

GEA Newsletter

Be Kind and Aim For Excellence

28th March 2023

Ramadan Mubarak

We would like to wish Ramadan Mubarak to all pupils, staff and families who are celebrating.

Ramadan is the ninth month of the Islamic calendar and a time when Muslims across the world will fast (known as sawm). During Ramadan, Muslims celebrate the time when the verses of the Qur'an were revealed to the Prophet Muhammad (peace be upon him). This time begins on the night the first verses were revealed, a night known as Lailat ul-Qadr ('The Night of Power' or 'the night of the decree') which falls within the last 10 days of the month.



The month of Ramadan is a time for spiritual reflection, discipline, prayer, doing good deeds and it is also a time to spend with family and friends. The fasting encourages self-discipline, self-restraint and generosity. It also reminds participants of the suffering of those less fortunate than themselves. When the sun has set, the fast is broken in a ceremony known as the iftar. After 30 days the end of Ramadan ushers in a festival known as Eid al-Fitr. This is when



George Eliot Academy

Part of The Midland Academies Trust

Easter revision sessions

Please see the below plan for Easter revision sessions for Year 11 pupils. Pupils should arrive promptly to the Main reception gate where they will be greeted by their teacher.

Monday 3rd April	BTEC Digital IT pupils	L115	10am-12.30pm
Monday 3rd April	Drama	South Hall	10am-3pm
Monday 3rd April	Food & Nutrition pupils	L115	12.30-3.30pm
Tuesday 4th April	GCSE PE	S116	10am-1pm
Wednesday 5th April	English	Ground floor Linford	10am-12pm
Thursday 6th April	Art	S209	10am-1pm

BAE Systems school visit Year 8

Last week we welcomed the BAE Systems Education Programme Roadshow, delivered in partnership with the RAF and the Royal Navy. They are celebrating more than 15 years of making a difference in the perception of STEM subjects in schools.



Well done to our public speaking teams

We would like to say a huge well done to Isobel H Y9, Shaniece B Y9, Jack K Y9 and Tom E Y9 on achieving 2nd place in our MAT wide 'Speak Your Mind' competition. Our other team of Laurence, Matthew, Olivia and Kristie also did a fantastic job!




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Mental Health in School Team Update

Please see an update from the RISE and Mental Health in Schools Team which this week focuses on positivity



Mental Health in Schools Team (MHST)

Tips For Wellness:

POSITIVITY

It can be easy to focus on the things that have gone wrong in our day, which may lead to feeling overwhelmed, stressed, worried or sad. By thinking in a positive way and engaging in positive behaviours, we can feel more positive about life too.


Positivity is great for our happiness and wellbeing, and should be practiced every day, not only when we are finding things difficult! You might find it tricky at first but the more you think positively, the easier it becomes.

Our tips for increasing positivity:

- 1- At the end of the day, list 3 things that went well for you (no matter how big or small!) Sharing positive moments with others can also increase our happiness, so why not do this activity with a friend or family member?
- 2- Ask yourself, "what am I good at?" Think about what strengths and skills you have that help to make you good at this. Share these with a partner and celebrate your successes!
- 3- Our mood can be influenced by many things, e.g., music, images and words. Choose your favourite uplifting songs and create a 'positivity playlist!' You might also want to create a poster of positive quotes, song lyrics or photos that make you feel happy (remember to store this somewhere you can access easily).

#ThanksKids recognises the efforts and kindness of children and young people, and thanks them with personalised #NHSSStars certificates. If you know a child or young person that deserves recognition for going above and beyond, don't wait, nominate!
thankskids@covwarkpt.nhs.uk

MHST are available to support you and your school throughout the school year including term time and school holidays. Please contact your school's Mental Health Lead for information and advice



Scan to learn about optimism and creating balanced thoughts! (This 3 part video is suitable for younger ages)

Visit from HHJ Mukkerjee

As part of the RE curriculum, pupils learn about how the UK justice system works and explore ethical questions around this. On 22nd March, HHJ Mukherjee came to visit Year 10 pupils to discuss his career path and his job role within the UK justice system.



Nuneaton Jaguars are recruiting!



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all coaches qualified and DBS checked

Flag Teams
 Ages 7-11 years
 Ages 12-14 years
 Ages 15-17 years

Venue
 Nuneaton Rugby Club Liberty Way, CV11 6RZ

Times
 Saturday mornings contact us for specific time slots



AMERICAN FOOTBALL

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SAVE YOU GOT 5 COACH

Find out more.. text/call a coach: 07444 796 260 email: nuneatonjaguars@gmail.com



all coaches qualified and DBS checked

Contact Team
 Ages 14-16 years (school years 9 to 11)

Venue
 Nuneaton Rugby Club Liberty Way, CV11 6RZ

Times
 Saturday mornings contact us for specific time slots



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Safeguarding updates

Snapchat and Social Media

Snapchat is a social media site where users can share photographs of themselves and send messages, which are time limited in how long they can be seen. Though the age for use is 18, users from 13 can access the app with consent and supervision from an adult – this protects our children from parts of these applications only intended for adults.



However, it is important to update you that Snapchat also has a group feature, where users can be added to a group, with images shared which can be seen by all.

We would like to remind parents and carers that it is the obligation of the parent, until the age of 18, to monitor their child's use of social media. We, as the adults, need to be the ones to teach our children how they responsibly use such apps, to make sure that their mental health is looked after, their safety is guarded, and that they do not possess material which, as young people, maybe incriminating to them.

There is information on this link to support with parental controls for Snapchat. <https://www.internetmatters.org/parental-controls/social-media/snapchat/>

SWITCH TO REMOTE

Safeguarding for Snapchat



What is it?
an app to exchange user-generated photos, texts, videos, and calls.

Age restriction:
13 and over but no age verification.

Great for:

- Fun **photo and video filters**, geofilters, and live chats.
- The **discover** feature keeps users updated with news, brands, and their favourite celebrities.
- You can create **stories** of photos and videos.
- **The disappearing act** - default settings automatically delete messages and photos once viewed.

Risks:

- **Snaps can be screenshot**, captured off another device, or someone may use third party apps to record snaps, so users should be cautious of what they send.
- **Any user can add anyone else as a 'friend'**: users can't receive a Snap unless a friend request is accepted but it just takes one click.
- **Unwanted or explicit messages or photos** are a risk on most platforms but the disappearing nature of Snaps means that, while users can report to Snapchat, evidence of verbal or sexual harassment won't be immediately accessible to parents, guardians, or police.
- Snap Map will show a connection's **live location** if Ghost Mode isn't switched on, a particular risk if users are connecting with those they don't know well.

How can you make it safer?

- Snapchat is for keeping in touch with close friends and family, so **decline requests from strangers**.
- **Use Ghost Mode** to always keep user location private on the Snap Map. Expectations can be made for particularly close friends and family.
- Keep account settings **private** to restrict who can make contact and view stories.
- **Immediately report** inappropriate content within the app.
- Users should **block connections who make them uncomfortable or who they don't know**.
- Encourage young people to **think about what they send**.
- Let them show you the app and **ask questions**; who are they talking to? What filters do they use? What platforms are they following on Discover?

THE SOCIAL SWITCH PROJECT.ORG.UK



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