



DRAYTON MANOR HIGH SCHOOL

WEEKLY PARENT & CARER BULLETIN 25 March - 28 March 2024

KEY DATES FOR THE TERM AHEAD

Events	Dates
Year 11 Positively You Study Seminar	25/03/2024
Future Frontiers Year 10	
Future Frontiers Year 10	27/03/2024
Year 13 Mock Exams End	28/03/2024
END OF TERM	
Dismissal Times:	
12.00 PM - Year 7	
12.05 PM - Year 8	
12.10 PM - Year 9	
12.15 PM - Year 10	
12.20 PM - Year 11	
11.30am - Year 12 and 13	

1. GOOD LUCK TO THE JUNIOR AND SENIOR BASKETBALL TEAMS FOR THE LONDON YOUTH GAMES IN THE FINAL FOUR

After the phenomenal success of our Junior (U14) and Senior (U16) basketball teams in the London Youth Games quarter finals last week, our teams are gearing up for the upcoming semi-finals and finals, scheduled for Monday 25 March. We wish them the best of luck as they continue their journey in the competition. Let's continue to support and cheer for our exceptional athletes as they advance in the competition. Whatever the outcome, they have done an incredible job working with their Coach Mr Black and we are incredible proud of them.

2. DMHS BATTLE OF THE BANDS

We're thrilled to announce that the highly anticipated DMHS Battle of the Bands will be held on 24 April 2024, from 5.30 PM to 7.15 PM. This exciting event is a fantastic opportunity for our talented students to showcase their musical skills and creativity. If your child is interested in participating, entry forms are now available for pickup at the music office or can be conveniently filled out on Show My Homework. The Entry Deadline will be on 25 March at 9.00 AM, and the auditions will take place on 26 March during the school day. To know more, please [watch this video](#).

3. YEAR 13 MOCK EXAMINATIONS

The Year 13 Mock Examinations will continue into the final week of term and will conclude on 28 March. Please ensure that your child is well-prepared for these exams and encourage them to utilize this opportunity to consolidate their learning and refine their exam techniques.

4. END OF TERM DISMISSAL TIMES

Please find the Spring End of Term dismissal times-

- Year 7- 12.00 PM
- Year 8- 12.05 PM
- Year 9- 12.10 PM
- Year 10- 12.15 PM
- Year 11- 12.20 PM
- Year 12 and 13- 11.30 PM

5. ATTENDANCE PROCEDURES REMINDER

Please note the following key points regarding our attendance policy:

- Absences must be reported before 9.00 AM to avoid receiving an absence text notification.
- Absences should be reported through the MyEd app or via an email to studentabsence@draytonmanorhighschool.co.uk.
- Please refrain from reporting absences through the administration office or voicemail.
- Medical evidence, such as a prescription or GP appointment reminders, must be provided for an absence to be authorised. This helps us ensure that absences are legitimate and appropriately recorded.
- Routine appointments, such as those at Specsavers, which can be scheduled outside of school hours, will be marked as unauthorised absences. We encourage you to arrange such appointments during non-school hours whenever possible.

6. RAMADAN IFTAR

As Ramadan is currently ongoing, we want to ensure that all eligible students still have access to their Free School Meal entitlement while school is in session. Hence, we are pleased to announce our Iftar boxes will be continuing. These boxes can be ordered conveniently using the QR code provided on the poster attached, which can be found towards the end of this bulletin. Each day, after school, your child can collect a takeaway box from room A107 to take home and enjoy. We're also extending this option to non-free school meal students for £2.60 per box if this should be of interest. Should you need any further information please contact adminoffice@draytonmanorhighschool.co.uk

7. UNDER 18 FIRST XI FOOTBALL TEAM TRIUMPHS OVER UNIVERSITY COLLEGE SCHOOL IN A FRIENDLY MATCH

The Under 18 First XI Football team showcased their skill and determination in a thrilling friendly match against University College School, emerging victorious with a scoreline of 4 – 3. Despite the friendly nature, the competitive spirit was palpable as each side fought hard for dominance. University College School proved to be formidable opponents, refusing to back down and mounting their own offensive plays. Congratulations to the Under 18 First XI Football team on their well-deserved victory, and kudos to University College School for their commendable performance.

8. DANCE RESEARCH PARTNERSHIP WITH IMPERIAL COLLEGE LONDON

We are excited to announce a special partnership between Drayton Manor High School and Imperial College London in the realm of dance education. As part of this research assignment, three students from Year 8 have been selected to work alongside Imperial College London. They will have the unique opportunity to contribute their ideas on what constitutes an ideal dance lesson. Over the coming weeks, the selected students will participate in a series of workshops, engaging with university researchers to share their thoughts and visions for the future of dance education. This partnership highlights the innovative approach underscores our commitment to encouraging our students to have a voice in their learning experiences.

9. PARTNERSHIP WORKING TO ENSURE STUDENT SAFETY

Parent support plays a critical role in helping us keep students safe. A kind reminder that students should proceed immediately home at the end of each day. They must not invite any outsiders or individuals from other schools to the school or associate with them. Students should keep all valuables out of sight. The Senior Team undertakes extensive supervision at the end of the day to ensure students get home safely, including a driving patrol to cover a wider geographical area. As a school, we are grateful to our parents and carers for their support with this matter.

10. EALING MENTAL HEALTH WORKSHOPS FOR PARENT/CARERS

Over the Spring term, the Ealing Mental Health Support Team will be organizing a variety of workshops for parents and carers of children who attend schools in Ealing. [Please click here](#) to know more and how you can sign up for the workshop.

11. TOP TIPS

Today's top tips from the National College is about having open conversations with your child, at home.

10 Top Tips for Parents and Educators

ENCOURAGING OPEN CONVERSATIONS AT HOME

With tricky topics and occasional clashes of opinion, it can be challenging to maintain an environment where children feel able to talk candidly and honestly. However, encouraging such conversations helps to develop trust – making it easier to unpack even sensitive subjects as children get older. Here are our top tips for promoting open conversations at home.

1 CREATE A SAFE SPACE

Criticism, blaming or shaming can all prevent children from feeling emotionally safe – while showing affection, positive attention and an interest in what a child has to say builds their sense of security. These formative years are when children's opinions and values begin to take shape, so it's important to provide a non-judgmental environment in which to discuss them – especially if their opinions differ from your own.

2 CONSIDER OTHER OUTLETS

Some children may find it easier to talk while they're participating in another activity such as drawing, writing, walking or sport. If it's possible, taking part in these activities together presents you with an opportunity to communicate while doing something side by side. A child may feel less pressure that way and can be more inclined to open up of their own accord.

3 NORMALISE CHATS ABOUT FEELINGS

Incorporate mental health and emotional wellbeing into everyday conversations, using age-appropriate language and examples to help children understand their emotions. Ask questions like "How are you feeling today?", "What was the best and worst part of your day?", "If you could start today again, what would you do differently?" and "Is there anything you want to talk about?"

4 LISTEN ACTIVELY

When children express themselves, make it obvious that you're listening closely and giving them your full attention. Maintain eye contact and validate their feelings without immediately trying to solve the problem. It's not helpful to dismiss their issues as childish or 'teenage angst' – or to assume that they'll simply 'get over' whatever they're feeling. Children don't have your life experience; their resilience is still developing as they learn to push through difficulties and handle problems.

5 ASK OPEN QUESTIONS

Encourage children to share their thoughts by asking open questions about their feelings and experiences. Closed questions (such as "Did you enjoy school today?") are more likely to elicit a simple "yes" or "no" response. Instead, you could ask things like "Who did you spend time with at break?" or "Who did you sit with at lunchtime?"

6 RESPECT THEIR BOUNDARIES

If a child isn't ready to talk to about something yet, respect their boundaries: this reinforces that their feelings are important and worthy of consideration. Ideally, you're aiming to let them know you care without smothering them, so just make it clear that you're there for them whenever they're ready to chat. Gentle, regular check-ins can sometimes be the best form of progress.

7 LEAD BY EXAMPLE

Model open, honest and healthy communication in front of children and young people. Try to demonstrate kindness when talking about others and yourself, because if children hear adults being overly harsh, critical or judgmental, or see them having unrealistic expectations of themselves, it makes them more likely to adopt and repeat this behaviour themselves as they grow.

8 HAVE REGULAR CHECK-INS

Check in with children periodically to discuss how they're feeling and what's going on in their lives. This could be a weekly or monthly conversation, where the child has an opportunity to share whatever's on their mind. For parents and carers, getting away from the house and other distractions might be productive here: you could consider regular trips to a coffee shop or a café, or just a weekly walk.

9 PROVIDE RESOURCES

It's often beneficial to let children know about other support that's available to them if they're struggling to talk to you specifically. Encourage them to talk to school counsellors, trusted adults or even a therapist, if necessary – while normalising this route and dispelling the harmful stigma around asking for help. Older children could engage with resources such as Kooth or YoungMinds.

10 CELEBRATE EMOTIONAL EXPRESSION

It's beneficial to praise children for expressing their feelings honestly – emphasising how important it is to talk about their emotions and how proud you are of them for doing so. This can be especially pivotal for boys, who often experience more of a stigma around talking frankly about their feelings and their mental health – a barrier that can be overcome, with enough love and support.

Meet Our Expert

With 30 years' experience as a teacher, trainer, consultant and interim executive board member, Anna Bateman has a superb understanding of what works in pedagogy, school improvement and leadership. She has also advised the Department for Education on their mental health green paper.



#WakeUpWednesday

The National College

X @wake_up_weds

f /www.thenationalcollege

ig @wake.up.wednesday

yt @wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 20.03.2024



ARE YOU FASTING FOR RAMADAN? WE HAVE EXTENDED THE DEADLINE ON OUR IFTAR BOXES!

AVAILABLE FROM 18TH MARCH - 28TH MARCH

The kitchen team are producing daily boxes, ready to be collected each day and taken home ready for Iftar.



SCAN THE QR CODE TO
FIND OUT MORE AND TO
RESERVE YOURS NOW FOR
THE WHOLE OF RAMADAN!

BOXES ARE £2.60 EACH OR **FREE**
OF CHARGE, IF YOU ARE ENTITLED
TO FREE SCHOOL MEALS.

