



RMGS NEWS

Week Beginning 27th November 2023

Key Messages

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Key Dates

27th November 2023

Y13 Study Skills Session

23rd November – 8th
December 2023

MFL Speaking Mocks

**SIXTH FORM
APPLICATION
LINK:**

<https://rmgs.applicaa.com/sixthform>

Dear all,

It has been a week of adventure, we have students off on our established trip to Aachen where students are given the opportunity to learn and explore German culture. This trip is led by Mrs Brodkorb (Teacher of German) and our MFL department. I would like to thank teachers and parents for supporting our co-curriculum programme as this plays an important part in providing enrichment and extension for our young people and raising aspirations.

A huge congratulations to Year 11 students for competing their mock GCSE exams. It has been a busy period of revision and application and we know our students have worked hard to be the best version of themselves. Year 11, your hard work and commitment has not gone unnoticed. Thank you to staff who have supported Year 11 during this period.

We have received three subject Leadership awards from The Princes' Trust for Art, Music and Maths. These awards have been given for – "Increasing challenge within the curriculum enthusing pupils with activities beyond the curriculum." On behalf of the RMGS community we want to congratulate the Art, Maths and Music departments for this achievement.

Yours faithfully,

Mrs Hart

School Uniform Bank

It's with great pleasure that the Eco Club invites all parents, carers and guardians to browse the items available from our school Uniform Bank, on Thursday 14th December from 14:05 until 14:45pm! This is a fully student-led, green initiative aiming to reduce unnecessary waste and bring the shift to thrift to RMGS, so please do come along to browse the rails and see what you can find. All items will be free, but if you wish to we will be taking cash donations to put towards our Green Fund, so bring along some coins if you can. Parking will be available on the tennis courts, and students will guide you to the Recital Hall where the event is taking place. We look forward to seeing you there! (Steph- Eco Lead)



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This year's **Christmas Concerts** take place in the school hall on Wednesday 6 and Thursday 7 December at 7.00pm.

Students will perform as soloists and also as members of ensembles.

The two nights will have the same school ensembles but different soloists, as the standard of those auditioning was so high this year. The massed Year 7 choir will be formed of A7, B7, F7, and L7 on the Wednesday, and N7, P7, R7, and S7 on the Thursday.

Tickets can be purchased on Parent Pay.

All proceeds from the concert go to charity, and this year we are supporting Guide Dogs. Last year we raised £1750 for the Medway branch of Carers First, and hope to match that this year.



In aid of *Save the Children* - students are invited to wear their Christmas jumper under their blazer to help spread the Christmas cheer and raise some money for *Save the Children* on Thursday 7th December. Students can make a give-what-you-can cash donation if they wish to take part. Our prefects will collect donations at morning registration on the day. Staff can join in too - the more Christmassy the jumper, the better!





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Key Messages Continued

RMGS CHRISTMAS DINNER FRIDAY 15TH DECEMBER

A letter containing further information and menus has been sent out via InTouch.



Celebrating Success

Congratulations to Terrance in 10P who has been named as 'Student of the Fortnight' in Year 10 for 6th to 17th November. Terrance achieved an excellent 96 positive points over the fortnight.

The Form of the Fortnight is 10P who have been awarded 373 reward points in the first two weeks of Term 2. A great start, well done!

Best attendance was 10F at 96.9%





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Key Messages Continued

Year 7 Shout Outs – Positive Points

TOP 10

Ethan N – 7S – 139

Finn A – 7F – 125

Faith U – 7L – 122

Summer S – 7N – 107

BarnaBy B – 7A – 98

Ethan C – 7N – 96

Andromeda J – 7L – 96

Freya M – 7N – 93

Seren B – 7B – 92

Sophie E – 7B – 92

Well Done to **F7** for highest attendance
this week closely followed By **R7**!

Children and young people's mental health and emotional wellbeing

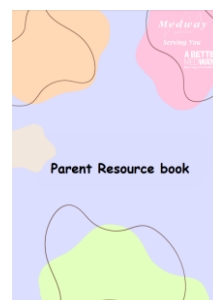
Please see the following links for some useful resources relating to Children and Young People's mental health and emotional wellbeing.

These resources can also be found on the school website.



[Teen Resource Book](#)

[Parent Resource Book](#)



Congratulations!

on the completion of your Diploma and welcome to our community of over 3,000 TIS UK Practitioners

Reflective Supervision...

Looking after our own mental health is essential to be able to support children and young people. Supervision is a vital tool to ensure staff wellbeing, giving a safe, confidential space to talk about the challenges in your setting. To maintain TISUK Practitioner status, practitioners are required to undertake a **minimum of 3 sessions of reflective supervision per year**, from the start of the term after they complete their assessment. (This is the minimum requirement and we would recommend doing 6 per year).

- Supervision can be done with any TIS Approved Supervisor. Many local authorities have a network of professionals offering supervision
- If you or your school works with a suitable professional they can apply for them to become an approved supervisor
- There are a list of approved supervisors offering online group supervision, nationally and in Wales, <https://traumainformedschools.co.uk/online-supervision>, <https://traumainformedschools.co.uk/wales-group-supervision>

A record with the dates and time attended signed by the supervisor should be sent to supervision@traumainformedschools.co.uk

Keeping in touch...

We share lots of relevant articles and resources through our **social media**, you can follow us on:



We send out a termly **newsletter** to practitioners with research, practitioner resources, case studies, news and CPD opportunities. This will go to your email address used for course communication, if your email changes let us know and we can update our records.

We have a free to attend **practitioner network** for practitioners in the Northern Region and will be setting up other regional networks later in the year. Links to sign up are in the practitioner newsletter.

If you have any news, a story or press release you would like us to help **share**, contact us on info@traumainformedschools.co.uk

CPD & Progression...

Annual CPD is not compulsory to maintain practitioner status however many practitioners chose to continue their learning.

CPD Webinars are available on our website- <https://traumainformedschools.co.uk/webinars/>

We also share a range of relevant CPD opportunities both from TISUK and other organisations through the practitioner newsletter, and our social media feeds.

The Centre for Child Mental Health run Thursday evening **CPD workshops**, more here <https://www.childmentalhealthcentre.org>

Become a BCAP registered counsellor- Completion of your TISUK diploma and a reference from your course lead gives you eligibility to apply for the Institute for Arts in Therapy and Education's **Diploma in Counselling Teenagers** <https://www.artpsychotherapy.org/therapy-courses/counselling-teenagers/>

Top Tips for Safer Online Shopping on

BLACK FRIDAY AND CYBER MONDAY

Black Friday and Cyber Monday have become established as two of the year's biggest shopping events, giving consumers the opportunity to snap up a stash of stunning bargains. While this is generally good news, of course, the resultant retail frenzy can lead to people dropping their guard – especially online. In previous years, a seasonal surge in cyber-crime has seen schemes such as phishing emails and credit card scams being unleashed on unwary buyers. Our guide has some essential pointers on keeping your details – and your money – safe while you shop.

ENSURE A SITE'S SECURE

Before inputting sensitive information (like your card details) into a website, check that the site's secure. The key thing is to look for a padlock symbol in the address bar and check that the URL begins with "https://" – the "s" indicates that the web address has been encrypted with an SSL certificate. Without that, any data entered on the site could be intercepted by criminal third parties.

TRUST YOUR INSTINCTS

If a deal seems too good to be true, then it probably is. Be especially wary if a site offering unbelievable discounts doesn't look professional (for example, if it's covered with pop-up adverts or it looks particularly outdated) – this often serves as a red flag that the seller might not be entirely trustworthy. Minimise risk by sticking with well-known, reputable retailers instead.

REVIEW BANK STATEMENTS

Even if you've followed all our tips, it's probably worth checking your next bank statement for any unusual transactions. Criminals know that on Black Friday and Cyber Monday, lots of people make numerous purchases online: they're hoping that any stolen money will get lost in the crowd of other transactions. If you see a payment or payee you can't identify, raise it with your bank straight away.

BEWARE OF SUSPICIOUS EMAILS

Black Friday and Cyber Monday often bring a significant spike in phishing emails, as criminals use the events' sense of urgency as cover for stealing personal information. Even if they look legitimate, be wary of emails requiring you to do something unusual or suspicious: providing your personal details in exchange for access to last-minute deals, for example, or clicking on a link to an unfamiliar site.

CHECK IT'S THE REAL DEAL

It's not just cybercriminals you need to be wary of. Research has shown that some online retailers increase the price of certain items in the weeks before Black Friday and Cyber Monday – enabling them to then advertise "discounts" (which, in reality, have simply restored the cost to normal levels). Use an online price comparison tool to verify whether these "reductions" truly equate to a saving.

MINIMISE MICROTRANSACTIONS

Black Friday and Cyber Monday promotions extend to digital items as well as physical ones. Some gaming companies will offer discounts on in-app and in-game microtransactions such as loot boxes. If you're concerned about how much your child might spend on these upgrades, you can restrict their ability to make purchases (via their device's settings) or remove any linked payment methods.

SET STURDY PASSWORDS

A strong, unique password is one of the most straightforward ways to protect yourself from cyber-crime. As most of us have multiple online shopping accounts, it can be tempting to use the same password for them all – but this puts your personal data at greater risk. You could try using a password manager to create a different, robust password for each online retailer that you visit.

DITCH THE DEBIT CARD

Where possible, it's safest to shop online with a credit card (as opposed to a debit card) because it offers additional protection. If a purchase is made fraudulently on your credit card, there's a fair chance of your bank reimbursing you. Should criminals obtain your debit card details, however, they could empty your account in moments – and it can be difficult to recover your money.

RESIST THE INFLUENCE

Recommendations from social media influencers are another thing to remain vigilant for on Black Friday and Cyber Monday. While many of these will be legitimate, remember that influencers are often paid to promote products – and to publicise deals that aren't quite as amazing as they might seem. Don't feel pressured into buying purely on their advice; look at everything with a critical eye.

TAKE CARE ON SOCIAL MEDIA

Social media scammers are more active on Black Friday and Cyber Monday, as they know people are hunting for deals online. These scammers tend to concentrate on platforms such as Facebook and Instagram, posting malicious links that can compromise shoppers' personal details. Other scammers, meanwhile, falsely advertise products in an attempt to trick users out of their hard-earned cash.

Meet Our Expert

Carly Page is an experienced technology journalist with a track record of more than 15 years in the industry. Previously the editor of tech tabloid *The Inquirer*, Carly is now a freelance technology journalist, editor and consultant.



National
Online
Safety®

#WakeUpWednesday



RMGS NEWS

Key Messages Continued

RMGS SPORT

As a department we utilise the SOCS platform to ensure communication is triangulated between School, Student and Parents. If you have any questions please ask. Keep up to date with fixtures and results via the PE Department Sport Website here: <https://sports.rainhammark.com/>



Rainham Mark Grammar School
Sports



a SOCS sport website

[School Home](#) | [Sports Home](#) | [SOCS Login](#)

SPORTS MENU

[Sports Home](#)

[Sports & Teams](#)
[Fixtures & Results](#)

[Sports Calendar](#)

[News](#)

[Competitions & Events](#)

[Photos & Videos](#)

[In-House Sport](#)

[Sports History](#)

Fixtures	Results	News
28 Sep 2023		
Basketball		
Boys-U14A	Won	
v Maidstone Grammar School		
Basketball		
Mixed-U14A	Won	
v Maidstone Grammar School		
Football		
Boys-U12A	Won	
v Brompton Academy		
27 Sep 2023		

Sports Calendar

[Click a day for more details.](#)

October 2023						
M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

[Full Calendar](#)



RMGS PHYSICAL EDUCATION EXTRA-CURRICULAR TIMETABLE

TERM 1

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAK 10:55 – 11:15	BASKETBALL SHOOTING CLUB Y7 / 8 (sports hall) (DUTY STAFF)	BASKETBALL SHOOTING CLUB Y7 / 8 (sports hall) (DUTY STAFF)	BASKETBALL SHOOTING CLUB Y7 / 8 (sports hall) (DUTY STAFF)	BASKETBALL SHOOTING CLUB Y9 / 10 / 11 / 6 th (sports hall) (DUTY STAFF)	BASKETBALL SHOOTING CLUB Y9 / 10 / 11 / 6 th (sports hall) (DUTY STAFF)
LUNCH 1:30 – 2:00PM	BASKETBALL CLUB Y7 / 8 (sports hall) GRA	BASKETBALL CLUB Y9 / 10 (sports hall) GRA	FITNESS CLUB Y7 / 8 (sports centre) ALO	TABLE TENNIS CLUB Y7 / 8 (top gym) CON	BADMINTON CLUB Y7-10 (sports hall) JWI
AFTER SCHOOL 3:05 – 4:30	DUKE OF EDINBURGH TRAINING (start date TBC) MAL / KNO	NETBALL SQUAD TRAINING Y 7-10 (optional Y11) SP / KNO	CROSS COUNTRY & FITNESS CLUB (ALL YEARS) KNO / CON	NETBALL 4 ALL Y7 / 8 / 9 MAL / JWI	
		FOOTBALL CLUB Y7 BOYS & ALL GIRLS CON/ALO/GRA/JWI			

If you are attending a lunch club you are able to receive a fast track lunch pass from the PE department. Please bring your planner to the PE office at break to be signed.

Any questions please ask a member of the PE Department.



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RMGS EXTRA CURRICULAR CLUBS 2023-24



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH TIME	<p>Buzz Club 1:40pm - 2:05pm The Well</p> <p>String Group Recital Hall</p> <p>Music Technology - E2</p> <p>KS4 iMedia 1:20pm - 1:40pm D1</p> <p>KS3 Computing 1:20pm - 1:40pm D1</p>	<p>MedSoc (Year 13 until Jan) 1:40pm - 2:05pm Q1</p> <p>Junior Wind Band Recital Hall</p> <p>KS4 & KS5 Art Club - R2</p> <p>KS4 iMedia 1:20pm - 2:05pm D1</p> <p>Eco Club 1:30pm - 2:00pm - D2</p> <p>KS3 Computing (HW and catch up) 1:20pm - 1:40pm D1</p> <p>Sixth Form Book Club (1st Tuesday of every term) L1</p>	<p>Chess Club 1:20pm - 2:05pm - HZ</p> <p>Ukulele Club - E1</p> <p>Year 11 D&T NEA support clinic</p> <p>KS3 Art Club - R2</p> <p>KS4 iMedia 1:20pm - 1:40pm - D1</p> <p>KS3 Computing (HW and catch up) 1:20pm - 1:40pm - D1</p> <p>KS4 iMedia 1:20pm - 2:05pm - D1</p> <p>Buzz Club 1:40pm - 2:05pm The Well</p> <p>Quantum Physics 1:35pm - 2:05pm - M9</p> <p>Music Support - E2</p>	<p>Arts for Wellbeing (All years) - R2</p> <p>Year 7 & 8 Airengineers (Drone club) - DT</p> <p>Brass Group - Recital Hall</p> <p>KS3 Computing (HW and catch up) 1:20pm - 1:40pm - D1</p> <p>KS4 iMedia 1:20pm - 2:05pm - D1</p> <p>Buzz Club 1:40pm - 2:05pm The Well</p> <p>Quantum Physics 1:35pm - 2:05pm - M9</p>	<p>KS4 iMedia 1:20pm - 1:40pm D1</p> <p>Diversity Group 1:35pm C4</p> <p>KS3 Computing (HW and catch up) 1:20pm - 1:40pm D1</p> <p>Debating Society 1:30pm - 2:00pm L2</p>
AFTER SCHOOL	<p>Homework Club 3:15pm - 4:15pm Library</p> <p>Tabletop Gaming Club (formerly D&D) 3:15pm - 4:30pm F3</p>	<p>Homework Club 3:15pm - 4:15pm Library</p> <p>Science Club 3:15pm - 4:15pm M5</p> <p>Jam Club 3:15pm Music block</p>	<p>Homework Club 3:15pm - 4:15pm Library</p> <p>GCSE Astronomy 3:15pm - 4:45pm M7</p> <p>Bronze & Silver Arts Award Club 3:15pm - 4:15pm</p>	<p>Homework Club 3:15pm - 4:15pm Library</p> <p>Big Band 3:15pm Music Block</p> <p>Shakespeare Schools' Festival 3:15pm - 4:15pm</p>	<p>Homework Club 3:15pm - 4:15pm Library</p>



RMGS NEWS

Term Dates 2023-2024

Term 1	INSET - Thursday 31st August 2023 – no students INSET – Friday 1st September 2023 – no students Start Monday 4 September 2023 Finish: Friday 20 th October 2023 INSET – Thursday 5th October – no students October break (2 weeks): Monday 23/10/23 – Friday 03/11/2023
Term 2	Start: Monday 6 th November 2023 Finish: Wednesday 20 th December 2023 Christmas break: Thursday 21/12/23 – Tuesday 02/01/24
Term 3	Start: Thursday 4 th January 2024 Finish: Friday 9 th February 2024 INSET – Wednesday 3rd January 2024 – no students Half term break: Monday 12/02/24 – Friday 16/02/2024
Term 4	Start: Monday 19 th February 2024 Finish: Thursday 28 th March 2024 Easter break: Friday 29/03/2024 – Friday 12/04/2024
Term 5	Start: Monday 15 th April 2024 Finish: Friday 24 th May 2024 Bank Holiday: Monday 06/05/2024 Half term break: Monday 27/05/2024 – Friday 31/05/2024
Term 6	Start: Monday 3 rd June 2024 Finish: Friday 19 th July 2024 INSET – Tuesday 2nd July 2024 – no students



RMGS NEWS

Safeguarding and Wellbeing



Key Personnel with Responsibility for Safeguarding



Ms Hurtado
CEO, RMET
Safeguarding Lead



Dave Brockman
Trustee with Safe-
guarding



Mrs Wilmer
Director of Education and
Trust Inclusion Lead



Mrs Hart
RMGS Headteacher

Rainham Mark Grammar School Designated Safeguarding Leads



Mr Smith, AHT &
Deputy Designated Lead
Safeguarding Lead



Mrs Horstrup
DHT & Designated
Safeguarding Lead



Mr McDowell,
AHT &
Deputy Designated
Safeguarding lead



Mrs Curtis, Safeguarding
Officer & Deputy Designated
Safeguarding lead

Additional contacts in emergencies or urgent safeguarding situations:

Duty Officer/Medway First Response Service	(01634) 33 44 66
Consultation Line (AM only)	(01634) 33 16 62
Fiona Veitch /Kate Barry Medway Education Safeguarding Officer	01634 331464 / 07970 345622 (9:30-11:00am and 2:30-4:00pm) fiona.veitch@medway.gov.uk or kate.barry@medway.gov.uk
Police	999* / 101 (non-emergency) PCSO Cheryl Hendrie
LADO Medway - Sally-Anne French	(01634) 331065
Kent County Council Social Services	0300 041 11 11
Prevent Referral	channel@kent.pnn.police.uk or sally.green2@kent.gov.uk
FGM Trained Staff	Mrs Horstrup, Mr Smith and Mrs Curtis
Medway Young People's Wellbeing Service (YPWS) Consultation line	07976 742812
NSPCC Whistleblowing Helpline	0800 0280285 help@nspcc.org.uk
National Teachers Helpline for Operation Encompass	0204 513 9990
Cyber Prevent & Protect Officer - Aimee Payne	(01474) 366633/07870 252485

*If you phone 999 but can't make a noise through fear of being found, it will go to the Police Voice Response System. You will then hear a recorded message which tells you that you are through to the Police and to press 55 if you need an emergency service. The message lasts 20 seconds and if the caller presses 55, the operator will know it's a genuine emergency. If 55 is not pressed, the 999 operator will NOT be notified.