



Welcome to this special issue of the Harris Garrard newsletter,

focusing on safeguarding – with advice on emotional wellbeing and mental health of young people, safer internet use, the importance of attendance, and details of support for young people over the Easter break.

Safeguarding is a vital part of the day-to-day running of a school because it gives staff a unique insight into how children are developing, behaving and interacting with their peers. At the heart of excellent safeguarding is the information-sharing and relationships between staff, parents, students and outside agencies.

You'll find details of our safeguarding team in this newsletter. If you have any concerns please do email safeguarding@harrisgarrard.org.uk and one of our team will get back to you promptly.



Kristen Gringeri,
Principal



James Case, Vice
Principal, Designated
Safeguarding Lead

Easter holiday activities and food

Bexley's Easter Holiday Programme runs from Monday 3rd to Friday 14th April and offers free places for school age children and young people from Reception to Year 11 who receive benefits-related Free School Meals and attend a school in Bexley.



The Easter Holiday Programme offers a wide range of fun activities including multi-sport events, food-making activities, fencing, martial arts, career workshops and CV writing. Children attending will get at least one healthy meal a day, and nutritional and food education for both participants and their families.

Over 3,700 places are available across the borough, offered by 22 different providers. To see the Easter Holiday programme for Bexley and to book places, visit www.bexley.gov.uk/holiday-activities-food-programme.

Places are funded by the Department for Education (DfE) and are for families on lower incomes. In addition to the places for children receiving free school meals, there are also funded places for other vulnerable families in Bexley including:

- Care Experienced Young People
- Young Carers
- Children with an EHCP that has been issued by Bexley Council
- Young people on a child protection plan
- Young people living in areas of high deprivation
- Children and young people known to services and schools.

How to book places. Visit www.bexley.gov.uk/holiday-activities-food-programme to see the Easter Holiday programme for Bexley and book places.



Our primary students continue to excel across rugby, athletics, football and cross country!

See full report on page 8.

Just some of
the providers
offering Easter
Activities from
3rd – 14th April



**EASTER HOLIDAY
FOOD AND FUN
FOR SEND**

FOR CHILDREN ON **FREE SCHOOL MEALS**

- Independent living skills
- Arts and crafts
- Learning through food
- Team building
- Active specialist sport coaching

BOOKING

- BEXLEY RESIDENTS FOLLOW THE LINK
[HTTPS://FORMS.GLE/KCAMPN6JGBRJHQMCLA](https://forms.gle/KCAMPN6JGBRJHQMCLA)
- MEDWAY COUNCIL RESIDENTS FOLLOW THE LINK
[HTTPS://APP.COORDINATE.CLOUD](https://app.coordinate.cloud)

**3RD TO 6TH
APRIL 2023
10AM TO 2PM**

✉ Sendtivate@gmail.com
 🐦 **SENDTIVATE**
 📞 **07853213605**

SENDTIVATE Saving Possibilities **LONDON BOROUGH OF BEXLEY** Trusted by Bexley residents **Medway** Serving You



The Javan Coker Foundation
UK Registered Charity Number 1181275

**Easter
Holiday**

Activities and Food

For children and young people
attending a school in Bexley

Activities Include
Arts And Craft | Storytelling
Dance, Fitness And
A Guided Nature Walk

MON. THURS.
3rd-6th
APRIL, 2023
Time: 9:00 hrs- 13:00 hrs

Venue:
Willow Bank Primary School
Seacourt Road
London, SE2 9XB

www.thejavancokerfoundation.org
 Email: thejavancokerfoundation@gmail.com
 Telephone: 07765 331 092
 @thejavancokerf

MULTIPLE AWARD WINNER inc ROYAL BOROUGH
OF GREENWICH CIVIC WINNER 2022

Funded by **LONDON BOROUGH OF BEXLEY** **Department for Education**



Royal Greenwich Together

**HOLIDAY
FOOD and FUN**

We're taking part!

Name Kids Festival Email: kidsfestivaluk@gmail.com

Location Moorings Sociable Club, Arnott Close, London SE28 8BG

Ages 5 -16 years

Days Mondays to Thursdays 9am - 1pm

Number 07957473394

Registration Link Registration link: <https://forms.gle/U3FRiGuzakSVmtEN7>

ROYAL BOROUGH OF GREENWICH

Do you know what apps your child is using?

You've probably heard of Snapchat and TikTok, but there is a range of other apps being used by young people which are weak at verifying a user's age and allow interactions with strangers.

Understanding the **security settings** on each app will help to keep children safe. You can download booklets to guide you through the security settings on most of the popular apps at www.swgfl.org.uk/resources/checklists



Last month, HGA hosted a safer internet talk, delivered by an expert in the field of internet safety. His top tip for keeping your child safe on the internet is to have **open dialogue** with your child

about the apps, games and sites they like to use. Discuss with them when to unfollow, block or report.

Research suggests that 44% of all child sexual content on the internet involves self-generated material, and this is on the rise. Remind your child that they can always **speak to you or our safeguarding team** if anything happens online that makes them feel worried. Young people can also report a concern about grooming or sexual abuse at www.ceop.police.uk/safety-centre.

	Calculator% This app looks like a calculator but functions like a secret photo vault.		Hot or Not Strangers rate your profile. Goal is to lead to a hook up.
	Omegle A free online chat website that promotes chatting anonymously to strangers.		Burn Book Post anonymous rumors about people through audio messages, texts, and photos.
	Yellow This app is designed to allow teens to flirt with each other in a Tinder-like atmosphere.		Wishbone An app that allows users to compare kids against each other and rate them on a scale.
	Whisper An anonymous app where the creators promote sharing secrets and meeting new people.		Kik Messaging app. Kik has built in apps and web content that would be filtered on home computer.
	Ask.fm Ask an anonymous question and get an answer. This app has been linked to the most severe forms of cyberbullying.		Instagram Many kids are now creating fake accounts to hide content from parents. Kids also like to text using Instagram because messages are deleted once a user leaves conversation.

Ten apps teens are using that parents need to know

Year 11 experience West End's longest-running play

Year 11 went to St Martins Theatre in central London recently to see *The Mousetrap* by Agatha Christie.

The Mousetrap is this year celebrating its 70th anniversary of being in London's West End, making it London's longest-running play. It is a 'whodunnit' murder mystery, and the audience is asked to keep a secret as it has a large plot-twist.

"The students really enjoyed the experience and I've already had some of them ask for recommendations for plays to go to in future," said Ms Garner. "By seeing live performances, the students will have a visual expectation of how theatre can be presented."

Although the aim was to watch it and study for their exam, it



can also be a useful tool for preparing them for their final GCSE performance, said Ms Garner. "By watching the show, they can better understand how to present

themselves on stage, as the show acts as a live demonstration. It was also an important tool to inspire the students to pursue acting after completing their GCSEs."

A celebration of Shakespeare

Year 9 students travelled to Harris Academy Peckham recently to take part in the first Harris Federation Shakespeare Showcase – a celebration of Shakespeare with students performing extracts from various Shakespeare plays.

Organised by the Drama and English departments across the Federation, the event allowed like-minded students to come together and share their love for performing.

We took a taxi to Harris Peckham and were given some time to rehearse. We entered the theatre and took our seats, before each group planned their technical rehearsals. They then performed their extracts to all the participants and their teachers.

The event gave participants the opportunity to experience Drama, develop their communication skills, and start to understand how theatre is created.



Year 9 performed an extract from Shakespeare as part of the Harris Federation Shakespeare Showcase.

Meet our safeguarding team

The HGA Safeguarding Team has been trained to an advanced level on all aspects of safeguarding. The team is available to any student, parent, or school staff member to discuss and report any safeguarding concerns. If you have any concerns please email our team on safeguarding@harrisgarrard.org.uk.

HGA Safeguarding Team - Secondary

Mr. Case – Designated Safeguarding Lead

Mrs. Rigby – Deputy Designated Safeguarding Lead

Mr. Murphy – Deputy Designated Safeguarding Lead

Mrs. Dyer – BFL for Creative Voice

Mrs. Beattie – BFL for Active Science

Mrs. Smith – BFL for Enterprise

Mrs. Butler – BFL for World Studies

HGA Safeguarding Team - Primary

Mr. Case – Designated Safeguarding Lead

Mr. Purchase – Deputy Designated Safeguarding Lead

Mrs. Allen – Deputy Designated Safeguarding Lead

Parenting support

We all want the best for our children, but parenting can be really tough. In this section you'll find information and links to useful websites and sources of support.

Parenting Smart

Place2Be's Parenting Smart is a new site for parents and carers of 4-11 year olds, offering practical advice on supporting your child and managing behaviour. Designed



with busy parents in mind, the site has short videos and articles on topics from meltdowns to bullying, from sleeping difficulties to encouraging self-confidence. Learn more at www.parentingsmart.org.uk



Parenting Smart Online Course

This is a free online course for parents and carers of 4-11-year-olds. It will provide you with extra tools to help you deal with everyday parenting challenges, helping you strengthen your relationship with your child and respond helpfully to challenging behaviour.

You can also join discussions with other parents in your group from across the UK. Designed to fit around busy family lives, the six-week course can be broken down into short 15-minute sections and you can access it from your mobile phone, tablet or any other device. [Click HERE to learn more.](#)



Why attendance really matters

Average attendance in schools across the UK has fallen to 93.4% since the pandemic. Attendance at HGA is broadly similar to the national average, but **'good attendance'** to school is considered to be **97%+**. At HGA we aim to get as close to that figure as possible.

There is a clear and unarguable link between good attendance to school and academic achievement (see right). Remember, to qualify for one of our **reward trips**, students need to have attendance of **97%**. For guidance on when not to send your child to school see the NHS advice ["Is my child too ill for school?"](#)

95%	=	47 LESSONS MISSED EACH YEAR 8 days in total or 1 week and 3 days
90%	=	95 LESSONS MISSED EACH YEAR 16 days in total or 3 weeks and 1 day
85%	=	142 LESSONS MISSED EACH YEAR 24 days in total or 4 weeks and 4 days
80%	=	190 LESSONS MISSED EACH YEAR 32 days in total or 6 weeks and 2 days

How missing school affects learning



Tempest at the Globe for Year 7.

Students experienced a modern, fast-paced, exciting retelling of Shakespeare's *The Tempest* at the Globe Theatre recently. One hundred students from Year 7 watched the 90-minute performance, with highlights including the appearance of Caliban in a bright pink jacket, Ariel flying and the dancing at the end of the play.

"This production really enhanced the experience of students who have been studying the play this term, specifically exploring the relationship between Caliban and Prospero," said Mr French. "HGA students were engaged and attentive and it was a wonderful experience."

East London Mosque

Our GCSE Religious Studies students visited East London Mosque in March to explore Islamic worship. This will link to Paper 1 of their GCSE RS – Muslim Practices. In addition, it was a chance for the 28 students to have a look around the Mosque and for them to gain some understanding of another culture, which is also part of their Religious Education curriculum.

Social media and mental health

Since the pandemic, the mental health of young people has deteriorated. A 2021 survey of young people in England revealed that rates of probable mental disorders in 6- to 16-year-olds has increased from one in nine (11.6%) to one in six (17.4%). It was also reported that 39.2% of 6- to 16-year-olds had experienced deterioration in mental health since 2017.

One of the contributing factors to poor mental health in young people has been the increased use of social media. Using social media has plenty of benefits, but it also brings a number of negative possibilities – including compulsive use, unhealthy comparisons with others online and exposure to harmful content which can take its toll on their wellbeing.

If you are worried about the mental health of your child and would like support, please contact the safeguarding team at safeguarding@harrisgarrard.org.uk

Need urgent mental health support?

There is a free 24/7 crisis line for children and adults in Bexley, Bromley and Greenwich which can provide advice to those in a crisis.

The lines are open 365 days a year. Call

0800 330 8590.

Meet Es, our new school counsellor

This is Es, our new school counsellor at secondary. All our secondary students are welcome to talk to Es and get the support they need. The services Es offers are:



Place2Talk. Students can book an appointment with Es to talk about any problems and worries. They should simply complete a slip and put it in one of the two post boxes, which are located in reception and student services.

One-to-one counselling. Weekly counselling (using talking, creative work and play) is available to support pupils who are struggling.

**Free
seven-week
wellbeing
programme
in Thamesmead**

Are you suffering from

Depression
Panic attacks
Weight problems
Lack of energy
Fitness problems



**A free 7 weeks
Wellbeing programme**

Moorings sociable club
Titmuss Avenue
Thamesmead
SE28 8BH

Every Thursday from
9 th of Feb 23
10 am to 12 noon

Please email me to book your place
nadiawellbeingcoach@gmail.com

Other sources of support

Here are some other organisations offering support with mental health.



Bexley foodbanks

Please contact each foodbank directly for details of what they offer.

Food Bank	Contact Details	Opening Times	
Avery Hill Christian Fellowship			
	07932 431350	Mon	Closed
	Southspring	Tue	10:00 – 12:00
	Sidcup	Wed	Closed
	DAIS 8EA	Thu	12:00 – 15:00
		Fri	Closed
		Sat	Closed
		Sun	Closed
New Community Church			
	020 8300 0333	Mon	11:00 – 13:00
	24 Station Road	Tue	12:30 – 15:00
	Sidcup	Wed	Closed
	DAIS 7DU	Thu	Closed
		Fri	Closed
		Sat	Closed
		Sun	Closed
Queen Street Baptist Church			
	07932 431350	Mon	Closed
	Queen Street	Tue	Closed
	Erith	Wed	10:00 – 12:00
	DA81RP	Thu	Closed
		Fri	Closed
		Sat	10:00 – 12:00
		Sun	Closed
Trinity Baptist Church			
	07932 431350	Mon	13:00 – 15:00
	Broadway	Tue	Closed
	Bexleyheath	Wed	Closed
	DA6 7AY	Thu	Closed
		Fri	10:30 – 12:30
		Sat	Closed
		Sun	Closed
St Augustine's Church			
	07538 300768	Monday's to Friday's usually from 10.30am. To check if the foodbank is open please call.	
	Slade Green Road		
	Slade Green		
	DA8 2HX		
Trussell Trust			
	0808 208 2138	Monday to Friday 9am – 5pm	

Primary sports success continues...

Our primary students continue to excel across rugby, athletics, football and cross country!



Harris Primary Football Cup. In January we hosted the first ever Harris Cup primary football competition, with five Harris primary schools entering a boys and girls team. It was a great event with exceptional play. Both HGA teams finished second. Well done everyone!



Charlton Athletic tournament. The boys from our primary school recently played in a Charlton Athletic 24-school tournament. They finished second overall and even got to meet a Charlton player!



London Youth Games indoor athletics. Our primary athletics team recently took part in the London Youth Games indoor athletics championship. They did exceptionally well, finishing 17th out of 2,000 primary schools across London.

Bexley cross country champions. We took part in the Bexley competition this term for the first time and amazingly finished first, with all the athletes loving the event, which was hosted by Hurstmere School.



Rugby Festival at Dartfordians RFC. Our girls took part in a fantastic rugby festival at Dartfordians RFC. It was great to see all the new skills on show with lots of tries and tags being scored/taken!



Football semi-final success. Our boys football team recently took on Hook Lane Primary in the Bexley Cup semi-final. After being 2-1 down at half time, the team responded excellently and finished eventual 5-2 winners. We look forward to seeing if we can go all the way and bring the cup home to Garrard!



Footballers shine in Bexley Girls Cup. Our girls took on Barnehurst School in the last 16 of the Bexley Girls Cup. After a very competitive game, Garrard came out as 2-0 winners. Both teams were a real credit to their schools!

The Peake Lecture at Eltham College

Fifteen Students from Year 12 attended The Peake Lecture at Eltham College to hear an amazing talk from Keven Fong



(pictured), Consultant Anaesthetist at University College Hospital and Professor of Public Engagement and Innovation at University College London. He also works as a doctor with Air Ambulance Kent, Surrey and Sussex.

Keven also has a long-standing interest in space exploration and space medicine and has worked with NASA at the Johnson Space Centre in Houston, Texas. Keven spoke about his role as National Clinical Advisor for the COVID-19 pandemic and how his multi-faceted career led to this role.

Students were also able to visit the Gerald Moore Gallery for a recently launched exhibition 'A Slash of Blue'. They had a great time and were riveted by both the art and the speaker's passion for his work.



At the Gerald Moore Gallery in Eltham College to see the new exhibition.

Skills for Life masterclass

Year 12 finished their Skills for Life masterclass series with a visit to M&G finance and insurance company for a workshop on financial planning and budgeting. The workplace included speakers from across M&G with a talk with Clare Bousfield, Managing Director of Retail & Savings, on pursuing the work you enjoy.



Year 12 take part in a workshop on financial planning at M&G.



The students worked with M&G staff, including Director of Communications James Murray, to prepare a presentation on creating a webpage to offer financial advice to young people on topics such as paying for university, paying taxes, financial planning and budgeting.

The students' presentations were brilliant and showed a high level of understanding of the task, and great creativity in branding their products. M&G staff were certainly impressed with their confidence and teamworking skills.



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Harris Federation



For all the latest news visit
www.harrisgarrard.org.uk



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