



Shropshire
Gateway
Educational Trust

Lacon Childe School

...more than just a school

Head of School Mrs. Rachel Croxton-Broome
Consultant Executive Headteacher Mrs. Ruth Allen



5 February 2025 – Week B

Dear Parents/Carers

Attendance

As a school, we are committed to raising our school attendance as we know that being in school every day hugely benefits our students. We are working hard to create a culture of belonging and community in our school and want to recognise those students who work hard to ensure that they attend every day. Celebrating attendance includes awards, shout-outs in assemblies and special events that highlight the achievements of students who prioritise being present. Such initiatives are helping to contribute to a culture of excellence and responsibility among the student body. So far this year, 158 students at Lacon Childe School have attendance over 98%. What an amazing achievement! We are extremely proud of you all! Please let us know what we can do to support you and your child to attend school every day.

Attendance 2024/25	
Year Group	% Attendance
National	91.9%
Year 7	95.57%
Year 8	94.14%
Year 9	92.85%
Year 10	92.99%
Year 11	91%

Safeguarding news

The use of online services and social media is thoroughly embedded in the daily lives of our children. There are many positives to it use, but as we know there are also many downsides. I would like to share some updates with you that you may find helpful in your efforts to protect your child whilst online:

1. Online safety age checks

Ofcom has published a statement and guidance on age assurance and children's access assessments, outlining what online services must do under the Online Safety Act to help prevent children from encountering pornography and other harmful content. Online providers must take action to start to comply with these new rules. Services that allow pornography must introduce processes to check the age of users by July 2025. In addition, all user-to-user and search services, must carry out a children's access assessment to establish if their service is likely to be used by children by 16 April. Once the Protection of Children Codes and guidance are finalised in April 2025, platforms likely to be used by children will need to assess the risks and take appropriate action – which may include using age assurance. Ofcom has also announced an age assurance enforcement programme which will involve reaching out to adult services to inform them of their obligations under the Online Safety Act. Read the news story: [Age checks to protect children online](#)

2. Free book for parents on the impact of digital media

Springer has published a free eBook on the impact of digital media on infants, children and adolescents. Each chapter is written by different academics and experts, and the book explores current research on the cognitive, physical, mental and psychosocial impacts on children and how digital media influences relationships, family, culture, and society. This is a hefty read, but very informative and chapters include: cognition and brain development; cyberbullying; social media and youth mental health; gaming disorders among children and adolescents; dysregulated use of smartphones; digital wellbeing and social connectedness; and adolescents' experiences of sharing nude images. This eBook is open access and each chapter is freely available to

download as a PDF. Download the book: [Handbook of children and screens: digital media, development, and well-being from birth through adolescence](#)

3. Mindfulness and Overthinking – Simple tip on how to manage these thoughts

Mindfulness is a great way to help with overthinking. Another term for this is rumination, which refers to repetitive and continuous thinking about specific (often negative) topics. It can have a significant impact on our wellbeing, and is linked with high stress, anxiety and fatigue. Psychological studies have shown that mindfulness techniques are particularly effective at reducing rumination behaviours, as mindfulness aims to focus on your here and now, and so can help interrupt overthinking patterns from outside this present moment. If you or your child find yourself in a loop of overthinking, here are a couple of mindfulness exercises that might help to regulate and ground your thinking patterns.

- **Five senses**

Focusing our awareness on our senses can be an effective mindfulness tool, allowing us to be fully in the present moment. The five senses exercise asks you to direct your thoughts to each of your senses. Look around you, take in your surroundings, and name five things you can see, four things you can hear, three things you can feel, two things you can smell, and one thing you can taste. This is a helpful exercise that can be done anywhere and at anytime.

- **Mindful walk**

Going on a mindful walk can be a useful strategy to interrupt overthinking behaviours. Take a break from whatever you are doing and spend 15 minutes outside in the fresh air. While you are walking, take time to really focus on your surroundings. What colour is the sky? Can you feel a breeze across your cheeks, or the sun on your face? As you are walking, if you notice any anxious or repetitive thoughts popping up (as they are often do!), acknowledge them, and then visualise leaving those thoughts behind you as you continue your walk and focus on your surroundings.

- **Finger breathing**

Any mindfulness breathing exercises can be helpful in pausing our thoughts when they are starting to feel like a runaway train. Finger breathing is one of these options and can be particularly helpful through combining breathing with the sense of touch. Place your hand in front of you with the palm up. Begin with your pointer finger at the base of your thumb. Take a deep breath in through your nose, and while you do so slowly drag your finger up your thumb. When you reach the tip, slowly breathe out through your mouth, as you trace back down your thumb. Repeat this for each finger. When you reach the base of your pinky finger, you can switch direction, and trace back across towards your thumb. Keep your touch slow and light and try to focus solely on the sensation of your fingertip across your hand, and your slow breathing in and out.

Year 9 MFL/Careers Football Lingo day

Last Friday Year 9 took part in our first Football Lingo day. Students were involved in workshops, talks, a web quest and a practical football session during the day. They were able to research and learn about careers in sport and life beyond Lacon. We had support from our wonderful PE department for the practical sessions and a representative from Ludlow College came in to discuss next steps for our students after Lacon. We hope this has been a valuable experience for our students and are proud of the way they have conducted themselves in and engaged in sessions. A huge thank you goes to our amazing PTA and to Mrs Salmon for organising this opportunity for our students.

Chewing Gum

Please can we ask you to remind your child that Lacon Childe School is a no chewing gum school. There are several reasons why we prohibit chewing gum. Chewing gum can be distracting to both the student chewing it and their classmates, potentially affecting focus and learning. Clean up issues are also significant as gum can create a mess if not disposed of properly, it can stick to desks, floors, carpets and other surfaces, making it challenging for staff to clean and well as unhygienic. At Lacon, we aim to maintain a conducive atmosphere to learning and preparing students for life in the working world. Chewing gum can be seen as unprofessional and many workplaces do not allow their employees to chew gum. While chewing gum itself is not unhealthy, excessive consumption of sugar-laden gum can lead to dental issues. We have always been a no chewing

gum school and appreciate your support in helping us to maintain a positive, focused and clean educational environment.

Stakeholder Communication and Voice

As a school we feel very strongly that effective relationships between parents/carers and the school enables students to thrive. We always welcome contact from parents/carers regardless of how big or small the matter. We are keen to ensure that all queries and concerns are dealt with quickly and amicably and so moving forward we ask that you follow the guidance that we have attached for you.

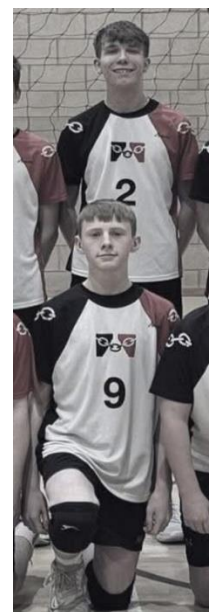


Thank you to those of you have completed our Parent/Carer questionnaire already. This link will be active until we break up for half term.

<https://forms.office.com/e/vK7qjzvgg>

Volleyball Success!

Congratulations to the following Lacon Childe students who have been selected to play for Black Country Volleyball teams. Nancy Potter, Ruby Jones, Paige Wood, Molly Hickman, Poppy Wenlock, Fred Carrick, Harry Hall. These teams are selected from players across the Black Country including Wolverhampton, Worcester and Dudley. Congratulations! We are incredibly proud of you!



Attachments

[Macbeth Poster](#)

[Communication Guidance](#)

Regal Half Term Events – [Bridget Jones](#) and [Dog man and Animal party](#)

Thank you for your continued support of our school.

Yours sincerely

Handwritten signature of Rachel Croxton-Broome in black ink.

Rachel Croxton-Broome
Head of School

Handwritten signature of Ruth Allen in black ink.


Ruth Allen
Consultant Executive Headteacher

Trips and Shop Payments

The following are available on Arbor to make payment

Item	Information	Payment Due
Year 7 KS3 Design Technology Contribution	Voluntary Contribution	
Year 7 London Trip		01/03/25
Year 8 Arthog Trip	3 rd Payment	07/02/25
Year 9 French Trip		01/02/25
Year 10 Poland Trip	5 th Payment	03/03/25
Year 10 GCSE Fine Art Contribution	Voluntary Contribution	
Year 10 GCSE Materials Contribution	Voluntary Contribution	
Year 10 History Revision Guides		

Fixtures

 <small>...more than just a school</small>	Date	Year	Sport	Venue & Start Date	Staff
	Tuesday 11th February	Y11 Boys/Y11 Girls	Rugby/Netball	Lacon vs Chantry 3.00 to 5.30pm (Away)	ZT/GH
	Wednesday 12th February	Y7 Boys	Rugby	Lacon vs Chantry 3.15 to 5pm (Home)	SA
	Wednesday 12th February	Y11 Boys/Y10 Girls	Basketball/Netball	Lacon vs CCS 3.15 to 5.00pm (Away)	ZT/GH

Love Lane, Cleobury Mortimer, Shropshire DY14 8PE

Tel: (01299) 270312

E-mail: admin@laconchilleschool.co.uk

www.lacon-childe.org.uk

The Shropshire Gateway Educational Trust