



## Principals Newsletter

# **BOWER PARK** ACADEMY

*Friday 28<sup>th</sup> June 2024*

Dear Parent/Carer,

### **Year 6 Transition Week**

This week, we welcomed Year 6 students and their Parents/ Carers to the Academy for a Transition evening/ day. Starting a new school is an important milestone in any child's education and we aim to make the transition from Primary to Secondary school run as smoothly as possible, providing guidance and support throughout the process. We hope that Parents/ carers found the Transition Evening informative.

On Wednesday, Year 6 students enjoyed a taster of Secondary school life with a fun day packed full of activities at the Transition Day. Students were very positive about the day and left feeling excited for starting in September. We look forward to welcoming you to the BPA family.

### **Havering Schoolwear- Year 6 students going into Year 7**

Havering Schoolwear are offering 10% off on uniform for Year 6 students going into Year 7. This is not for any other year groups. The offer is only valid until next week so please contact Havering Schoolwear for further information.

### **Mind of the Student 10K Run**

The Mind of the Student charity has organised their annual 'STEPUP4 Mental Health 10K run or Walk' on Saturday 20<sup>th</sup> July at Victoria Park in East London. The Mind of the Student is dedicated to empowering young people with knowledge, confidence and skills to recognise and address their mental health needs. If your child would like to take part, please see letter at the end of this Weekly Update for more information.

## BPA Garden

This week, Bower Park Academy was awarded a Silver award by The London Children's Flower Society for our Garden. Students from the Gardening club have worked hard to ensure that the BPA garden is in full bloom for summer, planting bulbs and weeding as part of this after school extra-curricular club. Research has shown that gardening has a huge range of benefits and can give children of all capabilities, a healthy and enjoyable life skill. My thanks to Mrs Davis and the Garden Club for your dedication to making the Academy Garden blooming great! Congratulations!



## Year 10 College Taster Day

On Thursday, Year 10 students took part in a College Taster Day. Students had the opportunity to take part in exciting subject taster sessions and workshops at Colleges across Havering and Rainham. The day helped students to get a better understanding of requirements for courses and what colleges have to offer and helped students to think about their futures post 16. More about post 16 options can be found here (this page will be updated in the new academic year with new open day dates) **Post 16 Options and Support ([padlet.com](https://www.padlet.com))** My thanks to Mrs Porter for coordinating the event and to the members of staff who accompanied students on the day.

## Having Futures Week

From 2<sup>nd</sup>-5<sup>th</sup> July, Having Futures week will be taking place in the Academy. This event is being run across schools in Havering. Year 10 students will have an assembly with the University of East London introducing them to Higher Education opportunities. We hope that students find the week informative and enjoyable and they begin to get an idea about their options post-16.

## Sports Day

Sports Day will take place on Monday 8<sup>th</sup> July. Sign ups have now closed and all students have signed up to a sport and a non-sport activity. Students will need to wear their full PE kit this day and bring a bottle of water with them. The PTA Tuck shop will also be onsite during the afternoon, so please ensure that students bring cash with them if they wish to purchase any further drinks/ snacks.

## Activities Week

At the end of term students will take part in Activities week. The week will involve a Fundraiser, Cultural event and Olympic Activity Day at the Olympic Park. Students have been signing up to these activities during their Form Time. Please could you ensure that you complete the form sent by Head of Years with your son/daughter's emergency contact details.

## INSET Day- 1<sup>st</sup> July school closure

This is a reminder that **Bower Park Academy will be closed to students on Monday 1st July** for a staff INSET Day. Student will return to the Academy on Tuesday 2<sup>nd</sup> July at 8:25am.

Yours faithfully,



Mr E Aylett  
**Principal**



Registered Charity: 1165035



12/06/2024

**RE: STEPUP4 Mental Health 10K Run and Walk**

Dear Parent/Legal Guardian,

We are thrilled to invite your child to participate in Mind of the Student's annual **'STEPUP4 Mental Health 10K Run or Walk.'** This exciting event will take place on **Saturday, 20th July** at the beautiful **Victoria Park in East London.**

This is a unique opportunity for your child to raise vital funds for Mind of the Student's life-changing mental health education programme, while enjoying a wonderful day out with their peers.

Whether your child is an avid runner or simply seeking a fun charity challenge, this event caters to all fitness levels.

**Here's what your child can expect:**

- A unique themed medal to commemorate your achievement.
- Chip-timed results for those interested in tracking their performance.
- Free event photographs to capture your memories.
- Post-race snacks to refuel after your efforts.
- Bower Park Academy students who take part, will have the chance to win a Nintendo Switch and a £100 Amazon Gift Voucher.

Mind of the Student is a registered charity dedicated to empowering young people with the knowledge, confidence, and skills to recognise and address their mental health needs. By participating in this event, you'll be contributing to their vital work in promoting mental health education in schools.

**We advance mental health  
education in schools.**

**Mind of the Student**  
3rd Floor  
86-90 Paul Street  
London EC2A 4NE

**T: 0203 916 5306**  
enquiries@mindofthestudent.org.uk  
Twitter: @TheMOTSCharity  
Instagram: @TheMOTSCharity

**mindofthestudent.org.uk**  
We educate on mental health...  
school by school. Registered charity in  
England and Wales (1165035)



Registered Charity: 1165035



The event agenda includes registration, a group warm-up, a guest performance, and post-run stretches. All ticket sales go directly towards improving mental health education in schools.

### Important Trip Information

- There are only 45 spaces available for Bower Park Academy students.
- Tickets are priced at £15, which includes the entry fee and coach transportation to and from the event.
- If your child qualifies for pupil premium, then a discounted fee is available.
- Trip registration will close on 1st July 2024. Payments will be accepted on Scopay from 3rd July.
- Please ensure your child is either wearing their school PE kit or appropriate clothing for a 10K run / walk.
- The coach will leave Bower Park Academy at 8:45am on Saturday, 20th July 2024. Please ensure your child arrives no later than 8:30am at the school.

[Complete Trip Registration and Permission Slip Here](#)

If you have any further questions, please email [jaylan@mindofthestudent.org.uk](mailto:jaylan@mindofthestudent.org.uk) for further guidance.

Yours sincerely,

Jaylan Sesi

Co-Founder and Head of Programmes

Mind of the Student

E: [jaylan@mindofthestudent.org.uk](mailto:jaylan@mindofthestudent.org.uk) / T: 07760950970 / 020 3916 5306

*We advance mental health  
education in schools.*



**BOWER PARK**  
ACADEMY

Principal: Mr E Aylett  
01708 730244  
bowerpark@elatschools.co.uk  
www.bowerpark.co.uk

Registered Charity: 1165035



*We advance mental health  
education in schools.*

**Mind of the Student**  
3rd Floor  
86-90 Paul Street  
London EC2A 4NE

**T: 0203 916 5306**  
enquiries@mindofthestudent.org.uk  
Twitter: @TheMOTSCharity  
Instagram: @TheMOTSCharity

**mindofthestudent.org.uk**  
We educate on mental health...  
school by school. Registered charity in  
England and Wales (1165035)



# What Parents & Educators Need to Know about GAMBLING

## WHAT ARE THE RISKS?

Gambling can be defined as betting or risking money or something of value on the outcome of a situation involving chance. Under current regulations, gambling is legal for adults in the UK. Its potential impacts on the wellbeing of individuals, families and communities are well documented – emphasising the importance of safeguarding children and young people against these hazards.

## MANIPULATIVE ADVERTISING

FREE BET!!

Adverts for online bookmakers and betting exchanges can raise concerns about targeting vulnerable groups, fostering addiction, promoting misleading expectations, impacting mental health, affecting social norms, posing regulatory challenges, influencing minors and other ethical issues. Effective regulation, responsible advertising practices and public education are essential to mitigate these concerns and address the potential harms associated with excessive exposure to manipulative advertisements.

## ADDICTIVE FEATURES

All gambling products carry safety concerns, but some can be even riskier and more addictive. The frequency with which people can place bets can encourage them to do so often – with rapid spins and multiple betting options, for example. Betting on sports events, especially with live in-play betting options, can be highly engaging and habit forming. The 24/7 availability of online platforms can also increase the risk of excessive gambling, particularly among young people.

## PEER PRESSURE

Exposure to gambling through friends, influencers or social circles can normalise risky behaviour and create unrealistic expectations about the chances of winning. Addressing peer influence requires support services, responsible advertising practices and effective education on the subject to minimise the impact on children and promote healthier choices.

## IMPACT ON MENTAL HEALTH

Gambling can exacerbate mental health issues such as anxiety, depression, and stress – especially if it leads to financial loss. Individuals with existing mental health conditions may use gambling as a coping mechanism – but the cycle of gambling can worsen their symptoms, creating a detrimental impact on overall wellbeing. Integrated support services and treatment options are crucial to address these interconnected challenges effectively.

## GATEWAY BEHAVIOURS

Certain features of other products – such as video games that offer in-game purchases – can lead to gambling among young people. These mechanisms can sometimes be designed to exploit psychological vulnerabilities, encouraging repeated spending to acquire virtual items or advantages. Such practices can normalise the associated risks and desensitise young people to putting their or their family's money in danger.

## FINANCIAL DIFFICULTIES

The most common impacts of online betting come in the form of financial losses and debt. This, in turn, can lead to distorted perceptions of money, deterioration of relationships, social isolation, and poor academic and career outcomes. Regular gambling can even exacerbate other risky behaviour by making it seem less significant – potentially leading to a cascade of health impacts and financial loss.

## Advice for Parents & Educators

### ENCOURAGE OPEN DISCUSSIONS

Sporting events can be a good opening for conversations about gambling, as some sponsorships may reference and even glamourise it. Talk to children about how these promotions make them feel and encourage frequent conversations about any concerns they may have. Adverts, influencers and online platforms may also feature gambling products. As a child grows, it's important to encourage their critical thinking skills to help them avoid being manipulated by this type of marketing.

### MONITOR SPENDING

In-game purchases can be appealing to children, allowing them to unlock new features or cosmetic items in a fraction of the time it would take to win them by playing. Talk to children about how they spend money online; an interest in what video games they play can encourage the conversation. Consider setting up restrictions on their devices, requiring their parent or carer's permission before making any purchases. Talk about finances regularly and openly.

### KNOW THE WARNING SIGNS

Parents and educators should be vigilant for signs of gambling harm among young people. Look for changes in their behaviour such as increased secrecy, unexplained money issues, mood swings or withdrawal from their usual activities. Open conversations about gambling risks and maintain a supportive, non-judgemental environment. Try to familiarise yourself with resources and helplines for assistance and guidance.

### GET FURTHER SUPPORT

Support and treatment for young people is available via the Young People's Support Service at GamCare, who can be contacted at 0808 8020 133. A link to their website has also been included in the sources of this guide, along with links to several other support networks. Your GP and local NHS gambling clinic are also available if you require additional advice. Don't hesitate to reach out for help if you're concerned about a child's gambling behaviour or their financial situation.

## Meet Our Expert

Ygam's mission is to prevent children and young people from experiencing gaming and gambling harms through awareness raising, education, and research. The charity was established in 2014 as a result of the lived experience of their founders.



The National College



# Parent Session

## County Lines in London

- Havering/ Barking&Dagenham/ Redbridge
- Waltham Forest/ Newham
- Hackney/Tower Hamlets

Register today

[www.ivisontrust.org.uk/webinars](http://www.ivisontrust.org.uk/webinars)



6:30-  
7.30pm  
11th July

i feel so much  
more confident to  
to talk to my child

Hosted by

Iverson Trust,  
a parent with lived experience & a  
local police officer.



# FUNDED HOLIDAY FUN ACTIVITIES AND FOOD!

Holiday Activities and Food Summer Programme (HAF)

Supporting families during  
the Summer Holidays



Thursday 25 July to Sunday 1 September 2024



For more information  
and to book a place, please visit  
[www.Havering.gov.uk/HAF](http://www.Havering.gov.uk/HAF)



**Havering**  
LONDON BOROUGH



# FUNDED HOLIDAY FUN ACTIVITIES AND FOOD!

Holiday Activities  
and Food Summer  
Programme (HAF)



Supporting families  
during the  
Summer Holidays

Thursday 25 July to  
Sunday 1 September 2024



For more information and to book a place,  
please visit [www.Havering.gov.uk/HAF](http://www.Havering.gov.uk/HAF)

