Phoebe

Mum/Dad

Suggested ideas for an agreement with pre-teen children.

We agree to...

I will tell mum and dad when I see something that worries me

I will put parental controls in place but review it as the children grow up

Who is responsible for this?

Leo, Tom and Ella

Mum/Dad

Suggested ideas for an agreement with teenage children.

We agree to...

I will make sure all my social networking sites are private and that I only accept requests from people I know

I won't post photos of our children without their permission

Who is responsible for this?

Amar and Yusuf

Mum/Dad