

The Ammonite

A weekly newsletter for students, parents, carers, families and friends of Wellsway School

Message from the Principal

Dear parent/ carer



Opportunity

This week sees the release of our updated clubs and activities list and we have been highlighting with the students the range of opportunities that they could stay behind after school and take part in. Activities out of the classroom help to develop skills, particularly resilience. It was great to see our courts back in action for tennis on Tuesday night as part of this offer.

There is more below from Mrs Rogers on a range of trips also becoming available later this term and a report back from the recent Futura UCAS fair.

Year 12 and Year 9 have been busy with internal exams this week and they are to be congratulated on their behaviour and conduct.

This weekend we see our silver DofE students make the trip to South Brent in Dartmoor for three days of their expedition, Mr Sage has been particularly impressed with their route planning and I am sure they will enjoy their beautiful surroundings as they make their way to Haytor.

Mr Gascoyne has been busy this week with a turf cutter creating beds in our garden that borders the Chandag entrance. He is incredibly grateful for the donations of plants after last week's request - do keep them coming in (they can be placed over the fence or students could drop them into G4L). His next project is to work on creating a Jubilee hedge along the front of our school with planting taking place at the start of the autumn term. Pictures below of the kitchen garden.

Finally, we are delighted that our Year 11 football team came from 1-0 behind to win their Somerset Cup Final 4-1 against Nailsea School on Wednesday afternoon. Both teams are to be congratulated on reaching the final and for the display they put on. We are incredibly proud of all the achievements we have seen this year and to the many who have reached the later stages of the cup competitions. It is fantastic that one of our teams has now won! There is more on this success below and we wish the team the best of luck in their next fixture which is the B&NES final against Norton Hill.

Well done to all our students on their successes this week.

Best wishes

Rob Pearsall
Principal & Executive Head of School
Wellsway School and IKB Academy

Issue : 1030—Friday 6th May 2022

Key dates

Thursday 12th May

HPV vaccinations for Y8 students

Wellbeing Parent/Carer information evening 6-7pm

Saturday 14th & Sunday 15th May

DofE Bronze Practice Expedition

Student Attendance

Attendance—A reminder that when sending emails regarding student attendance, please send them to our enquiries email inbox - enquiries@wellswayschool.com with the subject FAO Attendance Improvement Officer Ms Louise Fox or email direct to Ms Fox lfox@wellswayschool.com. Please do not email direct to Miss Lucy Fox - lfox@wellswayschool.com who is one of our science teachers. We realise that this is an easy mistake to make and thank you in advance for your support with this request. Mr Ive.



Under 16 Somerset Champions!!

Congratulation to the year 11 football team for winning the Under 16 Somerset cup!!

On Wednesday 4th May, the year 11's played against Nailsea in the final of the Somerset cup at Bridgewater College. This was always going to be a tough fixture and the tone was set from the very kick off, with a very high tempo and both teams going in with strong challenges. Wellsway came very close to opening the scoring in the first ten minutes, and continued to pile pressure on the Nailsea goal, but were unable to break the deadlock. With eight minutes left in the first half, Nailsea turned the ball over in the Wellsway half and a deflected cross floated into the Wellsway goal. At 0-1 down at half time, Wellsway knew they needed to increase the pressure and that is exactly what they did. Soon after the restart Theo L scored an equaliser, quickly followed by Keegan M. Wellsway were clearly motivated now and further goals from Alex H and Joel M sealed a 4-1 victory. Man of the match: Theo L.

This is the first time a Wellsway under 16 team has won the Somerset Cup! An excellent performance from the whole team and now they turn their attention to the B&NES final against Norton Hill.

Mr Evans



AVON Sportshall Athletics

From the B&NES Sportshall Athletics competitions, a number of our students qualified for the AVON Sportshall Athletics championships.

One of our students, Ewan S (year 7), had an excellent day winning the 6 lap competition, the shot put and the triple jump (winning the year 8 competition in the process). A massive congratulations to Ewan!!

In the same competition, Yoskar W won the year 7 triple jump competition. Well done Yoskar!!

In the girls competition, Molly L and Maggie T (year 7 and year 8) came 5th and 6th in the 2 Lap race and Maggie came second in the Vertical Jump competition. Well done to both Molly and Maggie!

West of England School Games Final

On Thursday 28th April, the year 8 girls and year 7 and 8 boys Sportshall Athletics teams took part in the West of England School Games Finals. It was a great afternoon of competition for all teams and students.

Wellsway performed really well and the year 8 girls team finished 5th with both boys teams finishing 7th. Well done to all students who took part.





Goodbye Year 11 prefects...Hello Year 10 Prefects

Last year we introduced Year 11 Prefects as a new student leadership opportunity, and have been blown away by how brilliant our 38 year 11 prefects have been!

Wellsway Prefects are positive role models to the rest of the school and are easily identified by their prefect tie. This year, our Prefects have been a credit to our school, and they have approached every opportunity, task and errand that we have thrown at them with great confidence and a smile on their face!

During the year Prefects have helped out with open evenings, were central to the success of our Year 6 transition day and have attended weekly Year 7 tutor sessions.

On behalf of the entire staff at Wellsway, we would like to take this opportunity to thank all of our brilliant Prefects for all their hard work and wish them luck in their upcoming exams.

So, as we will soon say goodbye to our current Prefects, we are excited to begin the search for our next group of fantastic role models. Today we held a Year 10 assembly to share information about the role and on how students currently in Year 10 can apply to become a prefect. Letters will be sent to parents/carers of students in Year 10 and I would like to this opportunity to encourage all parents/carers to discuss applying to become a prefect with their child.

Miss H Davies

Benefit Related Free School Meals-All School Years

If you receive any of the benefits listed below, please register for benefit related free school meals. Registration could attract Pupil Premium funding for the school which can be used to support your child.



Bath & North East
Somerset Council

- Universal Credit (provided you have an annual net earned income of no more than £7,400, as assessed by earnings from up to three of your most recent assessment periods)
 - Income Support
 - Income-Based Jobseekers Allowance
 - Income Related Employment Support Allowance
- Child Tax Credit (WITHOUT Working Tax Credit) and have an annual household income (as assessed by HMRC) below £16,190
- Working Tax Credit **Run-on** which is **only paid for 4 weeks** after you STOP qualifying for Working Tax Credit
 - The Guaranteed Element of State Pension Credit

Support under PartV1 of the Immigration and Asylum Act 1999

If your child is due to attend Wellsway School from September and currently attends a school outside of B&NES, it is essential that you reapply to the B&NES FSM team using the details below. This will ensure that their record of eligibility is transferred to our school systems and also will make sure you don't miss out on any super-market voucher schemes which are issued. Records of eligible students attending B&NES schools will automatically be transferred to us.

Apply online at <https://beta.bathnes.gov.uk/apply-free-school-meals>

Email the team at freeschoolmeals@bathnes.gov.uk

or call 01225 394317 – please leave a message if you reach our answerphone.

or contact Mrs Rogers in school, frogers@wellswayschool.com for further information or advice.



Educational Visits News

After a forced absence of off-site visits, it is fantastic to be able to share news of an action-packed term ahead. In addition to those mentioned below, we are securing many other opportunities and we look forward to sharing details in due course. Keep a close eye on the Ammonite and your emails over the coming weeks.

Silver Award DofE students have set off on their 3-day qualifying expedition, putting into practice all the trekking, navigation, teamwork and camp craft skills learned on the Exmoor practice expedition. We are very appreciative of the enthusiasm and commitment of Mr Sage and Mrs Denning to give our students this opportunity to achieve the award and create some lasting memories at the same time. Parents and carers have also been a great support in making sure students have their kit organised and providing lifts where necessary.

Year 12 and 13 Theatre Studies students had a thought-provoking evening at Bristol Old Vic this week watching a performance of Giles Terera's play 'The Meaning of Zong'. The play serves as an inspiration for how individual and collective action can drive unimaginable change and was an important opportunity to see live theatre. Thanks go to Miss Coles and Miss Davies for giving up their evening and to parents and carers who supported with transporting students to and from the theatre.

Year 10 Geography students are strongly encouraged to sign up for the field trip to the Holford River in the Quantocks by the deadline of 9.00am, Friday 13th May. Depending on their class, students will go on either 17th or 18th May and the payment/consent option will be live in your online payment account by the end of Monday. Full details sent via Insight.

Year 12 Biology students should have now paid the £95 deposit for the residential trip to FSC Margam, South Wales. We will be in contact with further information in due course.

Year 12 students will be given the opportunity to visit the University of Bath on 18th May and final details will be shared via Insight imminently.

We will soon be in touch requesting payment for **Mamma Mia** tickets for those Year 7 & 8 students who previously signed up.

Student Well Being Parent Carer Information Evenings

On Thursday 12th May will be the first of two Student Well Being Parent Carer Information Evenings.

Androulla Nicolaou (Andri) will host a virtual workshop for parents and carers on Child Sexual Exploitation, Child Criminal Exploitation and Online Safety. Andri works with Avon and Somerset Constabulary (under Operation Topaz) and is very experienced in delivering high quality, preventative work to schools across our region.

Andri will also be delivering assemblies to students in years 7-10 throughout the school day.

The 2nd Student Well Being Parent Carer Information Evening is scheduled for Thursday 9th June, which will focus on supporting young people with their mental health, online safety and the dangers of vaping.

Specific details of how to register for the above events will be sent this term.

Mr Ive.



kooth

Chat, listen, share, understand.

We can all feel lonely at times. And that's ok.

Mental Health Awareness Week

9th of May - 15th of May

Join our mental health and wellbeing community today to **chat with a professional and connect with peers** by visiting **Kooth.com**



Kooth's tips on coping with loneliness

kooth

- 1 Practise gratitude
- 2 Be mindful of making comparisons
- 3 Start Something New
- 4 Share how you are feeling or lend a listening ear
- 5 Finally, be gentle and patient with yourself

Join our mental health and wellbeing community today to **chat with a professional and connect with peers** by visiting **Kooth.com**

The infographic features a pink building on the left with windows showing people. The background is light blue with clouds. The tips are presented in white clouds with orange numbers.



kooth

Coping with Exam Stress?

Positive affirmations

Moving your body

Mapping out your studies

Taking a moment

Talking about what's on your mind

Journaling and music

Taking care of your needs

Take a break

Switching off

Find free, safe and anonymous mental health and wellbeing support on **Kooth.com**

The infographic shows three people sitting at a desk with laptops. The background is teal with a light blue arc. Tips are on white sticky notes.



UCAS Fair

It was a pleasure to take Year 12 Wellsway and Futura Sixth students to the UCAS Exhibition.

Students visited a range of stands to get information on degrees, apprenticeships, and considered routes into future employment.

It was great to see students raise their aspirations, alongside widening their options and the courses they look to consider. On the return journey there was a real buzz and many individuals are now considering 4-year courses with work placements abroad and in the UK.

The aim of this event was to support Year 12s to consider their next step. During term 6, the students will be given more guidance during their enrichment sessions on the variety of applications they could make, and they will have guest speakers to talk further about apprenticeships and how to write captivating personal statements.





News from the garden!

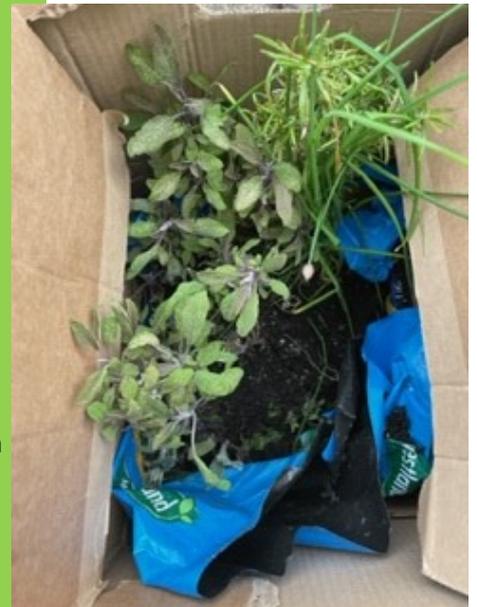
The Wellsway School garden (project) continues to grow! But no plants in the ground as yet...

The PTA have kindly funded a turf cutter for a week, and this is being used to make room for some flower beds - cottage-style and pollinator-friendly (see appeal at the end!) We are using the cut turf to fill raised veg beds constructed by pupils earlier in the term. We plan to add kitchen waste collected from food tech classrooms and cover them in black plastic until next spring - by which time we're expecting rich, crumbly compost.

Labelled collections of donated seeds, divided plants, and spare cuttings of bee-friendly plants and self-seeding cottage flowers are beginning to arrive in school daily to go into the newly formed flower beds. We'll recognise the main ones, but it would help if you could label each plant with it's name and colour - and if you'd like to, your name as well.

If you'd like to donate, please just place them over the fence!

Happy growing,
Mr Gascoyne



'My Relationships in PSHE'

During this term, students in years 7 to 10 will be exploring the theme of 'My relationships' in PSHE.

Session content for week commencing 2nd May:

- Year 7: A healthy relationship and my qualities
- Year 8: Control in relationships and personal space
- Year 9: Being confident and beauty standards
- Year 10: Relationship cycles and healthy relationships

Tennis

"Great to see so many students taking part in tennis club this week.

Many fixtures to come during Term 5 and 6, so please come along on a Tuesday if you want to be involved".





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

What Parents & Carers Need to Know about GROUP CHATS

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WHAT ARE THE RISKS?

Occurring through messaging apps, on social media and in online games, group chats are among the most popular ways that young people engage with their peers online. Involving, by definition, three or more individuals, these groups allow users to send messages, images and videos to everyone in one place. While they are useful for helping friends, people with shared interests or members of a club to communicate and coordinate activities, they can also leave young people feeling excluded and bullied – as well as providing opportunities for inappropriate content to be shared and viewed.

BULLYING

Unkind comments or images which are purposely aimed at an individual can be shared freely in a group chat – allowing and often encouraging others to join in the bullying behaviour. If this content is shared in a group of their peers (especially a larger group), it serves to amplify the hurt, embarrassment, anxiety and isolation that the victim feels.

EXCLUSION AND ISOLATION

This common issue with group chats can happen in several ways: starting a new group, for instance, but deliberately excluding a certain child. Likewise, the chat may take place on an app which one child doesn't have access to, meaning they can't be involved. A child can also feel isolated when a group chat is used to discuss or share images from an event that everyone else but them attended.

INAPPROPRIATE CONTENT

Some discussions in group chats may include inappropriate words, swearing and unsuitable images or videos. These could be viewed by your child if they are part of that group, whether they actively engage in it or not. Some chat apps have a disappearing message function, so your child may be unable to report something they've seen because it can only be viewed once or for a short time.

SHARING GROUP CONTENT

It's important to remember that – while the content of the chat is private between those in the group – individual users can easily share a message, photo or video with others outside of the group or screenshot what's been posted. The risk of something your child intended as private becoming public (and potentially going viral) is higher if there are people they don't know well in the group.

UNKNOWN MEMBERS

Within larger group chats, it's more likely your child will be communicating with people they don't really know. These strangers may be friends of the host, but not necessarily friendly toward your child. It's wise for young people not to share personal details and stay aware that they have no control over the messages and images they share after they've put them online.

NOTIFICATIONS AND FOMO

A drawback of large group chats is the sheer number of notifications. Every time someone in the group messages, your child's device will be 'pinged' with an alert; potentially, this could mean hundreds of notifications a day. Not only is this highly distracting, but young people's fear of missing out on the latest conversation results in increased screen time as they try to keep up with the chat.

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Advice for Parents & Carers

CONSIDER OTHERS' FEELINGS

Group chats are often an arena for young people to gain social status. This could cause them to do or say things an impulse, which could upset others in the group. Encourage your child to consider how other people might feel if they engaged in this behaviour. If your child does upset a member of their group chat, support them to reach out, show empathy and apologise for their mistake.

GIVE SUPPORT, NOT JUDGEMENT

Remind your child that they can confide in you if they feel bullied or excluded in a group chat, instead of responding to the person who's upset them. Validate their hurt feelings and help to put them back in control by discussing how they'd like to handle the situation. On a related note, you could also empower your child to speak up if they're in a chat where others are being picked on.

BLOCK, REPORT AND LEAVE

If your child is in a chat where inappropriate content is being shared, advise them to block the users sending the material, report them to the host app or platform and exit the group. If any of this content could be putting a minor at risk, contact the police. Emphasise to your child that it's OK for them to simply leave any group chat that they don't feel comfortable being a part of.

PRACTISE SAFE SHARING

In any online communication, it's vital for young people to be aware of what they're sharing and who might potentially see it. Discuss the importance of not revealing identifiable details like their address, their school or photos that they wouldn't like to be seen widely. Remind them that once something is shared in a group, they lose control of where it may end up and how it might be used.

AVOID INVITING STRANGERS

Sadly, many individuals online hide their true identity to gain a child's trust – for example, to gather information on them, to exchange inappropriate content or to coax them into doing things they aren't comfortable with. Ensure your child understands why they shouldn't add people they don't know to a group chat – and, especially, to never accept a group chat invitation from a stranger.

SILENCE NOTIFICATIONS

Having a phone or tablet bombarded with notifications from a group chat can be a massive irritation and distraction – especially if it's happening late in the evening. Explain to your child that they can still be part of the group chat, but that it would be healthier for them to turn off or mute the notifications and catch up with the conversation at a time which better suits them.

Meet Our Expert

Dr Claire Sutherland is an online safety 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 sexting behaviour of young people in the UK, USA and Australia.



Source: <https://www.nationalonlinesafety.com/parents-carers-what-you-need-to-know-about-group-chats>



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LONELINESS ONLINE: What Causes It and Ways to Feel Better

Have you ever been online and felt a little bit lonely?
In a recent study, 14% of 10–12-year-olds said they often felt lonely, so you're not the only one who sometimes feels that way. We spoke to a group of children and teenagers, who told us some of the things that make them feel isolated when they're online.

CAUSES OF LONELINESS ONLINE

-  Seeing photos or videos of friends having fun without me
-  Being excluded from group chats or games with friends
-  Friends or family not replying to texts or answering my calls
-  People being unkind to me online
-  When friends leave my group chat



WHAT CAN YOU DO?

So if these things happen to you and you start to feel down, what can you do? The same young people also told us how they make themselves feel less lonely when they're online – and we've collected some of their advice to share with you.

- Tell a friend or a trusted adult that you feel lonely
- Watch funny videos of cats and pandas
- Watch yoga videos and do some exercises
- Play single-player games you enjoy
- Listen to happy music
- Listen to your favourite audiobooks
- Send nice messages to your friends and family
- Play games with friends who you trust, if they're online too



TAKE A BREAK

Sometimes the best thing you can do is to take a break from technology and do something offline that makes you feel happy.

Here's what our group suggested!

- Paint or draw pictures
- Play with a pet
- Write about your feelings
- Hang out with your family
- Get outdoors & enjoy nature



FURTHER SUPPORT

Remember, it's normal to feel a bit lonely sometimes – but if it's really upsetting you, and you have no-one to talk to, you can call Childline for free on

0800 1111



National Online Safety

#WakeUpWednesday



CAREERS NEWSLETTER

Wellsway School Careers Hub -

Drop in to ask a question, enquire about anything 'careers' OR

Email – careers@wellswayschool.com



Parent/Carer Information

The **West of England** has some **specialist industries**, which employ more people proportionally than the national average; *Civil Engineering • Education and Knowledge Creation • Creative • Financial and Legal Services • Digital*

Would you like to know more about your child's career options and opportunities

<https://icould.com/information-for-parents> OR <https://www.careerpilot.org.uk/parent-zone>

Students

General Information & Events

BIMM (Music specialism) Open Day- <https://www.bimm.ac.uk/open-days/bimm-bristol-open-day-07-05-22/>

Are you looking to be an Architect ? - <https://investin.org/blogs/news/architect-day-in-the-life>

The Robins Foundation have their final open events of the academic year.

May Football Taster Session – Tuesday 10th May, 4:15pm – 5:30pm @ The Robins High Performance Centre – [Sign Up Here!](#)

[Robins Foundation website](#) download a copy of the digital prospectus.

For students in Yr11 or Yr12: Virtual Insight into University Experience

visit <https://www.etrust.org.uk/insight-into-university>

What A-Levels should you take ? - <https://investin.org/blogs/news/choosing-a-levels>

Access Creative - Access Creative taster days - 13th of August, for our 'New For 22' courses that start in September this year!

<https://www.accesscreative.ac.uk/open-events/acc-new-for-22/> also **Open Event 3rd May** <https://www.accesscreative.ac.uk/open-events/>

South Bristol College Jobs and Apprenticeships Fair - Thursday 12 May 2022

11am-2.30pm

The Highest Paid Jobs You Can Do Without a Degree - <https://www.futurelearn.com/info/blog/highest-paid-jobs-without-degree>





Work Experience Opportunities

Speakers for Schools are offering a great range of online experiences of the work place; <https://www.speakersforschools.org/experience-2/work-experience/>

BT are offering a wide range of Work Experience opportunities; [link](#)

Summer Career Experiences – [link](#)

Virtual Work experience with a wide range of employers – [link](#)

INVESTIN

Summer 'career experiences' – [link](#)

****Medicine Summer Experiences - In hospitals and clinics in London | For Ages 12-18 - [link](#)**

**** There is a cost to these opportunities**

Volunteering Opportunities

Volunteering opportunities in Keynsham – <https://www.keynshammencap.org.uk/volunteer/>

<https://keynsham.foodbank.org.uk/give-help/volunteer/>

<https://doit.life/volunteering-opportunity/md/118643>

Post 18/HE

Explore a range of different subject spotlights and compare university profiles all in one place - [link](#)

For students in Yr12: Residential Insight into University Experience. Dates, cost, requirements, content of each course and the application form, visit <https://www.etrust.org.uk/residential-insight-into-university>

Deloitte (Finance) apprenticeship events - <https://www2.deloitte.com/uk/en/pages/careers/articles/student-events.html>

Pembroke College (Cambridge) have a series of Year 12 Natural Sciences taster sessions coming up: <https://www.pem.cam.ac.uk/yr12natsci>

Year 12 Mathematicians looking at Oxbridge next year ??

On May 7th at midday Trinity Hall Cambridge will be holding an information session on the Mathematics Tripos for interested potential applicants. It will take place on Zoom.

Any students / potential applicants can register onto the event [via this link](#)

The full programme can be found here: <https://www.maths.cam.ac.uk/undergrad/admissions/openday>

Career Pilot

Careerpilot



Career pilot is a fantastic resource! Students can sign up to link with the school, and can find out information about the range of options and opportunities.

Use this link www.careerpilot.org.uk, or scan the QRcode.