



Whitby school
Ad finem terrae

newsletter

ISSUE 20





HEADTEACHER'S WELCOME



As I conclude my first full term as headteacher at Whitby School, I would like to extend my heartfelt thanks for your unwavering support. Your encouragement has been instrumental in making this transition smooth and welcoming. I have felt incredibly welcomed by our pupils, students, and colleagues, and I am proud to be part of such a fantastic community.

Our school motto, which embodies **endeavour**, **courage**, **character**, and **ambition**, continues to guide us in all our endeavours. As parents and carers are aware, we are keen to create a caring community where children feel valued. To this end, we are introducing some changes to our behaviour system.

Firstly, as a staff body, we have clarified our expectations of the way we engage with pupils, forming our PACT:

- Have I been **patient**, modelling positivity, courage, and calm?
- Have my actions ensured that our **ambitions** for the children and our behaviour standards are not compromised?
- Have I endeavoured to be **consistent** so that all children can reach their potential?
- Have I been kind and **thoughtful** to model compassion, forgiveness, and empathy to children?

We will now work with colleagues and our pupil and student council to clarify the key expectations for pupils. These four key statements will provide clarity

and make it easy to understand the values we all live by. Additionally, we will collaborate with parents and carers to create a parent PACT for September to strengthen relationships between home and school even further. If you would like to join this working party, please make contact with me.

As part of our updated behaviour policy, we have introduced a pyramid to show the escalation of sanctions. However, we are equally passionate about providing rewards and encouragement. The triangle of sanctions in the appendix will now include a similar aspect to show **escalations of praise and reward**. This week, we had our first Frozen Friday, where we gave ice cream to pupils who have shown the highest attitude to learning in the last half term. Our Wheel of Fortune rewards in reception have also been a hit, and it has been a privilege for me to write letters of thanks to pupils who have excelled each week. We look forward to sharing more rewards in the coming term.

When a pupil receives a sanction in class, these were previously called negatives. We were pleased to be able to alter our systems in February to allow you as parents and carers to see the detail of what these are for. However, moving forward, **these will now be called "concerns."** Poor behaviour can be a manifestation of a deeper problem or worry for a child. We will send details to parents and carers of occasions where a child's behaviour is unacceptable because we



are concerned. That is part of our care for your child - we choose to communicate our concerns because we care about their education and welfare.

We believe that the vast majority of our pupils work hard, speak to colleagues respectfully, and do their best. However, we also recognise that concerns raised by colleagues that can build up over the week and lead to a detention are helpful for pupils to manage their behaviour and understand the consequences of their actions. We believe six concerns leading to a detention is not ambitious enough for our children, and so from after Easter, **five concerns will lead to a fifteen minute lunchtime detention. Eight concerns will move to a thirty minute lunchtime detention.** If your child doesn't attend a lunchtime, it will convert to an afterschool detention. An afterschool detention will now be booked after a child receives **eleven** concerns.

We believe all children have the right to learn and so if a child's behaviour repeatedly disrupts a lesson to the extent that they must be removed from it, from Easter this will lead to a detention being issued automatically.

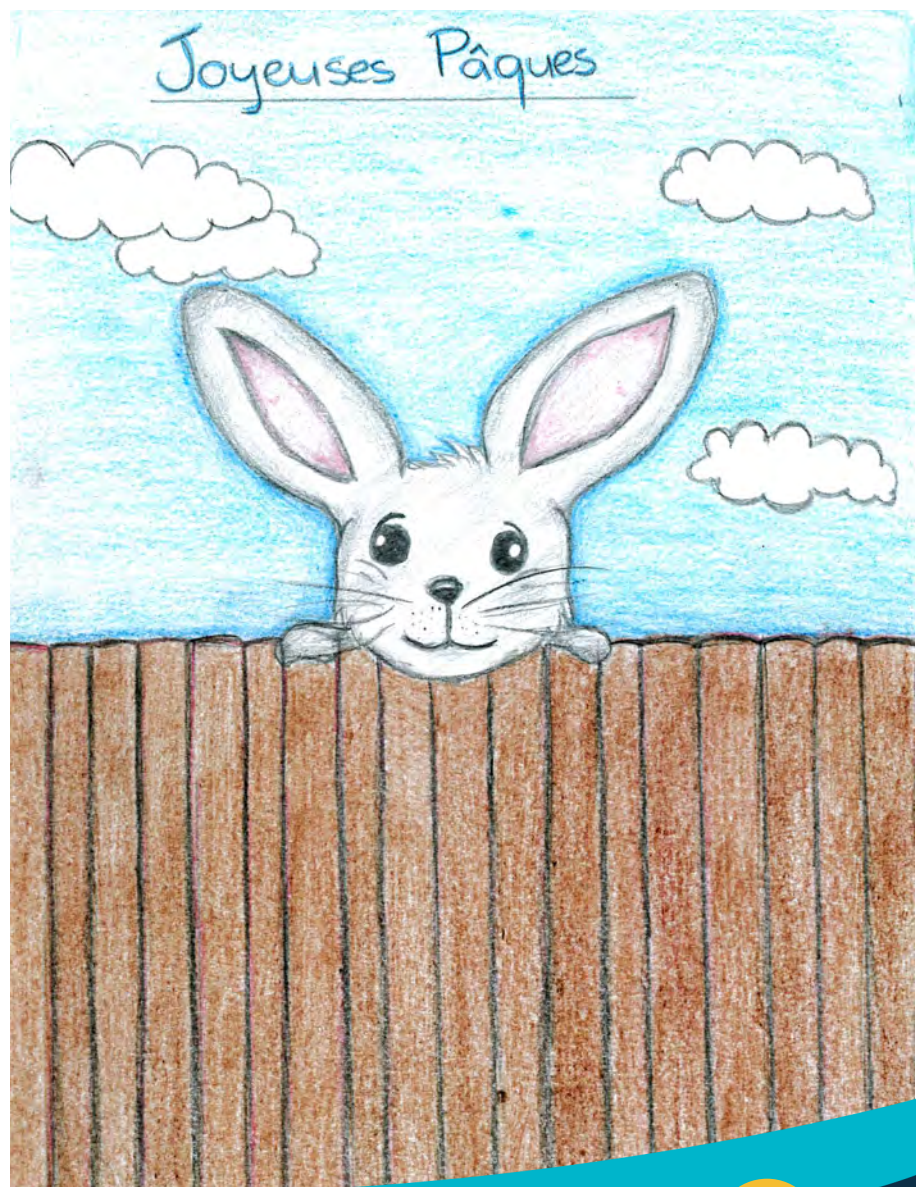
To parents and carers who have had a child in detention, especially after school, we thank you for your support. As part of the Department for Education's guidance for schools, detentions are permitted to inconvenience families as they make the point about what is acceptable in our classrooms. However, we are keen to help reschedule these in most cases as long as we have sufficient notice - especially where

parents and carers have work commitments or where travel is difficult.

Thank you once again for your support and for being an integral part of our community. Together, we will continue to foster an environment where every child can thrive.

Warm regards,

Mr G Davies
Headteacher



Lena, Year 9



MUSIC EXCHANGE TRIP TO FRANCE

On Monday 17 March, 26 excited but apprehensive pupils set off before dawn for Leeds-Bradford airport, with Mrs Beattie, Mr Daley and Ms Denniff. After a smooth journey to Geneva and then by coach transfer to Chambéry in the French Alps, we arrived at our partner school, George Sand College, to meet our exchange partners ('correspondents') who would be hosting us for the week. We were straight into workshops, run by both the English and French teachers involved with the trip, before leaving school at 5.30pm to discover where we were staying.

Each morning we met back at school to start the day with lots of singing, at 8.00am and then peeling off again into a morning of workshops in school. All pupils worked in small groups (mixed English and French) to

write, rehearse and deliver a rap on our theme of 'Equality', along to a beatbox backing. Other workshops gave the pupils involved more opportunities to work together creating a response to other songs linked with the theme. On the final day, in front of the school's Headteacher and one another, every pupil showcased their work in a final celebration of all that they had achieved during the week.

In addition to being in school, the French teachers had organised three afternoons out for us to explore and experience the region together. On Tuesday afternoon, we boarded a coach with our correspondents and our teachers and set off on the very windy road up one of the nearby mountains. Luckily for us, there had been snowfall that weekend!





We attached snowshoes to our boots and trekked to the peak so that we could enjoy some amazing views over the other side (and of course have a snowball fight at the top too). We had our first picnic of the week up here with our new friends and enjoyed some time letting off some steam and playing in the snow.

Whilst the school days in France are longer than ours, pupils in France are not in school on Wednesday afternoons. This gave everyone the opportunity to have the afternoon exploring the city centre of Chambéry, finding sights such as the 'Fountain of (bottomless) Elephants' and walk around the ancient town... and of course shopping and drinking bubble tea!

On Thursday, our final trip was to the city of Annecy, which is nicknamed "The pearl of the French Alps" - we certainly got to see why. We ate a wholesome picnic by the clear-water lake before having some time to explore the old part of the city. After our picnic, we sang a song that we had learnt during the week, right next to the lake, as a whole group. We all felt

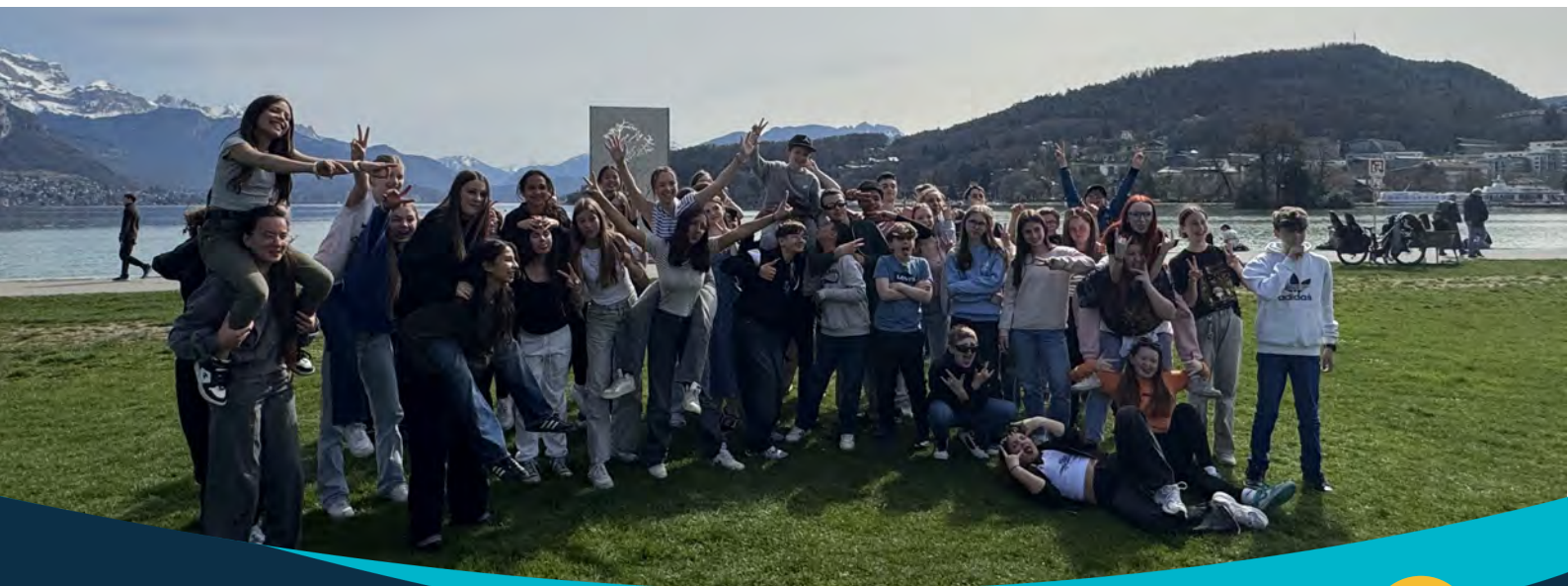




extremely lucky to experience these trips and take it all in - and we were grateful for the wonderful weather we had too, not to mention being able to taste more wonderful food - crepes and ice-cream for some here in Annecy!

It is a challenge going to stay away from home for a space of time and although all pupils had written letters to one another prior to the trip, it is understandable to have some feeling of uncertainty before meeting your host family and not quite knowing what to expect. As always, our pupils were all extremely well looked after and cared for; the teachers had many conversations with the families throughout the week as they were doing everything that they could to make our pupils comfortable - ranging from taking them out to a lazer tag game, cooking special meals for them (many of our pupils experienced a traditional 'Raclette' or 'Fondue' cheese meal with their family), arranging a sleepover, getting their favourite takeaway in, or just generally making sure that they were as comfortable and happy as possible.

On the morning of leaving, there were many tears and hugs (and again, we were all given huge amounts of food as our packed lunch to take us on our journey





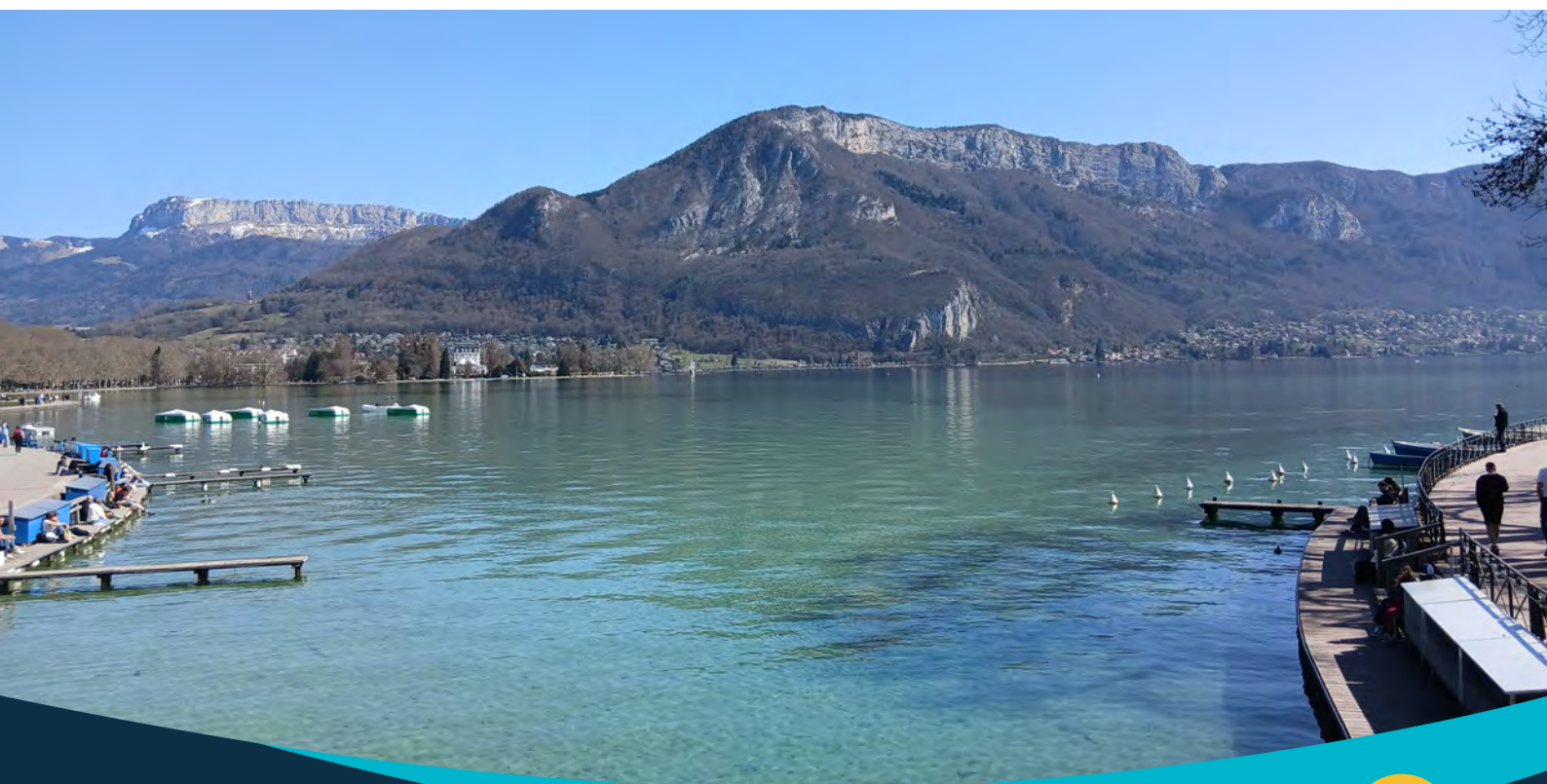
home!). Some of our pupils have said that they cannot wait to visit France again in the future; in the airport on the way home, many said how it had "...been a bit scary at the start of the week and I just wasn't sure but I've absolutely loved it and am so pleased I did it". One pupil even said it had been the best week of her life.

In Whitby we have a strong tradition of pupil exchanges; this is the sixth music exchange trip to Chambéry in France and prior to that, we exchanged with a school in Gothenburg, Sweden. Over the years we have seen how powerful and valuable these exchanges are to all involved; making friends and meeting new people, developing our ability to push ourselves out of our comfort zone and experience new things, experience a different culture to our own and make memories to last a lifetime.

We are very proud of how all of our pupils acted throughout the week; they did themselves, their families and the school very proud, all demonstrating



all of our school values of **ambition, character, courage** and **endeavour**. We are extremely grateful to all of the French families who hosted our pupils and we are already looking forward to hosting our correspondents when they visit us in return in October.





PSHE FOCUS – ‘IT’S NOT OK’ WEEK

Why is everyone talking about ‘Adolescence’ on Netflix?

As educators we have a responsibility to be aware of the influences affecting our children and help navigate through the media and hype to provide understanding and encourage healthy discussions. The topic of conversation across the country – even as far up as the prime minister in the last couple of weeks relates to the Netflix drama, Adolescence. If you haven’t seen it,

the series raises some serious themes and also questions the influence of social media platforms on our children. For information the recommended age rating for this drama is 15 years and above.

I watched it with my two sons upstairs. It made me start to think? What are they doing on their phones, tablets, computers and game stations! At school, we regularly talk to the children as part of our PSHE teaching about the dangers of interacting with strangers online, how misinformation is spread, how





the words we share online cannot be taken back and how to protect yourself online. Below is a helpful guide to engaging teenagers in conversation about the themes raised including use of emojis and toxic online conversations and spaces.

1. Get Curious, Not Combative – Ask open-ended questions: “I saw something about emojis meaning different things. Have you heard of this?” Keep the conversation light.
2. Create a Judgment-Free Zone – If your child feels like they’ll be punished for opening up, they won’t. Make it clear you’re there to listen, not lecture.
3. Decode Together – Ask them to explain their digital world. What do different symbols mean? Who are the influencers they follow? Don’t assume – ask.
4. Teach Critical Thinking – Help them question online content. “Why do you think some groups push this idea? Who benefits?” Arm them with questions, not just rules.
5. Monitor Without Spying – Open conversations work better than secret surveillance. Make checking in on their online spaces a normal part of parenting, not a crisis move.
6. Be Real About Manipulation – Explain how toxic online groups groom young people by making them feel special, included, or like they have ‘insider knowledge.’
7. Build Their Offline Confidence – The more they feel valued and confident in the real world, the less they’ll seek validation in dangerous online spaces.

The digital world is evolving faster than most adults can keep up. But we don’t have to be in the dark!

#DecodeTheCode #ProtectThem

Helping our children understand what is ethical

In the week beginning 28 April we will be working with the children on the theme of ‘It’s not Ok’. Encouraging discussions looking at different viewpoints, we will ask the question ‘what is ethical’? The focus of the week will be to empower our pupils and students to understand and stamp out sexism and misogyny. We want our pupils and students to have the knowledge to be able to take a stand and be themselves. We will encourage the celebration of individuality and applaud the good citizen.

Pete Woolley – Head of PSHE





SPORTS UPDATE

Congratulations Martha!

Year 9 pupil Martha, competed at the England Athletics U15 Combined Events Championship at the Sheffield English Institute of Sport. This event included the 60m hurdles, high jump, shot put, long jump and 800m. Martha came nineteenth and gained PB's in hurdles, shot put and a 1.47m in high jump.

The following week Martha competed in the North

East Counties U15 Open Indoor Pentathlon at Gateshead Indoor Stadium. Events included 60m hurdles, shot put, long jump, high jump and 60m sprint. She gained PB's in 60m sprint, shot put and hurdles. She came tenth in the open section and second in the North East.

Congratulations Martha, all your hard work is paying off.





Indoor Cricket Competition

Last week two teams from Whitby School went to Scarborough Sixth Form College to participate in the Indoor Cricket Competition. Both teams were an absolute delight and complete credit to the school, they showed respect, great team work and excellent communication skills. We even got a second place. If you see them, please congratulate them.

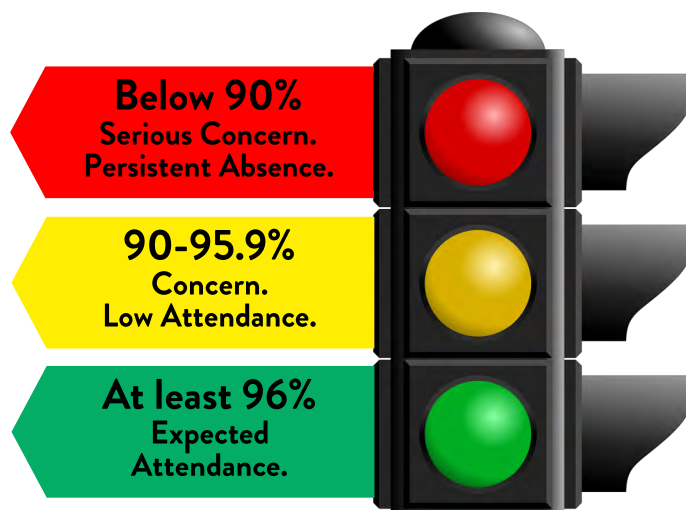
Well done to: Finley, Jessica, Archie, Freddy, Sam, Shayan, Tobi, Perri, Leah, Macie and Maisie.



ATTENDANCE FOCUS EVERY DAY COUNTS!

If your child is unwell and unfit to learn, please can you ensure that the reason for absence is reported by 9.00am on each day of absence. Ideally this should be done via the My Child at School app or by calling school and choosing option 1 to leave a voicemail.

As you will be aware schools are not permitted to authorise holidays in term time unless there are exceptional circumstances. If it is necessary for a holiday in term time to be taken, please complete a leave of absence request form (can be collected from reception at both sites), stating your reasons/ exceptional circumstances, so that these can be considered. Schools are not able to authorise a leave of absence retrospectively, so it is important that a request is made in advance.



Expected attendance means having no more than seven days off this school year!

Please can you notify school if your child will be late



YEAR 12 - YOUR FUTURE PROGRAMME

On Wednesday last week we shared with Year 12 students the planning for the next steps on their journey. Despite being in Year 12 we are very conscious that time moves quickly and for some students they will be looking for new courses or employment this summer.

For those students who are considering university we are launching our UCAS programme to help them and their parents navigate this new chapter. Alongside this, for all students in Year 12, we also have a skills development plan that aims to grow confidence and skills around interview techniques, writing cover letters and personal statements and being able to explain how their skills and experience are ideally suited to whatever it is they are applying.

We have Inspiring Choices coming in to school to run some workshops in April and May that will very much focus on these ideas and how to make the difficult choices which lie ahead. Later this year we have a training session booked to develop oracy skills around speaking to an audience, how to present yourself and looking and feeling confident in what you have to say. These skills will then be put to the test in our mock interviews at the end of June.

On the 18 June we are taking Year 12 students to Hull University to get a feel for university life where they will have a chance to explore the university, speak to current students and just get a better handle on the options and opportunities which exist. The following day we are off to Leeds Beckett University for a guided

session on completing the UCAS personal statement and the whole process of applying. At this stage we want all students on a two year course to attend so that if they decide if university not for them. This way they are in the best possible position make an informed decision,

To support parents, we will also hold a UCAS event in early June. This will explain the process and how you can support your son or daughter. An element of this session will be to look at the student finance options which exist.

This can be a stressful and anxious time for both the young people and their parents so if you do have any concerns please get in touch.

We will share the dates of sessions closer to the time. Many thanks for your support.





CLIMATE CHANGE CHALLENGE: THE POWER OF PHOTOGRAPHY

An inspirational two-day visit by photography specialists enabled thirty Year 7 pupils to express themselves through this art form. The visit was part of the Barclay's Climate Change Challenge. First pupils built their understanding of climate change, and then how photographs are a powerful tool to express ideas. After experimenting with how to compose photographs to convey ideas, pupils produced a poster using photography to convey a climate change message. The results looked very professional and expressed some very thoughtful environmental ideas, furthermore the pupils had a lot of fun in the process.



Rotary Club Technology Tournament 2025

This year we entered three teams in two classes, Foundation and Intermediate. The challenge set by the Rotary Club was one of the hardest I have seen in the time that I have been attending the event.

Our pupils competed against several other schools, Fyling Hall and three others from Middlesbrough. They did us proud in every way.

Whitby School came first in both of classes, and our Foundation Team also took home the trophy for the best teamwork for the whole tournament. A fantastic well done to all the pupils who took part. *Mr Matthewson*





CLIMATE CHANGE CHALLENGE: POETRY

Year 7 pupils were lucky enough to be involved in poetry workshops led by Adisa the Verbalizer. Adisa is an internationally acclaimed poet who is skilled at blending the art of performance with conversation. Pupils produced a range of fantastic poems, including some of the Haikus below. It was also great to see pupils building confidence by participating in interactive activities and proudly presenting their work to the rest of the group.

Wildfire Haiku

The fire spreads out
Trees are burnt to
smithereens
Crumble to the ground
Clouds become ashes
And corrupt the poor sky
While everyone dies.

By Owen, Lewis and Jacob

Flood Haiku

Flooding quickly, run
Can't escape from the water
Run fast as you can

Drowning people, dead
Life-threatening conditions
Massive waves rise up

Covering houses
Water comes through cracked
windows
Floating animals.

*By Mia, Aurora, Aleisha and
Jasmyn*

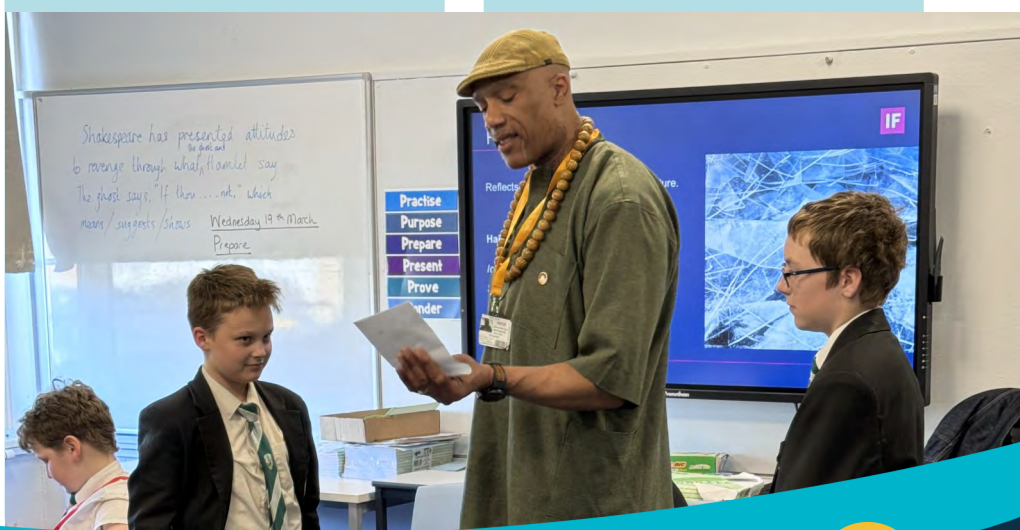
Sea Levels Rising Haiku

Sea levels rising
The icecaps shrinking in size
Polar bears in pain

Family dying
Beaches engulfed by the sea
Our home depleted

Ice cracks below feet
Polar bear's habitat lost
Glaciers melting.

*By Mya, Isobel, Zayden and
Tyler*





MRS THOMAS' CULTURE CLUB

Years 10, 11, 12 and 13

Whitby Coliseum have kindly agreed to give Whitby School a private screening of Dr. Strangelove (Rated 12A).

This would be perfect for pupils and students of drama and history along with those of us who simply love a theatre trip.

Friday 25 April, meeting at 1.00pm to walk down to the Coliseum. A contribution of £5.00 is required to help with running costs.

Please email: r.thomas@whitbyschool.co.uk to put your name down.



Are You Struggling with GCSE Stress and Anxiety?

Feeling overwhelmed by the thought of exams? Butterflies in your tummy? Dread in the pit of your stomach? Suffering from headaches? Or maybe you're struggling to digest food, switch off, or sleep? All these are signs of stress in your body. Not helpful if you are trying to concentrate and retain important information! Achieving your full potential when you are overwhelmed is tricky!

There is help available:

- a supportive group for students
- tips and techniques for managing stress
- relaxation activities and strategies

- understanding stress and anxiety, how it impacts our body and brain
- how our brain stores stress and ways to manage it
- immediate and daily stress reduction techniques
- EFT (Emotional Freedom Techniques) for in-the-moment calming
- the benefits of guided meditation
- meditation audios to take away for calmness
- hypnosis audios to instil confidence.

When and Where?

Thursday 24 April, 1, 8 and 15 May, 12.40-1.30pm at Whitby School

Who Can Join? Any pupil preparing for their GCSEs who wants to go away feeling calmer about the exams ahead.

Please note there are only twelve places available!

Speak to Ms Boyd if you are interested.



DANCE WORKSHOPS

On Wednesday 2 April the Year 10 dance pupils were given the opportunity to travel to Leeds to take part in some dance workshops at the prestigious Northern School Of Contemporary Dance. The NDCD has been around for 40 years and is the only dance conservatoire outside of London. The Year 10s showed great enthusiasm in the workshop with was lead by members of the 'Verve Dance Company' who are Dance Postgraduate students at NSCD. The movement material was extremely challenging and the Whitby School pupils did an excellent job of learning the choreography. They then had the



opportunity to listen a talk on the different career opportunities within the performing arts sector. Finally, in the afternoon we had the great pleasure of watching one of the Verve performances. It was wonderful to see the Year 10s interact with these amazing dancers and one day we might see one of our own dance on that very stage.





NOTICES

Goodbye Artem

Artem left us recently to go and live back in Ukraine. He had been with us since he started in Year 7 (1.5 years) and his English had really improved in the time he had been here. We wish Artem all the best, and a safe and happy time back in his homeland.

Artem (in the middle) is pictured here on his last day at Whitby School with his friends Matthew and Daniel. He will be missed!

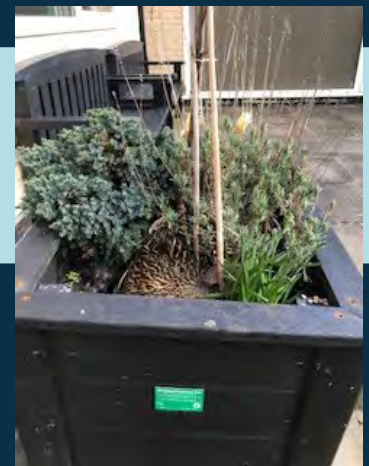


Y7 and Y8 Rewards

This term we have rewarded our pupils who have managed to achieve 100% positives this term. Y7 and Y8 pupils have been invited for a morning of cake, juice and music with their Heads of Year and Care and Achievement Coordinators to celebrate their achievements. We are really proud of the pupils that have managed to achieve this, there were 59 Year 7 pupils and 50 Year 8 pupils invited along. A huge well done to all the pupils!

Jemima is Back

Jemima is back for the fourth year and it looks like a record clutch of eggs.





YEAR 11 REVISION CLASSROOMS

	CLASS CODES	REVISION WEBSITES
ART	Y11 Art Resources and Revision 7qwexhc Resources are in this general Y11 Classroom, they will need to join. This is different to their individual Class, Classrooms.	
BTEC SPORT	755ojr6	https://theeverlearner.com/
DRAMA	3x3tthi and rlohda j - this is a general classroom but all revision will be made available on here in a specific section.	EDUQAS BITESIZE
D&T PRODUCT DESIGN	kiilgj3 - This is the revision classroom for both classes.	Revision will be on Classroom.
ENGINEERING	11D WJEC - zvri4eh 11A WJEC - zaheclo 11C OCR - yuljgv3	Revision will be on Classroom.
HOSPITALITY AND CATERING	11A/Ca1 - tcb2mfy 11C/Ca1 - 6kbcrdf	Revision will be on Classroom.
ENGLISH	zqejqr3	Loads of revision resources on Classroom.
FRENCH	11C nafebzl 11D vy3aqjf	All links are on the Google Classroom.
GEOGRAPHY	zmlwvlb - GCSE Past Papers and Mark Scheme jsekvhj - Topic Revision Resources	Geography Google Site (intranet) LINK .
HEALTH AND SOCIAL CARE	11A ywycbor 11C tqio4me 11D dchewny	Revision will be on Classroom.
HISTORY	There is a separate code for each class and all pupils are enrolled.	Pupils are being directed towards Seneca Learning for Home Learning Revision. We are also selling revision guides through the department.
MATHS	All pupils have been added to the Classroom already.	Loads of revision materials on the Classroom on maths is a good resource for self marking
MUSIC	All pupils are on the Google Classroom.	Eduqas Digital Educational Resources
RS	yvbygqn	
GCSE PE AQA	yezxlqz	planetpe via YouTube senecalearning.co.uk
SPORTS STUDIES	fcpd rh6	https://theeverlearner.com/
BUSINESS	hgzt n5m	
SCIENCE	All pupils added to the Classroom d5j65f3	Lots of revision resources on the Classroom.



EXTRA-CURRICULAR ACTIVITIES

MONDAY

- Rehearsals for all members of the chorus We Will Rock You at Prospect Hill Site (Drama Studio)
- Airy Hill Site Band, Lunchtime

TUESDAY

- Rehearsals for all members of the chorus We Will Rock You at Prospect Hill Site (Drama Studio)
- Sixth Form Maths, 3.30-4.30pm (M2)
- Gym Club, 3.30-4.30pm. All years welcome. (Prospect Hill site Fitness Suite)
- GCSE Music coursework help, 3.30-4.30pm

WEDNESDAY

- Choir, Lunchtime (Airy Hill Site)
- Rehearsals for all members of the chorus We Will Rock You at Airy Hill Site (R17)
- Year 11 Maths, 3.30-4.30pm (Higher in room H7; Foundation in room S2)
- Wednesdays and Thursdays after school (alternating days) After school Drama Club for Airy Hill Site - Main Hall; after school rehearsals for main cast WWRY

THURSDAY

- Funk Band, lunchtimes (Prospect Hill Site)
- Music Theory, before school (Prospect Hill Site)
- Gym Club, 3.30-4.30pm. All years welcome. (Prospect Hill Site Fitness Suite)
- Year 11 German Help, 3.30-4.30pm (plus other nights if needed)
- GCSE Music coursework help, 3.30-4.30pm

FRIDAY

- Year 9 Drama Club, Lunchtime (Drama Studio)
- Writers' Club, Lunchtime (H6)
- English Revision, Lunchtime (H6)



PE EXTRA CURRICULAR TIMETABLE 2024-25

LOWER	Monday	Tuesday	Wednesday	Thursday	Friday
Lunchtime 12.45-1.15				Year 7 & 8 Basketball Gym	Year 7 & 8 Basketball Gym
After School 3.30-4.30	Whitby Jets Basketball	Year 7 & 8 Football Field	Year 7 & 8 Netball Courts/Gym Dance Club Gym	Year 7 and 8 Table Tennis Airy Hill Gym	

UPPER	Monday	Tuesday	Wednesday	Thursday	Friday
Before 8.30-8.50			Fitness Suite		
Lunchtime 12.45-1.15	Year 9, 10, 11 Basketball Sports Hall	Year 10 Football Sports Hall Year 11 GCSE Intervention	Year 11 Football Sports Hall Yoga/ Mindfulness Dance Studio	KS4 & Sixth Form Badminton Sports Hall	BTEC Intervention H9 Year 10 GCSE PE Intervention S4
After School 3.30-4.30	Achieve Sports Club Sports Hall	Year 9 Football Field	Fitness Suite	Netball Club all years	Fitness Suite

Where fixtures are arranged, Clubs may need to be postponed. Fixtures can be found on the PE noticeboard

What Parents & Educators Need to Know about INSTAGRAM

AGE RESTRICTION
13+

Instagram remains one of the world's most popular social media platforms, especially among teens – with around 70% of 13 to 17-year-olds using it. Owned by Meta, Instagram allows users to share photos and videos, create interactive 'stories', broadcast live, send private messages and follow others. With regular updates and new features, it's essential for parents and educators to stay informed about how children are using the app – and what the risks are.

WHAT ARE THE RISKS?

EXCESSIVE SCREEN TIME

Instagram's design encourages prolonged use through endless scrolling of trending content and generating a fear of missing out (FOMO). Children can quickly lose track of time browsing posts from friends, influencers, and strangers, which may disrupt their day-to-day activities.

AI CHATBOT CONCERNS

Meta's AI, which is available on Instagram, allows users to chat with an in-app chatbot. While often helpful, it can blur boundaries for young users, who may ask for or read content that is inappropriate or see it as a real friend or confidant. Privacy issues also arise, as conversations may not be as secure or private as children assume.

RISKS OF GOING LIVE

The livestream feature allows real-time broadcasting to followers – or anyone, if the account is public. This increases the chance of unwanted contact from strangers and pressure to act in ways that gain attention, including engaging in inappropriate behaviour. Viewers may also post offensive or harmful comments during live sessions.

THREADS INTEGRATION

Threads is Instagram's sister app for public, text-based conversations. Posts from Threads appear in users' Instagram feeds and can lead children to view, share, and comment on public conversations with strangers. The content may not always be age-appropriate and can be misleading or false.

SCHEDULED MESSAGING

Instagram's newer ability to schedule direct messages means that children could receive messages late at night or early in the morning. This can disrupt their sleep or keep them preoccupied before the school day even begins.

EXCLUSION AND LOW SELF-WORTH

Feeling left out online can have a real emotional impact. Being left out of photos, receiving fewer likes, being unfollowed, or being ignored in chats and comments can leave children feeling excluded, which often hurts as much as in real life. There is a risk this can lead to reduced self-esteem and a sense of not belonging.

Advice for Parents & Educators

USE INSTAGRAM'S SUPERVISION TOOLS

Instagram's built-in Family Centre lets parents monitor how much time their child spends on the app. Specialised 'teen accounts' are private by default and offer controls on who can message them. Make sure that children use their real age when registering their account to ensure they have these protections.

OPEN UP THE CONVERSATION

Talk regularly to the children in your care about what they enjoy on Instagram – and what makes them uncomfortable. Encourage honest chats about filters, body image, and online approval. Reassure them that they don't need to edit their appearance or chase 'likes' to feel valued.

SET BOUNDARIES FOR THREADS AND AI

Parental controls on Instagram also apply to Threads. These allow parents to monitor time spent in the app, check follower lists and adjust exposure to sensitive content. Discuss AI features, too, therefore helping children understand that chatbots aren't real people and should be used with care.

BE MEDIA-SAVVY WITH INFLUENCERS

Parents should follow a few of the influencers their child watches, so they can better understand the content they're seeing. Use this as a springboard to talk about the difference between genuine recommendations and paid promotions – and how online personalities can shape opinions and behaviour.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



#WakeUpWednesday

The National College



KEY DATES

To find out more about upcoming events and visits, please view the Whitby School Calendar.

Easter Break	7-21 April
Monday 21 April	Bank Holiday
Wednesday 23	April All Y12 'Future Selves' workshop from Inspiring Choices
Thursday 24 April	Year 8 'Making Waves' with York St John University
Tuesday 29 April	Year 8 Parents' Evening, 4.00-6.00pm (Airy Hill site)
Wednesday 30 April	Year 10 York St John University Campus Visit
Monday 5 May	Bank Holiday
Monday 5 May	GCSE and A-level Exams begin
Wednesday 7 May	Young Carer Hub, Prospect Hill site
Wednesday 21 May	Year 9 'Making Waves' with York St John University
Friday 23 May	Year 11 and 13 Study Leave begins
Half Term	26-30 May
Wednesday 4 June	Young Carer Hub, Prospect Hill site
w/c 9 June	Year 12 Trial Exams
Tuesday 10 June	Year 9-Year 13 Apprenticeship Evening for pupils and parents
Wednesday 18 June	Year 12 to Hull University experience day
Thursday 19 June	Year 12 to Leeds Beckett University UCAS Fair
Thursday 26 June	Year 11 Prom, 6.00-10.00pm (Sneaton Castle)
Wednesday 2 July	Young Carer Hub, Prospect Hill site
w/c Monday 7 July	Year 6 Transition (Airy Hill site)
8-10 July	We Will Rock You (Prospect Hill site)
Monday 21 July	Training Day
Tuesday 22 July	Training Day
Thursday 14 August	A-Level Results Day
Thursday 21 August	GCSE Results Day



MEET THE STAFF

Senior Leadership Team

Mr G Davies – Headteacher

Ms S Boyd – Deputy Headteacher

Miss J Caddell – Deputy Headteacher

Mrs J Bradley – Assistant Headteacher (Prospect Hill site)

Mrs K Mallender – Assistant Headteacher (Airy Hill site)

Mr A Whelan – Assistant Headteacher (Sixth Form)

SENDCo

Mrs H Kirk – SENDCo

Safeguarding

Miss J Caddell – Designated Safeguarding Lead

Mrs J Bradley – Deputy Designated Safeguarding Lead

Heads of Year

Mrs A Harrison – Year 7

Ms D Reddy – Year 7

Mr A Raw – Year 8

Mrs J Cassell-Osowski – Year 9

Mrs A Scales – Year 10

Ms A Ruberry – Year 11

Care & Achievement Coordinators

Miss A Clarkson – Year 7

Miss E Hutton – Year 8

Miss K Wilson – Year 8

Mr D Jackson – Year 9

Mrs H Ross – Year 10

Mr D Taylor – Year 11

Mr J Daley – Year 12 & 13

SAFEGUARDING



**Designated
Safeguarding Lead**
Miss J Caddell



**Deputy Designated
Safeguarding Lead**
Mrs J Bradley

SAFEGUARDING TEAM



Mrs K Mallender



Mr A Whelan



Mrs J Robinson



SENDCo
Mrs H Kirk



Governor
Mr M Taylor

Whitby Youth Club



Music

Games

Food

Arts & Crafts

Support

Chill

Mondays (term time)

6.30-8.30pm

Flowergate Hall, Whitby, YO21 3BA

Open to School Year 7+

50p per session (first session free!)

2026 Calendar Photo Competition

“A YEAR IN NORTH YORKSHIRE”

Are you a young photographer aged 11+?

Photos need to represent York or North Yorkshire.

They can be scenery or street photography, with no identifiable faces. We want to see North Yorkshire at its best throughout the year!

Closing date 31st August 2025



For more information and to enter:
contact Stef on **07398 149496**
or email **stef@nyy.org.uk**

T&Cs apply

Poster image is looking from Grinton towards Reeth in Swaledale



Holidays

just got better

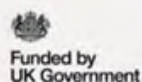
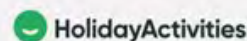


Looking for something fun to do in the school holidays? **FEAST** has got you covered!

There's sports, art, food and loads more going on. If you're 16 or under and live in North Yorkshire, you can join in on the action, with free places for those who get benefits-related free school meals.

Get involved, try something new, and make the most of your holidays!

Discover what's on offer at
feastNY.org



SCAN ME

One Call Away
01723 850155



Adult Carer Service
For Unpaid Carers aged 18+



Young Adult Carers
For Unpaid Carers aged 16-30



Young Carer Service

Parent Carer Forum

Neurodiversity Workshop

Join James Koppert and Carers Plus Yorkshire for our next
Parent Carer Forum!

Challenges of Parenting a neurodivergant child.

James has a diagnosis of ADHD, is a parent of a child with neurodiverse conditions and has worked with schools and parents to develop strategies to support children and young people to develop positively around ADHD and Autism.

Tuesday 13th May at 10am – 1.00pm
Kirkham Close Community Centre, Whitby

To book your place contact:
E: kerrie@carersplus.net
T: 07710 888214

**carers
plus**
YORKSHIRE





Humber and North Yorkshire
Health and Care Partnership



Healthier Together

Improving the health and wellbeing of babies, children
and young people in Humber and North Yorkshire



**LET'S
MAKE
SENSE**
together.

Let's Make Sense Together is a free resource that anyone can use. It provides information and support to children and young people with sensory processing differences.

On the Healthier Together Webpage you can find a series of videos to help parents, carers, teachers, and others who support children with sensory processing differences. You'll also find helpful advice sheets and links to other support and information.

All information has been created by local therapists.

www.hnyhealthiertogether.nhs.uk/parentscarers/your-childs-development/lets-make-sense-together



**York and Scarborough
Teaching Hospitals**
NHS Foundation Trust