FAMILIES BULLETIN
3rd July

Online Safety and Digital Wellbeing: Supporting Healthy Habits Online and Offline



Technology is an important part of young people's lives, helping them learn, communicate and stay connected. However, helping children develop healthy digital habits is just as important as teaching them how to stay safe online.

At Royal Greenwich Trust School, we encourage students to make positive choices both online and offline, supporting their wellbeing, relationships and readiness for learning.

Building Healthy Digital Habits

Create screen-free times
Setting boundaries around phones and devices can help young people focus, sleep better and spend more quality time with family and friends. Consider screen-free periods during meals, before bed and while completing homework.

Encourage balance
A healthy lifestyle includes a balance of online activities, physical exercise, hobbies, social time and rest. Encourage your child to enjoy activities away from screens such as sport, reading, music, creative projects or spending time outdoors.

Talk about social media
Open conversations about social media can help young people make safe and responsible choices. Discuss what they see online, remind them that not everything shared online is real, and encourage them to come to you if something makes them uncomfortable.



Support safe gaming
Gaming can be a positive way to socialise and relax. Help your child understand privacy settings, appropriate communication with others and the importance of balancing gaming with other activities.

Online Safety Starts with Good Conversations

Regular conversations can help children:

- Recognise online risks and scams.
- Understand the importance of privacy settings.
- Think carefully before sharing personal information.
- Report or block inappropriate content.
- Develop respect and kindness in online interactions.

The Importance of Sleep and Wellbeing

Research consistently shows that excessive screen use, particularly before bedtime, can affect sleep quality, concentration and mood. Encouraging devices to be switched off at least an hour before bed can help young people get the rest they need to thrive both in school and at home.

Preparing Young People for the Future

Digital responsibility is an essential life skill. Learning how to manage screen time, communicate respectfully online, protect personal information and maintain a healthy balance between online and offline activities helps prepare young people for further education, employment and adult life.

By working together, we can help our children become confident, responsible and resilient digital citizens, living our RGTS values of Responsibility, Grit, Teamwork and Success every day.

Safe choices today. Stronger futures tomorrow.

Mrs Houston
Assistant Headteacher

kooth

For ages: **10-25**

Kooth is an **online mental wellbeing** community for young people

Here are some of the features you can access on Kooth:

Magazine | The Kooth magazine shares personal experiences and tips from young people and our Kooth team

Discussion Boards | Start or join a conversation with our friendly Kooth community, with lots of topics to choose from

Chat | Chat with our helpful team about anything that's on your mind

Daily Journal | Use your daily journal to track feelings or emotions and reflect on how you're doing

Wellbeing Activities | Find activities that support your wellbeing and help to build valuable life skills

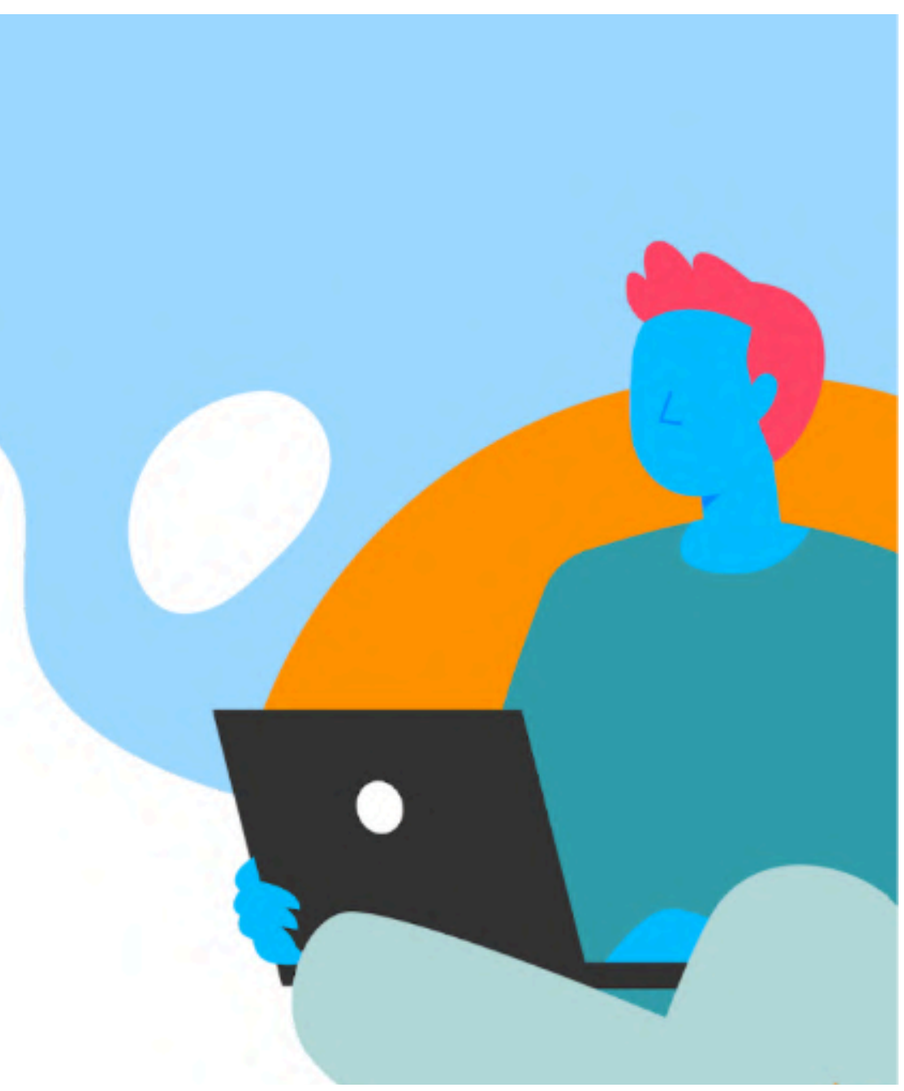


Sign up for free at kooth.com

kooth

Free, safe, anonymous and online mental health support

kooth.com



Royal Greenwich Trust School

Learning Today, Leading Tomorrow

PART OF UNIVERSITY SCHOOLS TRUST

University Schools Trust

A transformational education

ONLINE GAMING SAFETY

PLAY SMART. STAY SAFE. HAVE FUN.

KNOW THE RISKS. PLAY IT SAFE.

CHAT

Talking to strangers can be risky.

PERSONAL INFO

Don't share your name, school, photos or location.

IN-GAME PRESSURE

Don't feel pressured to spend money or do things you're not comfortable with.

TOXIC BEHAVIOUR

Bullying or mean comments are never OK. Report and block.

TIME MANAGEMENT

Too much gaming can affect sleep, school and wellbeing.

WHAT DO YOUNG PEOPLE SAY?

72% of teens play online games with others.

45% have spoken to someone they don't know offline.

38% have seen unkind or hurtful behaviour while gaming.

56% don't always know how to report or block players.

TOP TIPS FOR SAFE GAMING

- **PLAY WITH PEOPLE YOU KNOW** – Add friends you know in real life.
- **KEEP YOUR INFO PRIVATE** – Don't share personal details.
- **USE PARENTAL CONTROLS** – Set limits and check age ratings.
- **REPORT & BLOCK** – Speak up about anything that makes you feel uncomfortable.
- **TAKE BREAKS** – Balance gaming with school, sleep and friends.

NEED HELP OR SUPPORT?

Speak to a trusted adult at school or visit Kooth for free, safe and anonymous support.

kooth

kooth.com

RESPONSIBILITY | GRIT | TEAMWORK | SUCCESS

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PRIVACY SETTINGS MATTER

YOU CONTROL WHO CAN SEE YOU.

WHY PRIVACY SETTINGS MATTER

Protect your personal information.

Keep your photos and posts safe.

Control who can contact and follow you.

Reduce the risk of scams, bullying and stranger danger.

Peace of mind for you and your family.

WHAT DO YOUNG PEOPLE SAY?

68% of teens don't check privacy settings regularly.

57% have public profiles on at least one platform.

46% have shared information that could identify them.

61% worry about who can see their posts or photos.

PRIVACY SMART CHECKLIST

- Check your privacy settings on every app you use.
- Only accept follow or friend requests from people you know.
- Think before you share photos, videos and locations.
- Limit who can see your stories, posts and profile.
- Log out on shared or public devices.
- Review your settings regularly – things change!

NEED HELP OR HAVE CONCERNS?

Speak to a trusted adult at school.

kooth

Free, safe and anonymous support at Kooth.com

Scan the QR code for support and advice.

RESPONSIBILITY | GRIT | TEAMWORK | SUCCESS

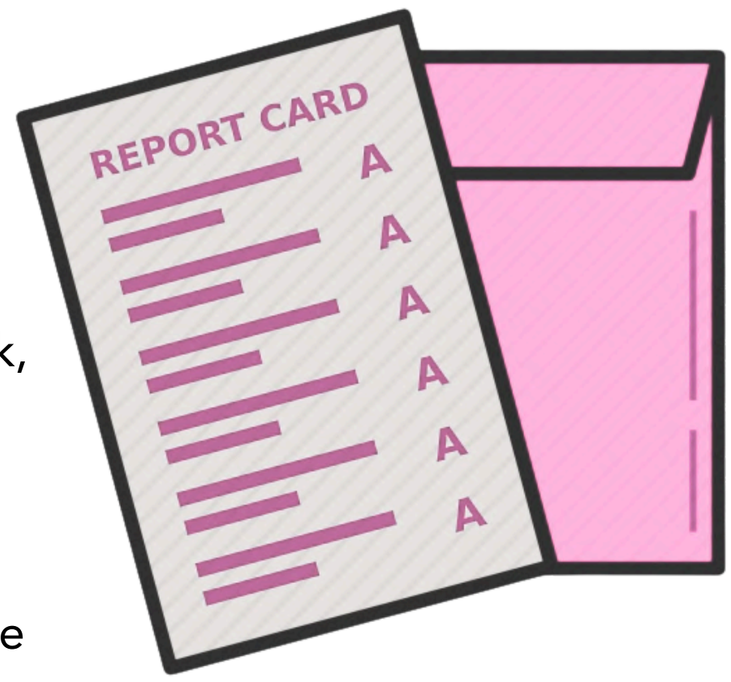
Safe choices today. Stronger futures tomorrow.

Dates for your diary

Date	Event	Year Group	Timings
Thursday 9th July	Summer Arts Showcase	All	4:00-5:00pm Tickets avaliable on the school website
Wednesday 15th July	Sports Day	All	8:35am - 2:30pm Further details to follow
Thursday 16th July	Last Day of Academic Year	All	12:00pm Dismissal Further details to follow

Year 8 & 9 End of Year Report

Next week you will recieve your child's end of year report, providing valuable information about their progress and achievements across all subjects.



How to access your child's report

Your child's end of year report has been emailed to you this week, but you can also view all your child's reports through the Arbor Parent App. Below is a step-by-step guide.

On the Parent Portal (Browser Version)

- Click **View Student Profile**, then go to **Report Cards** from the left-hand menu.
- The date shows when the report card was released. **Select the report card**, then click **Download**. This will download to your computer as a PDF.

If you need further support, please refer to the following guide which includes screenshots to support you: Accessing Your Child's Report

The report includes:

- Attitude to Learning (ATL): How consistently your child demonstrates positive learning behaviours, including effort, engagement and organisation.
- Progress: Whether your child is currently on track to meet their expected outcomes.
- End of Year Grade: The standard your child has achieved at the end of this academic year.
- Year Group Average: A useful comparison showing how your child is performing alongside their peers.

We encourage you to take time to discuss the report with your child. Celebrate their successes, recognise the progress they have made, and talk positively about any areas where further improvement is needed. Small conversations at home can have a significant impact on motivation and future achievement.

You can support your child by:

- Asking them what they are most proud of this year.
- Discussing any subjects where their Attitude to Learning could improve.
- Encouraging regular reading, homework completion and effective revision habits.
- Setting realistic goals together for the new academic year.

Thank you for your continued support and partnership in helping every student achieve their very best

Mr Nott
Assistant Headteacher - KS3

Year 7 News: Aspire Project Update

It has been another busy and successful term for students involved in the Aspire Project.

As part of our Business Breakfast programme, students have enjoyed hearing from a range of guest speakers who have shared insights into their careers and industries. Our final meeting of the term will take place on **Monday at 8:30am**, when we will welcome a speaker specialising in **international maritime law**. Students attending should meet at **Main Reception** before the session.

We would also like to congratulate all of our **Year 7 students who have completed the Aspire Challenge this term**. At the start of the term, 45 students took on the challenge of completing a variety of experiences both in and out of school, with activities signed off by parents and staff.

As a reward for their hard work and commitment, students who have completed the challenge have been invited to a **trip to Eltham Palace next week.**

There are still a few places available on the trip. If your child has a completed Aspire Challenge report at home, please ensure it is brought into school as soon as possible so that they can collect a trip letter.

Well done to all students who have participated in Aspire this term. We look forward to celebrating their achievements and continuing the programme next year.

Ms Thapen
Head of Religious Education

Summer Arts Showcase: Thursday 9th July 4-5pm

On Thursday 9th July the Lecture Theatre will be alive with the sights and sounds of students singing, playing musical instruments and performing theatre, and displays of student art and design work.

Parents and carers are warmly invited to book tickets for themselves and their families to enjoy the fruits of their children's labours and enjoy the showcase together. Free digital tickets can be booked via the web site and entry will be to ticket holders only.

To reserve your ticket, please use the following link: https://www.rgtrustschool.net/ticketing/event?id=160



Mr Spall
Head of Music

Messages for Our New Year 11 Students

I am delighted to have the opportunity to lead our new cohort of Year 11 students.

During our first assembly on Monday, we outlined the high expectations for the year ahead and emphasised the importance of maintaining a strong focus on achieving excellent GCSE outcomes next summer, alongside planning for post-16 education and training opportunities.

In the coming weeks, I look forward to sharing our programme of support with you. This will be carefully designed to help students prepare successfully for both their examinations and their future aspirations.

On Monday 22nd September, Year 11 students will attend the Futures Fair at Woolwich Works. This is an important event that provides valuable information about the wide range of pathways available after Year 11. Letters were distributed this week, and we would be grateful for your support in completing and returning consent forms by Tuesday 7th July to enable us to continue with the next stage of planning.

A reminder, too, that consent forms for the Southend trip should be returned as soon as possible, and the £7 contribution should be paid via ParentPay.

It is never too early to begin planning for the future. We encourage parents and carers to have regular conversations with their children about their interests, aspirations and next steps, as well as researching potential courses and providers together. Starting these discussions early can help students develop a clear sense of direction and understand what they need to achieve during Year 11 to realise their ambitions.

We also recommend keeping an eye on the Royal Borough of Greenwich website (www.royalgreenwich.gov.uk) for updates on post-16 open evenings and events. We will also share relevant dates with students in September.

Finally, I would like to congratulate our Year 11 students on an excellent end to the academic year. I have already seen many students approaching their learning with increased focus, determination and maturity as they begin this important stage of their education. I look forward to supporting them throughout the year and celebrating their successes along the way.

Mr Dalby
Head of Year 11

Community Annoucement - Met Police Project: OP Speak Safe

Met Police are trialling a new project called Op Speak Safe, which provides students an opportunity to tell the police about public spaces where they do not feel safe.

Please refer to the leaflets at the back of the bulletin for further information about the projects and how students can contribute.

Domestic Abuse and the World Cup

With the World Cup starting later this week, it is useful to bear in mind that such sporting events often lead to an increase in incidents of domestic violence.



A 2013 Lancaster University study found a 38% increase in domestic abuse reports when England loses, and 26% when they win or draw. During Euro 2024, police forces recorded 351 football-related domestic abuse incidents across England and Wales, up from 193 in 2021.

Whilst domestic abuse organisations agree: football does not cause domestic abuse. Jo, CEO of RISE UK, goes further, arguing that foregrounding the tournament risks obscuring the real issue. Abuse is a perpetrator's choice, not a consequence of circumstance.

For schools, tournament periods are a prompt to stay alert: unexplained absences, changes in mood or behaviour, or disclosures referencing tension at home.

Poster: https://womensaid.org.uk/wp-content/uploads/2023/11/Football-Against-Domestic-Abuse-.pdf

Useful contacts
National Domestic Abuse Helpline (Refuge): 0808 2000 247
Men's Advice Line (Respect): 0808 8010 327

RISE UK: riseuk.org.uk
Women's Aid Football United: womensaid.org.uk/what-we-do/football-united
NPCC Euro 2024 statement: npcc.police.uk

Call our National Domestic Abuse Helpline for free on *0808 2000 247*

Respect
Men's advice line

0808 8010327
www.mensadviceline.org.uk

Mr Asafo Adjei Jnr
Assistant Headteacher and Designated Safeguarding Lead

Community Spotlight: Year 7 Students Inspired at St Paul's Way Science Summer School

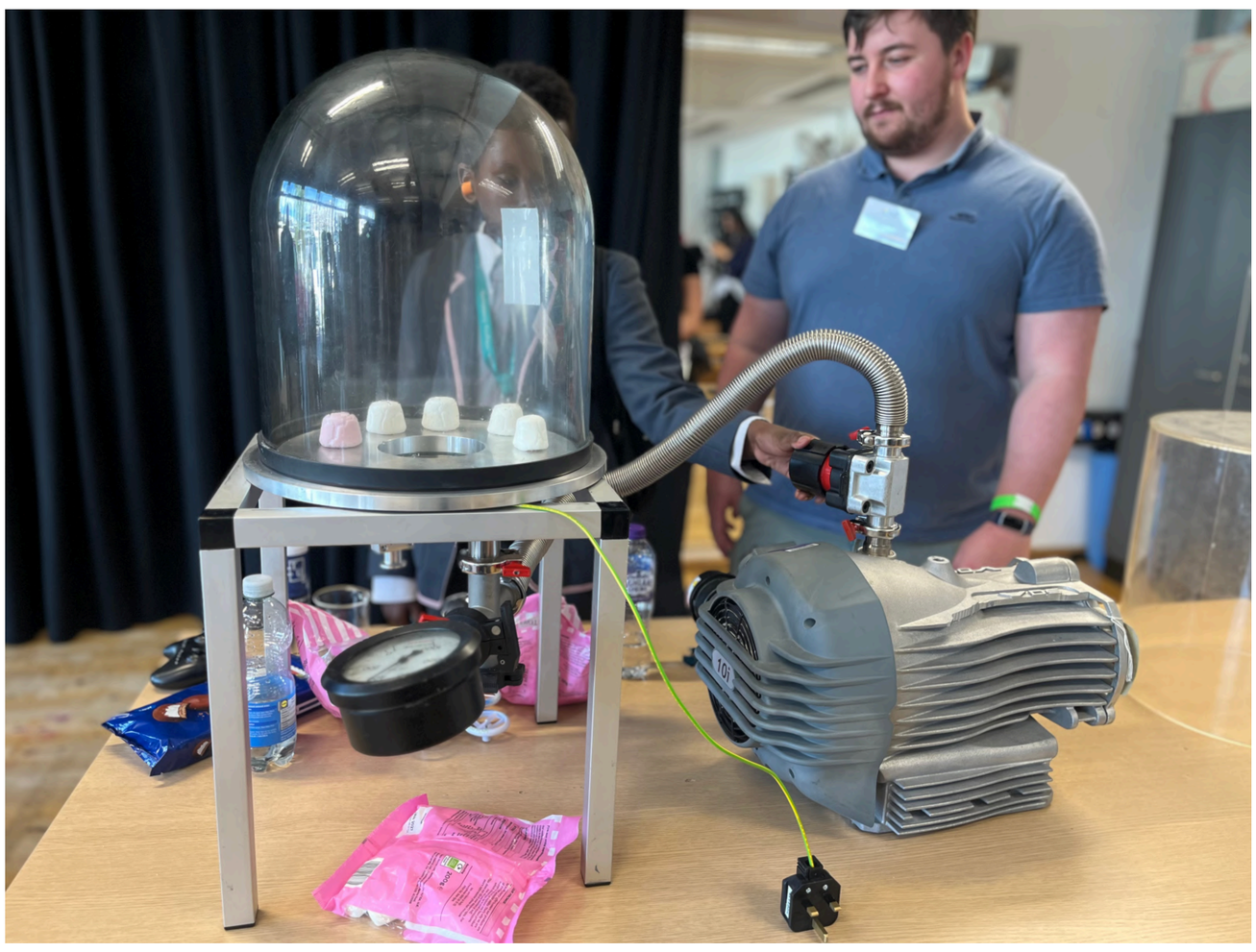


A group of our Year 7 students recently attended the annual **St Paul's Way Science Summer School**, where they enjoyed an inspiring afternoon of hands-on STEM learning and discovery.

Throughout the event, students took part in a variety of engaging activities, exploring topics such as **robotics and how robots interpret the world around them**, investigating the **sugar content of popular drinks**, and witnessing the fascinating process of **sublimation using dry ice**. These interactive sessions brought scientific concepts to life and proved to be a real highlight of the day, with students sharing overwhelmingly positive feedback about their experiences.

The programme concluded with a captivating lecture by renowned physicist **Professor Brian Cox**, giving students the exciting opportunity to hear from one of the UK's most influential science communicators. His talk encouraged students to stay curious, think critically and continue asking questions about the world around them.

Our students represented RGTS exceptionally well throughout the event, demonstrating enthusiasm, curiosity and exemplary behaviour. They returned inspired by what they had learned and excited about the many opportunities available within **science, technology, engineering and mathematics (STEM)**.





Mr Adams
Assosciate Senior Leader - Science

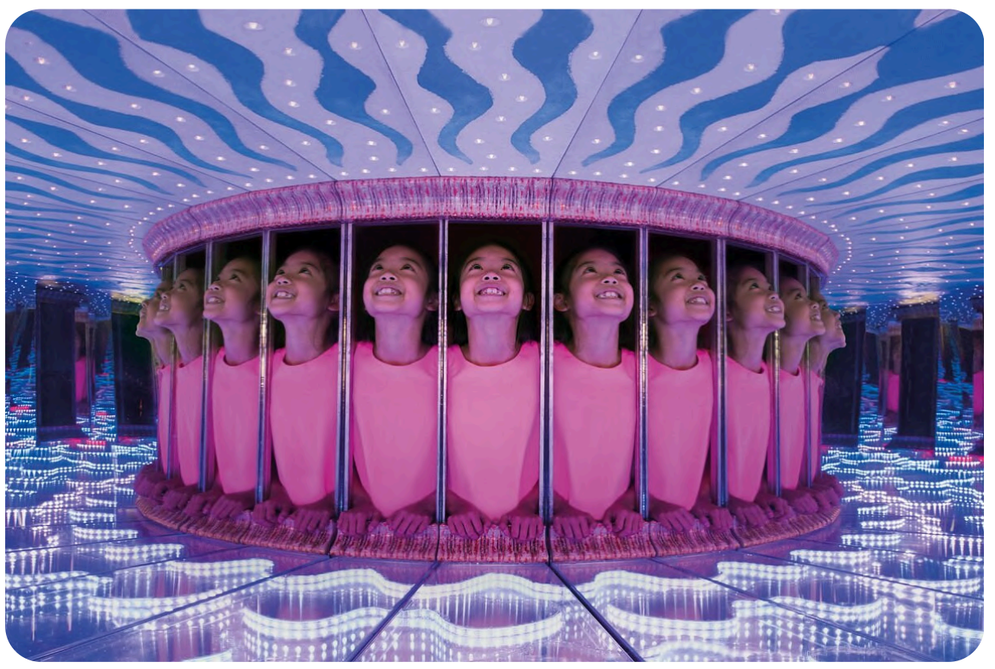
Community Spotlight: Year 7 Students Enjoy Inspiring Visit to the Science Museum

This week, our Year 7 students enjoyed a fantastic educational visit to the **Science Museum in London**, combining learning, exploration and personal development in one memorable day. Travelling by foot, train and the London Underground, students successfully navigated a range of transport networks, helping to build their confidence, independence and resilience while developing valuable life skills.

After enjoying lunch in **Hyde Park**, students made their way to the world-famous Science Museum, home to an extraordinary collection of exhibits celebrating scientific discovery, technological innovation and human achievement. Throughout the afternoon, students explored a variety of galleries showcasing everything from space exploration and medical advancements to inventions that have transformed everyday life. They were particularly engaged by the museum's interactive displays, which allowed them to investigate scientific principles first-hand and gain a deeper understanding of how science and technology shape the world around us.

Students enthusiastically completed a range of tasks linked to the exhibits, encouraging them to think critically, ask questions and apply their classroom learning in a real-world context. The visit provided a valuable opportunity to explore emerging technologies, engineering breakthroughs and future innovations, inspiring students to consider the exciting possibilities that careers in STEM can offer.







Mr Soulsby
Lead Practitioner of Science

Scanning the QR code or visiting the website takes you to a very short survey. This will take between 30-60 seconds to complete. The survey is anonymous, that means we don't collect data about you only about the incident that you are telling us about.

This doesn't replace reporting crime, if you have been the victim of an incident, please report calling 999 or online or speak with your teacher.

Speak Safe is to help bridge the gap between those people that make us feel unsafe and rob us of our safety before criminality happens, so we can stop criminality happening and can STOP victimisation from happening.

SCAN ME TO BEGIN

Website: www.SpeakSafe.co.uk

WHY USE SPEAK SAFE?

What you have experienced doesn't have to happen to another child or young person. We can help protect others and PREVENT further bad things happening to yourself or to your friends.

But in order to do that, we need you to tell us where, when and what happened so we can task local police officers to that area, to investigate further and to keep you safe

We want to work with you to help you enjoy your community. Walking to school, going to the shops, any activity you choose to do should be something you can enjoy without fear of crime or harassment.





SPEAK SAFE

Helping us to keep you and your friends safe

METROPOLITAN POLICE

What we need from you?

STEP 1
WHAT HAPPENED?

What is being reported i.e. being followed, someone saying something or asking you inappropriate queations etc.

This helps us know what support we can given you?





STEP 2
WHERE DID IT HAPPEN?

Simply drop the pin on the location using the map where the incident happened.

This will help us direct patrols to that area to keep it safe.

STEP 3
WHEN DID IT HAPPEN?

When did this happen, what time of day, what activity were you doing at the time? I.e. walking home or at the shop

This helps us plan and direct when officers are needed

HELP US KEEP YOU SAFE

