



BRS Newsletter

Love - Respect - Hope - Kindness - Resilience

December 2021

Headteacher's Introduction



Dear parents and carers,

On behalf of everyone at Robert Sutton I would like to wish all families a very merry Christmas and a happy new

year. I would also like to thank everyone for the ongoing support throughout the Autumn term, by working together as a school community we have been able to ensure that students have had the best possible experience in school.



Christmas Edition

Upcoming Events

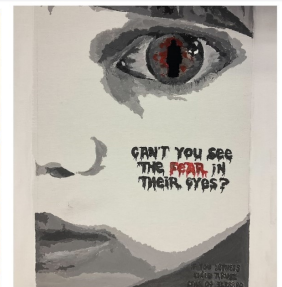
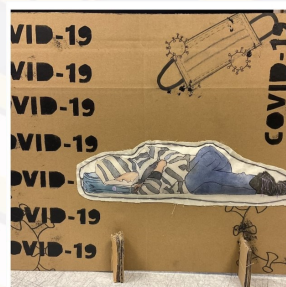
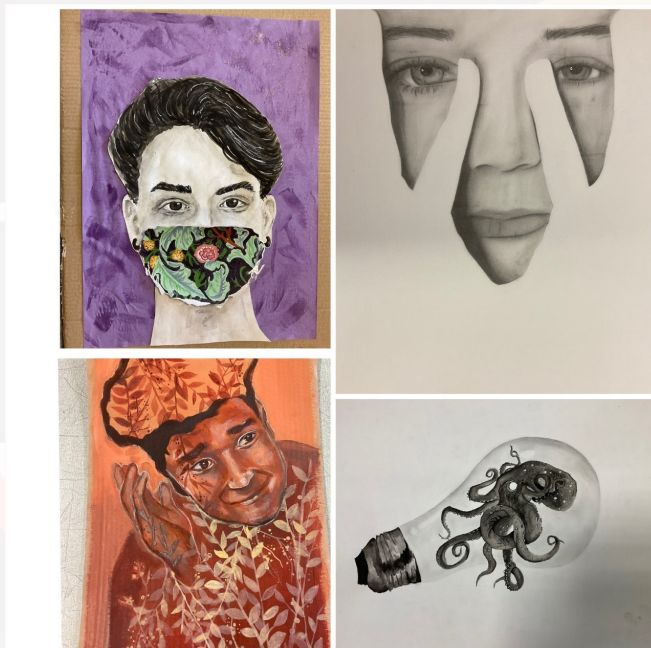
Mon 3 Jan	Pupils to complete Lateral Flow Test at home
Tues 4 Jan	All pupils return to school



Subject in Focus—Art

Our Art curriculum is forward thinking—fostering a broad range of modes of thinking, including visual perception and visual awareness. That embraces

the historic, the contemporary and the future; and signposts to potential further and higher education, career choices and opportunities within the visual arts, creative and cultural industries.



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Messages from our Year Leaders

Message from Head of Year 7



A key focus for this half term, now that students have settled, is increasing independence, organisation and specifically regarding homework. We have been absolutely thrilled with how well Year 7 have adapted to the rigour of the expectations of

secondary homework and are certain that they will continue to excel.

Message from Head of Year 8

We, the pastoral team, have been delighted with the first term our Year 8's have delivered and look forward to similar, if not even better in the second term.

By the time you read this Newsletter, you will have received your child's first Subject Progress Report. I hope that you enjoyed reading it and that you were proud of them.



Message from Head of Year 9

As the nights draw in and the temperature begins to drop, it is great to see the positivity amongst Year 9 in what are very trying circumstances. At the beginning of the year, I spoke to the year group about the power of positivity and how individual acts of kindness, big or small, can have a significant impact on the people around them. This has never been truer than at this precise moment in time. It is great to see students in school in a safe and Covid-secure environment, learning and reaping the rewards of what education brings. Staff in school are working tirelessly to make the student's experience in school as enriching as possible, living into being the words of John 10:10, "I have come that they may have life, and have it to the full."

Message from Head of Year 10

It has been great to see Year 10 returning to extra-curricular clubs and sports teams. Alongside this, I know how well the sports teams have been doing, with the boy's rugby and football teams picking up where they left off a few years ago with consistent victories. I was also delighted to see a number of girls from Year 10 joining the inaugural girl's rugby team, with a glowing report from Mrs Goddard about their level of skill and commitment. I am



proud of all the students who represent our school and I am delighted to see their talents are once again able to flourish. I have been really pleased that despite a few nasty colds, the students are still attending school in good number. I'd like to remind parents that attendance in Year 10 is vital to success at GCSE in Year 11, therefore it's really important that students continue to make the effort in coming to school. In fact, recent studies have shown that absence from school has a significant impact on the success of students, and can have a long-term impact through to their GCSEs. In one of these studies, it has shown that of those students that have 100% attendance, 79% of them achieve 5+ good GCSEs. At 95%, this figure falls to 69%. At 90%, this falls even further to 53%, and by 85% attendance, this figure for success becomes 36%. When considering that 5% attendance is around 7 days absence, it really is crucial that students are in school every single day. To put this into further context, if your child has lower than 95% attendance, this means that they are attending school less than the average child across the country.



Message from Head of Year 11

As we approach the Christmas break, we feel privileged to be in a position where there is already so much for our Year 11s to celebrate. It is certainly terrifying to think that Year 11 are already almost a third of their way through their final year at BRS, however this provides an excellent opportunity to take stock of what all of our students have already achieved. Our Year 11 Journey: Next Steps Since September, many of our Year 11s have been on an incredible journey of self-discovery to choose and finalise their Next Steps after Year 11. For some, this has been a case of confirming choices they have worked towards for many years, for others, new ambitions have been kindled as they recognise the multitude of skills and talents they have to offer. All in all, we are incredibly proud of our students for their commitment and engagement with Careers guidance, IAG interviews, Open Evenings across Staffordshire. It is always refreshing to share in the sense of excitement students feel at this time and we have all felt re-energised by the renewed sense of purpose Year 11s are bringing



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to their studies as they look forward to the future. This is also a great opportunity to reflect on all that students have achieved in their wider holistic education too. In our Year Group Acts of Collective Worship students have engaged well with our British Values of 'Mutual Respect' and 'Democracy' and 'Diversity' over the Autumn term. In our Acts of Collective Worship we have reflected upon good public behaviour, healthy relationships, as well as educating ourselves about Black History Month.

Year 11 Prom

Miss Harkin has continued to work behind the scenes with communications ongoing with XXXXX for the Year 11 prom. The Year 11 team are currently in the process of drafting letters for parents regarding more fixed plans for the Year 11 prom and the purchase of School hoodies and Yearbooks which you can look out for early in the Spring term.

Attendance

As we reach the half-way point of the first half-term, I wanted to take this opportunity to highlight the issue of attendance. Over the last few weeks I am pleased to see that attendance is improving and that students are becoming more resilient toward colds and feeling under the weather. It goes without saying that attendance at school is crucial to students' success. In order to give students the best chance of success, it is imperative that they try to miss little to no school days throughout the course of a year. Recent studies have shown that absence from school has a significant impact on their success and can have a long-term impact through to their GCSEs. A recent study has shown that of those students that have 100% attendance, 79% of them achieve 5+ good GCSEs. At 95%, this figure falls to 69%. At 90%, this falls even further to 53%, and by 85% attendance, this figure for success becomes 36%. When considering that 5% attendance is around 7 days absence, it really is important that students are in school every day. To put this into further context, if your child has lower than 95% attendance, it means they are attending school less than the average child across the country. We will do what we can to support the excellent attendance of students, and whilst some absence is genuinely unavoidable, we ask that any routine appointments are made outside of school hours, and that students are encouraged to come into school if they feel under the weather.

Collective Worship

During Acts of Collective Worship, we have focused on stories of resilience and making the most of opportunities that await

students.

Wellbeing

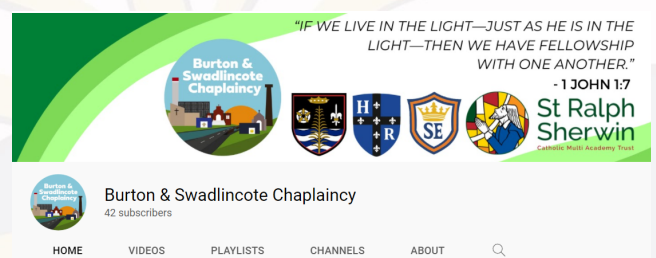
Over the past year we have made lots of changes to our Wellbeing offer in school such as our new Wellbeing Hub and welcoming our Wellbeing Dogs— Buddy and Hugo.

As part of these we have introduced our new form time Wellness programme whereby weekly pupils learn about different strategies they can use to support their own wellbeing. Alongside this students have access to more qualified staff in school and access to the Wellbeing Hub. Since September all our pupils have been seen at least once to for a wellbeing chat, this will start again in the new term ensuring that all pupils and their emotional wellbeing are supported. This year we have also launched the new Spiritual Development and Wellbeing Student Leaders. But our next venture is the most exciting yet! BRS is seeking to gain the Wellbeing Award. This award is a very stringent process which will include a review of our current offer and look for further ways we can ensure that mental health and wellbeing sit at the heart of our school community.



BRS Chaplaincy YouTube Channel

BRS Chaplaincy YouTube channel has material connected to whole school worship and Collective Worship. There are



also moments of Reflection from the school Chaplain and items



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reflecting our School Values. You can search for Burton & Swadlincote Chaplaincy on Youtube.

Christmas Holiday Safeguarding Information

What should I do if I think a child is at risk of significant harm?

Contact the Children's Safeguarding Teams where the child resides:

Staffordshire: Call Staffordshire County Council's First Response Service:

Phone: 0300 111 8007

Monday – Thursday 8:30am – 5:00pm Friday 8:30am – 4:30pm

Emergency Duty Service: (Out of Hours)

Telephone: 0345 604 2886 Mobile: 07815 49261

Derbyshire: If you have an immediate concern that a child is suffering from or at risk of significant harm, please tel: 01629 533190.

Leicestershire: Telephone First Response Children's Duty Team if you have urgent concerns about a child who needs a social worker or police officer today:

Call **0116 305 0005** (24 hour phone line)

In an emergency call: 999

Children's mental health support

If you have any concerns regarding your child's mental health our school FireFly site has a range of emotional wellbeing activities to support low mood.

If you feel further support is needed please see below for a list of useful numbers and websites:

Staffordshire Mental Health Helpline - a confidential emotional support helpline run by Brighter Futures, offering a safe place to talk if you're feeling worried, stressed or low, or if

you're concerned about someone else. Call [0808 800 2234](tel:08088002234) Text 0786 002 2821, email staffordshire.helpline@brighter-futures.org.uk or online chat at www.brighter-futures.org.uk.

Samaritans - a confidential crisis support helpline, 24 hours a day, 365 days a year. Call **116 123**.

NHS 111 - talk to a trained nurse for help and support 24 hours a day, 7 days a week. Call **111**.

Child and Adolescent Mental Health Services (CAMHS) - support for young people experiencing emotional, behavioural or mental health difficulties:

South Staffordshire (covers Stafford, Stone, Rugeley, Cannock, South Staffs, Lichfield, Burton, Uttoxeter, Tamworth): call [0808 196 3002](tel:08081963002).

Mind Burton - counselling, support groups and advice. [01283 566 696](tel:01283566696) email info@burtonmind.co.uk

Golden rules to safe Internet Browsing:

ICT is an everyday part of people's lives and schools are making increasing use of new technology.

Children should ideally only add on social media sites people they know and trust in real life.

Some predatory paedophiles can convincingly pose as another teenager and may spend months or years 'grooming' the victim until they meet face to face.

Children must always be accompanied by an adult if meeting an online friend in person.

Don't ban children from these sites; they will just use them at friend's houses or on their phone, personal media player or hand-held games console.

Take an interest and suggest they add you as a friend so you can keep an eye on them when they first join.



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Supporting children's mental health

10 Conversation starters for parents

Talking about mental health to children is sometimes hard. This guide is designed to help you confidently talk about mental health, so you and your child feel comfortable talking about worries and wellbeing.



1. Listen

Active listening is where we listen without interruption or making judgements. If your child feels listened to for the small things they will feel confident you will listen to the bigger problems.

3. There is no such thing as stupid question

If your child can ask you any questions about the smallest of things and you listen and answer without shaming and belittling, then they will have more confidence to ask the biggest of questions.

5. Know when to seek help

Assess the severity of the mental health difficulty you are noticing. Is the difficulty making it hard for your child to function regularly throughout everyday life? How frequently is your child affected? How long does it last? Talk to your child about your concerns and discuss seeking fur-

7. Empathise

Children often worry about things that we, as adults, might see as trivial or silly. They need our kindness and care then they show their vulnerability and share their worries.

9. Mind your language

Be mindful of the language you use to at home to describe and talk about mental health. Stigma often arises from misconceptions and a choice of language that is harmful.

2. Ask Twice

Be tenacious about your child's wellbeing. Children instinctively know when your questions and support come from a place of wanting to help and care.

4. Be open and honest

Children appreciate honesty, particularly if you are having to share information or talk about a difficult subject. How you talk about the subject will depend on the child's age but honesty is always best.

6. Talk about mental health naturally

Speak about mental health as part of everyday life, so that talking about our feelings and those of others is normalised.

8. Help your child feel safe

Teens particularly feel that by talking about their worries or concerns that they will make things worse. Reassure your child that you will discuss a plan of action together and what may or may not need to happen next.

10. It's ok to say 'I don't know what to do next'

Adults do not have all the answers but often children think they do. It is ok to acknowledge that what your child is going through is not something you know about. Be honest and discuss find-

Additional sources of information and support:

Young minds: <https://www.youngminds.org.uk/>

NHS <https://www.nhs.uk/mental-health/>



PE Department: Inter-Form Competition

All year groups have taken part in rugby, handball and trampolining this week. Some excellent team and individual performances. Students have shown excellent resilience, respect towards each other and determination. Well done all from Mrs Goddard,, Mr Heath, Mr Daglish, Mrs Williams and Mr Hoodless



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Christmas Eve, by Sophie

A blanket of snow covered the floor
To the delight of the children as they opened the door
The new fallen snow that drifted around
Covered the usually lush green ground

Merry Christmas!

May the love of Christmas
Play true for you,
A time to be happy
In all that you do.

The holiday season
Is never-ending fun,
Smiley faces
Are on everyone

On this Christmas Day,
Let it fill you with laughter,
Bringing you festive joy
And a happy ever after.

Excited cheers rang out across town
As the snow continued to fall gracefully down
With coats gloves and scarfs the children went to play
Today was going to be a memorable day

Up on the hill the children were sledging
While cars on the road were carefully edging
Over ice-covered lanes and snow-filled drives
The adults all hoping the gritter arrives

Presents were placed carefully under the tree so fine
Everyone hoping they'd get something divine
Carols were sung at people's front doors
Raising money for people is such a good cause

Santa rode over the town in his sleigh
As eager children ran over to watch and pray
That their name had made his good list this year
And the morning would be full of Christmas Cheer

With stockings hung over the fireplace below
The logs burned brightly with a warm winter glow
For Santa is coming while the children sleep
And over the rooftops the reindeer leap
The snow was falling
All around us, calling
For us to play
But there snowmen lay
We were having fun
But theres a pun
Eeny meanie miny snow
We enjoyed the show
Children ran
Including my nan
People sang
And others in gangs
People played in the snow
A warm winter
glow



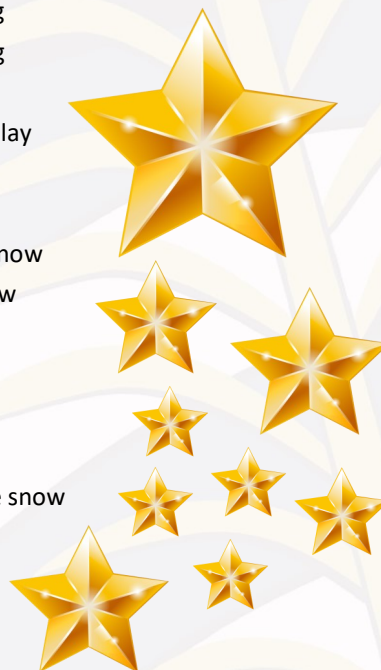
What is Christmas about?

By Isaac

What is Christmas about,
Is it about dinners with sprouts,
Or is it about the people who can't have that?
We should talk about those people amongst out

Is Christmas about gifts,
To get everything we want on our Christmas list
Or is it about those less fortunate than us,
Who don't get anything for Christmas?

So as a conclusion of what Christmas is about,
Not the food, gifts and sprouts,
Think about your neighbour down the road,
Who didn't have anything when it snowed.



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