

Weekly Parent/Guardian Newsletter

Week A

17 June 2022



Welcome to this week's newsletter. Some important information is repeated for your convenience, but there is also new content to be read.

Current COVID-19 Guidance

- Adults with the symptoms of a respiratory infection, and who have a high temperature or feel unwell, should try to stay at home and avoid contact with other people until they feel well enough to resume normal activities and they no longer have a high temperature
- Children and young people who are unwell and have a high temperature should stay at home and avoid contact with other people. They can go back to school when they no longer have a high temperature, and they are well enough to attend
- Adults with a positive COVID-19 test result should try to stay at home and avoid contact with other people for 5 days, which is when they are most infectious. For children and young people aged 18 and under, the advice will be 3 days
- Regular asymptomatic testing is no longer recommended in any education setting

Water Bottles

Please ensure your child brings a refillable water bottle to school every day.



Dispersal Order for Broadstairs this weekend

Please be aware that there is a dispersal order in place this weekend for Broadstairs, it begins from today. Young people are welcome to visit and enjoy the town, but any anti-social or unwanted behaviour will be combated by the Police Force and those responsible will be asked to disperse or move on. If gatherings of young people refuse to follow the Police guidance, then Officers have the power to arrest. Police Officers will also be utilising their power to stop and search.

We are raising awareness for this to highlight the care we have for our young people. The Dispersal Order will end on the morning of Monday 20th June.

Family Focused Employment Support Service

Are you aware of any families, with an unemployed adult in the home, who would benefit from family support to overcome the general challenges that they are facing?

We know that barriers to employment come in many different forms and we need to address the wide range of issues a family may be experiencing before they can even consider their steps to employment. We know that some families don't meet the criteria for statutory support but would benefit from a little extra help.

Did you know that, in partnership with The Education People and Kent County Council, we now have a Family Focused Employment Support Service as part of the Employment Support Hub for Canterbury and Thanet? Through this, Salus are able to offer support whole family support to address wide ranging issues that they may be facing. This could include debt management, housing, mental health, managing boundaries or any other challenge that arises for a family.

So, if you know a family that would benefit from this service, please complete the attached referral form and return to info@salusgroup.org.uk If you would like some more information, please contact Emma Mead, Service Manager, on 07725 629789.

Free Parent/Carer webinars on Kooth:

These sessions are designed to let parents/carers know how Kooth can support their children with their mental health & wellbeing.

Click on the registration link to sign up & attend. If parents/carers have any questions, they can email parentsandcarers@kooth.com

Date	Time	Registration Link
Tuesday 7 June	6pm - 7pm	https://www.eventbrite.co.uk/e/introduction-to-kooth-for-parents-and-carers-tickets-277457000357
Weds 27 July	6pm - 7pm	https://www.eventbrite.co.uk/e/introduction-to-kooth-for-parents-and-carers-tickets-277457000357

Train strike warnings from South/eastern Rail

We understand there some upcoming dates with "do not travel" warnings are Tuesday 21, Thursday 23, and Saturday 25 June. Southeastern has warned there will also be significant morning disruption expected on the days immediately after industrial action, which are Wednesday 22, Friday 24 and Sunday 26 June.

If you need to drop your child to school earlier than the usual 8 am, we will be opening the school at 7.30 for students on these two days only.

Students should remain in the Heart until 8am where they can be supervised.

Sixth Form Induction days

Our Sixth Form Induction days are 29th, 30th June and 1st July 2022. We have a full programme arranged with taster lessons, team building exercises, Apprentice & Uni talks and other activities so you can see first hand the opportunities and success the IB will provide you. Lunch is provided. Please email Annie Bowen abowen@danecourt.kent.sch.uk with any queries.

Access to Higher Education Diploma information [here](#)

The University of Kent's Adult Learning Team will be running the [Access to Higher Education Diploma](#) programme at Herne Bay High School and Chatham Grammar School from September 2022. The course will run in the evenings and there are no tuition fees. If you have any questions, please email Donna Coyte, Access and Adult Learning Manager at d.l.coyte@kent.ac.uk.

School Lunches

We have endeavoured over the last few years to keep the cost of our set price meal at the same price of £2.35.

In the last few weeks we have been working with our caterers -Harrison Catering to expand the choices available for the set price of £2,35, so offering a nutritionally balanced meal far more reasonably priced than if the items were purchased separately.

We are hoping that students will appreciate that this is a good value healthy option and also gives them a good choice when prices of other food may well have to increase going forward.

The Free School Meal allowance is £2.35 so all students in receipt of that allowance will be able to buy these set meal options. Students entitled to a FSM are also entitled to a breakfast allowance of £1.10 which can be used from 8.00am till just before the pips at 8.35.



Thanet athlete yr7 student

"Thanet athlete, and year 7 student at Dane Court School, Ismae A. was chosen to represent Thanet at the Kent Schools Championships held at Medway Park on Saturday 11th June 2022.

Ismae has competed consistently so far this season, achieving high UK rankings in her age group at both events, which made her the obvious choice to represent Thanet.

She saw off very strong competition in the Long Jump, securing a gold medal with a jump of 4.54m.

Her crowning glory came in the 100m where she blew the field apart, clocking a time of 13.15s to secure her second gold medal of the day!!!! Not only was it a personal best run for Ismae, but the time was also recorded as a championship best, beating the long standing Kent Schools Championship record which had been held by no other than Dina Asher-Smith since 2008!!!!"



Instagram

Instagram is the most used social media app for young people, unlike other social networking sites Instagram's main focus is pictures, live streaming and short videos. Users can post content on their profile, which stays there indefinitely, or they can post to their stories, which last for 24 hours. You can follow friends, family, celebrities and businesses on Instagram.

Instagram has a minimum age requirement of 13 years old, anyone under this age should not have an Instagram account.

What are the risks with young people using Instagram?

If used correctly, Instagram is a great way for young people to communicate with friends and family. However, like most other social media sites, there are safety concerns with young people using Instagram, which is greatly amplified if their usage is unmonitored by parents or carers. Firstly, there is always the possibility of cyberbullying between peers, this is a constant issue that schools, parents and young children have to deal with every day. The best way to overcome this is to monitor a young person while using the app to see what messages are being sent and received.

Inappropriate pictures, videos and grooming by strangers are also an issue with Instagram, it is therefore advisable to change the account settings to private and only add real friends. This way they will not be searchable by other people and their accounts will be private and secure.

The final issue of Instagram is addiction and chasing "likes." Instagram is created to be addictive; some students spend hours and hours each day on the app. This can lead to an unhealthy social media addiction which can be very hard to overcome. To combat addiction Instagram have included a feature which shows you how much time you have spent on the app. You can also set a reminder to notify you when you have reached a certain time limit. Unfortunately, this is just a reminder and there is no way to lock the usage of the app after a certain amount of time.

For more information on online safety, please read this month's edition of DITTO, courtesy of [esafety-adviser.com](https://www.esafety-adviser.com)
<https://www.esafety-adviser.com/wp-content/uploads/2021/03/DITTO-Ed-24-March-2021.pdf>

Many thanks



JULY 6



Dane Court
Grammar School



MUSIC AT THE BANDSTAND

Broadstairs Bandstand
6 July, 1pm – 2pm

Dane Court Grammar School Orchestra
presents a programme of popular
classics for a Summer afternoon.

Admission Free **All Welcome**

Car Boot Fairs!

The Dane Court Grammar School Parents' Association are pleased to announce the dates of our popular boot fairs for this year! There's no need for stallholders to book, just turn up at 6:00am. £8 for cars and £10 for vans. The boot fairs are open to the general public at 6:30am and refreshments are available.

If any parent would like to help on gate duty at any one of these events please contact Gloria Riley at riley@danecourt.kent.sch.uk

This year's events are as follows:

Saturday 9 July 2022

Saturday 10 September 2022



CANTERBURY FESTIVAL

KENT'S INTERNATIONAL ARTS FESTIVAL

WE:CONNECT
FESTIVAL



Students of Canterbury Christ Church University, Canterbury College and Canterbury Academy have come together to create an exciting new two-day Festival, programmed, planned and delivered by young people, for young people.

We:Connect Festival will run on the 25 and 26 June, taking place across the Canterbury Christ Church North Holmes campus and Canterbury College's Lanfranc Theatre. Expect live music, theatre, dance, drag, talks, workshops and more in an exciting programme of events.

Recreational catch and release fishing

10 health benefits of recreational catch and release fishing below to learn why this classic hobby is also great way to improve mental and physical well-being.

Full Body Strength

Even a small fish calls engages the shoulders, back, arms, core and legs in a workout. Fishing encourages men and women to train their body.

Family Bonding

Fishing is a skill passed on through the generations, grandfathers take the kids out to a familiar pond and instruct them how to hook a worm. Spending time with as a family promotes feelings of security and well-being, making fishing a worthwhile activity to learn.

Boosts Immune System

Vitamin D helps your body regulate the absorption of calcium and phosphorus, two minerals that improve immune system function and help defend against disease. The best source of vitamin D is a day outdoors under the sun.

Promotes Relaxation

Spending long hours in nature with a focused task is akin to **meditation**, an activity linked to lowered blood pressure and decreased anxiety.

Improves Cardiovascular Health

Fishing burns an average of 200 calories an hour, depending on the kind of fishing you enjoy. Walking around to test out different spots, recasting a line, and reeling in a fish are all great activities to burn calories.

Teaches Self-Reliance

In our service-oriented economy we rely on others to perform all kinds of functions in our daily lives. Fishing puts you out in the wilderness and calls on you to master a variety of different skills. The more involved you get in the sport the more you'll learn: from driving a boat to hunting down tackle.

Bestows Patience

In our world of over-stimulation and instant gratification, fishing puts your patience to practice. Impatience causes stress, weakening your immune system and raising your blood pressure. Patience, meanwhile, makes you calmer and more content.

Encourages Travel

Travel expands the mind and makes life more fulfilling, you'll get to experience of the planet with this hobby.

Enjoy The Great Outdoors

Fishing inspires a closer connection with nature and all the creatures in it. Fishers are tuned in to the harmonious ecosystems in coastal environments. They know all about the different fish that live in the water, the insects they eat, and their predators.

Improves Balance

Balance requires core strength and benefits flexibility, both of which help offset backpain.

Lost property this week

We have a few unnamed items in our lost property already this term. They include a key, fidget toy, jewellery, pencil case, earphones, PE kit, an odd trainer, games controller and water bottles.

We also have a Motorola phone which was found at the train station, but can be identified as belonging to a Dane Court student. If you believe that this could belong to your child, it can be claimed by providing a description, such as colour, case, identifying marks/stickers, item(s) kept in back of the case.

Please remember to name any items your child brings into school to help us quickly return any lost items. Photos of the easily identified items are set out below. If you recognise any of them, or think that the items of unnamed uniform may belong to your child, please do contact the office on 01843 864941 to arrange collection as soon as possible. Many thanks, Office Team



THE END



