



THE HARBOUR SCHOOL NEWS



Welcome to The Harbour School Newsletter, Autumn 2, 2023.

We will be keeping you updated on all the creative learning our pupils are enjoying.



Dear Parents and Carers,

As we approach the festive season and the end of this term, I wanted to take a moment to share some exciting updates and express my sincere thanks for the fantastic efforts of our students and staff.

I am delighted to announce that Mr. Luke Baker will be joining us as our new Deputy Headteacher in January. Mr. Baker brings a wealth of experience and enthusiasm, and I am confident that his contributions will enhance the positive learning environment we strive to provide at the Tipner Campus and across the school.

This week, I had the pleasure of watching our Tipner students shine in their first football tournament at Havant and Waterlooville. They demonstrated great teamwork and sportsmanship, winning three games. It's wonderful to see our students embracing opportunities beyond the classroom and excelling in various activities.

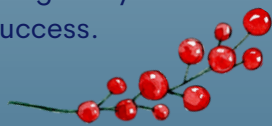
A huge thank you also must go out to Alison Dane and all the staff and students who worked hard to prepare and serve a delicious Christmas dinner at the Vanguard campus. The festive spirit was truly alive, and the event was a testament to the strong sense of community within our school.

I am pleased to report that this term has seen some fantastic progress among our students, examples of which you will see in this newsletter. Witnessing their growth and achievements is a testament to their resilience and the dedication of our staff. I am particularly proud of those students who are successfully reintegrating back into mainstream school—a significant milestone for both them and our school community.

As we look ahead, please note that January 2nd to January 4th are training days for staff. Structured conversation meetings for students and their parent/ carers are scheduled for Friday 5th January. Staff from each campus will be in touch to confirm meeting times. Your participation and input during these conversations are highly valued.

In closing, I want to extend my warmest wishes to all our students and their families over the Christmas period. We look forward to welcoming everyone back into school in the New Year, refreshed and ready for another term of improved learning and success.

Nick Morley, Headteacher



TIPNER CAMPUS



Tipner have had a great term. Amongst other events we have had pupils raise money for Children in Need, a trip to Bournemouth Oceanarium, taking part in a football tournament with other schools and all of our exciting weekly curriculum trips and learning.

In Class 4, we have enjoyed going to the park as part of Community Skills. Evie and Lucie were able to follow staff instructions to get to the park safely and were respectful towards other members of the public they passed.



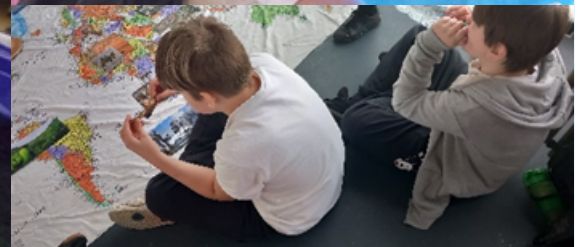
Class 9 have been busy in their cooking sessions this term. We looked at the ingredients in a shop bought instant noodle snack and decided to make our own. We then compared them and decided our noodles tasted much better!

Trip to Bournemouth Oceanarium

To enhance the learning that has been happening as part of the KS 2 'Under the Sea' pupils participated in a visit to the Bournemouth Oceanarium.

Pupils enjoyed an interactive session with one of the Oceanarium team. Pupils had to describe and name the habitats they were shown and try to decide where on a world map that this environment might be found. Next, we identified a range of creatures and matched them to habitats.

Following this, pupils were able to explore some real life artefacts from the sea, this included a shark fin, shark bones and a turtle egg!



COSHAM CAMPUS

Karen Lemieux
Head of Campus

We have had another very busy half-term at Cosham Campus, with lots of extra activities helping to bring learning to life. There isn't space here to do justice to everything, so here are a few highlights.

History

Pupils had the opportunity to visit The Mary Rose Museum to learn all about Tudor Portsmouth. It was a very full day, with lots of interactive workshops, but our pupils particularly enjoyed taking part in a gun-firing demonstration.

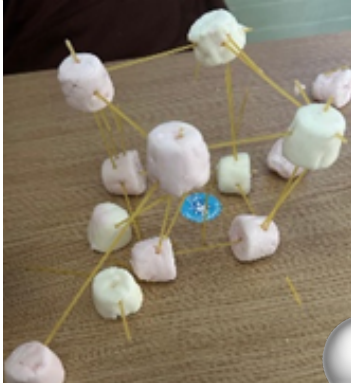


GCSE Geography

Pupils spent the day recently along Southsea Seafront investigating the new sea defences as part of their curriculum work on coastal landscapes. It was interesting to see how and why Portsmouth is being protected from sea level rise and storms in the future.

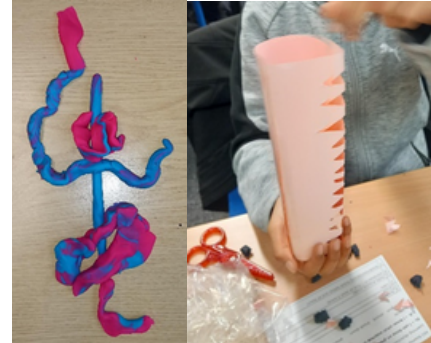


In Talkabout sessions pupils have been working on communication skills and enjoyed making constructions from marshmallows and spaghetti.



SCIENCE

Our younger pupils also enjoyed making models of the digestive system and the small intestine.



We have been collecting donations for the Portsmouth Foodbank and are very grateful for the kind and generous contributions that everyone has made. Some of our pupils helped take the donations to the foodbank where they had a mini tour and learned a bit about how the foodbank works. They were very glad of our donations.



SPORTS

All groups have been taking part in fitness tests at the athletics track at the Mountbatten Centre. These have involved taking part in a 30-metre sprint and a 12-minute run.



ENGLISH

Our younger pupils have been learning about First World War poetry and made some very realistic models of trenches.



PERSONAL GROWTH

We were very pleased to welcome Meon Valley Heartstart back to our campus to deliver training on choking and stopping bleeding. The organisation offers free lifesaving skills training to everyone, so if you are interested, please have a look at their website:

[Free Training | Bishop's Waltham | Meon Valley](#)

[Heartstart](#)

<http://heartstartmeonvalley.co.uk>



REINTEGRATION AND TUITION SERVICE & HOSPITAL TUITION SERVICE

Kath Curtis, CAL

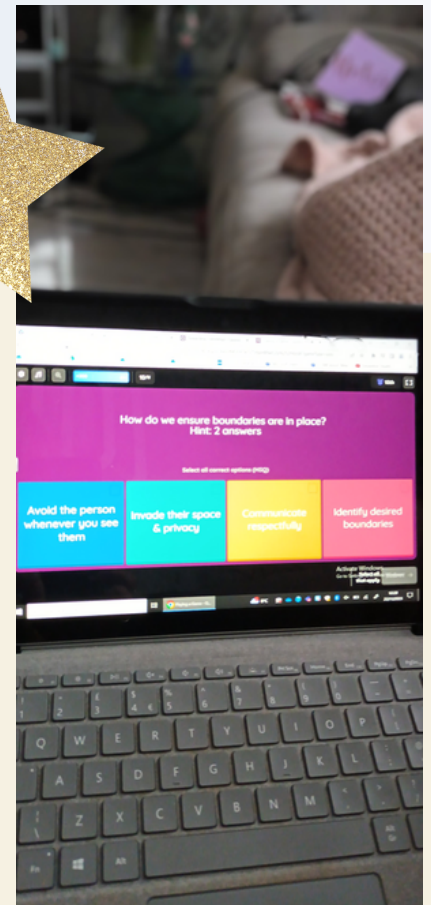
Karen Lemieux, Head of Campus

In the lead up to Christmas, many of our pupils are preparing to access exams to begin their journey of gaining accreditations for accessing Post-16 options. Meanwhile, our younger pupils have been exploring poetry, in science Earth and Space have been explored through the making of models.

Above is a photograph of festive The Harbour School learning nook, all ready for patients at the hospital to access learning if they are able to.



Pupil completing a quiz about friendships for Happy Mind, a programme used across the school to help young people learn more about how our brains work!



In KS3, we have learning about Romanticism and war poetry. A new technique we have learning about is called 'semantic field': where words link together around one topic. Below are two examples of poems written independently using a semantic field linked to a soldier's injuries from action in war.

*Standing there grazed,
Not becoming fazed.*

*From his jaw,
Flesh stood out raw.*

*From his liver,
Blood dripped out like a
drying river.*

*From his lung,
It stuck out, numb.*

*There I trace,
The scars that became his
face.*

*Search the source
Damaged and fractured
Once was a foetus was now a
broken man
Trace a finger to a face
From a broken thumb to a
punctured lung*

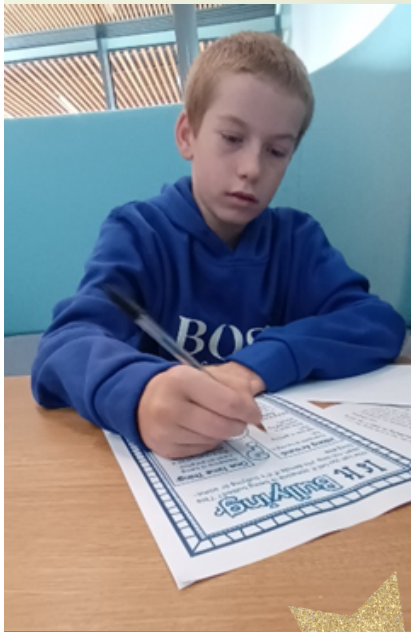


An important aspect of the Reintegration and Tuition Service is when mentors visit the pupils in their homes to offer Emotional Literacy support. Most of our pupils have pets as they are a great source for mindfulness and unconditional love. Below is a photograph of the newest addition for one of our pupils!

THE BASE

Sian Lacey
Head of Campus

This half term saw several major events appear on the calendar and at The Base we try to use these as a way to further encourage inclusivity and multi-culturalism. First was Halloween, a chance to learn about its origins as well as create some alternative Jack o'lanterns! It was anti-bullying week in November, something we are proud to commit to, with activities being completed during their PSHE and Keywork sessions. On a more colourful note, we celebrated Diwali this half term, with cooking of some traditional Indian food overseen by our TA, Ramon, who brought recipes in from home for the young people to try.



All young people get a chance to create fantastic layered stencils in the studio. The pictures chosen are often symbolic of something personal and more often than not they are given as gifts for birthdays or Christmas.

As part of their commitment to being good citizens, the KS3 pupils at The BASE raised money for Children in Need by holding an in-house bake sale during their cooking lessons. Here is the money being hand delivered during a life-skills



VANGUARD CAMPUS

Sarah Hounsell, Head of Campus

On the 7th of December we hosted a Christmas party for all of the pupils at Vanguard Campus. Our pupils took responsibility for cooking the food alongside Alison, our Catering teacher. They put in a lot of time and effort to do this for the staff and pupils and created a wonderful lunch for everyone. We finished off with Christmas karaoke where both pupils and staff joined in.

It was a lovely effort by our pupils and staff to create a wonderful day.





CAREERS



Hi, I'm Jo, the careers adviser for Harbour School, supporting Cosham, R&TS and The Base. I offer impartial careers guidance on your post-16 options. All year 11 students are offered an interview with an advisor and parents/carers are welcome too.

Did you know that under the Raising of the Participation Age (RPA) all young people should be in education/training, until they reach 18 years old?
This could include college, training, an apprenticeship or traineeship

The main colleges locally are:-

COPC (includes Tangiers Road, Highbury campus and other campuses across the city) and HSDC.
Further afield, there are Fareham, Saprsholt and Chichester Colleges

Choose between vocational(practical, work-related) and academic (more study-based) courses in all your favourite subjects- from animal care to public services , from E Sports to Ancient Civilizations

Find out about apprenticeships here <https://www.apprenticeships.gov.uk/#>

It is really common to not know what you would like to do for a career -why not try this short quiz ?
Q1 | Discover your skills and careers | National Careers Service

Or explore careers here <https://nationalcareers.service.gov.uk/explore-careers>

Other helpful resources are:-

Flying Start <https://www.sunoutreach.org/>
FB page Flying Start Portsmouth | Portsmouth | Facebook



This term has been filled with visits from different local colleges explaining what courses they can offer our pupils. They have been very interactive, allowing time for pupils to explore individual interests.



**City of
Portsmouth
College**



SPARSHOLT
CAMPUS



**HAVANT &
SOUTH DOWNS
COLLEGE**

SUPPORT AROUND THE FAMILY



WONDERFUL WINTER LAUNCH

The next HAF Fun Pompey programme will run from 16 – 23 December

To see a full list of HAF funded activities please go to our HAF Fun Pompey Eequ page.

To see a list of pay as you go options with our HAF providers please go to our HAF Pay As You Go page.

There is a fantastic range of activities and events including some for all the family. You can visit Santa's Grotto, go sailing, play in a 3x3 basketball tournament, panto visits, go ice skating and plenty more. There will be good, tasty food including some Christmas themed dinners and the odd festive treat!

<https://www.pycportsmouth.co.uk/haffunpompey/>

SUPPORT AROUND THE FAMILY



If you are struggling with the cost of food, or would like a hot meal, there are services in Portsmouth that are there to help.

Food banks

Food banks provide around 3 days food for your whole household if you can't afford to buy food. Some food banks need a referral, and some can help you without being referred.

Food banks accept referrals from a wide range of local community organisations, including schools and support workers. If you're a city council tenant your local housing office can refer you. If you don't know who can refer you, contact Advice Portsmouth (open Monday to Friday) – call 023 9279 4340, text 07789 550593 or email advice.portsmouth@theyoutrust.org.uk

For more information on hot meals available and the surplus food app click the link below.
<https://www.portsmouth.gov.uk/services/benefits-and-support/help-and-support/help-with-food/>

www.portsmouth.gov.uk



SAVE THE DATE

**GCSE EXAMS
2024**

**Friday 10th May to
Friday 28th June**

DO NOT BOOK HOLIDAYS IN THIS TIME.



Safeguarding Information

Safeguarding Statement

Safeguarding and promoting the welfare of students is everyone's responsibility. Everyone who comes into contact with children, their families and carers has a role to play in safeguarding children. To ensure we fulfil this responsibility at the Harbour School, all professionals are trained to ensure their approach is child-centred; what is in the best interests of the learner as all times. No single professional can have a full picture of a child's needs and circumstances. If children and families are to receive the right help at the right time, everyone who comes into contact with them has a role to play in identifying concerns and the sharing of information, on a 'need to know' basis. The Safeguarding Team will ensure the information is collated and dealt with appropriately.

The Harbour Team Safeguarding Team

Designated Safeguarding Lead Andrea Nesbit

Deputy Designated Safeguarding Leads Lacey Plato, Lydia Fooks,
Anne Ormston, Heidi Gibbs,

Jess Bartlett, Rachel Endean, Alison Hannan, Sian Lacey, Karen Lemieux, Sarah Hounsell, Sarah Ghassemi

The Key Safeguarding principles at The Harbour School:

- The welfare of the child is paramount
- Staff should understand their responsibilities to safeguard and promote the welfare of learners
 - Safeguarding is everyone's responsibility
- Make a record of any such incident and of decisions made/ further actions agreed, in accordance with our Safeguarding Policy
- Apply the same professional standards regardless of gender or sexuality (Equality Act 2010)

The Safeguarding Team will:

- Act on any concerns raised by staff members
- Work with external agencies when required (Police, Social Care, LA etc)
 - Manage child protection files, adhering to national guidance
- Provide safeguarding training to all members of staff and provide updates when required

If you have concerns about a learner at The Harbour School please report your concerns using the following email and they will be picked up by the safeguarding team safeguarding@thsportsmouth.org





Safeguarding support

Feeling low?

Anxious?

Struggling to cope?

Text SHOUT to 85258
for free, confidential support, 24/7

stem4
supporting teenage mental health

#WMHD

Get support

0300 123 3393

text 86453

info@mind.org.uk



Give support

Text **SUPPORT** to 70550 to give £3



Texts cost £3 plus your standard network charge. Mind receives 100% of your donation. Obtain the bill payer's permission. Supporter Services 020 8215 2243. We may contact you about our charity and ways that you can support us. To give £3 but opt out from any further contact by phone and text, reply 'NOCALL' to 70004.

"It's alright to ask for help"

SAMARITANS

 **116 123**

ChildLine

0800 1111





National
Online
Safety®

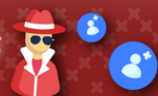
#WakeUpWednesday

12 Social Media Online Safety Tips FOR CHILDREN WITH NEW DEVICES

With Christmas only a few weeks away, many of you will be using social media to share your excitement with friends and family. Being active on social media is a great way to show others how much fun you're having, but it's important that you know how to use these apps safely and securely so that bad things don't happen. By following our safety tips below, you can make sure that your personal information stays private, your postings are positive and that your social media use overall is responsible, healthy and most of all enjoyable.

1 DON'T ACCEPT FRIEND REQUESTS FROM STRANGERS

Make sure that you set your profile to private so that people you don't know can't find you online. Always tell a trusted adult if a stranger or somebody you don't know sends you a message or a friend request.



2 NEVER SHARE YOUR PERSONAL INFORMATION WITH PEOPLE YOU DON'T KNOW

Keep your personal information personal. Sometime people online aren't always who they say they are and might ask you to share things that you don't feel comfortable sharing.

3 DON'T SHARE EMBARRASSING PHOTOS OR VIDEOS OF OTHERS ONLINE

This could really upset them and could get you into a lot of trouble. Always think twice before posting anything on social media and treat people online as you would in real-life.



4 NEVER SEND NAKED PICTURES OF YOURSELF TO OTHERS

This is illegal if you are under 18 and you could get into trouble with the Police. If you are being pressured by someone, always say no and tell a trusted adult. Even if you think it is innocent fun, the photo could be shared with other people and you won't be able to control who else sees it.

5 CREATE A POSITIVE ONLINE REPUTATION

Always be kind and polite when posting comments on social media and only upload pictures and videos of things you are proud of. This forms part of your digital footprint. Everything you do online can be tracked and monitored and could affect what people think of you in real-life if it is negative.



6 LIMIT YOUR SCREEN TIME

Social media can be addictive, and it is easy to keep checking newsfeeds or your notifications every 5 minutes which can affect your behaviour and stop you from doing other things. Remember to only use your phone at certain times of the day, turn notifications off at bedtime and go out and have as fun as much as possible. This will keep you fit and healthy and make you appreciate there's more to life than just what's on social media.



7 BLOCK ONLINE BULLIES

Sometimes people might say nasty things to you online or post offensive comments on your pictures or videos. If this happens, always tell a trusted adult who will help you block them from your profile and support you in taking further action.



8 REPORT INAPPROPRIATE CONTENT

If you see something on social media that you don't like, offends you or upsets you, you should always report it to a trusted adult. You should also report it to the social media app who will be able to remove the content if it is against their user policy and can block the person who posted it.



9 ONLY USE APPS WHICH YOU ARE OLD ENOUGH TO USE

Before downloading any new social media app, always check the age-rating. If you need help, ask your parent or carer to make sure that the app is safe for you to use and never download anything which you are too young for as it may contain content that isn't safe for you to see.



10 ALWAYS SECURE ALL YOUR SOCIAL MEDIA PROFILES WITH A PASSWORD

This will help to keep your private information safe and won't allow others to access your profiles without your permission. Make sure your passwords are memorable and personal to you but something which other people can't guess, and always share them with your parents just in case you forget them.



11 ASK PARENTS TO SET-UP 'PARENTAL CONTROLS' FOR SOCIAL MEDIA

When you download a social media app, you should always ask a trusted adult to help you set it up for the first time. This will help you control who sees what you post, who can contact you and make sure you are able to enjoy using the app safely and securely.



12 ALWAYS TALK TO YOUR TRUSTED ADULT IF SOCIAL MEDIA IS MAKING YOU UNHAPPY

Sometimes, social media can make us feel bad about ourselves or sad that we aren't the same as someone else or doing the same things as someone else. Remember, if you ever feel this way, it's really important to talk to your trusted adult(s) like your parents, carers, other adult family members or a teacher, all of whom will be able to support you and discuss your feelings with you to help make you feel better.



What Parents & Carers Need to Know about

SNAPCHAT

AGE RESTRICTION
13+

WHAT ARE THE RISKS?

CONNECTING WITH STRANGERS

Even if your child only connects with people they know, they may still get friend requests from strangers. The Quick Add option lets users befriend people the app recommends – but these 'friends' are merely a username, which could have anyone behind it. Accepting such requests reveals children's personal information through the Story, SnapMap and Spotlight features, potentially putting them at risk from predators.

EXCESSIVE USE

Snapchat works hard on user engagement, with features like streaks (messaging the same person every day to build up a high score), Spotlight Challenges tempt users into spending time producing content in search of cash prizes and online fame, while it's easy for children to pass hours watching Spotlight's endless scroll of videos.

INAPPROPRIATE CONTENT

Some videos and posts on Snapchat aren't suitable for children. The hashtags used to group content are determined by the poster, so even an innocent search term could still yield age-inappropriate results. The app's 'disappearing messages' feature also makes it easy for young people (teens in particular) to share explicit images on impulse – so sexting continues to be a risk associated with Snapchat.



ARTIFICIAL INTELLIGENCE

My AI is Snapchat's new chatbot, which replies to questions in a human-like manner. However, the software is still in its infancy and has significant drawbacks, such as biased, incorrect or misleading responses. There have already been numerous reports of young users turning to AI for medical help and diagnoses, which could be inaccurate and therefore potentially dangerous.

ONLINE PRESSURES

Although many of Snapchat's filters are designed to entertain or amuse, the 'beautify' effects on photos can set unrealistic body-image expectations – creating feelings of inadequacy if a young person compares themselves unfavourably with other users. Snapchat now also has 'priority' notifications (which still get displayed even if a device is in 'do not disturb' mode), increasing the pressure on users to log back in and interact.

VISIBLE LOCATION

Snap Map highlights a device's exact position on a virtual map which is visible to other users. There are options to restrict who can see this information: all friends, only you (Ghost Mode) or selected friends. Snapchat also has real-time location sharing, which is intended as a buddy system to ensure friends have reached home safely – but which could also be used to track a young person for more sinister reasons.

Advice for Parents & Carers

TURN OFF QUICK ADD

The Quick Add feature helps people find each other on the app. This function works based on mutual friends or whether someone's number is in your child's contacts list. Explain to your child that this could potentially make their profile visible to strangers. We recommend that your child turns off Quick Add, which can be done in the settings (accessed via the cog icon).



CHOOSE GOOD CONNECTIONS

In 2021, Snapchat rolled out a new safety feature: users can now receive notifications reminding them of the importance of maintaining connections with people they actually know well, as opposed to strangers. This 'Friend Check Up' encourages users to delete connections with users that they rarely communicate with, to maintain their online safety and privacy.



DISCUSS AI

Although My AI's responses can often give the impression that it's a real person, it's essential that young people remember this certainly isn't the case. Encourage your child to think critically about My AI's replies to their questions: are they accurate and reliable? Remind them that My AI shouldn't replace chatting with their real friends, and that it's always better to talk to an actual person in relation to medical matters.



CHAT ABOUT CONTENT

It may feel like an awkward conversation (and one that young people can be reluctant to have) but it's important to talk openly and non-judgementally about sexting. Remind your child that once something's online, the creator loses control over where it ends up – and who else sees it. Likewise, it's vital that children understand that some challenges which become popular on the platform may have potentially harmful consequences.



KEEP ACCOUNTS PRIVATE

Profiles are private by default, but children may make them public to gain more followers. Snap Stories are visible to everyone your child adds, unless they change the settings. On SnapMaps, their location is visible unless Ghost Mode is enabled (again via settings). It's safest not to add people your child doesn't know in real life – especially since the addition of My Places, which allows other Snapchat users to see where your child regularly visits and checks in.



BE READY TO BLOCK AND REPORT

If a stranger does connect with your child on Snapchat and begins to make them feel uncomfortable through bullying, pressure to send explicit images or by sending sexual images to them, your child can select the three dots on that person's profile and report or block them. There are options to state why they're reporting that user (annoying or malicious messages, spam, or masquerading as someone else, for example).



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

Sources: <https://help.snapchat.com/en-gb/articles/125679835832-what-is-my-ai-on-snapchat-and-how-do-i-use-it> | <https://values.snapchat.com/en-gb/news/early-learning-items-my-ai-and-new-safety-enhancements> | <https://help.snapchat.com/en-gb/articles/125679835832-what-is-my-ai-on-snapchat-and-how-do-i-use-it> | <https://help.snapchat.com/en-gb/articles/125679835832-what-is-my-ai-on-snapchat-and-how-do-i-use-it>



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