



Friday 12th January 2024

Dear Parent/Carer,

As we begin the Spring Term, I would like to thank our students for a positive start to the term. It is never easy coming back after the Christmas period but consistency is key to achievement and we are stronger together. On Monday, I delivered assemblies to each year group outlining our expectations going forward for the rest of the Academic year, which are outlined below;

Mobile Phone Ban!

This term, we will be clamping down on the use of mobile phones in the Academy. Whilst students will be allowed to bring phones to school **to contact parents/ carers before and after school only, the use of mobile phones during school hours is strictly prohibited**. If a student is seen using their mobile phone in and around the Academy, the mobile phone will be confiscated and Parents/Carers may be called to collect the phone on their child's behalf. There is no reason students should be using their mobile phones during school hours. If Parents/ Carers need to be contacted, students should go to the main office who will make calls home. Students will also need to ensure their timetables are copied into their planners as they will not be allowed to check Edulink during the school day.



Equipment

Please ensure your child has the correct equipment so they have everything they need to learn. See below our handy checklist so students can ensure they are prepared the night/ morning before, with the equipment they need for the school day ahead.



Uniform

Our uniform policy and expectations can be found on our website; [Uniform – Bower Park Academy](#). Jewellery is prohibited, with the exception of a small set of single stud earrings. False eyelashes and false nails are also prohibited along with multimedia watches and Air Pods. Skirts should be knee length and coats should be removed inside the building. We expect student to follow instructions from our staff first time, every time. Failure to comply with school rules may result in confiscation and/or detention.

Parent Coffee Morning

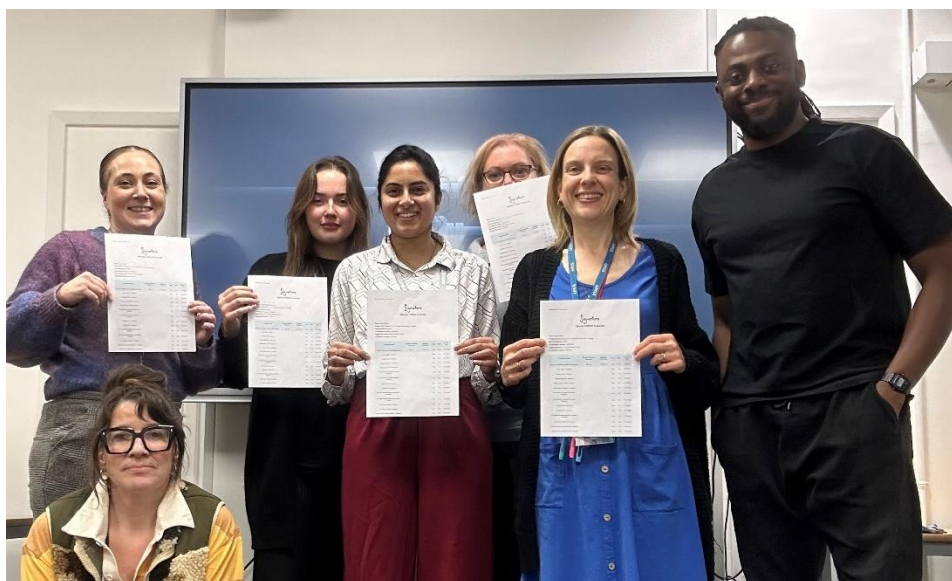
Our next Parent Coffee morning of the academic year will be taking place on **Tuesday 16th January** at 9am-9:45am in the South Hall. This session will focus on Safeguarding and Online Safety and will be led by Mr Gander, Assistant Principal and Designated Safeguarding Lead. All parents are welcome to attend.

Year 11 Progress Evening

On Wednesday, we welcomed Year 11 Parents and Carers for the Year 11 Progress Evening. The evening was an opportunity to discuss student progress so far this year. Students also received careers and post 16 advice on the night. We would like to thank Mr Shepley for co-ordinating the event and Parents and Carers for attending and working with us to achieve your child's full academic potential. All other year groups Progress Evenings will take place throughout the year.

British Sign Language

A huge congratulations to our Bower Park staff who have successfully completed module 101 of the Signature British Sign Language level 1 award. This is a huge achievement and will help aid communication with our Deaf and Hearing-Impaired students.



Bus Service updates

Buses will be on diversion around Romford town centre from 20:00 Wednesday 3 January until 18:00 Friday 19 April 2024, because of resurfacing works on South Street and Eastern Road. These works will take place in three phases:

Phase one: Weeknights only between 20:00 until 05:00 - from 20:00 Wednesday 3 January until 05:00 Wednesday 22 January 2024

Phase two: From 05:00 Wednesday 22 January until 08:00 Saturday 30 March 2024

Phase three: From 08:00 Saturday 30 March until 18:00 Friday 19 April 2024

The following bus routes will be on diversion or stop short of their usual destination during one or all the phases: 5, 66, 86, 103, 128, 165, 174, 175, 193, 247, 248, 252, 294, 296, 347, 365, 370, 375, 496, 498, 499, 649, 650, 651, 674, 686, N15, and N86.

Buses will serve all stops on diversion via: Thurloe Gardens, Mercury Gardens, and Victoria Road. For a list of which buses will be on diversion during each phase, and the nearest stops for each route, visit TFL [bus changes page](#). Please ensure students **check before they travel** and ensure they leave more time for their journey. The **Journey Planner** and **TfL Go app** can help you plan your child's journey as required.

HPV Vaccinations

Year 8 students will receive their HPV vaccinations on **Wednesday 7th** and **Thursday 8th February**. Please complete the form by following this link, even if you wish to refuse **Vaccination UK Immunisation (schoolvaccination.uk)** . From September 2019, the HPV vaccine is being offered to boys as well as girls. The HPV vaccine is universally offered as routine in Year 8.

The vaccination is free and recommended for young people to protect them against the human papillomavirus which increases the risk of developing some cancers later in life, such as cervical cancer, some mouth and throat cancers. and some cancers of the anus and genital areas. For further information on the vaccine please visit: **The universal HPV immunisation programme (publishing.service.gov.uk)**

School Closure- 26th January

As mentioned in our last Newsletter, **Bower Park Academy will be closed** to Students on **Friday 26th January** for a Staff Inset Day. Inset Days run throughout the year as part of the Continual Professional Development for Staff. The Academy will re-open to Students on Monday 29th January at 8:25am.

After a very busy start to the term, have a restful weekend!

Yours faithfully,



Mr E Aylett
Principal

Clubs this Spring

Remember, get your club loyalty card signed by your teacher

Politics Club
 with Mr Hilliard
 NS05, Monday after school
 3pm – 3.45pm

Make Up and SFX Club
 with Miss Matthews
 NG01, Tuesday after school
 3pm – 4pm

Novice Dance Club
 with Miss Anderson
 NG06, Monday after school
 3pm – 4pm

Citizenship and Wellbeing Club
 with Mrs Freer
 BG02, Tuesday after school
 3pm – 3.45pm

Breakfast Club
 with Miss Adediran
 NG03, every morning
 7.45am – 8.15am

NEW Art Club
 with Miss Trombetta
 NG01, Tuesday after school
 2.55pm – 3.55pm

Future Engineers Club
 with Mr Miah/Miss Binni
 TG01, Friday after school
 3pm – 4pm

Intermediate Dance Club
 with Miss Anderson
 NG06, Friday after school
 3pm – 4pm

Revision and Recharge Club
 with Mr Browne
 NG02, every lunchtime
 1.20pm – 1.55pm

Library Club
 with Mrs Smith
 Library, every lunchtime

‘MyPlace’ homework Club
 with Miss Till
 Library, Monday, Tuesday,
 Thursday, Friday after school
 2.55pm – 3.55pm

Maths lunchtime Club
 with Mrs Shorter
 SF03, Monday lunchtime
 1.20pm – 1.55pm

Drama Club
 with Mrs Lechmere
 NG04, Thursday after school
 3pm – 4pm

Choir Club
 with Mr Mackenzie
 NG05, Thursday after school
 3pm-4pm

Rock School Club
 with Mr Mackenzie
 NG05, Tuesday after school
 3pm – 4pm

Stronger Together Club
 with Miss Grieveson
 TG04, Friday after school
 2.55pm – 3.40pm

Maths afterschool Club
 with Mrs Shorter
 SF03, Monday afterschool
 3pm – 3.45pm

KS3 Gardening Club
 with Mrs Davis
 School Gardens, Tuesday and
 Friday lunchtime
 1.20pm – 1.55pm

‘Lively Linguists’ Spanish Club
 with Ms Alexis
 SF10, Thursday lunchtime
 1.20pm – 1.55pm

‘Lively Linguists’ French Club
 with Ms Mantecon
 SG08, Thursday lunchtime
 1.20pm – 1.55pm

NEW Science Club
 with Miss Pankhania
 SG04, Thursday after school
 3pm – 3.45pm

PE Girls Netball Club
 Monday after school

PE Badminton Club
 Tuesday after school

PE Rugby Club
 Thursday after school

Photography Club
 with Miss Grieveson
 TG04, Tuesday after school
 2.55pm – 3.55pm

Hair Braiding Club
 with Mrs Joseph
 NG03, Friday after school
 2.55pm – 4pm

PE Table Tennis Club
 Friday after school

PE Girls Football Club
 Tuesday after school

NEW PE Indoor Cricket
 Thursday after school

*Go to PE at 2.55pm and get
 changed for all sporting clubs.
 3.10pm start*

PE Gymnastics Club
 Friday after school

PE Boys Football Club
 Monday after school

PE Handball Club
 Wednesday after school

Top Tips for...

MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you *do* want to go online.

AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



DEVICE BOX

The National College®



National Online Safety®

#WakeUpWednesday

What Children & Young People Need to Know about

FREE SPEECH

HATE SPEECH

Everyone in the UK has the right of "freedom of expression". That's the right to voice your opinions and share information and ideas with others. It's *not* the right to say whatever you want without regard for others' feelings and values. We all have a responsibility to use this right properly: being respectful and inclusive to those around us, rather than making offensive and threatening remarks. That's called 'hate speech' and knowing the difference is incredibly important.

Free speech is a person's legal right to share information, opinions and ideas without fear of retaliation, censorship or legal consequences. This freedom of expression is recognised in international human rights legislation, and here's what it does for us in our day-to-day lives ...

The Human Rights Act 1988 states that everyone has the right to express themselves freely – even if their views are unpopular and might offend others.

Freedom of expression encourages listening to others and allowing opposing views to be heard. It's important to respect someone's opinion, even if we disagree with it. Free speech lets us engage in meaningful discussions with people who feel differently.

Any concept could potentially offend someone. Galileo's theories were incredibly offensive to many at the time, while not everyone agrees with Darwin, even today. A frequent exchange of ideas is vitally important for a healthy society.

Free speech allows us to engage people we disagree with in a debate. The ability to challenge others' views is healthy – while having *ours* challenged helps us learn how to deal with criticism and think deeply about what we say and believe.

Freedom of expression includes the right *not* to do something, like not standing up for – or singing – the national anthem. Even though some people would find that offensive, it isn't illegal. By law, nobody can force you to say anything you don't want to.

Free speech is a powerful tool for change, justice and reform. Many modern UK rights – such as women being allowed to vote, decent working conditions or same-sex marriage – couldn't have been achieved without it.

Hate speech refers to any communication – like talking, texting or posting online – that negatively targets a group or an individual because they are perceived to be different in some way. Demonising and dehumanising statements, threats, identity-based insults, offensive name-calling and slurs would all count as hate speech. Here are some common forms it takes...

Targeting people or groups because of a protected characteristic – like race, gender identity, sexuality, nationality, religion or a disability – and verbally abusing them with slurs and name-calling. The Equality Act 2010 has more information on this.

Content that dehumanises people based on the same characteristics: referring to them as if they were animals, objects or other non-human entities, for example. Separating the target from other human beings is usually an attempt to justify the speaker's bigotry.

Calling for violence or hatred against certain people or groups and justifying and glorifying those actions. Suggesting that a certain group should be removed from society could be seen as a call to arms, for example – potentially putting people from that group in danger.

Claiming that specific types of people are physically, mentally or morally inferior (or even that they are criminals) to encourage others to view them in the same way. This kind of thinking is always incorrect – but can be incredibly harmful to the group in question.

Spreading damaging misinformation about a person or group that the speaker views as "different" – essentially, trying to turn others against them by lying. Someone might claim that a recent tragedy is the fault of this entire group, when this is simply not possible.

Promoting the segregation of certain groups, or discrimination against them, because of who they are. This has been illegal in the UK for a long time – but some people still try to promote the exclusion of others, which can cause a huge amount of distress.

Meet Our Expert

The Global Equality Collective is an online community for homes, schools and businesses, a collective of hundreds of subject matter experts in diversity, equality and inclusion, and the organisation behind the GEC app, the world's first app for diversity, equality and inclusion.

GLOBAL
EQUALITY
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#WakeUpWednesday

Source: <https://www.legislation.gov.uk/ukpga/2010/15/contents> | <https://www.legislation.gov.uk/ukpga/1998/42/schedule/1#:~:text=I%20has%20the%20right%20to%20freedom%20of%20expression>