

December 2018

Dear Parents and Carers,

As we approach the end of another busy term I would like to take this opportunity to thank you for the support you have given both to your child and to the school.

I would like to remind parents and carers that this term ends on Friday 21<sup>st</sup> December at 12.40pm. School will re-open for all students on Monday 7<sup>th</sup> January to all year groups. Students are expected to be on-site for no later than 8.40am. The rest of my letter will focus on School Uniform, Students Personal Safety and Student Wellbeing.

## **School Uniform**

Our uniform allows students to feel part of the school and have a sense of belonging. We will continue to be very vigilant about ensuring our students wear their uniform correctly and I have included the school's dress code to help you when purchasing any school uniform over the festive period.

I would like to remind all parents of our school uniform policy. School uniform plays a valuable role in contributing to the ethos of The Bewdley School. Our uniform identifies students as part of our school community and instils pride in it.

All of our uniform is available to order online or by telephone from Marks & Spencer at [www.mandsyourschooluniform.com](http://www.mandsyourschooluniform.com) including core items such as trousers/shirts. Details are available from the school office or our school website. ***Please see the "Acceptable School Uniform Guidelines" handout at the end of this letter.***

## **Uniform**

Black Blazer

School clip on Tie

Black Shoes

White School Shirt

Blue Polo Shirt (Summer Term only)

Full length Tailored Black **School** Trousers [They must **not** be low rise, skinny fit lycra, tight fitting, denim/jean or jeggings. The trousers must not have external buckles, rivets, zips or logos] or **knee length** skirt **[Pleated skirts only – straight skirts are not permitted]**

Black/Grey/White/Neutral Socks or Tights

Black V-neck school jumper with school logo

## **General Expectations**

Uniform and general appearance should be appropriate for school, and conform to Health & Safety standards. It is therefore required that:

- **Jackets/Coats/Jumpers** should be suitable for school and the weather conditions. Hooded jackets/jumpers/branded logo jumpers etc. are not permitted.

- **Shoes** should be worn that are sensible and practical i.e. low heels (no boots or trainers unless a doctor's note is presented).
- **Jewellery** should not be worn or brought into school, to avoid loss, damage or injury. One pair of studs in the lobes of ears can be worn but will need to be removed for PE/Games. (No other piercings or retainers are permitted)
- **Make-up**, including nail varnish, is not necessary for school and if obvious will be expected to be removed.
- **False/acrylic nails** are not allowed to be worn in school.
- **Hair** – if long it should be tied back for practical lessons. Hair bands etc. should be black, white or blue (school colours). Extreme styles and colours are not acceptable; symbols, names etc. cut or dyed into hair will require a student to return home.
- **Additional subject uniform** (i.e. PE) and equipment lists are available and can be found in the school prospectus.
- **Other Valuables** (i.e. mobile phones, iPod etc.) If they are brought into school, the school will not take responsibility for loss or damage. The use of mobile phones in school time is strictly not permitted.

### **Personal Safety**

As the darker nights are well upon us we would like to encourage Parents/ Carers to speak to their children about personal safety awareness and keeping safe particularly over the festive period. Please help keep your child safe by reading these top tips and discussing them with your children and address any questions or concerns they may have. Explain to them why you are concerned so that they can empathise with your concerns and why they should adopt your concerns as theirs. This will only help to re-enforce the safety messages they receive in school.

#### **People you do not know (strangers)**

- Watch out for cars that are following you
- Never get into a car with a person you do not know
- Never approach a person you don't know sitting in a car
- Stay strong, saying no is not wrong
- Never tell a stranger your name or address
- Don't believe what strangers tell you
- Don't accept gifts, treats or sweets from strangers
- Keep your distance and never go anywhere with someone you don't know
- Trust your feelings, if it doesn't feel right, it isn't

#### **Yell and Tell**

- Don't be afraid to say no
- If a stranger makes you feel unsafe, always 'yell and tell'
- Yell 'help' or 'I don't know you' to get someone's attention - then tell someone you trust what has happened
- Don't let anyone make you feel unsafe

#### **Know a Safe place**

- A safe place is a place that has someone you can trust and talk to, such as a school, shop, police station or friend's house
- If someone does make you feel unsafe, always run to a safe place

### **When Playing Outside**

- If a stranger comes near, be safe and call out so your parents can hear
- Never approach or talk to a stranger that comes into your garden
- If someone makes you feel unsafe go back inside and tell your parents about it
- Always play in an area where your parents can see you

### **Using a computer**

- If someone asks you for personal information online remember “when online, always decline!”
- Don’t give out your name or address to a stranger online
- Be careful who you talk to
- Never tell anyone you’re home alone

### **Using a phone**

- When on a phone stay in a safe place and say no in a firm tone
- Never tell a stranger your name or address
- Don’t trust what a stranger tells you on the phone
- If you answer the phone and you don’t know the person talking, always let your parents talk to them

### **When at home**

- If you hear a knock on the door, day or night, don’t invite strangers in, no matter what they say to you
- Never answer the door alone, even when your parents are home
- Never invite strangers into your home

### **Help your friends**

- Always stay with your friends, family, or parents and never walk off
- Tell an adult you trust if you feel unsafe while with your friends
- If you see your friend do something that worries you tell them then tell an adult you trust

### **Going to and from school**

- Never accept lifts from people you do not know
- If someone makes you feel scared or uncomfortable avoid them and tell an adult you trust
- Trust your feelings, if it doesn’t feel right, it isn’t
- If someone approaches you, you are allowed to ignore them
- Try not to use short cuts where you will be on your own
- Try to walk with friends to and from school
- Carry a mobile phone that is charged, you don’t need credit to phone 999
- Go to the nearest safe place if you feel unsafe such as a shop, home or school

## **Student Wellbeing**

As a school we try to assist students who need support with their emotional health and wellbeing. In order to further support your child we have introduced Kooth.com.

Kooth.com is a free, confidential, safe and anonymous way for young people aged 11-26 to ask for help and support from a team of highly qualified and experienced counsellors and support workers.

Kooth.com is a well-established, award winning online counselling agency and is accredited by Worcestershire County Council and The British Association of Psychotherapy and Counselling (BACP). The service aims to work with young people who need support before any issues or problems they face become overwhelming. As Kooth is available via the Internet, support can be flexible, accessed at home or school and at a time that suits the young person.

The service is designed to help young people, many of whom would never have access to face-to-face counselling.

Kooth services include:

- Themed message forums
- Secure web-based email
- Articles regarding mental health and wellbeing
- Online "Need to Talk" function giving access to a trained counsellor/support worker.

As always, please do not hesitate to contact the school should you have any queries or questions. I would like to take this opportunity to wish you all a warm and peaceful Christmas holiday.

Yours sincerely,



**Mr D Chauhan – Deputy Head Teacher**

**Acceptable school uniform guidelines**



Examples of **acceptable** footwear [Boys]



Examples of **unacceptable** footwear:



Examples of **acceptable** footwear [Girls]

