

# Parent / Carer Bulletin



Care • Inspire • Succeed

Week Commencing 20<sup>th</sup> March 2023

## Headteacher's Update

Dear All

Many thanks for your patience across these few weeks where there has been disruption of one sort or another. Knowing that we are only 2 weeks from the Easter break, there is a lot to do and I appreciate that having the school closed has been frustrating.

There have been some wonderful successes for our students, in football reaching a national match, Drama at Salisbury Playhouse and our singers in the Mid Somerset Festival and we are really proud of their achievements.

Year 11 and 13 will be well into their revision by now so please remind them to speak to their tutor if they need any support with this.

Mr Farrer

WEEK A	CALENDAR – Term 4
Monday 20 <sup>th</sup> March	<ul style="list-style-type: none"><li>• Y11 GCSE &amp; Y13 A Level Practical Exams start</li></ul>
Tuesday 21 <sup>st</sup> March	<ul style="list-style-type: none"><li>• Y11 GCSE Food Practical Exam</li><li>• Y11 GCSE – Formal Dance Exam</li></ul>
Wednesday 22 <sup>nd</sup> March	<ul style="list-style-type: none"><li>• Y10 &amp; Y11 Badminton Championships 8:35am – 4:45pm</li><li>• Y7 Wellbeing Residential Briefings (Huntingdon/Westfield)</li><li>• Y11 Music Practical Exam</li><li>• Y12 Geography Trip 7:30am – 4:30pm</li></ul>
Thursday 23 <sup>rd</sup> March	<ul style="list-style-type: none"><li>• Y12 Geography Trip 7:30am – 4:30pm</li><li>• Y10 &amp; Y12 Devised Assessments 9:05am – 8:00pm</li><li>• Y8 HPV Vaccinations</li><li>• Y7 Wellbeing Residential Briefings (Conigre/Ashley)</li></ul>
Friday 24 <sup>th</sup> March	<ul style="list-style-type: none"><li>• Y9 HPV Vaccinations</li><li>• Y7 Wellbeing Residential Briefings (Budbury + others)</li><li>• Y11 GCSE Food Practical Exam</li><li>• A Level Music Exam</li><li>• Y12 &amp; Y13 PE Talk</li></ul>

### From: The Schools Immunisation Team

The Human Papillomavirus Immunisation will be taking place for Y8 on Thursday 23<sup>rd</sup> March & Y9 on Friday 24<sup>th</sup> March. Students will be advised of their appointment time during tutorial on the appropriate day. If you have any Vaccination queries, please contact the School Age Immunisation Team on 0300 247 0082 or email [vcl.immunisations@nhs.net](mailto:vcl.immunisations@nhs.net)

## **Collective Worship Term 4: Benevolence**

Help us to consider the needs of others and help those in need.  
May we be able to look beyond our own world in order spread kindness.  
We hope that we can understand that needy, does not always mean those in financial need.  
Let us not forget to be helpful, kind, charitable and welcoming.  
We hope that we will see benevolence as a gift to be shared with all.  
Let us not practice pity, but rather care and good will.

## **Leavers' Hoodies**

We wrote to you in Term 3 to offer you the opportunity to purchase a Class of 2023 Leavers' hoody.

**Please be aware the deadline for this is this coming Monday (20<sup>th</sup>)!**

We are working with Fizz Hoodies, the UK's premier supplier of leavers' hoodies, and are eagerly anticipating what is sure to be a wonderful keepsake to celebrate their time at the school.

The hoodies will have a large '23' print on the back, containing the first names of all students in the year group, and will also feature an embroidered logo on the front. Students can pick from range of 71 different colours.

All of the students have the opportunity to purchase a hoody. It is essential that their orders are placed in plenty of time so that they don't miss out. **There will only be one order**; students will **not** be able to place orders after **20/03/2023**. The price per hoody is £27.

To place an order, please visit the following website: <https://shop.fizz-group.co.uk/>

**Our School Unique ID is: 26905YR11**

You must place an order before **20/03/2023**. I cannot stress this deadline enough, as we do not want anyone to be disappointed. The school will not be ordering any spare hoodies, so if your child later wishes they'd ordered one once they see everyone's hoodies, unfortunately it will be too late! So please don't miss out.

All orders will be delivered directly to school for students to collect. We will advise when this will be in due course.

If you have any questions or queries about any of the above, please do get in touch with the school and we will do our best to support.

## **From: Mrs Butterworth – Head of Psychology & Sociology**

The Social Science Department would like to encourage our own GCSE and A level students to take part in the photography competition based on the topic of the sociology of inequality. All students need to do is to take one original photo that highlights/captures what inequality looks like in society.

[Photo Competition 2023: The Sociology of Inequality | Department of Sociology](#)

We are delighted to announce that our Photo Competition 2023 is open to entries on the theme of the sociology of inequality. For this year's photo competition, we would like you to think about - and capture in a photo - inequality in the world around you. Click on the link for further information: [www.sociology.cam.ac.uk](http://www.sociology.cam.ac.uk) or students are welcome to contact Mrs Butterworth.

## Year 12 Summer Exams



Written Exams will run in school from **Tuesday 2<sup>nd</sup> May – Friday 5<sup>th</sup> May.**

All Year 12 students will be on study leave for the duration of these written exams and should only come into school for their timetabled exams.

### **Revision:**

We launched revision with Year 12 this week. All Year 12 Students should be:

- Creating a structured revision timetable
- Completing a **minimum of 3 x 40 - minute** session each day after school
- This may increase over Easter break, but students should factor in time off too and prioritise their wellbeing

Where possible, teachers will set revision tasks for homework in the coming weeks.

## Winchester University Exhibition – Wednesday 19<sup>th</sup> April 2023

A reminder that all Year 12 students will be attending Winchester University on this date to learn about next steps with UCAS (University) and Apprenticeships.

All students have been written to with reference to this. There is an £11 payment which needs to be made by Friday 24<sup>th</sup> March via ParentPay.

### **From: Mrs Howsam – Outdoor Education Coordinator**

#### **Year 9 Black Rock Trip**

The kit list for this trip is below.

A synopsis of the PowerPoint presentation that was shared at the Information Evening on 28<sup>th</sup> February is set as an announcement on ClassCharts.

A reminder that any outstanding medical forms need to be returned to Student Reception as soon as possible.

#### **Year 10 Duke of Edinburgh's Award**

A reminder that any outstanding medical forms need to be returned to Student Reception as soon as possible.

## YEAR 9 BLACK ROCK RESIDENTIAL KIT LIST

Please ensure all items have names of students in them.

ACTIVITY KIT (old clothing for activities)	Have got	Need to get	Indoor/evenings (Learning groups session & sporting evening activity slot)	Have got	Need to get
<b>*Waterproof jacket* - must be a proper waterproof outdoor jacket not a "fashion item" no fur collars etc.!</b>			<b>*Towels*</b> – 2 towels to include one for kayaking		
Waterproof trousers			Wash kit – toothbrush, toothpaste, shower gel etc.		
<b>*Wellington Boots</b> - for caving or boots to cover the ankle*			T-shirts - **vest tops/crop tops will not be allowed for the activities		
<b>*Trainers for outdoor use*</b> – they will get muddy, useful to bring a couple of old pairs			Trousers/leggings etc.		
<b>*Small rucksack (day bag) *</b>			Shorts ( <b>appropriate length</b> )		
Plastic liner for rucksack			Socks		
<b>*Warm hat*</b>			Underwear		
Asthma inhaler – if required			Night wear		
Warm layers/Fleece jacket/sweatshirt – or similar			<b>*Indoor shoes/trainers* which you will keep dry &amp; clean</b>		
<b>*Trousers x 2* Tracksuit bottoms/outdoor activity type trousers (not jeans/chino type fashion wear) suitable for being active/muddy and allowing movement</b>			<b>*Plastic bags for dirty clothes*</b>		
<b>*Sunscreen SPF 30 MINIMUM*</b> Sun hat/cap - advised			Everything packed in named, <b>Medium sized bag This must not be too big due to space on the coach and minibus – <u>student bags which are too big will be emptied into bin liners and the bag left at school.</u> Not bigger than the student or too heavy for them to carry</b>		
<b>*Large plastic drink bottle – FULL*</b>			<b>*Pens, pencils etc. in school pencil case*</b>		
Camera – optional			<b>*Pillow case*</b>		
<b>*Named lunch box- containing packed lunch*</b>			<b>*Sleeping bag* - Named/labelled</b>		
<b>*Swimming shorts/costume*</b> Used for Kayaking & in pool at Hill House if weather permits (a second pair may be useful for this)			<i>Wristwatch***</i>		

- **\*VITAL ITEMS\***
- **\*\*\*Wristwatch This is very helpful on many occasions to help students be in the right place at the right time**

## From: Mrs Nash – Head of Drama

### What's been on?

It's been a busy time in the Drama Department. We really enjoyed our trip to see 'The Ocean at the End of the Lane' at the Bath Theatre Royal last week. Pupils were blown away by the production with one remarking that they 'didn't know theatre could be like that' and more than one Year 10 pupil claiming that they 'couldn't wait to write about that!'

The NT Connections cast and crew also had a brilliant experience at the Salisbury Playhouse preparing for, and then performing, their version of 'Tuesday' by Alison Carr.

I'd like to thank Mr MacLachlan, Miss Watts, Mr Parker and Mrs Warren for supporting these events as well as the pupils for their excellent behaviour and conduct.

### What's on next?

Bugsy Malone auditions took place this week. If any student who wants to be involved has not yet filled in an audition slip, they must do so by **Monday 20<sup>th</sup> March**. Students who wish to be considered for solo singing who were not able to audition on Tuesday 14<sup>th</sup> March **MUST** contact Miss Hancock as a matter of urgency.

We hope that family and friends will come and support Year 10 GCSE and Year 12 A level Drama students performing their devised assessments on **Thursday 23<sup>rd</sup> March at 3pm or 6pm** in the Drama Studio.

Please email Mrs Nash if you'd like to reserve a space. Watching these performances would be beneficial for those students looking to start GCSE and A level Drama in September.

## **FUEL - Free Holiday Activity and Food Programme 2023**



FUEL is a free holiday activity and food project that offers participants the opportunity to take part in a range of fun activities during school holiday periods in 2023.

The FUEL programme a bespoke provision for school aged children from reception to year 11 who receive benefit related free school meals. Benefits-related free school meals (FSM) are available to pupils if their parents are in receipt of one of the qualifying benefits, and have a claim verified by their school or local authority.

- The FUEL programme is also available to children that meet any of the below:
- Children that are refugees
- Children that are currently in the care system
- Children that are referred into the programme by a professional service (eg. Local authority, schools, social service)

Participants will be able to enjoy a variety of high quality activities when attending the a FUEL camp, including a range of enriching activities such as festive arts, football, dance, drumming workshops, team games and fun healthy eating workshops. All participants will also receive a nutritious meal on each day they attend the programme.

[FUEL Easter parentguardian information booklet \(2\).pdf](#)



In Careers this week...

---



## **St Laurence School NEW event**

# **Meet the Services !**

**When** - Tuesday 28th March 2023,  
15:30 to 17:00

**Where** – Trinity Hall

**Who** - Army, Navy,  
Fire and Rescue, Police

**What** - A chance to meet and talk to the  
services to find out more about Careers  
and Opportunities

Sign up to the event here: [Meet the Services sign up link](#)

## **From: Mrs Rhodes, Director of Learning and Progress KS3**

### **Year 7 Parents/Carers**

The Year 7 Subject Consultation Meetings will take place virtually (SchoolCloud) on:

**Thursday 20<sup>th</sup> April 2:30pm – 7:30pm**

A letter will be sent home in the next few days, with information on how the system works.

**Bookings will open at 7:00am on Thursday 23<sup>rd</sup> March.**

There is an expectation that **all** parents/carers will attend this virtual event. If there is an unavoidable reason why you cannot attend, please do email [progressteam@st-laurence.com](mailto:progressteam@st-laurence.com), so one of the team can follow this up with you.

Thank you.

## **St Laurence School Uniform Needed!**

If you have any items listed below that are no longer needed, please consider donating them to school for sale by the SLSA (St Laurence School Association).

**SKIRTS (all sizes) & PE TOPS, HOODIES, POLO SHIRTS (34" and bigger)**

*Donations can be dropped off at reception on any school day.*

## **SPORTS NEWS: Club Fixtures:**

### **Tuesday 21<sup>st</sup> March**

- Year 9 Football vs Melksham Oak School (Away) 3:30pm – 6:00pm

### **Wednesday 22<sup>nd</sup> March**

- Year 7 Netball vs St Augustine's School (Home) 3:00pm – 5:30pm
- Year 10 & 11 Wiltshire Badminton Championships (Melksham) 8:45am- 4:45pm

### **News:**

All U18's Football games are cancelled.

### **Results:**

Y7 Football vs Clarendon School 2 – 2 **DRAW**

Y8 Football vs Clarendon School 6 – 1 **WIN**

All PE Clubs are free to join here: [SchoolCloud - St Laurence School](#)



## PE Clubs – Term 4



	Club	Location
<b>Tuesday</b>	Netball – Year 7 Boys' football – Years 7, 9, 10 and 11	Sports Hall Field
<b>Wednesday</b>	Badminton – Years 10 and 11 Netball – Years 8 and 9 Table tennis – all years	Sports Hall Netball courts Gym
<b>Thursday</b>	Hockey – all years St Laurence Leadership Academy – all years Boys' football – Year 8 Girls' rugby – all years Basketball – Years 8, 9 and 10	Astro Gym Field Field Sports Hall
<b>Friday</b>	Badminton – Years 7, 8 and 9	Sports Hall

## Join Us for our Year 5 Open Mornings

Year 5 children and their parents are warmly invited to attend an Open Morning to experience St Laurence during the school day. This is an opportunity to tour the school, visit lessons and meet senior staff. Tours start at 9:15am and take approximately 30-40 minutes.

- Wednesday 3rd May 2023
- Thursday 18th May 2023
- Thursday 22nd June 2023
- Monday 10th July 2023
- Friday 14th July 2023

To book a place on one of the above dates, please contact the Reception Team on:  
01225 309500 / [admin@st-laurence.com](mailto:admin@st-laurence.com)

Places are limited, so please book early to avoid disappointment (one visit per family please).



## What Parents & Carers Need to Know about

# NGL

AGE RESTRICTION  
**13+**

### WHAT ARE THE RISKS?

NGL (which stands for 'Not Gonna Lie') is an app through which users share a link to their Instagram story or Twitter account, inviting their followers to give anonymous feedback. The app includes some prewritten questions (such as 'if you could change anything about me, what would it be?'), plus the option to ask followers to simply 'send me anonymous messages'. All replies go into the user's NGL inbox, with the sender remaining anonymous – although subscribers to the app can receive hints about who each message was from.

### ANONYMITY AND OVERSHARING

Anonymous messaging gives rise to the 'online disinhibition effect', which causes users to feel detached from their words and actions in the digital world. This can make young people in particular (as they tend to act more impulsively online) far more likely to disclose personal information on the internet, as well as making ill-considered confessions or revealing their fears and insecurities.

### PROTECTION FOR BULLIES

Having their identity hidden makes bullies feel safe from repercussions, so anonymous chat sites are a major avenue for cyberbullying. NGL claims to use AI to filter out insulting terms, but our expert sent a range of such phrases (starting with 'cow' and 'ugly', and becoming progressively more offensive) to a 'dummy' account. All of these text messages were delivered to the recipient's inbox.

### COSTLY SUBSCRIPTIONS

NGL offers a subscription where – for a weekly fee – users can unlock hints about who's been messaging them, including the sender's approximate location and which device they used. Young people will naturally be extremely curious about who sent which message (especially if they have a lot of Instagram or Twitter followers) and may be unable to resist spending money to find out.

### INFLATED ENGAGEMENT

1K

In June 2022, NGL had to revise its terms of service, informing users if a message was sent by the app's developers as opposed to genuine followers. It emerged that, previously, NGL's makers had attempted to boost engagement with the app (as well as enticing users to pay for subscriptions) by sending fake anonymous messages from bots. This update was rolled out very quietly by the team.

### QUESTIONABLE SUPPORT

NGL does have a 'report this message' button for users to flag upsetting content. After sending a message, however, an automated reply arrives stating "... NGL is 100% anonymous and we have no way of knowing the identity of the user and would not be able to find out, even if we tried." This did not fill our expert with confidence that the app can address bad behaviour adequately.

### ACCIDENTALLY GOING VIRAL

The messages on NGL itself are anonymous, but users can share these messages via their Instagram story or Twitter feed – enabling all their followers (or anyone, if their accounts are set to 'public') to see them. If a young person has disclosed something embarrassing or identifiable on NGL, without realising, this information has the potential to be re-shared very quickly to a far wider audience.

## Advice for Parents & Carers

### DEALING WITH NEGATIVITY

Blocking another user on NGL will prevent them sending anonymous messages to your child in the short term – although a determined abuser could get around that obstacle simply by setting up a new Instagram account. If your child continually receives negative messages that upset them, it might be worth encouraging them to consider whether they really need to use the app at all.

### EXPLAIN ANONYMOUS APPS

We understand that a conversation with your child about the risks of anonymous messaging may seem difficult to initiate (especially if you aren't that comfortable with using social media yourself). It is vital, however, that young people understand that, for some people, having their identity obscured online can make them feel more powerful and less accountable for their actions.

### BLOCK IN-APP PURCHASES

To avoid your child running up an eye-watering bill through an NGL subscription (or indeed any kind of costly in-app purchases), go into the settings on whatever devices they use to go online and either disable the ability to make purchases or protect that function with a password. If those options aren't available, it's prudent to ensure there aren't any payment methods linked to their account.

### THINK BEFORE SENDING

Regardless of whether a messaging app is anonymous or not, it's a good idea to regularly talk to your child about how it's wise to think through what they're sharing before they post it. Emphasise that nothing is truly private once it's online. If the post is something your child might hesitate to say to someone face to face, then it's probably not the sort of thing they should be writing online either.

### Meet Our Expert

Dr Claire Withers-Bond is an e-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 eating behaviour of young people in the UK, USA and Australia.



Source: <https://ngl.lol/what-is-ngl>

@natonlinesafety

/NationalOnlineSafety

@nationalonlinesafety

NOS  
National Online Safety  
#WakeUpWednesday

@natonlinesafety

/NationalOnlineSafety

@nationalonlinesafety

@national\_onne\_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 01.09.2023



**Mighty Girls**

# ART WORKSHOP - EXPRESSING YOUR POWER!

Exploring a sense of self & body positivity through multimedia art making.

An exciting day of painting, mark making, portraiture printmaking and multimedia exploration.

- Explore your sense of self and identity through colour.
- Create a multi media canvas of yourself
- Celebrate the wonderful you.

How will you express your power?



Lucy -Workshop Leader

**Tuesday 4th April**

For girls age 10-14 (Year 5 upwards)

10-3pm

£35

The Quakers House, Bradford-on-Avon

Limited Numbers

**FUNDING AVAILABLE**

For info & to reserve a place visit [www.mightygirls.co.uk](http://www.mightygirls.co.uk)



# MIGHTY GIRLS SELF DEFENCE

**Mighty Girls & Helen from Systema have joined forces to bring you this one day workshop.**



HELEN LLEWELLYN  
SYSTEMA ACADEMY

"The workshop will be a gentle introduction to self-defence which will look predominantly at movement, breath work, relaxation & posture.

These four principles are essential to understanding yourself and coping in many situations you may find yourself in."



**Mighty Girls**

Girls: Yr7 to Yr 13 (Age:11-18)

Monday 3rd April

11am - 4pm

At Systema Academy, Melksham

Cost: £35 \*Discounted places available



Visit [www.mightygirls.co.uk](http://www.mightygirls.co.uk) to learn more or scan the QR code:



Restaurant Menu for Week Commencing  
Monday 20<sup>th</sup> March 2023

Lunch week 1

All our ingredients are locally sourced and delivered fresh by local suppliers. Our eggs are free-range and Red Lion stamped, our fish is sustainably sourced and MSC approved and our meat is British Red Tractor accredited wherever possible.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN MEAL</b>	SPINACH & KALE BURGER IN A BUN WITH LETTUCE & MAYO	PASTA BOLOGNAISE WITH GARDEN SALAD AND GARLIC SLICE ALL SERVED WITH SEASONAL VEGETABLES & POTATO OR RICE DISH OF THE DAY	STUFFED ROAST CHICKEN BREAST	CHICKEN TIKKA CURRY SERVICED WITH PILAU RICE	BATTERED FISH & TARTAR SAUCE MUSHY PEAS
<b>PLANT BASED / VEGETARIAN</b>	QUORN CHILLI BURRITO WITH SALSA & SOUR CREAM	VEGETABLE BOLOGNAISE WITH GARDEN SALAD AND GARLIC SLICE ALL SERVED WITH SEASONAL VEGETABLES & POTATO OR RICE DISH OF THE DAY	BROCCOLI PASTA BAKE	POTATO & CHICKPEA CURRY	CHICKEN SHARMA FLATBREAD WITH SPICY WEDGES
<b>STREET FOOD</b>	VEGETABLE BURRITO WRAP	CHICKEN CHOW MEIN	TEX MEX CHICKEN TACO WITH ASIAN SLAW	TIKKA CHICKEN FLATBREAD WITH ONIONS & PEPPERS	THREE CHEESE FRENCH BREAD PIZZA
<b>TAKEAWAY TUBS</b>	PENNE ARRABIATA	CHURRASCO CHICKEN WITH RICE & PEAS	MAC 'N' CHEESE	VEGETABLE CHOW MEIN	BBQ CHICKEN WRAP
<b>PIZZA SLICE</b>	MUSHROOM & PEPPER	MARGHERITA	PEPPERONI	MARGHERITA	HAM & PINEAPPLE
<b>JACKETS</b>	TRY OUR DELICIOUS FILLINGS FOR 70P EACH				
<b>DESSERTS</b>	STEAMED SYRUP SPONGE & CUSTARD	LEMON DRIZZLE CAKE	KEY LIME PIE	RHUBARB PIE WITH CUSTARD	STICKY TOFFEE PUDDING

**Meal Deal**

Main Meal  
With Vegetables  
And Dessert



**£2.80**

ALL OF OUR MEAL DEALS ARE SERVED WITH A DRINK OF YOUR CHOICE. VALID MONDAY TO FRIDAY ONLY.