



## Principals Newsletter

# BOWER PARK ACADEMY

**Wednesday 24<sup>th</sup> July 2024**

Dear Parent/Carer,

As another academic year draws to a close, I wanted to express my thanks and appreciation to the Bower Park Academy family. I would like to thank parents, students and staff who have continued to support us throughout yet another busy year. This academic year has seen many highs with a 'Good' Ofsted rating, Jack Petchey Awards, school trips, workshops and exam success.

### **International Visit**

Last week, we welcomed 62 Chinese Students to Bower Park Academy to immerse themselves in British culture. The programme run by Global Alliance, unites passionate educationists from around the world to provide global learning for students. My thanks to our BPA students who volunteered to be buddies with our Chinese students and help them have a positive experience of a British Academy. My thanks also to Miss O'Neill for coordinating this culturally enriching programme.

### **Activities Week**

Activities week got underway this week with Year 7-10 students taking part in a Scavenger Hunt around Stratford Olympic Park. Both staff and students thoroughly enjoyed the trips which helped to strengthen students team building and navigation skills. Our students were a credit to the Academy and behaved extremely well.

On Monday and Tuesday, Year 7 and Year 8 students had a visit from authors Matt Dickinson and Rob Lloyd about their experiences and influences towards reading. The talks were really insightful and promoted a love of reading amongst our KS3 students.

Today, Year 7, 8 and 9 students were involved in a day of culture, inflatables and fundraising at BPA. It was a fantastic day to end the Academic year on a high.



## 2023-2024 Highlights



## Staff Leaving

We are sad to say farewell to a number of valued colleagues who are leaving us this term. This year we say goodbye to Miss Jones, Mrs Sikdar, Ms Quesada, Mrs Mantecon, Mr Koomson, Mr Sheridan, Miss Tran and Miss Matthews. We also say goodbye to Mr Fleischer who joined BPA in 2008 and Mr Lavender who joined us in 2017. We are very grateful for their service and the valuable contribution they have made to Bower Park Academy. We wish them the best of luck in their future roles.

## September Diary Dates

See below for key dates for your diary for September. Further dates will be published in the new term.

<b>Monday 2<sup>nd</sup> and Tuesday 3<sup>rd</sup> September 2024</b>	<b>Staff INSET Days</b>
<b>Wednesday 4<sup>th</sup> September 2024</b>	<b>Autumn Term 1 begins- Students return</b>
<b>Wednesday 11<sup>th</sup> September 2024</b>	<b>School Photographs (all years)</b>
<b>23<sup>rd</sup>-27<sup>th</sup> September 2024</b>	<b>Cycle Training Year 8/9 (Pre-sign up)</b>
<b>Wednesday 25<sup>th</sup> September 2024</b>	<b>Parent Information evening (4pm-4:30pm)</b>

## New School Day timings

Next Academic Year we will be adjusting the timings in our school day by extending Form and break by 5 minutes and removing transition time. Therefore, we expect students to move promptly to their next lessons to avoid lateness and disruption to learning. Please see adjusted timings below;

Arrival Time	8:25am
Form Time	8:30am-8:55am
Period 1	8:55am-9:55am
Period 2	9:55am-10:55am
Break	10:55am-11:20am
Period 3	11:20am-12:20pm
Period 4	12:20pm-1:20pm
Lunch	1:20pm-1:55pm
Period 5	1:55pm-2:55pm

## School returns

All students will return to the Academy on **Wednesday 4th September**. Year 7 and Year 11 students will start at 8:25am. Students from all other years will start at 11:20am.

Have a fantastic summer break and we look forward to welcoming you back in September!



Yours faithfully,

A handwritten signature in black ink, appearing to read "E Aylett".

Mr E Aylett

**Principal**

# What Parents & Educators Need to Know about WORRY AND ANXIETY

Worry and anxiety are common emotions experienced by children, often triggered by uncertainty or fear. While worry involves concern about future events, anxiety is a persistent feeling of dread or apprehension. Current statistics indicate a rising prevalence of anxiety disorders among children, and this guide has some expert advice on understanding and addressing these concerns.

## UNDERSTANDING WORRY AND ANXIETY



Worry and anxiety are emotional responses to stress or uncertainty. Worry is typically associated with potential misfortune, while anxiety is characterised by feelings of fear, apprehension or unease. Both can manifest physically through symptoms such as restlessness, fatigue or muscle tension. Understanding the distinction between worry and anxiety is crucial for effectively addressing these concerns in children.

## DIFFERENTIATING WORRY FROM ANXIETY



While worry and anxiety share similarities – in that they both involve concerns about possible trouble – anxiety tends to be more constant and overwhelming. Worry may come and go depending on circumstances, whereas anxiety can linger regardless of the situation. It's essential to recognise when the former crosses into the latter, as anxiety can significantly impact a child's daily functioning and wellbeing.

## WHAT ARE THE RISKS?

### LONG-TERM CONSEQUENCES

Untreated worry and anxiety in childhood can have potentially lifelong impacts on a person's mental health and wellbeing. Chronic anxiety may increase the risk of developing anxiety disorders, depression or other mental health conditions later in life. Additionally, unresolved worry and anxiety can negatively impact self-esteem, confidence and overall resilience. It's essential to address these concerns proactively and provide appropriate support and intervention.

### THE IMPACT ON CHILDREN

Excessive worry and anxiety can have profound effects on children's mental and emotional health. It may interfere with their ability to concentrate, sleep or participate in daily activities. Chronic worry and anxiety can also lead to physical symptoms such as headaches, stomach aches or difficulty breathing. Left unchecked, these concerns can escalate and potentially contribute to the development of anxiety disorders later in life.

### THE EMOTIONAL TOLL

The emotional impact of worry and anxiety on children can be significant, affecting their overall quality of life and wellbeing. Children experiencing chronic worry or anxiety may feel overwhelmed, irritable or helpless. They may also withdraw from social activities or avoid situations that trigger their anxiety, leading to feelings of isolation or loneliness. Addressing these concerns early can help prevent long-term emotional distress and promote healthy coping strategies.

### ACADEMIC & SOCIAL IMPACTS

Impacts on the academic performance and social interactions of children and young people are very possible. Frequent worry or anxiety may impair concentration, memory and problem-solving skills, making it difficult for children to succeed in education. Anxiety can also hinder social development by causing children and young people to avoid social situations or to struggle with communication and interpersonal relationships, potentially leading to feelings of isolation or exclusion.

## Advice for Parents & Educators

### ENCOURAGE OPEN COMMUNICATION

Parents and educators can foster a supportive environment by encouraging children to express their worries and anxieties openly. Actively listening and acknowledging young people's emotions can help them feel understood and supported, reducing the situation's intensity. Creating opportunities for regular check-ins and discussions about one's feelings can promote healthy coping strategies and strengthen communication bonds.

### TEACH COPING STRATEGIES

Empowering children with effective coping strategies is essential for managing worry and anxiety. Encourage the use of relaxation techniques such as deep breathing, mindfulness or progressive muscle relaxation to calm anxious thoughts and promote a sense of composure. Additionally, teaching positive self-talk and problem-solving skills can help children develop resilience and confidence in managing challenging situations.

### CREATE A SUPPORTIVE ENVIRONMENT

Parents and educators play a crucial role in creating a supportive environment that promotes emotional wellbeing. Establishing routines, providing predictability and offering reassurance can help relieve anxiety and create a sense of security for children. Foster a culture of empathy and understanding, where children feel safe enough to express their emotions and seek support when needed.

### SEEK PROFESSIONAL HELP

Recognising when to seek professional help is vital for addressing significant or persistent worry and anxiety in children. If worry or anxiety significantly impacts a child's daily functioning, interferes with their relationships or academic performance, or causes significant distress, it may be necessary to consult with a mental health practitioner. Early intervention can prevent long-term consequences and promote positive outcomes for children's psychological wellbeing.

## Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which collaborates with schools on improving their mental health provisions.



#WakeUpWednesday

The National College



# PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING THE SUMMER HOLIDAYS 2024



[moneysavingcentral.co.uk/kids-eat-free](https://moneysavingcentral.co.uk/kids-eat-free)

## LAS IGUANAS

Join 'My Las Iguanas' via the App & Niños eat free with every adult main

## ASDA

Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.

## SAINSBURYS CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

## PAUSA CAFE @ DUNELM

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

## THE REAL GREEK

Kids under 12 eat FREE every Sunday for every £10 spent by an adult

## TGI FRIDAYS

Kids Eat Free When 'Stripes Rewards Members' purchase an adult's main meal (App needed)

## PUREZZA

Children under the age of 10 get free pizza at Purezza with every adult meal purchased

## TRAVELODGE & PREMIER INN

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

## IKEA

Kids get a meal from 95p daily from 11am

## SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

## BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

## PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

## MORRISONS

Spend £4.49 and get one free kids meal all day, every day.

## TESCO CAFES

1 Free Kids meal with every 60p Spend. Available from July 1st Scotland and NI - from July 22nd England & Wales

## GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

## YO! SUSHI

From Monday 1st July - Friday 30th August 2024, kids eat free all day Mondays to Fridays at YO! Sushi (min adult spend £10).

## WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

## BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

## COCONUT TREE

One child (aged 10 and under) eats free per paying adult. Valid Daily, 12pm - 6pm from Monday 22nd July to Friday 6th Sept 2024.

## DOBBIES GARDEN CENTRES

At Dobbies, for every adult breakfast or lunch purchase, kids eat for FREE. Every Day!

## TABLE TABLE

Two children under 16 can get a free breakfast every day with one paying adult!

## HUNGRY HORSE

Kids eat for £1 on Mondays

## FUTURE INNS

Under 5s eat for free with any adult meal.

# HAVERING YOUTH SERVICE WEEKLY ACTIVITIES 2024

## MONDAY

THE OFF STREET  
CLUB @ SAPPHIRE  
CENTRE, COLLIER  
ROW  
5:30-7:30PM  
11 YEARS+

## TUESDAY

JUNIOR REVELLERS  
S.E.N.D. CLUB @  
MYPLACE  
7-9PM  
11-17 YEARS

## WEDNESDAY

SAFE CLUB @  
MYPLACE  
7-9PM  
13-18 YEARS

## THURSDAY

GRL ACADEMY @ MYPLACE  
5:30-7:30PM 11-18YEARS  
SENIOR REVELLERS S.E.N.D. CLUB  
@ RAINHAM ROYALS  
7-9PM 18-25 YEARS

## SUNDAY

TEAM GYM S.E.N.D.  
CLUB @ HARROW  
LODGE LEISURE  
CENTRE  
10:45-12:45NOON  
16-25 YEARS

REFERRAL GROUPS: GOODFELLAS, GO-GIRLS, TEA & TALK,  
YOUNG WOMEN'S FORUM, LGBTQ+ CLUB, PHOENIX & PRE-TEENS CLUB

CONTACT: [YOUTHSERVICE@HAVERING.GOV.UK](mailto:YOUTHSERVICE@HAVERING.GOV.UK)  
FOR MORE INFO. OR SCAN QR CODE →



# The Off Street Club



Games, arts & crafts, cooking  
and more!

Monday evenings - 5:30pm-7:30pm

For ages 11+

Free to attend



Venue: The Sapphire Jubilee Community  
Centre in Highfield Tower,  
Bolberry Road, Collier Row, RM5 3DQ



Contact: [youthservice@haverling.gov.uk](mailto:youthservice@haverling.gov.uk)  
to find out more



**Haverling**  
LONDON BOROUGH



JOIN US FOR

# REVELLERS

**S.E.N.D YOUTHCLUB**

**EVERY TUESDAY**

**AT 7PM**

**AT MYPLACE**

**SUITABLE FOR 11-17 YEAR OLDS**

**MAKE NEW FRIENDS AND TAKE**

**PART IN FUN ACTIVITIES**

**FOR MORE INFORMATION PLEASE CONTACT**

**[youthservice@haverling.gov.uk](mailto:youthservice@haverling.gov.uk)**

**myplace**

 **Haverling**  
LONDON BOROUGH

You're invited to

**TEA & TALK**

**EVERY TUESDAY**

Tea & Talk is a space for young people to come & talk to a youth worker about anything they like

**MYPLACE 4PM - 6PM**

**343 DAGNAM PARK DR, ROMFORD, RM3 9EN**

To book a place, please contact MyPlace  
[youthservice@haverling.gov.uk](mailto:youthservice@haverling.gov.uk) OR 01708 376004

**myplace**



**Haverling**  
LONDON BOROUGH



# SAFE



YOUTH CLUB FOR 13 - 18 YEAR OLDS

Every Wednesday @ MyPlace from 7-9pm

Supported by youth workers

Hang out and make new friends



Play pool &  
table tennis  
Games

Get crafty  
Tuck-shop



CONTACT:

[YOUTHSERVICE@HAVERING.GOV.UK](mailto:YOUTHSERVICE@HAVERING.GOV.UK)

**myplace**



**Havering**  
LONDON BOROUGH

JOIN US FOR

# REVELLERS

**S.E.N.D GROUP**

**SUITABLE FOR 18-25 YEAR OLDS**

**EVERY THURSDAY**

**AT 7-9PM**

**@ ROYALS YOUTH CENTRE**

**£3 ENTRY**

**MAKE NEW FRIENDS AND TAKE  
PART IN FUN ACTIVITIES**

**FOR MORE INFORMATION PLEASE CONTACT  
[youthservice@haverling.gov.uk](mailto:youthservice@haverling.gov.uk)**

**myplace**



**Haverling**  
LONDON BOROUGH



WHEN?

THURSDAY

TIME?

5:30-7:30PM



# GRL ACADEMY

## YOUTH CLUB

### GIRLS ONLY SPACE



WHERE?

MYPLACE YOUTH & COMMUNITY CENTRE  
343 Dagnam Park Dr, Romford RM3 9EN

INTERESTED?

📞 01708 434709



YOUTHSERVICE@HAVERING.GOV.UK



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LONDON BOROUGH

# **TEAM GYM**

**Sports, games and gym fitness  
 sessions**

 **S.E.N.D. young people aged 16 to 25**

**£5 per session**

**Sundays @ Hornchurch Leisure Centre** 

**10:45am to 12:45pm**

**Contact:**

 **[youthservice@haverling.gov.uk](mailto:youthservice@haverling.gov.uk)** 

**or ring: 01708 376004**

**Suitable for all levels of ability and fitness but must be willing  
to take part in activities and exercise**

# Free 1:1 & group Music sessions at MyPlace!

Do you know a young person 11 yrs + who is interested in music?  
(priority for spaces will be given to our target groups: care experienced, electively home educated, open to social care, experiencing mental health difficulties)



All interests in music are welcome from Rock to Pop – whether you are into performing or producing/editing we have something for you to get involved in!



Contact: [youthservice@havering.gov.uk](mailto:youthservice@havering.gov.uk)



**GO GIRLS! benefits young women potentially vulnerable to relationships of power, encouraging personal development**

**5-6:30pm Venue and dates  
TBC**

**Contact:**

**[youthservice@haverling.gov.uk](mailto:youthservice@haverling.gov.uk)**



# GOODFELLAS

A 6 WEEK PROGRAMME ENGAGING WITH YOUNG MEN  
ON THE FOLLOWING TOPICS:

CONSEQUENCES  
OF POOR  
DECISIONS  
CONFIDENCE,  
MANNERS  
& RESPECT  
BEING A MAN



MAKING  
RELATIONSHIPS  
WORK  
LIVING IN A  
DIGITAL  
WORLD  
HEALTHY  
RELATIONSHIPS



FOR FURTHER INFO, PLEASE CONTACT: [YOUTHSERVICE@HAVERING.GOV.UK](mailto:YOUTHSERVICE@HAVERING.GOV.UK)

# GOODFELLAS

GoodFellas is a 6 week programme engaging with young men on a variety of topics with the aim of helping them make the transition from adolescence to Manhood. This programme fosters positive values and responsible behaviour in young men aged 13 - 16 years old and at the same time guides them in making healthy decisions related to their emotional and social development. As they build life-skills for decision-making, conflict-resolution and healthy relationships, the young people learn the essential attitudes, values and skills they need to become responsible adult Men.

## General outcomes include

- Increased self awareness
- Increased confidence & self-esteem
- A sense of identity
- Informed decision-making
- Increased mental health and well-being
- Improved mindfulness
- Exploration of hidden feelings
- Improved behaviour
- Increased resilience
- Increased understanding of positive manhood



myplace

Havering  
Making a Greater London



Havering  
LONDON BOROUGH

**Youth Influence & Participation Team presents**

# **CIC YOUTH CLUB**

**Times, dates and venue vary**

**Pool, Arts &  
Crafts,  
Games,  
Quizzes and  
loads more**

**For Havering  
Care  
Experienced  
young people  
Ages  
10 - 16 years**

**To find out more please contact:  
youthservice@haverling.gov.uk OR  
participation@haverling.gov.uk**



**Havering**  
LONDON BOROUGH

# What's On? Havering Youth Services Sign Up Form





# Parent Support Group

For parents/carers of young people (11-25 years)  
struggling with their mental health



A welcoming and safe space to share  
your story and connect with others



Havering, Barking  
and Dagenham

# Parent Support Group

Parent Support Group is a six week programme for parents/carers of young people (11-25 years) struggling with their mental health.

Like-minded parents/carers are listened to and reassured whilst receiving tips and techniques for supporting their young people.

This interactive online group comprises two-hour sessions on mental health signposting, effective two-way communication, dealing with anxiety, parenting styles, self care and family connection.

We help parents/carers to empower each other through information and support.

Sessions are delivered in an engaging way with lots of opportunities for small group discussions, all in a safe and non-judgemental space.

If you, or someone you know, would like to speak with one of the Parents' Team, please get in touch.

“

**I know that I am not alone, having met some wonderful parents going through similar things**

”

## For more information:

01708 457040

parents@haveringmind.org.uk

[www.haveringmind.org.uk](http://www.haveringmind.org.uk)



**HaveringMindCharity**

 **Mind** Havering, Barking and Dagenham

Charity No: 1108470



Hello!

## Welcome to our Summer 2024 Newsletter!

To start, a big thank you to all the schools and agencies that have used our service this academic year! Our mission is to help as many young people as possible, and this is only possible with your referrals. So, thank you for your support!

### What support does Wize Up offer?

Wize Up is your service provider for all young people's substance-related issues in Havering.

Wize Up is a free and confidential service for young people aged 11-18. Wize Up's substance misuse workers specialise in working with children, young people (CYP) under 18 years, and families, offering tailored advice, information and holistic support in reducing/abstaining from substances. This includes working with CYPs who may be affected by parental/carer/siblings' substance misuse. Wize-Up would also provide education and awareness for YP who may be on the edge of using substances so they can make informed decisions.

### Here are our referral links:

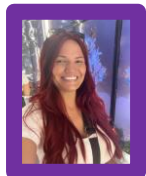
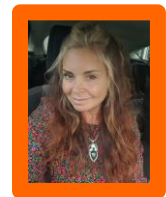
**Refer Someone:** <https://www.changegrowlive.org/content/cgl-wize-up-havering/professionals-family-referral-form>

**Refer Yourself:** <https://www.changegrowlive.org/content/cgl-wize-up-havering/self-referral-form>

Wize Up also delivers targeted group work and workshops for young people and Substance Misuse Training for professionals. Please email **WizeupHavering@cgl.org.uk** to book now!

### Meet the Team:

We are happy to introduce our new interim team leader – **Nicola Kennedy!** Nikki has worked within Change Grow Live for many years and has a wealth of experience and knowledge. Please reach out with any questions or queries; she will be happy to help. Tel: 07522697520 / Email: Nicola.kennedy@cgl.org.uk



**Brogan Hammond!** Brogan is our Young Person's Resilience Worker based at the Youth Offending Service. Contact Brogan by – Tel: 07833262552 / Email: Brogan.Hammond@cgl.org.uk

**Hannah Douch!** Hannah is our Children's and Families worker. Hannah supports ages 5-18 affected by parental/carers/siblings' substance misuse. Contact Hannah by – Tel: 07909468413 / Email: Hannah.Douch@cgl.org.uk



**Katie Adams!** Katie is our Young Person's Resilience Worker and Schools Liaison. Contact Katie by - Tel: 07884996917 / Email: Katie.adams2@cgl.org.uk



# Wize Up

Change  
Grow  
Live

Havering

# NEWSLETTER



## Exciting Highlights!

We were honoured to be selected to take part in **First Give PSHE projects** by The Champion School and Hall Mead School! It was great to know that the young people in Havering also recognise the importance of drug and alcohol services. We thank you for your work in promoting our services and raising awareness and money for us!

We also took part in **Junior Citizenship!** This was a weeklong event working with primary schools in Havering, educating them on risks on trending drugs and alcohol, peer pressure and the transition up to year 7. Over the week, we delivered preventative work to over 1,200 year six students!



## Looking forward!

It is almost the six-week holiday, and this is your reminder that we operate throughout the summer! Please remind your CYP that we will be here to support them over the summer if they need it.

We will be arranging meetings with all secondary school DSLs in September to discuss a partnership plan for the next academic year! Please get in touch with Nikki at Tel: 07522697520 Email: Nicola.kennedy@cgl.org.uk or Katie Tel: 07884996917 / Email: Katie.adams2@cgl.org.uk to plan for September.

## Drug Trends

We have noticed an increase in **Solvent** use amongst younger CYPs in Havering. Solvent abuse is the deliberate inhalation of volatile chemicals to get intoxicated or 'high'. The most common form we see is the 'huffing' of aerosols. **There is no safe way to use solvents.** The biggest danger from misusing these products is **SUDDEN DEATH!**

Potential evidence of use:

- Empty cans
- Lids from cans
- Aerosols with nozzle removed
- Cans in unexpected places
- Filter marks on towels
- Products going missing or running out quickly
- Chemical smell on the breath or in the environment
- Changes in sleeping and eating patterns
- Withdrawn and isolated
- Wheezy cough
- Spots/sores or red puffy eyes
- Grey look
- Headaches/sickness
- Drunken behaviour
- Mood swings/irritability

It is also important to mention **Spice** and its links to THC vaping. We have seen hospitalisations rise due to suspected Spice across London. Spice is in Havering, and we must educate our CYP about its dangers. **If you suspect a young person has taken Spice, it is very important to dial 999 and ask for an ambulance if they are having a bad reaction.**

Please see attachments for more information.

**BIG Thank You again for your support! Wishing you all a lovely, well-deserved summer break!**

Kind regards,  
The Wize Up Team!