



It's been another busy week in school. A particular highlight was the wonderful Sports' Awards' Presentation Evening on Wednesday which was organised by our PE department. It was lovely to welcome so many parents and carers into school to see their children being recognised for commitment and participation in extra-curricular activities and learning opportunities facilitated by the department. Sport helps us to develop so many important skills such as teamwork, decision making, communication, resilience, and organisation. Students have so many learning experiences linked to sport and PE both within and beyond the school day; thank you to parents and carers for all the support that you give to support these activities too.

There has also been a lot of planning taking place behind the scenes for our second Enrichment Day of the academic year which will take place on Friday 15th December. Students will be learning with their year teams as they take part in a variety of different activities, celebrating Christmas, working together and supporting charities. Planning also continues for the Spring Term and beyond; form tutors have supported students with a student voice about their form time programme and a few adjustments will be made to this after Christmas in response to the feedback. The School Council has been meeting and we look forward to hearing more about their work and plans in the future.

Thank you for your ongoing support of the school; please do not hesitate to contact us if you have any questions or queries.

Upcoming Dates

- Tuesday 12th December – Flu Vaccine Catch-Up Session
- Tuesday 12th December – Match Report Education Tour – Year 11
- Thursday 14th December – Year 11 GCSE Rock Climbing Assessment
- Thursday 14th December – Christmas Fayre, 4:30pm – 6:30pm
- Friday 15th December – Post 16 German Market Visit
- Wednesday 20th December – Year 10 Blue Orange Theatre Visit
- Wednesday 20th December – Year 13 Parents' Evening

Assembly Themes

- Assembly focus this week was Senior Leadership Team Assembly
- w/c 11/12 – Human Rights' Day
- w/c 18/12 – Christmas Rewards
- Please take the time to talk to your child about what they have learnt in Assembly.

Free School Meals' Supermarket Vouchers – Christmas Holidays

We have received confirmation from Sandwell that a voucher for £25 for each of the two weeks of the Christmas holidays – so a total of £50 per Free School Meal-eligible student – will be provided. These will be issued from school in the usual fashion later on this term. Do please ensure that we have up-to-date email addresses for you, and please contact the school from Thursday 21st December onwards if you have not received your voucher and ask to speak to our Finance team. Please remember that vouchers can only be provided if your child is eligible for Free School Meals. As always, if you need help with applying for Free School Meals, please contact us and ask for Finance and we will do our best to help.



Top tips for keeping warm and well this winter

KEEP WARM

You should heat your home to a temperature that's comfortable for you. Try to heat rooms that you regularly use, such as your living room and bedroom, to at least 18°C if you can. You should also keep your bedroom windows closed at night. Exposure to low temperatures indoors can have a serious impact on your health as you get older, particularly for people living with health conditions or reduced mobility. Wearing several layers will keep you warmer than one, thicker layer.

GET FINANCIAL SUPPORT

There are grants, benefits and sources of advice available to increase your income, make your home more energy efficient and improve your heating. There are also support measures in place to help with the cost of living.

For further advice on these support measures, visit Age UK's website www.ageuk.org.uk/financial-support or call 0800 169 6565

LOOK AFTER YOURSELF

- If you're aged 65 or over or a carer you're eligible for a free flu jab and an Autumn Covid-19 booster this winter. Contact your GP or pharmacist or visit the NHS website www.nhs.uk to learn more.
- Don't delay treating minor winter ailments like colds or sore throats. Visit your local pharmacist for advice on treatment.
- Keep in touch with your friends, neighbours and family. Reach out if you need any practical help and tell somebody if you're feeling under the weather.
- Wear shoes with good grip when you go outside to avoid slips and falls on slippery or icy surfaces.
- When you're indoors, try not to sit still for more than an hour or so. If you find it difficult to move about, stretching your arms and legs can also help keep you warm.
- If bad weather is forecast, make sure you have everything you need at home. Check you've got enough medication and food in case it's harder to leave the house.
- Eat well and stay hydrated. It can sometimes be difficult to keep up the motivation to prepare meals in winter, but our diet, including how much we eat, is an important part of staying healthy and well.
- If you have visitors, it can help stop the spread of germs to ventilate the room for a few minutes before and after they arrive. You might be more comfortable leaving the window open during their visit, if it's not too cold.
- If you are worried about your health or feeling down, contact your local pharmacist, 111 or your GP, who will all be able to offer advice and support. In an emergency dial 999.

PREPARE YOUR HOME

- Have your heating and cooking appliances checked by a Gas Safe® registered engineer to make sure they are working safely.
- Contact your water and power suppliers to see if you can be on the Priority Services Register, a free support service that helps people in vulnerable situations.

For more information about how to stay warm and well in winter visit Age UK's website www.ageuk.org.uk/winterprep or call 0800 169 6565.

This leaflet was prepared by UK Health Security Agency (UKHSA) and Age UK. If you have questions about this publication please contact press@ukhsa.nhs.uk 0300 330 1371

MERRY CHRISTMAS

FESTIVE FAMILY FUN DAY

SUNDAY 17 DECEMBER
12 - 4.30PM

- Children's activities
- Grotto
- Entertainment
- Fun & Games
- Bespoke gifts
- Food & Licenced Bar
- Craft stalls
- Music

Brook Street Community Center
Brook Street, Tipton DY4 9DD

Go play Sandwell Sandwell Metropolitan Borough Council

Tipton Community Association 50th Anniversary 1973-2023

TRA
Tibby Tenants and Residents Association

Use your HAF code to book your FREE place

WINTER WONDERS ACTIVITY WEEK

27, 28, 29, 30 DECEMBER

12 NOON - 4PM
Brook Street Community Centre,
Tipton, DY4 9DD

@tibbytra.co.uk
07341 700 402

Including hot meal

SANDWELL Holiday Activities

Department for Education

Life in Community Autumn/Winter Timetable

Motivation Mondays Mondays 12pm - 7pm

Lifeline Advocates Support Drop In
Lifeline Advocates

LIC Community Money Advice Connect Hub
Life and DEBT

Walk & Talk 6pm - 7pm
Walk & Talk

Lifeline SEN Group 6pm - 7pm
Lifeline SEN Group

Terrific Tuesdays Tuesdays 1:30pm - 7pm

It's a Man's Life Men's support group 1:30pm - 3pm
It's a man's Life £2 per person

Love your Life Kidz Youth Club 4pm - 5:30pm
Love your Life Kidz £1 per person

Welcoming Spaces Warm Hub 6pm - 7pm
WELCOMING SPACES

Wellbeing Wednesdays Wednesdays 11am - 5pm

Lifeline Light Exercise 11:15am - 12pm
Lifeline Light Exercise £2 per person

Coffee, Cake & Crumpets Well-being Session 12:30pm - 2:30pm
Coffee Cake & Crumpets £2 per person

Me, You, Coffee & Zoom 1st Wednesday of each month 7pm-8pm
Me, You, Coffee & ZOOM

Focus Fridays Fridays 11am - 3pm

Lifeline Advocates Support Drop In
Lifeline Advocates

LIC Community Money Advice Connect Hub
Life and DEBT

Life in Community General Drop In
Drop In



Join us for Welcoming Spaces



Mondays 12pm - 4pm
Tuesdays 6pm - 7pm
Wednesdays 3pm - 5pm
Fridays 11am - 3pm

St John's Hall, Upper Church Ln, DY4 9ND St John's Tipton



Please visit our website to find out more about our range of services
text 'HELP' to 07752 659257
<https://lifeincommunity.org.uk>

Life in Community at Church Hall

St John's Tipton at Church Hall

Joy

Cup of Cheer

Monday 11th December
Monday 18th December
Between 1pm - 3pm

St Johns Church Hall, Upper Church Lane, Tipton, DY4 9ND

Please visit our website to find out more about our range of services
or text 'Cup of Cheer' to 07752 659257
<https://lifeincommunity.org.uk>

It's Christmas Time – Parents guide to help keep children safe online



It's Christmas Time!

A Parent's Guide to Social Media

A Parent's Guide to Sharing Pictures

A Parent's Guide to Gaming

A Parent's Guide to Online Grooming

scan the QR code with your phone's camera to see the guides on our website.

A Parent's Guide to Live Streaming

A Parent's Guide to Online Influencers

A Parent's Guide to Fake News

A Parent's Guide to Privacy Settings

It's always best to be prepared

Many parents may be planning to give electronic gadgets to their children this festive period. Our guide is designed to help parents take a realistic approach to help keep their children safe when using the internet, social media and playing online games.

Scan the QR code to find out more.

Online safety is when young people know who they can tell if they feel upset by something that has happened online.

Parents please contact your school to enquire attending their next e-safety workshop or have any concerns.

Working with Home Office 'PREVENT', The Police and Crime Commissioner and Children's Safeguarding Partnerships to help keep children safe online.

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Developed in partnership with



Skips

www.skipssafetynet.org