

PRINCIPAL'S NEWSLETTER



MUFTI day

The Academy raised over £800 on our first event of the year! Thank you for supporting our students.

Next event: MUFTI Day on
12th November

What great news it is seeing how much we have raised already for the RNLI - such a worthwhile charity.

Lots of news for this newsletter with a huge amount of success to celebrate. Well done to everyone who has gained a reward point, a Di Vinci award, a hot chocolate or just a well done. It's great to see so many students being celebrated.

With half term looming, a final push on attendance this week sets everyone up nicely for a break to then come back ready for a collapsed curriculum for Personal Development Week and an exciting trip to PGL for our Year 7 students.

Have a good break when it comes.

Lisa Boorman



SAVE THE DATE

LOOK TO THE FUTURE

THURSDAY

25th NOVEMBER

5:00PM - 7:30PM

Find out more about the wide range of A Levels and BTEC Level 3 courses and future career choices.

Presentation at 5:45pm
(in the Academy Main Hall).
Parking available off Moorland Road.

To find out more visit www.plympton.academy • 01752 338373

SCIENCE

is awesome!

The Y7's have been very busy in our "Science is Awesome" club.

We've been exploring the geology of the Earth with convection snakes, chocolate rock cycle and crystallisation in rocks using salol and microscopes.

We have investigated the rate of reaction of berocca in water by timing how long it took for the gas to build up in a film canister and pop the lid off!

Great fun, but very messy - Miss had to clean orange gloop off her ceiling!



Year 7 Rugby



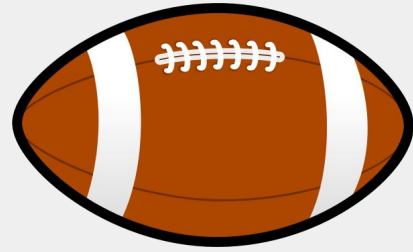
Year 7 Rugby won 11 tries to 0 against Lipson. It was extremely hard to select 12 players out of the 36 that regularly attend training, however they will all get an opportunity to play at a home fixture vs Heles in the coming weeks.

The boys attitude and discipline throughout the match was fantastic. They worked brilliantly as a team and displayed some excellent spells of passing and running with the ball. It was some of the boys' first competitive fixture in rugby and their tackle and passing technique was to a very high standard!

Special mentions to Bryce Mills, Oliver Batten and George Cole for their brilliant leadership throughout the match, helping the boys with the rules and tactics during the game. Oliver Batten was also able to score 4 excellent tries! Try of the match to Tyler Brenton who twinkle toed his way to a try, moving in and out of players and staying in touch by the smallest of margins!



Year 8 Rugby



Year 8 boys rugby team beat Coombe Dean 6 tries to 2 after school today. They played some fantastic rugby throughout, and worked extremely hard to protect the ball with some brilliant rucking technique.

Player of the match Harley Smith who ran some outstanding running lines and scored 4 tries! All of the boys should be very proud and have added to their winning streak.



Year 10 Football



What a result! 2-2 full time and then winning on penalties vs Paignton in the National Schools Cup.

The boys redeemed themselves after a poor start to the fixture, their behaviour and attitude was exemplary before and during the game. Mr Moore was very impressed by their competitiveness, communication and tactical understanding of the game. It was a very close game with both sides having spells of dominance but the boys were very organised and counter attacked with pace!

Special shout-out to player of the match Jack Davidson who scored an incredible free kick - 25/30 yards out in the top corner to draw the game with 10 minutes until full time. The boys should be proud of themselves for advancing in a prestigious and challenging competition.



What parents need to know about Tinder

Since its launch in 2012, the mobile dating app Tinder has recorded more than 340 million downloads globally. More than half of those users fall into the 18–25 age bracket ... and a study by moderndatingmyths.com revealed that 95% of couples who match on Tinder meet in the real world within a week of making initial contact.

So Tinder is quick, it's convenient and it's hugely popular with young people (especially young men, who outnumber women on the app by more than three to one). Even though Tinder takes users' safety seriously, the inherent risks it poses are clear. This week's #WakeUpWednesday guide has everything that parents and carers of older teens need to know about Tinder.

Quite aside from the potential perils that could arise from meeting up with someone they've only briefly spoken to online, young people enticed by the thrill of Tinder could find themselves at risk from users with fake profiles, from inappropriate or offensive messages and from damage to their self-esteem. Our #WakeUpWednesday guide has some helpful safety tips and advice.

[Click here](#)

What Parents Need to Know about

TINDER

RIGHT

WHAT IS TINDER?

Tinder is a free online mobile dating app regularly used by more than 80 million people worldwide. Users sign up and are matched with other people based on various preferences, such as location, age and shared interests. The user can swipe right to show interest in a profile (and connect as a match) or swipe left to ignore (decline) the match. If two users both like each other's profile and become a match, they are then able to communicate with each other directly.

AGE RATING
18

USING THE APP ...

FAKE PROFILES

Tinder doesn't require much information for a user to create a profile, which means that there's no verification of people's details. Therefore, you may have very limited information about who you are actually speaking to. This can include not knowing the real age or identity of a person that you're matched with - making it far easier to be taken in by fake profiles.

PRESSURE TO MEET

While people can find love through the app, Tinder has become synonymous with casual or short-term relationships. It allows for quick conversations which can put pressure on matches to meet up as soon as possible. This may put young users at risk of meeting individuals they don't know much about or who are only looking for sexual encounters.

PRIVACY CONCERNS

Tinder let users share some of their personal details - such as name and age - and link their Tinder account to Facebook. The app allows searches of a specific location, which could lead to a user discovering a young person's exact location. It's also possible that photos uploaded to Tinder could be saved and used in other ways without consent or notification.



EMOTIONAL HARM

The idea of instant feedback and satisfaction can put young people at increased risk of emotional harm. They may feel pressure to look or act a certain way and with begin to measure their self-worth based on how many matches they receive. This can have a negative long-term influence on young people's mood, self-esteem and confidence. It also strongly implies that compliance is a way to fit in and be liked.

Advice for Parents & Carers

COMMUNICATE OPENLY

Be candid with teens about the possibilities of online dating - but also discuss the potential dangers. An honest chat can help them feel more comfortable about coming to you with any future worries or concerns. This can reduce any stress they are feeling and increase their sense of security.

REPORT AND BLOCK

Tinder gives users the option to "unmatch" with someone they have previously connected with, as well as to report any inappropriate interactions they experience. If an account appears to be suspicious, then it's important teens are aware that they can unmatch with a user, block them and report them to the app itself. They can also report any inappropriate or offensive messages.

AVOID OVER-SHARING

Teenagers should seriously consider what they include on a Tinder profile. They should never disclose sensitive details - and be cautious about sharing their phone number, date of birth, email address and location. Using different profile pictures on their various social media accounts makes it tougher for someone to track them down.

MONITOR EMOTIONAL HEALTH

With cyber bullying presenting a significant risk, it's important that young people stay aware of their own emotional state. How do they feel before and after they use Tinder? Help them to identify when it might be time to take a break from the app and consider ways they can improve their mood. They should also know who they can speak about how they are feeling or any negative experiences they may have online.

BUILD IN SAFEGUARDS

It's vitally important that young people take precautions if they want to meet up with someone from Tinder. This should include meeting in an extremely public place and telling a friend or family member where they are going in advance. It may be useful to decide on a code word that a young person can include in a text or call to their friend or family member, to signal that they feel unsafe on the date.

Meet Our Expert

Dr Rina Rajaj is a Counselling Psychologist who has worked in mental health since 2004 (for the NHS, statutory organisations, in the corporate world and the voluntary sector). Her areas of specialism include dating and relationships counselling, and she has diverse experience in helping people from a range of backgrounds.



National Online Safety

#WakeUpWednesday



www.nationalonlinesafety.com



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety

Chathealth

Chathealth is a new School Nursing text service which was been launched last year by Livewell Southwest to provide help and support to young people in Plymouth, making it easier for 11-19 year olds to get advice. It's also available to parents of 5 to 19 year olds.

The ChatHealth text service is an easy way for young people to confidentially ask for help about a range of issues, or make an appointment with a school nurse.

Students can also find out how to access other local services which support you such as mental health advice, emotional support and sexual health services. Young people have reported that they like using the service because it's less embarrassing, quick and easy, anonymous and non-judgemental.

ChatHealth allows young people in Plymouth to send text messages to a dedicated mobile. Once there, texts will be responded to by the Livewell Southwest school nursing team within a day.

The service is be available Monday to Friday 9am – 5pm, excluding bank holidays. During out-of-hours, anyone who texts the service will receive an automated message with advice on where to get help if their question is urgent.

Text messages can be sent to the following number:
07480 635198