



A Note from our Assistant Head of KS4 & KS5

Here we are at the end of a whole term! And what a term it's been. Our Rectory students have been very busy and it's fair to say that the time has flown.

Over the last half term our Duke of Edinburgh students have been having lots of fun preparing for their expedition. We were able to take them to a local farm where they practised putting up tents and cooking outdoors. We were amazed at the levels of participation and it was lovely to see students working together and trying new foods. We hope this has helped them prepare for the expedition which will take place in the summer term.

We have also had some fantastic Functional Skills exam results this term, and of course GCSE and A Level exam prep is fully underway. The Easter holidays are a great opportunity to really get into those revisions schedules. Lots of teachers are posting on Google Classroom and there are also recommended

revisions guides and paper resources. We know from our recent parents' evening that our parents and carers are being incredibly supportive in helping our young people to get into their revision. Favourite treats, movie nights, dog walks and special outings are just some of the motivators that might support a young person to complete a productive revision session. It's just a few more months of hard work and determination and then a stress-free summer awaits!

We are particularly excited as we are in the final stages of planning for our Key Stage 4 trip to Barcelona. What with COVID and the events in Eastern Europe it's been quite a journey to getting this trip finalised, but we are now ready to take our little gang off to sunny Spain for a 3-day city break which will involve a visit to Camp Nou, Barcelona Zoo and of course the beach. Watch this space for photos after the Easter break.

Despite the recent cold snap, the sunshine should be on its way soon, so on behalf of all the Gretton staff, we'd like to wish you a very happy and sunny Easter, and we look forward to seeing the students refreshed and ready for the summer term on Thursday 21st April.



Keeley Wickham
Assistant Head of KS4 & KS5

Please Note:

You may need to click *View Entire Message* at the end of the email to enjoy this newsletter in full! You may also need to click to *display images* to appreciate the images in this newsletter.



Wednesday 20th April - Friday 22nd April

KS4 Barcelona Trip

Thursday 21st April

Students return to school following Easter break

Drama - LAMDA Exams

Here are some of this year's Gretton LAMDA students preparing for their first exam of the year! They all had to get up early last Sunday to get to their scheduled exam time at Cambridge Regional College.

Monty and Jarad performed two duologues: An extract from Roald Dahls Fantastic Mr Fox and 'You Can't Do That' by Kenneth Pickering.

Freddie performed two solos 'Rise Up' by Lisa Evans and 'Dog Face' By Kelly Powell.

Adie did the opening radio broadcast that the character Adrian Cronauer from 'Good Morning Vietnam' did, as well as an extract from 'The Play That Goes Wrong'.

Mrs Khairdean is super proud of them - we all are! Results will be in 3-4 weeks... watch this space.



Arts Award

A big congratulations to the following students who have successfully passed their Arts Award!

Kieran - Silver

Jasper - Bronze

Alex - Bronze

Jared - Bronze

Freddie - Bronze

Sam - Explore

Phoenix - Explore

Leo - Explore

Jayda - Explore



Art Department request

The dogs are coming on really well . Thank you for all the donations so far. We still need:

- more newspaper please
- just cereal boxes now please
- any black, brown, grey, white wool please

Many thanks
Mrs Easton





SEEKING RESEARCH PARTICIPANTS

Parents/carers of children with autism/PDA for a short online survey

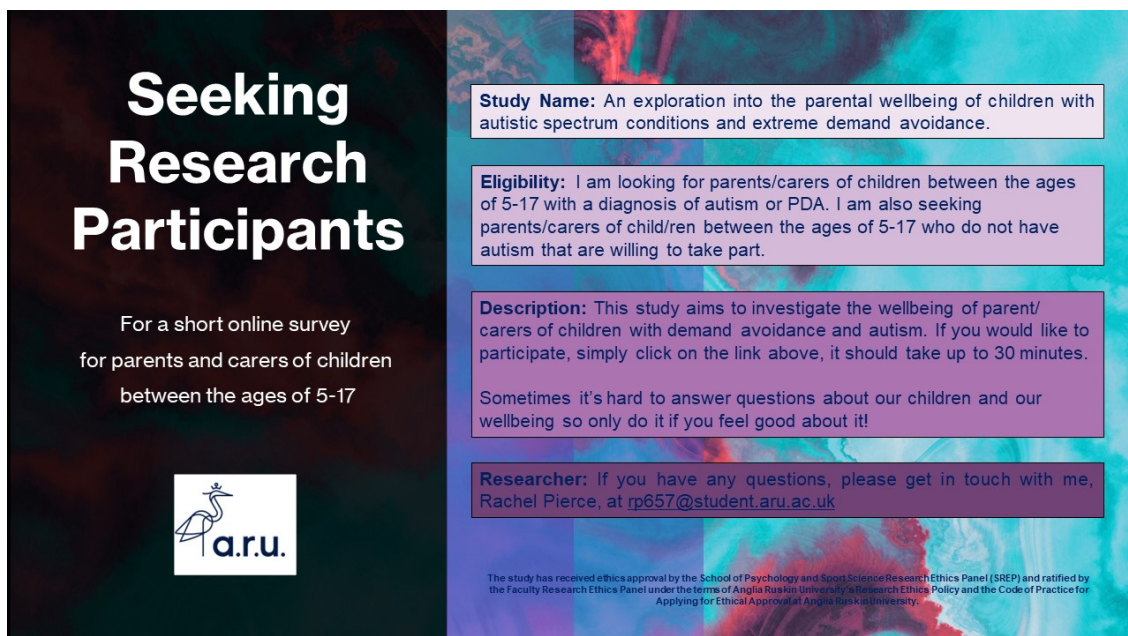
 If you have any questions please e-mail me: rp657@student.aru.ac.uk

Rachel is studying a Masters in Clinical Psychology and has asked us to share her study on:

[Parental Wellbeing and Demand Avoidance in Autism](#)


If you would like to take part in this study please click on the link above, it has been fully approved ethically by Anglia Ruskin.

Further information is available in the poster below and above.



Seeking Research Participants

For a short online survey
for parents and carers of children
between the ages of 5-17



Study Name: An exploration into the parental wellbeing of children with autistic spectrum conditions and extreme demand avoidance.

Eligibility: I am looking for parents/carers of children between the ages of 5-17 with a diagnosis of autism or PDA. I am also seeking parents/carers of child/ren between the ages of 5-17 who do not have autism that are willing to take part.

Description: This study aims to investigate the wellbeing of parent/carers of children with demand avoidance and autism. If you would like to participate, simply click on the link above, it should take up to 30 minutes.

Sometimes it's hard to answer questions about our children and our wellbeing so only do it if you feel good about it!

Researcher: If you have any questions, please get in touch with me, Rachel Pierce, at rp657@student.aru.ac.uk

The study has received ethics approval by the School of Psychology and Sport Science Research Ethics Panel (SREP) and ratified by the Faculty Research Ethics Panel under the terms of Anglia Ruskin University's Research Ethics Policy and the Code of Practice for Applying for Ethical Approval Anglia Ruskin University.



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- ✓ An online safety training course for parents – developed by our experts and delivered by online safety ambassador Mylene Klass;
- ✓ A user-friendly interface with increased functionality – find exactly what you need, when you need it;
- ✓ The option to get notifications to your phone as soon as new content becomes available – so you can stay up-to-date with the latest online crazes (and risks);
- ✓ An in-app voting system so you can help determine the subjects you'd like us to cover in future;
- ✓ The facility to personalise your content by favouriting key resources.

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Call: 0800 368 8061
Facebook: /nationalonlinesafety

Email: hello@nationalonlinesafety.com
Instagram: @nationalonlinesafety

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 apps 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 FACEBOOK

With 2.8 billion users, Facebook, owned by the recently rebranded Meta, is the world's most popular social media platform. It encourages interaction with other people by (among other things) adding them as friends, reacting to or commenting on their content, sharing images and videos, posting status updates, joining groups and playing games. Facebook is free, and anyone over 13 can join – but with no age verification, younger children can easily create an account: it's likely your child is already familiar with the platform, even if they don't yet use it themselves.

AGE RATING
13+

WHAT ARE THE RISKS?

ADDICTIVE NATURE

Facebook's quick reward cycle of likes and comments on shared posts can be hugely addictive. It encourages users to keep returning to post things and increases FOMO (the Fear Of Missing Out), which leads to people checking the app even more frequently and finding themselves endlessly scrolling through content.

CYBERBULLYING

A 2021 Ofcom report found that around one in four UK 12–15-year-olds had been cyberbullied or trolled (intentionally antagonised online). On Facebook, this can happen through private messages (on Facebook Messenger); hurtful comments on their profiles and posts; pages or groups set up purposely to torment a victim; or exclusion from pages or groups.

FUTURE IMPACT

Like most social media platforms, anything posted on Facebook leaves a permanent 'digital footprint'. This can have future consequences for young people: many universities and employers, for example, now review someone's Facebook timeline during the application process.

CONTACT FROM STRANGERS

Just like in the offline world, there are people on Facebook with malicious intentions. Ofcom reports, for instance, that 30% of 12–15-year-olds have received a friend request from a stranger. This, sadly, can include individuals seeking to take advantage of impressionable youngsters.

OVERSHARING

Facebook encourages you to post "what's on your mind", but children should be wary of revealing too much about themselves online. Users can give away their location by checking in or using Facebook Live, for example, while some photos can also be traced using file data.

INAPPROPRIATE CONTENT

Facebook monitors and removes material like hate speech or extreme political views, while adverts on the platform are now forbidden from targeting under-18s based on their interests. Offensive content isn't always taken down instantly, however, so there's still a risk of children encountering it.

VIDEOS AND STREAMING

Facebook Live lets users stream video live to their friends or watch others' broadcasts. Viewers can comment in real time, which is problematic to moderate. Short, user-created clips called Reels can now also be displayed on profiles and feeds. These video features could contain unsuitable material or allow children to be coaxed into doing something on camera that they wouldn't normally do.

Advice for Parents & Carers

KEEP ACCOUNTS PRIVATE

In the settings area, you can choose whether a Facebook profile is public or private. By far the safest option is to switch your child's to private, so they can only interact with people who they are friends with on the platform. Facebook's settings can also prevent your child's personal information (such as contact details, school name or date of birth) from appearing publicly.

ENCOURAGE SAFE FRIENDING

Facebook can help your child to stay connected with the people and the things that they care about. However, it's important for them to understand that they should only accept friend requests from people who they know. The key questions to consider are "has your child met them in person?" and "do they know and trust them enough to feel comfortable accepting them as a Facebook friend?"

LEAD BY EXAMPLE

Let your child watch you using Facebook – this will demonstrate how it can be used safely and appropriately, reducing the risk of them encountering harmful content themselves. Teach them the habit of thinking before sharing anything online and try to follow the same rules that you set for them – so if you agree time limits on your child's Facebook use, then you should stick to them, too.

SAVVY SHARING

Make sure your child realises that what they share online with friends can end up being shared again by others. It's important that they think about what they share online and who they share it with. Facebook's 'Audience Selector' gives users the option to filter who sees what they are sharing, whenever a status is updated, photos are uploaded or anything is posted.

RESPECT BOUNDARIES

Once you've talked about Facebook safety with your child, give them some space and trust them to make smart choices. Make it clear, however, that you're always open to discussing social media if they need to. In the early stages, you could occasionally review your child's social media activity with them to put your mind at rest – but take care not to become reliant on checking it every night.

BLOCK AND REPORT

On Facebook, you're able to report harmful content and block particular people or groups so they can't contact your child or view their profile. Before they start spending serious time on the platform, show your child how these features work and explain why they might need to be used. Facebook's Bullying Prevention Hub offers advice on dealing with harassment on the platform.

Meet Our Expert

Alex Wright is a former Facebook employee and social media expert with more than 15 years' experience in digital media. He has worked with some of the biggest organisations on the planet and has a vast understanding of how social media platforms work and how they engage their audience.

Source: www.facebook.com/itsheyibuying

National Online Safety
#WakeUpWednesday

www.nationalonlinesafety.com @natonlinesafety /NationalOnlineSafety @nationalonlinesafety

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pinpoint
for parents by parents

9/12



Sessions are currently all online and booking is easy via our [events page](#). Our upcoming events for April:

1st April, 10am-12pm: Pinpoint Parent Carer Tii Hub. Book [here](#).

19th April, SENDads & Mums Group. Book [here](#).

20th April, 12-2pm: Yvonne Newbold – Transitions – how change and routine impacts behaviour. Book [here](#).

22nd April, 10am-12pm: Pinpoint Parent Carer Tii Hub. Book [here](#).

26th April, 10am-12pm: Red Balloon – exploring ways to help your child cope better at school. Book [here](#).

27th April, 10am-12pm: Building resilience – life lessons from dogs. Book [here](#).

28th April, 8-10pm: Twilight recording- Harry Thompson – PDA, Autism and Me. Book [here](#).

29th April, 10am-12pm: Pinpoint Parent Carer Tii Hub. Book [here](#).

All of these sessions will be held online. Zoom links to join will be sent from Eventbrite 2 days before and again 2 hours before the start of each session. Please do check your junk mail as they sometimes end up there! Thank you.

School Transport Crisis

There is a desperate industry wide shortage of part time bus drivers to cover

school runs in the mornings and afternoons.

In the past this type of work was covered by retired bus and coach drivers who wanted to work part time to either top up their pensions or give them something to do, a sense of purpose if you like.

Maybe it was the Covid pandemic, or maybe people have got used to staying at home, but these retired drivers are not coming forward anymore which makes us wonder what the future of school transport will look like, if there is any future at all.

County Councils are legally required to provide this transport but without the drivers this service cannot be provided no matter what the law says.

All parents be aware that IF SCHOOL TRANSPORT GOES THE ONLY PEOPLE LEFT TO TAKE CHILDREN TO SCHOOL IS YOU - WE HAVE TO DO SOMETHING.

If anyone knows of any retired bus or coach drivers who could help us fill the ever-growing numbers of school bus vacancies, please give them a shout and let them know how much they are needed.

Ron Martin

Acme Bus Co Ltd

The Green Barn

Shipton Bridge Farm

Widdington

Saffron Walden

Essex

CB11 3SU

Tel: 01799 542818

Mobile: 07850 128797

Email: ron@acme-bus.com



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