

## Contents

	Page
Message from the Principal	1-2
Dates for the Diary	2-3
Student of the Month	3
CHA-PTA	3
Safeguarding	4
Careers	4
GCSE Child Dev and A Level H&SC	4
Extra Curricular Activities	5
Physical Education	5-6
Learning and Teaching	6-7-8
Chesham drop in poster	8
TikTok poster	9



## Message from the Principal

Welcome to this week's edition of our newsletter.

### VACCINATIONS AND COVID UPDATE

Locally cases remain high, albeit lower than the national average. This week in school there have been a smaller number of confirmed cases than of recently. I would like to update parents on the following:

- Staff and students will continue to wear face coverings in communal areas of the school.
- The school strongly encourages all parents to lateral flow test their child/ren at least twice a week.
- Last week the NHS were in school to carry out the Covid vaccinations. The students conducted themselves incredibly well and we would like to thank all parents who consented for their child to receive the vaccine. They are hoping to return in early December as a follow-up, although walk-in opportunities for vaccinations can be found using this link:
- <https://www.nhs.uk/service-search/find-a-walk-in-coronavirus-covid-19-vaccination-site>

### Y11 PARENTS' EVENING – THURSDAY 18 NOVEMBER, 4.00-7.00PM

This parents evening is via the online SchoolCloud. If you have any queries please do contact us. We look forward to seeing you (virtually) at this event.

### WATCH THIS SPACE FOR NEWS OF THE CHRISTMAS DINNER

The Christmas dinner arrangements for students will be shared in the newsletter next week. In the last few years, these have been an enjoyable festive occasion, with a lovely two-course traditional meal. There will, as always, be meat and vegetarian options.



Create, Aspire and Excel  
to 'Live life in all its fullness' (John 10:10)

## SOCIAL MEDIA CONCERNS

Further to my letter to you at the beginning of the week and full school assembly, the posts have now reduced and some have been removed. So many of our students have shared their unhappiness with the content of these and their moral compass is certainly in the right direction. Thank you for your support in this matter. We have continued to share information with the police. It is sad to find out from other schools across the country that they have also, in the last weeks, experienced the same unacceptable use of social media. We understand a 'challenge' was set on one of the media platforms to encourage young people to do this.

## REMEMBRANCE DAY

During the month of November, we will be encouraging our students to take moments of reflection during Thought for CHA and in Collective Worship to remember the faithful departed that have gone before us. On Thursday, the whole school will join to listen to The Last Post before reflecting, honouring and remembering with two minutes of silence.



## PEDESTRIAN CROSSING AND PARKING

I am pleased to confirm that the installation of the pedestrian crossing was completed more quickly than was planned. It is good to see students using the lights; waiting for them to turn green and then crossing, this is far safer than the pedestrian island that we were all used to. We have continued to have concerns raised about blocked drives. Please ensure that you do not park across our neighbours' driveways or leave your car engine running whilst waiting for the afternoon pick-up or morning drop-off. Thank you in advance for your consideration to the local residents and to us all in reducing air pollution.

## CRAFT FAYRE

It was lovely to see so many of you supporting and enjoying this event last Sunday. Some of you were selling your crafts, others finding some lovely gifts from a varied range on display. Well done to the PTA for planning this wonderful event. Do please put in your diary the next Craft Fayre which will be on Sunday 20 March 2022.

## Dates for the Diary

Date	Event	Email address
11 November	UKMT – Y11, Y12 and Y13 Maths Challenge	rvaddiraju@chacademy.co.uk
11 November	Supporting Your Child in Literacy, Maths and Science, 6.00-7.30pm - POSTPONED	skeith@chacademy.co.uk
12 November	Y12/Y13 First Aid Training	lharman@chacademy.co.uk
17 November	Media trip to National Film and Television School, all day	emellish@chacademy.co.uk
18 November	Y11 Parents' Evening via Schoolcloud, 3.45 to 7.00pm	dsweet@chacademy.co.uk
19 November	Children in Need (Non uniform day)	lharman@chacademy.co.uk
22 November	Y11 Dance Practical examinations all day	jcollins1@chacademy.co.uk
24 November	Y9 to Y13 trip to Aylesbury Theatre to see <i>The Play that Goes Wrong</i> , 6.00 to 11.00pm	pleathers@chacademy.co.uk
25 November	Sixth Form Options Evening, 6.30 to 8.00pm	lharman@chacademy.co.uk
29 November to 10 December	Y11 and Y13 Mock Examinations	tdell@chacademy.co.uk
30 November	CHA-PTA meeting, 7.00 to 8.00pm	chapta@chacademy.co.uk
2 December	Service for parents, staff and students 3.45-4.10pm, refreshments available in atrium from 3.30pm	wsanders@chacademy.co.uk

## Student of the Month – October

Forename	Surname	Year	Reg	Reason
Jack	Gainfort	Year 7	LFS	For excellent effort and work in Geography
Carmen	Davenport	Year 8	ELR	For positive attitude in English
Calum	Eggleton	Year 9	RHM	For always being focused and asking questions if he needs to in Mathematics
Jayden	Randles	Year 10	SUK	For dedication and hard work in Child Development
Aaryan	Mehmood	Year 11	SHN	For excellent preparation and write-up of Business report
Drew	Preece	Year 12	AHE	For his hard work in Business Enterprise
Cleo	Kontos	Year 13	AHE	For mastering calculations in Business studies
Student of the Month - Design/Performing Arts				
Forename	Surname	Year	Reg	Reason
Harley	Hemson	Year 7	FEF	For commitment to Music
Yee	Wong	Year 8	JAD	For positivity and commitment to Drama
Klayton	Smith	Year 9	SAM	For imaginative ideas in Design
Aqsa	Jaan	Year 10	JAC	For consistent improvement in Design
Tabitha	Reeves	Year 11	AGR	For her mock assessment performance in Dance
Sophie	Gray	Year 12	ELM	For effort and high standard of work in Art
Mya	Watkins	Year 13	VLK	For improvement and quality of work in Art

## CHA – PTA News

### WINTER FAYRE

A huge thanks to everyone who attended the fayre on Sunday – I think you'll agree it was absolutely fantastic. Thanks to the lovely stall holders (there were 40 of them!), the fabulous jazz trio, all the helpers and everyone who attended. The atmosphere was just amazing and hopefully we are all a little more prepared for Christmas now!

### PTA MEETING - MONDAY 30 NOVEMBER 7.00 to 8.00pm

To be held in the atrium, our last meeting of 2021. All welcome.

### ROTARY SANTA'S SLEIGH HELPERS - MONDAY 6 DECEMBER 5.30 to 9.15pm

As in previous years, we are helping the Rotary Club accompany Santa around the Chesham community. The proceeds of all of the collections are shared between everyone who helps and we are one of the lucky benefactors. We must have 10-12 helpers to make this work, so please volunteer if you are able. Just send an email to [chapta@chacademy.co.uk](mailto:chapta@chacademy.co.uk) and let me know if you can. You'll need to wrap up warm but it is a great way to spend the evening and you get to spend time with Santa!

### SPRING CRAFT FAYRE – SUNDAY 20 MARCH 2022

Thinking ahead just a date for your diary! After our amazing success this weekend, we have confirmed a Spring Fayre for next term. If you are a crafter who is keen to attend. We will take bookings in the New Year but we thought you would like to save the date.

Mrs Sarah Webb  
Chair CHA PTA

## Safeguarding

The following link will take you to a short video about consent that you might like to watch with your child:

<https://www.youtube.com/watch?v=pZwvrXVavnQ>

### How to approach conversations with your child about online relationships

Thinkuknow has launched #AskTheAwkward, a resource for parents and carers of secondary-aged children to help them have regular conversations with their children about online relationships. The resource includes three short films and a series of help sheets covering themes raised in the films including: exploring sex, sexuality and identity online; starting new relationships online; sharing nudes and semi-nudes and unwanted sexual contact online. The three films: Making Connections, Building Trust and Facing Challenges, are about 7 minutes long each, giving great advice and guidance if you are unsure how to start the conversation.

Please click on the link below to access the resources.

[#AskTheAwkward](#)

Mrs J Conway  
VP/Safeguarding Lead

## Careers



November's edition of Classroom to Career for students and parents is out now and available [here](#), brimming with careers activities and insight to support students in their future careers including work experience and apprenticeship opportunities at PWC, Jaguar Land Rover and Volkswagen. You will find details on the National Apprenticeship Show and The Bucks Skills Showcase, 10-12 November, where local Buckinghamshire employers will be explaining different career options, what employers are looking for and how to prepare to enter the world of work.

This month there is an industry spotlight on Construction, looking at a huge range of roles with 25,000 people working in this sector in Buckinghamshire alone.

## GCSE Child Development & A Level Health and Social Care

On Thursday 4 November we explored some activities relating to Diwali. These are a few of the Year 11 creations based on Rangoli designs! Alongside this, we discussed the importance of being aware of religious festivals and celebrations throughout the year, especially when working with young children.

Miss E Rowan  
Curriculum Leader Child Development



## Extra Curricular Activities

During Form time this week, Academic Form Teachers have shared the extra-curricular booklet with students. We have a number of activities available and we would encourage students to take up at least one activity. The booklet will be reviewed termly and new activities will be added, so if your son/daughter would like to see a particular activity included, please contact Mr Upton on [gupton@chacademy.co.uk](mailto:gupton@chacademy.co.uk). He will be happy to look at extra opportunities. The booklet is on our website under "School Life/Curriculum/School Day". You will find it through the link in the last paragraph. Copies are also with Form tutors.

As the nights draw in, please ensure that you give permission for your son/daughter to walk home (if applicable) and provide them with a note to for the extra-curricular leader giving your son/daughter permission. Alternatively, you can email Mr Upton with the name of the extra-curricular activity and state that you give your son/daughter permission.

We look forward to welcoming students.

Mr A Griffiths  
Vice Principal

## Physical Education

### PE Netball Match Report

Well done to the Year 7 and 9s who played their first Netball matches on 4 November against Chesham Grammar. The Year 7s scored 4 fantastic goals against Chesham Grammar and the Year 9s played two games back to back and kept their spirits up high! Well done girls!

### Upcoming PE Fixtures

#### Wednesday 10 November

Sixth Form vs Amersham boys' football [Home]  
Year 7 & 8 girls' netball vs St Mary's [Away]

#### Thursday 11 November

Sixth Form vs Beaconsfield boys' football [Home]

### Upcoming PE Extra-Curricular

#### Monday 8 November

All Years' boys' football  
No Year 9/10/11 girls' netball

#### Wednesday 10 November

No Year 7/8 girls' netball

#### Thursday 11 November:

Year 10 and 11 girls' football

All Years' netball training will resume week commencing 15 November.

### PE Lesson Notices

The majority of lessons are now outside. Therefore, please ensure your child brings appropriate layering in order to keep warm. Ideas of how to do this are as follows:

Feet: Extra pair of socks/thick socks

Legs: CHA leggings then wear plain black jogging bottoms on top

Top: Plain black long-sleeved top to go under the CHA T-shirt. CHA jumper to be placed over the T-shirt.

Hands: Gloves can only be worn if your child is doing football as their sport.

If your child is doing football as their sport this half term, please ensure they bring their football boots into school. Also shin pads are highly recommended.

If you have any issues or questions, please do not hesitate to contact me on [cpassmore@chacademy.co.uk](mailto:cpassmore@chacademy.co.uk) .

Miss C Passmore  
Curriculum Leader PE

## Learning and Teaching

### Supporting Your Child's Learning in Years 7 and 8

As promised, due to the cancellation of the Supporting Your Child in Literacy, Maths and Science Workshop, this is the first update regarding how to support your child in school generally and with specific reference to Literacy, Maths and Science.

Each update will consist of two parts; the first part is regarding how to support your child generally and the second part will focus on a curriculum area.

Being involved in your child's education makes a significant difference to their chances of success. Research has shown that children whose parents/carers are involved in their education gain higher marks or exam grades, have a better attitude towards learning and become more self-confident.

When your child starts secondary school, it can sometimes be challenging to take the same level of interest in their work as when your child was of primary school age, especially if you do not have good memories of secondary school. It is, however, equally as important to take an active interest in your child's work at secondary school as it was when they were younger. By working with us at CHA as a team, you can help your child stay positive, on track academically and make the most of the opportunities offered at CHA, so that your child can be successful in the future, both academically and non-academically.

The more you know about what your child is learning, the more support you can offer. At CHA, we try to involve you in your child's learning in the following four main ways:

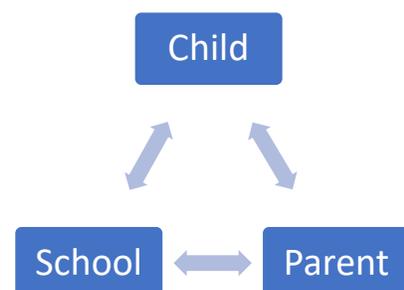
- by keeping you updated about how your child is learning, i.e. the curriculum, teaching methods, homework, tests and exams and any changes to the education system.
- by keeping you informed about your child's progress via their Progress Check Reports, which gives an overview of how your child is performing academically, their attitude to learning in class, and the standard to which homework is completed.
- by keeping you informed about your child's attendance, punctuality and behaviour (merits and behaviour points) which form part of your child's Progress Check Report.
- by meeting with you 'face-to-face' (in school or online) to discuss with you directly how your child is doing.

Furthermore, shortly, you will also be receiving an email home from your child's Academic Form Tutor at least once a term.

#### Taking a Daily Interest

As much as when asked about how your child's day was, they might say 'boring' or 'okay', do persist in taking a daily interest in your child's school day. For example:

- Ask your child about their day – what went well? What did not? What did they enjoy the most or the least? Even what did they buy for lunch?



- Find out what topics your child is studying by looking in your child's books, talking to teachers, or checking their homework.
- Ask about your child's homework (use Show My Homework to help you) – check that they know when the task is due or if they need help with anything. Please do check Show My Homework to understand what your child needs to complete and by when.
- Read the school newsletter for upcoming events and mark them in your calendar for activities that will include your child.
- Contact your child's Academic Form Tutor (AFT) or Academic Year Lead (AYL) if you have any concerns or questions.

In next week's newsletter the general focus will be on supporting your child with their homework.

### Curriculum Focus – Maths

Your child would have spent many hours at primary school learning times tables and related division facts. In addition, times table facts are required in many aspects of secondary mathematics, including:

- place value such as standard form
- short and long multiplication, including word problems
- fractions, decimals and percentages
- algebra
- geometry such as area, surface area and volume.

A simple way in supporting your child with either learning times table facts/related division facts or improving their recall of these facts is by using a times table square.

For as little as two minutes most days, you can ask your child times table facts and related division facts i.e.  $6 \times 5 = 30$ ,  $5 \times 6 = 30$ ,  $30 \div 6 = 5$  and  $30 \div 5 = 6$ .

You could also ask your child questions such as:

What number would 4 be multiplied by to get 32?

What number would 35 be divided by to get to an answer of 7?

What is the remainder of  $43 \div 5$ ?

What times table facts can you think of that would answer 36?

Give me five division calculations that would result in an answer of 5.

If necessary, your child can use the times table grid below to help them – using a times table grid to help them can make an enormous difference to your child's ability to recall these facts.

X	1	2	3	4	5	6	7	8	9	10	11	12
1	1	2	3	4	5	6	7	8	9	10	11	12
2	2	4	6	8	10	12	14	16	18	20	22	24
3	3	6	9	12	15	18	21	24	27	30	33	36
4	4	8	12	16	20	24	28	32	36	40	44	48
5	5	10	15	20	25	30	35	40	45	50	55	60
6	6	12	18	24	30	36	42	48	54	60	66	72
7	7	14	21	28	35	42	49	56	63	70	77	84
8	8	16	24	32	40	48	56	64	72	80	88	96
9	9	18	27	36	45	54	63	72	81	90	99	108
10	10	20	30	40	50	60	70	80	90	100	110	120
11	11	22	33	44	55	66	77	88	99	110	121	132
12	12	24	36	48	60	72	84	96	108	120	132	144

Your child has a times table grid in their school planner.

Essential vocabulary associated with times tables is:

**Multiple** – a number in a times table, e.g. 6, 12, 18, are multiples of the six times tables

**Lowest Common Multiple (LCM)** – the lowest shared multiple of two or more numbers, e.g. the lowest common multiple of the 6 and 8 times table is 24 (4 x 6 and 3 x 8)

**Factor** - a number that divides exactly into another number, e.g. the factors of 6 are 1 and 6 and 2 and 3

**Highest Common Factor (HCF)** - the highest factor shared by two or more numbers, e.g. the HCF of 8 and 12 is 4.

Feel free to contact Sue Keith at [skeith@chacademy.co.uk](mailto:skeith@chacademy.co.uk) if you have any questions or require further information.

Mrs S Keith

Second in Dept/KS3 Lead - Maths

Learning and Teaching Lead Practitioner



## Chesham Youth Drop-In

Help and support for 11-19 year olds (up to 25 with SEND)

**Help with**

- options after year 11
- health and wellbeing
- activities and things to do
- one-to-one or group support when you need it most
- ways to get your voice heard on issues that matter most to you
- Addiction support from **switch**



**switch**



**Every Thursday**  
3.30 to 5.30pm



**Chesham Youth Centre**  
Old Drill Hall, Bellingdon Road,  
Chesham HP5 2HA

Phone appointments are also available by contacting  
01296 383 293 or [familyinfo@buckinghamshire.gov.uk](mailto:familyinfo@buckinghamshire.gov.uk)

**For more information please visit**  
[familyinfo.buckinghamshire.gov.uk/familysupport](http://familyinfo.buckinghamshire.gov.uk/familysupport)

Principal: Mr K Patrick MEd

Chiltern Hills Academy  
Chartridge Lane, Chesham  
Buckinghamshire HP5 2RG

Registered in England & Wales  
No 07718351

Telephone 01494 782066  
[office@chacademy.co.uk](mailto:office@chacademy.co.uk)  
[www.chilternhillsacademy.co.uk](http://www.chilternhillsacademy.co.uk)

Registered Office Diocesan Church House Oxford,  
Langford Locks, Kidlington, Oxfordshire, OX5 1GF

 DIOCESE OF  
OXFORD

A Church of England Academy



# What Parents & Carers Need to Know about TIKTOK

TikTok is a video-sharing social media app which lets people create, view and download looping 15-second clips. Typically, these are videos of users lip-syncing and dancing to popular songs or soundbites (often for comic purposes), enhanced with filters, effects and text. Designed with young people in mind, TikTok skyrocketed in popularity in 2019 and has featured near the top of download charts ever since. It now has around a billion users worldwide.

## AGE-INAPPROPRIATE CONTENT

Most videos appearing on a child's feed are light-hearted and amusing. However, some clips have been reported for featuring drug and alcohol abuse, themes of suicide and self-harm, or young teens acting in a sexually suggestive way. The sheer volume of uploads is impossible to moderate entirely – and since TikTok Jump's introduction in mid-2021, users can view third-party content outside the app.

18

CENSORED

## EXPLICIT SONGS

TikTok primarily revolves around videos of users lip-syncing and dancing to music. Inevitably, some featured songs will contain explicit or suggestive lyrics. Given the app's young user-base, there is a risk that children may view older users' videos and then be inclined to imitate any explicit language or suggestive actions.

W&H#1

## TIKTOK FAME

The app has created its own celebrities: Charli D'Amelio and Lil Nas X, for example, were catapulted to fame by exposure on TikTok – leading to many more teens attempting to go viral and become 'TikTok famous'. While most aspiring stars hoping to be 'the next big thing' will find it difficult, setbacks may in turn prompt them to go to even more drastic lengths to get noticed.



## HAZARDOUS VISIBILITY

Connecting with others is simple on TikTok – including commenting on and reacting to users' videos, following their profile and downloading their content. The majority of these interactions are harmless, but – because of its abundance of teen users – TikTok has experienced problems with predators contacting young people.

## ADDICTIVE NATURE

Like all social media platforms, TikTok can be extremely addictive. It can be hugely entertaining – but that also makes it hard to put down. As well as the punchy nature of the short video format, the app's ability to keep users intrigued about what's coming next means it's easy for a 5-minute visit to turn into a 45-minute stay.

## IN-APP SPENDING

There's an in-app option to purchase 'TikTok coins', which are then converted into digital rewards for sending to content creators that a user likes. Prices range from 99p to an eye-watering £99 bundle. TikTok is also connected with Shopify, which allows users to buy products through the app.

## Advice for Parents & Carers

### TALK ABOUT ONLINE CONTENT

Assuming your child is above TikTok's age limit, talk to them about what they've viewed on the app. Ask their opinion on what's appropriate and what isn't. Explain why they shouldn't give out personal details or upload videos which reveal information like their school or home address. In the long run, teaching them to think critically about what they see on TikTok could help them to become social-media savvy.

### MAINTAIN PRIVACY SETTINGS

The default setting for all under 18s' accounts is 'private'. Keeping it that way is the safest solution: it means only users who your child approves can watch their videos. The 'stitch' (which lets users splice clips from other people's videos into their own) and 'Duet' (where you build on another user's content by recording your own video alongside their original) features are now only available to over 18s. This might clash with your child's ambitions of social media stardom, but it will fortify their account against predators.

### LEARN ABOUT REPORTING AND BLOCKING

With the correct privacy settings applied, TikTok is a relatively safe space. However, in case something does slip through, make sure your child knows how to recognise and report inappropriate content and get them to come to you about anything upsetting that they've seen. TikTok allows users to report anyone breaching its guidelines, while you can also block individual users through their profile.

### ENABLE FAMILY PAIRING

'Family Pairing' lets parents and carers link their own TikTok account to their child's. Through your mobile, you can control your child's safety settings remotely – including limiting screen time, managing their ability to exchange messages (and with whom) and blocking a lot of age-inappropriate content. TikTok's Safety Centre also provides resources for parents and carers to support online safety among families. These resources can be found on their website.

### USE RESTRICTED MODE

In the app's 'Digital Wellbeing' section, you can filter out inappropriate content (specific content creators or hashtags, for instance) using 'Restricted Mode'. This can then be locked with a PIN. You should note, though, that the algorithm moderating content isn't totally dependable – so it's wise to stay aware of what your child is watching.

### MODERATE SCREEN TIME

As entertaining as TikTok is, you can help your child to manage their time on it in the 'Digital Wellbeing' section. Under 'Screen Time Management', you can limit the daily permitted time on the app (in increments ranging from 40 minutes to two hours). This preference can also be locked behind a PIN. That way, your child can get their regular dose of TikTok without wasting the whole day.

## Meet Our Expert

Fervyn Kaur is a social media expert and digital media consultant who is passionate about improving digital literacy for parents and children. She has extensive experience in the social media arena and is the founder of Kids N Clicks, a web resource that helps parents and children thrive in a digital world.



**NOS**  
National  
Online  
Safety®  
#WakeUpWednesday



[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety