



Friday 15th February 2019

Week commencing 25th Feb: [Week 2 Timetable](#)

[School Website](#) [Extra-Curricular Clubs](#) [Term Dates](#) [General School Notices](#) [Menus](#)

Dear Parents / Guardians

By far the biggest news of the week is that Crestwood staff and students featured in Monday night's Panorama (which you can watch via the BBC iPlayer [here](#)). The focus of the programme was on the influence of social media on young people. Many students featured in the footage of an assembly, however the stars of the show were those students who were interviewed by the presenter Catrin Nye. All spoke articulately and intelligently and showed Crestwood in an extremely positive light. We are very proud of you!

In other news, Year 11 Geography students conducted their fieldwork at Lee-on-the-Solent, roses were delivered across both sites to raise funds for the CCIA and Meghan Hinton delivered her powerful #ItHappenedToMe assembly to students on the Cherbourg campus (which you can read more about on the school's [Facebook](#) page and below).

Also over the half term break, a number of staff will be offering Year 11 the opportunity of revision sessions. These will take place on both campuses and at various times over the week. The full programme has been circulated to students already. Further details can be found on the school website. In support of this, the theme of the week later in the bulletin covers revision tips and ways parents can support their child in their studies. If you have any questions in regard to these techniques please contact us.

We would value ongoing dialogue with parents on what else you would like mentioned in this bulletin. So if you have any thoughts please do not hesitate to contact us on the email addresses below.

There are some key dates for parents to be aware of, in the coming weeks:

- Year 10 Parents' Evening has been rearranged for Thursday 7th March in the Shakespeare Campus Sports Hall, 5-7.30pm.
- Year 11 group photos have been postponed until further notice. This is due to the new GDPR guidelines and permissions that we have to seek from parents before the photograph can be taken and distributed/displayed. Further information will be coming out to Year 11 parents shortly.

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Megan's Story

This week we welcome Megan Hinton to our school. Megan was duped into sending a nude photograph of herself to someone who then shared the image around their school. She is using her story to warn other young people about the dangers of sharing intimate images; she's working with the Police's [#ItHappenedToMe](#) campaign highlighting online risks of sending nude photos

PC Maria Carrick of Hampshire Police said "We hope that hearing about Megan's experience and how she overcame this difficult time will give strength and support to young people who experience bullying and pressure for nude pictures or naked selfies.

We'll be broadcasting our film on a range of social media and online channels, including Safe4Me, to get the message across to as many people as possible and will be sending the film to schools so it can be shown to pupils and staff. We will continue working in partnership with schools, youth centres, and others organisations to raise awareness.

We encourage parents and teachers not to be afraid to talk to children about their activities on social media and explain the importance of privacy, and thinking before uploading content online, to prevent them from becoming both the victims and perpetrators."

Click on the link below to see video:

<https://www.youtube.com/watch?v=nliwNAwS1BY>



Geography Field Trip - Lee on Solent



Follow the link below to see more photos.

FIND OUT MORE HERE:
[Crestwood Community School](#)

Crestwood's Got Talent Show coming soon...

CRESTWOOD'S GOT TALENT

The Talent Show will be held on: 28th February at 7:00pm on the Cherbourg campus.

Entry on the door is £1 per student and £2 per adult.

All proceeds go towards Cancer Research. This event has been organised by the Student Leadership Team on the Cherbourg Campus, please come along and support.

FIND OUT MORE HERE:
[Crestwood Community School](#)

Science

Year 7 covered the 'Skittles Chromatography and Osmosis experiment' which showed them what happens when the colour particles from the skittles move from an area of high concentration (the sweets) to an area of low concentration through a semi-permeable membrane.



FIND OUT MORE HERE:
[Crestwood Community School](#)

Careers

Where am I going? Are your children wondering about their futures? Do you have questions about qualifications and careers? Why not take a look at the fantastic careers resource on the school website?

<http://crestwood.hants.sch.uk/school-information/curriculum/careers/>

Career Companion gives information about all sorts of pathways - Apprenticeships, A-Levels, Vocational and practical courses for all year groups and for parents

Just follow the link, click on the Career companion Logo and find a whole host of information on possible future pathways
If you are not sure what you want to do, try the free SACU student test (parents can do this too - find out if you are in the right job!)

careercomp@nion

CRESTWOOD COMMUNITY SCHOOL

WELCOME TO CAREER COMP@NION AT CRESTWOOD COMMUNITY SCHOOL

ISLE of WIGHT COUNCIL

QUICK LINKS

yr 7 yr 8 yr 9 yr 10 yr 11 16th form FE Further Education UNI Parent/Carer

LM Labour Market Information Apprenticeships and Traineeships SEND Special Educational Needs & Disabilities CVs & Job HUNTING GAP YEAR Charities & Voluntary Work Careers Info & Films Work Experience & Internships Finance STEM

Destinations Training Providers

LOGOUT ABOUT US PRIVACY POLICY HELP careercomp@nion

<https://sacu-student.com/>

Simply sign up for free and take the test - all you have to do is choose the pictures which most match you and this amazing resource will point you at a range of possible careers - it also tells you how to get into those jobs and even what the salary might be!

Any questions about careers - please contact Andrew.whittick@crestwood.hants.sch.uk or Dawn.smith@crestwood.hants.sch.uk

FIND OUT MORE HERE:
[Crestwood Community School](#)

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TRIPLE P TEEN

(Positive Parenting Program)



FREE RESOURCES!

Triple P offers materials you can keep and use time and time again!



MEET PEOPLE!

Share ideas and experiences with other parents.



FREE COURSE!

There is no cost for you! If you wish to attend the course, simply call one of the numbers below and sign up.



GAIN CONFIDENCE!

Feel confident talking to your teenager about subjects such as relationships, school, friendships, growing up and making positive choices.

HELP YOUR TEEN!

Help your teenager feel secure and able to cope with the ups and downs of life.

LEARN NEW SKILLS!

Fine tune, practice and brush up on parenting skills you may never even know you had.

Coming soon....

Triple P Group Teen

Free to all parents of teenagers from – Crestwood College Shakespeare & Cherbourg Campus and all our feeder schools

If there are spaces on the programme we will take parents from other schools but there will be a voluntary contribution for the Triple P Resource

Where: Crestwood College – Shakespeare Campus, SO50 4FZ

Dates: Sign up Wednesday 27th February 2019, **Week 1.** 6th March 2019

Week 2. 13th March 2019 **Week 3.** 20th March 2019

Week 4. 27th March, 1-1 session 3rd April 2019 **EASTER HOLIDAYS** Final Session 24th April 2019

Time: for sessions 6-8pm.

Who: Your Facilitators will be Jane Cole and Sue Hills

To book a place, please contact Jane Cole-02380649607/07388997380

THEME OF THE WEEK: LOW MOOD

What is low mood?

Low mood is the experience of 'feeling down', and it's something that many children experience for short periods of time. It can include sadness, worry, low self-esteem or tiredness - or your child might feel anxious and panicky, frustrated or angry. Low mood can usually be improved by making some small changes - getting more sleep, talking about their problems, or resolving a difficult situation that's worrying them. If your child's low mood lasts more than two weeks, it's time to check in with your GP - negative feelings lasting more than this can be a [sign of depression](#).

What are the symptoms of low mood?

You may notice that your child is more irritable with you, other family members or their friends. They might lack the energy or motivation to do the things they usually enjoy, or struggle to laugh at things that would usually amuse them. They might complain of feeling tired, and spend more time sleeping than usual.

What are the causes of low mood?

Low mood can be a response to a number of things - tensions at home, problems at school, relationships and more. Sometimes it's a reaction to a really difficult event, like a bereavement or other big change. But sometimes, there's no obvious cause, and that can be really worrying for parents who are uncertain what to do to help.

Low mood and tiredness

In fact, one of the most common reasons for a child's low mood is a simple one - they may just not be getting as much sleep as they need. Children's sleep needs vary depending on their ages, ranging from around 11 hours per night for a 5-year-old to at least 9 hours per night for a teenager. If your child stays up late chatting to friends, doing homework, going on social media or playing games, then it's possible that their low mood is being caused or exacerbated by plain old tiredness.

It's very common for teens to seriously underestimate the amount of sleep they need; try and have a conversation about [the amount of sleep the NHS recommends](#) for their age, and encourage them to explore a way to relax before lights out.

Low mood and eating

A low mood can also be connected to low sugar levels. Try and make sure they eat something in the morning before starting lessons at school - a good breakfast can really help to lift their spirits. Avoiding processed and junk food if possible - whole grains and plenty of fruit and veg will help them avoid sugar spikes which can affect mood.

Low mood and hormones

Many girls will feel low around the time of their period, when hormones can make them feel edgy and tired. Encourage them to spot whether they often feel down at a certain point in their menstrual cycle - being able to predict when they might feel low can be helpful.

Does technology or screen time affect low mood?

Parents often ask whether there's a link between screen time and low mood. As yet, there's no definitive evidence - but look out for signs that technology is...

...Affecting their sleep

Some young people report that they're only able to fall asleep when their phone stops pinging with new alerts and updates; others find themselves constantly checking their phone for messages during the night.

If your children share a bedroom, they may be disturbed even when they are not using technology themselves. There's some evidence that the blue light from screens mimics daylight and stimulates the brain, and that it suppresses melatonin which regulates sleep-wake cycles.

...Leading to unhealthy comparisons

Many young people enjoy social media and texting - it's a fun break from school work and other routine activities.

Sometimes, though, social media can become a source of dissatisfaction. Young people can feel as though all their friends are more attractive, more successful, and having more fun than they are; this can have a negative effect on self-esteem, and increase a feeling of low mood.

...Overstimulating them

Multimedia content is exciting and designed to be really stimulating. It's possible that your child may feel bereft when they're not using a device - real life may seem dull, slow and colourless compared to the online world where something is happening all the time.

What can parents do to help?

It can be an upsetting and helpless feeling to see your child in a low mood, and it's natural to want to do whatever you can to ensure your child feels happier.

Help them understand why they're feeling low

Children will often bottle up their feelings; but it's helpful if they can recognise and name how they're feeling so that you can help them plan how to deal with the effects. Encourage your child to express their emotions - often just saying to someone, 'I'm fed up today' can make a difference.

Set boundaries to help them find a balance

It might help your child to have routines and boundaries in place, like device-free meal times. Since tiredness can have such an impact, think about introducing a family agreement for devices, such as when they are used. For example, you could agree that they are left to charge in the living room and not used one hour before they go to bed, so they can wind down with a book. The more rested they are, the better.

Talk to them about social media and 'reality'

Help your child to think critically about how the images they may come across on social media are likely to be edited and enhanced to look a certain way. Ask them why they think this might be the case and why people might select only their best and happiest moments to share on social media. Do they think this is a realistic depiction of the person's life? There are some great examples of pictures showing what's going on 'outside the frame' that you can explore with your teens.

Look for activities which lift their spirits

Sometimes a fun activity can act as a distraction and can help lift their mood - cook a meal together, listen to music, get outdoors. Physical activity often does the trick and walking, running, swimming gets people out of the house and into the fresh air - but even changing their bedroom furniture around can help.

Keep a check on the length and frequency of their low moods

It's important to keep a close eye on any mood changes. You know your child better than anyone - if you have any concerns that your child's low mood is becoming too frequent, lasts a long time or is having a worrying impact on the way they function each day, seek advice from your GP.