

## Parental Communication & Engagement



☎ 01384 816395 ✉ [info@dormston.dudley.sch.uk](mailto:info@dormston.dudley.sch.uk) 🐦 @DormstonSch 🌐 <http://www.dormston.dudley.sch.uk>

### Message from Headteacher

Happy New Year to all our parents/carers, students and staff. It was fantastic to welcome everyone back this week. This week has been all about settling back into school life after the Christmas holidays. All year groups have had reset assemblies.

On Thursday, Year 9 also had a special Careers Assembly with our independent Careers Advisor and Year 10 and 11 students went to Birmingham Symphony Hall as part of their GCSE course. It was a real experience for them and they had a fantastic time!

Best wishes.

**Mrs Sutton**  
Headteacher

### Key Letters/Information Sent Out Recently

The vast majority of all letters are now emailed home and we use electronic reply slips as much as possible. The criterion for 'selected student only' opportunities are based on various factors depending on the trip and its focus. Unfortunately, we are unable to allow every student the opportunity to be involved with every activity which we understand sometimes causes disappointment. If you require more details about the selection process for any opportunity please contact the event organiser.

- GCSE Computer Science - Digital Mock Exam Opportunity Letter;
- Avon House Update Letter - January 2024;
- Derwent House Update Letter - January 2024;
- Severn House Update Letter - January 2024;
- Choir Symphony Hall Permission Letter.

### Events/Reminders

- GCSE Computer Science - Digital Mock Exam Response Deadline - Monday 15 January 2024;
- Year 7 Paris Netball Trip 3<sup>rd</sup> Final Balance Instalment Due (£220) - Friday 19 January 2024.

### Updates

#### Year 11 Consultation Evening - Thursday 25 January 2024 (Face2Face)

Just to give you the heads up that our Year 11 Consultation Evening will be taking place on Thursday 25 January 2024. This will be face to face although bookings will be made via our online booking system. A letter will be sent out in January 2024 with further details.

## We Will Rock You

Our School Production of 'We Will Rock You' will take place from Wednesday 7 to Friday 9 February 2024 at 7.30pm. Tickets are on sale NOW! Apologies if they were unavailable when you last checked. They should now be showing up on [seaty.co.uk](http://seaty.co.uk). It's going to be amazing!!

## Performing Arts Taster Event - Wednesday 31 January 2024

Please see below flyer regarding. To give students a taste of studies in our Performing Arts pathways (Dance, Drama, Music, Music Technology), we're hosting short workshop sessions on Wednesday 31st January 2024 (16:45-18:00). During these workshops, students will discover more about the exciting opportunities available in the subject and take part in practical activities. These sessions are open to Year 10 and 11 students, who must pre-register using the links below to attend, and each workshop has limited spaces available. Please can you share this opportunity with your Year 11 Performing Arts students/relevant staff. Also, if you have students who do not study Performing Arts subjects but whom you know have a keen interest in them this opportunity may be ideal for them too. The deadline for bookings is 26 January 2024, although we anticipate the sessions may fill up well before then!

- [Dance](#)
- [Drama](#)
- [Music and Music Technology](#)



## Emergency Financial Support for Families

Please see below information we have been asked to share with all parents/carers.

### Supporting families in financial hardship that require emergency help

To ensure families in Dudley can access emergency support when needed, Dudley Council have set up additional out of hours provision. Practitioners working with families experiencing financial hardship can direct them to the following emergency support. **NB: The emergency financial support from Family Hubs and Emergency Duty Team will be available until the end March 2024.**

For further information contact [cypteam@dudley.gov.uk](mailto:cypteam@dudley.gov.uk)

	Support available	Hours
<b>Brierley Hill Baby Bank</b>	Families can access essential items (e.g. clothing, bedding, toddler beds) to keep their infant (under 2 years old) warm during the winter.	Monday – Friday 09:00 – 17:00
<b>Black Country Food Bank</b>	Families can access food items (not including infant formula)	Monday – Friday 09:00 – 13:00
<b>Family Hubs</b>	Families can access financial support for food items and/or infant formula	Monday – Friday 09:00 – 17:00
<b>Social Care Emergency Duty Team</b>	Families can access financial support for food items and/or infant formula	Evenings 17:00 – 00:00, Weekends & Bank Holidays

### CONTACTS

#### **Baby Bank**

07930 073077  
[brierleyhillbabybank@gmail.com](mailto:brierleyhillbabybank@gmail.com)  
[www.brierleyhillbabybank.co.uk](http://www.brierleyhillbabybank.co.uk)

#### **Black Country Food Bank (Monday—Friday 09:00—13:00)**

[www.blackcountryfoodbank.org.uk](http://www.blackcountryfoodbank.org.uk)  
[admin@blackcountryfoodbank.org.uk](mailto:admin@blackcountryfoodbank.org.uk)  
 01384 671250

#### **Family Hubs (Monday—Friday 09:00—17:00)**

[www.dudley.gov.uk/residents/early-years-and-childcare/dudley-family-hub-network](http://www.dudley.gov.uk/residents/early-years-and-childcare/dudley-family-hub-network)  
 Lye - Lye By-Pass, Stourbridge, DY9 8HT, 01384 813954  
 Brierley Hill - 18 Parkes St, Brierley Hill, DY5 3DY, 01384 813322  
 Coseley - Bayer Street, Bilston, WV14 9DS, 01384 813096  
 Dudley - Selbourne Road, Dudley DY2 8LJ, 01384 812440  
 Stourbridge—Forge Rd, Stourbridge, DY8 1XF, 01384 818780

#### **Social Care Emergency Duty Team (Evenings 17:00 – 00:00, Weekends & Bank Holidays)**

0300 555 8574

#### **Healthy Visiting Team**

[www.dudley.gov.uk/residents/start-for-life/health-visiting](http://www.dudley.gov.uk/residents/start-for-life/health-visiting)  
 01922 607000  
[bchft.communications@nhs.net](mailto:bchft.communications@nhs.net)

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## Autism Training Network

Please see below workshop available to parents/carers.



### Parent/Carer Autism Online Workshops

Whether your child is awaiting a diagnosis or has already been diagnosed, these workshops are a great opportunity to learn more about Autism & ask questions within a supportive group of other parents & carers.

- **Monday 5<sup>th</sup> February - An introduction to Autism**  
An opportunity to explore what Autism is, the many strengths and the differences that make each child so wonderfully unique.
- **Monday 12<sup>th</sup> February - Communication**  
Identifying what communication is and the different communication methods that may be helpful for Autistic children.
- **Monday 19<sup>th</sup> February - Sensory Processing**  
Explaining the 8 sensory systems, how the environment can impact on a child with sensory processing differences/challenges and strategies to meet an individual's sensory needs.
- **Monday 26<sup>th</sup> February - Pathological Demand Avoidance**  
A look into the interesting subject of PDA, how this may present and what is the best approach to take to avoid conflict.

**Workshops will be held 7:30-8:30pm via Zoom.**

£25 per workshop for each family.

**To book your place...** Email [enquiries@theautismtrainingnetwork.com](mailto:enquiries@theautismtrainingnetwork.com)

Or scan the QR code





## National On-line Safety

Please see the below poster for tips on managing on-line safety.

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 [nationalcollege.com](https://nationalcollege.com) for further guides, hints and tips for adults.

# Top Tips for... MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

**GET OUT AND ABOUT**  
If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

**BE MINDFUL OF TIME**  
Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

**TRY A TIMED TRIAL**  
When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

**'PARK' PHONES OVERNIGHT**  
Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

**GO DIGITAL DETOX**  
Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

**SWITCH ON DND**  
Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

**LEAD BY EXAMPLE**  
Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

**TAKE A FAMILY TECH BREAK**  
Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

**AGREE TECH-FREE ZONES**  
Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

**SOCIALISE WITHOUT SCREENS**  
When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

**HOLD A SCREEN TIME AMNESTY**  
As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

**WIND DOWN PROPERLY**  
Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

**Meet Our Expert**  
Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.

**DEVICE BOX**

**The National College**

**NOS National Online Safety**  
#WakeUpWednesday

@natonlinesafety /NationalOnlineSafety @nationalonlinesafety @national\_online\_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 03.01.2023

## Children & Young People's Voice Survey

Barnardo's is as an organisation who are working with NHS Black Country Integrated Care board to find out how engaged Children and Young People are in their healthcare. To capture as many Young People's views as possible, they have devised a simple questionnaire suitable for 10-18 years old, it takes approximately 5 minutes. They are asking schools to assist them in reaching many young people so their voice is heard by decision makers. We are asking Young People to click on the QR code or follow the link to Survey Monkey on the PDF attached. By responding to the survey there is an opportunity to be entered into a £100 Amazon Voucher prize draw. Attached is a pdf flyer with QR code and survey link.

<https://uk.surveymonkey.com/r/MG7JL7G>

**NHS Black Country Integrated Care Board**

**Believe in children Barnardo's**

# CHILDREN & YOUNG PEOPLE'S VOICE SURVEY

**DO YOU LIVE IN... THE BOROUGHES OF, SANDWELL, DUDLEY, WALSALL OR WOLVERHAMPTON?**

**ARE YOU UNDER 18?**

**IMPROVE HEALTHCARE**

**HAVE YOUR SAY**

**NHS BLACK COUNTRY INTEGRATED CARE BOARD WANT TO HEAR YOUR VIEWS**

**DO YOU HAVE 5 MINUTES TO... COMPLETE THE SURVEY & ENTER INTO A FREE £100 AMAZON VOUCHER PRIZE DRAW**

**CLICK ON THE LINK OR SCAN THE QR CODE TO PARTICIPATE IN THE CYP VOICES SURVEY**

<https://uk.surveymonkey.com/r/MG7JL7G>

**IT'S ANNONYMOUS**

If you have any questions, queries or would like to be involved more in this work please contact us at [Blackcountryvoices@barnardos.org.uk](mailto:Blackcountryvoices@barnardos.org.uk)

## **Congratulations/Well Done**

### **Headteacher Commendations**

Congratulations go to the following students who received Headteacher Commendations this week.

Lucy Smith	Finlay Purchase		
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