

GATEWAY TIMES

Friday, 17th July 2026

All Different: All Equal: Together, Improving Upon Our Best

Issue #4

Tilbury, Chadwell St Mary

Bringing you the most up to date Gateway News in each half term

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A MESSAGE FROM THE HEAD OF SCHOOL

As we come to the end of another academic year, I can honestly say that this has been one of the most exceptional years in the history of Gateway Academy. I could not be prouder of our students, staff, families and the wider Gateway community for everything we have achieved together.

Each year, I challenge our Academy to raise the bar and strive for even higher levels of excellence. This year, we have not only met those expectations but exceeded them. Our students have achieved outstanding academic results, performing above the national average, while attendance has also remained above national figures. The quality of teaching and learning across the Academy has been exceptional, with over 99.5% of lessons taking place without interruption—an incredible achievement that reflects the commitment, dedication and positive culture within our Academy.

There have been so many highlights throughout the year. The launch of our Army Cadets Programme has provided fantastic opportunities for personal development and leadership. Our Duke of Edinburgh participants have demonstrated resilience, determination and teamwork. The spectacular Dance Show and our outstanding production of *Hairspray* showcased the remarkable talent and creativity of our students.

We have also celebrated significant sporting success across a range of disciplines, including basketball and athletics with our students representing the Academy with pride and distinction. Educational visits and trips have enriched learning experiences, broadened horizons and created lifelong memories for many of our young people.

Perhaps most importantly, there continues to be an incredible atmosphere across the Academy every day. Our students are ambitious, respectful and determined to succeed, while our staff remain unwavering in their commitment to providing the very best education and opportunities for every child.

Thank you to all our parents and carers for your continued support throughout the year. Together, we have created something truly special and I look forward to building on this success as we continue our journey towards even greater achievements in the years ahead.

Have a wonderful and well-deserved summer break.

Mrs G McLaughlin



DATES FOR YOUR DIARY

Date	Time	Event
Thursday 3 September	8:15am - 14:45pm	Year 7 - Full School Day
Thursday 3 September	11:30am - 14:00pm	Year 8 - Student Launch Session Only
Friday 4 September	8:15am - 14:45pm	Year 7 - Full School Day
Friday 4 September	8:15am - 10:45am	Year 9 - Student Launch Session Only
Friday 4 September	11:30am - 14:00pm	Year 10 - Student Launch Session Only
Monday 7 September	8:15am start	All Years (7-11) Normal Academy Day Full timetable

[Click here](#) for full parental Calendar

CAREERS

Ms Fuller

It has been an incredibly busy and productive half term for our students as they focus on their future pathways. Our Year 10 students have taken giant leaps into the professional world, successfully completing their block five-day work experience placements. To complement this hands-on insight, they have also been hard at work crafting their first CVs and putting their communication skills to the test during our Mock Interview Day.

Meanwhile, we are immensely proud to share that all of our departing Year 11 students have their next steps firmly in place. Whether they have officially submitted their college and sixth form applications or successfully secured exciting new apprenticeships, they are fully prepared for their next chapter. Finally, a select group of Year 9 and 10 boys benefited from an inspiring workshop and university campus visit, giving them a fantastic glimpse into higher education.

Thank you to all the parents, staff and local employers who have supported our students in these invaluable career-building experiences this term!



EQUIPMENT EXPECTATIONS

At The Gateway Academy, we know that being well-prepared sets the tone for a successful day of learning. As we look ahead to the 2026-2027 academic year, we're asking every student to arrive at school fully equipped and ready to engage.

Having the right tools not only supports effective learning but also encourages personal responsibility and independence—key traits we nurture in all our students.

Here's what every student is expected to bring each day:

- 2 black pens
- 1 red pen
- 15cm clear ruler
- Pencil, eraser and sharpener
- Clear pencil case
- Yellow highlighter
- The Gateway Academy journal
- School books for the day's timetabled lessons
- Scientific calculator (Casio FX-85GT)
- Laptop and charger

We're confident that, with the right preparation and mindset, every student can thrive. Let's start strong and stay consistent—because excellence begins with the basics.



YEAR 7

Ms Shannon and Mrs Acton

Celebrating an outstanding Year 7!

As we come to the end of another fantastic academic year, we wanted to take a moment to celebrate everything our Year 7 students have achieved.

Starting secondary school is a huge milestone and we couldn't be prouder of how this year group has embraced every opportunity. They have shown resilience, determination and a real commitment to making the most of their first year at the Academy.

One of our proudest achievements is that **Year 7 has had the highest attendance across the whole school** this year. Simply being in school every day has a huge impact on a child's academic progress, confidence and daily routine and this cohort has set a fantastic example. We hope they continue these excellent attendance habits as they move into Year 8.

It has also been an incredible year for sport. Our boys' and girls' athletics teams have represented the Academy with pride, competing not only at District Athletics but also at Essex level. They have had the opportunity to compete against some of the country's top young athletes and certainly gave them a run for their money.



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YEAR 7

Ms Shannon and Mrs Acton



YEAR 7

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Our basketball teams have also enjoyed tremendous success, with **both the boys' and girls' teams reaching the NBA Finals** and we're especially proud that **the boys were crowned overall champions**. The girls' netball team had an outstanding season, finishing **third in the Borough**, while our boys' rugby team battled their way to an impressive **second place in the Essex Plate Final**. These achievements are a testament to the commitment, teamwork and determination shown by our students throughout the year. It really has been a fantastic year for Year 7 sport!

Beyond the classroom, so many students have dedicated their own time to enriching academy life. Whether performing in the school dance show, competing in the Spanish Spelling Bee, taking part in the school production, or representing the Academy in one of our many sports teams, their enthusiasm and commitment have been outstanding. These experiences don't just build skills—they build confidence, friendships and resilience.

Academically, Year 7 has also impressed. Following their recent assessments, the progress made across the year group has been exceptional. This reflects the hard work, perseverance and positive attitude our students have shown throughout the year. It is clear that this cohort understands that success comes from commitment, both inside and outside the classroom and they have certainly risen to the challenge.



To all of our Year 7 students—thank you for making us so proud. Keep believing in yourselves, continue to work hard and carry this positive attitude with you into Year 8. We can't wait to see what you achieve next year.

Finally, thank you to all our parents and carers for your continued support throughout the year. Working together has played a huge part in the success of this wonderful year group, and we are incredibly grateful for the encouragement you provide at home.

Have a fantastic summer holiday. Enjoy a well-deserved break, make wonderful memories with family and friends, stay safe, and we look forward to welcoming you back in September for another exciting year.



Ms Shannon & Mrs Acton

YEAR 8

Miss Dixon and Ms Davis

The final round of assessments has been a fantastic success for our Year 8 students and we are incredibly proud of the hard work, dedication and resilience they have shown throughout the assessment period. We were looking forward to our Progress and Attainment Assembly where we celebrated the achievements of our students and announced this term's award winners.

Competition was also heating up for our **Top 50 Rewards Trip** which took place on Wednesday 15th July. Students were continuing to work hard to secure their place and it has been wonderful to see so many striving to achieve their best.

This academic year has been full of success with **Six Jack Petchey Award winners** and **12 Golden Ticket winners** in Year 8—a truly remarkable achievement that reflects the positive attitudes and commitment of our students.



YEAR 8

Miss Dixon and Ms Davis



Our Year 8 students have represented the Academy with pride in a wide range of PE fixtures throughout the year. We are extremely proud of every student who has taken the opportunity to compete and represent the school, demonstrating excellent teamwork, determination and sportsmanship. A number of students have also taken part in community events, master classes and school productions where their talent and passion shone through and it has been a pleasure to see so many of the year 8 students develop and grow in so many ways.

Overall, it has been an outstanding year for Year 8. I would like to take this opportunity to thank all of our students who have gone above and beyond in every aspect of Academy life. Your efforts have not gone unnoticed and we are incredibly grateful to have such a fantastic year group. We wish everyone a well-deserved summer break and look forward to seeing what you will achieve in Year 9.

Lastly, thank you to all parents and carers for your ongoing support and communication; it really does have such a positive impact on your child education and we look forward to the new academic year where we will continue to work with you all.

YEAR 9

Mrs Bruce and Miss Livingstone

Celebrating a fantastic year for Year 9

As we reach the end of another academic year, it is the perfect opportunity to reflect on what has been a truly successful year for our Year 9 students. They have worked incredibly hard throughout the year, demonstrating resilience, determination and a positive attitude in lessons. Their commitment was especially evident during assessment weeks, where students approached their exams with maturity and dedication.

This term also marked an important milestone as every student selected their key stage 4 option subjects, which they will begin studying in September. Choosing these subjects is a significant step in their educational journey and we are excited to see them embark on the next stage of their learning.

To celebrate the end of the year, we held two reward assemblies recognising the outstanding achievements of our students.

Our first assembly celebrated the many positive contributions students have made throughout the year. We recognised our 20 Tutees of the Term as well as our winning tutor groups for attendance, merits and the lowest demerits. Congratulations also to 9I who were crowned our overall winning tutor group—a fantastic achievement.

We were also delighted to present our Students of the Term awards to Gracie T and Nii A-A, two exceptionally deserving students who have consistently demonstrated excellence, commitment and positive attitudes throughout the year.

Our second assembly focused on academic achievement, celebrating students who have made exceptional progress and attained excellent results.



YEAR 9

Mrs Bruce and Miss Livingstone

Congratulations to our Progress Award winners:

- **Gold Progress Award:** Anna O
- **Silver Progress Award:** Aaliyah A
- **Bronze Progress Award:** William W

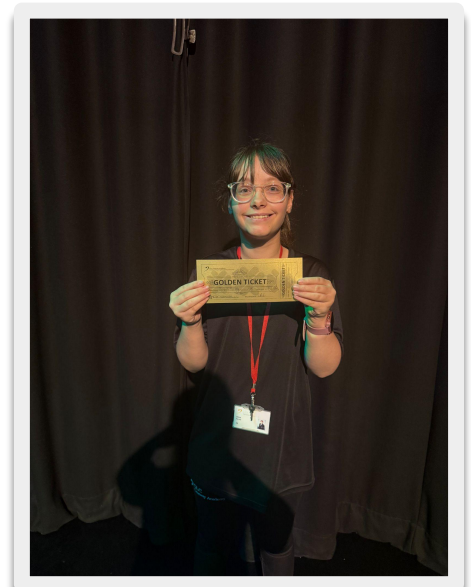


Congratulations also to our Attainment Award winners:

- **Gold Attainment Award:** Abigail T
- **Silver Attainment Award:** Noah K
- **Bronze Attainment Award:** Oreoluwa M

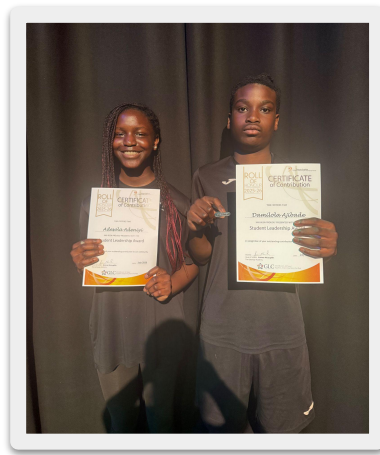
In total, 12 students received Progress Awards and 13 students received Attainment Awards, highlighting the impressive academic success across the year group.

Attendance has remained a key priority this year and we are especially proud to recognise the 19 students who achieved 100% attendance throughout the academic year. Their commitment and consistency deserve tremendous recognition.



YEAR 9

Mrs Bruce and Miss Livingstone



Beyond the classroom, Year 9 students continued to excel in sport. At the District Athletics Competition, our athletes produced outstanding performances and represented the school with pride. Special congratulations go to Joyful I, Heaven M, Aishat W, Allanah F, David A, Tobi S, Michael O and Aakifah O, all of whom returned home with medals after impressive performances on the day.

What a year it has been!

As we finish the academic year, I would like to express a few heartfelt thank yous.

Firstly, to our dedicated Year 9 tutors, many of whom have supported these students since their very first day in Year 7. Their care, encouragement and unwavering commitment have played a vital role in the success of this year group.

Secondly, thank you to our wonderful Year 9 students. Thank you for striving to do the right thing every day, for embracing opportunities, and for enriching our school community with your enthusiasm, kindness and determination.

Finally, thank you to our parents and carers for your continued support and partnership throughout the year. Your encouragement at home and collaboration with the school make a real difference to our students' success.

We wish all of our Year 9 families a safe, restful and enjoyable summer break. We look forward to welcoming our students back in September as they begin their exciting GCSE journey and continue building on this year's many successes.

Mrs Bruce and Miss Livingstone

YEAR 10

Mr Williams and Miss Uren

Dear Year 10,

As we approached the final week of the academic year, it is the perfect time to look back at everything you have achieved recently.



Here is a roundup of the latest highlights from across the year group.

Exam Results

It was incredibly lovely to see so many happy, smiling faces during our recent grade reveal event. Walking around the room and seeing that collective sigh of relief and plenty of proud smiles was an absolute highlight.

These grades didn't happen by accident. They are a direct reflection of the immense hard work and dedication you have put in throughout the entire year. All that focused revision has officially paid off—huge congratulations to you all!

Work Experience Success

A massive shoutout to everyone for completing your work experience placements. Feedback from employers has been fantastic and it is clear you all made a brilliant impression out in the real world. Not only you did learn a massive amount about different industries but you have also significantly expanded your CVs. This practical experience is going to give you a head start as you begin looking toward the future.

YEAR 10

Mr Williams and Miss Uren



District Athletics

We were not slowing down just yet! As we finished off the school year, our sights were firmly set on the district athletics competition.

We have some incredible talent in Year 10 and we were looking to wrap up the term with plenty of silverware and success on the track and field. Students came out, supported their peers and brought the classic Year 10 energy throughout the event.

Let's keep this momentum going right up until the final bell.

YEAR 11

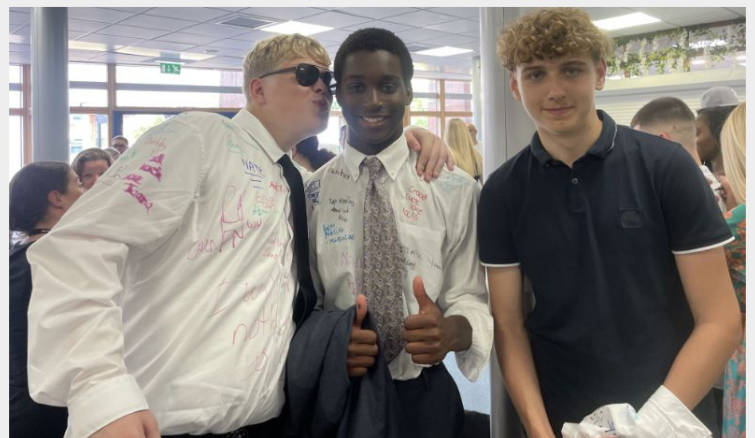
Miss Mead and Mrs Smith

Year 11, I can hardly believe the time has come for you to leave us. You have been the most incredible year group and I am immensely proud of each and every one of you.

As you begin your next chapter, I hope you continue to be brave, kind and ambitious. Never let anyone tell you that you can't achieve something because every one of you is capable of incredible things. Show kindness in everything you do, demonstrate resilience when life becomes challenging and never be afraid to rise to the challenge. Take the skills, experiences and memories you have gained over the last five years and use them to achieve amazing things.

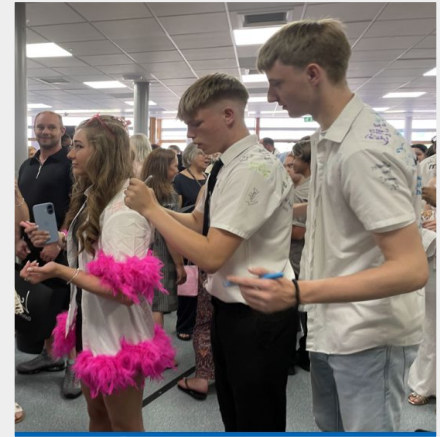
The end of the exam season was truly wonderful to witness. Seeing your positivity, determination and endless resilience throughout those weeks filled me with pride. The stamina, focus and commitment you showed right until the very last exam was remarkable. Watching you leave the exam hall with smiles on your faces, knowing you had given your very best, was a privilege. You should be incredibly proud of the hard work and dedication you have shown during this demanding time.

Our Graduation Ceremony on the 19th June was a beautiful celebration of everything you have achieved over the past five years, both academically and personally. It was a wonderful opportunity to recognise each and every one of you and reflect on your journey at Gateway. As always, our iconic leavers' video provided the perfect ending, reminding us all of the unforgettable memories, friendships and experiences we have shared together.



YEAR 11

Miss Mead and Mrs Smith



YEAR 11

Miss Mead and Mrs Smith

Finally, the Year 11 Prom was simply amazing! An incredible finale for an exceptional year group. Every student looked fantastic and it was wonderful to see everyone dancing, laughing and celebrating together. Throughout the evening, your kindness, encouragement and support for one another shone through. You truly lifted each other up and made the evening one to remember. It was a fitting celebration of everything that makes this year group so special.



YEAR 11

Miss Mead and Mrs Smith



YEAR 11

Miss Mead and Mrs Smith



I am looking forward to seeing you all again on Results Day on 20th August, when we can celebrate the rewards of your hard work, resilience and determination. No matter what your results may be, I already know how much effort you have put in and how much you have grown over the last five years. It will be a privilege to share that special moment with you as you start the next chapter of your journey.



Year 11, dream big, stay kind, always rise to the challenge and never forget your Gateway family. Although you may be leaving our school, you will always be part of our community. Please stay in touch, I cannot wait to hear about all the incredible things you go on to achieve. I have no doubt that each and every one of you has a bright future ahead and I wish you every success and happiness in the exciting journey that lies before you.

Good luck Year 11, You've got this!

Your biggest supporter,
Miss Mead

CELEBRATING SUCCESS IN THE ARTS

The following students have been nominated for the Students of the month in the Arts. Their hard work, creativity and dedication have truly stood out, and their teachers have selected them in recognition of their outstanding efforts this month. We are very proud of their achievements and the positive attitude they continued to show in their artistic development.

STUDENTS OF THE MONTH IN ARTS - MAY

Actor- Alfie B Year 8

Congratulations to Alfie for being awarded Actor of the Month in recognition of his outstanding commitment and enthusiasm in all drama lessons. Alfie consistently goes above and beyond in every task, demonstrating an exceptional work ethic, growing confidence and a genuine passion for performance.

Artist - Hazel S Year 9

Her work in art is incredibly talented, and she is always striving to improve her grades by building on high level of skill. She is an absolute pleasure to work with as an art student, always approaching tasks with enthusiasm and a positive attitude.

Dancer - Faridah S Year 10

She has been awarded for her high standard of dance coursework. She consistently goes above and beyond to complete work before the deadline, while also supporting her peers throughout the process.

Photographer - Andreja V Year 10

She is a committed and dedicated photography student who is making outstanding progress in her work. She consistently produces work of a very high standard and shows a strong passion for developing her creative and technical skills. She is always challenging herself to improve and push towards achieving even higher grades, demonstrating determination and an excellent work ethic.



STUDENTS OF THE MONTH IN ARTS - JUNE

Actor- Sharon F Year 9

Sharon has shown excellent dedication in Drama this year and consistently approaches every lesson with a positive attitude and a strong desire to succeed. Her aspiration to improve and challenge herself is evident in the effort she has put into learning her monologue for performance last half term, demonstrating both responsibility and determination.

Artist - Aisha S Year 8

Aisha consistently produces creative and high-quality work. She does not just rely on her talent but is dedicated and perseveres and works hard to improve. Aisha is also a kind and supportive student and a positive role model in class.

Dancer - Ella-Bella N Year 10

This month's Dancer of the Month is awarded to Ella-Bella Newbury, who always works incredibly hard and never gives up. She consistently shows resilience, a positive attitude, and is always willing to support and encourage others in the class. Ella-Bella is a talented dancer with strong choreographic skills and an excellent understanding of both dance theory and technical theatre.

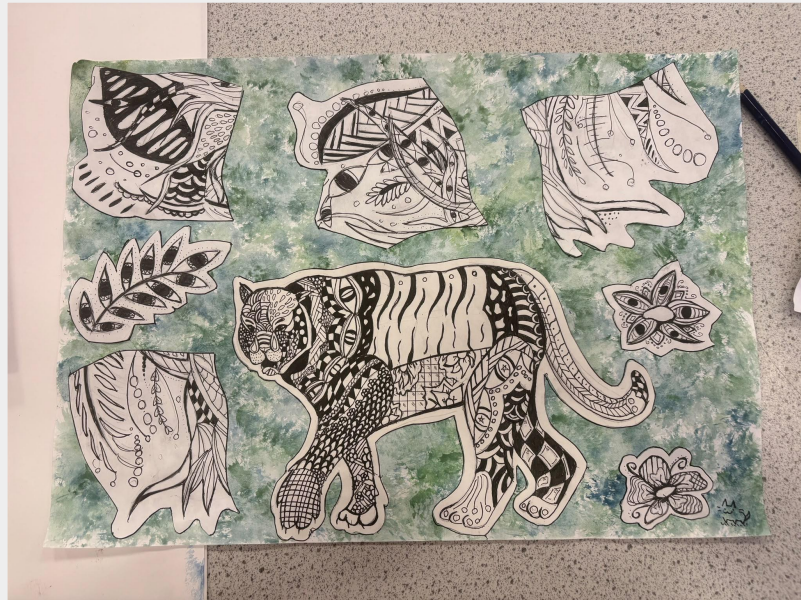
Photographer - Lottie H Year 10

Lottie is such a dedicated and committed student who consistently demonstrates a strong work ethic and a positive attitude towards her studies. She remains fully up to date with her coursework, completing tasks diligently and to a high standard. Her preparation for the exam has been thorough and well organised, and she approaches her learning with confidence and determination. She is well prepared and ready to succeed in the exam.



ART

Mrs Kennedy



Yevheniia D - Year 7

This term, our students have been exploring the creative art form of Zentangle. Zentangle is a relaxing and enjoyable drawing method that encourages artists to create beautiful images using simple, repetitive patterns. Rather than planning a final design, students focus on drawing one stroke at a time, allowing the artwork to develop naturally. The process emphasizes mindfulness, concentration and creativity helping students enjoy the journey of creating rather than worrying about achieving perfection. We are delighted to share one of the beautiful Zentangle masterpieces created during our lessons. This artwork reflects not only the student's creativity and imagination but also the dedication, perseverance and care invested throughout the process. Every pattern contributes to a unique composition, making each piece truly one of a kind.

ART CLUB

Miss Dale



For our final Art Club project we explored the creative possibilities of clay by designing and sculpting a series of characters inspired by the four seasons: Spring, Summer, Autumn and Winter. The project encouraged students to experiment with clay as a sculptural medium.

KS3 SECONDARY VOICE WORKSHOP/JUNIOR MUSIC FESTIVAL

The singers at the Gateway Academy had the opportunity to meet and work with Madeleine, the Create and Sing artist who has visited our school to deliver the workshop for our singers. During the 2-hour workshop, singers worked with her to prepare their allocated festival song in a supportive, engaging and high-energy environment. Through practical vocal warm-ups, learning and rehearsal material from the *Create and Sing Carmen* resources, the singers worked creatively together to develop a simple staging of their performance.

The session was playful, inclusive and especially supportive of changing voices, helping students to sing with confidence while developing teamwork, creativity and self-expression through music-making. The workshop aim was to leave young people feeling motivated, empowered and excited to perform together, as well as support teachers in preparing their students for the performance.

As a result of their commitment, dedication and progress, 3 of the singers Abigail T, Summer M and Joyful I attended to perform as Guest Artists along with other schools at the annual Junior Music Festival on Wednesday 15 July 2026 in the Civic Hall.

They showcased the results of their hard work through a polished and accomplished performance.

We are very proud of them!



SCUBA DIVING EXPERIENCE

Miss Reynolds

Students Dive Into a New Adventure!

Eight students recently had the fantastic opportunity to take part in a PADI Discover Scuba Diving (DSD) experience at South Woodham Ferrers, where they stepped into an entirely new environment and discovered what it takes to breathe underwater!

Under the guidance of qualified PADI instructors, students learned a range of essential scuba diving skills, including communicating using underwater hand signals, clearing their masks and regulators, equalising pressure safely and controlling their buoyancy beneath the surface. After practising these skills in shallow water, they had the chance to explore the pool with growing confidence and by the end of the session they were even able to enjoy a quick game of catch underwater—a real testament to how much their confidence had grown in such a short space of time.

The experience wasn't just about learning to dive—it challenged students to remain calm under pressure, trust both their equipment and their instructors and develop resilience while trying something completely outside of their comfort zones. It was fantastic to see confidence grow throughout the session with students encouraging one another and celebrating each other's successes.

A huge congratulations to all eight students for representing the Academy so brilliantly. They embraced every challenge with enthusiasm, maturity and determination, making it a memorable day for everyone involved.

We look forward to seeing where their next adventure takes them!



GATEWAY SPORT

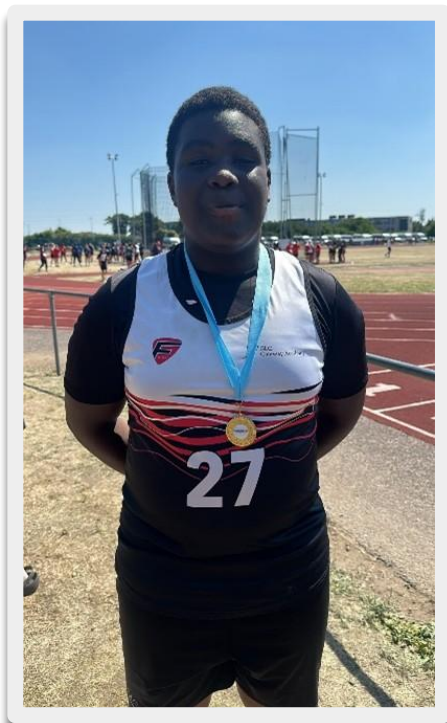
Mr White

This year has been one of the most successful in our school's sporting history, with pupils achieving outstanding results across a range of competitions and demonstrating the dedication, commitment and resilience that underpin our sporting culture.

One of the standout achievements came in athletics, where all four of our ESAA athletics teams qualified for the Regional Finals. This marks the first time in the school's history that every team has reached this stage of the competition, a fantastic accomplishment and a testament to the hard work of both our athletes and coaching staff.

Our success continued at district and county level, with eight pupils selected to represent the district at the County Athletics Championships. Competing against some of the very best young athletes in Essex, our students performed exceptionally well. Tobi S secured an outstanding second-place finish in the Triple Jump, achieving the national qualifying standard and earning selection to represent Essex at the prestigious English Schools' Athletics Championships. This is a remarkable achievement and one that reflects Tobi's dedication and talent.

Further success came from Kimani B who produced an excellent performance to finish fourth in the discus competition. It was inspiring to see all of our athletes competing with confidence and determination at such a high level.



We are also delighted to report that, following the recent District Athletics event, we were crowned champions for the fourth consecutive year. The margin of victory was particularly impressive, with our pupils amassing an outstanding 540 points, compared to 397 points achieved by the next highest placed school, making this our largest winning margin to date. This incredible achievement is once again a testament to the hard work, commitment and dedication of both our pupils and staff.

GATEWAY SPORT

Mr White

Particularly pleasing were our performances across the field and technical events, which are a clear reflection of the significant time, effort and focus that has been invested in developing these areas. A fantastic achievement and one that everyone involved should be extremely proud of.

Away from the athletics track, our basketball programme continues to flourish. The Year 7 girls' team enjoyed a superb season, reaching the Junior NBA Finals, which will take place at the University of East London. Their achievement highlights the growing strength of basketball within the school and the exciting opportunities available to our young athletes.



These successes are a reflection of the hard work, commitment and positive attitude shown by our pupils throughout the year. They should also serve as inspiration for all students as we look ahead to next season. With continued dedication and ambition, we are excited to see our sporting achievements reach even greater heights in the year to come.

COMBINED CADET FORCE

Mr O'Donoghue

On 6th June 2026 the CCF contingent continued their weapons training when they visited the Army ranges at Fingringhoe near Colchester. Over twenty cadets attended and took part in their first live shoot on the L98 weapons system. All those who took part were permitted to do so having successfully completed two days intensive training on weapons handling at Merville Barracks with the Cadet Training Team. The children were very excited to take part and demonstrated their new skills on the range firing at targets of up to 100 metres. All scored well on the day and were very proud of their achievements which will stand them in good stead for central Camp in July in Lincolnshire.



MORE ABLE PROVISION

Mr Zeffie

Masterclass - Gateway Learners Explore Animal Psychology

On Monday 15 June, 35 of our more able students took part in an engaging and intellectually challenging masterclass on Animal Psychology, delivered by former Gateway Academy student Abiaz Afzal, who is currently in his fifth year studying Medicine at the University of Cambridge.

The session provided students with a fascinating insight into an area of study far beyond the scope of the secondary school curriculum. Drawing upon concepts typically encountered at university level, Abiaz introduced students to key theories and research surrounding animal behaviour, cognition and decision-making, encouraging them to think critically about how animals perceive and interact with the world around them.

Throughout the masterclass, students explored complex psychological concepts, examined real-world research studies and discussed the implications of animal intelligence and behaviour. The session challenged students to develop their analytical thinking skills and demonstrated how scientific research can be applied to answer important questions about the natural world.

As a former Gateway student, Abiaz was also able to share his own academic journey, offering valuable insight into studying at one of the world's leading universities and inspiring students to aim high in their own educational aspirations.

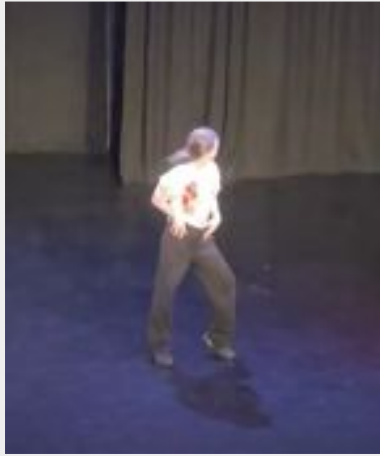
The masterclass forms part of Gateway's commitment to providing enriching opportunities for our more able learners, exposing them to university-level thinking and broadening their understanding beyond the classroom curriculum.

We would like to thank Abiaz for giving his time to support our students and for delivering such an informative and thought-provoking session.



SUMMER ARTS FESTIVAL

The Summer Arts Festival took place on 9th July in the Ellis Theatre where GLC students gathered together to perform. Students showed their skill and confidence during their performance, reflecting the considerable time, effort and dedication they have invested in developing their talents. Each student demonstrated excellent creativity and commitment, delivering great performances in the morning and in the evening.



STUDENT LEADERSHIP

Student leaders have been working on culture day ready for our event in October which will be as always spectacular.

Our outgoing head students were passionate about how our newcomers in each year group have settled in the Academy and what we could do more to help them when they join. To find out more 25 new students this year from year 7-11 joined out afternoon tea and discussed how they had settled in.

As a result we have created 2 new roles within student leadership which are the New Student Ambassadors who will help settle students in to school and our Academic Coaches who will be available to new students to help them catch up with anything they have missed from the year so far. Our wonderful Grace in year 10 helped to plan and run the whole event and has even written a booklet for new students which will help answer all their questions.

Lexie and Harry have been busy recruiting for the Thurrock youth Council and have held elections for other year groups to make sure the young people of Tilbury have their voice heard.

Our leaders have also worked with several groups including the Port of Tilbury to launch a youth space for the local community and with the amazing youth zone project currently underway.



MENTAL HEALTH WORKSHOPS

FREE WEBINAR FOR PARENTS/CARERS
of secondary aged children to support with mental health and wellbeing.
Provided by your Mental Health Support Team
@EssexMHST_and_SETeamhs

bit.ly/4ozRciL

Coming up in August...

- Understanding Self-Harm and Supporting Your Child
4th August 6:30 pm
- Understanding and Supporting Your Child with Anxiety
6th August 7 pm
- Understanding and Supporting Your Child with Low Mood
10th August 10 am

North East London NHS Foundation Trust

Striving to provide the best care by the best people

FREE ONLINE WORKSHOPS THIS SEPTEMBER FOR PARENTS AND CARERS OF SECONDARY-AGED CHILDREN
Delivered by the Mental Health Support Team
@EssexMHST_and_SETeamhs

SCAN TO REGISTER

bit.ly/4ozRciL

- Talking to Your Teen About Mental Health and Wellbeing**
15th September 7 pm
- Understanding and Supporting Young People who Self-Harm**
16th September 09:30 am
- Understanding and Supporting Your Child with Anxiety**
24th September 7 pm
- Understanding Autism**
28th September 09:30 am

North East London NHS Foundation Trust

Striving to provide the best care by the best people

The workshops are provided by MHST – Mental Health Support Team, part of the NHS who works alongside both primary and secondary schools to provide support for students, parents & carers.

FREE ONLINE WORKSHOPS THIS SEPTEMBER FOR PARENTS AND CARERS OF NEURODIVERGENT CHILDREN AND YOUNG PEOPLE
Delivered by the Mental Health Support Team
@EssexMHST_and_SETeamhs

SCAN TO REGISTER

bit.ly/4jtb46c

- Burnout and Masking**
21st September 7 pm
- Sensory Differences**
29th September 7 pm

North East London NHS Foundation Trust

Striving to provide the best care by the best people



SAFEGUARDING



Since April we have distributed **TOP 5 FOOD ITEMS NEEDED:**
1,606 food parcels to our
Thurrock clients, 746 of them
being children.

Our demand is still very high
and we are short of quite a few
items.

We are appealing for the
following items

1. Custard
2. Noodles
3. Tinned Meat
4. Packet Mash
5. Tinned Fruit



SCAN ME



How to stay safe on TikTok

Choosing to **make your account private** allows you to
approve or deny followers and restrict your uploaded content
to followers only. To make your account private:

- Tap on the profile tab
- Go to the **three-dot** menu in the top-right corner
- Tap on **Privacy**
- Then toggle **Private account**

You can keep your identity secure by not
including any personal information, such as
name, address, phone number or age in
your profile.

Users can also manage their experience through the **Digital
Wellbeing** tool in their settings, using Screen Time Management
and 'Restricted Mode', to limit the type and amount of content
viewable.

Worried about a child?

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

- Thurrock MASH (Multi Agency Safeguarding hub), Civic Offices, New Road, Grays, Essex, RM17 6SL, Tel: **01375 652802**.
- Emergency Duty Team (for out of hours) **01375 372468**.
- Police Child Abuse Investigation Team **01277 266822** or call **999** if you are concerned a child needs immediate protection.
- Childline **0800 11 11** www.childline.org.uk
- NSPCC **0800 800 5000** www.nspcc.org.uk; www.facebook.com/nspcc

<https://www.ceop.police.uk/safety-centre/>

Has something happened online that has made you feel worried or unsafe?

Make a report to one of CEOP's Child Protection Advisors

Should I make a report to CEOP? ➔
If you're worried about online abuse or the way someone has been communicating online, let CEOP know.

What happens when I make a report? ➔
One of our experienced child protection advisors will be there to make sure you get the help that you need.

How can CEOP help me? ➔
Online abuse affects many children and young adults every day, CEOP has helped thousands of people in need of support.

Make a Report

If you have been a victim of online abuse or you're worried about somebody else, let us know securely

We have the button at the we

WHAT TRUSTED ADULTS NEED TO KNOW ABOUT: SOCIAL MEDIA & MENTAL HEALTH

Social media is often scrutinised as having a negative impact on children's mental health. Children and young people are now growing up in a technology dominated world, and social media plays a major role in their lives. There is both good and bad news about this. Positive and negative impacts that social media can bring to young people and their mental health.

POSITIVE IMPACTS

- EASY ACCESS TO SUPPORT AND HELP**
- SUSTAINING FRIENDSHIPS AND MAKING CONNECTIONS**
- A SENSE OF BELONGING**

NEGATIVE IMPACTS

- SELF-ESTEEM & BODY IMAGE**
- FAKE NEWS**
- HARMFUL ADVICE**
- ADDICTION AND COMPULSIVE CHECKING**
- CYBERBULLYING**

National Online Safety
#WakeUpWednesday

Meet our expert
This guide has been written by Anna Fennell, a social media expert and author of the book 'Social Media and Mental Health'.

HELPFUL APPS

- **SafeZone** (iOS and Android)
- **Net Nanny** (iOS and Android)
- **FamilyTime** (iOS and Android)
- **Screen Time** (iOS)
- **Google Family Link** (Android)

SOURCES OF HELP

- **Childline** (0800 11 11)
- **NSPCC** (0800 800 5000)
- **CEOP** (www.ceop.police.uk)
- **Thurrock MASH** (01375 652802)



Thurrock
Frontline

FIND LOCAL HELP EASILY!

DOWNLOAD THE FRONTLINE REFERRALS' APP

Available on the App Store and Google Play

- addiction
- advice
- disability
- family
- mental health
- older people
- neuropsychology
- young people
- wellbeing

kidsonlinesafety.campaign.gov.uk

Find practical information from trusted places to help you feel more confident on the steps you can take to protect your child online.

