



Friday 19th January 2024

Dear Parent/Carer,

Young Drivers and Passenger Safety

Today, Year 8 and Year 10 students were involved in our Young Driver and Passenger Safety workshop. The interactive workshop session highlighted to students' key safety issues regarding the benefits of being safe and considerate passenger or driver when travelling with mates, the dangers of driving under the influence of drugs and alcohol, the risks of mobile phone distraction and not wearing seatbelts and strategies for staying safe. Students were fully engaged with the session which highlighted the importance of thinking about our actions and how they can impact their future.

Year 11 Mock Exams

Our second round of Year 11 mock exams begin on Monday 5th February. These exams are a vital milestone in Year 11. They will form the basis of the predicted grades that students receive, which will dictate their college, sixth form or apprenticeship opportunities. They will also allow teachers to adapt their curriculum based on students' strengths and weaknesses and to create personalised plans in the run up to the real thing. Students should be revising for their upcoming exams and an exam timetable will be published over the next couple of weeks.

Theatre Trip

On Tuesday, 40 BPA students travelled to Sadlers Wells Theatre to see Edward Scissorhands. The performance was directed and choreographed by Matthew Bourne, a practitioner that GCSE dance students' study as part of their exam. The performance was magical, full of contemporary dance and ballet. Based on Tim Burton's classic movie, the performance follows Edward, a boy who tries to find his place in a community which struggles to see past his curious appearance. The students who attended the trip were true ambassadors for BPA.

Car Parks

Can parents please refrain from dropping students off in our staff car parks and blocking our entry to them. This is becoming an increasing problem and is making a number of our staff late. Thank you for your consideration.



KS3 Xtend Panathalon

On Wednesday, Bower Park Academy took part in the Xtend Panathalon which was held at Draper Academy. Our students came 4th in the competition and all received medals for taking part. Well done to all of our students involved.



Careers Update

Year 11 College Applications

All Year 11s should have completed their college applications by now. Many sixth forms have already closed their applications but NCC (Havering Sixth form/Ardleigh Green or Rainham) will uphold their guaranteed offer as long as students apply by the end of this month.

Open evenings for the following colleges are on the dates below;

Frances Bardsley Sixth Form 23rd Jan 2024 3.30-4.30pm

Ardleigh Green Campus: 30th Jan 2024, 4 – 7 pm

Havering Sixth Form: 31st Jan 2024, 4 – 7 pm

Rainham Campus: 1st Feb 2024, 4 – 7 pm

Mrs Porter and Kirsten continue to be available for support on Mondays after school in BG01. Mrs Porter has also booked computer rooms during core PE in case students would like any guidance or support in applying then. More advice on post 16 options can be found here.

<https://padlet.com/Empowercareers/post-16-options-and-support-o8uwdnlwlj86grt4>

Mock interview Day

On 16th February, Year 11 will be invited to take part in a Mock Interview Day. They will be preparing for this in Form time. We are looking for volunteers with interview experience to sit on our panel of interviewers. If you think you might be able to help, please complete this form.

<https://forms.office.com/e/25DhfVHaaw>

Future Grads

Last week our Year 9s had another check-in with their Future Grads facilitator. Students need to ensure their project is ready to be presented. Students can come to BG01 after school on Mondays and Thursdays or attend Homework club after school in the Library.

On Tuesday of this week our Year 8 Future Grads cohort visited Coventry University. The students were a real credit to the school. Thanks to Mr Sherwood and Mrs Brown for attending the trip with them. Our Year 7s cohort will attend next term.

School Closure

Next week, as mentioned in our last Newsletter, **Bower Park Academy will be closed to Students on Friday 26th January** for a Staff Inset Day.

Have a great weekend!

Yours faithfully,



Mr E Aylett
Principal

Helping your teen revise

Parent Newsletter: 2

Edition 2: Week Commencing 22nd January 2024

Planning for the build up to the Mock and Final GCSE exams

Research suggests that your child, by now, should be completing 15-20 hours of revision a week. This sounds a lot but if you include weekends, it is 2-3 hours a day and this can be broken down into 20 minute chunks. Cramming is not an effective method of revision. Instead, our top tips for success are:

1. Starting early with a plan that is stuck to.
2. Spreading your teen's time to cover every subject, every week.
3. Using flash cards or other summarised revision notes.
4. Using past papers to practice and learning from getting it wrong!
5. Creating mind maps or revision clocks and sticking them to the wall.
6. Teaching someone else- verbally. This is a great tool for recall, consolidation and confidence.

Here is a 2 minute visual summary from You Tube.

[Active revision techniques - YouTube](#)

Seneca Learning

Has your child logged on to Seneca learning yet?

Has your child downloaded the app? Have you downloaded the app to track your child's revision?

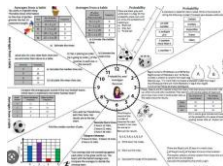
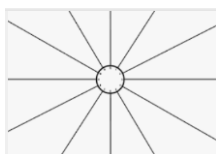
Work is accessible via Seneca for all curriculum areas and this is designed to support your son/daughter's approach to independent study.

CGP books: Are they useful for revision?

CGP revision books are useful if your teen has missed some lessons and has gaps in their knowledge but they can also feel overwhelming closer to the exams, if these remain the main or sole method of revision.

Why? CGP books can be very detailed and closer to exams, the tool of summarising is key.

If your child doesn't like flashcards – they can use other templates for summarising notes. A popular choice is the revision clock. Blank templates and completed exemplars can be found on google images, like this 'revision clock':



At A Glance

Key Dates

- **Monday 22nd January:** RE and Maths targeted intervention. 3pm until 4pm
- **Tuesday 23rd January:** PE targeted intervention – 3pm until 4pm. Geography targeted intervention. 3.05pm until 3.35pm.
- **Thursday 25th January:** Sociology targeted intervention. 7.45am until 8.15am. Sports Studies targeted intervention. 3pm until 4pm.
- **Friday 26th January:** Inset day
- **5th Feb to 15th Feb -** Mock Exam Window
- **Friday 16th February –** Mock Interview day
- **Online Intervention Sessions (on Teams):**
 - Monday 15th Computer Science and Science
 - Tuesday 16th Maths and English
 - Thursday 18th Geography
 - Monday 22nd Computer Science and Science
 - Tuesday 23rd Maths and English
 - Thursday 25th Geography
 - Monday 29th Computer Science and Science
 - Tuesday 30th Maths and English
 - Thursday 1st Geography
 - Monday 5th Computer Science

Key Dates for Practical Exams

- **Art exam date** – 2nd and 3rd May
- **French Speaking Mock** – 29th, 30th and 31st January.
- **French Speaking Actual Exams w/c** – 16th April & 22nd April.
- **Geography Paper 3 Pre-Release** - 22nd April
- **Drama** – 7th March
- **PE Mock Date** – 15th and 22nd March
- **PE moderation date** - TBC
- **Community Languages (Speaking)** - 15th April onwards

The cheapest revision cards we have found are with Ryman's stationary. These are £1.49 for 48 cards.



SMARTPHONE SAFETY TIPS

for young people

You may have been lucky enough to have unwrapped a smartphone at Christmas, or you might be eagerly anticipating getting a new one at some point during this year. Whether it'll be your first ever phone or an upgrade on your old model, it's always useful to have a refresher about how to set it up and adjust the settings to keep yourself – and your valuable personal info – safe and secure. We've collected some expert tips to help you enjoy your smartphone in the healthiest way possible.

NEVER SHARE YOUR PASSCODE

Alongside face or fingerprint recognition, your passcode is crucial to unlocking your phone and accessing your apps and personal information. You shouldn't give it out, even to close friends – after all, you wouldn't hand them a key to your house and let them go in for a nosy around! If a friend wants to use your phone, ask them why and make sure you can see what they're doing with it.

RESPECT PARENTAL CONTROLS

If you're allowed to have a smartphone, it's because your parents or carers feel that you're mature and responsible enough to use it safely. They might set controls and boundaries on your device – not to spoil your fun but to help you avoid hazards like too much screen time or costly in-app purchases. Following these rules means you can enjoy using your phone while respecting their wishes.

TALK TO A TRUSTED ADULT

Whether it's to listen to music, play games, create content or chat with friends, using a smartphone should be fun. If you're ever feeling anxious, worried or scared about going on your phone, then something isn't right. It's important not to ignore these feelings; instead, talk to a trusted adult about what's happening and how it's making you feel.

STAY ALERT

Two words: look up. It might sound obvious, but it's so easy to get immersed in what we're looking at or listening to on our phones that we can become unaware of our surroundings – or who might be around us. People often walk with their head down, focusing on their phone, and forget to check for obstacles in their path, cars or other pedestrians coming towards them, which is clearly dangerous.

DEVELOP HEALTHY HABITS

Phones offer a vast amount of content and the chance to chat with friends whenever we feel like it, which can make it difficult to take time away from the screen. If that's something you struggle with, you could try setting time limits on certain apps. Putting our phones down for a while gives us more time to interact with others or do something physical that helps keep us fit and healthy.

IGNORE UNKNOWN NUMBERS

There are some scammers who might call or text asking you to share personal data or to click on a link and provide your details. Some may claim to be from a genuine company, but trustworthy businesses don't spontaneously call or message to ask for your information. It's safest to ignore calls or texts from unknown numbers, and never give your personal details out over the phone.

ONLY USE AGE-APPROPRIATE APPS

Before downloading a new app or game, check what age rating it has. Don't feel pressured into getting a particular game or app just because your friends are using it. If it's intended for older people, there's a definite risk that it could include content (which is violent or frightening, for instance) or language which isn't suitable and may leave you feeling upset or disturbed.

REMOVE TEMPTATION

A good night's sleep is so important for concentration, mood and overall health. Unwinding properly before going to bed – which means not staring at a screen late at night – can often improve sleep quality. Put your phone on charge overnight, but not in your room. This means you'll have a lot less temptation to check any notifications, reply to messages or get caught up scrolling on social media.

THINK ABOUT OTHERS

Watching videos, listening to music or calling someone can all help to pass the time while we're on the bus, waiting in a queue or walking down the street. It's important to remain mindful of other people, though: they might not want to hear your tunes or your conversation. Likewise, if you're calling from a public place then don't forget that anyone could overhear something personal about you.

SWITCH OFF GEOLOCATION

In your phone's settings, you'll be able to disable geolocation for individual apps and photos: this means that people online (including strangers) can't see information about where you are when you share or post a pic. On the subject of images, it's also important to ask permission before taking or sharing a photo of someone – and don't share embarrassing images of your friends with others.

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.



The National College

NOS National Online Safety®
#WakeUpWednesday

Protect yourself and your property

- ✓ Be aware of your surroundings
- ✓ Avoid walking with ear pods or expensive clothing on display
- ✓ Avoid isolated places, perhaps travel with a friend



- ✓ Each phone has a unique IMEI number...
Type *#06# and record it.
Leave a copy at home
- ✓ Use two-factor authentication codes
- ✓ Use tracker apps, like Find My Phone,
keep login at home
- ✓ Know your details - in case your phone
is stolen - this helps Police investigation

