



**Our Vision:**

*To develop aspirational learners who strive for excellence academically, creatively and culturally, benefitting from a wide range of opportunities led by inspirational educators.*

## AUTUMN 2023 NEWSLETTER

Dear Parents / Carers & Pupils

I would like to start by wishing you all a wonderful Christmas. I hope that you all get to spend some quality time with family and friends to celebrate the holidays.

It has been an incredible Autumn term as we continue on the excellent work that has taken place at Shirley High School. Pupils and staff have continued to show outstanding commitment to learning and have supported the wide range of opportunities available at our school.

We can't wait to return in 2024 and are already planning some fantastic events that will help improve our pupils academically, socially and culturally. We hope to announce more events that provide a platform for pupils to demonstrate their talent and also opportunities for academic success for those in their final examination years. We remain relentless in our drive for improvement and hope that all visitors see the hard work and dedication that underpin the values and expectations of our school. It remains a wonderful and exciting time to be part of our Shirley High School journey.

They say that a major part of success is turning up and that is why attendance to school is so important. For teachers to provide quality teaching at first we need pupils to be in front of them. Can I reinforce the need to have over 96% attendance and if this is achieved pupils will be well on track to fulfil their potential.

It has been great to see our pupils taking part and supporting in so many events. The goal we set ourselves as a school is to develop successful well-rounded global citizens that have the skills and ambition to make a significant contribution to society. Our journey of excellence will continue and I hope by working more together, our pupils will gain memories and experiences that will last a lifetime.

I wish you all a Merry Christmas and Happy New Year and I look forward to seeing you all safe and well in 2024.



**Principal  
T Myton**

Compassionate

Respectful

Creative

Relentless

Aspirational

Resilient

**Our Mission:**

*Shirley High School's mission is to offer a high quality education to all learners within an inclusive and respectful environment. An environment where all are consistently challenged and supported to be successful, well rounded global citizens.*

### SPECIAL DATES OF INTEREST:

Monday 8 January 2024 – School Opens for Spring Term (normal times)  
Monday 29 January 2024 - Friday 9 February 2024 - Year 10 PPE 1  
Tuesday 30 January 2024 - Year 12&13 Parents' Evening  
Thursday 8 February 2024 - Year 11 Parents / Revision Evening  
Monday 12 February 2024 - Friday 16 February 2024 - Half Term School Closed (1 week)  
Monday 19 February 2024 - Friday 1 March 2024 Year 11 PPE 4  
Friday 19 February 2024 - Friday 15 March 2024 - Year 7 Assessment Window Deadline  
Friday 19 February 2024 - Friday 15 March 2024 - Year 8 Assessment Window Deadline  
Friday 19 February 2024 - Friday 15 March 2024 - Year 9 Assessment Window Deadline  
Monday 11 March 2024 - Friday 22 March 2024 - Year 13 PPEs  
Thursday 14 March 2024 - Year 10 Parents' Evening  
Wednesday 27 March 2024 - Year 8 Parents Evening  
Thursday 28 March 2024 - School Closed for Easter Holidays

*Artwork by Isaac Obafemi Wilcox 12S*



*Merry Christmas & Happy New Year*

*From Staff, Governors & Pupils of  
Shirley High School*



## COMMENDATIONS

On 23 September 2023, Cecilia Takyi, 11E performed at the prestigious Golden Lion Awards ceremony at Fairfield Halls in Croydon.

The Golden Lion Awards organised by the Charles Gordon Trust is an annual show, celebrating community excellence.

The star-studded event, hosted by Richard Blackwood and Kas Crossley, saw Cecilia sharing the stage with names such as So Solid Crew, Britain's Got Talent's IMD Legion Dance, Slim the Comedian, Vocalist Michelle John and many more. The event was a glamorous and enjoyable night and as a school, we are very proud.

Congratulations to Cecilia and well done.



Congratulations also go to Martyna Kurec's 12H for being shortlisted in the OxBright Essay Competition Awards Ceremony which took place on 28 October 2023.

At the Awards Ceremony, winners were announced in each subject category, and the overall winner. The results have now been published on their website, along with a recording of the Awards Ceremony and the overall winning essay. You can see them here:

<https://www.oxbright.org/resources/essay-competition/essay-competition-results/>

While Martyna didn't win, being shortlisted among a competitive field of over 1000 entries is a great achievement, and everyone at Shirley High School Performing Arts College feel very proud.

**T Myton - Principal**



### **Shirley High School Performing Arts College success in OxBright Essay Competition!**

Congratulations to Shirley High School Performing Arts College pupil Martyna Kurec, who was successfully shortlisted in the OxBright Essay Competition 2023!

OxBright's mission is to inspire students to succeed, find their purpose and make a difference in the world. They do this by offering courses, internships, conferences and resources for teenagers, and you can find out more on their website:

<https://www.oxbright.org/>

Martyna Kurec wrote a brilliant essay answering the question "How can long-term thinking in the field of Creative Writing foster optimism about the future?"

The panel of judges were very impressed with Martyna's essay, shortlisting it within a competitive field of over 1000 entries. Martyna's prize was a free place at an OxBright academic conference.

Entering an Essay Competition is a great way to prepare for university applications, think deeply about a topic beyond the school curriculum, and widen your academic horizons. OxBright warmly welcome entries from Shirley High School Performing Arts College for future Essay Competitions, and any students who are interested can find out more here:

<https://www.oxbright.org/resources/essay-competition/>

Many congratulations again to Martyna Kurec!

## SCHOLARSHIP NEWS

In September, we welcomed our new scholarship cohort. They all wear their new Nike Air Force branded kit with pride and their pictures adorn the walls in the Performing Arts block. They have started playing an active role in the life of the Performing Arts department. On Wednesday 18 October 2023, they helped with the Shirley's Got Talent event. They acted as mentors to our younger pupils and performed before, during and after the event. I know our pupils really appreciated their help.

We are proud that Ashinah Kabahoza 11E has been signed to a talent agency and cannot wait to see what opportunities this will bring for her and her career in the industry! Please see her write up below.

The scholars have Performed at MHA Residential home, bringing an afternoon of joy to the elderly residents that stay there. The scholars performed a range of acting, singing and dance numbers to lift the spirits of the residents and their families. The event was the first of our community outreach programme and has gained us a working relationship with the community for more events to take place.

The pupils were invited to perform on Saturday 25 November 2023 at Shirley Methodist Church as part of the 'Soulful Connection Exhibition'. This event saw members of the community coming together as one. Our pupils did us proud by providing entertainment with their amazing talent. The day promoted coming together to fight against loneliness and promote awareness of mental health.

### S Sahl-Taylor - Head of Performing Arts

My experience on the judge's panel of the 2023 Shirley's Got Talent

As a scholarship pupil in Year 11, I enjoy the extra opportunities we are given and the responsibilities we are able to experience to prepare us for the professional industry. I was chosen to represent the scholars and sit at the judge's panel for our annual Talent Show and I was extremely impressed at the level of professionalism and talent that was produced from both the competition and the audience. I would like to give a special thanks to our tech team and our Performing Arts department especially for composing another one of our semi-prestigious events within the Performing Arts department.

Choosing the winners of this year was extremely hard considering the amount of talent that had auditioned to be a part of our show. As a school we are constantly challenging our talented pupils to develop their passion and that is exactly what I saw at our talent show. As per usual, our audience was extremely interactive and constantly cheered on our talent. For the first time since the opening of the scholarship program we gave some of our scholars the opportunity to perform during intervals, thus pushing their talent and advertising our scholarship. I am so impressed at the turn out of pupils for this year's Talent Show and a special congratulations to our winners of the 2023 Shirley's Got Talent.

I look forward to seeing more young pupils commit themselves to our Performing Arts events. Many thanks to our Mr Sahl-Taylor, Ms Fairweather, Ms Brown and Ms Shiamtanis for helping put together this event. They haven't disappointed us yet!

Shirley's Got Talent winners:

Year 7 - Rafaella Simpson 7H

Year 8 - Maisie Ryall 8Y

Year 9 - Omario Mantuba 9R & Felicia Cousins 9Y

**Ashinah Kabahoza, 11E**



## Christmas Panto

Huge thank you to the following staff members that have gone above and beyond to assist with the show.

### Performing Arts Department:

Ms Shiamtanis - Director

Ms Fairweather - Choreographer

Mr Sahl-Taylor -Musical Director

Mr Saunders – Deputy Musical Director

Ms Khera, Mr Bush and Mr Wiley - Art and Design departments– set and prop designs.

Ms Stewart - Costume Design



# **REWARDS - AUTUMN TERM**

189 pupils have achieved 100% attendance for this term up to 15 December 2023.

A fantastic achievement—Well Done!

YEAR GROUP	NUMBER OF PUPILS ACHIEVING 100% ATTENDANCE
7	40
8	38
9	23
10	30
11	32
12	18
13	8

246 pupils have achieved 100% punctuality (no lates) for this term up to 15 December 2023.

A fantastic achievement – Well Done!

YEAR GROUP	NUMBER OF PUPILS ACHIEVING 100% PUNCTUALITY (NO LATES)
7	66
8	48
9	37
10	38
11	35
12	14
13	8



**Perfect  
Attendance!**







135 pupils have achieved 100% excellent behaviour (no behaviour points) for this term up to 15 December 2023. A fantastic achievement – Well Done!

YEAR GROUP	NUMBER OF PUPILS ACHIEVING 100% BEHAVIOUR
7	21
8	22
9	13
10	12
11	21
12	19
13	27



## ACHIEVEMENT OF 100% IN ALL THREE AREAS!

34 pupils have achieved 100% in all three areas – attendance, punctuality and behaviour for this term up to 15 December 2023. A fantastic achievement – Well Done!

YEAR GROUP	
7	8
8	10
9	3
10	2
11	7
12	3
13	1



# Shirley High School

## House System



Introducing you to our Heads of Houses:



Mr G King - Creators



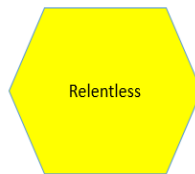
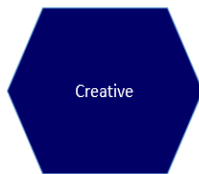
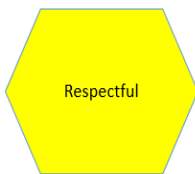
Mrs M Hayden - Directors



Mr C Reid - Editors



Mr M Vernon - Producers



### BOOK OF EXCELLENCE

The following pupil has been recognised for her outstanding work in particular subjects. Her name has been entered in the School's Book of Excellence.....

*Isaac Obafemi Wilcox 12S.....Christmas Card Design*

Well done to the above mentioned pupil!

T Myton - Principal

### Follow us on our Socials:

Instagram — Shirleyhighschool

Facebook — Shirley High School Performing Arts College

X (formally know as Twitter) — Shirley High School Performing Arts College



# SHIRLEY HIGH SIXTH FORM

## WHY GO ANYWHERE ELSE?



### Our Vision:

To develop aspirational learners who strive for excellence academically, creatively and culturally, benefitting from a wide range of opportunities led by inspirational educators.

In November, we held a very successful Open Evening in Sixth Form where students can learn more about our scholarly and professional Sixth Form. We had nearly 100 in attendance with students eager to understand about the subjects we offer at post-16. It is our commitment to all of our students when they leave Sixth Form that they will be informed, empowered and ambitious about their choices. Before Christmas, all Year 11 pupils will be having a 1:1 meeting with a member of SLT to discuss their plans.

We look forward to welcoming them to our Sixth Form.

For more details about our offering including a link to our application form, please visit our website:

<https://www.shirley.croydon.sch.uk/page/?title=Sixth+Form&pid=6>

M Cotton - Assistant Principal (KS5) / Head of Sixth Form



*Our students achieve their dreams....*



Daanyaal Qureshi-Williams  
2021-2023  
Destination:  
University of Cambridge  
Subject:  
Humanities



*"Shirley High Sixth Form is an amazing place that will allow you to not only succeed academically but also keep you in a safe and happy environment".*

### SHIRLEY HIGH SIXTH FORM SCHOLARSHIP

- Accelerated learning programme;
- Mentorship by experts;
- Exclusive access to resources and facilities;
- Free private tutoring (one to one) and laptop;
- Leadership opportunities;
- Discounted driving lessons and trips around the UK and abroad.

### OUR BENEFITS

- Small class sizes;
- University-style study spaces;
- Your own building;
- Excellent pastoral support;
- Trips around the UK and abroad;
- Oxbridge, Russell Group university preparation and apprenticeship support;
- Enrichment opportunities such as sport, creative arts and work experience.

2023 Results: 1 in 5 grades at A\*/A or equivalent  
SCAN QR CODE TO ACCESS OUR COURSE BOOKLET

For any enquiries, please email Ms Samms at [samms@shirley.croydon.sch.uk](mailto:samms@shirley.croydon.sch.uk)



# APPLY NOW!

[www.shirley.croydon.sch.uk](http://www.shirley.croydon.sch.uk)

Twitter@ShirleyHigh6th  
Facebook:ShirleySixthForm  
Instagram: shssixthform



## SIXTH FORM ENRICHMENT PROGRAMME - AUTUMN TERM

There has been a positive start to the year with many Sixth Form students taking on roles of responsibility and acting as excellent role models to the younger year groups showing professionalism and a scholarly attitude at all times. The Top 6 and prefect team are doing an amazing job at working alongside staff to ensure the smooth running of the school.

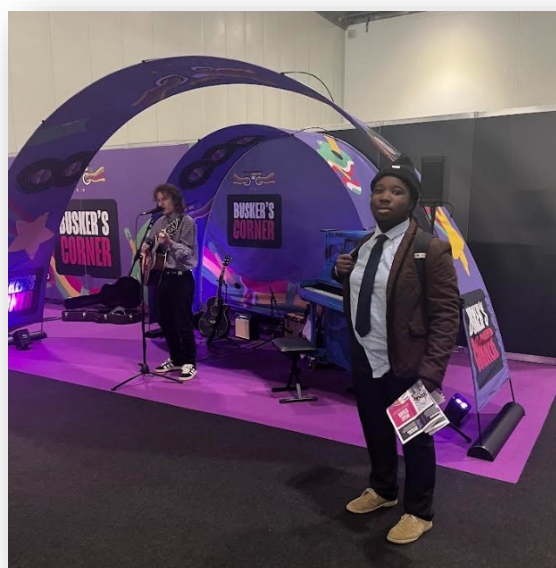
I am pleased to see that a number of Year 13 student's University applications have already been sent off to UCAS for the universities requiring early entry and are getting offers back. All other students are now working on their UCAS applications by polishing off their personal statements and /or looking for apprenticeships to apply to. Exam (PPE) papers are currently being marked and handed back to all Sixth Form students. Students are noticeably responding to the feedback positively and assessing what they need to do to improve in a maturely, which is a pleasure to see.

We had a successful day out at the UCAS exhibition at the Excel Centre towards the end of last academic year. There were hundreds of universities represented there and it was a great opportunity to talk to the university representatives and find out about the different courses on offer, ask questions and pick up freebies! I think most students now have their own cotton shopping bag! We also went to an apprenticeships fair where students could see the variety of apprenticeships on offer and speak to their representatives about the different set ups created.

Sixth Form enrichment opportunities are continuing with students developing their skills in areas such as driving theory, music production and volunteering. We are also inviting in many outside speakers to present to the sixth form in areas such as careers and money management.

It's been an impressive start to the year and we hope to see the maturity and positive attitude being displayed by students continue throughout the year. Happy Christmas and New Year.

M Cotton - Assistant Principal (KS5) / Head of Sixth Form



## PGL ACTIVITY WEEKEND

Our Year 11 pupils recently set off on a thrilling weekend trip that will undoubtedly leave lasting memories and valuable lessons for a lifetime. The trip, designed to combine fun, team building, revision, and pushing comfort zones, proved to be a resounding success.

The weekend was packed with engaging activities that not only brought smiles to everyone's faces but also fostered a sense of camaraderie among the pupils. Laughter echoed through the air as they participated in team games, outdoor adventures, and shared stories around the campfire.

One of the most commendable aspects of the trip was the exemplary behaviour displayed by our Year 11 pupils. Their respect for each other, cooperation with the staff, and consideration for the environment demonstrated their maturity and commitment to making the most of the experience. Such positive behaviour reflected the strong sense of community within the year group.

Team building exercises played a pivotal role in the weekend's agenda. Pupils were divided into groups, fostering collaboration and communication skills. From problem-solving challenges to trust-building activities, the pupils discovered the importance of working together. The bonds forged during these activities will undoubtedly contribute to a supportive and united Year 11.

Amidst the adventure and excitement, the weekend also provided a unique opportunity for academic engagement. Revision sessions, set against the backdrop of nature, allowed pupils to break free from the traditional classroom environment. The change of scenery and fresh air infused a new energy into their studies, making the revision sessions not only productive but also enjoyable.

The trip was not just about fun and games; it was also about personal growth. Pupils were encouraged to step outside their comfort zones and take on challenges that pushed their boundaries. Whether it was conquering Jacobs ladder or Abseiling down a tower, each pupil had the chance to discover their own resilience and capabilities.

In conclusion, the Year 11 activity weekend was a resounding success, leaving a lasting impact on both individuals and the year group as a whole. The combination of fun, exemplary behaviour, team building, revision, and challenges created an enriching experience that will undoubtedly contribute to the personal and academic growth of our Year 11 pupils.

This trip was fully funded by the school and I would like to thank the Governing board for their support and commitment.



## CELEBRATION OF SUCCESS

On Thursday 12 October 2023, we held our annual Celebration of Success Evening. The evening was a celebration of progress and achievement made over the last academic year.

Pupils were presented their award by our Guest of Honour Michelle John (an accomplished singer).

**T Myton - Principal**





## REMEMBRANCE DAY

Staff, Governors, Pupils and Guests assembled on Friday 10 November 2023 and held a two minute silence for our Remembrance Day Service. On behalf of the Armed Forces, Cadets marched through the car park and stood at ease in front of the flag poles where wreaths were laid.

I am so proud of our pupils who behaved with the utmost respect in total silence. Lest we forget.

**T Myton - Principal**





## Year 7 House COMPETITION

(Prizes and House points)

### BUILD YOUR OWN MOTTE AND BAILEY CASTLE

To consolidate your learning in lessons on medieval castles, you have the opportunity to show off your creative skills.

The pdf document opposite (this is at the back of your Homework booklet) is very useful and shows you that you do not need to buy any materials-you can use recycling. It has templates that you can copy.

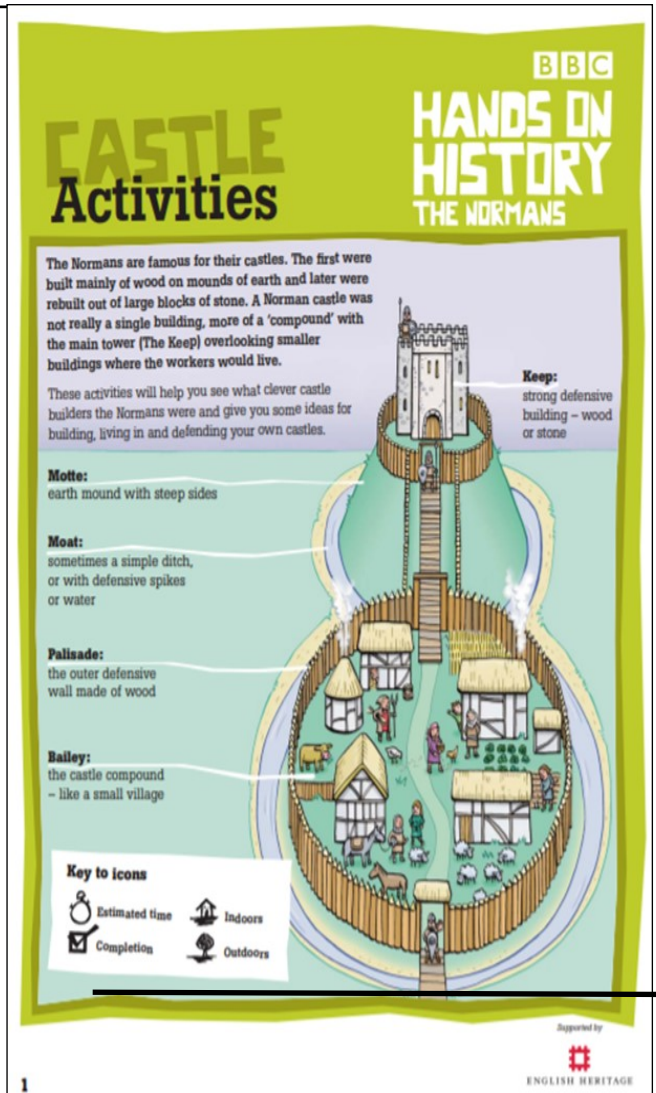
[https://downloads.bbc.co.uk/history/handsonhistory/HOH\\_Castle\\_activities.pdf](https://downloads.bbc.co.uk/history/handsonhistory/HOH_Castle_activities.pdf)

**MAKE SURE IT IS NO BIGGER THAN A4**

A shoebox is perfect to bring it to school in.

Full name, House and Form needs to be visible.  
Any questions please see your History teacher

*Good luck and happy building!*  
**Due date: Monday 8 January 2024**



### 7L - The Kindest Form!

Congratulations to 7L – the winners of the inaugural Shirley High Kindness Challenge! Each week, form groups in Key Stage 3 have been set challenges to showcase their kindness to others. From creating a kindness display, to writing thank you notes for their teachers, 7L were the first form group to complete the challenge. As a reward, they received a pizza party which they could enjoy in our wonderful sixth form common room. Well done, everyone!

A festive poster for Christmas Jumper Day. At the top left is a holly leaf with red berries. In the center, it says 'THANK YOU TO ALL WHO PARTICIPATED IN CHRISTMAS JUMPER DAY. WE RAISED ... £248.79'. To the right is a 'Save the Children CHRISTMAS JUMPER DAY' logo. At the bottom are six hexagons with the words: Compassionate, Respectful, Creative, Relentless, Aspirational, and Resilient.

# PE News

## After school Extra-Curricular Clubs

Well done to all girls attending the Monday Netball Club. Pupils have shown high levels of commitment from Years 7-10 with full turnouts for each team in all weather conditions. The teamwork and support they show each other to improve will stand them in good stead when fixtures begin in January.

Croydon Boxing Academy are ever-present on Tuesday's afterschool. Well done to those who have shown consistent attendance and resilience in their training. The group is diverse and there is room for more!

Extracurricular football remains a popular club. Mr Dyer, Mr Somo and Mr Afriyie have put in their time and effort, which has been well received by KS3. A shout out to the Year 7 girls who are banging down Mr Dyer's door for their regular training sessions.

Miss McConnells Year 7 rugby girls have made considerable progress on their way to playing full contact rugby. Well done for embracing the opportunity to develop a sport that was introduced to you in PE lessons. The girls have also been attending trampoline club on Wednesdays, gradually becoming more comfortable and developing their technique.

## Lunch time clubs

Lunchtime Table Tennis has been one of the most popular clubs running with all year groups attending. A big thanks to the responsible Year 11s who have welcomed the Year 7s, allowing them to feel comfortable and develop their skill. The KS3 boys have also been attending lunchtime football club with Mr Dyer and Miss Hayden.

## Greenhouse Basketball

Coach Samuel is now part of the PE department. There have been an impressive group of boys attending basketball breakfast club at 7.15 am, every morning. Yes, while some of you are in bed, they are working hard on skill mastery! A dedication has been shown especially by a group of Year 7 boys who attend every breakfast club, lunchtime club, afterschool club and spend time watching basketball matches on the two days they are not in club. Excellent effort!

There is also the mentoring side of Greenhouse basketball. Currently 40 pupils are part of the programme and we are working with them to develop a variety of skills required to succeed.

## Fixtures

### Year 7 boys

The Year 7 boys had their first fixture vs arch rivals Oasis Academy Shirley Park. We raced into a 2-1 lead before succumbing to two late goals. It was a tough first game, but hopefully we will meet them in the cup to exact our revenge!

### Year 8 boys

The Year 8 boys beat Orchard Park High School 1-0 in their only game of the season so far. It could have been more, but strong performances in defence and help from Year 7s who stepped up, ensured the fine margins remained within our favour.

### Year 7 and 8 girls' Football

The girls earned a hard fought 1-1 draw with Coloma High School before losing to Royal Russell away from home.

### Girl's Netball

The majority of fixtures are yet to get underway, but the Year 8s narrowly lost to Archbishop Tenisons.

### Year 9 boys Football

The boys are currently undefeated with a +16 goal difference. A 7-0 win vs St Thomas More and a 9-0 win vs Harris Academy Invictus has them sitting top of the league at Christmas. Lets have a positive winter break!





# SHS FUND CONTRIBUTION



We want to continue to improve the environment in which our children learn, but this is only possible with your help!

Over the years our students have benefitted enormously from equipment and facilities purchased with the School Fund kindly donated from parents / carers.



## WE STILL NEED YOU!

Over the years our pupils have benefitted enormously from equipment and facilities purchased with the School Fund money donated from parents / carers. Thank you for your contributions and generosity so far, if you would still like to make a payment, ParentPay is still open! If you have any queries or would like to find out more information, please contact the school at [office@shirley.croydon.sch.uk](mailto:office@shirley.croydon.sch.uk).

### How can I contribute?

Please make your contribution of £20 via ParentPay. If you need a reminder of your login details or are having difficulties using your ParentPay account, please contact the school. Thank you in advance for your generosity in supporting the school.





# SHIRLEY HIGH SCHOOL PERFORMING ARTS COLLEGE

*"Striving for Excellence"*

## **Our Vision:**

*To develop aspirational learners who strive for excellence academically, creatively and culturally, benefitting from a wide range of opportunities led by inspirational educators.*

# PERFORMING ARTS SCHOLARSHIP

**AVAILABLE FROM SEPTEMBER 2024!**

**Scholarship members will be entitled to:**  
**Free theatre trips home and abroad**  
**One year free membership of Stagecoach**  
**One year Lamda/Dance/Singing or Instrumental lessons**  
**Free equipment and training resources**  
**Top class career advice and professional opportunities!**

*The Performing Arts department uniquely offers pupils at Shirley High School the chance to develop their confidence, creative ability and their skills, both as individual subjects and as a part of jointly presented activities, inside and outside of school.*



Please check our website for further details on the application process - [www.shirley.croydon.sch.uk](http://www.shirley.croydon.sch.uk)

*Performing Arts lessons at Shirley High School are taught in fantastic state of the art facilities. Dance, Drama & Music are taught once a week to all students at KS3. Pupils can then choose it as one of their options for GCSE. Further details are on our website.*

*Dance is taught in a dance studio with a sprung floor, fully equipped sound & light desk & floor to ceiling mirrors. Drama is taught in a dedicated studio newly installed in 2020, with a sprung floor and sound & lights desk.*

*Music is taught in two large classrooms that are fully equipped with the latest music technology. There are 5 practice rooms, 1 computer suite with iMacs, a dedicated drum room with 2 drum kits and a recording studio.*

**S Sahl-Taylor - Director of Faculty (Performing & Visual Arts)**

## **Our Mission:**

*Shirley High School's mission is to offer a high quality education to all learners within an inclusive and respectful environment. An environment where all are consistently challenged and supported to be successful, well rounded global citizens.*



Family Lives is a charity that supports parents and families in England with all aspects of family life. They can be contacted via the helpline, as well as through email, Skype and live chat.

It is a free service funded by the Local Authority and offers the following:

- Confidential Freephone helpline available Monday – Sunday 7am – midnight staffed by trained staff / volunteers
- Live chat service
- Email support service
- Information leaflets
- Useful website
- Befriending service
- Parenting groups

<b>Tel</b>	020 8655 2402
<b>Confidential Freephone</b>	0808 800 2222
<b>Email</b>	<a href="mailto:parentsupport@familylives.org.uk">parentsupport@familylives.org.uk</a>
<b>Address</b>	Tunstall Nursery & Children's Centre, Tunstall Road, Croydon, CR0 6TY
<b>Website</b>	<a href="http://www.familylives.org.uk">http://www.familylives.org.uk</a>

Please visit <http://www.familyspacecroydon.co.uk> for even more information on what is available to support families.



Off The Record are a young person centred organisation offering counselling and emotional support.

<https://www.talkofftherecord.org/croydon/>

Whilst some young people may prefer face to face counselling there also a number of young people who find it difficult to engage with this type of support for a variety of reasons, including school refusers.

There is a text based service via their secure website:

<https://www.talkofftherecord.org/croydon/online-service/>

They believe passionately that the relationship between counsellor and client is central to the counselling that they offer and this is no different in their online service where young people work online with a counsellor in weekly sessions. All of their counsellors are qualified face-to-face counsellors who have undergone additional training to work effectively in the online environment.



### Parenting Information

A positive parent-child relationship is important for children's social, emotional and mental development. Therefore Croydon Safeguarding Children Partnership offer a dedicated section on their website full of information and support for parents and carers.

<https://croydonlcsb.org.uk/parents-carers/>

CSCP also has information about its Early help Strategy:

<https://www.croydon.gov.uk/sites/default/files/2022-09/Croydon%E2%80%99s-new-Partnership-Early-Years-Strategy.pdf>



# Christmas Support

- Kooth Online Counselling Service for 11 – 22 years in Croydon
- We know this will be a strange and difficult time for you. We hope you know that your teachers are here for you if you need to talk but we also wanted to share information about a free online counselling service called Kooth, which the NHS offers for all young people aged 11-22 in Croydon.
- You can search 'Kooth' or visit [kooth.com](http://kooth.com) and get support for anything that's on your mind.
- It's a free online chat service that works on your phone or computer. There are no waiting lists and it's totally anonymous – you can just make up a name.
- You can find out more by watching this video at <https://vimeo.com/505725535>
- There are also urgent helplines you can call 24 hours, 7 days a week: 0800 731 2864 (Option 1)
- Free advice and support are there if you need it.



## Support guides for pupils:

[6 new support guides for pupils](#), which offer helpful advice and information on social anxiety, eating difficulties, self-injury, suicidal thoughts, and safety plans, in addition to a young person's experience on Kooth.

Family Justice Centre provides help and support for Croydon families suffering from Domestic Advice and Sexual Violence

## Festive Holidays

The festive period can be a particularly difficult time for victims of domestic abuse. Financial worries, excessive alcohol drinking and spending increased time together can increase the pressures within a relationship, however they are not excuses for domestic abuse.

If you are worried about domestic abuse over the holidays: Family Justice Centre 020 8688 0100 (*open every day with the exception of the bank holidays*)  
National Domestic Abuse Helpline 0808 2000 247 (*free phone line, 24hrs a day*)  
In an emergency call the police 999



**STOP  
VIOLENCE  
AGAINST  
WOMEN**







## **Live Streaming of Sexual Offending – CEOPS Education Team Briefing**

In response to reports of an increased threat of sexual offending via Live streaming apps, the following item posted on the CSCB site gives further information and guidance: <http://croydonlcsb.org.uk/2017/12/live-streaming-of-sexual-offending-ceops-education-team-briefing/>

For professionals and parents finding out that images and videos of abuse are being circulated by young people and adults on social media, it can be a stressful time and difficult to know what course of action to take immediately. Here are some clear steps to take and important things to remember:

- Please never share a video or image depicting any kind of abuse involving children
- Each time a video or image of abuse is shared it re-victimises the child and increases the likelihood of blackmail, feelings of self-blame and powerlessness
- Report it to the platform it has been shared on e.g. YouTube, Facebook, Snapchat, Instagram etc
- Report it to CEOP if it is an image or video of sexual abuse involving a child with a link to where the video or image is hosted e.g. YouTube, Facebook.
- If it's not on a public platform and in only exists on a device i.e. Phone, tablet. Once reported, with authorisation of CEOP or the Police, delete it from the device it has been sent to (if offender usernames are visible make note of them)
- Encourage other people to report if it is being shared publicly If you work in a school or college and are concerned about what to do with peer to peer sharing of sexual Images or videos you can refer to the 'Sexting in schools and colleges guidance'

If a parent or carer is worried about a child seeing inappropriate things online, 'Thinkuknow/parents' has more Information.



There will be more children handling digital devices than ever before this Christmas, and despite the happiness and entertainment they can bring, they can pose a number of dangers too. So, how can parents protect their children after they unwrap their digital gifts? Here are our top tips for parents:

#### **Buying gifts**

Take care when shopping online for your Christmas presents. Only use secure websites to avoid falling for scams. Before proceeding with an order, spend an extra two minutes to research the security of the product.

#### **Security**

Help your children to set up their accounts on their new devices and ensure their settings are set to private. Take the time before Christmas Day to read the manual and get to grips with security and privacy options. We advise that you set up a 'two-factor authentication' process when logging in to an online service. Some toys and devices are fitted with web cameras – you can turn the remote viewing option off in the device's settings. In addition to this, remove any default location tracking and GPS settings on new devices.

#### **Passwords**

Some toys and devices have been found to have unencrypted Wi-Fi connections or unsecured Bluetooth connections. If this is the case, add a secure password or a PIN. Ensuring that passwords are secure is fundamental when protecting your children. When creating a password, remember to:

- set up unique passwords for new accounts
- avoid using easy-to-guess phrases such as 'freddie1'
- change passwords and usernames on new devices from default
- check your router has a strong password and latest security updates

#### **Setting up parental controls**

We advise that you set up parental controls for young and vulnerable children to help prevent them from viewing content or engaging in activities that they shouldn't be. Additionally, take interest in your child's online activities. Play with them on their devices and encourage open conversation to help build that trust and confidence that will mean your child can confide in you if they ever feel uncomfortable, troubled, worried or unsafe.

#### **Check age restrictions**

Games and apps have age restrictions. It's important that you make yourself aware of these age restrictions and WHY they have these restrictions and make the decision whether it is appropriate for your child.

#### **Be a role model**

It's often the case that children copy the actions of their parents, guardians and even siblings, therefore it's important to set good examples and be a positive role model that they can look up to.

#### **Set boundaries**

If you feel like your child is either spending too much time on their devices or maybe taking part in inappropriate activities, it's not a bad thing to be strict and set boundaries.

### **Christmas Grants and other support for families in need**

We recognise that Christmas is not an easy time for everyone.

Please see this website for advice regarding support:

<https://www.turn2us.org.uk/About-Us/News/Christmas-Grants-and-other-support>



I would like to wish all our pupils and their families a lovely Christmas break and a Happy New Year.

Thank you all for your continued support of Shirley High School.

Ms M. Francis

Deputy Principal (Pastoral) & Designated Safeguarding Lead

# SHIRLEY HIGH SCHOOL



*SAFE HAPPY SUCCESSFUL*