

## Message from the Senior Leadership Team

I would like to begin by wishing all of our pupils, parents and staff a very happy New Year. I hope that a restful and joyful Christmas break was had by all, even though it was very different to what we normally experience.

Reflecting on last term, I look back with immense pride on all the achievements of our pupils and school community. Our fundraising activities; Christmas Giving Tree for the Salvation Army, Year 5 carol singing for our local care home, collecting items for Christmas hampers to donate to Action for Refugees, Children's ward at Lewisham Hospital and the Salvation Army, all highlight the generosity of spirit and how we put our Academy and Gospel values into action.

Our Nativity, performed by our reception pupils and KS1 and KS2 carol concerts, the secondary Christmas Showcase and talent show were a delight to watch and the staff and children worked really hard to present these. If you have not yet had the opportunity to view these then please log on to our website for a belated Christmas treat.

This week we all received the sad news that schools would move to remote learning for pupils. Whilst we welcome all our children of key workers, we really miss not having all our pupils with us. The children's learning and development is at the forefront of all we do, so please support us in ensuring that they fully engage with their online learning. We will be showcasing the outstanding work completed by pupils on twitter and our website.

We look forward to seeing you all soon and having our community back together again.

God bless and stay safe

Ms Chick - Head of Primary Phase

## Prayer and refection



6 January is the Feast of the Epiphany, when Christmastide draws to a close.

'Epiphany: this word indicates the manifestation of the Lord, who, as Saint Paul tells us in the second reading (cf. Eph 3:6), makes himself known to all the nations, today represented by the Magi. In this way, we see revealed the glory of a God who has come for everyone: every nation, language and people is welcomed and loved by him. It is symbolized by the light, which penetrates and illumines all things.'

Pope Francis, Epiphany 2020

### A Prayer: Guiding Star

Lord, the sight of the guiding star,  
brought hope, courage and joy  
to those who had journeyed to find you.

When our journey seems long,  
when hope seems far away,  
when our courage is failing  
fill us with faith and trust;  
shine your light on our fears,  
lift our hearts with your joy.

Help us to recognise you  
in our brothers and sisters  
throughout the world;  
show us how we can work together  
so that we may all come to share in the life  
promised to us by Jesus,  
the Saviour of us all. Amen

Prayer from CAFOD

# Whole Academy News

## Advent

Pupils and staff reflected on the season of Advent in our weekly assemblies leading up to the end of term, led Mrs Guest, Deputy Headteacher and the RE Department in the secondary phase and the primary team in the primary phase. Advent is a time of preparation and waiting and we called on one another to use this period to draw closer to God. Even in these challenging times it is easy to fill our time with shopping and our plans for celebrating friends and family

We asked our community to think about the CAFOD campaign "Messages to the Brave". CAFOD was asking their supporters to send a message of support to human rights campaigners around the world to show that they have a community of people in the UK who are all praying and standing with them.



We looked forward to celebrating a liturgy together as a whole school community and decided that we actually wanted the whole school to celebrate with other schools in the Archdiocese of Southwark and so on Thursday 17<sup>th</sup> December at 11am all of our form groups watched Archbishop John Wilson's Advent Liturgy live via Zoom. Pupils from schools across the Archdiocese of Southwark including from Canterbury, Merton, Wimbledon, Southwark took part in the readings. This included one of our Year 7 pupils Patrick, from 7.1 who did a beautiful reading based on the Gospel of Luke. At the end of the celebration pupils from all of the schools were able to wish each other a "Merry Christmas!" live on Zoom. We look forward to seeing each other in person soon but very much enjoyed being able to share this special celebration with the pupils, members of the Diocese of Southwark Education Commission and Archbishop John Wilson.



# Whole Academy News

## St Matthew academy's drive for equality and diversity.

At St Matthew Academy we are committed to ensuring equity and diversity pervades at every level of Academy life. We endeavour to embed equity and diversity throughout our pupils' learning experience, ensuring that our teaching and learning resources, content and modes of communication celebrates our diverse backgrounds and challenges all forms of discrimination, including racism. Since June 2020 the Equality and Diversity team have worked with staff and external providers to promote equity and diversity. Feedback from staff indicated that in order for the Academy to truly promote and drive equity and diversity within the Academy, a commitment to delivering high quality CPD relating to race, race relations, equity and diversity was imperative.

Therefore on the 4<sup>th</sup> January the Academy welcomed Hayley Bennett albeit virtually to lead a CPD session on race, anti-racism, equity, diversity and inclusion.

Hayley is a multi-award-winning Diversity and Inclusion Consultant and equality campaigner. Hayley has a background in both anti-racism and corporate diversity and inclusion and in 2020 she set up her own consultancy to support equity and diversity within business, sport and education. Her passion for inclusion in sport led her to co-found Nutmegs, a growing football community for women of colour and non-binary people of colour

and she was recently named one of the most influential Black people in football. The use of Mentimeter – an interactive presentation tool that allows users to engage their audiences in real time. Staff made some insightful contributions using the which they posted their lived experiences and views on various aspects including racism.

Hayley led an inspiring, engaging and informative CPD session which will only serve in supporting the work of the Equality and Diversity team, up skilling and developing the knowledge of the whole staff body on themes pertaining to race, ant-racism, equity, micro-aggressions, diversity and inclusion and supporting the Academy in striving to ensure equity and diversity permeates throughout SMA.

Although the session was delivered virtually, Hayley's passion was clear. The somewhat intimate virtual session evoked thought provoking moments, opportunities for reflection and a sharing of lived experiences amongst staff. The powerful message of fostering and embedding an anti-racist and inclusive culture at the Academy resonated with all staff. Staff also welcomed

A massive thank you to Hayley for delivering an enriching CPD session and we look forward to working with you in the future.

SMA INSET – Equity and Diversity  
Race, Equity, Diversity and Inclusion CPD Session led by Hayley T.V Bennett

Hayley T.V Bennett  
Diversity & Inclusion  
• Consultant  
• Trainer  
• Speaker  
• Creative

**anti-racist**  
noun: anti-racist  
a person who opposes racism and promotes racial tolerance.

"In a racist society, it's not enough to be non-racist—we must be ANTI-RACIST." —Angela Davis

How can you use your anti-racist lens and voice to create an anti-racist culture at SMA?

Successful, confident learners High expectations, outstanding achievements Inclusive, caring, Catholic community Nurturing talent, cultivating ambition Excellence for all

# Spotlight on EYFS and Key stage 1

In our Reception classes it has been an absolute pleasure to watch them grow over the last term and fully engage in their learning.



The immersive curriculum designed by the teachers has provided copious opportunities for the children to thoroughly enjoy their activities. Seeing children running into school and at the end of the day being reluctant to go home, tells us how much they love being here.



Trips to the forest school for story-telling, science and exploring have enriched the learning and the children have look forwards to these sessions. Our children have produced fantastic pieces of art, writing and maths work that is of exceptional quality for children so young. I would like to say a huge thank you to all our parents for their continued support.

Dragonfly Class had a fantastic time making Christmas crowns as part of our Christmas celebrations! The children used lots of maths skills by working in pairs to carefully measure their heads to make sure their Christmas crowns fitted.



Dragonflies also made some lovely Christmas cards for our SMA Christmas card competition and were delighted when Jennaya won the competition!



We have also been very busy reading real life stories about inspirational people. One of the icons we learnt about was Martin Luther King.

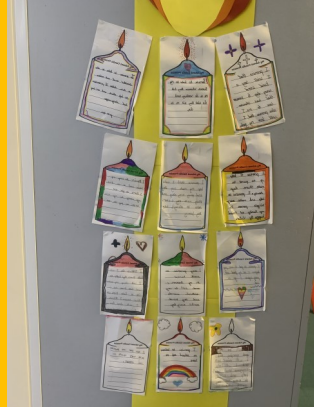


We have also been busy in our maths lessons, learning to tell the time to the hour and half hour!

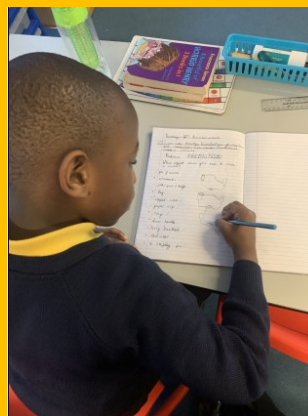
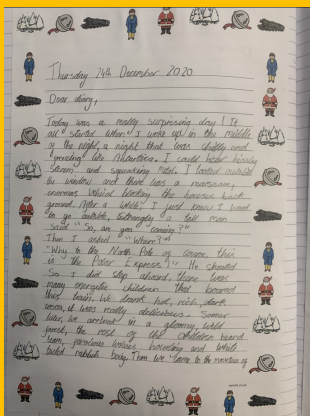


# Spotlight on Key stage two

What a fantastic way to end the year 2020! It has been another busy fortnight in KS2 as our children have been in high spirits enjoying their Christmas festivities.



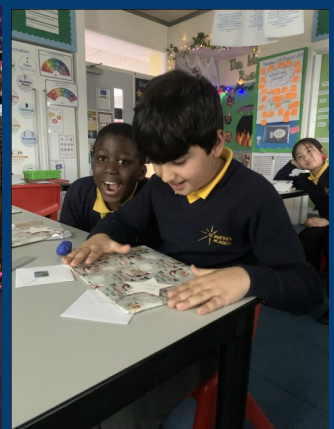
In Year 3 and Year 4 we have been learning about the birth of Jesus and what Christmas means for us. We learned to reflect from the stories of Mary and Jesus and the importance of placing our trust in God and how that can be reflected through real life situations. This helped us create our advent promises and embrace future challenges with an open mind.



In Year 4, we have also been reading Chris Van Allsburg's classic Christmas story 'The Polar Express', children enjoyed writing a diary entry as the main character from the story using expanded noun phrases and inverted commas to indicate direct speech.

In our Science lessons, we took our circuit investigations a step further by testing different objects to see if they could be used as a switch instead for an electric circuit. They then applied all of their knowledge and created their own unique circuits in a drawing.

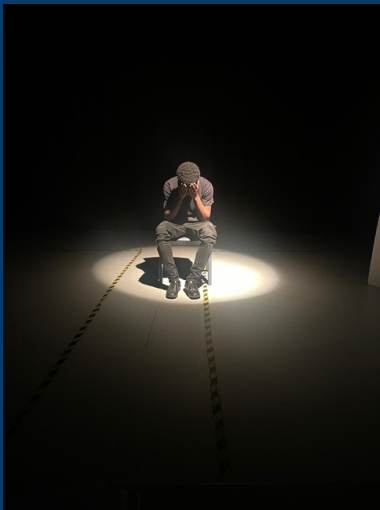
Christmas has been a theme incorporated in all aspects of our learning at this special time of the year, take a look at Year 3 who got very creative in making baubles for their very own Christmas trees at home. Our children were also treated to a delicious Christmas dinner and Christmas presents. Just look at the excitement on their faces! Well done for your hard work and determination this year, let's have another wonderful year of high spirits!



## Drama

# Spotlight on Key Stage 4

Congratulations to the Y11 Drama class who completed their monologues on the 15<sup>th</sup> December. They worked incredibly hard to rehearse and prepare their individual pieces which were then recorded and sent to their exam board. Their pieces touched on difficult topics like mental health, relationships and life, which they handled with excellent sensitivity and maturity. Well done Y11 Drama, Ms Barrallon and everyone else who worked so hard to help them achieve these excellent feats!



# Spotlight Health and Wellbeing

How do you have a healthy mind and body during lockdown?



Things that you should be doing daily...

Useful Links to help you plan how to keep fit and healthy during this lockdown.

- Healthy Eating for Teens - [NHS Live Well, East Well](#)
- Recipes Teens Can Follow [BBC recipes for Teens](#)
- Gradual Exercise Plan - [NHS Exercise Plan](#)



# What parents need to know about INSTAGRAM

AGE RESTRICTION  
**13+**  
Anyone over the age of 13 can create an account

Instagram is a hugely popular social networking app with over 1 billion users worldwide. The app, which is accessible on iOS and Android devices, allows users to upload images and videos to their feed, create interactive 'stories', exchange private messages or search, explore and follow other accounts they like. Images and videos can be transformed with an array of filters to edit the shot before sharing and anyone with an account can see others' online 'galleries' if their account is not private. To make posts easier to find, users can include searchable hashtags and captions to their uploads. That's why we've created this guide to help parents and carers understand exactly what Instagram is about.



## HOOKED ON SCROLLING

Many social media platforms, Instagram included, have been designed in a way to keep us engaged on them for as long as possible. Behavioural economist, Nir Eyal, calls this the 'Hook Model' and the Instagram feed is a great example of this. Children and adults may find themselves scrolling to try and get a 'dopamine release'. Scrolling may become addictive and it can be difficult to stop until children find that 'something' they are looking for, quickly losing track of time as they get deeper into their Instagram feed.

## SLIDING INTO DMS

Direct messages (or DMs) on Instagram allow users to share posts, images, videos, voice messages and calls between each other privately (or in a private group). Even if your child's account is set to private, anybody has the option to message them and send them content. If the person is not on your child's friends list, the message will still be sent to their inbox but the user has to accept their request to see the message.

## INFLUENCER CULTURE

Influencers are sometimes paid thousands of pounds to promote a product, service, app and much more on social media. When celebrities or influencers post such an advert, they should add a disclaimer somewhere in the post which states that they have been paid for it. Commonly, this is well-hidden in the hashtags or in the comments of their post, making it unclear that their photo/video is actually an advert. This can be very misleading to young people who may be influenced into buying/wanting something promoted by somebody they admire, creating a false sense of reality and potentially affecting their mental health and wellbeing.

## IMPACT ON WELLBEING

In a report by the RSPH, Instagram was ranked the worst for young people's mental health. Using filters on photos on Instagram can set unrealistic expectations and create feelings of inadequacy. Children may strive for more 'likes' by using realistically edited photos. Judging themselves against other users on the app might threaten their confidence or self-worth. In early 2019, Instagram banned images of self-harm and suicide, following the suicide of 14-year-old Molly Russell, who had reportedly been looking at such material on the platform. They since extended the ban to include drawings, cartoons and memes.

## LIVE STREAMING TO STRANGERS

Live streaming on Instagram allows users to connect with friends and followers in real-time and comment on videos during broadcast. If your child's account is private, only their approved followers can see their story. It's important to note they may have accepted a friend request from someone they don't know, which means they could be live streaming to strangers. Children also risk sharing content they later regret, which could be re-shared online for years to come. Public accounts allow anybody to view, so we suggest your child blocks followers they don't know. In early 2019, data gathered by the NSPCC found that sex offenders were grooming children on Instagram more than on any other online platform.

## IN-APP PAYMENTS

Instagram allows payments for products directly through the app. It operates under the same rules as Facebook Payments, which state that if you are under the age of 18, you can only use this feature with the involvement of a parent or guardian.

## EXPOSING LOCATION

Public locations can be added to a user's photos/videos and also to their stories. While this may seem like a good idea at the time, it can expose the location of your child. This is particularly more of a risk if it is on their story, as it is real time. A photo which includes landmarks in the area, their school uniform, street name, house and even tagging in the location of the photo uploaded to Instagram can expose the child's location, making it easy to locate them. If their account is public, anyone can access their account and see their location.

## HIJACKED HASHTAGS

Hashtags are an integral part of how Instagram works, but they can come with risks. One person may use a seemingly innocent hashtag with one particular thing in mind, and before you know it hundreds of people could be using the same hashtag for something inappropriate or dangerous that your child shouldn't be exposed to.

## IGTV

Instagram TV (IGTV) works similar to YouTube. Users can watch videos from favourite accounts on the platform or create their own channel and post their own videos. It's important to note anyone can create an Instagram TV channel and doesn't have to be friends with a person to follow an account and watch their videos. In 2018 Instagram apologised and removed some of its TV content which featured sexually suggestive imagery of children. As the feature may encourage spending more time using the app, it's important to set time limits to avoid children's sleep or education being disturbed.

= POLL

## Top Tips for Parents & Carers

### RESTRICT DIRECT MESSAGES

If your child receives a message from somebody they do not know, encourage them not to accept their message request and 'block' this person; this is the only way to stop them messaging your child again. Children can also 'tap and hold' the individual message to report it directly to Instagram as well as reporting the account itself.

### LOOK OUT FOR #ADS

In 2019, the UK's Competition and Markets Authority launched an investigation into celebrities who were posting adverts on social media and not declaring that they were paid for. Influencers must clearly state that they have been paid for their posts, for example using a hashtag like #ad or #sponsored. Teach your child to look out for the signs of a paid post/advert and discuss with them that not everything they see from celebrities is their personal choice and opinion.

### MANAGE NEGATIVE INTERACTIONS

If your child is receiving unwanted or negative comments, they can block that account so that they can't interact with them. This stops them seeing and commenting on their posts, stories and live broadcasts. In addition, your child can instantly delete unwanted comments from their posts, turn them off completely and control who can tag and mention them in comments, captions or stories, from everyone, only people they follow, or no one at all.

### MANAGE DIGITAL WELLBEING

Instagram now has an in-built activity dashboard that allows users to monitor and control how much time they spend on the app. Users can add a 'daily reminder' to set a limit on how much time they want to spend on Instagram, prompting them to consider if it's been too long. In addition, once users have caught up with all the previous posts since they last logged on, they'll receive a 'You've completely caught up' message. Both features can help you have a conversation with your child about how much time they are spending on the app and to set healthy time limits.

### PROTECT PERSONAL INFORMATION

Your child may unknowingly give away personal information on their profile or in their live streams. Talk to them about what their personal information is and make sure that they do not disclose anything, including their location, to anyone during a livestream, comment, direct message or any other tool for communication on the platform, even to their friends.

### USE A PRIVATE ACCOUNT

By default, any image or video your child uploads to Instagram is visible to anyone. A private account means that you have to approve a request if somebody wants to follow you and only people you approve will see your posts and videos. Children should also use a secure password and enable a two-factor authentication to add an extra layer of security to their account.

### FILTER INAPPROPRIATE COMMENTS

Instagram has an 'anti-bullying' filter, which hides comments relating to a person's appearance or character, as well as threats to a person's wellbeing or health. The filter will also alert Instagram to repeated problems so that they can take action against the user if necessary. This is an automatic filter, which should always be enabled. Children can also report abusive behaviour or inappropriate/offensive material directly to Instagram from the app. This includes posts, comments and accounts.

### TURN OFF SHARING

Even though this feature will not stop people from taking screenshots, it will stop others being able to directly share photos and videos from a story as a message to another user. This feature can be turned off in the settings. We also recommend turning off the feature which automatically shares photos and videos from a story to a Facebook account.

### REMOVE PAYMENT METHODS

If you are happy for your child to have a card associated with their Instagram account, we suggest adding a PIN which needs to be entered before making a payment; this will also help prevent unauthorised purchases. This can be added in the payment settings tab.

**DON'T FORGET TO BE VIGILANT & TALK TO YOUR CHILD ABOUT THEIR ONLINE ACTIVITIES!**

## Meet our expert

Parveen 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 of working in the social media arena and is the founder of Kids N Clicks, a web resource helping parents and children thrive in a digital world.



## \*NEW FOR 2020\* INSTAGRAM REELS

Instagram Reels is the latest update from Instagram that gives users the ability to record and edit 15-second multi-clip videos with audio, effects, and new creative tools. It is the app's answer to TikTok and can be accessed via the Stories feature. Reels can be shared with friends and family, however, if your child has a public account, it could be shared wider via 'Explore' and viewed by millions of strangers online.



National Online Safety

#WakeUpWednesday

SOURCE: <https://about.instagram.com/about-us> | <https://about.instagram.com/community/safety> | [bit.ly/www.bbc.co.uk/news/uk-47410520](http://bit.ly/www.bbc.co.uk/news/uk-47410520)

[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) Twitter - @natonlinesafety Facebook - /NationalOnlineSafety Instagram - @nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 03.06.2020

# Free, safe and anonymous online counselling and support

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to someone face-to-face."**



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friendly counsellors



Read articles written  
by young people



Join live  
moderated forums

**kooth**

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



# Catholic World News

## **Urbi et Orbi: Christmas reminds us we are all united as brothers and sisters**

*“To us a child is born, to us a son is given” (Is 9:6).*

The theme of the Pope’s Christmas message looks at how Jesus was born for everyone, “the Son that God has given to the entire human family”.

Pope Francis gave his traditional Christmas message and Blessing Urbi et Orbi – To the City of Rome and the World – offering words of hope and consolation, saying a birth is always a source of hope, and “this Child, Jesus, was born ‘to us’ – without any borders, privileges or exclusions.”

He pronounced his message in the Hall of Benediction of St Peter’s Basilica,.

The pandemic and safety measures in place led to a decision to avoid the risk of large public gatherings in St. Peter’s Square and hence to broadcast live his message from inside the Basilica.

### **We are all brothers and sisters**

The Pope underscored that thanks to the Christ Child “we can all call one another brothers and sisters” even as we hail from every continent, every language and culture, with our own identities and differences. He said this fundamental reality is something we can all build on to address the monumental challenges we are facing at this moment in history, such as the ecological crisis and serious economic and social imbalances worsened by the coronavirus pandemic.

### **Fraternal unity**

The unity we need and seek as brothers and sisters, God has made possible, the Pope said, “by giving us his Son Jesus”, a fraternity that is “grounded in genuine love”, where we can Son

encounter others who are different, feel compassion for their sufferings, and draw near and care for them even if they “do not belong to my family, my ethnic group or my religion.”

The Pope prayed that the Child of Bethlehem might help us open our hearts to help the vulnerable, the sick, those unemployed and affected by the pandemic, as well as women who have suffered domestic violence during the lockdowns. He also called for a spirit of international cooperation starting with health care to ensure all will have access to vaccines and treatment.

### **Pray for the suffering and work for peace**

“In everyone, I see reflected the face of God, and in those who suffer, I see the Lord pleading for my help. I see him in the sick, the poor, the unemployed, the marginalised, the migrant and the refugee.”

Looking at the lights and shadows in our world, the Pope offered his prayers and encouraged all people to offer theirs to remember the many children worldwide who are victims of war, especially in Syria, Iraq and Yemen. P

Looking at other areas of the world, he prayed that the international community be supported in efforts to continue the ceasefire in eastern Ukraine. And in areas where armed conflicts and humanitarian crisis persist, he remembered Burkina Faso, Mali, Niger, Ethiopia, Mozambique, South Sudan, Nigeria, and Cameroon and for their suffering to finally end.

The Pope remembered the American continent, especially affected by the coronavirus pandemic, and for a calming of tensions in Chile and Venezuela. He recalled the victims of natural disasters, He noted the suffering of the Rohingya people and that they might find respite and hope.

# Catholic World News

## Bring hope, comfort, and help

Despite the great difficulties we are facing, the Pope noted that the Christ child “tells us that pain and evil are not the final word”, and he remembered as examples those who “instead work to bring hope, comfort and help to those who suffer and those who are alone.”

In conclusion, Pope Francis recalled families who are unable to unite today due to the pandemic. He prayed that Christmas might help us rediscover “the family as a cradle of life and faith, a place of acceptance and love, dialogue, forgiveness” and “source of peace for all humanity”.

Wishing all a Merry Christmas, he then gave his “Urbi et Orbi” Blessing.



Pope Francis at his general audience address in the library of the Apostolic Palace Dec. 16, 2020

## Safeguarding our pupils at St Matthew Academy

At St Matthew Academy our Designated Safeguarding Lead (DSL) is Mr Young supported by Mrs Wickliffe (secondary) and Ms Chick (primary), and our Child Protection Officer is Mrs Laker. Pupils can contact any of our Safeguarding Team during the school day.

### Worried about a child?

**You can phone or write to MASH about your concerns. Phone immediately if you believe it is urgent.**

- Lewisham MASH (Multi-Agency Safeguarding Hub) **020 8314 6660**
- Or call **999** or **101** if you believe a child is in immediate danger
- Childline **0800 11 11** [www.childline.org.uk](http://www.childline.org.uk)
- NSPCC **0808 800 5000** [www.nspcc.org.uk](http://www.nspcc.org.uk)

If you have any comments, queries or concerns please do not hesitate to get in touch with us by telephone or email using

Tel: 020 8853 6250

Email: [info@stmatthewacademy.co.uk](mailto:info@stmatthewacademy.co.uk)

Be extraordinary at **CTK AQUINAS**  
a selective A Level centre for excellence



# VIRTUAL OPEN EVENT

**27th JANUARY 4pm - 7pm**

Are you a high achieving student who wants to learn with others who are motivated, ambitious and supportive? Join CTK Aquinas, a selective sixth form centre for excellence in Brockley.


Join our virtual open event to view a virtual tour, watch subject videos, take part in live presentations and Q&As with the Principal and students and view virtual taster lessons.


Book your place at  
[www.ctkaquinas.ac.uk/openevents](http://www.ctkaquinas.ac.uk/openevents)


We will be holding further open events throughout the year - please check our website for the latest information.

**Be inspired. Be extraordinary. Be the best you can be**

[www.ctkaquinas.ac.uk](http://www.ctkaquinas.ac.uk)

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**CTK AQUINAS**  
A CHRIST THE KING SIXTH FORM

BOOK YOUR PLACE ONLINE





Be the best you can be at **CTK EMMANUEL**  
a new professional centre for excellence

# VIRTUAL OPEN EVENT

**27th JANUARY 4pm - 7pm**

If you are a motivated student who wants to shine and reach the top in your chosen profession, then CTK Emmanuel is the right choice to help you achieve your ambitions.

Join our virtual open event to view a virtual tour, watch subject videos, take part in live presentations and Q&As with the Principal and students and view virtual taster lessons.

Book your place at  
[www.ckemmanuel.ac.uk/openevents](http://www.ckemmanuel.ac.uk/openevents)  
We will be holding further open events throughout the year - please check our website for the latest information.

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BOOK YOUR PLACE ONLINE





Be inspired at **CTK ST MARY'S**  
a sixth form centre for excellence

# VIRTUAL OPEN EVENT

**27th JANUARY 4pm - 7pm**

You will feel inspired, motivated and excited about your future at CTK St Mary's. Learning with like-minded, ambitious and hardworking students, you will benefit from high quality teaching in a warm, friendly setting.

Join our virtual open event to view a virtual tour, watch subject videos, take part in live presentations and Q&As with the Principal and students and view virtual taster lessons.

Book your place at  
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We will be holding further open events throughout the year - please check our website for the latest information.

**Be inspired. Be extraordinary. Be the best you can be**

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 **CTK ST MARY'S**  
A CHRIST THE KING SIXTH FORM

BOOK YOUR PLACE ONLINE

