



February Newsletter 2022

Headteacher's Address

Dear Parents and Carers,

It is hard to believe but we have now completed the first half of the school year. This term has been another positive and action filled time for students and staff alike.

We have continued to function well in spite of a rise in Covid cases a couple of weeks ago – students have shown real resilience and kindness to each other and to staff and I am very proud of how they continue to work hard to keep up with their studies during these challenging times.

As a school, we have really pulled together over the last couple of years and, as we move towards a more normal life after half term, we are working on how to build on our great foundations even further. The staff have been discussing what defines our school culture and the word 'community' comes out on top time and time again; I have never known a school that has such a sense of community and such great relationships between all members of that community. We recognise that we are better together and this will be our focus going forward.

As you will see from the contents of this newsletter, our students have been very busy in all areas and have been representing the school to a very high standard – they are definitely living our TRAK values and making us proud every day. Year 11 have undertaken their practical assessment in Food and Nutrition – what an amazing range of high quality food they have produced. We are all so impressed with the resilience they have shown in approaching the exam – well done to them all and to Mrs Potter for preparing them so well; you can see the results of their labours later in this newsletter. We have also seen superb work from students in English and their efforts have been recognised in competitions they have entered; well done to them and their teachers as well. Likewise, Duke of Edinburgh activities, CCF, Sport and Maths Challenges have all seen students and teachers go the extra mile in working hard, supporting each other and achieving well. These examples and many others are further proof of the sense of community in the school and evidence that we are better together.

It has been pleasing to see how many students are taking a pride in their uniform and presentation – please ensure that your child is in the correct uniform – including shoes – for the rest of the school year so that we are showing our school at its best. Another element of being better together is having high standards and expectations of all members of our community; now is the time to remind ourselves that students need to be on site at 8.45 so that they can be punctual to their tutor groups for morning registration; I am delighted by the improvement we have seen in punctuality – to support students further in improving their punctuality, the gate will be closed at 8.45 to ensure that all students have time to get to their tutor group for a calm and prompt start to the day. Please support your child by ensuring that they leave home in plenty of time to arrive in plenty of time.

As term ended Storm Eunice arrived! Please do take care and stay safe – we look forward to seeing everyone back at 8.45 on Monday 28th February for a new term and, hopefully, the start of Spring and a return to a more normal life.

Mrs Bevan

Senior Students

Senior students have been working very hard this term- reinforcing our TRAK values. They have been supervising rooms at lunchtime, chairing meetings of the school council and even taking a school assembly- Thank you for all your hard work.

Work Experience

Year 10 students have embarked on securing themselves a work experience placement for the final week of the school year. Covid has restricted this from happening so it is exciting that we can reintroduce face to face activities. Students will be supported in school as they scour the approved website for the ideal placement. Parents will be shortly receiving further information. Mr Jones

Children's Mental Health Week

Wellbeing Challenge

As part of Children's Mental Health Week, we gave all students the opportunity to complete a set of Wellbeing Challenges. The idea behind the activity was to understand the truth about how we can look after our own mental health and develop resilience through taking small steps as well as being aware of the need to be kind to ourselves and others.

It was wonderful to see so many students taking part, and commenting about how much they enjoyed the challenge.

All students who completed the challenge have received 10 House points and their Participation reward for this term. Well done all. **Mrs Easterbrook and Mr Jones**



English

Write Night

A group of young people with aspirations and impressive talent in creative writing have been invited to form the Write Night Club. The aim of Write Night is to provide a guided workshopping space where these young writers can hone their skills and develop their craft in a variety of forms such as Flash Fiction, Short Stories, Poetry and the Novel. Currently, the group are drafting pieces in preparation for numerous competitions, including (but not limited to) BBC Young Writers, Quay Words Young Writers' Flash Fiction and Never Such Innocence.

Alongside the writing itself, valuable skills such as critical engagement, constructive discussion and creative evaluation are also frequently used and encouraged.

Hope In Nature Poetry Competition

All of our fabulous Year 7 Students have been studying Poetry in Nature this term. Students have had to write their own poems and then analyse them for an assessment. The poems produced by students in 7b2 are excellent and are now in the process of being turned into a display showing examples of Best Work in the Learning Support block. Well done, 7b2.

Hope In Nature Poetry Competition: FINALISTS!

Following entries from almost 70 KS3 students just before Christmas, we received notification a couple of weeks ago that 12 of our students had been shortlisted for the Snowdrop Festival 'Hope In Nature' poetry competition.

We have now been told that those people shortlisted were:

- Ryan Jeanes (Y7)
- Ellie Stoodley (Y8)
- Lexi Chapman (Y8)
- Freya de la Bedoyere (Y8)
- Charlotte Munns (Y8)
- Jaiden Norris (Y7)
- Katana Frew (Y7)
- Alfie Cook (Y7)
- Declan Pedersen (Y7)
- Riley Boughen-Hunt (Y7)
- Katie Henson (Y7)
- Phillippa Stainer (Y7)



In addition, both Freya De La Bedoyere (Y8) and Alfie Cook (Y7) have been Highly Commended as Finalists, meaning that their work will be published in the anthology of winning poems.

Well done to everyone who entered the competition, all those who were shortlisted and congratulations to Freya and Alfie - we are very proud of you!

The Robin's Calling
Alfie Cook

This year has been brilliant in some ways
But also quite depressing,
For all those souls
Who tunnel holes
Hoping their sadness will lessen.

Everyone walking in the woods
Watching the owls twit-twoo,
And the robins and sparrows
Darting like arrows
And saying to them, "I can't make a new start;
how can you?"

One of the people who did this
Was a young chap called Billy O'Bryce,
Pulling up his sock
He had a great shock
When the robin said, "To be spoken to for once
is nice."

Cried Billy, "You can talk! How interesting,
But what is the answer to my question?"
The robin was wise,
Said she, "Your courage dies
When you do not care if it lessens."

"Excuse me, what do you mean?"
Still unsure, Billy said,
Replied the robin, "Believe
That for as long as you live
You really will be okay, I promise, let that sink
into your head."

Billy said, "I see what you mean,
Now I'm off to bed."
I hope this goes
To all of us
As words of good hope and strength in the
head.

Hope of Nature
Freya de la Bedoyere

The morning dew, it rests so gently
Upon its carpet of vivid green
Dappled by the wispy clouds
Like a dove's feather
Spun from the thread of a thousand dreams.

Palm trees, so grand and mighty
Performing their colossal dance
Swaying and bending
Caressing the sunset sky
Luring anyone around into a dazzling trance.

The crimson, it lines the edges of the sky
With the beauty of the world all over again
Life leads to death
The cycle of change
The marks we forge in our time will forever
remain.

The frost brimming each sharp holly leaf
Balancing on its evergreen tightrope
Each individual crystal,
A blade in the wind
It pierces the soul like a knife-edged needle of
hope.



Somerset Anne Frank Youth Awards

We are delighted to announce that 11 of our Year 10 students have been shortlisted for the Somerset Anne Frank Creative Writing Youth Awards. The competition called for submissions which were inspired by the quote, "I keep my ideals, because in spite of everything I still believe that people are really good at heart." Our students created a range of poetry and prose centred around this message of positivity and resilience and the awards ceremony, which will take place in May, will be held at Wells Cathedral. Our shortlisted students are:

Dylan Diaz
Flavius Olariu
Caitlin Lem
Eliza McKeever
Heidi Davis
Martha Smith

Olivia Masters
Russell Turner
Anna Tope
Abdal-Jalil Symonds
Henry White

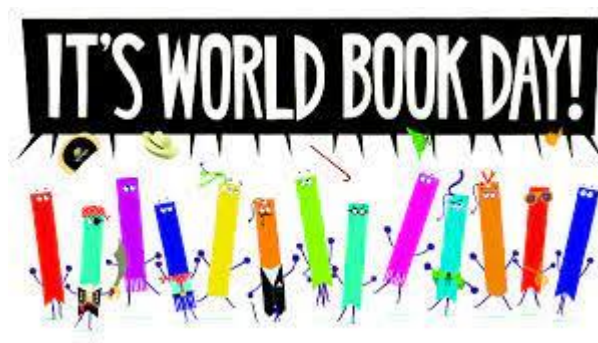
Anna Tope's Entry:

This quote from Anne Frank's diary is something that I believe is true. Everything that you hear and see in this world is painful too even experience. There are many problems throughout this world that we all have yet to fix. There are people out there who do bad things and these affect people. But I believe that there are good people out there who try to do the right thing. People out there are helping other people, donating to charities, volunteering for good causes. Many people out there are trying to help others and the world.

Anne Frank lived during world war 2 and had to hide in a secret annex to avoid being prosecuted for being jewish. For 2 years, she had to live in fear and in silence everyday to avoid getting caught.

In the quote, despite of everything that she was experiencing through this time, even when the nazis were out there, even when the world was at war, she still believed that there were people that are good at heart. She pushed through and still believed that even when her whole world around her was frightening, she truly still believed that there are good people out there.

I think that we should believe that too, as even when we are still struggling with problems today, we shouldn't give up on thinking that there is no goodness in this world. There are kind people out there. We should have a little goodness in our own hearts as well.



World Book day is approaching on March 3rd. This year, the theme is 'You are a Reader' and, as usual, aims to celebrate everything that is wonderful about books! We will have a host of activities, including a Book Exchange and various competitions plus the opportunity to dress up as your favourite book character. More information to follow at the start of next term.

Maths

Maths Challenge

St Dunstan's prides itself on its mathematicians. Here our students are taking part in the Intermediate UKMT (United Kingdom Mathematics Trust) challenge, where our students compete against the best nationwide. We have a track record of excellent performance and we have our fingers crossed for this year's cohort.



Fundraising

We are delighted to be holding a Mufti Day on Friday 18th February. The proceeds are going towards Inua Kike - a community-based organisation in Nairobi, Kenya. The charity raises awareness of how to support and empower women from underprivileged backgrounds to obtain social and economic mobility through education, entrepreneurship, and community. We would like to remind students to dress appropriately for school and for the weather. £1 donations please, or more if you can. **Mrs Easterbrook**



Environment Group

Year 8 students have been meeting with Ms Cooper from the Wildlife Trust regarding making some environmentally friendly changes within school. We are applying for a grant and working on plans to raise awareness of some sustainable changes that can be made within school to allow us all to show kindness to the environment.

As a starting point for our effort, we are collecting clean dry plastics at main reception (big cardboard box) as well as clean dry crisp packets (box in each canteen). An assembly was held on 16th February to remind students to 'Reduce, Reuse and Recycle' and to make them aware of the truth about the need to help preserve our wonderful planet. **Mrs Easterbrook**

Media Studies

Heidi Davis, Year 10 Media student has been shortlisted for her photographic entry into the 'Hope in Nature' competition, organised by the Shepton Mallet Snowdrop Festival. Her photo, titled 'Sparks of New Life, Hope & Joy', has been awarded 'Highly Commended' status and came a very close 2nd to the winner. We are very proud of her!



Duke of Edinburgh Award

We are proud to announce that Year 11 students have been awarded their DofE Bronze certificates and badges. All of these students have completed their physical, skills, volunteering sections as well as the expedition. The students worked incredibly hard on this and suffered several knock-backs due to Covid. Their resilience and perseverance paid off, well done!



The Year 9 and 10 students excelled during their training this term. On 16th February, they put up their tents and covered basic first aid. They showed great TRAK values by being RESILIENT whilst getting their tents up; AWARE of possible hazards during their expedition and KIND and supportive of each other whilst undertaking group work. Well done everyone!



A reminder of the upcoming dates for the year 9 and 10 Bronze cohort:

Date	Duration	Tasks
Wednesday 9th March	2 hours + 30 min parent meeting at 5:30	<ul style="list-style-type: none">• Checkpoint route planning• Parent meeting
Friday 20th and Saturday 21st May	2 days/1 night	<ul style="list-style-type: none">• Practice expedition on the Quantocks – details to follow
June 2022 x 2 sessions	1 hour	<ul style="list-style-type: none">• Route planning – assessed
Wednesday 20th and Thursday 21st July	2 days/1 night	<ul style="list-style-type: none">• Assessed expedition on the Quantocks – details to follow

Drama Club

At the end of the Spring Term students from Drama Club will be performing 'Ernie's Incredible Illucinations' to a group of invited Year 9 students. This term Drama Club has been able to work on a scripted performance ready for a live audience following their Christmas Virtual assembly. After school on Wednesday evenings students have attended auditions and are now rehearsing. We also have the opportunity to work in collaboration with Millfield School over the next few months creating a Performing Arts event. More details to follow so watch this space!



Music

It has been great to have the practice rooms open at lunchtimes for students to continue working on their Music work or playing instruments. After half term there will be a singing group launching on a Friday after school until 4pm. We will be working on preparing for a Singing festival performance in June- please come along if you are interested.



Food

Year 11 students have been working hard all year toward their practical exam which happened this week. The coursework brief was *'Food can be used to celebrate many different occasions.'*

Research, prepare and cook 2 dishes which will demonstrate your technical skills and meet the needs of the occasion you have chosen.'

All of their hard work, determination and effort paid off, the results were spectacular and could easily be presented in a high end restaurant. The students have made themselves and me very proud. Well done all!



Sport

Year 11 Handball Triangular Tournament 16/2/22

Firstly, I would like to start by saying these boys do not train for Handball there is not a club and the boys' understanding of some of the rules are a bit ropey ...

Saying that you would have NEVER known this if you seen them play!!

Year 11 boys agreed to play a Handball tournament, at Crispin, to help one of the boys get his video evidence for GCSE. If this doesn't scream kindness then I don't know what does 🙄
#stayingonTRAK

It is always a little tense travelling to a local derby and there was a lot of testosterone in one small sports hall!

St Dunstan's 7 - 9 Crispin

Players' player = Will.L

This score does not represent the match at all. St Dunstons dominated most of the game and were leading until the final couple of minutes.

St Dunstan's 4 - 4 Gryphon

Players' player = Arthur.B

Gryphon brought some big players but St Dunstan's were resilient, defended well and persisted to attacked with strength!

Tournament players' player = Ollie.O'D with his phenomenal saves as GK!

Arthur and Will both got scouted to play county level Handball

Well done boys, you have done the school proud and have proved to be great role models. Better together! #dunniessport

Miss Whittaker

Year 7 and 8 Netball fixture against Crispin School 9/2/22

This was a local derby, where we travelled to Crispin's netball courts for some intense and drizzle wet netball.

Year 7 - St Dunstan's 7 - 2 Crispin

Players' player = Erin.D

As the match went on and the nerves settled, year 7 dominated their game. Getting into space and calling for the ball brilliantly, as well as marking their opponents and successfully making fantastic interceptions.

Year 8 - St Dunstan's 2 - 3 Crispin

Players' player = Chloe.C

Year 8 passed and moved down the court quickly and regularly won the ball through great awareness! The ball was continually going up and down the court with both teams equally battling and showing brilliant resilience to keep possession of it.

We are excited about both of these teams and look forward to seeing them progress in the future. Well done to all the girls, we are very proud!

Huge thanks to Leanora's mum for bringing the team cupcakes. It was very kind and the cakes were tasty!

Please note Netball club is on Mondays and Thursdays after school 3:15 - 4:15.

#dunniessport



Badminton fixture against Wells Cathedral School 7/2/22

A mixed team of year 7 and 8 St Dunstan's students welcomed Wells Cathedral School to our sports hall to play both single and double matches. The effort, respect and kindness demonstrated was phenomenal with TRAK values being exhibited throughout. All students represented the school and Mr Green extremely well. We are proud of you all. It was exciting and there were some nail biting matches with all students demonstrating masses of resilience especially the year 7s stepping up to the challenge.

Single results: St Dunstan's 7 - 10 Wells Cathedral School

Double results: St Dunstan's 5 - 6 Wells Cathedral School

A big thank you goes to Mr Green for all his hard work coaching the students.

Please note If you would like to join the Badminton club, speak to Mr Green; new players are always welcome. #dunniessport

Year 7 Football Team

Our Year 7 football team played their first match against Wells Blue this term. All demonstrated our TRAK values brilliantly. Man of the Match went to Leyton Finn. Football club is on Mondays for KS3 and Thursdays for KS4 (3:15 - 4:15) #dunniessport



Year 8 Football fixture against Millfield 31/1/22

Having gone 1-0 down in the first minute they came back brilliantly to win 4-1!

Players' player = Orlando R

Goal scorers:

Eli S - 2

James - 1

Ethan G - 1

Well done everyone! We are very proud of you all.

Please note Football club is on Mondays for KS3 and Thursdays for KS4 (3:15 - 4:15).#dunniessport



Basketball Development Day 19/1/22

What a fantastic and inspiring day! A group of boys, from year 8 and 9, travelled to Richard Huish College, where they were coached by Taunton Tigers' head basketball coach, Gary Carter and some of Tigers basketball players themselves. The day consisted of coaching techniques, skills and decision making, followed by game play in the afternoon.

All students showed resilience and a brilliant amount of progress through hard work, as well as huge amounts of kindness to the staff and players throughout the day. The boys represented St Dunstan's beautifully and most importantly had fun!

Please note St Dunstan's offers a basketball club for all years on Wednesdays 3:15 - 4:15. Everyone is welcome. #dunniessport



Mendip Schools' Cross Country Competition- 12/1/22

Several of our students took part in the Mendip Schools' Cross Country Competition at Millfield, which also involved participants from Crispin, Kings of Wessex, Wells Cathedral School, Downside, Fairlands and Millfield.

Well done to Leyton.F, Tom.F, Blake.G and Orlando.R who really lived our core values through this event. They exhibited truth by recognising their skills and observing a sporting attitude; resilience by pushing themselves to do their best in a tough race; awareness of their participation as individuals as well as encouraging each other to do their very best and kindness by cheering each other on and congratulating competitors from other schools on their performance.

We are so proud of them all for representing the school in such a positive manner. Well done to all. We are all IN AWE of Leyton who was way ahead of all the other year 7 racers.#dunniessport



Core PE Curriculum Timetable: March - April 2022

	Period 1	Period 2	Period 3	Period 4	Period 5	Period 6
Mon A	10a/Pe1 (TW) 10a/Pe2 (TP) Boys = Football (Field) Girls = Netball (Sports Hall)	7B/Pe1 (TW) 7B/Pe2 (TP) Boys = Fitness (Sports Hall) Girls = Football (Field)				
Tues A	9A/Pe2 (TW) 9B/Pe3 (TP) Boys = Fitness (Sports Hall) Girls = Football (Field)	9A/Pe2 (TW) 9B/Pe3 (TP) Boys = Fitness (Sports Hall) Girls = Football (Field)	8A/Pe1 (TW) Mixed** Fitness (Sports Hall)	8A/Pe1 (TW) Mixed** Fitness (Sports Hall)	10B/PE1 (TW) 10B/PE2 (TP) Boys = Fitness (Sports Hall) Girls = Football (Field)	10a/Pe1 (TW) 10a/Pe2 (TP) Boys = Fitness (Sports Hall) Girls = Football (Field)
Wed A	8A/Pe2 (TP) 8A/Pe3 (TW) Boys = Football (Field) Girls = Netball (Sports Hall)	8A/Pe2 (TP) 8A/Pe3 (TW) Boys = Football (Field) Girls = Netball (Sports Hall)				
Thurs A	7A/Pe1 (TW) 7A/Pe2 (TP) Boys = ? (Sports Hall) Girls = Football (Field)		9A/Pe1 (TP) Mixed** Fitness (Sports Hall)	9A/Pe1 (TP) Mixed** Fitness (Sports Hall)	11A/Pe1 (TW) 11A/Pe2 (TP) Boys = Fitness (Sports Hall) Girls = Football (Field)	11A/Pe1 (TW) 11A/Pe2 (TP) Boys = Fitness (Sports Hall) Girls = Football (Field)
Fri A	10B/PE1 (TW) 10B/PE2 (TW) Boys = Football (Field) Girls = Netball (Sports Hall)	10a/Pe1 (TW) 10a/Pe2 (TP) Boys = Football (Field) Girls = Netball (Sports Hall)			8A/Pe1 (TW) Mixed** 4 weeks Netball 4 weeks Football	8A/Pe1 (TW) Mixed** 4 weeks Netball 4 weeks Football
Mon B	9A/Pe2 (TW) 9B/Pe3 (TP) Boys = Football (Field) Girls = Netball (Sports Hall)	9A/Pe2 (TW) 9B/Pe3 (TP) Boys = Football (Field) Girls = Netball (Sports Hall)			10B/PE1 (TW) 10B/PE2 (TP) Boys = Fitness (Sports Hall) Girls = Football (Field)	7A/Pe1 (TW) 7A/Pe2 (TP) Boys = Fitness (Sports Hall) Girls = Football (Field)
Tues B	10B/PE1 (TW) 10B/PE2 (TW) Boys = Football (Field) Girls = Netball (Sports Hall)	7B/Pe1 (TW) 7B/Pe2 (TP) Boys = Football (Field) Girls = Netball (Sports Hall)	7B/Pe1 (TW) 7B/Pe2 (TP) Boys = Football (Field) Girls = Netball (Sports Hall)			
Wed B	8A/Pe2 (TP) 8A/Pe3 (TW) Boys = Fitness (Sports Hall) Girls = Football (Field)	8A/Pe2 (TP) 8A/Pe3 (TW) Boys = Fitness (Sports Hall) Girls = Football (Field)				
Thurs B	7B/Pe1 (TW) 7B/Pe2 (TP) Boys = Fitness (Sports Hall) Girls = Football (Field)	10a/Pe1 (TW) 10a/Pe2 (TP) Boys = Fitness (Sports Hall) Girls = Football (Field)	9A/Pe1 (TP) Mixed** 4 Weeks Football 4 Weeks Netball	9A/Pe1 (TP) Mixed** 4 Weeks Football 4 Weeks Netball	11A/Pe1 (TW) 11A/Pe2 (TP) Boys = Football (Field) Girls = Netball (Sports Hall)	11A/Pe1 (TW) 11A/Pe2 (TP) Boys = Football (Field) Girls = Netball (Sports Hall)
Frid B			7A/Pe1 (TW) 7A/Pe2 (TP) Boys = Football (Field) Girls = Netball (Sports Hall)	7A/Pe1 (TW) 7A/Pe2 (TP) Boys = Football (Field) Girls = Netball (Sports Hall)		

CCF

CCF is back! After some time away St Dunstan's pupils have been taken part in lots of different activities at Millfield. These include laser tag, weapons handling and learning drill. Some senior pupils (Annie and Eve) also got promoted at the yearly CCF dinner held at Millfield. With 9 new additions from year 9, the St Dunstan's contingent is looking stronger than ever. Well done to all that take part. Mr Pavli



Year 11 News

Revision Sessions

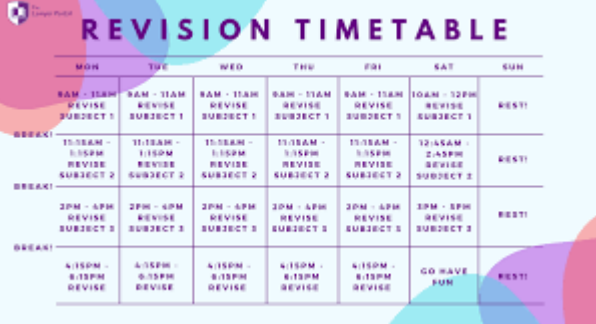
Revision sessions are in full swing with Maths taking place on a Monday after school, with separate sessions for both Foundation and Higher tier students. These are being run by Mr Conway and Mrs Loud. Revision sessions for English and Science are on Wednesdays (Science) and Thursdays (English). More subjects will be adding revision sessions after the mock exams.

Year 11 will be starting their second round of Mock Exams after the half term break. We STRONGLY advise year 11 to attend as many revision sessions as possible.

Please help your son or daughter to plan their revision timetable. They will value your input and might need a helping hand to ensure that regular breaks are in place as well as making sure that all subjects are covered. Here are some links to help you:

<https://www.bbc.co.uk/bitesize/articles/zn3497h>

<https://senecalearning.com/en-GB/blog/how-to-create-a-revision-timetable/>



	MON	TUE	WED	THU	FRI	SAT	SUN
	8AM - 9AM REVISE SUBJECT 1	8AM - 11AM REVISE SUBJECT 1	8AM - 11AM REVISE SUBJECT 1	8AM - 11AM REVISE SUBJECT 1	8AM - 11AM REVISE SUBJECT 1	10AM - 12PM REVISE SUBJECT 1	REST!
BREAK!	11:30AM - 1:15PM REVISE SUBJECT 2	11:30AM - 1:15PM REVISE SUBJECT 2	11:30AM - 1:15PM REVISE SUBJECT 2	11:30AM - 1:15PM REVISE SUBJECT 2	11:30AM - 1:15PM REVISE SUBJECT 2	12:45PM - 2:45PM REVISE SUBJECT 2	REST!
BREAK!	2PM - 4PM REVISE SUBJECT 3	2PM - 4PM REVISE SUBJECT 3	2PM - 4PM REVISE SUBJECT 3	2PM - 4PM REVISE SUBJECT 3	2PM - 4PM REVISE SUBJECT 3	3PM - 5PM REVISE SUBJECT 3	REST!
BREAK!	4:15PM - 6:15PM REVISE	4:15PM - 6:15PM REVISE	4:15PM - 6:15PM REVISE	4:15PM - 6:15PM REVISE	4:15PM - 6:15PM REVISE	GO HAVE FUN	REST!

The exam timetable for the Summer exams, alongside information about student wellbeing and combatting exam stress can be found here:

<https://www.stdunstansschool.com/information-for-students-and-parents/information-for-students.htm>

Housepoints

Year 11 students have continued to impress us with the number of house points they have collected. Our current, top five individuals are:

1. Sarah T
2. Tony M
3. Ellie B
4. Ollie O'D
5. Albert K

Well done to you all!

Leavers' celebrations!

We are excited to have been given the go ahead to plan our year 11 prom. Initial plans are in place and a prom organising committee is being established. We are also looking to organise leavers' yearbooks and hoodies. More details to come!



We continue to be impressed by Year 11's hard work and resilience and look forward to working with them during the second part of the Spring term, and their last few months at secondary school! We are always on the end of an email if students or parents need to contact us.

Once again, may we take the opportunity to thank parents/carers for your ongoing support.

Mrs Manning and Mrs Gregory

Pastoral News

'R;pple' - The internet can be a force for tremendous good or harm. Here is one tool that attempts to tip the scales in favour of the positive.

While Christmas is a cheerful time for many of us, it is a sad fact that over the last two years internet searches for suicidal thoughts have increased by 23%, searches for suicide methods have increased by 50% and searches for suicide hotlines have increased by 125% (*Semrush: 2021*).

We have seen this increase within our own student body too, and whilst this is still a tiny minority, 1 student feeling this way is too many. What is sadder still, is that - often when young people search these key phrases online - they often come across any number of websites that are actually harmful, and in some cases explore how these thoughts can be acted on.

'R;pple' is an online interceptive tool designed to ensure more help and support is provided to individuals who are conducting searches relating to self-injury or suicide.

If a young person searches for something related to self-injury or suicide, R;pple intercepts the search, provides an immediate, vibrant display on a user's device, consisting of a message of hope as well as a selection of mental health resources in a range of different communicative options from free, established and 24/7 charity services.

Through R;pple, an individual feeling despair and researching harmful content will be urged to instead seek the mental health support they deserve and need in a way that works best for them.

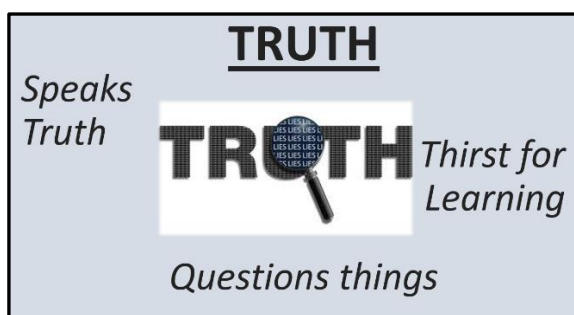


If you are interested in finding out more and downloading the software onto your devices at home, please click the following link:

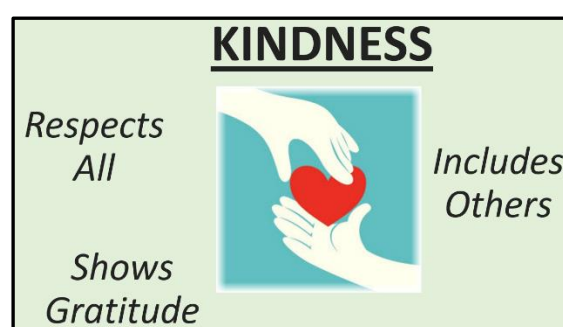
[Somerset Health & Wellbeing: R;pple](#)

Further tips on e-safety for parents from CEOP

1. Make sure your child knows where to go for support: Remind them they can always speak to you or an adult they trust if anything happens online that makes them feel worried or upset. For a breakdown of report services, visit: [Supporting your child with reporting unwanted content online](#)
2. Make sure they know about CEOP: Young people can report a concern about grooming or sexual abuse to CEOP at <https://www.ceop.police.uk/safety-centre/> and get support from a specialist Child Protection Advisor.
3. Have an ongoing conversation: Continue to talk about the apps, games and sites they like to use, and what they like and don't like and any concerns about being online. Discuss with them when to unfollow, block or report. For help starting this conversation, read [having a conversation with your child](#).



STAY ON TRAK



Online Safety



We are seeing a reduction in negative online incidents and experiences for young people in school since phones have not been allowed out during the school day. However, we are aware that this issue is still a concern outside of school hours. A huge thank you to the NSPCC for running a webinar about online safety for us. A reminder that this webinar was recorded and we have uploaded it for parents / carers who were not able to attend. Please find the link below.

St Dunstan's Online Safety Webinar

We are hoping to run another such session later this year, for people that would like to receive the training whilst having the opportunity to ask questions, and we will keep you informed about this. The NSPCC also provided us with additional resources to help parents / carers keep their children safe online and these can be found below.

Avon and Somerset Police Webinars!

As you know, there have also been webinars run by Avon and Somerset Police but places were taken up so quickly that it was difficult for a lot of parents to attend. We are delighted that the police have set up a youtube channel so that you can see three recorded sessions covering topics including:

- Exploitation of children online
- Technical protective and safety measures available
- Tips on starting a conversation with children about the internet and how to use it safely.

Here is the link – we highly recommend viewing the videos:

<https://www.youtube.com/channel/UCf41oqLODZCDKOmdj6ulSDg>

Net Aware: An easy guide to apps, games and sites:

<https://www.net-aware.org.uk/>

NSPCC Online safety resources:

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

Advice and support for young people, via Childline:

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/>

YoungMinds parent helpline:

<https://youngminds.org.uk/find-help/for-parents/parents-helpline/>

<https://vimeo.com/480839159>

Have a look at this film about who to trust online

<https://vimeo.com/uksic>

Please note that you can find the Trust safeguarding policy (and all other policies) by using this link:

<https://drive.google.com/drive/folders/0B5Z73cTOEMQdTVJCVU0weFZQb2s?resourcekey=0-mC9nM0f-rFEjRkAeis0sAw>

School Nurse

Our School Nurse service is running very successfully. If students have concerns or need to talk to someone over the summer, they can use the text number or QR code in the poster to access help or advice.

ChatHealth

Emotional Health
Relationships
Sexual Health
Drugs
Smoking
Alcohol

Got a concern?
If you're 11-19
it only takes one text to
start making a difference

You'll get confidential advice from your
School Nursing Team and you don't have
to give your name if you don't want to.
Just send a text or scan me
07480 635 516

Disclaimer: This is not an emergency service. It operates Monday to Friday between 9am and 5pm and is only available by sending a text message number. Users must be aged 11-19 and can be seen by the Somerset Nursing Team who can offer confidential advice. Although this is a confidential service, in the event of an safeguarding issue the School Nurse has a duty of care to act on this and may escalate the concern.

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Medicines/Medical Conditions



Please remember to update any medical conditions or required medicines with the school office.

If your son/daughter suffers from Asthma and uses an inhaler or has an allergy and requires an epipen, please supply the school with a spare to keep for emergencies.

Prescribed medicines administered by the school or unprescribed medicines administered by students both require an authorised form to be completed which is available from the school office

Important Information



Keeping in contact



Please remember to update any changes of your contact details for your son/daughter with the school office.

You can make changes to your details by calling 01458 832943 or emailing:
secretary@stdunstansschool.com.

We are relying on email communication more than ever to send you updates and notices.

To help you to receive your emails promptly, there are a few things you can do to help

- Inform the school if you change your email address
- Check your email box daily including your SPAM mail
- Regularly sort and delete any unrequired messages to keep space in your inbox



Term Dates

Term 4 begins on Monday 28 February 2022

Term 4 ends on Friday 8 April 2022

Term 5 begins on Monday 25 April 2022

Term 5 ends on Friday 27 May 2022

Term 6 begins on 6 June 2022

Term 6 ends on 21 July 2022

Bank Holidays for the rest of this year are:

Early May Day Bank Holiday 02 May 2022

Spring Bank Holiday 02 June 2022

Platinum Jubilee 03 June 2022

Summer Bank Holiday 29 August 2022

We will look forward to seeing everyone back in their classrooms, in correct uniform and with the correct equipment (including a reading book) on 28th February 2022. A reminder that students should be in their classroom at 8.50 and so should arrive on site by 8.45; the gates will be closed at 8.45 to ensure everyone gets to tutor on time.

