



# WEEKLY BULLETIN



*The official news bulletin of Holyrood Academy*



## DEAR PARENT/CARER,

Last week was a brilliant one, as we saw a really positive response from our students to a reminder about behaviour expectations and how staff and students treat each other at the school. We saw far fewer students referred to the Restart Room and far more House Points awarded - excellent news!

Our House Hockey Competitions started with a bang, too, as the students showed what they have learned in their PE lessons to compete against each other. The competition was tough but matches have been played in the right spirit of sportsmanship. Well done to everybody who took part.

Last week also saw some exciting football-related events! We watched part of the England vs Iran game at lunch time on Monday and also hosted a student-run Fan Zone for the England vs USA match on Friday evening, in aid of the Cambodia Expedition. Well done to all who were involved in making that happen, as they edge closer to their fundraising targets, the students involved have much to be proud of and a fantastic adventure ahead of them.

**CONTINUED.....**

**HOLYROOD**  
ACADEMY

### FEATURED THIS WEEK:

- Sports & Holyrood Clubs
- CineCHARD
- Up and Coming Events
- Carol Service
- PTFA Quiz Night
- PTFA Christmas Bingo
- Online Bullying
- Tik Tok Safety





## CONTINUED.....

I am told at almost every turn that 'It's coming home'...the jury is out on that one, and this Scottish jury in particular!

I hope that you have had the chance to attend one of the high-quality performances that have taken place at Holyrood recently. It has been our pleasure to host the casts of 'Destiny' and 'A Christmas Carol' so that our students and their families get the chance to watch brilliant theatre performances locally. Please do take advantage of these opportunities when they arise.

I wish you all a great week, with just three left to go until Christmas, which I can hardly believe! If there is anything you are struggling with: food, money, school uniform or anything else, please reach out to us and we will help in any way we can.

### Best Wishes

**MR. DAVE MACCORMICK**  
Headteacher





## UPCOMING EVENTS

Fabulous events coming up soon for Holyrood Academy


More information on all of these events online soon:






2nd December	Christmas Bingo Tables bookable through the PTFA facebook page. Booking essential
7th December	Holyrood Actors' showcase 6pm – 8pm
9th December	Cine Chard@Holyrood – The Railway Children – buy one ticket and get one free through <a href="https://ticketsource.co.uk/cinechard">ticketsource.co.uk/cinechard</a>
20th January	The Big Quiz Tables bookable through the PTFA facebook page. Booking essential
24th March	Easter Bingo Tables bookable through the PTFA facebook page. Booking essential
Saturday 13th May	Car Boot and Dog Show
Saturday 10th June	Car Boot
Saturday 8th July	Car Boot

## HOLYROOD DESIGN CLUB

# Holyrood Design Club



Can you name these logos?

All Students welcome!

Tuesdays Week A (after school)  
Thursdays Week B (lunchtime)

Visit the Reprographics Office for more information and to sign up!

Do you want to design your own branding?  
Have you ever wondered how the School's displays are made?  
Would you like to have a part in designing the future of Holyrood?  
What about learning how to use professional graphic design software?



# PTFA FAMILY FUN QUIZ NIGHT

The PTFA are excited to announce their annual Holyrood PTFA Family Fun Quiz Night!

When: Friday 20th January

Time: Doors Open 6:00PM

Quiz Starts 6:30PM

Where: Holyrood Upper Site Hall



Tables of 6  
£2.50 per Adult  
£1.50 per Child



[Sign up here](#)

Or Email:

[holyroodptfa@gmail.com](mailto:holyroodptfa@gmail.com)



# PTFA CHRISTMAS BINGO

The PTFA are excited to announce their annual Holyrood PTFA Christmas Bingo!

When: Friday 2nd December

Time: Doors Open 5:45PM

Eyes Down 6:30PM

Where: Holyrood Upper Site Hall

[Sign up here](#)

Or Email:

[holyroodptfa@gmail.com](mailto:holyroodptfa@gmail.com)





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HOLYROOD  
— ACADEMY —

# *Carol Service*



Tuesday 6th December 2022

St Mary's Church, Chard

7:00pm

# ILMINSTER TOWN COUNCIL SURVEY

Delivered by



## Ilminster Town Council Public Consultation



We need you to complete an important survey about our community and its future. We are asking residents about the following topics:

- Youth facilities in Ilminster
- Future use of Old Council Office on North Street
- A fitness trail with outside gym equipment on the recreation ground
- West Crescent play park equipment
- Winterhay play park equipment
- Future use of the tennis courts on the recreation ground



You can complete the survey online at:  
<https://www.surveymonkey.co.uk/r/IlminsterCP>

If you need help completing the survey please contact the Town Council on 01460 52149

Enter a prize draw to **WIN £25 voucher** when you complete the survey

**CLOSING DATE: 9th December 2022**



Viney Court, Taunton, TA1 3FB Smart Communities Limited (SCL) is a Company Limited by Guarantee, No. 11480430 and VAT Registered No. 311926619.

*Or scan here*

Ilminster Town Council wishes to understand how the community would like the focus of the council to be directed in the coming years.

In order to do so, we would like your input in shaping our understanding of what funding would be required to deliver what matters most for the community.

It wants to look at how the community can best recover following the Covid pandemic and the current funding crisis.

We're very aware that people's health and wellbeing is being seriously eroded within the community and whilst there are limits to what the council can do, it would like to try to maximise the opportunities which it can avail itself of.

Whilst I appreciate that the majority of you don't live in Ilminster, we would still appreciate feedback from anyone who visits the town or uses the facilities.



The link:

<https://www.surveymonkey.co.uk/r/IlminsterCP> is also on our website [www.ilminster.gov.uk](http://www.ilminster.gov.uk)



# CRAFTY THURSDAYS CLUB

Scrunchies  
Lavender Bags  
Wax Wraps  
Bag charms  
PJ Shorts



Come and join us in D4 for Crafty Thursdays

This terms project is PJ short until half term



Coffee cozy  
Fabric clock  
Doorstop  
Recycled plug tidy

# YOUNIQUE CLUB

Join and be yourself!

Wednesdays | Week A  
Lunchtimes in A4

Diversity, equity and inclusion rules.

Year 8 and above.



Your Story 21h

**Year 13 - a useful superpowers article right here**

Asia

Australia is getting nuclear submarines, with help from America and Britain

Seen by 74

holyrood\_geography

holyrood\_geography Starting efforts from year 11 assessing the success of small scale attempts to achieve food security! #teamholyrood

holyrood\_geography Portsmouth demonstrating a good example of #globalisation as the Costa Rican Star unloads fruit and vegetables from Central America for British customers #teamholyrood

17 likes

# GEOGRAPHY

If you haven't yet, please make sure you are following the Geography Department Instagram and Twitter for updates, examples of excellent work, current affairs, polls and much more!



HOLYROOD\_GEOGRAPHY



## SOMERSET'S YOUNG ARTISTS EXHIBITION

Holyrood Academy's Art has been invited to take part in Somerset's Young Artist's Exhibition at the Octogan in Yeovil as part of their Christmas event.

The exhibition will run from  
**8th December 2022 to 22nd January 2023.**

This is a great opportunity to visit celebrate our young talent in Somerset.

<https://www.octagon-theatre.co.uk/participation/visual-arts/>



## HOMework CLUB

Everyone Welcome

Mon-Thurs  
3:10PM - 4:20PM

## The Learning Centre

(Upper Site)

Come along and complete your homework in a calm and supportive environment.

## HOLYROOD PTFA PRELOVED UNIFORM

Available from the Community Hub; Monday, Tuesday and Wednesday

Blazers £5  
All other items £1

Proceeds to Holyrood PTFA and to the Community Hub

Find the Community Hub in the old DOVETAILS shop - opposite Superdrug.





# cinechard



FRIDAY 9TH DECEMBER 2022

Holyrood Academy, upper site 7:30pm (doors 7pm)



Adults £5, Under 12s £2.50  
£6/£3 on the door

**ADVANCE TICKETS  
AVAILABLE FROM:**

Eleos (correct cash in an envelope only), Barron's, & Post Office.  
Cash-free tickets from  
[ticketsource.co.uk/cinechard](https://ticketsource.co.uk/cinechard)



## CHRISTMAS CRAFTS



All year groups are invited to come and decorate their own Christmas bauble for friends and family.

**12th - 15th December**  
**Lunch Time**

50p per bauble



**ECO COMMITTEE**  
Holyrood Academy

- ★ Are you interested in improving the local environment and joining a team of like minded people?
- ★ Do you have ideas on how we can improve the school grounds or improve the impact caused on the environment?
- ★ Do you want to be involved in actioning change and making things better for our whole community?
- ★ Then please join our Eco-committee!

When: **Wednesday 3.15-4pm**  
Where: **E1**

Contact Mrs Harrar for any more information



## WELL DONE!



Year 10 student Charlie was invited to attend the Pilot Careers Live conference at Heathrow Airport recently, with the aim of networking to prepare for a future career as a pilot. Outside of school, Charlie runs an aviation news website called TheAerospaceGuys, which is rapidly gaining attention within the industry.

website: [theaeroguys.com](http://theaeroguys.com) Social Media: [@TheAeroGuys](https://www.instagram.com/theaeroguys)

## YEAR 7 ATTENBOROUGH CLUB



Enjoy your lunchtime discovering what our planet has to offer us.

**Thursdays  
Lunchtimes**

Bring your lunch and enjoy natural history documentaries





# HOW TO COMBAT ONLINE BULLYING

Defined as "ongoing hurtful behaviour towards someone online", cyber-bullying makes its victims feel upset, uncomfortable and unsafe. In the digital world, it has numerous forms – such as hurtful comments on a person's posts or profile; deliberately leaving them out of group chats; sharing embarrassing images or videos of someone; or spreading gossip about them. Cyber-bullying can severely impact a young person's mental health – so, in support of Anti-Bullying Week, we've provided a list of tips to help trusted adults know what to look for and how to respond to it.

## 1. GET CONNECTED

Playing online games together with your child or connecting with them on social media (providing they're old enough) is not only fun but also an excellent way of establishing some common ground to discuss things you've both seen or done online – as well as keeping an eye on who your child is communicating with in the digital world.

## 2. KEEP TALKING

Regular chats with young people about their online lives are good practice in general, but they can also be an excellent refresher to help prevent cyber-bullying situations. Topics you might want to revisit include why it's important to only connect online with people we know and trust, and why passwords should always remain secret (even from our best friends).

## 3. STAY VIGILANT

Observe your child while they're using technology and just after they've used it. Are they acting normally, or out of character? Possible signs of a problem may include seeming quiet or withdrawn, jumpy or anxious, angry or repeatedly checking their phone. When you feel it's the right time, you may want to check in with them to see if everything is OK.

## 4. MAKE YOURSELF AVAILABLE

If an online bullying incident does occur, it may take a while before your child is ready to open up about what happened. Just gently remind them that they can always come to you with any problems – and that they won't be in trouble. You might also suggest a trusted family member they could turn to, in case they feel too embarrassed to tell you directly.

## 5. BE PREPARED TO LISTEN

When conversations about online bullying do take place, they're likely to be difficult, emotional and upsetting for both you and your child. Actively listen to your child while they're bringing you up to speed, and try not to show any judgement or criticism – even if they haven't dealt with the situation in exactly the way you would have hoped.

## FURTHER SUPPORT AND ADVICE

If you or your child need additional help with an online bullying issue, here are some specialist organisations that you could reach out to.

**Childline:** talk to a trained counsellor on 0800 1111 or online at [www.childline.org.uk/get-support/](http://www.childline.org.uk/get-support/)

**National Bullying Helpline:** counsellors are available on 0845 225 5787 or by visiting [www.nationalbullyinghelpline.co.uk/cyberbullying.html](http://www.nationalbullyinghelpline.co.uk/cyberbullying.html)

**The NSPCC:** the children's charity has a guide to the signs of bullying at [www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/](http://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/) and can be reached on 0800 800 8000

## 6. EMPOWER YOUR CHILD

Depending on their age, your child might not want a parent "fighting their battles for them". In that case, talk through their options with them (blocking the perpetrator, deleting the app and so on). By allowing your child to choose the path they take, you're putting them in control but are also demonstrating that you're there to support them along the way.

## 7. REPORT BULLIES ONLINE

Cyber-bullying often takes place through a particular app, social media platform or online game. If this is happening to your child, encourage them to report the offender to the app or game in question – ideally with screenshots to support their complaint. Most games and apps have reporting tools specifically to stamp out abusive behaviour and protect users.

## 8. ENCOURAGE EMPATHY

Protecting themselves online is the priority, of course, but young people should also feel empowered to help if they witness other people falling victim to cyberbullying. Even if they don't feel confident enough to call someone out on their abusive behaviour online, they can still confidentially report that person to the app or game where the bullying occurred.

## 9. SEEK EXPERT ADVICE

Victims of online bullying frequently experience feelings of isolation and anxiety, a loss of self-esteem and potentially even thoughts of self-harm or suicide. If you think that an incident of cyber-bullying has affected your child's mental wellbeing, then seek psychological support for them. There are some useful contact details in the central panel below.

## 10. INVOLVE THE AUTHORITIES

If the nature of any online bullying makes you suspect that your child is genuinely in imminent physical danger – or if there are any signs whatsoever of explicit images being shared as part of the bullying – then you should gather any relevant screenshots as evidence and report the incidents to your local police force.

## 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.



**National Online Safety**

#WakeUpWednesday



# What Parents & Carers Need to Know about

# TIKTOK

AGE RESTRICTION  
**13+**

(certain features are restricted to over-18s only)

TikTok is a free social media platform that lets users create, share and watch short videos ranging anywhere from 15 seconds to 10 minutes in duration. The app gained notoriety for its viral dances, trends and celebrity cameos and can be a creative, fun platform for teens to enjoy. Now available in 75 languages, it has more than a billion active users worldwide (as of spring 2022) and is most popular with the under-16 age bracket. In fact, a 2022 Ofcom report found TikTok to be the most-used social media platform for posting content, particularly among young people aged 12 to 17.

## WHAT ARE THE RISKS?

### AGE-INAPPROPRIATE CONTENT

While TikTok's "Following" feed only displays videos from users someone follows, "For You" is a stream of clips based on their previously watched content. Most videos on a child's "For You" feed will therefore be light-hearted and amusing, but it could potentially surface something unsuitable. TikTok's guidelines prohibit the sharing of illegal or inappropriate content, but the sheer volume of uploads mean they aren't manually monitored and vetted.



### DAINGEROUS CHALLENGES

Due to TikTok's immense popularity, some young people have unfortunately been influenced by videos challenging them to perform harmful, criminal or even deadly acts. One extreme example was the "blackout" trend, which encouraged users to hold their breath until they passed out from a lack of oxygen. It led to two families filing lawsuits against TikTok over the tragic deaths of their children.

### CONTACT WITH STRANGERS

With around 1.1 billion users globally, the potential for contact from strangers on TikTok is high – especially as accounts created by over-18s (or youngsters using a false date of birth) are set to public by default. This not only means that someone's profile is visible to everyone else on the app, it also lets their videos be suggested to others and enables anyone to comment on them or download them.

### IN-APP SPENDING

TikTok is free, but users have the option to buy TikTok coins, which can be used to purchase emojis in the app. These emojis are then sent as rewards (retaining their monetary value) to other users for videos they've created. Coin bundles range from £9.99 to an eye-watering £99; TikTok's policy is that they can't be bought by under-18s, but it's possible to bypass this with a fake birthdate.

### ADDICTIVE NATURE

Like all social networking platforms, TikTok can be addictive, figures show that young people are investing increasing amounts of time in it. In the UK, children with TikTok spend an average of 102 minutes per day on the app, versus 53 minutes on YouTube. This compulsive repeated use can interfere with their sleep patterns – leading to irritability – and distract them from other activities.

### TIKTOK NOW

Introduced in late 2022, the "TikTok Now" feature lets users post a daily video or photo at the exact same time as their friends. Users receive a synchronised notification at a random time of day, giving them three minutes to take a video or real-time photo. This addition can not only be a distraction to young people but could lead to them inadvertently sharing private content such as their location.

## Advice for Parents & Carers

### ENABLE FAMILY PAIRING

Family Pairing allows parents to link their TikTok account with their child's and control their settings remotely. Parents can then, for example, turn on Restricted Mode (reducing the chances of a child seeing inappropriate content); set screen time limits; and manage their child's ability to send messages (and to whom). Children can't alter these settings without parental approval.



### MAKE ACCOUNTS PRIVATE

Although under-16s will have their TikTok account set to private by default, bypassing this setting is relatively easy. However, parents have the ability to manually set their child's account to private – meaning that their videos won't be visible to strangers and they won't be able to exchange messages with people who aren't on their friends list.



### LIMIT IN-APP SPENDING

If your child is using an iPhone or Android device to access TikTok, you can alter the settings to prevent them from making in-app purchases. We'd recommend that you enable this feature, as it's quite easy for a young person – without realising what they're doing – to spend a significant amount of real money buying TikTok coins so they can unlock more features of the app.

### DISCUSS THE DANGERS

If your child wants to use TikTok and you're happy for them to do so, it's crucial to talk about the potential risks in this type of app. For example, ensure they understand not to share any identifying personal information – and that they realise they could be exposed to inappropriate content. Thinking critically about what they see on TikTok can help children become generally more social media savvy.



### READ THE SIGNS

If you're concerned that your child might be spending too much time on TikTok, or that they've been emotionally affected by something inappropriate or upsetting that they've seen, it's important to know how to spot the possible signs. Increased irritability and a lack of concentration are potential red flags, as are falling to complete homework or regularly not eating meals.



### Meet Our Expert

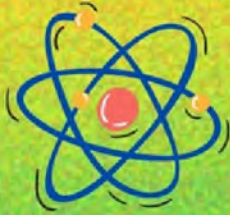
Carly Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of tech tabloid The Inquirer, Carly is now a freelance technology journalist, editor and consultant.



NOS  
National Online Safety  
#WakeUpWednesday



# MONDAY & TUESDAY



# WEDNESDAY



# THURSDAY & FRIDAY



# SPORTS CLUBS

D of E Bronze	KSE/ DT	Mondays	lunchtime	E10 and M2		yr 9,10
Bronze IDEAaward	CP	Mondays	lunchtime	A3		KS3 yrs 7,8 and 9
IT skills and gaming club	AEA	Mondays	lunchtime	C4		Yr 7 and 8
Gym Access	RBA	Mondays	lunchtime	Lifestyle gym		all students and staff
BasketBall	KDR	Mondays	lunchtime	Sports Hall		yr 7
Yr 7 Mixed hockey	KDR	Mondays	afterschool	ATP		yr 7
D of E Silver	KSE	Tuesdays	lunchtime	E 10		yr 11
D of E Gold	IHA	Tuesdays	lunchtime	6th form		yr 12 & 13
Yr 10 book club	KWL	Tuesdays	lunchtime	A6		yr10 only
Creative Writing Club	SVA/ EEV	Tuesday B	lunchtime	B6		yr 7 and 8
Crochet Club	LGI/JBO	Tuesdays	lunchtime	A5		all students and staff
Badminton	EBO	Tuesdays	lunchtime	Sports Hall		all students and staff
Hero Realms	CSL	Tuesday A	lunchtime	M4		all students and staff
Adams Family rehearsal	Production team	Tuesdays	afterschool	DM1	until half term	all students and staff
Hockey	KAR/SPR	Tuesdays	afterschool	ATP		ys 10, 11, 12 and 13
Art Studio	SMU/JWI/JWA/NT	Tuesdays	lunchtime	all art rooms		KS 4 and KS5
Yoga	MTH	Wednesdays	morning 8 am	J8	After half term	6th form
Art Club	SMU	Wednesdays	lunchtime	E8		yr 7
Workout in French	JMI	Wednesdays	lunchtime	G4 at 1.45		all students and staff
Pop Choir	NWI	Wednesdays	lunchtime	F3		all students and staff
Gym access	KAR	Wednesdays	lunchtime	Lifestyle gym		all students and staff
Younique	SDA	Wednesday A	lunchtime	A4	all	yr 8 upwards
Eco Club	BHA & VBU	Wednesdays	afterschool	E1	all	KS3 and KS4
Dungeons and Dragons	HMA	Wednesdays	fterschool	F8		Yr 9 and above
Science Club	BBU/GLJ	Wednesdays	afterschool	G5		Year 7
Boys Drama club	LMA	Wednesday	afterschool	DM1	After half term	KS3 and 4
Yr 8 Girls Hockey	SPR	Wednesdays	afterschool	ATP		Yr 8 girls
Yr 7 Girls Rugby	KDR	Wednesdays	afterschool	Field		Yr 7 girls
Yr 7 Boys Rugby	PRE	Wednesdays	afterschool	Field		yr 7 boys
Yr 8 Boys Rugby	SJE	Wednesdays	afterschool	Field		yr 8 boys
Yr 9 Boys Rugby	RBA	Wednesdays	afterschool	Field		yr 9 boys
Art Studio	SMU/JWI/JWA/NT	Wednesdays	afterschool	all art rooms		KS 4 and KS5
Dance	KDR	Thursdays	lunchtime	Lifestyle gym		Yr 8, 9, 10 and 11
Board Games	DMO	Thursdays	lunchtime	M3		Yr 8 and 9
Craft Thursday	LHU	Thursday	Lunchtime	D4		KS3
School Band	NWI	Thursdays	lunchtime	F3	after half term	all students and staff
Art Studio	SMU/JWI/JWA/NT	Thursdays	afterschool	all art rooms		KS 4 and KS5
Adams Family rehearsal	Production team	Thursdays	afterschool	DM1	until half term	all students and staff
Science Club	LCO	Thursdays	Afterschool	S5		Yr 8
Year 9 Girls Hockey	EBO	Thursdays	afterschool	ATP		yr 9 girls
Colouring Club	BAU	Fridays	lunchtime	A4	all	yr 7,8 and 9
Board Games	CBR	Fridays	lunchtime	H2	all	y 7
Basketball	KDR	Fridays	lunchtime	Sports hall		yr 8, 9, 10 and 11
Gym access	SJE	Fridays	lunchtime	Lifestyle gym		all students and staff
Origami	JWI	Fridays	lunchtime	F1		all students and staff
Fantasy Football	OLO	Fridays	lunchtime	L1	Autumn/Spring	all students and staff
Boys Hockey	KDR	Fridays	afterschool	ATP		Yr 8, 9, 10, & 11 boys
Rock School	NWI	Fridays	afterschool	F3	after half term	all students and staff

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Lunch Time</b> 1:30 - 2:10	<b>Year 7 Basketball</b> Mrs Druce - Sports Hall	<b>All Years Badminton</b> Mrs Bowker - Sports Hall	<b>All Years Gym</b> Miss, Armstrong - Lifestyle Fitness	<b>Year 8-11 Dance Club</b> Mrs Druce - Lifestyle Fitness	<b>Year 8-11 Basketball</b> Mrs Druce - Sports Hall
	<b>All Years Gym</b> Mr Barker - Lifestyle Fitness		<b>Year 7 Dance Club</b> Mrs, Druce - Lifestyle Fitness		<b>All Years Gym</b> Mr Jenkins - Lifestyle Fitness
<b>After School</b>	<b>Year 7 Boys and Girls Hockey</b> Mrs Druce - ATP	<b>Years 8/9 Girls Rugby</b> Mr Jenkins - Field	<b>Year 7 Girls Rugby</b> Mrs Druce - Field	<b>Year 9 Girls Hockey</b> Mrs Bowker - ATP	<b>Year 8-11 Boys Hockey</b> Mrs Druce - ATP
		<b>Years 10/11 + 6th Form Hockey</b> Miss Armstrong/Mrs Preston - ATP	<b>Year 7 Boys Rugby</b> Mr Reid - Field	<b>Years 10/11 Girls Rugby</b> Miss Armstrong - Field	
			<b>Year 8 Boys Rugby</b> Mr Jenkins - Field	<b>Year 10 Boys Rugby</b> Mr Easton - Field	
			<b>Year 8 Girls Hockey</b> Mrs Preston - ATP		
			<b>Year 9 Boys Rugby</b> Mr Barker - Field		