

# Fowey River Academy

## Newsletter



#thesegirlscan

15th March 2020

# Heads Report by Ben Eddy

Dear Parents/Carers

I'm sure by now you have heard the news that Martin Dale has stepped down as Headteacher at Fowey River Academy, I would like to start my report by publicly thanking Martin on behalf of the staff, students and parents for his hard work and dedication to the Academy over the past four years. We wish him a speedy recovery and good luck with his career in the future.

You will also have read that I will continue as Acting Headteacher until a full time replacement has been appointed to start in January 2021. I am delighted to be staying and look forward to continuing to develop all aspects of the school with help from my colleagues, the students and of course the parents and carers. I very much value your opinions and am happy to discuss any issues or concerns that you may have.

In light of the coronavirus we have continued to monitor the latest government updates and have provided all classrooms with tissues and antibacterial gel as well as extra soap in all of the toilets. The latest news this morning is that all foreign trips for children under eighteen have been suspended. We will update you about any trips that we have arranged via parentmail as soon as we receive any confirmation. The link to this update is: <https://www.gov.uk/government/news/government-advises-schools-and-colleges-to-cancel-overseas-trips>

On Thursday night we had the first of our parents consultation evenings for year seven, we changed the format slightly and included help desks for the following areas: ICT and Firefly, Community, PSHE, SEND, Safeguarding and Governors. This allowed parents to seek solutions to questions or problems in between appointments with teachers, the feedback was that this was very useful and so we will continue this format in the future. The other parents evening are on:

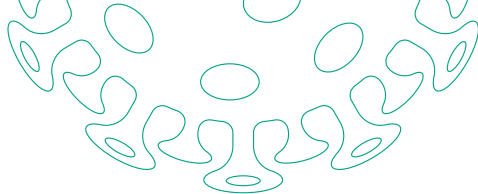
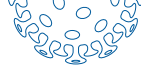
- 26th March Year 11 consultation evening
- 16th April Year 8 consultation evening
- 30th April Year 10 consultation evening
- 14th May Year 9 consultation evening
- 4th June Year 9 guided options evening

Your son/daughters report will be sent to you over the next week, this is a new style report and I hope that you will find this format much more useful. If you have any questions about the report please contact your Childs tutor in the first instance.

I look forward to meeting you when you come into the Academy.

Best Wishes

Ben Eddy



# Advice on the coronavirus for places of education

## How serious is the coronavirus?

- it can cause flu-like symptoms, including fever, cough & difficulty breathing
- the infection is not serious for most people, including children
- there is currently no vaccine
- most people get better with enough rest, water to drink and medicine for pain

## How likely are you to catch the virus?

- you can only catch it if you have been close to a person who has the virus
- the chance of being in contact with the virus is currently low in the UK
- if you have travelled to areas where many people are infected, your chance of catching the virus is higher, i.e. China and any affected areas

## How can you stop coronaviruses spreading?

### If you need to cough or sneeze



Catch it with a tissue



Bin it



Kill it by washing your hands with soap & water or hand sanitiser

### You should wash hands with soap & water or hand sanitiser



After breaks & sport activities



Before cooking & eating



On arrival at any childcare or educational setting



After using the toilet



Before leaving home



Try not to touch your eyes, nose, and mouth with unwashed hands



Do not share items that come into contact with your mouth such as cups & bottles



If unwell do not share items such as bedding, dishes, pencils & towels



Stop germs spreading with our e-Bug resources on hand and respiratory hygiene lesson plans for KS1, 2 and 3: [campaignresources.phe.gov.uk/schools](https://campaignresources.phe.gov.uk/schools)

## What should you do if you feel unwell?

Keep away from others and stay at home to stop the infection spreading. Avoid public transport if you think you have symptoms of coronavirus. If you become unwell at a place of education, tell a member of staff and let them know if you have travelled to any other countries in the last 14 days.

If your staff member or parent thinks you have symptoms of coronavirus, they should call **NHS 111** for advice. Follow the UK Government advice for childcare or educational settings [gov.uk/government/publications/guidance-to-educational-settings-about-covid-19](https://www.gov.uk/government/publications/guidance-to-educational-settings-about-covid-19). Parents can visit [NHS.UK](https://www.nhs.uk) to find out more information. Teachers and support staff should follow the UK Government advice.

Staff, students and pupils who have returned from Iran, specific lockdown areas in northern Italy, special care zones in South Korea or Hubei province China (returned in the past 14 days) should self isolate, and NOT attend education or work for 14 days.

See [NHS.UK](https://www.nhs.uk) for advice on coronavirus.

If there is an emergency, call 999 immediately



## Yr 9 Outdoor Ed & D of E

Year 9 outdoor ed this week explored team building. Students worked in groups to solve problems and build their endurance.

Students really enjoyed the experience and hopefully it will help them when they are on their Duke of Edinburgh expeditions.



## Yr 8 Science...Mark's Ark



"We participated in British Science Week last week, when Mark's Ark came into school and spent the day with everyone in Year 8. We learnt lots about spiders (and why the males let the females eat them), about the spiders' exoskeletons and compared them to our skeleton, and compared these to the skeleton of a huge python, and a skink.

We learnt about how barn owls hunt and how the conversion of old barns (where they nest) has dramatically reduced their numbers. We also got to hold the spiders, the skink, the huge python, the barn owl, and we took particular care holding Sophie the skunk (who is lovely).

We are very grateful to Mark's Ark for a wonderful and memorable day."

## Fixtures Report from Mounts Bay Trip

On Wednesday 11th March the **year 7 girls** football team played against Mounts Bay Academy in a windy 9 aside match. At half time the girls were 2-0 down but spirits were lifted when Kadie scored in the first five minutes of the second half. Mounts Bay awarded their player of the match to Kim after a fantastic effort throughout the game. We are delighted that the squad is growing each term and the girls are continuing to work hard in training. Keep up the good work!

A combined Year 7 & 8 football team and a combined Year 9 & 10 football team both **WON** in their matches against Mounts Bay 4-2; Mr Randall was extremely pleased with the boys' attitudes and team spirit. Well done!

The **7,8,9 Handball Team** lost their match to Mounts Bay 15-6 but made an excellent comeback in the second half and Mr Chapman commented on their team spirit to come back from being 9-1 down. Well done!



On Thursday and Friday students raised money for sport relief by paying to take part in some 'extra' fun activities.

On Thursday students pitted their skills against Mr Horton and Miss Martin at beat the teacher. Several penalties were scored but Mr Horton dominated the Badminton court and Miss Martin was a hot-shot at the basketball free-throw competition.

Year 8 took part in a 'Just-Dance-Off' between Mrs Smith's and Mr Horton's PE groups - a draw was awarded at the end which seemed to be a fair decision given the quality of dancing from both groups (including Mr Horton's Timber!) - Rasputin, Kung-Fu Fighting and Waka Waka were the songs of choice. Well done everyone involved; great fun! Friday lunchtime saw Fowey Favourite with a mixed years dodgeball tournament. Run by ex-professional dodgeball player Mr Waters the tournament involved a high range of skill, some reactive dodges, timely ducks, flexible dips, and a few exaggerated dives.

## WHAT YOUR MONEY DOES

When you donate to Comic Relief or Sport Relief, you're supporting people living incredibly tough lives in the UK and around the world.

Whether it's mental health, homelessness, domestic abuse or children struggling to survive - we make it our business to reach people who need it most.

## Endurance...

At Fowey River Academy we are committed to Values Based Education

|   |   |  |   |  |
|---|---|--|---|--|
| <b>VALUES BASED EDUCATION AT FOWEY RIVER ACADEMY</b><br>Keep your thoughts positive because your thoughts become your words.<br>Keep your words positive because your words become your behavior.<br>Keep your behavior positive because your behavior becomes your habits.<br>Keep your habits positive because your habits become your values.<br>Keep your values positive because your values become your destiny.<br>— Mahatma Gandhi<br><b>Enabling all pupils to become thinking, self-responsible and caring citizens</b> | <b>TO ENDURANCE</b><br>There's no such thing as we can't<br><b>CAN'T</b>  | If we try and don't succeed...<br><br>...we try again!      | Accept feedback and build on it<br>                |  |
|   | <b>EMPATHY</b><br>Listening to others instead of talking over them<br> | <b>NON-RESISTANCE</b><br>Improve with every thing we do<br> | Turn every setback into fuel to power forwards<br> | Always focus on what <b>WAS</b> best. Even better if <b>FOR</b> myself and others<br> |
|   | Treat others with kindness and respect<br>                             |  |   |  |

At Fowey River Academy our vision is to create conditions and a culture to support world-class learners.

Every 3 weeks we focus on teaching, modelling and giving our students the opportunity to practice a specific value that will help them succeed.

Over the last 3 weeks we have focused on empathy, students who have shown outstanding levels of empathy include:

Ebony Doney, Mila Van de Velde, Emmie Bulley, Sam Rule, Rio Ward, Sennen Julian, Gideon Palmer, Riley Tucker, Josh Simmons, Jack Hart, Erin Archibald, Pamela Simpson, Adam Thompson, Aggie Jeca

We now switching our focus to endurance  
**3 weeks to focus on your ability work hard, persevere be resilient, know that mistakes are how we learn.**



We will provide our students with strategies to:

- Persevere if you get stuck
- Know that it is ok to make mistakes and get frustrated as it is vital for learning to happen.
- Cope with distractions.
- Deal with things when they get as bad as they can be and have the ability to see things when they are good as they can be

## What's on...

16<sup>th</sup> March World  
Book Day

16th/17th March  
World of Work  
Yr 7/8

19th March  
Speed  
Networking  
Yr 9

16<sup>th</sup> March Year  
11 Easter  
Revision  
Programme  
Bookings Open

Wednesday 18<sup>th</sup>  
6-7pm  
Aspire360 Parents  
Meeting

26th March Year 11 consultation evening  
16th April Year 8 consultation evening  
30th April Year 10 consultation evening  
14th May Year 9 consultation evening  
4th June Year 9 guided options evening

County Rugby 7's  
Yr 7 @ Pool 26<sup>th</sup> March  
Yr 8 @ Penair 18<sup>th</sup> March  
Yr 9 @ Pool 24<sup>th</sup> March

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to help an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

The latest digital trend growing in popularity for our children are apps on their phone or tablet that look like one thing but are secretly hiding another purpose. They first became particularly popular in 2016. However, children are becoming more and more familiar with 'secret' photo hiding apps, where an app which looks relatively ordinary is actually a hidden gateway to private photos and videos. These apps allow their users to hide images, videos and notes within the app which is also passcode protected. One of the most common types of hidden app used is a 'fake calculator' app however many others are also available.



## What parents need to know about HIDDEN PHOTO APPS

### MAY HIDE 'SEXTING'

The most common use for the apps is to hide 'sexting' images which young people may be sending or receiving. The problem is posing openly as young students and from an increasingly early age. Not only is sexting dangerous, but it is illegal when it involves a minor even if both the sender and receiver are underage. By storing and sending these images young people should be aware that they are committing a crime.

### PRIVACY RISK

If you are aware that your children are using the app, you should read the usual print or in-app policy/terms and conditions to ensure the developers do not have access to any of the images stored on the device. If the phone is linked to a cloud storage, then the images stored are also in danger of being released. Fake applications is compromised/hacked.

### ENCOURAGE IMPULSIVE BEHAVIOUR

Young people tend to act more impulsively. If they believe that their behaviour will go unnoticed and remain secret, so often they will produce content for those apps thinking that it will be safe. Let's face it, how many adults read all the small print in the terms and conditions, so why would we expect our children to.

### BYPASS PARENTAL CONTROLS

Although these apps are not specifically 'targeting' their advertisements towards children they can generally be used by anyone over the age of 6. This means that these apps will not be blocked automatically by parental controls. While online platforms, such as Apple, have removed these apps on numerous occasions from their app stores, due to their popularity and potential profitability for creators, they continue to be produced and find their way into the stores available for download.

### FAKE/DECORY PASSWORDS

Some of the most secure apps that are available offer the ability to set-up a decoy feature as an added layer of security. This allows the user to provide a 'fake password' which, when used, directs people to a decoy folder containing content of the user's choice or just decoy photos. The real password provides access to the secret folder within the app.



## Safety Tips for Parents

### TRY TO REMAIN VIGILANT

There is a natural human tendency to believe that what we see on screen is real and accurate. If you are monitoring your child's phone but, for convenience, you may want to look at their phone, the search features on a phone can be used to spy on your child. Try to talk to your children in a positive way, rather than using them to take control of their online presence and what they are posting to others. Remind them that they always have a choice and that they can say no to anything that makes them feel even the slightest bit uncomfortable.

### QUESTION THE AUTHENTICITY OF DUPLICATE APPS

You should be aware that almost every mobile device will have pre-installed apps, such as notes and calculator, so if the icon or anything else would look for duplication of these apps. By default, the pre-installed apps are arranged in order displayed on the first page of the home screen.



### DISCUSS THE DANGERS OF 'SEXTING'

Ensure your child is aware of the dangers of sexting, and how it is illegal to keep and distribute images of yourself. Try to talk to your children in a positive way, rather than using them to take control of their online presence and what they are posting to others. Remind them that they always have a choice and that they can say no to anything that makes them feel even the slightest bit uncomfortable.

### LOOK OUT FOR IN-BUILT 'HIDDEN' FEATURES

iPhones have the option to lock apps with the default 'Screen Time' app. Users can create images into a safe file and lock it using Touch ID and a password. In addition, iOS allows their users to move images to a 'Hidden' folder in the photos app. When an image is moved to the hidden folder, it is removed from the 'All Photos' folder. To find this folder, open the Photos app, scroll down and click 'Hidden'. Users may also create folders to try and hide the app from their home screen or in a second or third page. If you see a folder on your child's device, ensure you check each page for hidden apps.

### CONTROL APP USAGE

If you own a child's device, it is best to use your Apple ID account, you are able to set a password for downloading apps which only you know. This will mean every time your child tries to download an app, they will need your password to do so. If you do not have access to your child's Apple ID you can delete the app without a password. This will delete any images stored on the app and will not be recoverable, even if the app is reinstalled.

### Meet our expert

Emma Davies is a cyber security expert and former ICT teacher. She delivers cyber awareness training to organisations nationally and has extensive knowledge and experience of managing how children access services and apps online.





# We Are



The Leading Edge Academy Partnership

