SPENCER ACADEMIES TRUST

JPSA

John Port Spencer Academy

Newsletter

Celebrating Joy, Progress, Success & Acting with Care and Kindness

Friday 2nd October 2026

Dear Parents/Carers and Students

As we move into October, I would like to take a moment to thank our students, staff and families for the positive start they have made to the new academic year. It has been wonderful to see our values of **Progress, Success, Acting with Care and Kindness, and Joy** shining through in classrooms, on the sports field, in performances and through the many opportunities students have embraced across the academy.

This week's newsletter celebrates a number of outstanding achievements, including success in regional swimming competitions, an excellent start to the football season, the continuation of our long-standing musical partnership with Melle Gymnasium, and the many enrichment and careers opportunities available to our students. These experiences are a reminder that education extends far beyond the classroom and helps young people develop confidence, character and aspirations for the future.

As we approach the half-term period, students in examination year groups should continue to make the most of the support available in school, particularly in preparation for the forthcoming mock examinations and Raising Achievement Evening. Consistent attendance, good study habits and effective organisation remain key ingredients of success.

I would also like to thank our student leadership team for coordinating this year's Harvest Collection in support of the YMCA. Acts of generosity and service to others are an important part of our community and demonstrate the care and kindness that sit at the heart of John Port Spencer Academy.

Thank you, as always, for your continued support. Together, we are creating a school community where every student is encouraged to achieve their very best while feeling valued, supported and inspired.

With Kindest wishes,

Laura O'Leary
Principal



Joy Progress Success Act with care, kindness, respect and integrity

Key Dates

Autumn Term

Thurs 8th Oct	GCSE Music Solo Performance Exam
Thurs 8th Oct	Sixth Form Open Evening
Fri 9th Oct	6th Form Trip: University & Apprenticeship Fair
Thurs 15th Oct	Year 11 & Year 13 Raising Achievement Evening
Mon 19th Oct	Year 7 & Year 8 Flu Vaccinations
Tues 20th Oct	Year 9 & Year 10 Flu Vaccinations
Thurs 22nd Oct	Year 7 Meet the Tutor Evening (Online)
Thurs 22nd Oct	Year 11 & Year 13 Alton Towers Scarefest Trip
Fri 23rd Oct	Year 11 Flu Vaccinations
Mon 26th - Fri 30th Oct	**Half Term**
Mon 2nd - Fri 13th Nov	Year 11 & Year 13 Mock Exams
Weds 4th Nov	Ski Trip Information Evening
Fri 6th - Sun 8th Nov	Ingestre Hall Residential Arts Trip
Thurs 12th Nov	Parent Forum
Thurs 19th Nov	Maths Inspiration Trip, KS4 & KS5
Thurs 26th Nov	Year 13 Parent Consultation Evening (Online)
Fri 27th Nov	**INSET DAY**
Tues 8th & Weds 9th Dec	GCSE Art Mock Exams
Thurs 10th & Fri 11th Dec	GCSE Textiles & Photography Mock Exams
Thurs 10th Dec	Year 11 Parent Consultation Evening (Online)
Thurs 10th & Fri 11th Dec	Year 9 World of Work Day
Tues 15th Dec	Year 10 'A Christmas Carol' Theatre Performance
Weds 16th Dec	Christmas Concert
Thurs 17th Dec	Christmas Dinner Day
Thurs 17th Dec	Year 13 Presentation Evening (2026 Leavers)
Fri 18th Dec	Christmas Jumper Day
Fri 18th Dec	**End of Term - 12.30pm finish for students**





https://www.ticketsource.com/jpsaboxoffice

Newsletter Feedback

We welcome feedback on our Newsletter, please complete the form below or scan the QR code:

School Newsletter Evaluation Survey



SPENCER ACADEMIES TRUST

Joy



Huge congratulations to this week's Golden Ticket Draw Winners:

Japman J (Year 8),
Emily T (Year 9),
Isaac C (Year 9),
Raheem M (Year 10),
Maddie H (Year 7),
Lewis E (Year 10),
Jayden S (Year 11),
Roary B (Year 7),
Erin T (Year 11)
and Maisie B (Year 8).



Well done to each of these students for demonstrating our school values and making a positive contribution to the John Port community.

This week, an incredible **8,864 positive points** were awarded across the whole school.

These points and achievements recognise students who consistently demonstrate our core values of Joy, Progress, Success and Act through their attitude, effort, achievement and contribution to school life.



Joy

JPSA Library



Summer Reading Challenge 2026

Opening Times:
Monday: 8.00am - 4.00pm
Tuesday: 8.00am - 4.00pm
Wednesday: 8.00am - 4.15pm
Thursday: 8.00am - 4.15pm
Friday: 8.00am - 3.30pm

Visit Our Library Website:

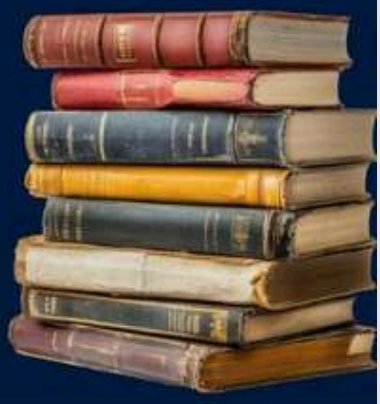
Summer Reading Challenge Winners!!

1st Place: Beth A (Year 13)
2nd Place: Poppy G (Year 11)
3rd Place: Chloe B (Year 8)



Highly Commended:

Libby A (Y8)
Tess B (Y9)
Bethany G (Y8)
Eva Z (Y8)
Daphne L (Y8)
Grace P (Y8)
Heathcliff S (Y8)
Bella T (Y9)
Lexi W (Y13)





SPENCER ACADEMIES TRUST

National Poetry Day

Let your imagination soar!

POETRY competition!

HAND YOUR POEM INTO

THE LIBRARY

BY THE END OF

FRIDAY THE 9TH OCTOBER

Every poem starts with wonder...

MAKE A POEM ABOUT

WONDER

PRIZES TO BE WON!

ALL YEAR GROUPS!





THINK AND WONDER

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Joy Progress Success Act with care, kindness, respect and integrity

Progress



Introducing the Sparx Reader Weekly Leaderboard

1st Emily S (7W)
2nd Fabian G (9J)
3rd Rajan S (7IL)

Sparx Reader

- Students complete a test to help set their reading level.
- Smart definitions and accessibility features support students with their reading.
- Students are offered fantastic books at their level from a wide range of texts.
- Teachers monitor homework so they can motivate and support students to read.
- Students complete their homework online via a compatible device.
- Parents can monitor homework using Parent Portal and receive an email before homework is due.

Progress

A parents' guide to Sparx Reader can be found here:

John Port Spencer Academy



SPENCER ACADEMIES TRUST

Progress



Introducing the Sparx Maths Weekly Leaderboard

1st Joshua L (8R)
2nd Frazer H (7N)
3rd Franklin A (7N)

Sparx Maths

- Teachers select topics that have been taught in class.
- Teachers monitor homework so they can motivate and support students.
- Sparx Maths builds a personalised set of questions.
- Parents can monitor homework using Parent Portal and receive an email before homework is due.
- Students complete their homework online.
- Teachers receive powerful insights each week.

Progress

A parents' guide to Sparx Maths can be found here:

John Port Spencer Academy



SPENCER ACADEMIES TRUST

Progress



Introducing the Sparx Science Weekly Leaderboard

1st Joshua L (8R)
2nd Connie W (9S)
3rd Martha H (11H)



Sparx Science

AQA Biology, Chemistry, Physics and Trilogy

Edexcel Biology, Chemistry, Physics and Combined

KS3 aligned to the national curriculum

Progress

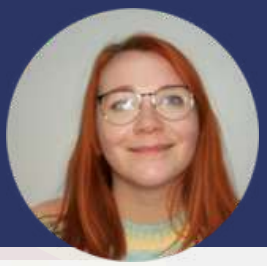
A parents' guide to Sparx Science can be found here:

John Port Spencer Academy



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Progress







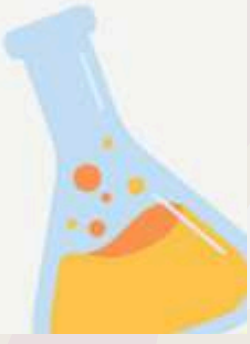
Our students have been putting their scientific vocabulary to the test by taking part in the Royal Society of Biology Spelling Bee 2026. Pupils have challenged themselves to correctly spell a wide range of biological terms, developing both their scientific knowledge and confidence along the way.

Think you could do it too? Take a look at the words and challenge yourself at home.

Well done to all of our budding biologists for their hard work and participation!



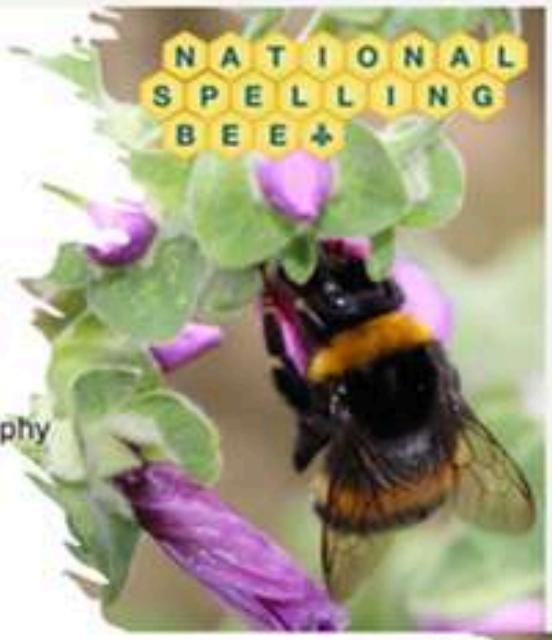
Royal Society of Biology





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1. Kingdom
2. Biodiversity
3. Pregnancy
4. Variable
5. Respiration
6. Embryo
7. Genome
8. Zygote
9. Covalent
10. Dilution
11. Invertebrate
12. Ventilation
13. Urethra
14. Humerus
15. Amylase
16. Serial
17. Adaptation
18. Recessive
19. Transect
20. Chromatography





Supported by:
Royal Society of
Biology

1. Chlorophyll
2. Chromatography
3. Humerus
4. Covalent
5. Phloem
6. Discrete
7. Amphibian
8. Argument
9. Pregnancy
10. Diabetes
11. Membrane
12. Mitosis
13. Continuous
14. Urethra
15. Caecum
16. Interphase
17. Antipyretic
18. Dilution
19. Qualitative
20. Aerobic



Supported by:
Royal Society of
Biology

1. Meiosis
2. Quadrat
3. Adaptation
4. Independent
5. Antipyretic
6. Fallopian
7. Bilateral
8. Qualitative
9. Pollen
10. Zygote
11. Germinate
12. Chlorophyll
13. Enzymes
14. Photosynthesis
15. Atrioventricular
16. Abiotic
17. Lymphocyte
18. Transect
19. Embryo
20. Sedimentary



Supported by:
Royal Society of
Biology



Royal Society of
Biology



Success





A-Level Chemists have been off to a fantastic start.

This week they've been completing their first practical work.

Well done on a brilliant start to Chemistry from Mrs Drury and Mrs Thomas!




A huge thank you to the PTA for their support in purchasing lab coats for our students.

Act



Harvest Collection

The student leadership team are organising a whole school collection for Harvest for the YMCA.

Donations can be either an item from the YMCA wish list or a pound donation.

They can be donated at either A hall or the Sixth Form block by Monday 19th October 2026.

Our Harvest Wishlist:

- ☐ Instant noodles/noodle pots
- ☐ Rice pots
- ☐ Microwave rice
- ☐ Tuna snack pots
- ☐ Tinned tuna
- ☐ Cereal (up to 700g boxes)
- ☐ Coffee
- ☐ UHT milk
- ☐ Sugar
- ☐ Custard
- ☐ Tinned fruit
- ☐ Baked beans
- ☐ Tinned vegetables (carrots, peas, sweetcorn)
- ☐ Tinned potatoes
- ☐ Tinned tomatoes
- ☐ Brown sauce
- ☐ Tinned meat meals
- ☐ Tinned soup
- ☐ Cooking sauces (jars)
- ☐ Snack pot porridge
- ☐ Kitchen roll
- ☐ Toilet roll
- ☐ Washing powder / gel
- ☐ Eggs
- ☐ Self-raising flour
- ☐ Golden syrup

There are some items we don't need / cannot accept

- ✗ Fresh veg
- ✗ Bags of Dry Pasta
- ✗ Bags of Dry Rice
- ✗ Household cleaning products
- ✗ Medical products
- ✗ Tinned lentils and pulses
- ✗ Used toiletries

The Student Leadership Team

Everyone at John Port Spencer Academy is motivated to the best of their abilities and our leadership team strive for success in all students. At our school, students will be challenged to get the best grades they can, with all the help and support provided by our staff. The student leadership team are here to make sure every child is represented and cared for to ensure they enjoy their whole journey at john port, by offering many opportunities for our students to thrive. We as the role models of all students in our school are here to listen to any problems the students may have as we understand how the process of moving through the school years may be challenging. If anyone has any concerns we are all easily approachable people and have purposely put ourselves forward to be the safe space all students may need. In our leadership team we have teams of people that are specialised in their area :head students, deputy heads, mental health leads, diversity leads, mentoring leads, sports lead, charity leads, student council leads, and environment leads. We hope this variety of groups reassures you that any problem any student may have, we will try our best to resolve it.

By Mental Health Lead - Olivia Bernardini

Head Students - Aiden Roome, Imogen Kemp
Deputy Head Students - Olivia Eaton, Gia Basi
Mental Health Leads - Olivia Bernardini, Evie Muter, Charlotte Stringer
Mentoring Leads - Emily Wallace, Harmony Baker, Betty Garner
Charity Leads - Max Salt, Grace Simpson, Will Hall
Student Council - Keira Price, Evelyn Shaw, Grace Young
Sports Lead - Evie Nicholson
Environment Lead - Avani Chatha
Diversity Leads - Esha Johal, Ella Morgan





The John Port Experience



Melle Exchange 2026

Last week, John Port Spencer Academy welcomed 41 students and two teachers from Melle Gymnasium, Germany, for the 48th annual exchange between the two schools. The wind band exchange began in 1976, when Derby became twinned with Osnabrück, and five decades later it continues to provide fantastic musical and cultural experiences for young people from both countries.

The Melle Gymnasium Bläsergruppe (wind band) arrived on Tuesday afternoon and were greeted with a special performance from the JPSA Wind Band.

On Wednesday morning, the German students experienced life as a John Port student, attending lessons alongside their English partners. Later in the day, they travelled to Kedleston Hall, where they entertained visitors with a lively programme of popular classics and dance-floor favourites in the stunning gardens. Although a brief rain shower threatened to interrupt proceedings, the sunshine soon returned and a large audience gathered, with many visitors staying to enjoy the performance from start to finish. In the evening, the band swapped the outdoor setting for the beautiful surroundings of St Helen's Church, where they performed a more relaxed and reflective concert to a packed audience.



The John Port Experience

Thursday brought another exciting day of activities. In the morning, students from both schools enjoyed a trip to Derby for a friendly bowling competition. In the afternoon, attention turned to one of the most anticipated traditions of the exchange: the annual football match between the two bands! Despite enjoying long spells of possession, the English side struggled to convert chances, while the German team proved clinical on the counter-attack. After an entertaining contest played in excellent spirit, Germany emerged victorious with a 6-2 win. The day concluded with the ever-popular exchange disco, where students from both countries celebrated together with music and dancing.

On Friday morning, the Melle Gymnasium students returned to school for a final rehearsal ahead of the showcase concert that evening. The Bläsergruppe took the audience on a musical journey around the world, visiting the USA with music from Jennifer Lopez, Scotland with themes from Braveheart, and the Caribbean with, of course, music from Pirates of the Caribbean. The second half of the concert saw both bands combine to form one large international ensemble. Together, they performed a selection of traditional favourites, including Fascinating Drums, Instant Concert and Hootenanny, bringing the week to a thrilling conclusion.



On Saturday morning, it was time for some emotional farewells as John Port students waved goodbye to their German partners and new friends. The exchange once again proved to be a wonderful celebration of music and friendship.

We now look forward to visiting Melle for the 49th exchange in 2027, before welcoming our German friends back to Etwall for the landmark 50th exchange in 2028.







SPENCER ACADEMIES TRUST

The John Port Experience

Swimming Competition



On Friday, John Port took part in the East Midlands School Swimming Association Regional qualifier rounds at Nottingham High school.



We were up against tough competition as a lot of the teams train together on a regular basis.

However, this didn't seem to faze John Port in the slightest as they swam their very best to support their school.

The Junior girls team made up of Georgina, Rachel, Anaise and Annie came 5th in both the Freestyle and Medley relays.

The Intermediate girls team made up of Charlotte, Megan, Keira and Thea came 6th in the Freestyle relay and 4th the Medley relay.

The Intermediate boys team made up of Thomas, Jiaxiang, Tyler and Will came 1st in the freestyle relay and 2nd in the Medley relay.

The Senior boys team made up of Harry, Thomas, Harry and Reuben came 3rd in the Freestyle relay and 2nd in the Medley relay.

These are amazing results, well done to all our swimmers that took part.

Fingers crossed we have done enough for the National finals, which will be held at Sandwell Aquatics centre on the 21st of November.



The John Port Experience

Year 9 Football Team Make an Excellent Start to the Season

The Year 9 football team have made an excellent start to the season.

In their first league fixture, they produced a dominant performance, winning 10–0 against Murray Park. This success continued this week with a further convincing 4-1 win against Ecclesbourne.

The Year 9s also began their English Schools campaign against Nottingham Academy. Producing another dominant and technically impressive performance, they blew the opposition away with a 9–0 victory.

A fantastic start to the season: 23 goals scored and just 1 goal conceded! Well done, Year 9! 👏⚽



Joy Progress Success Act with care, kindness, respect and integrity

Careers



This newsletter is a collation of all the opportunities we have heard about from employers and universities. Please use the links included to read more information and apply to anything you are interested in. Links are underlined.

Listen to this newsletter



The European Day of Languages is celebrated annually on September 26, with the official 2026 theme focused on "Languages unite! How languages shape inclusion".



Through the celebration day, approximately 700 million citizens across the Council of Europe's 46 member states are encouraged to discover and learn languages at any age, whether within formal education or alongside it. This reflects the shared conviction of the Council of Europe and the European Commission that linguistic diversity is a powerful means of fostering intercultural understanding and a fundamental component of Europe's rich cultural heritage.



Give your vocabulary a quick workout with the "Name It" Game! Choose a category, select the language you want to explore, and see if you can recall the word before the timer runs out. After a few seconds, the correct expression appears. This is a simple way to refresh and expand your everyday vocabulary. There is no pressure, just click the image to pause the timer whenever you like.



This webpage from the University of Cambridge focuses on Careers using Languages. They have a range of resources including job boards for bilingual people, information on job roles requiring lanugages and advice on what to do next if you're interested in learning more.

Janina studied modern languages at Cambridge and now works in International Development, but was this by chance or choice? Watch this video to find out more about her journey.



Review these websites to see a list of job roles that require a second language, you can read more about how much you could earn, what houses you can expect to work and how you could access the industry.

- Career Pilot | Prospects

This subject spotlight from UCL explains more about the benefits of studying Romanian and gives you an insight into what studying a language at university could be like.



When you choose languages, you're opening a world of opportunities for career growth because knowing multiple languages makes you a valuable asset in our interconnected global landscape. Read this UCAS Subject Guide to understand more about studying languages.

JOB OF THE WEEK

A dialect coach is a technical advisor who helps actors learn and safely perform specific accents, regional speech patterns, or unique vocal styles for film, television, theatre, and voiceover projects.

They research dialects and voices then use phonetics and the International Phonetic Alphabet (IPA) to teach exact vowel shifts, consonant changes, and rhythm.

LABOUR MARKET INFORMATION FACT

In some countries, the salary gap between bilingual and monolingual workers is wide enough to match a full promotion worth up to £25,913 more in earnings each year.

Japanese, Portuguese, and Italian are among the top languages linked to higher earning potential for bilingual careers.

Source

If you have any questions or need support, please email RLowndes@johnportspencer.org.uk

Careers





In this Photo Tips session, we'll be joined by award-winning British Pakistani photographer Shahfaq Shahbaz. Shahfaq, is a freelance portrait, fashion, and commercial photographer and she will share the practical realities of building a career in fashion and commercial photography.



The Solstice Nature Prize is a national, annual writing competition for young writers, which invites young people to take a closer look at the natural world, explore their relationship with it, or examine the challenges it faces, and write short stories, poems, and thought-provoking blogs in response.



How can a passion for science lead to a career in one of the world's biggest technology companies? Join Zahaan Bharmal, Senior Director at Google, for an inspiring talk about his unique career journey. From studying Physics at Oxford and earning a Fulbright Scholarship to Stanford, to advising governments, writing about science, and a senior leader with Google based in London, Zahaan's career proves there is no single path to success.



Thinking about a career in law? Join Isabelle Meyer, General Counsel and Director of Estate Operations, for an honest and engaging look at what it really means to be a lawyer. Discover what lawyers actually do, the skills you need to succeed, and the different routes you can take into the legal profession. Isabelle will share insights from her career, offer practical advice for aspiring lawyers, and explore the qualities that can help you build a career in law.



Ever wondered where maths could take you? Join Jeannette Lichner, Non-Executive Director at the Information Commissioner's Office and Financial Conduct Authority, as she shares her unexpected career journey from accounting to leadership. Discover what a career in accounting is really like, how accountants use maths, numbers and problem-solving every day, and the different skills you can develop through the profession. Jeannette will explore how her accounting background opened doors to new opportunities and eventually led her into senior roles across business, finance and regulation.



EMPLOYER SPOTLIGHT

Amazon is a global company best known for online shopping, but its teams also work in technology, engineering, logistics, operations and business. UK early career routes can include apprenticeships, internships and graduate opportunities.

Depending on the programme, young people could develop skills in areas such as software, data, engineering, project management, operations or digital technology while gaining valuable experience with a major international employer.

UNI SPOTLIGHT

Imperial College London is a specialist university focused on science, engineering, medicine and business. Based in London, it could particularly appeal to students who enjoy STEM subjects and want to study alongside others with similar interests. Students have opportunities to participate in research, entrepreneurship and industry projects, they have links with technology companies and organisations across a huge range of sectors.

If you have any questions or need support, please email RLowndes@johnportspencer.org.uk

The John Port Community

1:1 Meetings

We are delighted to invite you to one to one meetings with Miss O'Leary, Principal

Tuesdays

From 3.00pm

We are committed to working together with families to ensure every child thrives in our care and open communication is key to addressing any concerns or challenges affecting your child's education and wellbeing.

Appointments are available every Tuesday after school to discuss any issues, ideas, or concerns you may have. These sessions are an opportunity for us to work collaboratively to support your child's success and happiness at school. Whether you wish to talk about academic progress, social or emotional wellbeing, or share suggestions. Your insights as parents are invaluable, and I want to ensure that every child has the best possible experience at our school.



To book an appointment please email:

lsmith@johnportspencer.org.uk

John Port Spencer Academy



SPENCER ACADEMIES TRUST

Safeguarding



Safeguarding information is available on our website here:

https://johnportspencer.org.uk/safeguarding/



SPENCER ACADEMIES TRUST

Online Safety

What Parents & Carers Need to Know about GROUP CHATS

Occurring through messaging apps, on social media and in online games, group chats are among the most popular ways that young people engage with their peers online. Involving, by definition, three or more individuals, these groups allow users to send messages, images and videos to everyone in one place. While they are useful for helping friends, people with shared interests or members of a club to communicate and coordinate activities, they can also leave young people feeling excluded and bullied – as well as providing opportunities for inappropriate content to be shared and viewed.

WHAT ARE THE RISKS?

BULLYING

Unkind comments or images which are purposely aimed at an individual can be shared freely in a group chat – allowing and often encouraging others to join in the bullying behaviour. If this content is shared in a group of their peers (especially a larger group), it serves to amplify the hurt, embarrassment, anxiety and isolation that the victim feels.

SHARING GROUP CONTENT

It's important to remember that – while the content of the chat is private between those in the group – individual users can easily share a message, photo or video with others outside of the group or screenshot what's been posted. The risk of something your child intended as private becoming public (and potentially going viral) is higher if there are people they don't know well in the group.

EXCLUSION AND ISOLATION

This common issue with group chats can happen in several ways: starting a new group, for instance, but deliberately excluding a certain child. Likewise, the chat may take place on an app which one child doesn't have access to, meaning they can't be involved. A child can also feel isolated when a group chat is used to discuss or share images from an event that everyone else but them attended.

UNKNOWN MEMBERS

Within larger group chats, it's more likely your child will be communicating with people they don't really know. These strangers may be friends of the host, but not necessarily friendly toward your child. It's wise for young people not to share personal details and stay aware that they have no control over the messages and images they share after they've put them online.

INAPPROPRIATE CONTENT

Some discussions in group chats may include inappropriate words, swearing and unsuitable images or videos. These could be viewed by your child if they are part of that group, whether they actively engage in it or not. Some chat apps have a disappearing message function, so your child may be unable to report something they've seen because it can only be viewed once or for a short time.

NOTIFICATIONS AND FOMO

A drawback of large group chats is the sheer number of notifications. Every time someone in the group messages, your child's device will be 'pinged' with an alert; potentially, this could mean hundreds of notifications a day. Not only is this highly distracting, but young people's fear of missing out on the latest conversation results in increased screen time as they try to keep up with the chat.

Advice for Parents & Carers

CONSIDER OTHERS' FEELINGS

Group chats are often an arena for young people to gain social status. This could cause them to do or say things on impulse, which could upset others in the group. Encourage your child to consider how other people might feel if they engaged in this behaviour. If your child does upset a member of their group chat, support them to reach out, show empathy and apologise for their mistake.

GIVE SUPPORT, NOT JUDGEMENT

Remind your child that they can confide in you if they feel bullied or excluded in a group chat, instead of responding to the person who's upset them. Validate their hurt feelings and help to put them back in control by discussing how they'd like to handle the situation. On a related note, you could also empower your child to speak up if they're in a chat where others are being picked on.

BLOCK, REPORT AND LEAVE

If your child is in a chat where inappropriate content is being shared, advise them to block the users sending the material, report them to the host app or platform and exit the group. If any of this content could be putting a minor at risk, contact the police. Emphasise to your child that it's OK for them to simply leave any group chat that they don't feel comfortable being a part of.

PRACTISE SAFE SHARING

In any online communication, it's vital for young people to be aware of what they're sharing and who might potentially see it. Discuss the importance of not revealing identifiable details like their address, their school or photos that they wouldn't like to be seen widely. Remind them that once something is shared in a group, they lose control of where it may end up and how it might be used.

AVOID INVITING STRANGERS

Sadly, many individuals online hide their true identity to gain a child's trust – for example, to gather information on them, to exchange inappropriate content or to coax them into doing things they aren't comfortable with. Ensure your child understands why they shouldn't add people they don't know to a group chat – and, especially, to never accept a group chat invitation from a stranger.

SILENCE NOTIFICATIONS

Having a phone or tablet bombarded with notifications from a group chat can be a massive irritation and distraction – especially if it's happening late in the evening. Explain to your child that they can still be part of the group chat, but that it would be healthier for them to turn off or mute the notifications and catch up with the conversation at a time which better suits them.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



National Online Safety®
#WakeUpWednesday

Derbyshire Family Health Service

NHS
Derbyshire Community Health Services
NHS Foundation Trust

Public health nurse contact details

Whether your child or young person is in school or home educated, we can support with...



For parents/carers of 5-19 year olds in Derbyshire text us on 07312 263744

Available Monday to Friday 9am-4:30pm (except bank holidays)

We can also support young people aged 11-19 with all of the above as well as sexual health, drugs and alcohol support.

Young people aged 11-19 years in Derbyshire can text us on 07507 330025

Available Monday to Friday 9am-4:30pm (except bank holidays)

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derbyshirefamilyhealthservice.nhs.uk

DerbysFamilyHealth

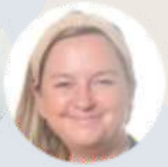
Joy Progress Success Act with care, kindness, respect and integrity

Who to Contact

General Enquiries - info@johnportspencer.org.uk
Sixth Form Enquiries/Attendance - Sixthform@johnportspencer.org.uk
Reporting Absences - Attendance@johnportspencer.org.uk
Arbor Enquiries - arbor@johnportspencer.org.uk
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SPENCER ACADEMIES TRUST

What's On in the Local Area

Raring2go What's On Autumn Guide



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