



Viewforth High School

Newsletter - 17 May 2024

Head Teacher Update

UPDATE



I hope this update finds you and your families well.

Last week I wrote to you about our change of timetable on Tuesday 4th of June and the plans for Friday afternoons during the month of June. Many thanks to the parents / carers who have made the required return to inform us if you give permission for your child(ren) to come home at 1.05pm on each of the four Fridays in June, or if you'd prefer them to stay in school. If you haven't yet completed the Microsoft Form, please do so by Wednesday 22nd May at the latest. Please complete the form to tell us of your preference via this link: <https://forms.office.com/e/eREEj3cVDL>

On Wednesday next week our Sports Heats Day will take place for pupils in S1, S2 and S3. Pupils will be informed directly of the arrangements by staff in the PE department if they are involved.

We also have our Bronze Duke of Edinburgh practice and qualifying expeditions taking place this term as well as our Silver Duke of Edinburgh Practice Expedition and Mr Scott will keep the young people involved updated and will communicate directly with their parents / carers.

Our Primary 7 transition days take place on Wednesday 12th and Thursday 13th of June and we look forward to welcoming all of our new pupils to Viewforth High School. We have invited the parents / carers of all Primary 7 pupils into school for an information session on the evening of Wednesday 12th June between 5pm and 6.30pm. This is also a great opportunity to meet key support staff in advance of next session.

Digital Device Policy



You will be aware of the growing national and international discussion around the impact of digital devices on learning and young people's wellbeing. As a school we are establishing a digital device policy to support boundaries around the use of digital devices in school. This is to support our learning community to make the most of the opportunities for digital devices to enhance learning whilst reducing the potential for them to interrupt learning or impact on relationships in the school. Please see the attached flyer for more detailed information.

We are providing an opportunity for parents to discuss the new policy and have any questions they may have answered. There will be a Parents' Information Session on Monday 27th May 4pm - 5pm here at the school. If you would like to attend this session please complete the link below to support preparation for them. Register intention to attend here¹.

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Keeping Your Child Safe

The National Crime Agency is raising awareness of the recent rise in reporting of financially motivated sexual extortion (a type of online blackmail often known in the media as 'sextortion'). Children and young people worldwide are being targeted.

This type of crime involves an adult offender (often from an organised crime group based overseas) threatening to release nude or semi-nude images and/or videos of a child or young person, unless they pay money, or meet another financial demand, such as purchasing a pre-paid gift card.

Victims of any age and gender can be targets, however a large proportion of cases have involved male victims aged 14-18.

A child or young person is never to blame if they have been a victim. Offenders will have tricked, groomed and/or manipulated them into sharing an image.

Find out more about online blackmail on CEOP Education's parents and carers website.

Talking to your child

It's important to have frequent, open and non-judgemental conversations with your child about relationships, sex and being online to build trust and support them if something goes wrong. Financially motivated sexual extortion should be included in those conversations. Here are some tips about how to approach this:

¹<https://forms.office.com/e/05DXPGkuek>

- Chat regularly about their life online: have ongoing conversations with them about their life and time online. Continue to take an interest as they grow, explore new apps and sites together and talk in a balanced way, considering the benefits and the potential harms.

- Talk about where to find information about relationships and sex: organisations like CEOP Education, Childline and Brook have age-appropriate advice topics such as sexual communication and crime image sharing. This will help your child to understand what unhealthy relationships look like, such as applying pressure and blackmail; and give them trusted sources of information to explore these topics.

- Review privacy settings: talk to your child about the importance of using privacy settings on their accounts to restrict who can contact them. Read CEOP Education's advice on how to talk your child about their privacy settings.

- Make sure they know where to go for support: let them know that they can come to you with any concerns and won't be judged. It's also important to make them aware of other trusted adults or sources of support, if they feel they can't talk to you, such as Childline.

- Make sure they know where to report: remind your child how you can help them to report an incident to the police or using the CEOP Safety Centre. Let them know that if a nude or semi-nude of them has been shared without their consent, they can take these 3 steps to try and get them removed:

1. Use Report Remove, a tool from Childline and the Internet Watch Foundation. Your child can use this to remove images that have been shared or might be shared.

2. Use Take It Down, a tool from the National Center for Missing and Exploited Children. Your child can use this to remove or stop the online sharing of images or videos.

3. Report directly to the platform or app that the incident has occurred on. For advice on how to report to major social media platforms, visit Internet Matters.

To learn more about what resources are available to help you support your child, visit the UK Safer Internet Centre.

What can I do if this has happened to my child?

If your child tells you that someone is trying to trick, threaten or blackmail them online:

- Don't pay, do stop contact and block: you may be tempted to pay, but there is no guarantee that this will stop the threats. As the offender's motive is to get money, once you have shown you can pay, they will likely ask for more and blackmail may continue. If you have paid, don't panic but don't pay anything more. Help your child to stop all communication with the offender and block them on any accounts that they have been contacted on.

- Avoid deleting anything: try not to delete anything that could be used as evidence such as messages, images and bank account details.

- Report to the police or CEOP: call 101 or 999 if there is an immediate risk of harm to your child. Or you can use the CEOP Safety Centre to report any online blackmail attempts.

If it has already happened and your child has shared an image and sent money to someone exploiting them:

- Reassure them that they've done the right thing by telling you: make sure they know they are not to blame for what has happened and they have done the right thing to ask for your help. Children and young people's mental health may be negatively impacted by experiences of exploitation; you can find advice on looking after your child's mental health from the NHS.
- Report to the police or CEOP: call 101 or 999 if there is an immediate risk of harm to your child. Or you can use the CEOP Safety Centre to report an incident. If your child is 18 and over, call 101 or 999 if they are at risk of immediate harm.
- Report any images or videos that have been shared: help your child to remove images that are online or prevent images being shared online by following these three steps:
 1. Use Report Remove, a tool from Childline and the Internet Watch Foundation. Your child can use this to remove images that have been shared or might be shared.
 2. Use Take It Down, a tool from the National Center for Missing and Exploited Children. Your child can use this to remove or stop the online sharing of images or videos.
 3. Report directly to the platform or app that the incident has occurred on. For advice on how to report to major social media platforms, visit Internet Matters

SQA Exams



We are now into the second half of the SQA examination diet and everything continues to go well. A reminder that all pupils returning to school, are expected to be in school on **Friday 31 May 2024**, when they will participate in their Senior School Induction. The new timetable for Senior Pupils will begin on **Tuesday 4 June 2024**. An assembly in preparation for the young people taking exams took place on Wednesday 17.04.2024 and the following guidance was shared.

- Attendance will be taken in every exam- if a pupil does not turn up- contact will be made home immediately
- Candidates should be ready to enter examination room ten minutes before start of examination

- Seat numbers for each examination will be outside the Assembly Hall and pupils should familiarise themselves with these
- Candidates will leave bags in the Drama studio - this room will be locked
- Mobile phones must be switched off and left in bags (in the Drama studio) or handed to Mr Beaton
- Candidates should provide equipment for writing, calculators etc
- Candidates should stay in Assembly Hall until the end of the Examination
- No talking or turning around during the examination
- School uniform to be worn
- No mobile phones or Smart watches
- Scottish candidate numbers to be written on all papers- this number will be displayed outside the Assembly Hall for each person

On the morning of all exams we will offer our senior pupils a free breakfast from 8.30am. This ensures that they have had something to eat and drink before their exam and subject specialists will be on hand to help settle any nerves and to answer last minute questions. This will take place in the Drama studio.

During the period of study leave, we are offering a dedicated in-school study space for any pupil who wishes to study in school rather than working at home, these pupils should wear full school uniform.

Please encourage your young person to attend all masterclasses relevant to their subjects. You can find a copy of the masterclass timetable here.

Good luck to all involved!

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Cost of the school day



As a school we work to ensure that all young people can attend without having to worry about the cost of anything in school. This also includes things that they might need to help them attend school. There are a range of services we offer that all young people are welcome to use.

- Breakfast Club – open from 8.20 – 8.40 daily in the school café
- Sanitary Products – our Support Hub have a range of sanitary products that are free to take if needed. Many classrooms have these in class as well for young people to help themselves. These are signposted in the classes.
- School uniform – the Support Hub has a range of uniform that young people are welcome to have if needed. This includes shirts, trousers, tights, socks and jerseys among other items. Whilst pupils can ask themselves, if parents would prefer, they can phone and ask for this support on their young person’s behalf.
- Toiletries – we also hold a stock of toiletries for anyone who may need them this includes shampoo, shower gel, deodorant, toothpaste and toothbrushes.
- All families who are eligible, are encouraged to apply for free school meals. You can check your eligibility and to apply via this link: [Free school meals and school clothing grants | Fife Council](#)²
- Also, your child may be eligible to apply for Educational Maintenance Allowance if they are over 16. You can check eligibility and apply via this link: [Education Maintenance Allowance | Fife Council](#)³
- S4-6 students are also reminded that there is a stock of study materials held in the Depute Head Teachers’ office that they are welcome to use. This includes cue cards, post-it notes, highlighters and resource guides.
- Whilst all young people are encouraged to come equipped for school with their own pens and pencils, if they need anything like this they can be provided at school.

If you, or your child, have any concerns around costs associated with school you are welcome to contact the school and speak with their Principal Teacher of Guidance.

Fife Council provides a range of supports related to cost of living. More information can be found about this here: [Benefits and money advice | Fife Council](#)⁴

Alternatively, the our Fife Council website has a range of advice and links to support available for families.

Mobile Phones

We are working to reduce the amount of time young people are spending on their mobile phones during lessons. To support us with this, it would be very helpful if parents / carers could refrain from messaging your child(ren) during lessons. If there is an emergency, please call the school office who will arrange for your child to be contacted. If it isn't an emergency, please limit the communications to interval **(10.25am - 10.40am)** and lunchtimes **(12.55pm - 1.40pm)**.

²<https://www.fife.gov.uk/kb/docs/articles/education2/schools-in-fife/free-school-meals-and-school-clothing-grants>

³<https://www.fife.gov.uk/kb/docs/articles/education2/schools-in-fife/funding/educational-maintenance-allowance>

⁴<https://www.fife.gov.uk/kb/welfare,-benefits-and-money-advice>

Viewforth HS Parent Council



The Parent Council meeting dates for this session have been confirmed and you can find these below. If you would like to attend a meeting either online or in person, please contact viewforthparentcouncil@gmail.com⁵ The meetings begin at 6pm.

Monday 10th June - this meeting will now take place on **Monday 17th June**

Key Staff



Your child's Guidance Teacher plays a key role in supporting them to achieve success throughout their school career. They will monitor attendance, time keeping, behaviour and progress and will liaise closely with both your young person and the family home. If you have any questions or concerns, please get in touch with the relevant Guidance Teacher below.

⁵<mailto:viewforthparentcouncil@gmail.com>

S1 and S2

Mrs Campbell for classes 1C1, 1C2 and 2C1

Mrs Stewart for classes 1F1, 2F1 and 2F2

Mrs Hughes / Ms Barr for classes 1F2, 1M1, 2M1 and 2M2

The Depute Head Teacher with responsibility for S1 and S2 is Mr Kowbel.

S3 and S4

Mrs Beesley for classes 3F1, 4C2 and 4F2

Mr Bowman for classes 3F2, 3M1, 3M2, 4F1, 4M1 and 4M2

Ms Harris will support 3C1, 3C2 and 4C1

The Depute Head Teacher with responsibility for S3 and S4 is Ms McNamee.

S5 and S6

Mrs Lara Robertson

The Depute Head Teacher with responsibility for S5 and S6 is Mr Wilson.

Contact details



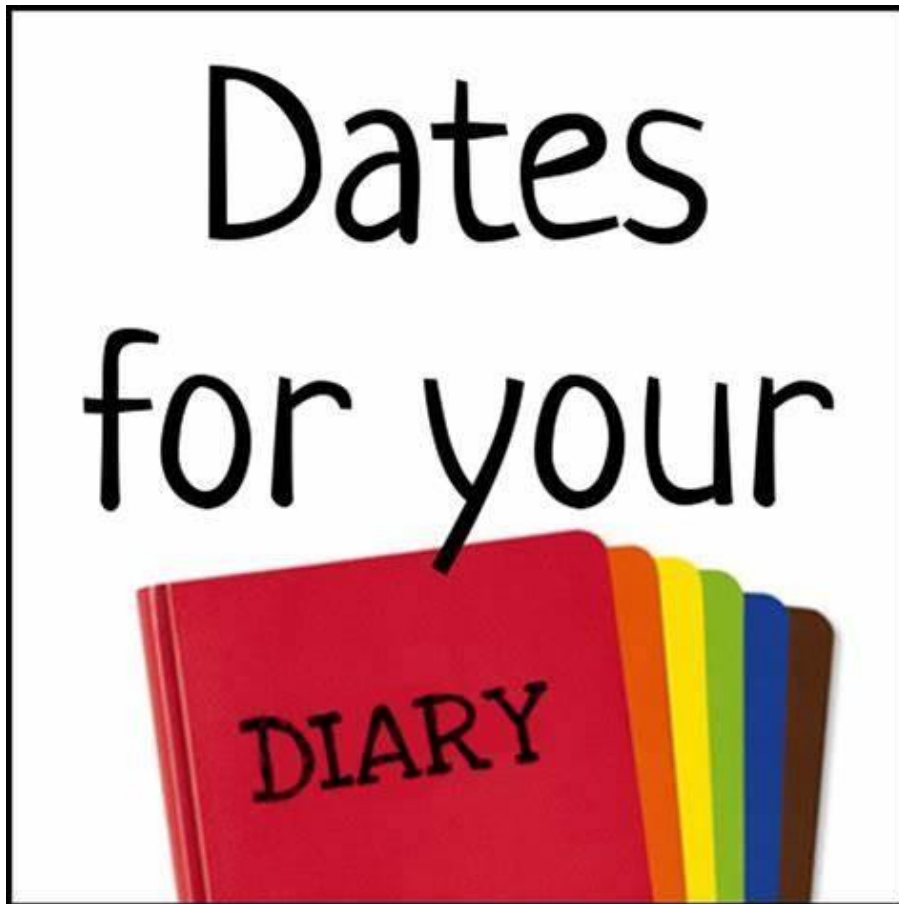
There are a variety of ways you can contact the school and we would encourage you to get in touch if you have any questions or concerns.

As we continue to work to improve pupil attendance at school, a reminder that if your child is unwell or has an appointment and is unable to attend school, please telephone the school office on **01592**

583408 and select **option 1** for the attendance line. If the line is engaged, there is the facility to leave a message. Alternatively, you can send a text message to **07860 030879**, stating your child's name and the reason for the absence. If your child does not arrive to class, you will receive a Groupcall message informing you of their absence.

If you require support with your child's attendance, please contact your child's guidance teacher who will be happy to provide support and advice.

Dates for your diary...



Term Dates 2023/24 (all dates are inclusive)

Summer Monday 15th April 2024 - Friday 28th June 2024

Respect - Equity - Ambition - Community - Health