

23 May 2025

NEWSLETTER

Dear Families,

This term has been packed with incredible achievements, from our DofE students completing challenging expeditions, the SwaleFeast Trust event, exciting science workshops, and much more. Our students have truly showcased their talent and dedication across academics, sports, and creative arts.

Enjoy the break, and we look forward to welcoming all students back on **Monday, June 2nd!**

Key Dates:

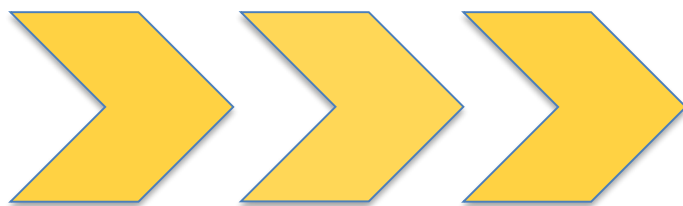
- 02 June 2025 - Term 6 Starts
- 25 June 2025 - Year 11 Prom
- 10 and 11 July - School Immunisations for Year 8 students
- 18 July 2025- Sports day
- 22 July 2025 - Term 6 Ends and Non-Uniform day. Students finish at 12:45

Update

TWS Matilda the Musical

Don't miss out on a fantastic show!
Tickets are now on sale for our school's production of Matilda! Come along and support our talented students!

[Ticket source](#)



TERM 6 STARTS WITH WEEK A TIMETABLE



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2020**

ON TRACK TO EXCELLENCE

A member of Swale Academies Trust

Registered Office: Ashdown House, Johnson Road, Sittingbourne, ME10 2JS

Registered in England No. 07344732

REMINDERS

** Respecting Accessible Parking Spaces **

We kindly remind all parents and visitors to respect our designated accessible parking spaces. These spaces are reserved for individuals with disabilities who require close proximity to the school entrance.

Please remember:

- **Not all disabilities are visible:** Please remember that many individuals with disabilities may not show outward signs.
- **Permits must be displayed:** If you have a valid permit, please ensure it is clearly visible in your vehicle's windscreen. Some individuals may have valid permits that are not always displayed.
- **Cooperation is key:** We rely on everyone's cooperation to ensure these spaces are available for those who need them.

We understand that parking can be challenging, but we ask that you be considerate of others and refrain from parking in accessible spaces unless you have a valid permit.

Thank you for your understanding and cooperation in making our school accessible for everyone.

** Engines Off **

To help reduce air pollution, noise levels, and respect our neighbour's, please remember to turn off your engine while waiting to drop off or pick up your child. Thank you for your cooperation.

SIXTH FORM UPDATE

** Football Academy Update**

What a week for the **TWS Football Academy**! Earlier this week, they were superb, beating Tonbridge Academy 6-3 away on Monday! This incredible win meant they topped their Academies Cup group and progressed to the final! The final took place this past Wednesday, May 21st, against Dartford Academy. The Academy put in a tremendous effort, going 2-1 up at half-time thanks to goals from Alex and Ionut (Year 12).

Unfortunately, after a sending-off and two crucial injuries at the wrong time, they conceded later goals and ultimately lost 4-2. Despite the result, we are incredibly proud of the determination and skill shown by all the players. It was a fantastic effort against tough circumstances!

Now, the Academy will turn their focus to preparing for their exciting scholarship tour to Spain at the end of June! Well done!



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THIS WEEK SO FAR...

**** TRACK Excellence Raffle Winners Announced! ****

Each Wednesday, the school will run a 'TRACK Excellence' raffle with two prizes for students. To enter, students just have to have seven or more positive signatures over the two weeks. Students with negative signatures are still able to participate.

This week's winners are:
Jake and Joey (Year 8)



We've teamed up with local businesses for amazing rewards. This week's prize is vouchers for local café **Revival**.

Students with their prizes in the TRACK Excellence raffle.



**** Book of Commendation- Celebrating Student Success! ****

We are pleased to announce the following students have been recognised for their exceptional work and have been added to the Book of Commendation.

Science:

- **Lexi, Margaret, Josie, Rakka, Tiegan, and Jess (all Year 8):** Excellent science work.
- **Kai, Jack, Marley, Nevaeh, Adalaide, Rebecca, Kitty-Rae, and Baeu (all Year 8):** Fantastic science posters.

Personal Development:

- **Oliver, Gabi, Georgina, Willow, Jonny, Hayden, Joseph (all Year 9):** Outstanding tri-fold leaflets on positive relationships in PD.



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The Whitstable School

Bellevue Road | Whitstable | Kent | CT5 1PX

T: 01227 931300

E: tws_admin@swale.at

www.thewhitstableschool.org.uk

Headteacher: Mr A Holmes BA (Hons), MA, NPQH

Art:

- Nancy, Anabel, Frankie, Lexi, and Poppy (all Year 7): Beautiful art work.

Geography:

- Drew (Year 7): Impressive presentation in Geography about farming.



“
Book of
Commendation
”



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** Food Tech Highlights **

Our Food Preparation & Nutrition students have been busy in the kitchen this term!

Year 10 took a well-deserved break from their Mock NEA1 essay on Food Science to hone their practical skills. They produced delicious spinach & ricotta ravioli with a sage & garlic butter – and the results were truly fantastic! Meanwhile, our **Year 11** students have been diligently revising the scientific properties of aeration, gelatinisation, and dextrinisation by making tasty lemon thumbprint cookies.

It's wonderful to see our students applying their knowledge and developing such impressive culinary talents!

In other news, last week our talented Food Tech students took part in the annual **SwaleFeast Academy Trust** event! It was another delicious competition showcasing the growing passion, skill, and dedication of students from across our Trust. To see why students from Kent and East Sussex love SwaleFeast, you can view the highlight video on our social media accounts!

<https://x.com/TheWhitSchool>

<https://www.facebook.com/TheWhitstableSchool>



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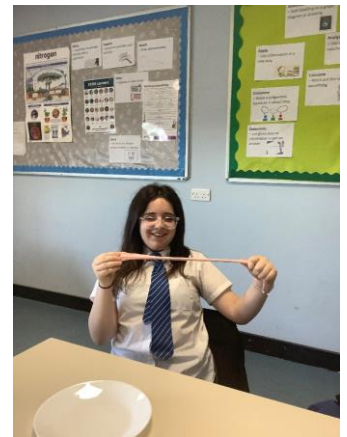
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**** Science Fun in Year 8 ****

What happens when you finish your topic early? A science class treat! Today, Year 8 were busy investigating amazing non-Newtonian fluids, like Oobleck, and creating edible slime using gummy bears! Learning has never been so deliciously messy!



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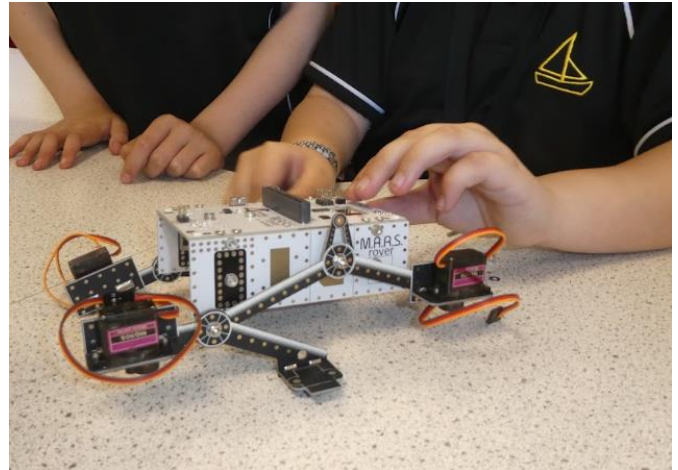
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**** STEM Academy News: Exploring Mars and Scientific Thinking! ****

Over the past term, our dedicated STEM Academy students have been immersed in a fascinating **water-themed project, comparing Mars to Earth**. As part of this exciting initiative, students have been busy building a replica Mars surface, replicating compounds for potential NASA samples and even constructing their own Mars Rovers for a mission to the Jezero Crater!

This project draws inspiration from NASA's Mars Perseverance mission, which is currently investigating the Jezero Crater – an ancient river delta. Billions of years ago, floods washed sedimentary materials into this crater. On Earth, river deltas are known to trap and preserve organic materials, making them prime locations to search for ancient life. We look forward to publishing the final model soon – watch this space!

In other STEM news, **80 Year 10 students** rose to the challenge over the past two weeks by participating in **The National Scientific Thinking Challenge**. This initiative was a fantastic way to encourage deep thinking skills within a STEM context, perfectly aligning with our school's TRACK values. The Whitstable School eagerly awaits their results over the next few weeks!



The National Scientific Thinking Challenge logo features a stylized 'i' and 't' inside a blue circle. Below it, the text reads 'NATIONAL SCIENTIFIC THINKING CHALLENGE'. To the right, a grid of logos for participating universities is displayed, including University of Bristol, Newcastle University, Durham University, University of Oxford, Manchester, The University of Manchester, Warwick, The University of Nottingham, and The University of Warwick. At the bottom, it says 'Supported by UCAS'.



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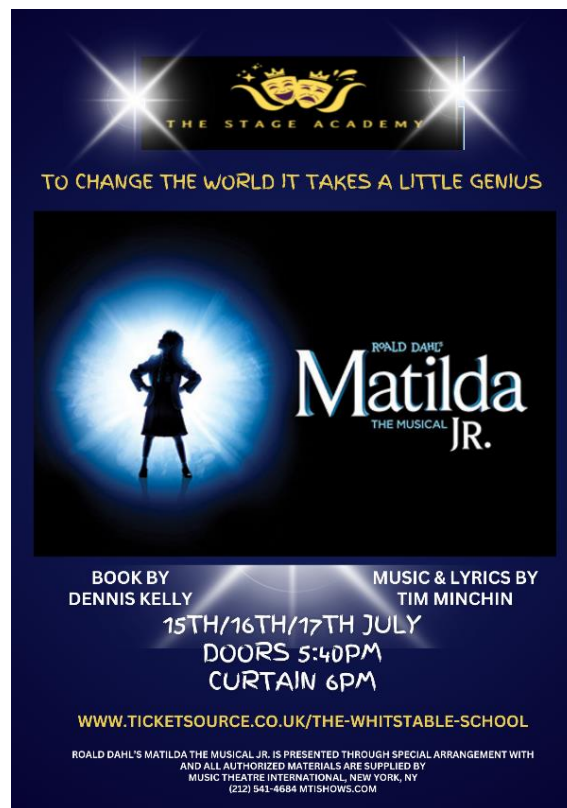
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REMINDER:

Get your tickets now for our school's spectacular production of Matilda! It's going to be amazing.

Tickets via: [Ticket Source](#)



** Mental Health, Wellbeing and Online Safety Resources **

In our continued commitment to promoting mental wellbeing and online safety, we're sharing valuable resources from KOOOTH. This is particularly timely following the recent 'Adolescence' documentary, which highlighted crucial online safety concerns. KOOOTH offers support and guidance on social anxiety, low mood, and staying safe online, empowering both parents and students. To further support our community, KOOOTH has produced a 15-minute video on staying safe online, a vital aspect of our students' wellbeing. We strongly encourage you to watch this video and discuss its content with your children. Additionally, KOOOTH provides helpful leaflets with information on these topics and how to sign up for their services.

- [15-Minute Social Media and Staying Safe Online Video by KOOOTH](#)
- [Social anxiety](#)
- [Online Safety Guide Kooth](#)
- [Kooth- Navigating Depression and low mood](#)



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** Suicidal Thoughts in Young People - Papyrus **



It is not uncommon for young people to experience emotional distress or turbulence as they navigate adolescence. However, any talk of hopelessness, self-harm, or suicide should never be dismissed or minimised. Suicidal thoughts are a clear indication that a young person is struggling and needs support.

Recognising the signs can be difficult. Changes in behaviour, withdrawal from others, or increased risk-taking may signal deeper concerns. It's vital to create a safe, non-judgemental space where pupils feel able to talk. These conversations can be uncomfortable, but they can also be life-saving.

Papyrus, a national charity dedicated to preventing suicide in young people, offers practical advice on how to take these concerns seriously and respond appropriately. Parents/Carers are encouraged to read and share the following resource:

<https://www.papyrus-uk.org/the-importance-of-taking-suicidal-thoughts-in-young-people-seriously/>

If you have any immediate concerns that your child has suicidal thoughts, please contact your GP, Crisis Team at QEJM or 999. The school can also support with appropriate referrals for support through Papyrus and other agencies.

** Shout- confidential 24/7 mental health service **

We would like to introduce your child to Shout <https://giveusashout.org/> this Mental Health Awareness Week. Shout is the UK's first and only free, confidential, 24/7 text messaging service for young people who are struggling to cope.

Shout is powered by the charity Mental Health Innovations which also powers The Mix, a service providing free, anonymous online advice about the important issues in young people's lives.

How does the service work?

An individual will text '**SHOUT**' to '**85258**' when in need of support. This service is available 24/7 to people in the UK.

1. The texter will then receive an automated text asking them about the nature of their problem. This text will also let the individual know that they are being connected to a trained Shout Volunteer. The aim is to respond to all texters within five minutes, but wait times may be longer during busy periods.
2. Once connected, the Shout Volunteer will introduce themselves. The texter and volunteer will communicate back and forth via text message, using Shout's secure platform.



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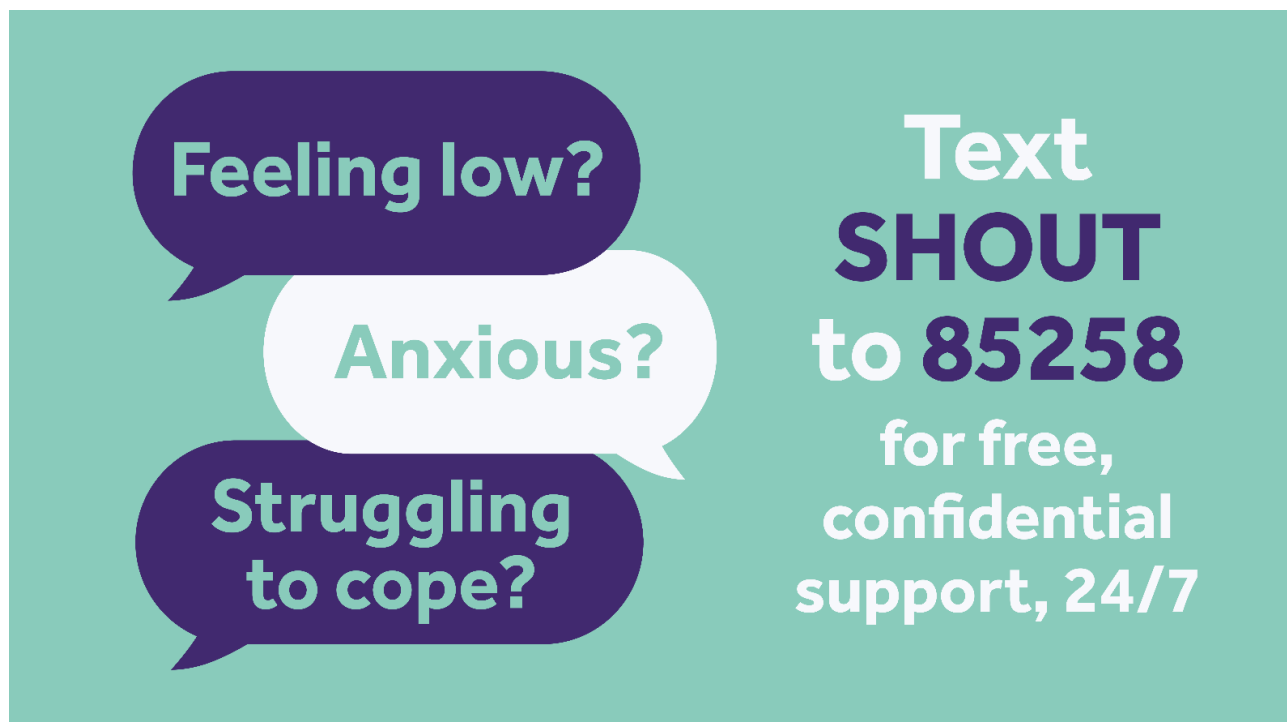
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3. The Shout Volunteers use empathetic and effective active listening techniques, establish goals and discover next steps to move texters from a hot moment, to a cool calm, until the texter feels calm and safe.
4. Towards the end of the conversation, the Shout Volunteer can provide resources that provide further help and support for longer-term mental health experiences.

Shout is a de-escalation, volunteer-driven service. They work with young people in distress to take them to a calmer moment and empower them to take their next steps to feeling better and handle future issues. They help texters to plan for their safety and to use techniques that support their own wellbeing. They might signpost them to further support services or their GP so that they can get continuous and long-term support.

Every conversation is overseen by a Clinical Supervisor and assessed for risk; their volunteers will never close a conversation where there is an imminent risk to someone's life. If they have been texting for a while and a texter is not deemed to be at imminent risk, the volunteer will look to recap on the next steps with the texter and warmly close the conversation. This is so that they are able to help provide their service to other people who are also in distress and need in the moment support.

For more information please visit <https://giveusashout.org/>



Feeling low?

Anxious?

Struggling to cope?

**Text
SHOUT
to 85258**

**for free,
confidential
support, 24/7**

UPCOMING EVENTS

**** Important Notice for Year 10 and Year 12 work experience****

Week of: June 30th - July 4th, 2025 (5 days)

Work experience is a valuable opportunity for students to:

- Gain exposure to the professional world and explore different career paths.
- Develop essential skills desired by employers, such as communication, teamwork and problem-solving.
- Boost confidence and build personal and social skills.



Finding Your Placement:

Students are responsible for finding their own work experience placement. This allows them to explore interests and connect with potential career fields. We will be providing support through **Unifrog**, a platform that helps track and manage placement search.

Have Questions?

If you have any further questions about work experience, please don't hesitate to contact:

- Email: tw_s-workexperience@swale.at

NOTICE BOARD

THE WHITSTABLE SCHOOL BREAKFAST CLUB



Start Your Day Right

Come to the Restaurant from 8:20 - 8:35 everyday
Bacon or sausage rolls, croissants, waffles, pain au chocolate and pain au raisin Prices from £1.55
Free porridge available to all students everyday



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Prom Bake Sale

Fundraiser

Hosted by:
Year 11 Miss Butler Miss Clements

FRIDAY BREAK AND LUNCH AT THE REWARDS SHOP

50p - £2

- Cupcakes
- Brownies
- cookies and more!

For more information visit Miss Butler in upper creative



RAF HERNE BAY TOWN SHOW

30TH MAY - 1ST JUNE
10:00 - 17:30

Get ready, Herne Bay! The RAF is landing near you for an unmissable event of adventure, excitement, and hands-on activities for all ages. Whether you're an aviation enthusiast, a thrill-seeker, or simply looking for a fun family day out, there's something for everyone.

Step inside an RAF aircraft and capture the moment as you imagine life as a pilot. Test your agility and determination with our high-energy challenges or learn essential life-saving skills in one of our workshops.

Curious about where a future with the RAF could take you? Chat with our friendly team about the wide range of exciting careers and opportunities across engineering, logistics, medical, and more. We'll also have interactive activities and youth engagement experiences designed to spark inspiration and ambition.

With live music from a RAF band as they fill the town show with energy and atmosphere, the atmosphere will be vibrant from start to finish. So rally your family, bring your friends, and join us for an unforgettable event of discovery, energy, and connection. We'll see you at Herne Bay!

SCAN TO BOOK YOUR FREE TICKET NOW!



OR CLICK HERE TO BOOK

ROYAL AIR FORCE REGULAR & RESERVE
NO ORDINARY JOB



MUAY THAI BOXING CHILDRENS WORKSHOP

Come join The Warriors for a **FREE** introduction session

Friday 30 May
2.30pm
Herne Bay Library



THE BRIT SCHOOL | Canterbury College | wk Whitstable Business College

BRIT KIDS

SATURDAY COURSES IN CREATIVE, MEDIA & PERFORMING ARTS FOR 7-18 YEAR OLDS AT CANTERBURY, KINGS CROSS AND CROYDON

WHAT DO WE DO? MORE THAN YOU CAN IMAGINE

TO FIND OUT MORE, GO TO BRITKIDS.ORG

FOLLOW US ON:   



FREE FAMILY EVENT

SAVE THE DATE!

Saturday 12 July 2025
10am to 4pm
at Canterbury Rugby Club, CT4 7DZ

Your chance to **“GIVE IT A GO!”** with various sports from around the district.

More information coming soon!

canterbury city council



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SEND Support and Parenting Support Drop-In

For all parents/carers, young people, and children (0-25 years) with special educational needs and disabilities (diagnosed and undiagnosed) and for any parents/carers needing general parenting advice.



SEND Support

We can help you with understanding your child's needs, and offer tips and strategies to help at home, signposting to local SEND support services and getting the best from your child's education.

General Parenting

We can help you with understanding your child's needs, managing behaviour, and offering different strategies to support with parenting at home.

Kingsmead Family Hub

DATE: 1st Friday of the month:

- 4th April
- 2nd May
- 6th June
- 4th July
- 1st August
- 5th September
- 3rd October
- 7th November
- 5th December
- 2nd January
- 6th February
- 6th March

TIME: 9:30am - 11:30am

VENUE: Kingsmead Road, Canterbury, CT2 7PH

Whitstable Family Hub

DATE: 2nd Tuesday of the month:

- 8th April
- 13th May
- 10th June
- 8th July
- 12th August
- 9th September
- 14th October
- 11th November
- 9th December
- 13th January
- 10th February
- 10th March

TIME: 9:30am - 11:30am

VENUE: Tower Parade, Whitstable, CT5 2BJ

Herne Bay Family Hub

DATE: 3rd Wednesday of the month:

- 16th April
- 21st May
- 18th June
- 16th July
- 20th August
- 17th September
- 15th October
- 19th November
- 17th December
- 21st January
- 18th February
- 18th March

TIME: 9:30am - 11:30am

VENUE: Memorial Park, Kings Road, Herne Bay, CT6 5RG

Visit your local Family Hub today

www.kent.gov.uk/familyhub



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At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formally delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips please visit nationalcollege.com.

What Parents & Educators Need to Know about VIOLENT CONTENT ONLINE

Around 70% of teenagers say they've seen real-life violence on social media in the past year – often from as young as primary school age. Just 8% actively seek it out; most encounter it through group chats or social media algorithms. From fights and pranks to hate speech and graphic media, exposure to violent content online is more widespread – and more harmful – than many adults realise.

WHAT ARE THE RISKS?

- MENTAL HEALTH AND TRAUMA**
Children and young people report feelings of anxiety, guilt, shame or fear after seeing violent content. For some, these effects may be short term, but for those with existing vulnerabilities or past trauma, the impact can be more severe. Many do feel pressured to 'keep up' violent content to fit in with friends, even when they find it distressing.
- DESENSITISATION**
Older teens may become numb to violent content after years of exposure, realising they're unlikely to report it. Younger children also tend not to report it – usually because they don't believe anything will be done or because they're afraid of being labelled a 'snitch' by their peers.
- BEHAVIOUR CHANGES**
Exposure to online violence can lead to fear and avoidance behaviours – such as skipping school or staying indoors. When children see weapons used in videos, it can heighten their perception that the world is unsafe and, in rare cases, increase the likelihood they'll consider carrying a weapon themselves, such as a knife for protection.
- HARMFUL IDEOLOGIES**
Violent content online may overlap with racist, misogynistic or otherwise extremist ideas. These messages can dehumanise others or glorify violence as a way to gain power, popularity or notoriety. Over time, this can normalise dangerous behaviours and attitudes among impressionable viewers.
- ESCALATION AND PARTICIPATION**
Violent videos often go viral quickly. What begins as an online argument can spill into real-world fights – which are sometimes filmed and shared to gain views or status. Some children even admit to sharing or creating videos content themselves to gain attention or boost their reputation.
- DISPROPORTIONATE IMPACT**
Not all children are affected equally. Those who are excluded from school, marginalised, disabled or neurodivergent are often more vulnerable to the effects of online violence. It's essential to consider wider context – including home life and access to safe spaces – when thinking about potential harm.

Advice for Parents & Educators

- CREATE SUPPORTIVE SPACES**
Many children feel adults are too busy or won't understand their experiences online. Take time to build trust through non-judgemental conversations about what they're seeing. If they don't want to speak to you directly, gently suggest trusted services they can turn to for support.
- AVOID HARSH RESTRICTIONS**
Fear of punishment is a major reason young people stay silent about violent content. Try not to overreact or threaten to take away devices. Instead, reassure children that they can speak openly and that asking for help won't get them into trouble.
- KNOW WHAT'S ILLEGAL**
Some violent content is simply upsetting, while other examples may be criminal or a safeguarding matter that needs reporting. Help children understand the difference by staying informed about online laws and social media reporting procedures. A useful resource is reportonlinecontent.com.
- UNDERSTAND TECH AND TRAUMA**
Older children may already know how to block accounts or avoid triggering content. Help younger or more vulnerable children learn these tools and encourage habits that reduce exposure. Just as importantly, teach techniques that help them process distress – building resilience and emotional literacy for both online and offline life.

Meet Our Expert
Dr. Holly Powell-Jones is the founder of Online Media Law UK and a leading UK expert in digital safety, media law, and young people. Her firm investigates children's understanding of risk online. She works with schools, businesses, and universities to provide award-winning education on the criminal, legal and ethical considerations for the digital age. Visit onlinemedialawuk.com for more.

#WakeUpWednesday The National College

X @wake_up_weds | /www.thenationalcollege | @wake.up.wednesday | @wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 21.05.2022

For more updates and events, please visit our website and follow us on X and Facebook.

<https://www.thewhitstableschool.org.uk/>
<https://www.facebook.com/TheWhitstableSchool>
<https://x.com/TheWhitSchool>

Best Wishes
The Whitstable School Team



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