



NEW DISPLAY BOARD

Our new 'You Said ~ We Did' board is now up in the area near Drama. This board is all about student voice and their opinions on subjects, events and the corresponding actions we have done following receiving their feedback. Thank you to our students, student voice team, Deeps team and Heads of Department who coordinate all the surveys for this information.

FOCUS ON STAYING SAFE AND POSITIVE WELLBEING

The Importance of Swimming and Being Safe

Swimming is a good all-round activity because it:

- keeps your heart rate up but takes some of the impact stress off your body
- builds endurance, muscle strength and cardiovascular fitness
- helps you maintain a healthy weight, healthy heart and lungs
- tones muscles and builds strength
- provides an all-over body workout, as nearly all of your muscles are used during swimming.

Make sure that the environment you choose to swim in is safe.

In the last 5 years, 96% of accidental drownings occurred at open water sites, either inland or on the coast.

Risks to consider in open water include:

- The shock of cold water can make swimming difficult and increase the difficulty in getting out of the water
- Lack of safety equipment and increased difficulty for rescue
- The height of the fall or jump if tombstoning
- The depth of the water – this changes and is unpredictable
- Underwater objects and hazards may not be visible
- Obstacles or other people in the water
- Strong currents can rapidly sweep people away
- Uneven banks and river beds
- Water quality, e.g. toxic algal blooms and industrial/agricultural pollution

ATTENDANCE MATTERS

We've had a great start to the new term! Thanks to students, parents and carers for their efforts. Here's a reminder of why #attendancematters.

