



The
Portsmouth Academy

Week 18B

w/c 24 Jan 2022



Hot Chocolate with the Headteacher – Mrs Grey, Principal



Children who attended hot chocolate with me this week told me that they feel safe in school and that they see teachers helping students on the corridors during lesson changeovers. They all told me they had a trusted adult whom they could go to if they needed to. Many of these students are gaining habit points for enrichment clubs and they seem to enjoy the practical subjects such as PE and Science. They all noted that the new Thinking Café provision is helping with the queues in the canteen at break and lunchtime and that litter has hugely improved since food is served on plates and is not being brought out of the canteen.

Message from Mr Dolphin, Senior Vice Principal

Dear Parents,

Following the Government announcement on relaxing covid measures, students are no longer required to wear face coverings in the classroom and from Thursday 27th January, will no longer be required to bring a face covering to school at all. Thank you for your support during these interim measures, and please ensure that your child has a face covering for Monday, Tuesday and Wednesday of next week.

As the temperature continues to be cold, we will continue to relax the wearing of coats in corridors and on occasion in classrooms if the ventilation of the room means that the temperature drops too much

(please note that this is at teacher discretion). Hoodies continue to be confiscated and coats do not replace the requirement to wear a blazer.

Moving forward, we will be focussing on students taking more responsibility for their own equipment and I know Heads of Year have communicated this to you through their own sections.

Year 10 have done a tremendous job of taking their current mock exams seriously and ensuring that these are held under exam conditions. A massive thank you to Year 10 students.

Year 11 students will soon undertake their final mock exam period, a timetable for which will be released shortly.

Regards,
Lee Dolphin
Senior Vice Principal

At-Home Lateral Flow Testing

We would like to remind parents that it is advised that all students are to continue with the at-home lateral flow testing.

Year Group	1 st Weekly Test	2 nd Weekly Test
11	Evening of Friday 21 st January	Evening of Tuesday 25 th January
10	Evening of Saturday 22 nd January	Evening of Wednesday 26 th January
9	Evening of Sunday 23 rd January	Evening of Thursday 27 th January
8	Evening of Monday 24 th January	Evening of Friday 28 th January
7	Evening of Tuesday 25 th January	Evening of Saturday 29 th January

If your child's test result is positive, we ask you to inform us by either emailing absence@theportsmouthacademy.org.uk or completing the digital form at <https://bit.ly/3eL9VHM>

Heads of Year

Year 7 – Miss Piper

Team 2026 have accrued a total of 2188 habit points last week with 7GRZ leading the way and achieving 355. Well done Year 7, this is incredible.

In my drop ins this week, routines and dealing with low level disruption to learning has been my focus and I am pleased to say this has been minimal in Year 7. Staff are building strong relationships with students.

Next week the focus will shift to how students learn and their on-task behaviour. The culture of 'Aspire and Achieve' is something we are all working hard to instil in each of our pupils. The year group still need to improve on the 'Respect' agenda as we have not seen a significant drop in peer-on-peer conflict and vandalism yet. This will remain our focus until students get it right. Thank you for your continued support.

How can you help?

You can help by asking your child if they have all their equipment ready for school. Self-management is a life skill that we work hard to develop in our students so they can become more independent and resilient.

Regards,
Miss Piper and Miss Bothma-Lubbe

Year 8 – Mr Lock

Year 8 have accrued a total of 735 habit points this week with 8GAM achieving 156 and a much improved 128 from 8PAY, so well done to both groups. I have been really impressed with the quality of teaching and learning during my behaviour learning walks of 8DAK, 8LOP and S8EY. It has been lovely to see such strong relationships built between the pupils and teachers. This has resulted in an incredibly positive week for these three groups.

Next week the focus will shift to 8SMA, 8AM and 8PAY. The culture of 'Aspire and Achieve' is something we are all working hard to instil in each of our pupils. This coupled with the 'Respect' agenda has seen a clear reduction of peer-on-peer conflict and vandalism this week. #Team2025 seem to be building some real positive momentum in 2022.

How can parents help?

As always please monitor both Class Charts and Microsoft Teams closely. Your support is vitally important to ensure your child's in school behaviour is addressed at home as well as ensuring all homework is completed on time.

Year 9 – Mr M. Smith

This week, I have dropped into lessons around the Academy to see the year group in action and I have been really impressed with the overall attitude to learning in classrooms. The year group have shown real enthusiasm, and this is great to see.

This week, Year 9 have accumulated almost 700 positive Habit Points to add to their total for the year of just over 17,500! We have a number of students who have now earned their Silver Stars, with a few who will be awarded their Gold Stars in the coming week – this is a fantastic achievement. Congratulations to 9JAM, who are currently in the lead with 2,370 Habit Points!

Whilst uniform on the whole has been great, could I please remind you of our school uniform policy: a hoodie is not part of our school uniform so therefore should not be worn to school. Nose piercings are also not permitted at school.

Many thanks,
Mr. Smith

Year 10 – Mr Parnell

I would like to say thank you for all of your support during the Mock Exam fortnight. Bearing in mind that the year group only had one full day in school before the start of the exams I feel that they did exceptionally well. Their focus and motivation to succeed was impressive. As I will tell them during an assembly next week, for some people the results were what they hoped for and for others this might not be the case. The message will be simple: if you have done well then maintain your positive attitude and

don't be complacent and if you haven't done as well as hoped then now is the time to learn from it and do better next time. Please can you re-enforce this message at home.

Uniform continues to be smart with one or two 'issues' creeping in. As you may know, students are now allowed to wear coats inside the building but MUST be worn over their blazer and not instead of. Additionally, a plain, v-neck charcoal grey jumper is allowed to be worn (this does not include black jumpers). Please can you support us with both of these items.

Kind regards,
Mr Parnell

Year 11 – Miss Hart

Students have been working hard this week and I have seen great improvements to their attitudes to their revision. Year 11s had their first PSHE lesson this week where they were given the time to revise. All students were engaged and knew what their focus was for their revision. Next week, I will be sharing with students some quick wins in revision and how to revise effectively. These will be shared with parents so that you can help support at home as well.

We have only two weeks of lessons left until the students sit their next set of mocks in the examination hall. In preparation, can I ask that you ensure your child has the necessary equipment.

They will need:

- Black Pens
- Pencil
- Ruler
- Rubber
- Highlighter
- A scientific calculator

As always, thank you for your support.

Have a great week.
Miss Hart

Year 11 Countdown

There are **62** school days left until GCSE exams begin.

Safeguarding – Mrs Rhodes, Designated Safeguarding Lead

Family Lives

The Family Lives charity aims to offer all parents somewhere to turn before they reach crisis point. They have an excellent website to help parents with the ups and downs of family life. The Family Lives parents' helpline is available Monday to Friday, 1.30 - 9pm 0808 800 2222 [familylives.org.uk](https://www.familylives.org.uk)

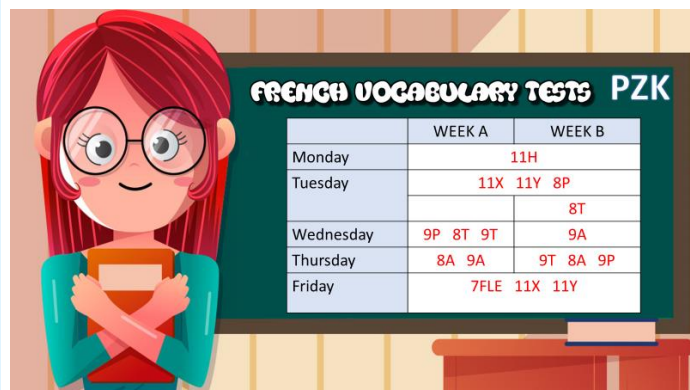
Hampshire Child and Adolescent Mental Health Services

Whether you are a young person, professional, parent or carer, this website has lots of helpful information regarding how to manage/support mental health. There is also a 'help me I'm in crisis' button for immediate help and advice. www.hampshirecamhs.nhs.uk

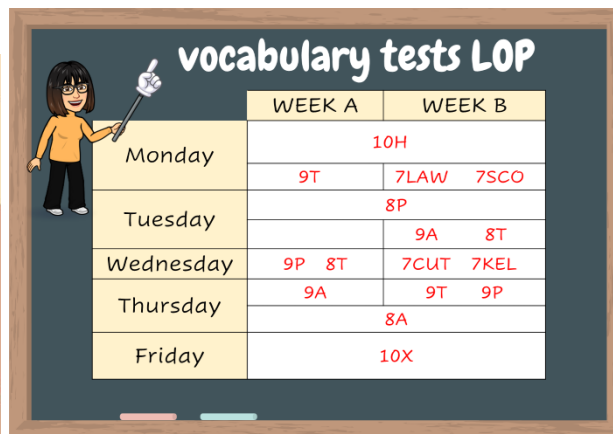
MFL Homework – Mrs Scarcliffe, Curriculum Leader for MFL

Dear Parents,

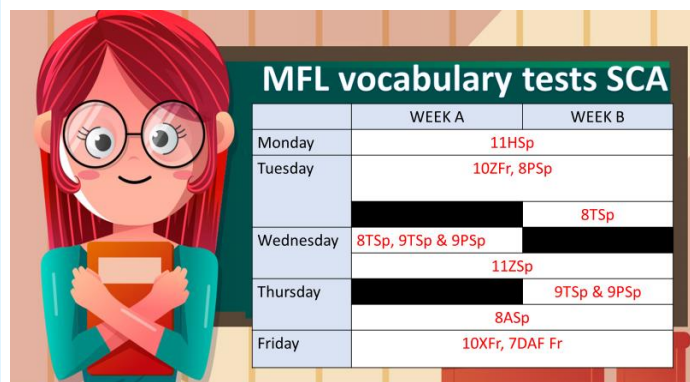
We have recently reviewed our home learning in the MFL department and we wanted to update you on the changes. To help pupils to improve their memory of French and Spanish, all year groups will have 5 words or phrases to learn each week. These will be available on Teams. See below for your child's class and test days.



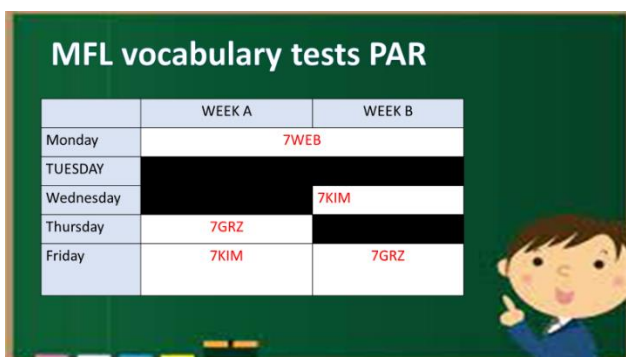
	WEEK A	WEEK B
Monday	11H	
Tuesday	11X 11Y 8P	
Wednesday	9P 8T 9T	8T
Thursday	8A 9A	9A
Friday	7FLE 11X 11Y	



	WEEK A	WEEK B
Monday	10H	
	9T	7LAW 7SCO
Tuesday	8P	
		9A 8T
Wednesday	9P 8T	7CUT 7KEL
Thursday	9A	9T 9P
Friday	8A	
	10X	



	WEEK A	WEEK B
Monday	11HSp	
Tuesday	10ZFr, 8PSP	
Wednesday	8TSp, 9TSp & 9PSP	8TSp
Thursday	11ZSp	
		9TSp & 9PSP
Friday	8ASp	
	10XFr, 7DAF Fr	



	WEEK A	WEEK B
Monday	7WEB	
TUESDAY		
Wednesday		7KIM
Thursday	7GRZ	
Friday	7KIM	7GRZ

Also, pupils will have a short home learning task each week – there will be reminders for them on Teams. There will be a reward for the KS3 class who complete the most work!

In year 10 and 11, in addition to the vocabulary, they will have a 20-30 word writing task to complete each week which will support pupils in preparation for their GCSE writing exam.

Thank you for your support,

Mrs Scarcliffe (Curriculum Lead for MFL)

Attendance – BLK and OBN

10th January – 14th January 2022

Year Group	Percentage
7	90.3
8	90.5
9	89.3
10	89.7
11	84.7

Best Tutor Group	Percentage
7KEL	95.8
8JAR	96.2
9HAS	96.7
10BLA	94.7
11FRS	92.8

Congratulations to the tutor groups from each year group with the highest attendance LAST week. 9HAS were the weekly overall winners so they received their reward on Monday morning. Attendance Attack is back and will be taking place on Thursday 27th January 2022. The easiest habit point a pupil will ever receive, all they have to do is be in school! #TPARocksAttendance #MissSchoolMissOut #TPAAttendanceAttack

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 apps that we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about

REPLIKA



Replika is an artificial intelligence (AI) chatbot companion that its developers claim users can form an actual emotional connection with. Once users have created an account and chosen a 3D avatar, they select the type of relationship they want with the chatbot: friend, mentor or romantic partner. Using a neural network to hold an ongoing one-on-one conversation, Replika gradually becomes more like the user as it gathers data from their responses. It isn't the only AI chatbot app available, but Replika pushes the boundaries of the concept to offer a highly realistic conversational experience.

WHAT ARE THE RISKS?

INAPPROPRIATE CONTENT

As its age rating suggests, Replika includes content that isn't suitable for children, such as flirtatious messaging and sexual role-play. While the developer has recently updated the app to ensure this can only be accessed by adults who select 'romantic relationship', there are numerous accounts online of sexual content being seen by younger users of the app.



NO SELF-AWARENESS

Replika is designed to seem very human, but it's important to remember that it's still an AI-powered chatbot that has no self-awareness. This means (as numerous users have highlighted online) that the chatbot sometimes fails to filter out inappropriate content: one user reports, for example, that Replika shared upsetting videos of vicious dogs.



NOT MEDICALLY CERTIFIED

Replika claims to be able to improve users' emotional wellbeing by easing feelings of anxiety and loneliness. However, its disclaimer states "we are not a healthcare or medical device provider ... nor should our services be considered medical care, mental health services or other professional help services." There is no guarantee that Replika can help with mental health issues - it could, in fact, have the opposite effect.



POTENTIAL ADDICTION

Like many apps, Replika is addictive by nature. It encourages the user to provide more information so it can learn about them and become better at conversation. Not only does this mean your child could end up spending a long time on an app where they might share sensitive information, but also that they could find themselves forming an emotional attachment to the human-like chatbot.



IN-APP PURCHASES

Replika is free to download, but its developers do offer in-app purchases. Users can pay to upgrade to a 'Pro' version of the app, which unlocks extra content such as additional activities, conversation topics and the ability to hold voice calls with their AI 'companion'. Users can also spend real-world money on the 'gems' used to buy new outfits or different personality traits for their avatar.



Advice for Parents & Carers

SET UP PARENTAL CONTROLS

Replika doesn't feature its own in-game parental controls, but most mobile devices come with these controls built in. On iOS devices, for instance, you can set content and privacy restrictions - so if you don't want your child to be using 17+ rated apps like Replika, you can adjust the settings to prevent these from being downloaded.



TALK ABOUT THE DANGERS

If your child is determined to use Replika and you're happy for them to download it, then it's vital you talk to them first about the possible dangers of this type of app. For example, it's key that they understand not to give out any information which is personal or could be used to identify them - and it would be prudent to warn them about the potential of being exposed to mature content on the app.



WATCH FOR WARNING SIGNS

If you're concerned that your child is spending too much time on Replika and might be forming an unhealthy emotional connection with their chatbot, it's important to look out for the warning signs. They may be giving increasing priority to the app ahead of more important everyday activities (such as doing homework or eating meals) or could be showing signs of irritability and a lack of concentration.



SEEK PROFESSIONAL HELP

If your child is suggesting that they should use Replika for mental health reasons - because they're lonely or having feelings of anxiety, for example - it would be sensible to recommend other options to them. Replika's developers freely admit that they are not a certified mental health service, so if your child needs help it would unquestionably be best to consult a qualified professional instead.



Meet Our Expert

Carly Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of tech tabloid The Inquirer, Carly is now a freelance technology journalist, editor and consultant.



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