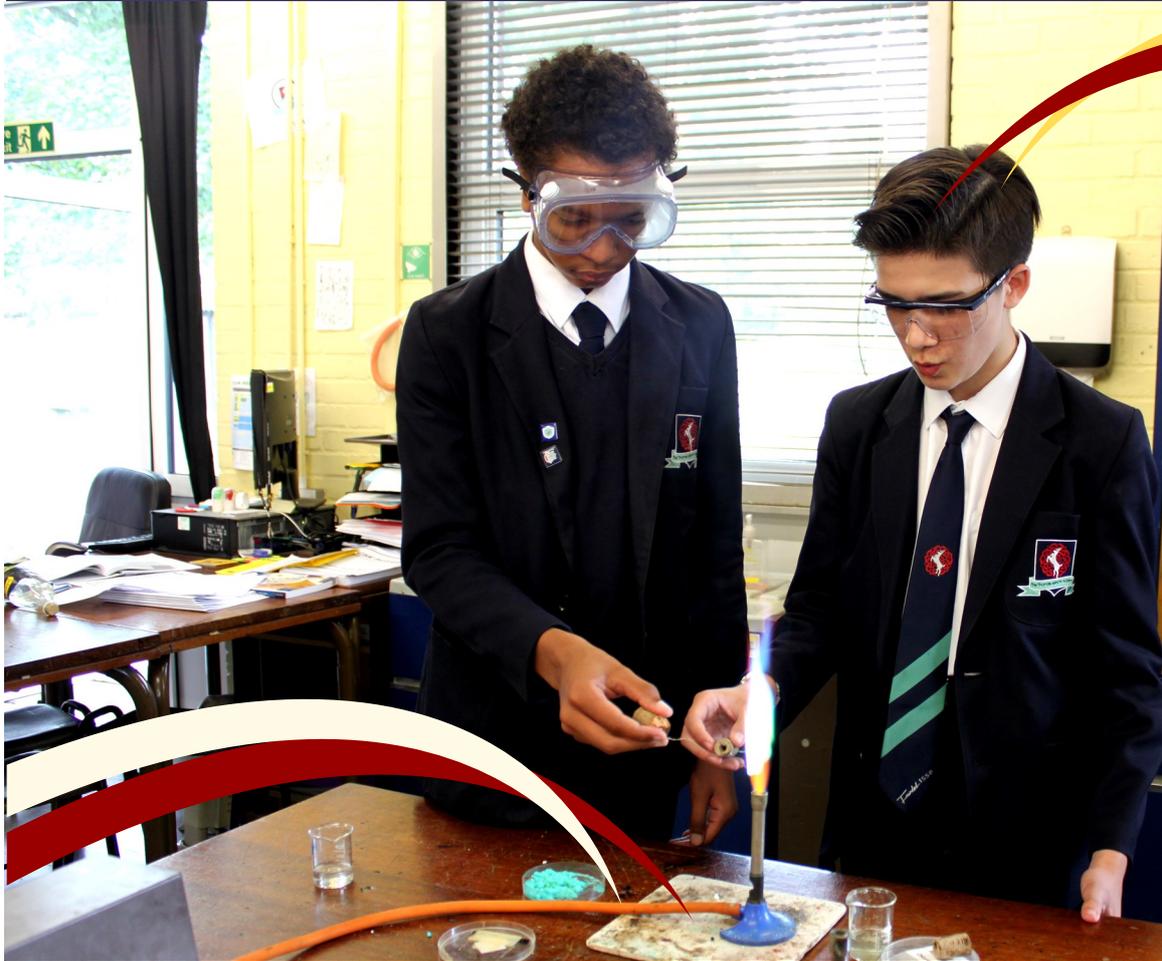


# The Thomas Alleyne Academy

Issue 08 January 18th 2019



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## HEADTEACHER'S UPDATE



Welcome to our first newsletter of 2019. I hope that you all had a relaxing and enjoyable Christmas break and that the new year has started well. Last week I spoke to students in assembly about the opportunity that a new year provides for a fresh start and asked them to think about any school related resolutions they plan to make this year.

Our Year 11 and Year 13 students are now into their last 13 weeks before examinations start. As always there is a huge amount of support available from our fantastic and dedicated staff team. We understand the pressures that students are facing, and whilst we cannot remove the importance of hard work and commitment over the coming weeks, we can help students with the resilience required to cope with their exams.

I would like to finish by encouraging all parents to attend the 'Stranger Danger' presentation on Monday 21st January between 6:30pm-8pm, this will ensure you understand the messages given to the students during their talks on Monday and will undoubtedly mean you feel better skilled to protect your children against malicious communications or 'stranger danger' in the 21st century. There will be a child care service during the session for those parents that require it.

Mark Lewis

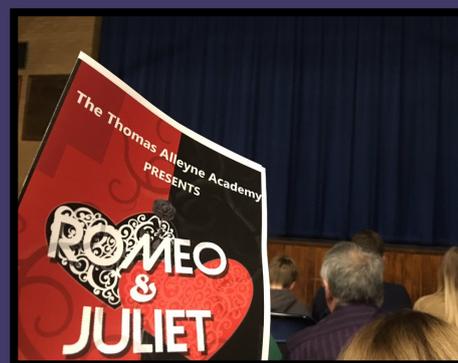
# ROMEO AND JULIET PERFORMANCE

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The end of term saw the culmination of nearly 4 months worth of hard work and rehearsals with the extremely professional two-night run of Romeo and Juliet. The cast put on flawless, emotional and engaging performances and really made Shakespeare come alive, and also made Mrs Russell cry, on both nights (it's like she didn't know they were going to die, or something)! Audience feedback was overwhelming about the talent, professionalism and unity of the whole cast, who really did their absolute best at putting on a fantastic show.

Rest up, for now, as Ms Merser and Mrs Cowen will no doubt be planning the next school production very soon!!

Mrs Cowen—Head of Drama



## SPORTING NEWS

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There has been even more success for Charlie Grayson, as on Friday 14th December Charlie was awarded 5 titles at the Stevenage and North Herts AC presentation evening.

Charlie won the following individual categories:

- Best male performance 10K and under,
- 10K series winner senior men,
- Most consistent male southern athletics league,
- Best athlete youth development league,
- Manager's choice award,

He also competed in the Waterside 10K road race on Sunday 16th December, (he was the youngest competitor) and came 6th in a time of 37:07 on a course with an extremely large hill!

Congratulations Charlie, keep up the hard work!



# COOK'S CORNER

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Welcome to January's edition of Cook's Corner. After a busy couple of half terms we are preparing for our upcoming theme days. Our first theme day will take place at lunchtime on Tuesday 5th February in which we will celebrate Chinese New Year 'Year of the Pig'.

Theme days are great fun for us and the students. It's a great way to introduce the students to some different dishes from around the world. Chinese New Year is one of our favourites as we not only get to sample some delicious recipes, but we get to have some fun discovering which animal of the Chinese Zodiac we are.

This is a great hit with the students and creates fun for all involved. There is a trusted wall chart which is part of our decorations that will tell you which animal you are depending on the year you were born. The menu will be tweeted on the Thomas Alleyne's twitter site nearer the time so look out for further updates. Remember main meal and pudding on the day is only £2.40!

As well as having the theme days to look forward to we have a variety of new break and lunch time items that we are adding to our menu so to help beat the January blues, come have a look and see what we're up to.

## RECIPE OF THE MONTH—SWEET AND SOUR CHICKEN—SERVES 4

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### For the chicken

½ small pineapple  
2 boneless, skinless chicken breasts  
2 tbsp sunflower oil  
1 onion, cut into wedges  
1 red pepper, deseeded and chopped  
1 green pepper, deseeded and chopped  
1 tbsp cornflour  
4 spring onions, trimmed and thinly diagonally sliced  
360g rice

### For the sauce

1 tbsp cornflour  
300ml/10fl oz fresh pineapple juice  
2 garlic cloves, crushed  
25g/1oz piece fresh root ginger, peeled and finely grated  
1 tbsp dark soy sauce  
2 tbsp white wine vinegar  
2 tbsp soft light brown sugar  
3 tbsp tomato ketchup  
1 pinch dried chilli flakes  
Freshly ground black pepper

### Method

1. To make the sauce, put the cornflour in a small bowl and stir in two tablespoons of the pineapple juice until smooth. Put the remaining pineapple juice in a separate bowl and stir in the garlic, ginger, soy, vinegar, sugar, ketchup and chilli flakes until thoroughly combined. Set aside.
2. Cook rice in boiling water per manufacturers cooking instructions
3. Put the pineapple on a board and cut off the skin. Quarter lengthways and remove the tough central core. Cut the pineapple into thick slices and set aside. Cut each chicken breast into seven to nine even pieces (depending on size).
4. Heat the oil in a large non-stick frying pan or wok and stir-fry the onion and peppers for three minutes over a high heat. Coat the chicken in the cornflour and add to the pan. Stir-fry for four minutes until very lightly coloured on all sides.
5. Add the pineapple and sweet and sour sauce to the pan with the chicken and bring to a simmer over a medium heat. Cook for 4-5 minutes, stirring regularly until the chicken is cooked through and the pineapple is hot.
6. Stir in the cornflour and pineapple solution mixture and cook for 30-60 seconds until the sauce is thickened and glossy, turning the chicken and vegetables until nicely coated. Sprinkle with sliced spring onions and serve hot with cooked rice.

# SIXTH FORM NEWS

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## **Create and Succeed: Stevenage Police - Work Experience Placement – 11th January 2019**

‘On Friday 11th of January I had a fantastic opportunity: to go out with Stevenage Police on their ‘Ride-along-Scheme’ day to see what a day in the life on a police officer might be like. I went out with officers in the patrol car in the area car and with the intervention team and was fortunate enough to see a



very busy day and a variety of activities and duties that police officers need to perform. I am unable to disclose details but I did see a lot of action and spent some time with the K-9 unit looking for items that may have been discarded in a chase. I thoroughly enjoyed my time with the police and have potentially another work experience day booked in two weeks’ time. The police were very welcoming and answered all questions and made me feel really comfortable. They were easy to talk to and good to have a laugh with, all while reinforcing career pathways available in the police force. My career plan after A level is to join the Hertfordshire Police Apprenticeship Scheme with a view to becoming a trained and fully qualified officer.’ Scott W

## **Aim High: Sutton Trust and Balliol College, Oxford Undergraduate Taster Days**

We are preparing students for university, degree and sponsored apprenticeships and traineeships. All students were shown a video by Sutton Trust Founder Sir Peter Lampl in form time today and have been emailed details and application instructions. These days are an extremely important part of building a portfolio in sixth form so that when students complete their A level programme their chances of

gaining a university place or higher apprenticeship will ensure they stand out. Opportunities at Balliol College, Oxford, as part of their Outreach Programme, are also available and taster days in Classics, Biomedical Engineering, Maths and IT are FREE. If students need help completing the application forms or with a personal statement for the applications please see Mrs Newbery, Outreach Coordinator, in the sixth form office.

## **Governors in Sixth Form**

We are looking forward to welcoming our Governors in sixth form tomorrow. Governors will be at the academy talking to our new Year 12 Senior Student Team and our Year 13 students who have all received conditional and (some) unconditional offers for their chosen universities. We are guiding Year 13 now with budgeting, Student Finance Loans and Tuition Fees ready for the next step of their tertiary education.

## **Take Pride: Save the Children – Christmas Jumper Day**

Christmas Jumper Day is an annual fundraising campaign in the UK organised by charity Save the Children. People are encouraged to make the world better with a sweater and raise funds for Save the Children by wearing a Christmas jumper and making a minimum donation of £1. We are delighted to have raised £35.00 for the above charity and we had a lovely variety of Christmas Jumpers to display whilst selling (and eating) lots of festive treats.





## Upcoming Events

### Monday 21st January 2019

Freedom From Abuse Presentation—6:30pm

### Thursday 24th-Friday 25th January 2019

Holocaust Memorial Events

### Wednesday 30th January 2019

Bugsy Malone Open Auditions at The Gordon Craig Theatre  
4.30pm - 6pm 8-12 year olds 6pm - 7.3pm 13 - 21 year olds

### Thursday 31st January 2019

Post 16 Parents' Evening

### Sunday 3rd February 2019

Bugsy Malone Open Auditions at The Gordon Craig Theatre  
1.30pm - 2.30pm 8 - 12 year olds 2.30pm - 3.30pm 13 - 21 year olds

### Wednesday 13th February 2019

Year 9 Parents Evening and Options Evening (early close)

Don't forget to read Mr Lewis' weekly blog which is published every Friday on our website. Head to [www.tas.hert.sch.uk/blog](http://www.tas.hert.sch.uk/blog) to check it out!

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# kik

Kik (or Kik Messenger) is a free messaging app used by 300 million people worldwide that lets users exchange messages, photos, videos, GIFs and webpages via a Wi-Fi connection or data plan. Kik is unusual in that your child can sign up without a phone number and then find and message other people via just their username. Kik is aimed at anyone aged 13 years and older – the app says teens between 13 and 18 years old will need parental permission but it does not verify ages.



AGE RESTRICTION  
**13+**

1 new message

## What parents need to know about

# Kik



### CHILD SEXUAL EXPLOITATION & GROOMING

Police in the UK have warned that Kik has featured in 'more than 1,100 child sexual abuse cases in the last five years' and that 'children are at risk' on the app. Offences involving the app include child sexual exploitation, grooming, and image violations. Kik has also been identified by US police as being used by sex predators, and they say it is responsible for several recent incidents involving children, including the murder of a 13-year-old girl by a man she met via Kik.

### FAKE OR ANONYMOUS PROFILES

What makes Kik unique to most other private messaging apps is the fact that it doesn't require a phone number as it works through Wi-Fi instead. By using a username, your child can avoid sharing personal information with others on Kik, but on the flipside, this makes it far easier for people to remain anonymous or to create a fake persona.

### SEXUAL PREDATORS

Some people may use Kik with the intention of targeting children. Typically, this is a subtle and a potentially dangerous individual who will initially portray themselves as a friend who 'understands' a child. They may also lie about their age and it's possible that your child could be manipulated by a stranger into doing regrettable or illegal activities, and maybe even meeting them in real life.

### JOINING PUBLIC GROUPS

As soon as Kik is downloaded, your child can join public groups to chat with up to 49 others about anything from music, to sports, to travel by searching for topics they are interested in. However, groups can include inappropriate names and content. There are also private groups on Kik that can be joined by scanning a group Kik code or if they're added by someone on their contact list.

### SEXTING

Due to the general ease of sharing photos and videos, sexting has been reported on the app. These messages can be screen-captured or copied at the press of a button, which could lead to further dangers, such as blackmail and cyberbullying. It is illegal to make, possess, download, store and share sexual images, photos and videos of a person under the age of 18. This also includes any sexual images, photos and videos that a child may have taken of themselves.

### KIK 'BOTS'

Users can add 'bots' to their friends list and communicate with them on the app. 'Bots' are automated software programs built into the app that mimic conversation – developers, brands and Kik can create 'bots' to communicate with any Kik user who has opted to start a conversation with them. Kik has been associated with 'pornbots' and 'spambots', which try to lure users into clicking on links or porn websites by using suggestive and often personalised messages.

### VIDEO CHAT

Your child can take part in a live video chat with their friends in a one-to-one chat, or with up to six friends at a time in a private group chat. There is the danger that conversations can be recorded and shared without their knowledge, and with live video conversations, your child is at risk of seeing or hearing content that is inappropriate, sexual or violent.

### PERSONAL OR COMPROMISING USERNAMES

As Kik works with usernames and not phone numbers, some people may search for clues as to who someone is in real life, based on their name. For example, if your child uses their real name or something similar, strangers could potentially find out their identity and even start looking for them on other social media platforms.



## Top Tips for Parents

1 new message

### CHOOSING A USERNAME

When setting up a Kik account, ensure that your child knows the importance of a secure username and why it shouldn't contain ANY clues as to who they are in real life – especially their first or last name. Get them to choose a username that is hard to guess, using a combination of letters and numbers.

### SHARING USERNAMES

Explain to your child that sharing usernames on social media channels, such as Twitter, Instagram or Facebook, will make it visible to people they might not know – and they'll be able to message your child. If your child joins a group, anyone within that group will be able to see their username. Your teen will have a Kik Code that's unique to them and lets your child connect with anyone that scans the unique code; encourage your child not to share their Kik Code with anyone they don't trust.

### DEACTIVATING ACCOUNTS

If your child is under 13, you can submit a deactivation request to Kik by emailing [support@kik.com](mailto:support@kik.com). Use the subject line 'Parent Inquiry' and include your child's Kik username and age in your message. If your child is over 13 and you want to close your account, you will need access to the email address registered to their account before you visit <https://ws.kik.com/deactivate>.

### FIND GENUINE FRIENDS

The Kik app includes an optional feature that your child can turn on to help find real friends on Kik. The feature works by checking for accounts in Kik that match an email address or phone number stored in contacts (on a smartphone). If the app finds a match, it will notify both your child and their friend with a Kik message.

### SHOW HOW TO BLOCK & REPORT

Teach your child how to block and report users on the app. Kik's 'block' feature lets users block all contact with another user, without revealing to the other user that they've been blocked. The blocked user's name will no longer appear in contacts in Kik. Your child can also report a group if they think it's offensive or being used for abuse. Some users of Kik have reported that they receive sexually explicit, automated messages over the app – this is when automated spam bots have been created to distribute explicit images and texts using the service. Your child can use the 'Report' feature to report spam. Once reported, there is the option to keep or remove the chat from the conversation list. If conversations are saved, Kik will automatically block the spam account but save the chat history.

### DON'T TALK TO STRANGERS

If your child knows not to talk to anyone they don't know in real life, the risks of using Kik are drastically lowered. Alternatively, if any stranger happens to send your child a message, teach them to ignore it.

### COMMUNICATION IS KEY

If your child sees something disturbing, pornographic, deviant or otherwise troubling, they may be left confused and in need of somebody to explain it to them. As such, tell your child that you are always there to help them if they need it, and if they start acting differently to normal, calmly ask them why.

### AVOIDING UNEXPECTED IMAGES

Kik censors images from strangers to limit low content being shared by surprise. The app will blur all photos in messages when users who have never interacted before contact each other for the first time. Users can only share unblurred images after they have both approved each other.

### USING A VALID EMAIL

According to Kik, it is really important for users to provide a valid and accessible email address when registering their account. This will help to make sure your child is able to receive important emails from the service, such as a link to reset their password, when they need them.

### MUTING OR LEAVING A CHAT

If someone has said something inappropriate to your child through Video Chat, they can mute the user or leave the Video Chat. Tap on the person's Video Chat bubble and a mute icon will appear. When a child mutes themselves, their microphone will be disabled and nobody else in the chat will be able to hear them.

1 new message

SOURCES:  
<http://www.bbc.co.uk/news/health-20160716-parent-needs-to-know-about-kik>  
<https://www.kik.com/wh/faq-uk/articles/1152006389386-Keep-your-Kik-account-private>  
<https://www.bbc.co.uk/news/uk-45566276>



1 new message



**National Online Safety**

A whole school community approach to online safety

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

Email us at [hello@nationalonlinesafety.com](mailto:hello@nationalonlinesafety.com) or call us on 0800 368 8061



# TECHNICAL THEATRE CLUB!

F7 Every Tuesday  
Lunchtime, starting 15<sup>th</sup>  
Jan at 1.30pm

If you are interested in  
light, sound and set  
design then this is the  
club for you!

# Children's Holistic Wellbeing Event



Sunday, 20<sup>th</sup> January 2019 10am - 3pm  
Lemsford Hall, Brocket Road, Lemsford AL8 7TT

**On a cold winter's day why not come along, there will be fun for all the family!**

Gifts, activities, workshops, taster sessions, book readings and talks to entertain and help empower children:

Emotionally; personally; spiritually;  
socially and educationally.

- Book readings by Sara Shebear
- Forest school activities
- Mindfulness/meditation taster
- Crystals and children's jewellery
- Healthy drinks and snacks,
- Unique gifts for Children
- Educational products and services
- Raffle for Herts Young Homeless
- Alternative therapies
- Fun activities and more ....

Raising funds for  
**hyh**  
Herts Young Homeless

[www.sarashebear.com/events/childrensholisticwellbeing](http://www.sarashebear.com/events/childrensholisticwellbeing)  
[hello@sarashebear.com](mailto:hello@sarashebear.com) 07944 130969

# Make a Will Week

25th–28th February 2019

## Do you need to make or update your Will?

It is vital to have an up-to-date will to ensure your wishes are respected and to avoid difficult decisions and legal complications for your loved ones.

Tollers Solicitors in Stevenage have kindly offered to waive their standard fee for will-writing services in return for a donation to local charity Stevenage Community Trust.



*A suggested minimum donation of £100 for a standard single will or £150 for standard mirror wills. (Normally charged at £195 + VAT for a single will or £295 + VAT for mirror wills).*

Peace of mind with  
a will in place from  
as little as £100

For more information or to book your appointment, please contact Tollers Solicitors, Stevenage on 01438 901095 quoting "Stevenage Community Trust Will Week".

**tollers**  
solicitors