



HOT OFF THE PRESS



STOKE DAMERSEL

ISSUE 6

Dear Parents/Carers,

As we conclude another half term, we reflect on the incredible opportunities our students have enjoyed. They've participated in a variety of trips, including the fantastic PGL Netball residential, and have had the chance to engage with industry professionals from sectors such as hairdressing, hospitality, and the Army.

Our House System has gained momentum with exciting activities like the House-birty mastermind showdown, break-time competitions, and a celebratory bowling outing for Mayflower students, who accumulated the highest number of house points this term. The new house system is thriving, fostering morale and team spirit among students of all ages.

DofE Bronze and Silver students also completed their expeditions this half term, tackling the challenges with outstanding resilience and determination.

A special mention goes to our Year 11 and 13 students who have been diligently taking their exams. There's still some work ahead but the Year 11 Prom and Year 13 BBQ, promises to be a delightful reward for their efforts.

As we look forward to the final summer term, we're excited for what is sure to be the busiest part of the year!

Best wishes,
Anita Frier,
Headteacher



Year 9 team



Year 8 team



PGL NETBALL WEEKEND

We took thirty-five students to PGL Barton Hall for an action-packed weekend filled with netball and outdoor activities.

The trip was designed not only to enhance their netball skills but also to promote team building and resilience through various outdoor challenges.

Mrs Turner said, "The Year 9 team were amazing, and they truly deserve recognition as a group. Paula, from Year 8 shone as captain, using her communication skills and friendly manner to inspire her team and Lilly in Year 7 consistently guided her team while also supporting the other SDCC teams, showcasing her exceptional leadership and sportsmanship."

[CLICK HERE TO READ MORE AND SEE THE PLAYERS AWARDS](#)

MENTAL HEALTH AWARENESS WEEK

The theme this year was 'Movement' set by the Mental Health Foundation.

Being physically active is great for our mental health, we have plenty of activities for our students to get involved in at SDCC that promote being physically active.

There are endless possibilities when it comes to finding a movement that works for you. To learn more, visit: <https://mentalhealth-uk.org/help-and-information/movement/>





STUDENTS GAIN VALUABLE INSIGHTS AT MARJON UNIVERSITY

Our Year 12 Sports students went on an enriching visit to Marjon University. Led by university staff, the trip encompassed a comprehensive tour of the campus along with three engaging workshops focusing on Physiology, Sports Therapy, and Performance Analysis.

This visit proved to be more than just a field trip; it served as a pivotal moment for the students to put their theoretical knowledge of anatomy and physiology into practical application, especially in preparation for their upcoming exams.

[CLICK HERE TO READ MORE...](#)



OPERATION THEATRE LIVE DELIVER INCREDIBLE MEDICAL WORKSHOP

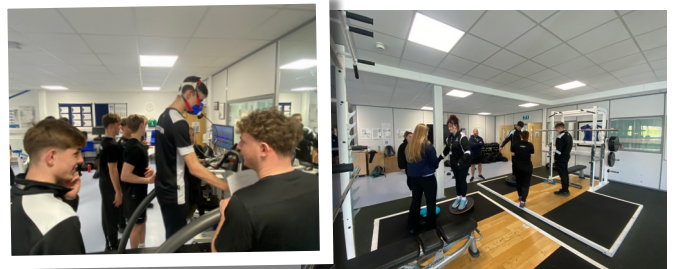
Students recently took part in an extraordinary two-day event in collaboration with Operation Theatre Live, marking a significant milestone in hands-on medical education.

The heart of Operation Theatre Live lies in its day-long immersive experience, which brings the UK's only live surgical operating theatre directly to schools and colleges. Students are invited to work alongside the clinical team, gaining first-hand experience in charting the treatment journey of a patient, from initial incident to trauma surgery.

Nichole from Year 10 said, *"It was amazing to be so hands-on, to touch and feel everything we were learning."* while Emily, in year 11 said, *"The day was such a great experience, I learnt so much."*

Joel, a Year 12 student said, *"The smell was not what I was expecting, but watching the professionals and then having the chance to have a go was such a privilege."*

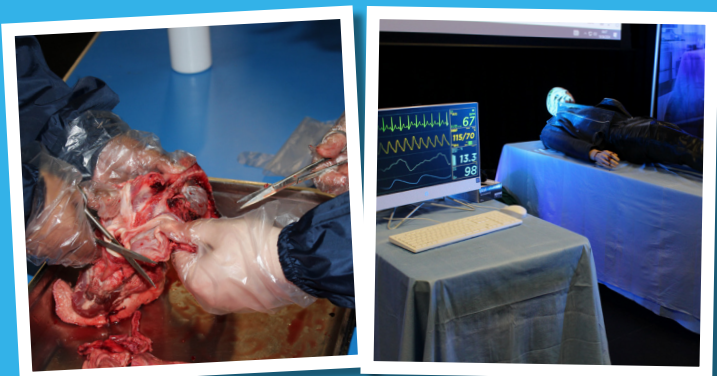
[CLICK HERE TO READ MORE...](#)



AMELIE IMPRESSES AT DIVING COMPETITION

Congratulations to our talented student Amelie who recently competed at the 8 Nations Youth Diving Meet in Italy and did incredibly well taking a Silver and Bronze medal in her groups!

[CLICK HERE TO READ MORE...](#)





JUNIOR MATHS CHALLENGE

Year 7 and 8 students participated in the Junior Maths Challenge this half term. This challenge, spanning 60 minutes, consisted of 25 multiple-choice questions designed to push the boundaries of mathematical thinking and reasoning.

Despite the difficulty level, the unmistakable opinion amongst students was one of enjoyment and satisfaction. Many remarked on the thrill of navigating through challenging problems and the sense of accomplishment that comes with reaching the correct solution.

[CLICK HERE TO READ MORE...](#)



CHEYNES TRAINING GIVES HAIRDRESSING TALK

We recently had the privilege of welcoming Abbie McRoberts from Cheynes Training to talk to some of our Year 10 SDCC students all about the world of hairdressing.

Abbie shared stories of local celebrity hairdressers and their journeys, the career paths you can pursue and the difference between apprenticeships or college based learning.

There was such an overwhelming interest in the session, that we will be inviting Cheynes Training back to speak with those students who were unable to attend the talk.

[CLICK HERE TO READ MORE...](#)



EXPLORING PLYMOUTH STATION WITH GWR

A group of students embarked on an exciting journey to Plymouth Railway Station, courtesy of Great Western Railway.

This trip, an extension of our collaboration with GWR's 'Women into The Railways' initiative, aimed to provide students with hands-on experience and insights into the diverse career opportunities within the railway industry.

The students' feedback emphasised how eye-opening and inspiring the visit was, offering valuable insights into both the station's inner workings and the number of career pathways available within the railways. Alicia said "I hadn't thought about the railways, but I am now considering them as an employer."

[CLICK HERE TO READ MORE...](#)



DIARY DATES

Wednesday 19th June
Year 6 into 7 Transition Meeting

Thursday 4th July
Year 11 Prom

Thursday 11th July
Awards Evening

HOUSE SYSTEM NEWS



MAYFLOWER STUDENTS EARN BOWLING TRIP

A group of 40 students representing Mayflower House enjoyed a well-earned trip to the Barbican Tenpin for a bowling adventure.

This fun trip served as a well-deserved prize for Mayflower House's exceptional achievement in accruing the highest tally of house points. Selected for their notable contributions to the house system over the term, these students revelled in the opportunity to celebrate their collective success.

Reflecting on the experience, Year 7 student Charlie shared his enthusiasm, remarking, "I loved it; it was really fun." His sentiment resonated with the joy and excitement felt by all who participated in this memorable event.

Well done to Team Mayflower - let's see who wins the summer prize!

HOUSE-BRITY MASTERMIND SHOWDOWN

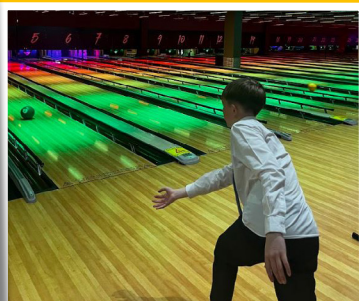
This half term, staff and students gathered for the highly anticipated House-Brity Mastermind challenge!

The event saw a selection of staff take part in a high-energy quiz-style competition. Divided into four intense rounds covering General Knowledge, Music, Film/TV, and Cryptic Clues, the competition was fierce from the get-go.

This event however, wasn't just about the staff; the students played a pivotal role in the proceedings. Led by our Sixth Form House Captains - Geri, Amina, Isaac B, and Isaac P - the students stepped into the limelight, earning valuable house points by answering topical questions.

Students expressed their delight and eagerness for future events which was so positive to hear.

[CLICK HERE TO READ THE FULL STORY](#)



PICTIONARY COMPETITION

Students had the chance to showcase their artistic talents in a unique game of Pictionary during a Friday Break.

The rules were simple: students had a mere 30 seconds to illustrate a given word displayed on the screen. With eight contenders fighting for the title at a time, the pressure was on to unleash their creativity swiftly.

We look forward to the next big challenge!





BRONZE DOFE QUALIFIER WALK

Our Year 9 Bronze Duke of Edinburgh students set off on their first qualifying expedition. Led by their passion for adventure and very little assistance from staff, these young explorers set out from Ermington on Friday morning, beginning their adventure.

Throughout their expedition, these students proved themselves to be fantastic ambassadors, embodying the values of leadership, resilience, and teamwork. Their unwavering commitment to the DofE program is an example of youth engagement and outdoor education.

Their journey may have come to an end, but the memories created and lessons learnt will undoubtedly last, serving as a reminder of the incredible potential within each and every one of them.

[CLICK HERE TO READ MORE](#)



SILVER DOFE WALK

Our amazing Silver DofE students embarked on a challenging 3-day practice expedition this half-term.

The route presented some tricky navigational challenges, but the pupils confidently applied their training and successfully navigated the terrain.

Students demonstrated their culinary skills by preparing a variety of nutritious meals, from home-made flatbreads to rice with chorizo. This hearty dinner was the perfect fuel for the adventures ahead.

Throughout the expedition, the pupils showed remarkable resilience and teamwork, learning valuable skills and building confidence in preparation for their qualifying expedition in June. Their determination and positive attitude made the experience a memorable success, earning them well-deserved pride and recognition.

[CLICK HERE TO READ MORE](#)



COLLECTION OF STUDENTS AFTER SCHOOL

Please be considerate when collecting your child from school.

Please abide by the following: If parking in the City Business Park car park, use the designated parking bays and the one-way system. This is a City Council-managed pay & display car park.

Please do not: park on double yellow lines, in front of driveways or obstruct bays.

Please be considerate and courteous of other people.
Thank you for your cooperation.

GOOD LUCK!

Good luck to our amazing Gold students who will be completing their final challenging expedition in July.

We look forward to hearing all about it!

SPORTS NEWS

ARMY ROADSHOW

We welcomed the British Army for an informal session at our school. Sgt Argent, the school's Army Liaison Officer, spent break time in the Year 10 playground, engaging with students about the various pathways available to them after Year 11.

The session aimed to highlight the numerous technical and trade-based career options that students can pursue.

He explained, *"The Army Foundation College is the only Junior Entry Basic Training establishment in the British Army. The College plays a vital role in providing basic military training and developing future leadership. It offers a mix of military training, personal development, and education for under-19s, equipping them with skills to succeed in the Armed Forces and in their lives beyond the military."*



CRICKET NEWS

GIRLS' CRICKET TEAM DEBUT TRIUMPH

This half-term marked a momentous occasion at Plymstock School as six SDCC girls took to the cricket pitch for their first match of the season.



Lily, had a stand out performance, demonstrating some excellent fielding, batting and bowling, and she was able to score the team, lots of runs during the 3 matches. Well done girls!

STUDENTS EXPLORE CAREER OPPORTUNITIES IN HOSPITALITY

We had the pleasure of hosting Stacey Le Gallez, Group HR Manager at Philema Hospitality Management, who shed light on the diverse career pathways within the hospitality sector.

Stacey emphasised the importance of not overlooking the hospitality sector, highlighting the abundant opportunities available within esteemed organisations like the one she works for. She emphasised the significance of choosing the right company who grow and develop their staff. Stacey highlighted the industry's capacity to impart invaluable transferable skills, making it an attractive option for professional growth and development.



FOOTBALL NEWS

YEAR 7 BOYS PLYMOUTH CUP

In an electrifying Plymouth Cup Final, our boys delivered a performance to be proud of, showcasing their skill, determination, and team spirit. The match ended in a thrilling 4-4 draw, with standout goals from Addas and Oscar that had the crowd on their feet. Although the game was ultimately decided by penalties, with a narrow 5-4 loss, the boys' incredible effort and sportsmanship were undeniable.



Congratulations to the entire team on reaching the final, we are all so proud of you!

SAFEGUARDING UPDATE

UNDERSTANDING AND PREVENTING SEXTORTION: A GUIDE FOR PARENTS

In today's digital age, children and teenagers have unprecedented access to technology and the internet. While this connectivity offers many benefits, it also exposes young people to new risks, one of the most concerning being sextortion. Sextortion is a form of blackmail where someone threatens to distribute explicit images or videos of the victim unless they meet certain demands, which can range from providing more images to paying money. As a parent, understanding sextortion and knowing how to protect your children is crucial.

What is Sextortion?

Sextortion typically starts online, where perpetrators use social media, messaging apps, or gaming platforms to make contact with young people. They may pose as someone of similar age and gradually build a relationship, gaining the victim's trust. Once they have obtained explicit images or videos, they use these to coerce the victim into further actions under threat of exposure.

Signs Your Child Might Be a Victim

Children may be reluctant to talk about their experiences with sextortion due to fear, shame, or guilt. However, there are signs parents can watch for:

- Secrecy around online activities: Increased secrecy or reluctance to discuss online interactions.
- Emotional distress: Signs of anxiety, depression, or withdrawal from social interactions.
- Unexplained changes: Sudden changes in behavior, mood, or academic performance.
- Requests for money: Asking for money without a clear reason or explanation.

How to Protect Your Child

1. Open Communication: Foster a trusting relationship where your child feels comfortable discussing their online experiences. Regular conversations about internet safety can make a significant difference.
2. Education on Online Risks: Teach your child about the dangers of sharing personal information and explicit content online. Emphasize that once something is shared, it can be difficult to control where it goes.

3. Privacy Settings: Help your child set up strict privacy settings on their social media accounts and encourage them to only interact with people they know in real life.
4. Monitoring and Supervision: While respecting their privacy, keep an eye on your child's online activities. Use parental controls and monitoring software to help manage the content they can access and the interactions they have.
5. Encourage Critical Thinking: Teach your child to question the intentions of people they meet online. If something feels off or too good to be true, it probably is.

Responding to Sextortion

If you discover that your child is a victim of sextortion, it is essential to act calmly and supportively:

- Do Not Blame the Victim: Understand that the child is not at fault and needs your support to navigate the situation.
- Document the Evidence: Keep records of all communications and threats. This documentation will be useful for reporting the incident to authorities.
- Report to Authorities: Contact local law enforcement and report the sextortion. Many jurisdictions have specific units that deal with cybercrimes.
- Seek Professional Help: Consider counseling for your child to help them cope with the emotional impact of the experience.

Conclusion

Sextortion is a serious and growing threat in our increasingly connected world. By maintaining open lines of communication, educating children about online risks, and monitoring their digital interactions, parents can play a crucial role in protecting their children from this form of exploitation. Remember, the most effective defence against sextortion is a proactive and informed approach to online safety.

If you have a concern or worry about a student please contact the safeguarding team
safeguarding@sdcc.net

TALK 2 US Talk 2 Us is available for students to raise any concerns or worries.
talk2us@sdcc.net

SAFEGUARDING UPDATE

SEXTORTION: A QUICK GUIDE FOR PARENTS



Sextortion is a serious online threat where predators blackmail victims using explicit images or videos. This has been widely publicised in the local and national media. Typically, the perpetrator gains the victim's trust online, then threaten to share these images unless demands are met, which can include more explicit content or money.

Signs of Sextortion:

- Secrecy about online activities
- Emotional distress
- Sudden behaviour or academic changes
- Unexplained requests for money

Prevention Tips:

1. Open Communication: Encourage your child to talk about their online experiences.
2. Online Education: Teach them the risks of sharing personal information and explicit content.
3. Privacy Settings: Ensure strict privacy settings on social media.
4. Supervision: Use parental controls and monitor online activity discreetly.
5. Critical Thinking: Encourage scepticism about online relationships.

If Your Child Is Targeted:

- Stay calm and supportive, avoiding blame.
- Document all evidence of threats.
- Report to law enforcement.
- Seek support for your child.

By staying informed and fostering open conversations, parents can help protect their children from sextortion.

For more information visit <https://www.nationalcrimeagency.gov.uk/news/nca-issues-urgent-warning-about-sextortion>

BE APP AWARE BIGO LIVE

What's the Purpose: Bigo is a live-streaming app. It is rated for teens 17 and up. Users can vlog about their lives, live stream video gameplay, and host their own shows.



Why Parents Should Worry: There is no age verification and users have to provide personal info like their age and location. This is a place where bullying, nudity, violence, and profanity are common.

THINK ABOUT USING: QUSTODIO

THE ALL-IN-ONE PARENTAL
CONTROL AND DIGITAL
WELLBEING SOLUTION.

Qustodio

Over 6 million parents trust Qustodio's parental control tools to keep their kids' screen time safe and balanced on every device - from one easy-to-use dashboard.

VAPING UPDATE

We are working closely with our partners in Health and the Police to support their work in the reduction of vaping in young people. We have a layered approach to supporting students' understanding of the dangers of vaping and health implications. All Students have had an assembly delivered by the safeguarding team looking at the health implications of vaping. They have also received an assembly from the police on the laws around vaping and the potential offences they may commit.

Certain individuals who are struggling with nicotine addiction have been offered small group support from SHARP the substance misuse charity and others in need of additional support have had 1 to 1 session with a substance misuse professional.