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# LVS OXFORD SHOUT OUT

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**FRIDAY 9TH FEBRUARY 2024**

Dear Parents/Guardians

We are delighted to inform you about our new initiative aimed at keeping you well-informed about the positive developments and exciting events taking place at LVS Oxford. Introducing our "Shout Out" newsletter!

This "Shout Out" will be sent out every fortnight, providing you with information on the noteworthy activities, achievements, and events within our school community. We believe that staying connected with the school's happenings is crucial for fostering a strong partnership between the school and our valued parents/guardians

Our goal is to ensure that you are well-informed and engaged in the vibrant life of our school. We look forward to sharing the many successes and exciting moments with you through our "Shout Out" newsletter.

Thank you for your continued support.

Warm regards, Mel



# NEW STAFF POPPY WEST

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- Hi, my name is Poppy and I'm the Occupational Therapist.
- My role at the school mainly involves supporting the students to enhance skills such as sensory processing, motor skills, visual perception, and attention to detail to allow them to participate in all activities necessary and achieve independence. This may consist of support within the classroom, targeted group sessions or 1:1s.
- I am a big lover of the outdoors and enjoy staying active. I also have a keen interest in involving animals with therapy having grown up with animals of my own and I enjoy bringing my creative skills to involve student's interests when utilizing assessments to maintain happiness within the school environment.

# NEW STAFF SAX MCGUINNESS

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**I'm one of the newest members of staff here at LVS Oxford. I've been working in Education for 5 years and in Schools for 2 years. I specialise in mentoring and literacy. I grew up in North London and have recently moved to Oxford.**

**Reading and Literature have consistently been the solace and passion of my life. Sharing that passion with young people and helping them to discover and explore their own tastes and interests through the written word is what drives and underpins everything I do in school.**





# **WELCOME BACK**

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**I had a wonderful eight months off with my son Theo and loved every minute of it. He is now sitting up, laughing nonstop and making sounds which are starting to sound like words! It's great to be back at work and seeing what all my students have been up to.**

# PSHE THEMES THIS TERM

**YEAR 7/8 – LEARNING ABOUT  
OTHER CULTURES**

**YEAR 9/10 – HEALTHY  
RELATIONSHIPS**

**YEAR 11/12 – PERSONAL  
SAFETY**



# ONLINE SAFETY INFORMATION FOR PARENTS AND CARERS

**NOS National Online Safety**  
#WakeUpWednesday

## 12 Social Media Online Safety Tips FOR CHILDREN WITH NEW DEVICES

With Christmas only a few weeks away, many of you will be using social media to share your excitement with friends and family. Being active on social media is a great way to show others how much fun you're having, but it's important that you know how to use these apps safely and securely so that bad things don't happen. By following our safety tips below, you can make sure that your personal information stays private, your postings are positive and that your social media use overall is responsible, healthy and most of all enjoyable.

- DON'T ACCEPT FRIEND REQUESTS FROM STRANGERS**  
Make sure that you set your profile to private so that people you don't know can't find you online. Always tell a trusted adult if a stranger or somebody you don't know sends you a message or a friend request.
- NEVER SHARE YOUR PERSONAL INFORMATION WITH PEOPLE YOU DON'T KNOW**  
Keep your personal information personal. Sometimes people online aren't always who they say they are and might ask you to share things that you don't feel comfortable sharing.
- DON'T SHARE EMBARRASSING PHOTOS OR VIDEOS OF OTHERS ONLINE**  
This could really upset them and could get you into a lot of trouble. Always think twice before posting anything on social media and treat people online as you would in real life.
- NEVER SEND NAKED PICTURES OF YOURSELF TO OTHERS**  
This is illegal! You are under 18 and you could get into trouble with the Police, if you are being pressured by someone, always say no and tell a trusted adult. Even if you think it is innocent fun, the photo could be shared with other people and you won't be able to control who else sees it.
- CREATE A POSITIVE ONLINE REPUTATION**  
Always be kind and polite when posting comments on social media and only upload pictures and videos of things you are proud of. This forms part of your digital footprint. Everything you do online can be tracked and monitored and could affect what people think of you in real-life if it is negative.
- LIMIT YOUR SCREEN TIME**  
Social media can be addictive, and it's easy to keep checking notifications or your notifications every 5 minutes which can affect your behaviour and stop you from doing other things. Remember to only use your phone at certain times of the day, turn notifications off at bedtime and put out and have as fun as much as possible. This will keep you fit and healthy and make you appreciate there's more to life than just what's on social media.
- DON'T ACCEPT FRIEND REQUESTS FROM STRANGERS**  
Sometimes people might say nasty things to you online or post offensive comments on your pictures or videos. If this happens, always tell a trusted adult who will help you block them from your profile and support you in taking further action.
- REPORT INAPPROPRIATE CONTENT**  
If you see something on social media that you don't like, offends you or upsets you, you should always report it to a trusted adult. You should also report it to the social media app who will be able to remove the content if it is against their user policy and can block the person who posted it.
- ONLY USE APPS WHICH YOU ARE OLD ENOUGH TO USE**  
Before downloading any new social media app, always check the age-rating. If you need help, ask your parent or carer to make sure that the app is safe for you to use and never download anything which you are too young for as it may contain content that isn't safe for you to see.
- ALWAYS SECURE ALL YOUR SOCIAL MEDIA PROFILES WITH A PASSWORD**  
This will help to keep your private information safe and won't allow others to access your profiles without your permission. Make sure your passwords are memorable and personal to you but something which other people can't guess, and always share them with your parents just in case you forget them.
- ASK PARENTS TO SET-UP 'PARENTAL CONTROLS' FOR SOCIAL MEDIA**  
When you download a social media app, you should always ask a trusted adult to help you set it up for the first time. This will help you control who sees what you post, who can contact you and make sure you are able to enjoy using the app safely and securely.
- ALWAYS TALK TO YOUR TRUSTED ADULT IF SOCIAL MEDIA IS MAKING YOU UNHAPPY**  
Sometimes, social media can make us feel bad about ourselves or sad that we aren't the same as someone else or doing the same things as someone else. Remember, you're never feel this way, it's really important to talk to your trusted adult(s) like your parents, carers, other adult family members or a teacher, all of whom will be able to support you and discuss your feelings with you to help make you feel better.

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## What Parents & Carers Need to Know about AGE-INAPPROPRIATE CONTENT

"Inappropriate" means different things to different people. What's acceptable for one age group, for example, may be unsuitable for a slightly younger audience. Online, young people can chance upon inappropriate content in various ways - from pop-up ads to TikTok videos. The increasingly young age at which children become active in the digital world heightens the risk of them innocently running into something that they find upsetting or frightening. Trusted adults need to be able to help children be aware of what to do if they're exposed to age-inappropriate content.

**WHERE IS IT FOUND?**

- SOCIAL MEDIA**  
Age-inappropriate content is easily accessible through many social media platforms. TikTok for instance, is hugely popular with young people but is probably best known for clips featuring sexualised dancing or profanity. Social media user filters can help, but possibly miss some harmful content like self-harm, which could cause lasting damage to a child's emotional and mental health.
- GAMING**  
Gaming is an enjoyable source of entertainment, but many popular titles can expose children to inappropriate material such as violence, horror, gambling or sexually explicit content. Some games also include chat or internet connectivity, which may mean that children are exposed to inappropriate content while playing. Some games also include chat or internet connectivity, which may mean that children are exposed to inappropriate content while playing.
- STREAMING**  
The range of video streaming services available online means that users can find almost anything they want to watch on demand. Children are therefore at risk of coming across inappropriate content, which may include violence, sexualised content, gambling and nudity or partial nudity, although users for example, can use parental controls to restrict what they can watch.
- ADVERTS**  
Online adverts frequently include age-inappropriate content, usually gambling and nudity or partial nudity, although users for example, can use parental controls to restrict what they can watch. Some search engines also feature adverts that are targeted to children, which may mean that children are exposed to inappropriate content while using the internet.

**Advice for Parents & Carers**

- TALK IT THROUGH**  
Embarrassment or fear of getting into trouble can make it difficult for children to talk openly about age-inappropriate content they've watched, so it's important that you create a safe space for them to discuss what they've seen. Before offering advice, discuss what they've seen, how they felt and how they came to find the content in question.
- CONNECT, DON'T CORRECT**  
If your child's been particularly distressed by exposure to content that wasn't suitable for their age, it's important to offer reassurance to prevent them from repeating the same mistake. The situation has passed, you could tell them about any similar experiences you might have had at their age, and how you dealt with it.
- GET SPECIALIST HELP**  
Age-inappropriate content can potentially have a negative impact on a child's mental health, which is sometimes displayed through changes in their behaviour. If the problem becomes more severe, you might consider reaching out to a mental health professional or an expert in this field who can provide you and your child with the proper support.
- STAY CALM**  
Even though it is obviously difficult to stay calm in a situation where your child has been put at risk, it's essential to think before you react. Your child may well have hesitated to open up to you about watching inappropriate content for fear of the consequences, so being calm and supportive will reinforce the notion that it would be easy to talk to you about similar issues in the future.

**Meet Our Expert**  
Coryve Jorgenson is a Registered Counsellor with The Health Professionals Council of South Africa, and the same is private practice offering counselling to children, teenagers and families. Her main focus is supporting awareness and educating the community on the mental health pressures of today's world, as well as resources and techniques to understand and cope better.

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## ONLINE CONTENT 10 tips to keep your children safe online

The internet has transformed the ability to access content. Many apps that children use are dependent on user-generated content which can encourage freedom of expression, imagination and creativity. However, due to the sheer volume uploaded every day, it can be difficult for platforms to regulate and moderate everything, which means that disturbing or distressing images, videos or audio clips can slip through the net. That's why we've created this guide to provide parents and carers with some useful tips on keeping children safe online.

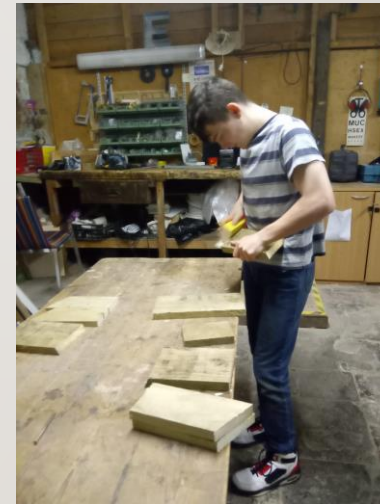
- MONITOR VIEWING HABITS**  
Whilst most apps have moderation tools, inappropriate content can still slip through the net.
- CHECK ONLINE CONTENT**  
Understand what's being shared or what seems to be 'trending' at the moment.
- CHECK AGE-RATINGS**  
Make sure they are old enough to use the app and meet the recommended age-limit.
- CHANGE PRIVACY SETTINGS**  
Make accounts private and set content filters and parental controls where possible.
- SPEND TIME ON THE APP**  
Get used to how apps work, what content is available and what your child likes to watch.
- LET CHILDREN KNOW YOU'RE THERE**  
Ensure they know that there is support and advice available to them if they need it.
- ENCOURAGE CRITICAL THINKING**  
Talk about what people might post online and why some posts could cause distress.
- LEARN HOW TO REPORT & BLOCK**  
Always make sure that children know how to use the reporting tools on social media apps.
- KEEP AN OPEN DIALOGUE**  
If a child sees distressing material online, listen to their concerns, empathise and offer reassurance.
- SEEK FURTHER SUPPORT**  
If a child has been affected by something they've seen online, seek support from your school's safeguarding lead.

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## Congratulations to Zack – Apprenticeship Awarded



- LVS Oxford is excited to share the achievement of one of our upper school students, Zack, who has successfully secured a Level 2 Customer Service Apprenticeship at Blenheim Palace.
- In 2022, Zack initiated a work experience placement at Blenheim Palace, initially on a trial basis to assess his suitability for a permanent position. The staff at Blenheim, working closely with and mentoring Zack, played a pivotal role in his progress. However, it is important to recognise that without Zack's commitment, enthusiasm, and determination, the opportunity for an apprenticeship would not have materialized.
- Zack's involvement at Blenheim Palace has unquestionably made a positive impact. Conversations about his experiences there reveal his clear enjoyment, and through these interactions, one can observe the growth in his confidence, self-esteem, self-worth, and maturity.





# WELLBEING AND MENTAL HEALTH DIRECTORY

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- HUB OF HOPE App – local directory of support
- <https://www.nhs.uk/nhs-services/mental-health-services/mental-health-services-for-young-people/children-young-people-mental-health-services-cypmhs-children-information/>
- Dealing with assessment and examination of anxieties:
- <https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/help-your-child-beat-exam-stress/>
- TalkingSpace Plus – This is a free, confidential NHS service for adults in Oxfordshire, to help people when they are feeling stressed, anxious or low. It offers treatments online.
- If you feel you would benefit from support, call 01865 901 222 or visit:
- [www.oxfordhealth.nhs.uk/talkingspacesplus](http://www.oxfordhealth.nhs.uk/talkingspacesplus)
- CAMHS – <https://www.oxfordhealth.nhs.uk/camhs/oxon/>
- CAMHS: Gaming Addiction – <https://hampshirecamhs.nhs.uk/issue/gaming-addiction/>



# WELLBEING AND MENTAL HEALTH DIRECTORY

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Oxfordshire Mind

<https://www.oxfordshiremind.org.uk/support-for-you/wellbeing-for-children-young-people/>

Young Minds

<https://youngminds.org.uk/>

Yellow Submarine

<https://www.yellowsubmarine.org.uk/>

The Daisy Chain Project –

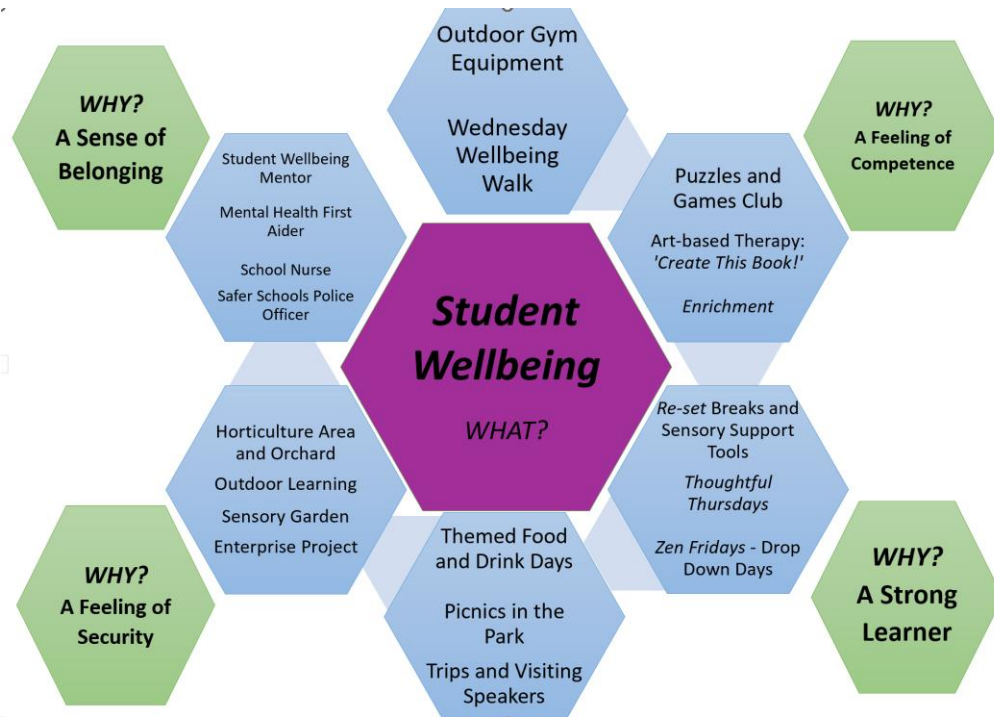
<https://www.daisychainproject.co.uk/about-autism/>

See Saw –

<https://directory.childbereavementuk.org/organisation/seesaw-Oxfordshire/>

Autism Toolbox

<https://www.autismtoolbox.co.uk//home>

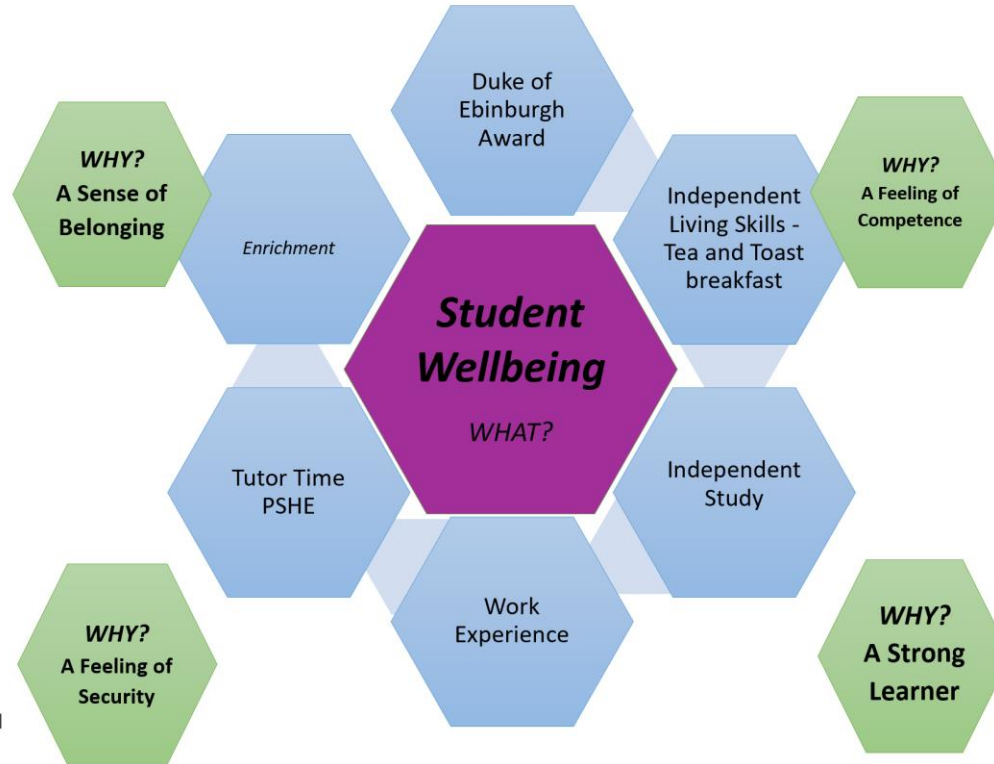



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# LOWER SCHOOL WELLBEING OFFER

# UPPER SCHOOL WELLBEING OFFER

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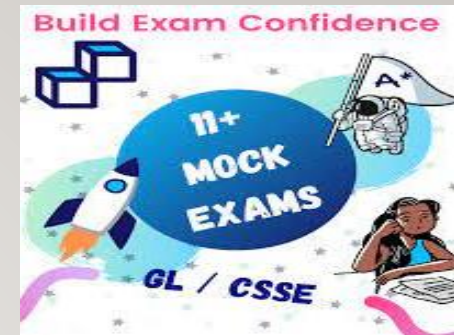
# CHINESE NEW YEAR

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Our exceptional catering team has curated a delectable menu for the upcoming celebration of Chinese New Year, which falls on Saturday, 10th February. On Thursday, 8th February, both staff and students will have the opportunity to savour a delightful array of Chinese treats.

# MOCK EXAMS



We have recently concluded a two-week period of mock exams for our GCSE students, covering subjects such as maths, English, Geography, History, Science, and Art. The results have been positive, and students have now been officially entered for their subjects. Final exam timetables will be dispatched once all details are confirmed.

The GCSE exams are scheduled to commence on Friday, 10th May, and conclude on Friday, 14th June, with the results release day set for Thursday, 22nd August. Detailed exam dates and subjects can be found on the school website, along with JCQ policies providing information on exam conditions.

Before the Easter break, students will be undertaking Functional Skills exams at entry level 3, level 1, and level 2 for English and maths. We extend our congratulations to Zack and Daniel for successfully passing their functional skills level 1 maths during the Christmas period.

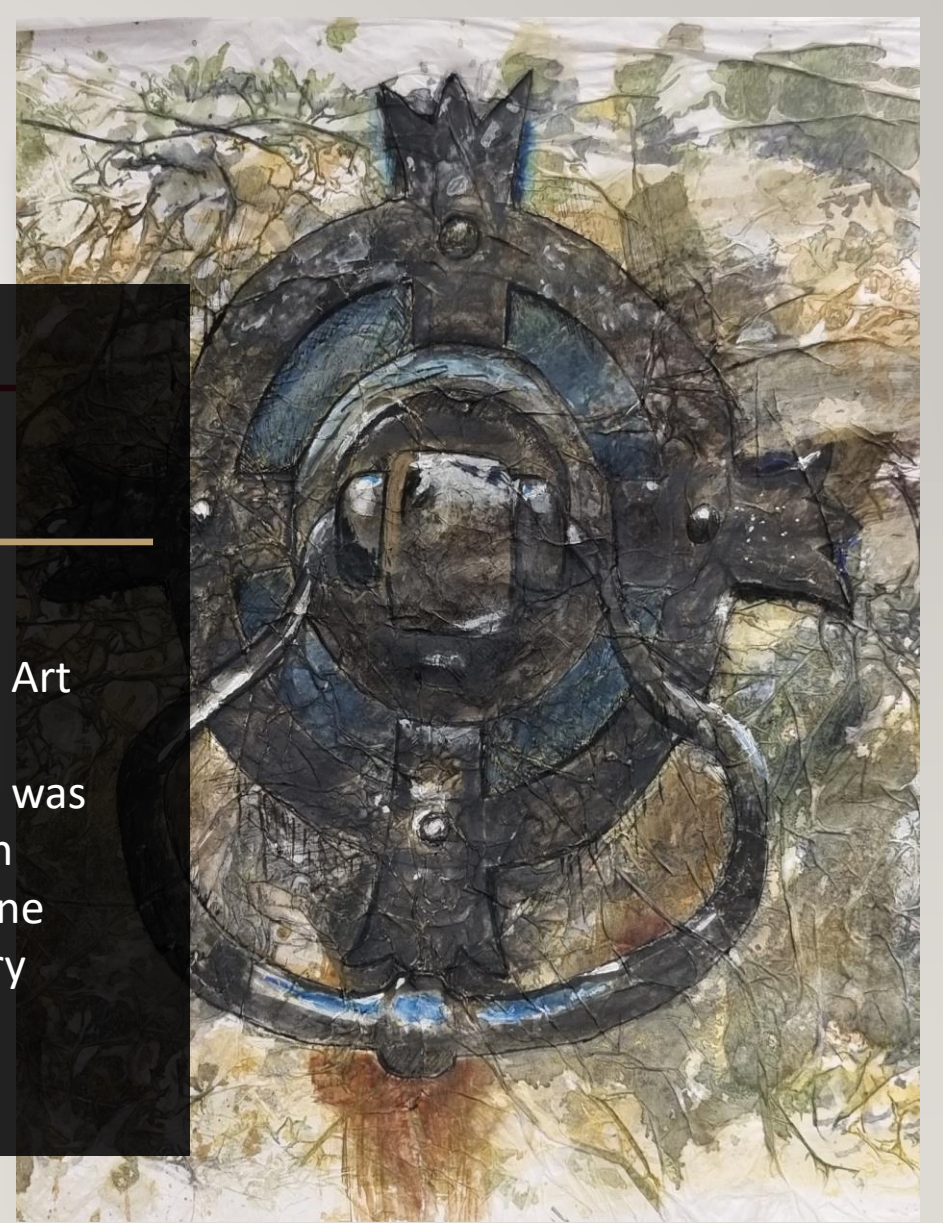
Additionally, congratulations to Toby, Harry, Orli, Daniel, and Albert for passing their functional skills level 1 ICT before Christmas. For any inquiries regarding this year's GCSEs or functional skills, please feel free to contact Chris Lacey.



# GCSE ART

## ARTWORK YEAR 11

Diligent efforts from Year 11 GCSE Art students have yielded exceptional results. The task assigned to them was to produce artwork inspired by Ian Murphy, a contemporary British fine artist. Featured here are exemplary pieces from Tabi and Olivia.



# WORK EXPERIENCE – SOHO FARMHOUSE

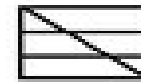
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We are delighted to share the news that our recently established Work Experience partnership with Soho Farmhouse is now active.

Three of our year 10 students are set to commence their placements there after the upcoming half term, attending each Friday morning.

Congratulations to Taylor, Abi, and Orli, who left a lasting impression on Soho Farmhouse during their interview stage and subsequent visits.

An induction session for them is scheduled at Soho on Friday, 2nd February.



**SOHO FARMHOUSE**  
**OXFORDSHIRE**



# SAFEGUARDING

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- Meet Rob Kelly, our Safer Schools Officer. Today, he paid a visit to get acquainted with the students and introduce himself.
- During the months of February and March, he will be returning to conduct assemblies on topics such as Being Safe Online and Staying Safe.



# SHOUT OUT TO PARENTS

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As an integral component of our well-being initiatives for the month of March, we are pleased to extend an invitation for Yoga and relaxation classes to our students. If any parent possesses experience in this domain and is interested in contributing, we would greatly appreciate hearing from you. Your participation would significantly enhance the well-being program for our students.

Please email: [melaniewaller@lvs-oxford.org.uk](mailto:melaniewaller@lvs-oxford.org.uk)