

The Wolfreton Way Newsletter

Issue 2

Welcome to Issue 2 of this year's newsletter. Approaching the end of week 4, everyone has now settled into the autumn term and it is proving to be both a busy and very positive one. This week we are pleased to share with you our Year 11 Success Event, European Day of Languages, Sport and Sixth Form congratulations.



We are delighted to report that our Year 11 Success Event, held on Thursday 12 September, was a great success! The evening provided a valuable opportunity for parents, carers, students, and teachers to come together in preparation for the crucial year ahead as our Year 11 students begin their final stretch towards the GCSE examinations.

The event was designed to offer both practical advice and support, with teaching colleagues sharing key strategies on how to best support students' learning throughout the year. Parents and carers engaged in positive conversations with staff, gaining insights into study techniques, revision schedules, and

the importance of maintaining a balanced lifestyle. The discussions reflected the shared commitment we all have to ensure our students are well-prepared and confident as they approach this important milestone.

We would like to extend our heartfelt thanks to all the parents and carers who attended. Your involvement is essential in helping us foster a strong partnership between home and school, and your dedication to your children's success is greatly appreciated. We are confident that this collaboration will play a crucial role in supporting students as they work towards their goals.

A special thank you also goes out to our fantastic 6th Form students, who

generously gave their time to support the evening. Their assistance was invaluable, and their presence served as an inspiring reminder of the journey our Year 11 students are on.

Please look out for our Year 11 intervention timetable, which will be published in the coming weeks. These sessions are strategically designed and targeted to support students further as they work towards their GCSE exams.

We look forward to continuing this partnership throughout the year and supporting all our students as they strive for success!

Year 11 Success Event A Huge Success!



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European Day of Languages

European Day of Languages is an event designed to celebrate cultural and linguistic diversity throughout Europe. We marked the occasion yesterday with activities in school and set some challenges for students to complete at home. Students took part in a Teacher Treasure Hunt; this involved students spotting teachers and support staff throughout the day, wearing a sticker showing a greeting in a foreign language. As you can see, we all had a fun time!



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Sport

This year's sporting calendar has got off to a busy start once again. Our PE Faculty have once again entered teams in the English Schools National Cup Football, the Sisters n Sport National Netball, the Humberside School's Football Competition, as well as the regional netball and rugby competitions. As the year progresses, other competitions and tournaments will come online in additional sports, including cross-country, athletics, tennis, cricket and rounders.

Match	Competition / Friendly
U14s Netball v Pennistone Grammar	Sisters n Sports
Y9 A Team football v St Mary's	National Cup
U14 Girls v Healing	National Cup
U15 Girls Football v King Edwards	National Cup
Y10 Netball v Bootham	Sisters n Sport
Y10 B Team v South Hunsley	National Cup
Y7/8 Netball v South Hunsley	Sisters n Sport
U16 Netball v St Aidens, Harrogate	National Cup
U13 Girls Football v Malet Lambert	National Cup
Y7 Football v South Hunsley	Friendly
Y7 Rugby v Hymers	Friendly
Y9 B Team Football v St Mary's	National Cup

In addition to the many teams playing competitive sport, the extra-curricular clubs are also in full swing. The programme is included in this Newsletter again this week and we encourage all budding sportspeople to come along.

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Year 10 Sisters n Sport Netball



Sisters n Sport Match Report, Miss Kitchen:

On 18 September the Year 10 girls travelled to Bootham School in York for the first round of the Sisters n Sport competition. After a quick warm up led by team captain Isla, the girls who have come together as a new team this year, got off to an impressive start.

The girls went 3 nil up in the first 5 minutes however unfortunately, Bootham came back strong with an amazing shooter who was placing them in from all over the D area. We fought strongly during the entire game but unfortunately placed second. The girls really had an excellent first outing and will now fight again in the Plate Competition.

A massive well done to all. Selected by the opposition, Addison was awarded player of the match.

Final score 31 – 12.

Year 7 Football Festival



House Points

All rewards earned by each House since the start of the year.



25071



26894



27007



25590



25217

**Total House
Points
129,779**

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Lunchtime Clubs

Monday	Tuesday	Wednesday	Thursday	Friday
KS3/4 Homework Support (Achievement Centre)	Sensory Club (Achievement Centre, KS3/4)	Sensory Club (Achievement Centre KS3/4)	Sensory Club (Achievement Centre KS3/4)	Year 7-9 Dance (Year 10/11 Helpers) (Sports Hub)
KS4/5 Fitness Club (Fitness Suites)	KS4 Fitness Club (Fitness Suites)	KS4 Fitness Club (Fitness Suites)	KS4 Fitness Club (Fitness Suites)	KS4 Fitness Club (Fitness Suites)
KS3/4/5 Choir (G7)	School Production – Cast Members (Drama Studio)	School Production – Cast Members (Drama Studio)	School Production – Cast Members (Drama Studio)	School Production – Cast Members (Drama Studio)
KS3/4 Maths Homework Support (Achievement Centre)	School Band – For those who play an instrument (G7)	KS3/4 Homework Support (Achievement Centre)	Music Club – Open to all (G7)	
KS3 Arabic Club (F28)	KS3 Dungeons and Dragons (S22)	KS3/4 Maths Homework Support (Achievement Centre)		
KS3 Quiet Space (G24)	KS3 Quiet Space (G24)	KS3 Quiet Space (G24)	KS3 Quiet Space (G24)	KS3 Quiet Space (G24)
Year 7 and 8 Boys Rugby (Sports Hub)		Year 9 and 10 Boys Rugby (Sports Hub)		Year 11-13 Boys Football (Sports Hub)
Year 9 Football (Sports Hub)	Year 10 Football (Sports Hub)	Year 7 Football (Sports Hub)	Year 8 Football (Sports Hub)	Year 11/12/13 Football (Sports Hub)
		Year 7 Coding Club (F19)		

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After School Clubs

Monday	Tuesday	Wednesday	Thursday	Friday
KS3 Science Club (S11) 4pm Finish	KS3/4 Badminton (Sports Hub)	KS3/4/5 Netball (Netball Courts)		
KS3 Beginner's British Sign Language (F33) 3.30 Finish		Year 10 Art and Photography Support (G4/G5) 4pm Finish		
Year 7-11 Girls Football (Sports Hub)	KS3/4/5 Volleyball (Sports Hall)	KS3 Japanese Club		
School Production (Drama Studio) <i>select students only</i>	School Production (Drama Studio) <i>select students only</i>		School Production (Drama Studio) <i>select students only</i>	
Homework Support (G24/G22) 4pm finish			Homework Support (G24/G22) 4pm finish)	

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Sixth Form



Many congratulations to Archie in Year 13 who is our first Year 13 student successfully through the UCAT, the aptitude test for potential Medicine applicants, this year. Archie was delighted with his score of 3000, band 2, which puts him in a strong position for his UCAS application. Archie is currently considering which medical schools he will apply to having carried out careful research into what each of the institutions rates most highly from their potential applicants. Archie has been volunteering at Hull Royal Infirmary since January, he gained a work experience placement for a week shadowing a plastic surgeon as well as participating in online medical work experiences to build his portfolio ahead of submitting his UCAS application. The next stage will see Archie being supported in his preparations for his medicine interviews.

We would also like to send many congratulations to Harmony, who completed her A Level studies with us this summer, who also excelled in her UCAT which she has sat very recently ahead of submitting her UCAS application for Medicine for a September 2025 start.

Thursday 10 October 2024, 6:00pm-8:00pm
Sixth Form Open Evening and Careers Fair



THE CONSORTIUM
SIXTH FORM COLLEGE

WOLFRETTON CAMPUS

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Notices

Reminder from the Library

Please can Year 10/11 students be reminded to collect their revision guides from the Library at the end of the school day.

Arbor

All homework assigned to a student can now be viewed via the Arbor Parent Portal.

Key dates

Thursday 3 October ...Year 6 Open Evening

Thursday 10 October ..Year 9 Personal Development Day; Prison Me No Way

Thursday 10 October ...Sixth Form Open Evening and Careers Fair

Thursday 17 October ...Year 7 Meet the Tutor

Thursday 24 October...School Closes

Have your contact details changed?

If you have changed any contact details such as home address, mobile number, email etc. this must be updated on the Arbor Parent Portal so we can ensure our system is up to date and can remain in contact with you.

What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so enthralls young people, but we can still help children to be aware of their mental wellness: recognising when something isn't OK – and knowing what to do about content that upsets them.

1. UNDERSTAND THE ALGORITHM

Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.

2. AVOID THE MAIN FEEDS

Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.

3. DISCUSS WHAT THEY'VE SEEN

Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss what they follow, what posts they like and what comes up in their feeds: if alarm bells ring, it could be time for a more in-depth talk or to seek support.

4. LEARN HOW TO HIDE CONTENT

If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.

5. SET DAILY LIMITS

Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces: involving your child in creating this agreement makes them more likely to stick to it.

6. MONITOR THEIR ACTIVITY

Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.

7. TURN OFF PUSH NOTIFICATIONS

Even for adults, it's tempting to check an email or message as soon as the alert sound pings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practise mindful use of tech. Most of us have other things that we need to focus on as a priority – and those notifications will still be there later, when we have more time.

8. USE DEVICES TOGETHER

Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area at home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.

9. ENCOURAGE OTHER ACTIVITIES

Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.

10. TALK ABOUT PEER PRESSURE

Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like offline life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

Meet Our Expert

Shazia Sarwar-Azim is executive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the SEND, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shazia is a Fellow of the Chartered College of Teaching and the author of *The Rainbow Within*, a book which supports children with SEMH needs.



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#WakeUpWednesday