



# NEWS FROM LINCOLN ACADEMY

# GRACE & GLORY

AUTUMN 2022



CURIOSITY GENEROSITY WISDOM BE KIND  
PASSION COURAGE CURIOSITY  
BE PROUD WISDOM GRAFT  
PASSION GENEROSITY  
GENEROSITY WORK HARD GRIT WISDOM  
GROW COURAGE  
WORK HARD BE KIND KEEP GOING BE PROUD KEEP GOING  
DREAM BIG DREAM BIG  
COURAGE BE KIND DREAM BIG WORK HARD GRACE BE PROUD

Welcome to the latest edition of Grace & Glory demonstrating the amazing achievements and activities that have happened at Lincoln Academy over recent months.

We are very proud of our Lincoln Attitudes – **Work Hard, Dream Big, Be Kind, Keep Going** and **Be Proud**, which are displayed in abundance over the following pages.

Mr R Trow, Headteacher

# LIT IN COLOUR 2022

Earlier this year, Mr Grummell, Miss Duggan, and a small group of Year 10 students boarded a train to London (at a ridiculously early hour of the morning!) to attend Edexcel's Lit in Colour 2022 conference.

The aim of the conference, and of Edexcel's Lit in Colour programme in general, is to "provide access to books by Black, Asian and minority ethnic writers and those from a range of backgrounds, to ensure a better reflection of contemporary culture and society, and to provide students with both experiences beyond their own and experiences that may resonate with them."

We had an amazing day listening to many guest speakers, as well as hearing students from other schools share their own poetry. Some students from Lincoln Academy even prepared short poems to go up on stage and perform, but unfortunately did not get picked to present in the end. A tragedy! Even so, it was an absolute privilege to read the work our students produced, and one of

the guest poets even read some of these poems and offered their feedback!

The atmosphere on the day was one of acceptance, diversity, hope and respect. I was so proud of our students for the passion and excitement they showed during the day. It was an honour to see so many different poets perform, and a brilliant opportunity for our students to see poetry live on stage, and not just read out (however passionately) by our English department... although I believe Mrs Turner's rendition of Kubla Khan is still a firm favourite for most students.

Boris Johnson resigning whilst we roamed the sunny streets of London was a shock to us all, but luckily Mr Grummell was on hand with an ice cream for everyone to keep us in high spirits.

## SHREK THE MUSICAL

Over 400 students from local primary schools including Sir Francis Hill, Birchwood Junior School, Hartsholme Primary School and St Hugh's Catholic Primary school attended the Academy to watch a performance of Shrek the Musical.

Students were treated to a 2 hour performance which included solos from students, fantastic acting and a general feel good atmosphere.

Of those attending, Mrs Bayston asked what their favourite part of the performance was. Some of the responses were 'Shrek – he's amazing' (Our Very own Will Ogundipe), 'the Dragon' and another commented on how fantastic the actor playing Donkey was (Our very own Milana Fjodorova).

Students left with smiles on their faces and are already looking forward to next Year's performance.



# DUKE OF EDINBURGH'S AWARD

During the year, we welcomed our Y9 Bronze Duke of Edinburgh's Award students to their Camp Craft weekend.

They spent half of the day working hard to recap their knowledge and learn more about navigation, first aid, The Countryside Code and lots of other important knowledge needed for a successful expedition.

In the afternoon, students enjoyed a 14km training walk, complete with their full expedition bags. Their **courage** and **hardworking** attitude to **keep going** was a true show of the **passion** they have for the award. They then enjoyed a night of camping, cooking dinner on a Trangia, smoores and breakfast too the following day!



Following this adventure, our Bronze students set out to the Lincolnshire

Wolds to complete their assessed expedition. Despite the soaring temperatures, all students showed our Academy attitude of '**Keep going**' and passed their assessed expedition, continuously working hard as a team. Our Silver cohort also completed their practice expedition and look forward to their assessed expedition!

Miss Black and the DofE team are so proud of our Bronze and Silver Duke of Edinburgh's Award students, well done all!

## CRIMINAL JUSTICE DAY

A group of 20 Sixth Form Law students spent the day at the Lincoln University campus taking part in their 'Be Inspired 'Criminal Justice' Enrichment Day'.



This was an original and exciting event which provided the students with an opportunity to experience a range of subjects (Forensic Psychology, Forensic Science, Law and Criminology) being taught by experts in an interactive fashion. A real life scenario was used as a prompt to help the students engage with these subjects. Our students were provided with information about a potential case of GBH.

In the Forensic Psychology session they explored the possible motives of the offender. They were then taken to a laboratory where they adopted the role of a CSI and examined the murder weapon for finger prints and DNA.

The afternoon sessions saw them put forward arguments around the sentencing of the offender in court and finally work with a criminologist to design and present a prison regime for the offender to assist his rehabilitation.

All of our Sixth Formers made the very most of the day. They were energetically involved in the presentations, court room dramas and CSI investigations. Their suggested prison regimes ranged from the lenient to the brutal but all were presented with great gusto.

After working hard all day and being a real credit to our Academy the University's 'Be Inspired' message has been taken on board!



# LINCOLN ACADEMY STUDENTS EXPLORE THE WIDER WORLD

Lincoln Academy opened its doors to over 40 visitors to support the World of Work Day. This was the first time we were able to allow visitors on site following Covid restrictions and this created a very positive buzz for our students, staff and visitors.



Students in Year 7 to Year 10 accessed a range of employer led activities to include teambuilding with the RAF, STEM activities, Goal Setting with Future Toolbox, Positive Health and Inspire Plus.

In addition to activities and taught sessions, students in Year 9 and Year 10 visited the Careers Fair in the Sports Hall. This provided students with the opportunity to find out more about Further Education and Higher Education courses, learn about apprenticeships and speak to a wide range of employers from different sectors.

In keeping with exploring the wider world, the Year 12 students took part in work experience placements over a two week period. Students were proactive in securing placements to support their career pathway. These included Gibraltar Point Nature Reserve, Sills & Betteridge Solicitors, Teledyne engineering, Design Studio, Lincolnshire City Council, Lincoln Fire and Rescue and Sir Francis Hill Primary School.

The Careers Leader and Global Citizenship Lead are extremely grateful to employers and training providers that continue to offer our students excellent opportunities that enable them to make well informed decisions about their future career pathway.







## SEA CADET TRAFALGAR PARADE



**Priory Lincoln Year 12 student, Tyler Carrott, joined The Lincoln Sea Cadet Unit who had been invited to take part in the prestigious 2022 National Trafalgar Parade in London. The group travel to their training camp on Thursday where they met with cadets from different units Nationwide.**



Friday and Saturday were spent drill training for the event on Sunday. The parade began at Trafalgar Square, marched through Admiralty Arch, along The Mall, passing by Buckingham Palace and ending at Wellington Barracks where Tyler said he was lucky enough to have met and spoken with the highest ranking female Navy Officer.

Through his time in cadets Tyler has gained British Rowing Instructor status and this weekend is working towards gaining his Sailing Instructor qualification. His career ambition is to become a Navy Helicopter Pilot.

## LINCOLNSHIRE YOUNG PERSONS SERVICE

**A free and confidential service for young people affected by drugs and alcohol.**

Contact our free, confidential service and talk to one of our trained staff.

We are here to listen – you can tell us as little or as much as you want.

### Who's this service for?

This service is for you if you're:

- under 18 years old
- living in Lincolnshire
- worried about either your drug or alcohol use or someone else's

### Talk to us online

Whether you need information for yourself or advice to support a friend or relative our webchat service is here for everyone.

Start a webchat by clicking on the chat button on the bottom right hand side of our website. You can access webchat on your laptop or mobile.

### Get in touch

26-30, Newland, Lincoln LN1 1XG

Call 0800 304 7021

(This number is free to call)

Email: [youngpersonslincolnshire@wearewithyou.org.uk](mailto:youngpersonslincolnshire@wearewithyou.org.uk)

**[wearewithyou.org.uk](https://www.wearewithyou.org.uk)**

WE ARE WITH YOU LIMITED. We're a registered charity in England (1001957) and Scotland (SC040009). We're a registered company in England and Wales (2580377). Registered address: Gate House, 1-3 St. John's Square, London, England, EC1M 4DH

need  
to talk?  
we are  
withyou



### Help for friends and family

You're welcome to come and talk to us if you're worried.

We offer an outreach service, which means that we will come to a place which is convenient for you, somewhere you feel safe and can talk openly.





## THE HOUSE RACE 22-23

After a glorious win for Newton last academic year (21-22), and a grand celebration from newly appointed House Champion Mrs S Davey, the race is back for another year. Tennyson, Newton, Franklin and St Hugh lined up at the starting line eager to get started with a little too much friendly competition between them.

The starting pistol sounded with a treasure hunt. This was designed to help our Year 7s navigate their new surroundings whilst also creating a fun competition for the rest of the year. Exciting starts were made, but, with only 1 hour to complete, time was against them! Can you figure out where this clue should take you?



Not only did they have to run around the school, figure out clues that even Sherlock Holmes would falter at, collect the letters on the top right corner, but then they had to work out the anagram. Could you figure it out?

**O E W N D E G L K**

With the sound of the pistol still buzzing in their ears, the student's next competition was a fan favourite last year – Welly Wanging. And yes, you read that correctly. This welly throwing extravaganza took place on the field with many year groups in attendance. Records were broken by our year 8 winner Sebastian P and, with a new record set, we now have a new target to beat next year. Our Year 9 winner, Joshua B, was very close to also beating the previous record. From our Humanities department, Mr Kent also gave it a go although he was beaten by a Year 8 – better luck next time!

For now however, with the race well under way, we will swap our wellies and our clues for our pumpkin carving kits. This competition took place over half term and was a very creative affair.



## #GENEROSITY #BE KIND

The Academy lives up to its ethos of generosity and kindness with the fantastic amount of £11,009.40 raised for the Race for Life and Race for Riley 2022.



This is an incredible achievement from both students, staff and supporters raising such a large amount on this occasion.

What a fantastic amount for a charity that helps so many people and their families.

This means that, as an Academy, over the two events for Cancer Research, we have raised a whopping **£23,564.40**



This shows the generosity and kindness of all those that took part. What an amazing team we are, **#Working Hard** demonstrating team work and being a force for good.

Thank you to everyone and let's **#Keep Going** and **#Be Proud** of what you have achieved.





## What Parents & Carers Need to Know about

# SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so enthral young people, but we can still help children to be aware of their mental wellness; recognising when something isn't OK... and knowing what to do about content that upsets them.

### 1. UNDERSTAND THE ALGORITHM

Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.

### 2. AVOID THE MAIN FEEDS

Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use filtered modes, or highlight posts that they don't want to see more of. Explore the platform's settings to see how you can take control of what your child's phone shows them when they open the app.

### 3. DISCUSS WHAT THEY'VE SEEN

Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss with them what comes up in their feeds. If alarm bells ring, it could be time for a more in-depth talk or to seek support.

### 4. LEARN HOW TO HIDE CONTENT

If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.

### 5. SET DAILY LIMITS

Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces. Involving your child in creating this agreement makes them more likely to stick to it.

### 6. MONITOR THEIR ACTIVITY

Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.

### 7. TURN OFF PUSH NOTIFICATIONS

Even for adults, it's tempting to check an email or message as soon as the alert sound rings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to prioritise mindful use of tech. Most of us have other things that we need to focus on as a priority – and those notifications will still be there later, when we have more time.

### 8. USE DEVICES TOGETHER

Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area at home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful posts.

### 9. ENCOURAGE OTHER ACTIVITIES

Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.

### 10. TALK ABOUT PEER PRESSURE

Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but just like online life, the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

### Meet Our Expert

Shazia Sarwar – Azim is executive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the SEND, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shazia is a Fellow of the Chartered College of Teaching and the author of *The Red Room*. Within a book which supports children with SEND needs.



**National Online Safety**  
#WakeUpWednesday



# RED FLEECES FOR UKRAINE APPEAL



As we changed our PE kit, Uniform Direct very kindly agreed to donate all the surplus red fleeces to the school so that we could forward these to the Ukraine appeal.

The organisers of the appeal have kindly sent a photograph of the donated items that are being used by the children in a school in Ukraine.

## LINCOLN SIXTH FORM

# M&G LIFE SKILLS WORKSHOP

**Sixth Form students have been preparing and practising for interviews through a series of activities focusing on the development of verbal and non-verbal communications.**

Towards the end of the session students were able to apply their learning in an "Assessment Centre" exercise.

The students were also joined by Arvin Hulait, Business Development Manager for M&G Wealth, who was able to provide feedback and tips on what a business world are looking for during an interview.



# LINCOLN SHREK 2022

Photos of our wonderful performance!



#BeProud  
#WorkHard  
#DreamBig  
#KeepGoing  
#GraceGlory



# YEARS 9-11 FRENCH TRIP

Following a mammoth 22 hours journey to reach the Château de la Grande Romaine, 57 students from Years 9-11 had a fantastic time in Paris. After a well-deserved late breakfast, students explored the château and took part in some team building activities.

After this acclimatisation, we set off for central Paris, where we visited the Stade de France (France's version of Wembley Stadium). As well as a front of house tour, students explored behind the scenes, visiting the in-house prison cells, the players' dressing rooms and even sitting in the presidential box! As early evening approached, we travelled into central Paris, where we took the lift to the 2nd level of the Eiffel Tower to see Paris by night, experiencing first hand why Paris is known as the City of Lights: A truly memorable experience.

The second day was spent at Disney, just outside Paris, where students got to meet some of their childhood cartoon characters and ride on the world-famous rides. A fun day was had by all.

The students were a credit to the Academy. Their patience and maturity on the delayed



journeys there and back, made for as smoother time as was possible. Their enthusiasm to explore and experience everything the trip had to offer was fantastic to be a part of...even trying snails! We even celebrated two 16th birthdays on the trip!



# SPORTING SUCCESSES

I would like to take this opportunity to celebrate some of our sporting successes since the start of this academic year, but also to update the achievements and journeys of some of our past students.

Our most recent success came from our **Year 7 boys** who won the Lincoln and District 5-a-side football competition. We had stiff competition from Branston Academy who beat us in the pool stages, but our resilience and determination led to a well-deserved victory in the final, which went to 6 rounds of penalties.

Well done Fred, Eden, Harry, Isaac, Declan, Owen and Alfie.



We took five students to take part in the School Games Boccia and New Age Kurling tournament at the University of Lincoln. Even though this was not a competitive tournament, our students performed brilliantly to win all of their Boccia matches and the majority of the New Age Kurling matches too. They were highly praised by other staff for their sportsmanship as they showed great respect to the other students.



We saw the start of the cross-country season with the Lincoln and Gainsborough District Schools Championships taking place at Riseholme College. The course had to be changed because of the heavy rainfall from the previous day, and our students had to adapt to the conditions and a shorter course.

We managed to get six of our students to go through to the next round of the Lincolnshire County Cross Country trials: **Harry Hunt, Isaac Truman, Lyon Galayr, Harley Hallam, Harriet Dunn and Rebecca Butt** will be representing not only The Priory Lincoln Academy, but also Lincoln and Gainsborough District Schools too.

We wish them all the best when they compete at Burghley House.



The following students have been recognised in their respective sports and have made phenomenal progress as a result of continued hard work, we are so proud of them...

**Finn Clements** has just been selected for the Leicester Tigers U15 Academy squad after being on trial this season. He is also trialling for the England Touch Rugby squad having represented the regionals.



**Eloise Hall** is currently in Year 12 who, along with her brother Douglas (Year 8) played locally for Hartsholme Cricket Club before moving to Woodhall Spa Cricket Club. Since then they have all progressed to go on to represent Lincolnshire County Cricket.

**Izzy Hayward** and **Milly-May Barsby** have been selected again to represent Lincolnshire County in the girls Under 15 football squad.

**Katie Founds** is in our Sixth Form and for the past 5 years, she has qualified and swam at county, regional and national level. This year Katie has qualified and partaken in six national events, receiving a bronze medal at the Swim England National Meet 2022 for 100m breaststroke and placing 12th in Britain for 50m breaststroke.

Keeping with the swimming theme, **Amber Norton** is a S15 category swimmer. She has been a member of the Great Britain deaf swimming team for the past four years. As well this achievement, she has also represented the Lincolnshire County (able bodied) team in multiple strokes for many years. Amber is also a silver medallist at the Great British Deaf National Championships.

## LINCOLN SWIMMERS

Well done to the 17 swimmers from across the Academy who took part in the Lincoln & Gainsborough District swimming meet.



There were some good individual performances and PBs broken.

#BeProud #WorkHard #DreamBig #KeepGoing #GraceGlory

## BRITISH JUDO CHAMPIONSHIPS

Huge well done to **Sebastian** who medalled in the BJC Closed National Championships 2022 at Arena Sport in Kettering.

Sebastian earned a Bronze medal in the category 13-15 years, 60-66kg. This is a new category for him. He has also been Invited to train with the BJC National Squad

Well done Sebastian!!!



## SCHOOL GAMES ORGANISER

I would like to use this opportunity to express the PE department's gratitude for **Jenny Elsom's** hard work, and the great times we've had working with her. However, she won't be going too far as she transfers across the site to become the Pastoral Manager for our current Year 11.



She is a remarkable colleague and friend to the team who has spent over the past six year working with us as a 'School Games Organiser'. The roles that she has played have really made a big difference in the workplace, especially when it comes to meeting, and sometimes exceeding, the goals that we are tasked with by Youth Sports Trust and other sporting organisations.

She is active, cheerful, productive, honest, friendly, reliable, persistent, resourceful, talented, self-disciplined, and broad-minded. These are just a few of the positive qualities and personality traits that describe Jenny. Hopefully they were instilled while she was a student here at the Lincoln Academy (or City of Lincoln Community College as it was known back then). All of these qualities will no doubt help her with her new role as a Pastoral Manager.

The PE department will miss Jenny's valuable contributions. We'll need someone who is always willing to assist other

colleagues on their projects, and I know we have found the perfect person for the job!

We would like to welcome **Callum Woods** into the department as the new 'School Games Organiser'. Callum has joined us and will bring his experience to help him further develop the role. Having worked in sports industries, including football coaching and management, and in the fitness industry, Callum is excited to take on the role of School Games Organiser as he feels strongly about the importance of physical activity for young people and is eager to encourage participation. Having only worked with Callum for a short while in the PE department, he has certainly made a great impression and is settling in nicely.

"Sport has played a massive part in my life and I have always enjoyed playing and competing in a range of different sports. Knowing how much this can help, I am so excited to ensure that young people across Lincolnshire have a wealth of opportunities."



# CATCHING UP WITH OUR PAST SPORTING STUDENTS

**Megan Spiers** is a successful swimmer. She graduated through the Diploma in Sporting Excellence (DiSE) at Loughborough, which is part of the Swim England programme. Through this programme, Megan has been chosen to become a member of Swim England Talent Team and competed in the 'Prep the Pool' meet in the Commonwealth Games last May.

**Alicia Davis** is studying with the Lincoln City Foundation. Over the past years she has represented Lincolnshire County in football and now playing for Lincoln City Ladies (under 23) team. Alicia has also been playing for the England Para in the regional pathway.

**Billy Brooks** was offered an early Lincoln City scholarship at U16 level. He made his Lincoln City debut against Manchester United U21 in the EFL Trophy coming off the bench. He was called up to the Republic of Ireland U18 team for the first time and made his international debut just two days later, coming off the bench against Hungary U18.

**Adam Crookes** was at Nottingham Forest Academy as a student just before we became The Priory Lincoln Academy. He captained the Under-18s to the Professional Development League 2 title. From there he went on loan to Guiseley and was loaned out to Lincoln City and Port Vale the following season before joining Vale permanently on a two-year contract. He signed with Grimsby Town and is currently playing for York City.

**Sophie Barker** is another former student who has played for Lincoln City Ladies. She has gone on to play in the FA WSL having played for Lincoln Ladies as well as Sheffield and Doncaster Rovers Belles. Sophie was the captain for Leicester City (her dad's former club) and is currently on loan at Sheffield United.

**Laurence Pearce** was also at the Leicester Tigers Academy whilst at school. He then switched codes to play rugby league in the Super League for Hull FC. He then switched back to union to play once more for Leicester Tigers before moving onto Sale Sharks and is currently in France playing for Mont-de-Marsan.



As with all of our students, we are all very proud of their achievements and hope they can inspire others to become great athletes in the near future.

# BADMINTON ALL ENGLAND

At Badminton All England, I had a great time. Having the chance to watch badminton being played on the world stage was amazing and has inspired me further to get better at my own games. Some of the shots I saw make me want to learn to play like that.

All the games were so competitive- especially the men's doubles. The professional athletes such as the no.1 seed in men's singles: Victor Axelsen and the no.2 and no.3 seeds in women's singles: Akane Yamaguchi and Chen Yufei were absolute wonders to watch.

As well as watching some of the highest level of badminton, there were lots of food options and you could walk around too. There were many opportunities to purchase merchandise, badminton clothing, equipment and watch professionals string rackets. Being able to choose where to sit also allowed us

to be closer to the action. Additionally, we could pick what games we wanted to follow. It was very easy to get involved with the whole event.

The crowd at All England was very lively and really felt like you were part of a community as everyone shared a love for the same sport. The people were so nice and you could easily join in with the cheering and clapping around you.

Overall, it was brilliant and I hope I can experience it again.

*By Rebecca (Y10)*





# ONLINE SAFETY TIPS FOR PARENTS

## Helpful websites offering help and support

Parental Controls and privacy settings are not just for restricting your child and young person's activity online; the biggest role they play is in safety. Internet matters has some great step by step guides to support you. **[www.internetmatters.org/parental-controls](http://www.internetmatters.org/parental-controls)**

**internet  
matters.org**

Grooming is when someone seeks to build an emotional connection with a child to gain their trust to exploit. Children may often meet people through social & gaming sites that aren't who they say they are. Discuss the risks with them.

**[www.internetmatters.org/resources](http://www.internetmatters.org/resources)**

Help keep your children safe from online exploitation by having open conversations about online safety and healthy relationships. Take an interest in their online friends and activity as much as you would do their offline. Know the signs: **[www.childrenssociety.org.uk](http://www.childrenssociety.org.uk)**

**The  
Children's  
Society**

There is a lot of support on all family matters on this website; emotional wellbeing to staying safe, careers advice to SEND advice. Please explore the website to find services that are available to you or your child when you may need them.

**<https://lincolnshire.fsd.org.uk/kb5/lincs/fsd/home.page>**



Being connected is a big part of our lives. But if you or your child are seeing things online which creates negative feeling this can build up and start having a negative impact on your life.

@YoungMindsUK shares tips to a more positive online experience

**[www.youngminds.org.uk](http://www.youngminds.org.uk)**

**YOUNG MINDS**

One other website that keeps cropping up in our safeguarding concerns in a platform called Omegle. Its actual tag line is Omegle; talk to strangers!

Please ensure you know what websites your children are accessing. There are 'live video chat rooms' which young people are accessing freely and is a huge safeguarding concern. Officially there is no age restriction on Omegle.

If your child uses this – they are at risk. **[www.omegle.com](http://www.omegle.com)**



**LINCOLN**  
A PRIORY ACADEMY

**[www.priorycity.co.uk](http://www.priorycity.co.uk)**



**@Priory\_Lincoln**



**@priory\_lincoln**



**THE  
PRIORY  
FEDERATION  
OF ACADEMIES TRUST**