



Lenzie Academy
East Dunbartonshire

S1 Welcome Evening

6 September 2018

Mr Paterson
Mrs Elliott
Mrs McNab
Mrs Curran
Ms Sinclair

THE GUIDANCE TEACHER

The role of Guidance

- Keeping pupils on track
- Sharing concerns
- Continuity

Well-being

- SUPPORT FOR PUPILS IN LENZIE ACADEMY:

Guidance teacher

Subject teachers

Support for Pupils Department

Well-being Support Base

Internet safety Facts & Figures

Managing privacy settings on apps

11-15 year olds use on average 5 different websites and apps to communicate with friends at home, the most popular being Instagram (60%).



Whatsapp



Snapchat



Instagram



YouTube



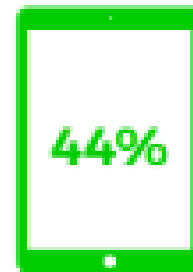
**15 hours
a week**

Children's internet use
has reached record highs.

5-15 year olds spend
15 hours a week online



The number of children
with a social media profile
doubles between the age
of 10 and 11. 43% of 11 year
olds have a social profile

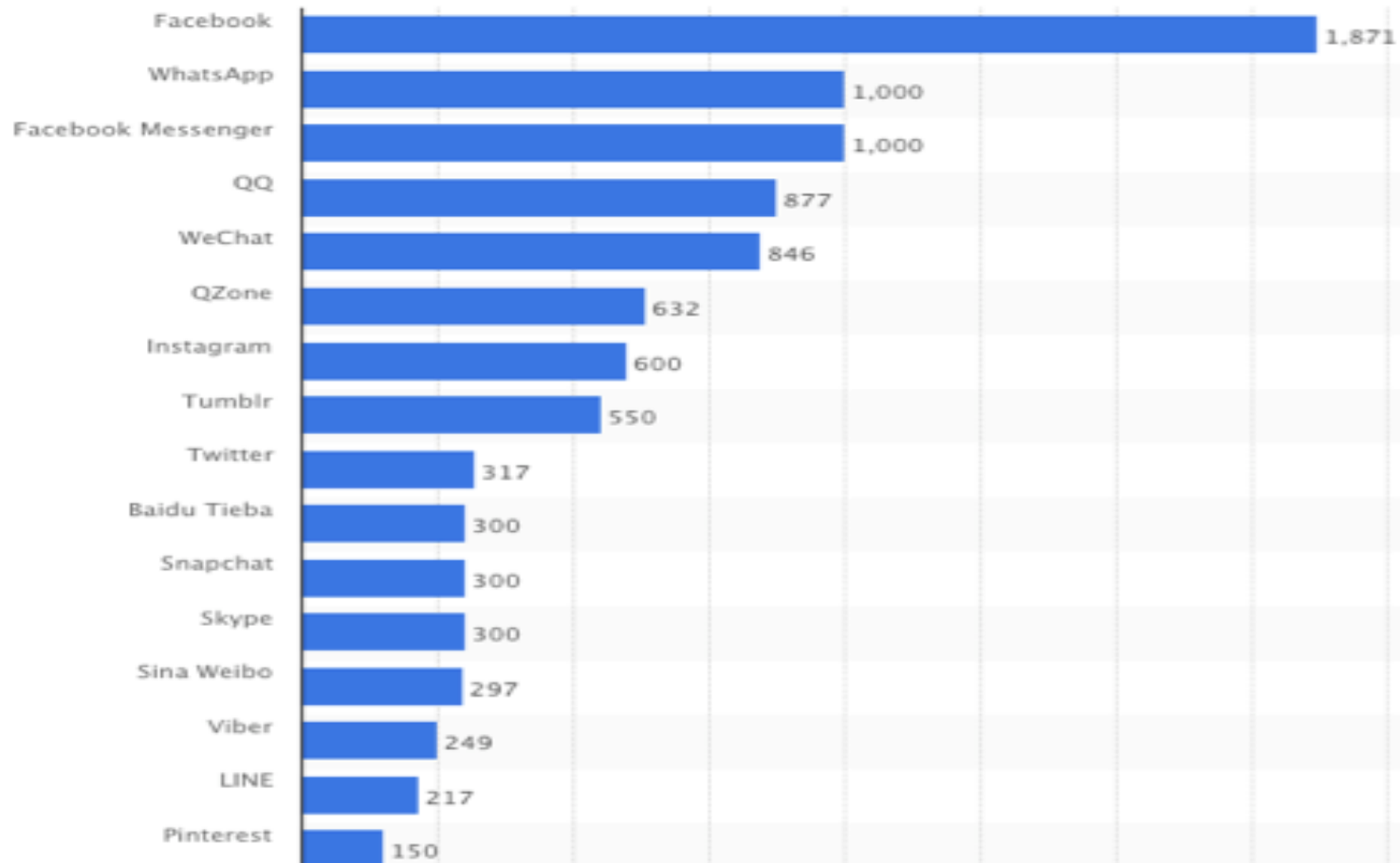


44% of 5-15 year olds
have their own tablet
and together with
smartphones are
the most popular
for going online.

Children's use of the internet is becoming more mobile and interactive offering young people more opportunities to interact and meet new people, so it's never been more important to make sure you are helping your child stay safe in the digital world.

Most Popular Social Networks - UK

Social network sites worldwide ranked by number of active users (in millions, as of January 2017,)



Social Networking

- allowing them to stay in touch with friends over chat,
- meet new people with similar interests,
- share photos and videos

Used appropriately, social networks are a great place for young people to demonstrate their creativity



Behaviour

12 to 15 year olds may be in contact with people they don't know on their social networking site profile ¹



Habit

of children aged 10 to 13 use social networking sites ²



Behaviour

of children aged 12-15 say their favourite online activity is chatting with friends ³

Risks of Social Networking

- The lower age limit for most social networking sites is 13
- You can set privacy settings on most social networking sites
- Interrupted sleep
- Information shared between friends can be easily copied and may spread widely
- It isn't easy to take back information that has been posted - and can be impossible if it's already been shared.
- Not everyone your child meets online will be who they say they are.

What Issues May Affect Young People Online



Cyberbullying



Online
Grooming



Inappropriate
Content



Online
Pornography



Online
Reputation

Helping Young People Stay Safe Online

- Have free and frank discussions
- Manage their devices
- Put yourself in control
- Start discussions about social networking early
- Keep private information private
- Check age ratings

How we deal with incidents relating to social media use

- Majority of incidents that are reported to school relate to issues outwith school

The school will investigate as appropriate

- Report concerns to parents
- May have to involve the Police
- Support the pupil

PSE Input in S1



- PSE and Computing - internet safety
- Police input at assemblies and PSE classes
- Theatre productions - internet safety, sexting and online bullying

What we teach in PSE

- PSE lessons use CEOP website



- Highlight dangers of social networking - bullying, online grooming and the consequences of posting inappropriate material online
- **Consequences** of posting inappropriate information online and reminded that employers will often check their social media accounts for inappropriate posts



Child Exploitation and Online Protection Centre

[CEOPS website](https://www.ceop.police.uk/)

<https://www.ceop.police.uk/>


Useful Resources



UK COUNCIL FOR **CHILD INTERNET SAFETY**


UK social media guidance

Official UK social media guide created to by the UK Council for Child Internet Safety (UKCCIS) to help parents and carers engage with their children on how they use social media and help them to navigate any potential risks



NSPCC Share Aware [↗](#)

The NSPCC's [Share Aware](#) [↗](#) helps parents understand what children should and shouldn't share online through social networks. Their updated [Net Aware](#) [↗](#) guide gives comprehensive information about the social networks that children commonly use. You can also download the app of the guide on [Android](#) [↗](#) and [iOS](#) [↗](#).



Thinkuknow [↗](#)

This useful internet safety site has information for parents, teachers and children. Their [Ready for social networking](#) [↗](#) provides information about social networking and the risks.

Full presentation with
additional information available
on our school website
**Learning
Family Learning**

Importance of Sleep for Teenagers

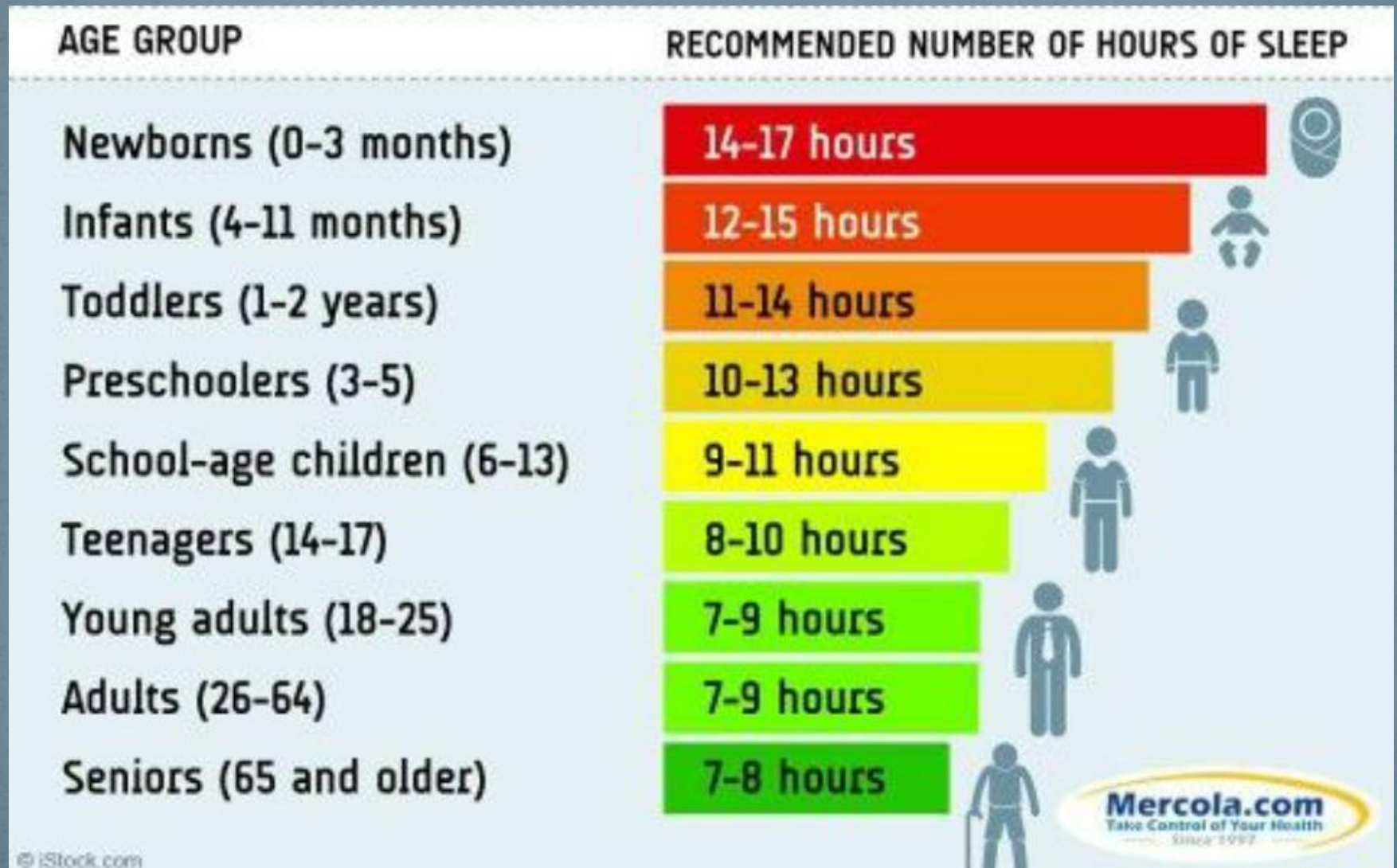
Context

- Guidance team and Support for Pupils department are receiving increased reports from pupils of feeling tired, lethargic or having unsettled sleep patterns.
- Parents are also reporting lack of sleep routine in teenagers which can impact on their mood, diet and general wellbeing.
- Reports from pupils that they are spending time at night gaming, on social media or watching online videos.
- As a school we want to raise awareness of the importance of sleep and developing healthy sleep patterns.

Facts

- Sleep is vital to well-being. It can help you to eat better and manage the stress of being a teen.
- Biological sleep patterns shift toward later times for both sleeping and waking during adolescence - meaning it is natural to not be able to fall asleep before 11:00 pm.
- Teens tend to have irregular sleep patterns across the week — they typically stay up late and sleep in late on the weekends, which can affect their biological clocks and impact the quality of their sleep.

How much sleep do we need?



Sleep Study

- Sleep deprivation is a very real and very serious issue affecting a far greater number of high school students than we think.
- Results of a simple survey recently carried out by Sleep Scotland with 785 teenagers across Scotland:
 - Only 19% felt satisfied with their sleep every night.
 - 34% said they had an extremely hard time falling asleep almost every night.
 - 50% said they felt tired or dragged out nearly every day.

In Lenzie Academy

- S2 Health & Wellbeing Day in June – session focusing on Importance of Sleep.
- Carried out a sleep questionnaire with pupils.
- Working with colleagues in Health sector to raise awareness of healthy sleep patterns and identify support networks for those pupils experiencing issues with sleep.
- Information given to pupils on developing healthy sleep patterns.

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TIPS FOR

Better Sleep

1.



MAINTAIN A
CONSISTENT
DAILY
SCHEDULE

2.



REDUCE
YOUR DAILY
CAFFEINE
INTAKE

3.

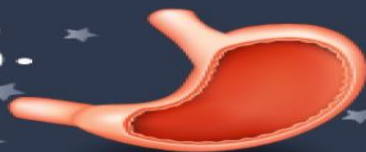


4.



DON'T GO TO
BED ON A
FULL
STOMACH

5.



DON'T GO TO
BED ON AN
EMPTY
STOMACH

6.



ENGAGE IN
REGULAR
EXERCISE



7.

LIMIT BEVERAGE
CONSUMPTION
BEFORE
BED



8.



KEEP YOUR
BEDROOM
DARK &
QUIET

9.



INVEST IN A
COMFORTABLE
MATTRESS, PILLOW &
BEDDING

10.

GO TO SLEEP
AND WAKE
UP USING
YOUR
INTERNAL
ALARM CLOCK



Well-Being in Lenzie Academy

- *Well-being is a state of complete physical, mental and social wellbeing— not merely absence of disease - the fundamental right of every human being.*
- (World Health Organisation)

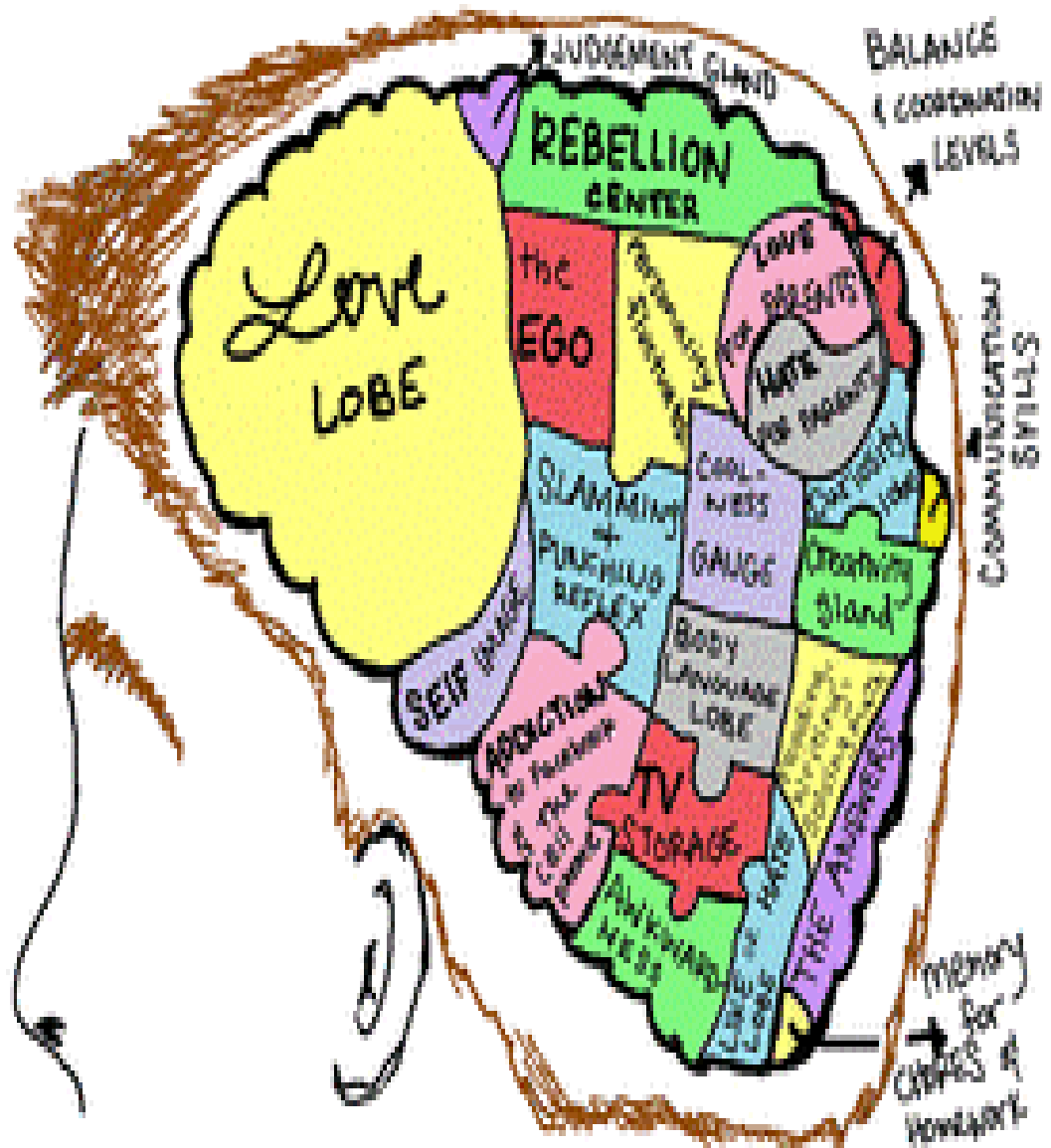
The HUB



Targeted Well-Being Support

- Resilience/Bounce Back Group
- Promoting Positive Behaviour Group
- Self-Esteem Group
- Seasons for Growth
- Nurture Group
- One to one support
- Attendance monitoring
- Support through transition
- Individualised strategies
- Breakfast Club
- Staff/S6 Mentors
- School Counsellor

THE AVERAGE TEENAGE BRAIN



Resilience

- Bad times don't last
 - Other people can help if you talk
 - Unhelpful thinking makes you feel more upset
 - Nobody is perfect
 - Concentrate on the positives
 - Everyone experiences setbacks they are part of life
-
- Blame fairly
 - Accept you can only change some things
 - Catastrophising makes things worse
 - Keep things in perspective

Helping Your Child Cope With Stress

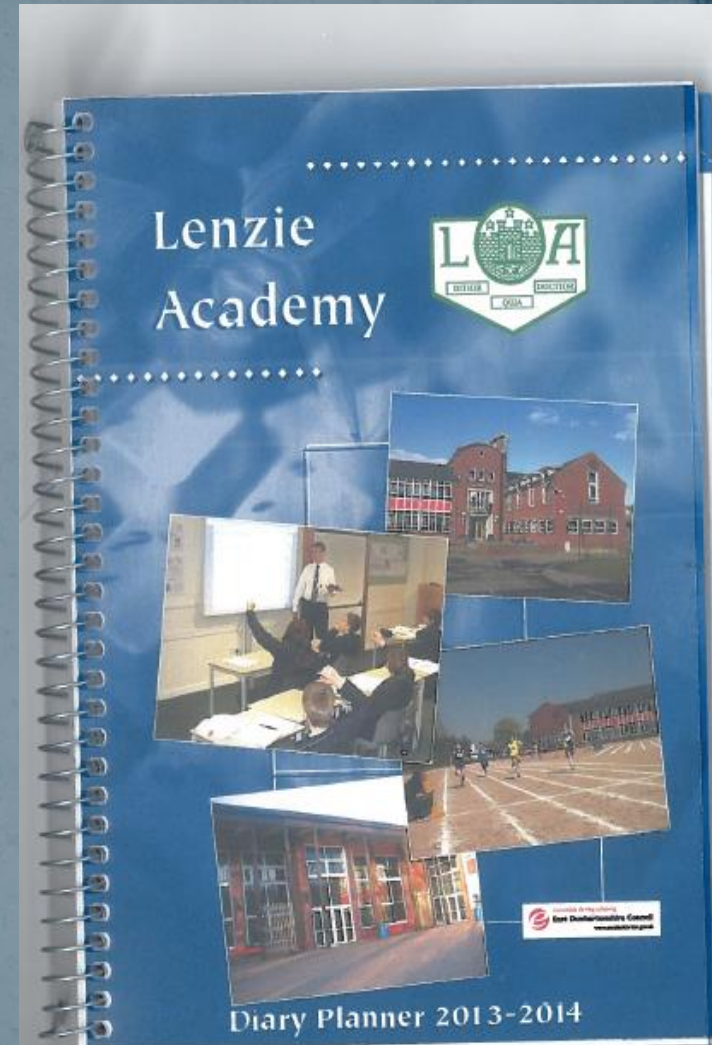
- Reframe Stress
- Shift from Fixed to Growth Mindset
- Stop Catastrophic Thinking
- Practice Problem Solving
- Use Stress Management Techniques

S1 Information

- Lenzie Academy School Website/Twitter (@lenzieacad)
- S1 Curricular Information Booklet
- Extra-curricular booklet
- Show My Homework/Diary
- Numeracy Booklet

Planner

- Helps with organisation
- Record homework/tests
- Record timetable
- Reminds you about uniform, school and classroom rules.
- Gives you advice on literacy, numeracy, internet/ email use and exam tips



Show My Homework

- Information Evening - Tuesday 11th September

Browser tabs: Glow - Launch Pad, Show My Homework: E

Browser address bar: <https://www.showmyhomework.co.uk/calendar/school?classGroup=S1%20Mathematics%20B%201A%20MAT1%20CfE&year=S1>

User: Robyn Sinclair

Search for students and classes

Welcome, Ms. Sinclair
Account settings

Set homework

Dashboard
My classes
Homework calendar
My drive
Community resources
My resources
Reports
Notice board
Help centre
Logout

Calendar

My calendar | School calendar

S1 x Select a type Select a subject Select a teacher S1 Mathematics B 1A MAT1 CfE

Prev Next Today

Sep 3rd - 9th, 2018

Homework Spelling Test Quiz Differentiated Homework Class Test

Monday 3rd Sep	Tuesday 4th Sep	Wednesday 5th Sep	Thursday 6th Sep	Friday 7th Sep	Saturday 8th Sep	Sunday 9th Sep
S1 Mathematics B 1A MAT1 CfE Mathematics Mrs. J. Lennox	S1 Mathematics B 1A MAT1 CfE Mathematics Mrs. J. Lennox S1 Mathematics B 1A MAT1 CfE Mathematics Mrs. J. Lennox	S1 Mathematics B 1A MAT1 CfE Mathematics Mrs. J. Lennox				

Mondays, Tuesdays and Thursdays.

Time - 3:30pm in B8.

- **Work on homework and exam revision with friends.**
- **Get expert advice on the most effective study methods.**
- **Get organised.**
- **Computer access for study and homework.**
- **Everybody welcome!**



LA Launch

Space to develop skills for learning and skills for life.

S1 Residential Trip



S1 Residential Trip

'It was so much fun I wish I could stay longer'

'I enjoyed the trip and it was a great experience'

'I enjoyed it so much and I think it was over in a flash'

'Wanted to stay longer having good bonding time with House'

Can achieve a Dynamic Youth Award

Learn new skills

Have fun with their friends

Reporting and Parents' Night

- ▶ Open Evening - October 4th 6.30 - 8.00 pm
- ▶ Progress Report - November 15th
- ▶ Progress Report - February 8th
- ▶ Issue of Full Report - May 17th
- ▶ Parent/Staff Meeting - May 21st 4pm-6.30pm

FOLA

- Fundraising group
- 500 Club
- Raffles
- Fundraising events

Aims: to provide "extras" for the pupils

Need new members

The Guidance Staff

- 1CN - A2
- 1DM - A3
- 1MB - A4
- 1MC - A5
- 1MH - A6
- 1MR - A7
- 1RA - A20
- 1SL - B3