

## A Message From Our Principal



Dear families and friends of OBA,

We are now into the last week of this first, and longest, half-term of the year. It has flown by and much has already been achieved. Parents will shortly be receiving their childrens' first progress report of the year. For Years 7 to 10 these will feature grades that follow the new national model. It is of course immaterial which system is in place, for we will always aspire for our youngsters to achieve the very best, no matter what.

On Thursday we held our annual Sixth Form Open Evening. As always, it was extremely well attended and it is always a particular pleasure to welcome prospective students and their families from other schools in the area. Our Year current 11 students are working very hard and parents will this week be receiving details of the half-term revision programme, as well as a guide to helping their children to prepare for examinations effectively.

Ofsted trained inspectors from the Ormiston Trust came to OBA on Thursday and Friday to conduct their annual review of the Academy. This takes the form of a very thorough Ofsted inspection. We are delighted that they judged us to be strongly 'good'. Much of our excellent work was recognised and they helped us to confirm several areas that we need to develop further on our relentless pursuit to be 'outstanding'.

Your continued support is a major part of our success.

Best wishes

*Mr. M Wyss - Academy Principal*



Cyber bullying affects people from any age or walk of life, including children, teens and adults who all feel very distressed and alone when being bullied online. Cyber bullying can make you feel totally overwhelmed which can result in many feeling embarrassed that they are going through such a devastating time, and not knowing what support is available to them. Many children feel unable to confide in an adult because they feel ashamed and wonder whether they will be judged, told to ignore it or close their account which they might not want to do.

For many, cyber bullying affects their everyday lives and is a constant source of distress and worry. With mobile technology being so freely available it is an ongoing issue and one that is relentless. Not only does it go on after school, college or work has finished, but it then carries through into the next day and the cycle continues. It has been well documented that cyber bullying has resulted in tragic events including suicide, and self-harm and clearly, more needs to be done in order to protect vulnerable children and adults from online bullying.

If you are worried that your child or a loved one might be the victim of cyber bullying here are some signs to look out for:-

- Low self-esteem
- Withdrawal from family and spending a lot of time alone
- Reluctance to let parents or other family members anywhere near their mobiles, laptops etc
- Finding excuses to stay away from school or work including school refusal
- Friends disappearing or being excluded from social events
- Losing weight or changing appearance to try and fit in
- Fresh marks on the skin that could indicate self-harm and dressing differently such as wearing long sleeved clothes in the summer to hide any marks
- A change in personality i.e. anger, depression, crying, withdrawn



## What can you do to support someone who is being bullied online?

- Reinforce that no one deserves to be treated in this way and that they have done nothing wrong
  - Ensure that they know that there is help available to them
  - Encourage them to talk to a teacher that they trust so they feel they have somewhere safe at school to go to
  - Encourage them to talk to their parents/carers and if this isn't possible to write a letter or speak to another family member
  - Take screen shots of the cyber bullying so that they have proof this is happening
  - Report all abuse to the relevant social media networks by clicking on the "report abuse" button
  - Keep a diary so they have somewhere safe and private to write down their innermost thoughts and feelings which will help to avoid feelings bottling up
  - Give praise for being so brave and talking things through which will hopefully empower them to take responsibility and get help
  - Sending abuse by email or posting it into a web board can be harassment and if this has happened make a complaint to the police who can trace IP addresses etc
- Ask the school if they have a School Liaison Police Officer that can help in this situation and talk to the school about the dangers and effects



## Recent statistics show that

- 20% of children and young people indicate fear of cyber bullies made them reluctant to go to school
  - Young people are found to be twice as likely to be bullied on FB as any other social networking site.
  - 28% of young people have reported incidents of cyber bullying on Twitter
- 26% of young people have reported incidents of cyber bullying on Ask.fm

## What support and help is available

We know that cyber bullying can have a devastating impact on some children and young adults, especially when they feel there is no let up from the abuse.

Keep the school involved and put things in writing so you have a formal record of what has been going on. Ask the school if there is any pastoral support your child can access. Speak to your GP and a professional organisation who will be able to give you some much needed support.

Having someone to talk to is crucial and can be a real lifesaver. Family Lives are always here to offer emotional support, so if you feel talking things through with a trained support worker would be helpful do use our confidential helpline on 0808 800 2222.

# Miss Zhao Reports: China's National Day

The National Day of the People's Republic of China (Chinese: 国庆节; pinyin: Guóqìng jié) is a public holiday in the People's Republic of China to celebrate their national day, and is celebrated annually on October 1.

The PRC was founded on October 1, 1949, with a ceremony at Tiananmen Square. The Central People's Government passed the Resolution on the National Day of the People's Republic of China on December 2, 1949, and declared that October 1 is the National Day.

The National Day is celebrated throughout mainland China, Hong Kong, and Macau with a variety of government organised festivities, including fireworks and concerts. Public places, such as Tiananmen Square in Beijing, are decorated in a festive theme. National flags, flowers and portraits of revered leaders, such as Mao Zedong, are publicly displayed. There is a whole week holiday for the national day, which is called the Golden Week. People always stay with their family and travel around together. So the famous scenic spots are full of tourists.

