## HEADTEACHER'S NEWSLETTER



### December 2023

### SUNBURY MANOR SCHOOL

Dear Parents & Carers,

This has been a very long and eventful half term where students have had the opportunity to enjoy a wide variety of extra-curricular activities and experiences, some of which are highlighted in the pages of this newsletter. In particular, highlights have been the whole school enrichment day towards the end of November and the celebration tea party held yesterday, which brought together many of our amazing students who had been nominated by their tutors in recognition of their contribution to the school values; Commitment, Community, Kindness, Respect and Responsibility.

A couple of weeks ago our Year 11 students completed their GCSE mock exams and conducted themselves with a huge amount of maturity throughout. When we return in January students will begin acting upon the feedback provided by their teachers so that they can learn together how to fully prepare for the next set of mock examinations in March. Part of this process will involve a revision programme, the details of which will be communicated to Year 11 parents by Miss Batten & Mrs Virdee who we are delighted to say are taking over the role of Head of Year 11 from Mr Woods following his promotion to a role at another school. I'm sure that all Year 11 parents would like to join us in thanking Mr Woods for all of the care and guidance that he has provided to Year 11 students and wish him well in his new role.

Sadly, at this time of year we will be saying goodbye to a number of other teachers who are moving on to new roles and responsibilities. We have worked hard to secure replacement staff to start in the new year and have had to make some alterations to student timetables to facilitate this.

We are working closely with the Governing Body to ensure that the school is supported moving forward during Mrs Prentice's period of ill health.

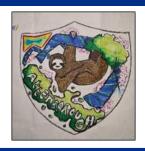
We understand that this time of year can bring additional pressures both financially and emotionally. Please see this link on our website that will signpost you to support that might be helpful <a href="https://tinyurl.com/2uu92afp">https://tinyurl.com/2uu92afp</a>. For students in receipt of Free School Meals a supermarket voucher has been distributed electronically to families earlier this week.

Finally, we would like to take this opportunity to wish you and your families a wonderful and well-deserved Christmas break and we send our very best wishes to you all for 2024. We thank you for your continued support and look forward to welcoming students back to school on the 8th January 2024.

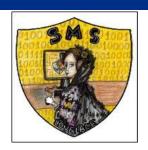
Best wishes.

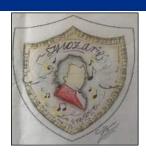
Allan Cottle, Jo Tweed & Michaela Wood

## House News









## House Competitions







This term the students in the four houses have been competing in various competitions and challenges to gain House Points! So far, we have had our annual Basketball competition, Chess, Bench ball, Beat the Goalie and the Festive Gingerbread House competition as well as a different quiz each week that the students have been completing during tutor time!

In lessons all of the students have been working hard to gain house points and many students have been rewarded with a positive text home each week to celebrate getting the top house points in their house and 0 negatives!

Well done to everyone that has taken part this term in representing their house, we look forward to seeing more students competing in all of the exciting events coming up next term!

## House Bench Ball

This term the school took part in a bench ball competition, it was certainly lots of fun, students loved the thrill of trying to get the ball to their teammate on the bench! This led to some intense competition and excellent displays of team work. This once again really showed the school values of commitment, kindness and respect.

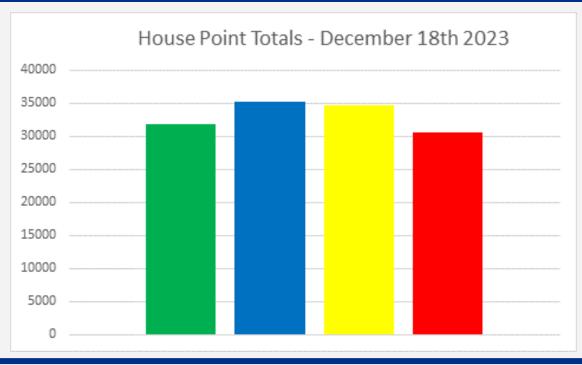
	House	House Points earned
1st	Mozart	3500
2nd	Curie	3250
3rd	Attenborough	3000
4th	Lovelace	2500







## House Totals - Year to Date



## Pinewood Studios



This half term the Year 10 GCSE Drama students were invited to Pinewood Studios for their annual Futures Festival. During the day the students learnt about different careers and opportunities within the TV and Film industry, including special effects, camera skills, props and costumes. The students also had a masterclass in sound mixing in one of their magnificent sound studios as well as being able to speak to industry professionals and many photo opportunities with some of TV and Film's well known characters!



### \*student feedback\*

"I absolutely loved Pinewood, it was very educational and gave me a good insight into other jobs in that line of work that I would definitely consider looking into."

"I enjoyed finding out how they film movies and TV shows at Pinewoods Studio. I also thoroughly enjoyed seeing all the props and other equipment used in movies such as Star Wars, Batman and Jurassic Park!"



## The Mousetrap - Theatre Trip

The GCSE Drama students had the chance to visit the Yvonne Arnaud theatre to watch a touring West End performance of The Mousetrap by Agatha Christie.

This was a great opportunity for the students to see a professional live theatre performance and the trip was thoroughly enjoyed by all! A massive thank you also to Mrs Wright, Miss Zamir and Mr Gibbs for accompanying us on the trip!

### \*student feedback\*

"When I walked in, I was amazed by the beautiful set and attention to detail. When the play started, the actors portrayed the characters so well and it had me on my toes with all the tension and suspense. It was a wonderful performance and I would definitely watch it all over again! The plot, costumes, lighting ,sound and everything was amazing!"



## Reading Scheme



This half term a group of Year 10 students have been meeting every Friday morning during tutor time to listen to a group of Year 7 students read. The Year 10s helped the Year 7s to choose a book they would enjoy and they have been discussing the book together as well as reading it. It has led to the Year 7s getting to know the Year 10s well enough that they can ask them other questions about school life. The Year 10s have found the scheme very rewarding and have enjoyed being mentors as well as helping

with reading.

Next term we hope to involve more Year 7s and Year 10s so that even more students can benefit from this experience.



## **Enrichment Day**

Friday 17<sup>th</sup> November saw the first Enrichment Day of this academic year. Enrichment days are days when we suspend the timetable for the day to give students time to participate in a wide range of opportunities which either enrich or extend classroom learning, support personal development or offer opportunities to experience something new and develop new skills.

### Year 7

Our Year 7 students got involved in our 'Get Creative' cultural day!

They enjoyed a number of activities which included: a 'Boomwhacker' percussion workshop, Mexican cooking, mask making alongside Art and DT projects.

### Year 8

Year 8 had an exciting day out visiting the Science Museum. The Year group thoroughly enjoyed exploring the many exhibits and the hands-on experiments on offer at the Museum.

### Year 9

Year 9 took part in online workshops with 'Positively You' relating to motivation and resilience, History and Geography activities exploring the lives of the soldiers named on the Sunbury War Memorial and competing in a Race Across the World Competition.

Alongside these, they received an hour-long introduction to the Duke of Edinburgh Award Scheme – they even got the chance to show off their camping skills by trying their hands at putting up / taking down tents.

### <u>Year 10</u>

Year 10 explored issues surrounding healthy lifestyles – Mental Health, Substance Abuse with '2020 Dreams' and Sexual Health with 'Split Banana'.

They were also taught the 7 steps to CPR training and were able to show their new learnt skills on the CPR training manikins.

In addition, they took part in the alternative sport hour where students were able to try American football or cheerleading.

### <u>Year 11</u>

As well as one-hour sessions in English and Maths, our Year 11s were able to observe a theatre company staging their version of Macbeth. This was an informative production to help them with their understanding of Macbeth in preparation of their GCSE, which was followed by educational practical workshops.





## **Enrichment Day**

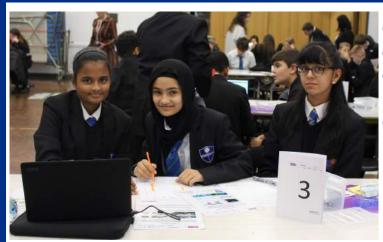








## Year 8 Heathrow STEM Challenge



On the 30th November and 1st December, the whole of Year 8 participated in STEM workshops that were delivered in partnership with Heathrow Airport. Using real-life scenarios, students learnt about the many different career paths available at the airport and, using a variety of skills, took part in a hands-on

Micro:Bit robot workshop. This involved students coding and programming a robot which had to leave the 'garage' and travel onto a 'runway' at Heathrow airport. Students also had to design their robot and use presentation skills to feedback to Heathrow volunteers on the success of their project. Many volunteers and employees from Heathrow were on-site to facilitate this workshop which also provided students the opportunity to learn about different career pathways and ask questions.



## Battlefield's Trip 2023

At the beginning of November, some of our Year 9 students travelled to France and Belgium on a WWI Battlefields Tour. During the weekend we visited Tyne Cot and Langemark Cemeteries, the Passchendaele Museum, Essex Farm Dressing Station, Vimy Ridge, Ypres and the tunnels under Arras. We learnt about warfare in this era of history and how the soldiers lived, through looking at exhibits, handling artefacts and exploring reconstructions of the trench systems used

At Ypres, we enjoyed some free time and chocolate shopping before being privileged to take part in the Last Post Ceremony at the Menin Gate. This ceremony has taken place every day at 8pm since 1928 to commemorate the soldiers who fought and died in the region during WWI. We were able to participate by laying a wreath on behalf of the school community and join in the two minutes silence. Before travelling we had undertaken research on the soldiers commemorated on the Sunbury War Memorial and it was very moving for students to find the memorials to some of the Sunbury Soldiers who lost their lives far from home.

It was wonderful to be able to take students away on these visits. A huge thank you to all of the staff who gave up their time to travel with the students and to the students who were a pleasure to be with, as well as, representing the school in such a positive way.

Isabella Braude and Summer Groves reflect on their experiences on this trip

"Recently, we were lucky enough to have the opportunity to visit multiple

astonishing locations, that really changed our perspective on the effects of World War One. It was a solemn and thought-provoking experience to see many rows of gravestones and pay our respects to the fallen soldiers.

During our visit to numerous cemeteries such as Langemark and Arras, we endured a sombre reminder of the devastating impact of the Great War.

We were welcomed invitingly by the staff of the accommodation we were in, and were provided with cosy rooms, satisfactory beds and homely food. During our time in Belgium, we went to the Tyne Cot cemetery, the largest commonwealth cemetery in the world. We also had the chance to learn about the history and stories of the soldiers buried there, some of which came from Sunbury! One of the most memorable sites was the cemetery and dressing stations in Flanders, where the famous poem "In Flanders Fields" by John McCrae was written. Whilst in Flanders, we were also able to walk inside of the dressing stations, giving us an understanding of some of the horrors that were endured by many men and nurses. Overall, the trip was not only educational, but also deeply moving. It reminded us of the importance of honouring and remembering those who gave their lives for us, and left a lasting impact on us all, all







## **NHS Production - Year 8**

On the 1st November, Year 8 participated in an NHS production. This was a drama based presentation, aiming to inform students of the diversity of opportunities available to them in the NHS and explore the fascinating world of healthcare. It was a fun and engaging production which informed our students of roles within the NHS that they were not previously aware of whilst also inspiring them to consider a variety of different career pathways.

Many students are now considering professions such as; doctors, paramedics, lawyers, pharmacists, nurses, therapists and paediatricians as they have a greater understanding of the day to day tasks these jobs involve and the training routes to get there.



## District Cross Country

On Wednesday 22nd November students from across school walked down to Hazelwood the home of London Irish Rugby Club to compete in the 2023 district cross country race. It was a rather cold day but the spirits were high and the students were ready to compete against the other schools within our district. Each year group consisted of a boys and girls' team. Our students were supportive of one another showed great sportsmanship. As the students finished there were some rather muddy legs appearing across the line but lots of smiles and laughs were had by all.

The competition was tough but in true Sunbury Manor style we tried our hardest and showed the hard work that our students put into their lessons. Overall, we finished third as a school but also had some great individual results. Year 9 boys were led to victory by Samuel Mckenna who took first out of the whole district and our Year 9 boys' team finished first overall. Our Year 11 girls also showed the determination to come out on top with another first place overall with our very own Jessie Perez Maier taking first place out of all the Year 11 girls in the district.

	Girls	Boys
Year 7	2 <sup>nd</sup> Sadie Jenner & 7 <sup>th</sup> Deborah Trindade	5 <sup>th</sup> - Billy Healey & 6 <sup>th -</sup> Yannis Turcu
Year 8		10 <sup>th</sup> Hayden Teager-Bridgeman
Year 9		1 <sup>st</sup> Sam Mckenna & 8 <sup>th</sup> Ed Parson
Year 10	2 <sup>nd</sup> Maddison Allushi & 8 <sup>th</sup> Grace Wearn	6 <sup>th</sup> Josh Parr & 10 <sup>th</sup> Adam Haart
Year 11	1 <sup>st</sup> Jessie Perez Maier, 3 <sup>rd</sup> Maisie Scarry, 7 <sup>th</sup> Amie Shaw & 10 <sup>th</sup> Ava Warren	4 <sup>th</sup> Daniel Trindade, 7 <sup>th</sup> Rhys Kenna & 8 <sup>th</sup> Aaron Bull







## Christmas Concert

This term, the Music Department showcased two lunchtime Christmas Concerts to a very supportive and appreciative audience. Christmas songs included old classics such as Jingle Bell Rock, Elton John's Step into Christmas and the more current songs such as Snowman from Sia and Christmas Tree Farm by Taylor Swift. We even had an 'Al' Christmas version of Shotgun!



Well done to all those who performed: Daniel Page, Noah McBride, Alecia Dwarka, Layla Galletly-Parfitt, Indy Welsted, Maisie Gregory, George Leach, Angela Hasrami, Adishri Bannerjee and Alice Skelley. Merry Christmas!









## Dungeons & Dragons Club



Dungeon and Dragons is a table top roleplaying game in which players create a character that they use to navigate a fantasy world and adventure guided by the dungeon master. As well as being a lot of fun, the game encourages players to work together to create an interesting story, improves problem solving skills, allows them to be creative in their actions and how that story goes while they explore the world the dungeon master creates.

Students need no prior experience to join us as we teach them how to play and provide them with everything they need to thrive in this amazing game.

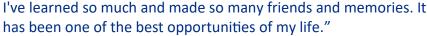
Dungeons and Dragons Club takes place in Hall A every Thursday after school. Please speak to Miss Dudley or Mr Burr if you would like to join this exciting new club.

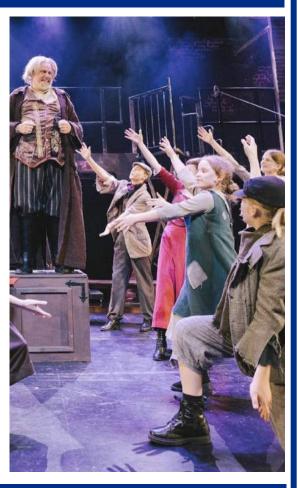
## **Celebrating Success**

### Layla Galletly-Parfitt - Year 9

"Over the October half term, I was part of the performance 'Oliver!' at the Rhoda McGaw Theatre in Woking. I played the part of a member of 'Fagin's Gang'. The show ran over four nights and had one matinee on Saturday. We started tech rehearsals on Monday 23rd October and had our dress rehearsal the next day. Shows were 25th-28th October and were all amazing.







### Summer Groves - Year 9



I have been in the Air Cadets since September of last year, so about a year and 3 months.

I have participated in many activities, courses and competitions. I have been air rifle shooting, taken part in parades, Duke of Edinburgh, training exercises and competitions (Elworthy competitions and Wing Field day) and many more experiences. I am also now qualified in essential first aid thanks to cadets. I have done lots of volunteering work and I now have over a five month streak of 'best uniform'. Furthermore, I have just been awarded 'Best Cadet of the Year' by my squadron for dedication to the squadron, personal development and support to others.



## A Celebratory Afternoon

On the afternoon of 20th December a large group of students met in Hall A to be recognised for their contribution to the life of the school and enjoy some festive treats.

Students had been nominated by their Head of Year or Tutor for embodying the values of the school – Respect, Kindness, Responsibility, Commitment and Community.

In an enjoyable end to the term Revd Wood presented certificates to the students explaining how they had

particularly reflected school values before everyone celebrated with cookies and cake! Congratulations to the following students:



### Year 7

Poppy Green, Lily Tran, Kiana Arora, Ben Vo, Lola Yaxley, Manasvi Makwana, Faye Berryman, Alexander Kutsynda, Crizel Monteiro, Thomas Storer, Ifeloluwa (Ife) Ojenike, Priyasakghi Ranjithganesh, Daniel Al-Najjar and Rishi Sadalge.

### Year 8

Giovanni Cocozza, Gargi Gupta, Angela Hasarami, Yunxi Liu, Peter Street, Amelia Walmsley, Han Wang, Emiliana Wakefield-Lapikens, Kailyn Squibb, Mylo Parson, Riley West-Beard, Ankunda Twiine, Priscilla Akintola, Idris Rajput, Jem Harris, Charlotte Redfern, Olademeji Ojo and Indy Welstead.

### Year 9

Annabelle George, Zak Varney, Summer Groves, Alecia Dwarka, Laycey Oman, Divine Omoike, Amie Clack, Albert Mitchell, Mila Lloyd, Abhijot Singh, Harsahib Baines, Maya Majhail-Mclean, Oliver Powell, Riya Tannk, Jeshmi Jeyaseelan, Mario Tusu, Layla Galletly-Parfitt and Ewan Waters.

### Year 10

Daniel Rodd, Juan Perez Martinez, Jasmine Arora, Jessica Burse-Johnson, Alex Gunning, Shreyas Sadalge, Owen Edwards, Elena Sabzi, Kyla Esteves, Sara Youssef, Dylan Berryman, Tessy Oliff, Jay Mears, Adan Takar, Molly Ahara, Will Macey, Justin Basanal and Angel Fernandez.

### Year 11

Katelyn Cheung, Jacob Davies, Willow Dight, Robin Whiddett, Zoe Stewart, Ayse Aydin, Luke Boulden, Fiza Zaidi, Takeshi Chan, Mohamed Jebari, Nyah Huddlestone, Imogen Taylor, Yazmin Ablett-Stilwell, Jacob Davies, Jessica Sinanian, Phoenix Pennock, Oliver Ancell and Durva Jani.



## What Parents & Carers Need to Know about

# OMETY

WHAT ARE THE RISKS?

### STRANGER DANGER

While young people generally know not to share personal information with strangers, the safety of their home and the distance offered by technology can make them feel more relaxed and uninhibited. Combined with the fact that OmeTV provides a webchat function - and anonymity - it can be an easy way for groomers to gather information, ask to connect on other social media platforms, or potentially request intimate images.

### **EXPLICIT CONTENT**

Unfortunately, there are a lot of users who use OmeTV's webcam feature to expose themselves. While users can swipe to the next call quickly, it's not something that can be filtered out completely – so young people could easily be exposed to highly inappropriate images.

### reporting Difficulties

When video calling, the other person's username is often hidden and therefore they can't be blocked or reported. There is a Report Abuse' tob at the bottom of the video, but the speed with which calls can swipe past can make it difficult to use this system. There's also little evidence to suggest that offenders are dealt with appropriately (through warnings or account termination, for

OmeTV is another app which encourages users to 'make friends from all around the world'. People can search profiles by age and gender and send direct messages or photos. However, the app is primarily used for video calls. When using this feature, users are connected at random, although only their country of origin is shared. People can then either choose to move on to the next chat or can stay in that call for as long as they wish.

W&H

### AGE VERIFICATION

Although the site states that users must be 18 or over, there's no way to verify this, and it's easy to use an existing Facebook account to log in, or for users to set up a fake account. To access OmeTV, users simply need to press a button confirming they're an adult, which means it's likely many users will claim to be much oldes than but yes.

### VIDEO RECORDING RESS

When young people are chatting live on a webcam, they could be coaxed by others into doing things they don't feel comfortable doing, or persuaded that no harm can come from it. What they don't know is whether the other user is recording them. These videos could then be used to embarrass or biackmall them, or they could be kept by a potential online predator.

## LIMITED PARENTAL CONTROLS

OmeTV has very limited parental controls. There is a 'safe mode', but this is of little practical use given that explicit content isn't litered out. While the site lists several rules and regulations, there are few apparent ways to enforce them or restrict what users can see or do.

## Advice for Parents & Carers

### FOLLOW AGE GUIDELINES

OmeTV has an age recommendation of 18 and over, which suggests the developers are aware that it may facilitate adult content. It's important to adhere to the age guidelines and try to restrict access to the app for younger users. If you find it on an under-18's device, talk to them about the potential risks and explain why they probably shouldn't be using it.

### octential it.

Remind your child of the dangers of talking to strangers online. The anonymity OmeTV offers, plus its webchat function, makes it an attractive place for groomers to network and create inappropriate content. Explain that your child may see something which upsets them — and that it's a crime for anyone to expose themselves to a young person online.

DISCOURAGE CHATS WITH STRANGERS

### **ENABLE PARENTAL CONTROLS**

DISCUSS THE DANGERS

Regardless of how responsible your child may be, it's essential to use parental controls on their device. It's easy for young people to get lured in by others, feeling they've built up a trusting friendship and being coaxed into doing things they wouldn't normally do. Ensure in-app purchases aren't enabled on their device, and emphasise that they can always talk to you about anything online that worries them.

Maintain communication with your child about online safety and empower them to protect themselves. Simply deleting an app from their device impacts their independence and can cause resentment. Instead, highlight news reports of predators exposing themselves to children on the internet, and discuss what they should do if asked for explicit images.

P@\*!#!



### Meet Our Expert

Dr Claire Sutherland is an online rately consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools, she has written various academic papers and carried out research for the Australian government comparing internet use and sextina behaviour of young people in the UK USA and Australia.



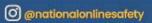
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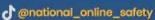


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Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 07.06.2023

### What to expect when you visit us

The CYP Haven is a safe space for children and young people aged 10-18 where they can talk about worries and mental health in a confidential, friendly and supportive environment. The kind and professional staff can help you to talk about what the issue is and find ways to ensure you get the right information. They may be able to help you access the right service. It may be that all you need is a space to relieve some of your anxieties and get advice on coping mechanisms. The staff are there to listen to you and to try to find ways to make your situation better





### cyphaven.net

Children & Young People's Haver Surrey County Council

one: 01483 519436 sb: www.cyphayen.n

### Children & Young People's Haven



### CYP Haven

cyphaven.net



### What we offer

Drop-in Wellbeing Service We offer drop-in mental health and wellbeing services at different locations within Surrey and a telephone service. Both of these services operate after school hours (except on bank holidays).

Shepperton-Mondays 16:30-18:30 Ash-Tuesdays 16:00-18:00 Redhill-Wednesdays 16:30-18:30 Epsom-Tuesdays, Thursdays 15:30-19:00

Please see our website for locations and travel information-www.cvphaven.net

### Support Line

Our telephone 'virtual' Haven operates during the week and on Sundays (except on bank holidays).

### Workshops

We run on-line workshops covering a wide range of mental health related topics on Sundays (except bank holidays)

Please see our website for details -

www.cyphaven.net/support-line-and-workshops

### **Additional Projects**

We run a number of other projects and activities. Please see overleaf for details.

For more information and general enquiries contactyouthoffer.haven@surreycc.gov.uk

### The CYP Haven Team

Our Havens are staffed by a specialised team of professional youth workers with a wide range of knowledge and skills in responding to the needs of young people with mental health concerns.

When you attend the Haven, the workers will help you to feel welcomed and respected. There will be no pressure for you to disclose anything that you are uncomfortable talking about. We can play games or take part in recreational activities like arts and crafts or cooking while you get to know us better. You are also welcome to come with a parent, carer, support worker or friend so that your first visit is not too daunting.

### **Additional Projects**

In addition to our Drop-in, Wellbeing, Support Line services and Mental Health Workshops we offer a range of activities and short courses outside of CYP Haven opening times.

### Superskills

We offer a programme of workshops aimed at building coping strategies and resilience in young people. The Superskills programme is based on tried and tested methods of challenging negative thoughts and behaviours

### Forest Skills

We offer a programme of outdoor activities designed to boost self esteem and wellbeing in the school holidays. These activities include, shelter building, fire lighting, woodland crafts and enjoying and appreciating spending time in the calm, beautiful natural environment

### Slow Grow

We run small scale horticulture projects in beautiful outdoor locations for young people who are not currently attending school as a therapeutic, confi-

### **Talking Teens**

We run a short 4-session course which helps parents get equipped with the skills and knowledge to effectively parent their teenagers through what can be a challenging, wonderful and very important stage in their development from children to adults

### Outreach

We offer flexible approaches to addressing the needs of young people in their communities. We also run pop-up stalls at local fun-days, fetes, festivals, schools and colleges. So come along and have a chat when you see our purple gazebo!

Please visit our website to find out about our opening times, The locations of our Drop-ins, How to contact our Support Line and other useful information

Scan the QR code or type 'www.cyphaven.net' into your browser for all the information







