

# THIS IS US

MONTHLY NEWSLETTER FROM UNDERSHAW

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“When the lane is a-glitter beneath  
our feet,  
Powered with crystal, delicate,  
sweet,  
And the quiet pond is a silver  
sheet,  
Sing hey, for a frosty morning!”

Enid Blyton

Whilst the cold temperatures and frosty mornings might be affecting our travel, might be causing some of our plans to be cancelled, flights to be delayed and ...much to the students' dismay...the MUGA to be too slippery to use during morning break...we must always remember that alongside these inconveniences comes beauty, awe and wonder! The beauty of the shapes and patterns that frost makes on the lawn, the awe of the crystalline landscapes outside the classroom windows or the wonder of the atmospheric fog creeping up from the forest school area!

Awe can be described as ‘a powerful feeling that leaves a mark.’ It moves, inspires, and motivates us. In children, awe and wonder can create an inner desire to learn, a natural curiosity, spark creativity and generate the ability to make connections. Looking for the awe and wonder in the world around us and creating opportunities for students to experience it, is vital.

At Undershaw we recognise that there is so much awe to be felt, not just in science, nature or the arts, but also in the ordinary. We encourage our students to take a few moments to stop, look at things differently and be mindful of the world around them. It's good advice for us all to search for opportunities for awe and wonder, perhaps we should all try to get out in nature more, slow down and focus on the world differently. So next time you are scraping the ice off your car in the morning, remember Enid Blyton's advice and ‘Sing hey, for a frosty morning!’

# Teacher Feature:

Undershaw's very own (slightly muddy) work of art...

Chloe Dudman



I studied Fine Art at the University of Chichester for 5 years, achieving a degree and masters, followed by my teacher training at the University of Brighton (6 years of uni!).

I specialised in sculpture, exploring a range of materials and how they interacted with each other. I created large installation work from plaster fabric, chains and thing red thread that left the viewers leaving the exhibition with more questions than answers about what the work is about.

I spent a long time working at Fishers Farm Park whilst at University and training to be a teacher, once qualified I spent just under 3 years in a large mainstream secondary school teaching Art and Photography.

Undershaw is such a rewarding place to work. The students make every lesson worthwhile. I am enjoying seeing the students' love for art develop and grow, and I get to know them and their passions, skills and talents further. I love having the freedom to develop the art curriculum at Undershaw to introduce the students to a wide range of art and artists. I cannot wait to see students' work up on the walls of Undershaw and develop an inspiring curriculum that allows every student to feel they have a safe place in the art room.



Outside my work life at Undershaw, most of my time is spent covered in mud being Captain of Pulborough Ladies Rugby team. I train twice a week and play on Sundays, often coming into work on a Monday very sore! We have had back-to-back promotions and are currently second in our league. I am getting married this year in July, the dress has been brought, the venue has been booked and the bright colour scheme has been chosen! Most of my spare time recently has been spent planning my wedding and the sketchbook to explore all my ideas- the wedding has become its own art project!

# Taking our learning out and about



“The trip went brilliantly. The students were fabulous and really enjoyed it! Everyone was so positive about being in a concert hall and seeing an orchestra – we all had a fantastic time.”

James Lindsay  
Head of Arts, Communication and Culture

## Year 8 Go Live!

Fanfare by Strauss, Hornpipe from The Water Music - Handel, and March of the Toreadors - Bizet were just some of the pieces experienced by Year 8 at G-Live last week.

It was fantastic for the students to travel to Guildford together and enjoy a wonderful orchestral performance.



## Year 9 get baking at The Cookie Bar

The first group of year 9 students attended a work experience at The Cookie Bar and what a great morning we had!

We learned about Health and Safety at work and met the team in the Cookie Bar and the Bike Bar. The icing on the cake was Noah giving us a live demonstration on how to make the ever-popular delicious cheese scones. The students were even invited to stir some love into the dough mix and sprinkle some magic with the cheese topping!



“I was so proud of our year 9 students. They demonstrated real maturity and used their listening and speaking skills when going through the important Health and Safety rules with our host, Krupa Patel (Director of Pathways Enterprise College Network).

The students met new people and showed genuine interest and enthusiasm for making the most of this first work experience opportunity, I can't wait to see what they achieve over the coming visits”.

Leilah Sheridan  
Head of Employability and Life Skills

“It was good fun although I was really tempted by those sausage rolls!”

“I really enjoyed it and can't wait for next week.”

“I am looking forward to trying everything, working in the Cookie Bar and the Bike Bar”.



# Parent Zone

**You're invited**

Undershaw Parent Pods - a chance for parents to be involved in discussing key issues.

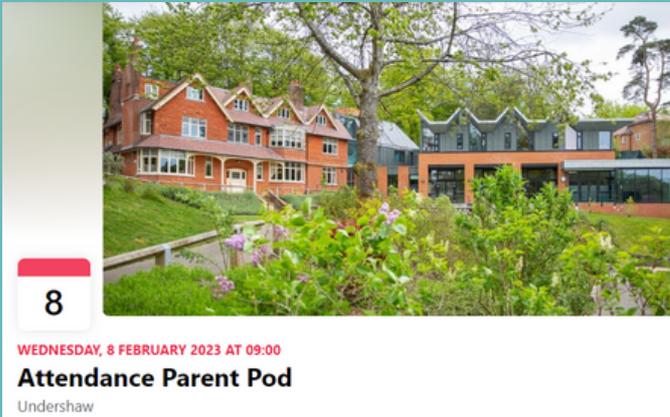
This term we shall once again be hosting a series of Parent Pods, and our first meeting will be on Wednesday, 8 February at 9am, taking place at the AMC at Tower Road.

Gemma (Deputy Head Pastoral) will be leading this session which will aim to discuss the important topic of 'Attendance' and what our attendance policy should look like moving forward.

If you would like to come along and help shape the Undershaw attendance policy, please email Karen. (karen.marshall@undershaw.education) by clicking the link below.

We look forward to seeing you there.

**REGISTER NOW >**



## Undershaw and Disability Rights UK Online Parent Forum

Undershaw 



On Tuesday 24th January Undershaw hosted the inaugural online Parent Forum with our partnership charity Disability Rights UK. The guest speaker was Rundip Thind, the Education Officer at Disability Rights UK and the selected topic was 'Transition'. It was an informative and eye-opening presentation and was very well attended – thank you to all of you who joined the forum. Please click the image to view the recording.

'This is the first of a programme of online forum events and we will be communicating more dates in due course. In order to make these events a success we are relying on our Undershaw community to support them so please do get in touch with us if you'd like to attend, have an idea for a topic you would like covering, or to add your name to the list of supporters. It's always great to know we're on the right track with our planning! Our objective is to utilise our relationship with DRUK and their expertise to inform and educate the wider Undershaw community and our families are such a vital cog in the wheel of support around each student.'

**CONTACT US**



Leilah Sheridan  
Head of Employability and Life Skills  
employability@undershaw.education

## Partnership Forum: Transition



'Thank you for organising last night's talk by DRUK. I found it very informative and I would recommend it to other parents whose children are coming up to transition. It's great that you recorded it for anyone who may have missed it.'

Year 11 Parent



# News on our social channels



Please click the logos for links to our pages, follow, share and help spread the word about Undershaw!



The Undershaw eco warriors led an assembly about how we can all work as a team to become a green flag school.

Henry, Peter, JJ and Leo all shared the steps that we need to take to make Undershaw an eco-friendly environment and how we can all take responsibility for turning off the lights and recycling.



Form groups are now choosing their 'eco friends', who will lead the whole school initiative to become a Green Flag School!

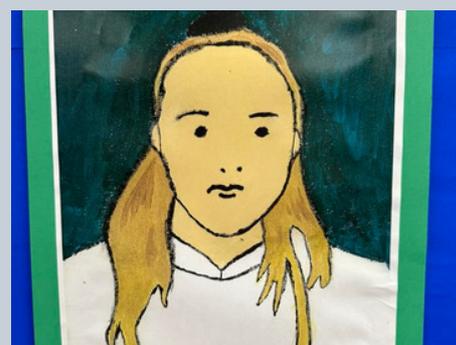
## Self Portraits Julian Opie style!

Julian Opie is an artist from England. He reduces photographs to simple graphic shapes and colours.

In his portraits the face becomes flat areas of colour with black outlines.

8-1 created their own self portraits, in the style of Julian Opie, in their Art lessons this half term.

Just fabulous!





# We're Fit For The Future!

We are always looking to lift the fog around the options available to students once they are ready for a path beyond Undershaw. There are so many opportunities available and sometimes we know it can seem hard to see the wood for the trees. Our advice is to immerse yourselves in some of the excellent resources available and then you can be confident in these conversations at home. There are many 'windows to the world' and they fall into three categories. They are highlighted very well on a Government website called 'Get the Jump'.

The content hub on the National Careers Service website has been designed to help young people to understand their post 16 and post 18 education and training choices. Click the logo for the link and enjoy reading all about the various options available. Students can:

- Combine work and study
- Study
- Work



## National Apprenticeship Week 6 - 12 February 2023



'Don't forget it's National Apprenticeship Week next week! Apprenticeships are a fantastic way to dovetail further study with on-the-job experience and learning the nuts and bolts of an industry by being immersed in it. We are extremely proud of all our alumni who go on to succeed through apprenticeships. It is a unique way of earning whilst furthering academic study. We were lucky enough to have been joined by ASK Apprenticeships in October 2022 who talked to KS4/5 students and parents about all of the options and benefits to enrolling. Please have a look at the Amazing Apprenticeships website and contact us if you have any further questions or queries. We will be running school-wide activities that week specifically focused on the exciting world of work!'

Leilah Sheridan  
Head of Employability and Life Skills

Connecting you to the UK's top Apprenticeship Employers Schools, colleges, employers, career advisers and thousands of students come together online to celebrate Apprenticeships in support of the Government-run National Apprenticeship Week.

Throughout the week, top employers and organisations come together to showcase their opportunities to thousands of attendees, who are actively seeking an apprenticeship.



# Work Experience Spotlight:

It's all about STEAM with our most recent online live work experience.

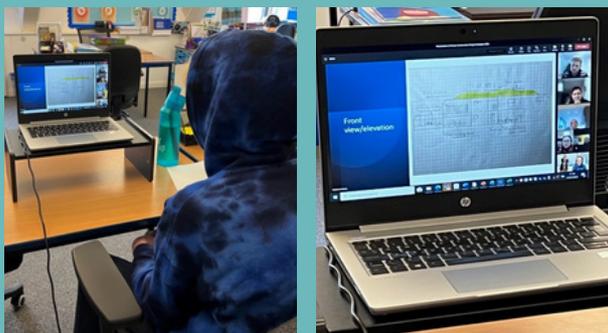
**S**cience  
**T**echnology  
**E**ngineering  
**A**rts  
**M**aths



'Over the last 2 years we have been fortunate enough to have partnered with DFN MoveForward and Multiplex Global to offer our Post 16 students a fantastic work experience opportunity. The patience and enthusiasm of our Multiplex Team hosts has enabled our young people to connect with this experience positively and develop those important soft skills whilst expanding their industry knowledge! The construction industry has so many different roles linked to all of the STEAM subjects it's a fantastic work experience opportunity to explore this diverse industry.'

Leilah Sheridan  
 Head of Employability and Life Skills

# MULTIPLEX



**What did I find most challenging about this experience?**  
 Convincing myself that this wasn't a huge task that would require loads of work to complete. Upon starting the project and learning about the different elements to putting a house together, I got a bit nervous as I thought I was going to have to do tons of work that I would never complete in time. However, I got some help and realized I was panicking about nothing. After that it was all fun!

**What have I learnt**  
 How much prep and planning goes into it. Before I started on this work experience, I had no idea about the preparation that goes into designing and building a house. It's a massive task that requires a huge amount of thought and planning through every stage of the process.

**What did I enjoy the most?**  
 Drawing the floor plans. I really love drawing and so this gave me an opportunity to do it even more.



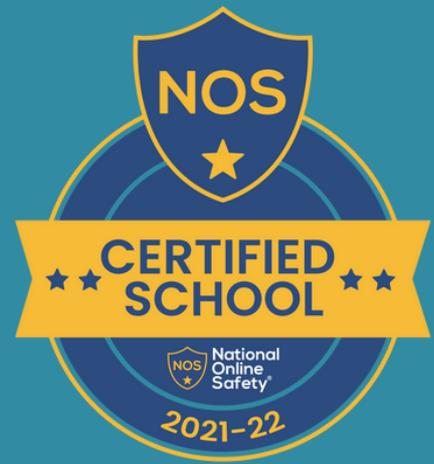
'Undershaw students Bradley, Ryan and Bill joined cohorts taking part in our 'Build Your Own House Project' virtual work experience programme delivered by Multiplex Construction Europe over the last 2 years. With the help of their tutor Leilah, all 3 students were key members of each virtual session - demonstrating a great deal of engagement and interest in each topic and asking thoughtful questions around the subjects delivered each week. Their projects and final presentations were innovative and creative, and it was incredible for us at Multiplex to see their progress both in the understanding of the world of construction, and their personal development!'

Waldemar Alvarez  
 Social Value and Community Engagement Manager



# The Tech Space

## Tips for encouraging open discussions about Digital Lives



At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

### Tips for Encouraging Open Discussions about DIGITAL LIVES

The online world is an entirely familiar and commonplace part of life for today's children and young people, far more so than for previous generations. There are many positives to children being able to access online materials, so it's important not to demonise the internet, games and apps, and limit the benefit of their positive aspects. At the same time, we do have a responsibility to educate children about the hazards they may encounter online (just as we would about real-world dangers) so it's essential that we don't shy away from talking to them about the complex – and often sensitive – subject of what they do and what they see when they're online.

Here are some suggestions for kicking off conversations with your child about their digital life...

#### MAKE YOUR INTEREST CLEAR

Showing enthusiasm when you broach the subject signals to your child that you're keen to learn about the positives of their online world. Most children enjoy educating adults and will happily chat about what they use the internet for, or what games and apps they're into, and how these work. Asking to see their favourite games and apps in action could help you spot any aspects that may need your attention – such as chat functions which might require a settings adjustment to limit contact with strangers. Keep listening even if your child pauses for a long time; they could be considering how to phrase something specific, or they may be gauging your reaction.

#### BE OPEN AND HONEST, APPROPRIATE TO THEIR AGE

At various stages, children and young people become curious about puberty and how their body changes; about relationships; about how babies are made; and about sexual health. If your child knows that they can discuss these sensitive subjects with you, they tend to be less likely to go looking online for answers – which can often provide them with misleading information and, in some cases, lead to them consuming harmful content. Don't worry if you don't immediately know the answers to their questions – just find out for yourself and go back to them once you have the facts.

#### REMINDE YOUR CHILD THEY CAN ALWAYS TALK TO YOU

In my role I work with many children and young people who admit being reluctant to tell a trusted adult about harmful content they've viewed online. In cases like this, having their device confiscated, or taking away their phone, is not always the best solution. Emphasise to your child that you're always there to listen and help; assure them that if they do view harmful content, then they are not to blame – but talking about it openly will help. Children shouldn't be expected to be resilient against abuse or feel that it's their job to prevent it.

#### KEEP TALKING!

The most valuable advice we can give is to keep talking with your child about their digital lives. You could try using everyday situations to ask questions about their online experiences.

#### DISCUSS THAT NOT EVERYTHING WE SEE ONLINE IS REAL

Here, you could give examples from your own digital life of the online world versus reality – for example, those Instagram posts which show the perfect house; spotlessly clean, never messy and immaculately decorated. Explain to your child that there are many other aspects of the online world which are also deliberately presented in an unrealistic way for effect – such as someone's relationship, their body, having perfect skin and so on.

#### TRY TO REMAIN CALM

As much as possible, try to stay calm even if your child tells you about an online experience that makes you feel angry or fearful. Our immediate emotions frequently influence the way we talk, so it's possible that your initial reaction as a parent or carer could deter a child from speaking openly about what they've seen. Give yourself time to consider the right approach, and perhaps speak with other family members or school staff while you are considering your next steps.

#### CREATE A 'FAMILY AGREEMENT'

Involving your whole household in coming up with a family agreement about device use can be immensely beneficial. You could discuss when (and for how long) it's OK to use phones, tablets, consoles and so on at home; what parental controls are for and why they're important; and why it's good to talk to each other about things we've seen or experienced online (both good and bad). Explaining your reasoning will help children to understand that, as trusted adults, we want to make sure they are well informed and kept safe. Allowing children to have their say when coming up with your family agreement also makes them far more likely to stick to it in the long term.

#### Meet Our Expert

Rebecca Jennings of RASE (Raising Awareness in Sex Education) has almost 20 years' experience delivering relationship and sex education and training to schools, colleges and other education providers. A published author on the subject, she also advises the Department of Education on the staff training element of the RASE curriculum.

**NOS National Online Safety**  
#WakeUpWednesday

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Most parents frequently chat with their child about how things are going at school or what's happening in their friendship groups – but those discussions often doesn't extend to youngsters' online activities. In fact, National Online Safety conducted a recent survey which found that only slightly more than half (54%) of parents regularly talk to their children about staying safe online.

It can be an awkward topic to broach and, of course, it needs not to feel intrusive. However, just checking in with your child about their digital life can get them thinking about online safety and alert you to any issues they might be having. In support of Safer Internet Day 2023, our #WakeUpWednesday guide has some useful tips on potential ways to start those conversations.

In the guide you'll find a number of useful tips such as being as honest as possible, discussing how misleading the online world can be and creating a 'family agreement'.

