

School Newsletter | 26th January 2024

Welcome

Welcome to our first newsletter of the Spring Term. We hope you all had a restful and enjoyable Christmas Holiday.

Good News

Eco Club

The Eco Club runs on a Tuesday lunch time and is a student-led enrichment club. Our main aim is to get our academy a green flag! To achieve this, we need to make changes around the school to make it more sustainable, which we can do through: recycling, planting more plants and vegetables, reducing how much energy we waste, and increasing our wildlife. This week students have been helping to collect water bottles from every classroom over the course of a week to see how much plastic we waste each week. The aim is to spread awareness that all the bottles we throw away goes to landfill (where it takes 500 years to decompose), and so we want the school to be able to recycle more and, in the long run, reduce the amount of plastic that we use!

Let's Get OSCA a New Pitch!

As you are aware, for the past few months we have been fundraising to get OSCA a brand new state-of-the-art football pitch. So far, we have held events such as our bake sale, Christmas Shop and 'splash the SLT,' which have proved to be huge successes. We just wanted to update you all, and say that we have now raised a total of **£2230!** We are so happy with how the project is going, and would like to once again thank anyone who has made a donation. We have some future events in the works, and we will update you on these in due course. There has now been an email address set up, so that if you think you can offer any fundraising ideas or have any questions regarding the pitch you can contact us easily. The new email address is **Oldbury3G@ormistonsandwell.org.uk**. As well as this, we still have our just giving page set up, if you would like to donate directly to that: **www.justgiving.com/campaign/osca3g**. Once again, thank you.

Attendance

1st	Year 7	High attendance is vital to ensure that students reach their maximum potential while at school. Having a couple of days off here and there may not seem like it will have much of an impact, but by having just 6-10 days off a year, it can drop the chances of achieving those higher grades by 10%. This equates to over 50 hours of learning lost per year. Congratulations to Year 7 who achieved the highest attendance last week!
2nd	Year 8	
3rd	Year 9	

Measles

There are currently increasing numbers of measles cases in England. Vaccination UK have been instructed by NHSE to administer the MMR vaccination to all school aged children who are outstanding one or both doses. The MMR would have been given at aged 1, and the 2nd dose at 3 years 4 months. If your child is outstanding one or both doses, please call 0121 592 1110 to make an appointment. This will be at an alternative venue and not at school.

Lost Property

Please ensure students are collecting any lost property. We have a large number of items currently awaiting collection. Lost property is located next to the reflection room in A block.

Social Media

Don't forget to follow us on social media, where you can find any news on school activities as well as updates about recent events.



@OSCATweets



Ormiston Sandwell Community Academy

SMARTPHONE SAFETY TIPS

for young people

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You may have been lucky enough to have unwrapped a smartphone at Christmas, or you might be eagerly anticipating getting a new one at some point during this year. Whether it'll be your first ever phone or an upgrade on your old model, it's always useful to have a refresher about how to set it up and adjust the settings to keep yourself – and your valuable personal info – safe and secure. We've collected some expert tips to help you enjoy your smartphone in the healthiest way possible.

NEVER SHARE YOUR PASSCODE

Alongside face or fingerprint recognition, your passcode is crucial to unlocking your phone and accessing your apps and personal information. You shouldn't give it out, even to close friends – after all, you wouldn't hand them a key to your house and let them go in for a nosy around! If a friend wants to use your phone, ask them why and make sure you can see what they're doing with it.

RESPECT PARENTAL CONTROLS

If you're allowed to have a smartphone, it's because your parents or carers feel that you're mature and responsible enough to use it safely. They might set controls and boundaries on your device – not to spoil your fun but to help you avoid hazards like too much screen time or costly in-app purchases. Following these rules means you can enjoy using your phone while respecting their wishes.

TALK TO A TRUSTED ADULT

Whether it's to listen to music, play games, create content or chat with friends, using a smartphone should be fun. If you're ever feeling anxious, worried or scared about going on your phone, then something isn't right. It's important not to ignore these feelings; instead, talk to a trusted adult about what's happening and how it's making you feel.

STAY ALERT

Two words: look up. It might sound obvious, but it's so easy to get immersed in what we're looking at or listening to on our phones that we can become unaware of our surroundings – or who might be around us. People often walk with their head down, focusing on their phone, and forget to check for obstacles in their path, cars or other pedestrians coming towards them, which is clearly dangerous.

DEVELOP HEALTHY HABITS

Phones offer a vast amount of content and the chance to chat with friends whenever we feel like it, which can make it difficult to take time away from the screen. If that's something you struggle with, you could try setting time limits on certain apps. Putting our phones down for a while gives us more time to interact with others or do something physical that helps keep us fit and healthy.

IGNORE UNKNOWN NUMBERS

There are some scammers who might call or text asking you to share personal data or to click on a link and provide your details. Some may claim to be from a genuine company, but trustworthy businesses don't spontaneously call or message to ask for your information. It's safest to ignore calls or texts from unknown numbers, and never give your personal details out over the phone.

ONLY USE AGE-APPROPRIATE APPS

Before downloading a new app or game, check what age rating it has. Don't feel pressured into getting a particular game or app just because your friends are using it. If it's intended for older people, there's a definite risk that it could include content (which is violent or frightening, for instance) or language which isn't suitable and may leave you feeling upset or disturbed.

REMOVE TEMPTATION

A good night's sleep is so important for concentration, mood and overall health. Unwinding properly before going to bed – which means not staring at a screen late at night – can often improve sleep quality. Put your phone on charge overnight, but not in your room. This means you'll have a lot less temptation to check any notifications, reply to messages or get caught up scrolling on social media.

THINK ABOUT OTHERS

Watching videos, listening to music or calling someone can all help to pass the time while we're on the bus, waiting in a queue or walking down the street. It's important to remain mindful of other people, though: they might not want to hear your tunes or your conversation. Likewise, if you're calling from a public place then don't forget that anyone could overhear something personal about you.

SWITCH OFF GEOLOCATION

In your phone's settings, you'll be able to disable geolocation for individual apps and photos: this means that people online (including strangers) can't see information about where you are when you share or post a pic. On the subject of images, it's also important to ask permission before taking or sharing a photo of someone – and don't share embarrassing images of your friends with others.

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.



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