



## Head of School's update

*Karen Begley, Head of School*

A busy week and only 4 days! I hope everyone had a lovely bank holiday and enjoyed the sunshine.

We had a great day on Friday 4th May at the Inter-schools Show Jumping competition. Team Medina (Shannon Cox, Shannon Roper, Jess Morris and Jasmin Winson) came 1st in the Key Stage 4 competition and the individual winners were: Keira Harper 2nd in Key Stage 3 and Jasmin Winson 4th in Key Stage 4. The students were a credit to the school and thank you to everyone who took part and supported.

The time has finally come and GCSE examinations are about to start! The masterclasses for Year 11 got underway today and actual exams start on Monday. Mr Williams led the Pledge assembly today for all of our Year 11s. It was a very emotional, uplifting and motivational experience for everyone. Good luck! Now is the time to show off to the examiners how good you are. I am so proud of all of our Year 11s. Don't forget to get plenty of sleep, eat well, revise, get some exercise and time out for laughing – this helps to reduce stress. Information regarding the masterclasses has been sent out to parents today and is also available on our website.

The RnB (Relationships and Behaviour) programme has been going well – our Year 10 and Year 12 students have been trained as mentors and have been delivering sessions to our Year 8 students during extended tutor times and the last session will be next Thursday.

On Monday, as part of Mental Health Awareness Week 2018, the IW Youth Trust will be in school to talk to our Year 9 and Year 10 students.

The weather is getting warmer, so can I take this opportunity to remind you of our uniform expectations. Students must continue to wear their blazers to school. If the weather or classroom is really hot, then students will be given permission to remove them.

Well done to the top house point achievers for last week. In Year 7 Tyler Scaife, Year 8 Matthew Mabey, Year 9 Evelyn Conroy-Thompson, Year 10 Chantelle McCluskey and Year 11 Faith Western.

Finally, I would like to thank Pam Pennant who has now left the Federation, for all her hard work and the support she gave to so many students. We wish her well for the future.

Have a lovely weekend – only 2 weeks to half term!

## Diary Date:

Monday 14th May 2018  
Mental Health Roadshow period 2 for year 9 and 10.

Tuesday 15th May 2018  
2nd Dose of HPV Vaccination for Year 8 girls catch ups.

Saturday 26th May - Tuesday 29th May 2018  
Italy Trip.

Monday 28th May - Friday 1st May 2018  
Half Term Break.

Tuesday 5th June 2018  
Jan from Mermaids in school.

Friday 8th June 2018  
Newport Primary Olympics.

Tuesday 12th June 2018  
Year 6 Parents'/Carers' Evening.

Friday 15th June 2018  
Year 11 Leavers Assembly.

Tuesday 19th June 2018  
Year 6 SEN Singles Afternoon.

Friday 22nd June 2018  
Development Day  
Isle of Wight Festival.

Tuesday 26th and Wednesday 27th June 2018  
Extended Transition Days.

Thursday 28th and Friday 29th June 2018  
Whole Island Transition days.

Monday 2nd July 2018  
Federation Games.

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## Safeguarding News

I was interested to learn from a Co-op Funeral Service survey that 'most Britons will suffer their first loss of a loved one by the time they are 21-years-old'. The Childhood Bereavement Network (CBN) estimate that around one in 29 school-age children have been bereaved of a parent or sibling – that's roughly one per class.

[Learning about loss](#), is an article on the website of the National Children's Bureau helping schools to think about how they can tackle dying and bereavement within their curriculum. The resources below will help you deal with these issues.

Learning about Loss (National Children's Bureau)

<https://www.ncb.org.uk/news-opinion/news-highlights/learning-about-loss>

Managing a sudden death in the school community (LGfL)

<http://bereavement.lgfl.org.uk>

Responding to a death that is suspected to be a suicide (Samaritans)

<https://www.samaritans.org/education/step-by-step/resources/respond-suspected-suicide-schools>

Talking about death with your little one (CBeebies)

<https://www.bbc.co.uk/cbeebies/grownups/our-family-talking-about-death-with-your-little-one>

How to support a bereaved child (Video, Child Bereavement UK)

<https://www.youtube.com/watch?v=Aix0ted9NKk>

What helps grieving children and young people (pdf)

<https://childbereavementuk.org/wp-content/uploads/2016/05/1.4-What-helps-grieving-children-and-young-people-1.pdf>

Books for younger children

- Frog and the Birdsong by Max Velthuijs (Picture Book)
- Benny's Hat by Juliet Clare Bell and Dave Gray (Picture Book)
- Badger's Parting Gifts by Susan Varley (Picture Book)

Top 10 children's books on death and bereavement (Guardian)

<https://www.theguardian.com/childrens-books-site/2015/feb/05/top-10-childrens-books-on-death-bereavement-holly-webb>

Books for teenagers about death and grief (Marie Curie)

<https://www.mariecurie.org.uk/help/support/bereaved-family-friends/coping-grief-teenager/teen-grief-books>

St Albans and District Bereavement Network have listed many available resources in this pdf, which includes links for death after suicide, murder, road accidents and the loss of a baby:

<http://www.sabn.org.uk/pdfs/info-and-resources/Resources-for-School-Staff-About-Bereavement-VERSION3-for-website-updated-03072013.pdf>

Explaining Bereavement to children with autism (National Autistic Society)

<http://www.autism.org.uk/about/family-life/bereavement.aspx>

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## Websites and Charities

Child Bereavement UK: <https://childbereavementuk.org>

Child Bereavement Network: <http://www.childhoodbereavementnetwork.org.uk/>

Marie Curie: <https://www.mariecurie.org.uk/>

Winston's Wish: <https://www.winstonswish.org/>

Keeping Children Safe Online - Do you know what your child is doing online?

The IOWLSCB is running three 2 hour sessions which will enlighten both parents and professionals on:

- What young people are using the internet for
- The technology they are using
- Managing the risks
- Taking positive action

## Dates & Venue

27th June - St Thomas of Canterbury Primary School, Carisbrooke

18th September – Lanesend Primary School, Cowes

5th February – Gatton & Lake Primary School, Shanklin

#for more information please see the IOWLSCB Training & Events webpage



**Please note that Fun Snaps are banned at Medina College and should not be brought onto site.**

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## Ski Trip 2019

The deadline for students paying deposits for the ski trip is next Friday (18th May). If students who are interested, still haven't collected a letter from Mr Rock, they need to do so quickly. If parents/carers have any questions, then they can contact him by email [ian.rock@medina.iow.sch.uk](mailto:ian.rock@medina.iow.sch.uk) or through reception.

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## Exam Stress

For many of us it's a stressful time as parents with exam season well and truly upon us, let alone for our children. Whether keeping them focused, ensuring they take regular breaks and eat well, our role as parents and carers is so important – that may include cutting their use of social media or social lives right back of course, and then managing the parties and festivals that may follow GCSE's and A levels in particular.

Continued.....

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Managing Exam Stress:

There are some useful sites to help parents manage exam stress and you may like to look at advice given by Family Lives: <https://www.familylives.org.uk/advice/teenagers/school-learning/exam-stress/> and a link to share with older teenagers and students that may help via: <http://www.studentminds.org.uk/examstress.html>



## Medina College Parent Voice News

Thanks to those parents who joined us for our Parent Voice meeting on Wednesday 9th and a big thank you to two of the school's Year 9 active travel ambassadors, Tom Walker and Josh Lovett, who came along with Mrs Tuck to present their plans to encourage more students to walk, scoot and cycle to school. Their wish list includes improving bike parking for students, and also buying a scooter rack, so that the scooters don't get muddled up with (and potentially damage) the bikes. I hadn't realised how many students scoot in!

Parents discussed where the current tricky points are for students cycling in from Wootton and how the route could be improved. Mrs Tuck aims to work with the school's active transport officer to provide more led cycle rides and Bikeability courses to boost students' cycling skills and confidence.

Mrs Tuck talked about her busy role as Head of Year 7 and also the work she does with primary schools to ensure as smooth a transition to secondary as possible. Includes inviting Year 5s to taster days at Medina, as well as Year 6/7 transition.

She and Miss Caddick gave a PE update – lunchtime and after school sports clubs are really busy at the moment, eg 40 at after-school rounders the other day! Thanks to parents for your support in encouraging your children to attend the clubs.

Thanks to Miss Begley, Head of School, for sharing school news and answering parents' questions, and also to governor Peter Whitlock for attending.

This is just a quick taster of what we covered. If you'd like minutes of Parent Voice meetings & aren't already receiving them, please email me at the address below and I will add you.

Our next Parent Voice meeting is the final one of the school year, Tuesday 10th July, usual time of 6.10–7.30pm, but instead of the school library we'll meet up at The Bargeman's Rest in Newport. Let me know if you can come along.

Best wishes,

Wendy Varley, Medina Parent Voice Chair – Yr 11 parent

**Email: [medinaparentvoice@gmail.com](mailto:medinaparentvoice@gmail.com)**

**facebook page:**

**[facebook.com/MedinaCollegeParentVoice/](https://www.facebook.com/MedinaCollegeParentVoice/)**

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## Head Lice

We have had several confirmed cases of Head Lice. Please see information below about prevention and treatment.

Head lice are tiny insects that live in human hair. They're particularly common in children. Head lice are whitish to grey-brown in colour, and smaller than the size of a pinhead when first hatched. When fully grown they're about the size of a sesame seed. They can't fly, jump or swim and are spread by head-to-head contact, climbing from the hair of an infected person to the hair of someone else. A head lice infestation isn't the result of dirty hair or poor hygiene. All types of hair can be affected, regardless of its length and condition. Head lice only affect humans and can't be passed on to animals or be caught from them.

Head lice often cause a person's scalp to itch. Itching isn't caused by lice biting the scalp, but by an allergy to the lice. However, not everyone is allergic to head lice, so you or your child may not notice a head lice infestation. Even if someone with head lice is allergic to them, itching can take up to three months to develop. In some cases, a rash may appear on the back of the neck. This is caused by a reaction to lice droppings.

A female head louse lays eggs by cementing them to hairs (often close to the root), where they're kept warm by the scalp. The eggs are pinhead-size and difficult to see. After seven to 10 days, the baby lice hatch and the empty eggshells remain glued in place. These remains are known as nits. Nits are white and become more noticeable as the hair grows and carries them away from the scalp. Head lice feed by biting the scalp and feeding on blood. They take nine to 10 days to become fully grown. Head lice normally only crawl from head to head when they're adults or nearly mature juveniles. A female head louse may start to lay eggs from nine days after she's hatched. Therefore, to break the cycle and stop them spreading, they need to be removed within nine days of hatching.

Head lice can be difficult to see, even when the head is closely inspected. Unhatched eggs or nits (empty eggshells) alone aren't enough to diagnose an active head lice infestation. This is because it can be difficult to distinguish between eggs and nits that are dead or alive. Nits also usually remain glued to hairs long after successful treatment. To confirm an active head lice infestation, a louse must be found through a reliable, accurate method, such as detection combing. Detection combing is the best way of finding head lice. It involves using a special fine-toothed head lice comb with a tooth spacing of 0.2-0.3mm to comb through the hair. The comb can trap even the smallest lice. It works better on wet hair but can also be used on dry hair. Head lice can usually be effectively treated with lotions or sprays designed to kill head lice, or by wet combing, using a specially designed head lice comb. Wet combing can be used without lotions or sprays, but it needs to be done regularly and can take a long time to do thoroughly.

Lotions or sprays can be used as an alternative. However, to be totally effective they need to be applied correctly and thoroughly. Your pharmacist will be able to recommend an over-the-counter lotion or spray and give you advice about how to use it correctly.

It's difficult to prevent a head lice infestation because head lice are spread by head-to-head contact. Regular detection combing – for example, on a weekly basis – is the best way to find new lice quickly. Lotions and sprays don't prevent head lice infestations and should only be used if a live louse has been found on your, or your child's, head.

Head lice are a common problem, particularly in schoolchildren aged four to 11. It's difficult to know exactly how common head lice are because the problem is often treated at home, with people only visiting their GP if treatment is unsuccessful. However, it's thought that up to one in three children in the UK may get head lice at some point during the year.

# Lunch Menu

Week commencing 14.05.18 Royal Wedding Special Menu

Look out for our Royal Wedding Special Home Bakes and Treats

Week 1	Monday	Tuesday	 Wednesday	Thursday	 Friday
<b>Main Meal</b>	Chicken & Bacon Carbonara Pasta	<b>Concept Day</b>  A Choice of BBQ Pulled Pork Fajitas, Chilli con Carne or Vegetable Chilli Served with Spicy Rice & Vegetables	 Royal Wedding Special	 Chicken Curry & Rice or Goan Vegetable Curry & Rice	 Fish and Chip Shop
<b>Vegetarian Main Meal</b>	Vegetable Calzone		 Roast Beef & Yorkshire Pudding or Vegetable Whirl	Served with Naan & Sides	 Quorn Swedish Meatball Sub
<b>On the Side</b>	Choose from our selection of fresh vegetables, salad, potatoes, rice and pasta our daily menu will confirm the days offer Chips are served on Fridays				
<b>Pizza Market</b>	Try our Home Made Tugo Pizza topped with Mozzarella & Handmade Tomato Sauce Selection Of Meat & Vegetarian Options 				
<b>Pasta &amp; Jacket Bar</b>	Pasta, Jacket and Pizza Bar add your choice of Hot Topping from our freshly prepared selection; we will offer both meat and vegetarian choices every day 				

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# Fully Funded CSCS Training

This course is for candidates looking to gain their CSCS card in order to work in a construction environment. As a candidate you will complete:

**City and Guilds Health and Safety in a Construction Environment Level 1**

**Health and Safety in the Workplace Level 2**

**City and Guilds Employability Skills**

**CSCS Test**

**Among other things these will cover:**

- Principles of risk assessment for maintaining and improving health and safety at work.
- The importance of safe manual handling in the workplace.
- The importance of working safely at height in the workplace.
- Risks to health within a construction environment.

**Construction Site Certification Scheme (CSCS) test**

Importantly, we will prepare you for the CSCS test through tutor-led sessions and mock-testing.

The cost of the CSCS test and CSCS card are included in the in course for candidates who complete the training.

Location: Learning Links,  
Granary Court, 128 Pyle St.  
Newport, PO30 1JW

Candidates must:

Be 19+

Be unemployed and claiming benefits (JSA / ESA / UC / IS)

Have ID (Passport, Driving Licence or Birth Certificate)

Must complete a literacy and numeracy assessment

Previous experience is not required

Date: Mon 2nd July - Thurs 5th July 18

Duration: Four days days (9.30am – 3.30pm)

Individual support with:

Job search and applications

CV writing

Interview preparation and practice

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Location: Esplanade Hotel,  
16 Esplanade, Ryde, PO33 2ED

Candidates must:

- Be 19+
- Be unemployed and claiming benefits (JSA / ESA / UC / IS)
- Have ID (Passport, Driving Licence or Birth Certificate)
- Must complete a literacy and numeracy assessment
- Previous experience is not required
- Date: Tuesday 29th May - 1st June 2018

Duration: Four days days (9.30am – 3.30pm)

Individual support with:

- Job search and applications
- CV writing
- Interview preparation and practice



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**To book a place please contact us now:**

Tel: 02380 682571

Email: [employmentsupport@brock.ac.uk](mailto:employmentsupport@brock.ac.uk)

Training fully funded



# SIA

# Door Supervisors

This course will give you the training you need to gain your SIA badge, enabling you to work in the security sector. You will complete 5 days of 'soft skills' training, which covers employability and IT skills relevant to security operations. These comprise: interview skills, teamwork skills, communication skills, and information and communications technology skills.

## Door Supervisors (4 days)

This qualification is suitable for roles working at pubs, clubs, festivals, and places selling alcohol including supermarkets and shopping centres. You will complete the following modules:

- Common Security Industry Knowledge
- Door Supervisor Specialist
- Conflict Management
- Physical Intervention Skills

## Eligibility criteria:

- 18+
- Must be unemployed and claiming benefits (JSA / ESA / UC / IS)
- Must have ID (Passport, Driving Licence or Birth Certificate)
- Must complete a literacy and numeracy assessment
- Previous experience is not required

**Dates:** 11th June - 21st June 2018

**Location:** Learning Links, Granary Court, 128 Pyle Street, Newport, Isle of Wight, PO30 1JW

**Duration:** Nine days

## Individual support with:

- Job search and applications
- CV writing
- Interview preparation and practice



Brockenhurst College

This course has been part funded by Sovereign Housing Association



To book a place please contact Employment Support

Tel: 02380 682571 Email: [employmentsupport@brock.ac.uk](mailto:employmentsupport@brock.ac.uk)