

## **Sue Green - Careers Leader at The Thomas Lord Audley School Runner Up in Careers Champion Award**

Tracy Laney, Careers Adviser at The Stanway School recently nominated the TLA Careers Leader, Sue Green for a national award to recognise her hard-work and commitment in Careers.

Tracy's nomination read 'Sue has worked at The Thomas Lord Audley School, Essex for 14 years. As well as being the Careers Adviser she has recently completed the Careers Leader training (as well as juggling a reprographics role within the school)! Sue arranges as many career related visits as is possible and accompanies the students on these visits. She invites guests in to speak to students, has a close relationship with local colleges and has developed CV writing workshops.

Nominator Tracy Laney said: "Some of her students need a lot of encouragement and support to apply to college, Sue helps with the application and if need be she will take the student to the college for their interview. Sue works tirelessly to provide the best she can and she deserves to be a Careers Champion'.

From over 150 nominations Sue was selected as one of the three national finalists for this award and on Monday went to an awards ceremony at the Royal Society, London and found out that she had been awarded the 'Runner Up' award following a public vote where she gained 38% of the vote.

Mrs Bryant  
Deputy Headteacher



**Mock / Pre-Public Timetable**  
**Monday 9 - Friday 20 March 2020**

09-Mar	B Monday 1	Monday 2	Monday 3	Monday 4	Monday 5
	<b>Maths paper 3 (1h 30m)</b>		<b>Science (Physics) 1h 10m</b>		
			<b>Catering exam 11.05 - 3.10</b>		
10-Mar	B Tuesday 1	Tuesday 2	Tuesday 3	Tuesday 4	Tuesday 5
	<b>Computer Science paper 2 (1h)</b>		<b>PE paper 2 (1h)</b>		
			<b>Catering exam 11.05 - 3.10</b>		
11-Mar	B Wednesday 1	Wednesday 2	Wednesday 3	Wednesday 4	Wednesday 5
			<b>German Reading (1hr)</b>		
12-Mar	B Thursday 1	Thursday 2	Thursday 3	Thursday 4	Thursday 5
	<b>Music listening (1h 30m)</b>		<b>German Listening (45m)</b>		
13-Mar	B Friday 1	B Friday 2	Friday 3	Friday 4	Friday 5
	<b>Art GCSE - Day trip to Tate Gallery</b>				
16-Mar	A Monday 1	Monday 2	Monday 3	Monday 4	Monday 5
	<b>Art</b>		<b>Art</b>		<b>Art</b>
17-Mar	A Tuesday 1	Tuesday 2	Tuesday 3	Tuesday 4	Tuesday 5
	<b>German Speaking</b>		<b>German Speaking</b>		<b>German Speaking</b>
	<b>Media Studies paper 2 TV clip (option B &amp; C)</b>				
18-Mar	A Wednesday 1	Wednesday 2	Wednesday 3	Wednesday 4	Wednesday 5
19-Mar	A Thursday 1	Thursday 2	Thursday 3	Thursday 4	Thursday 5
	<b>German Speaking</b>		<b>German Speaking</b>		<b>German Speaking</b>



### Attendance Winners

Last week's attendance winners with 100% attendance were I1N-DB.

### TLA House Point Totals

1st	Austen	2.19
2nd	Darwin	1.76
3rd	Nelson	1.71

Kayden Farrington-Shave, 7N-EP, was the top earner for last week with 16 house points . Well Done!

### Assemblies for week commencing 9 March 2020

There are no assemblies this week due to Science week taking place.

### Medical Appointments

We would kindly appreciate it if you could let the school know of any medical appointments in advance by:

- Writing appointment in Student Planner or give a copy of appointment card
- Student to go to Student Services on the day to collect an Early Leaving Slip.
- Parent to collect student from Main Reception.

This will hopefully ensure students are ready for collection when parents arrive.



**Your Appointment**

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

### Students in Medical Room

Dear Parents/Carers

Please be aware that children leaving school due to illness or injury, will no longer be permitted to travel home unsupervised. Previously, if parental consent was given, children could take themselves home when unwell.

This decision has been made to ensure the safety of our students by reducing the possibility that they could fall ill on their way home.

We would advise that emergency arrangements, with relatives or friends, are made as a precaution, should your child become unwell and you are unable to collect them. Please ensure all contact details we hold are up to date including mobile phone numbers.

Our First Aid policy can be viewed in full on the school website <https://www.tla.essex.sch.uk/policies>

We thank you for your continued support.





## Nelson Charity Day

**Non Uniform Day**

**Friday March 13<sup>th</sup>**

**£1.00**

**Wristbands £1.00**

**Break Time Cake Sales**

**Tutor Events**

**Also supporting:**

**Please donate food items to Nelson Office or Tutor**

**Thank you**



**Colchester Food Bank**







## WHAT IS EQUIP?

Equip is a weekly self development, group-work programme run in schools and in the community, which is aimed at boys age 11-15 with absent fathers or limited access to a male role model, delivered over a period of six months. Each cohort is made up of 8 boys. Boys are identified by parent referral and / or in conjunction with school staff. Equip is supported by bush-craft, sailing and outdoor activities which take place during the school holidays or weekends. Equip is led by a facilitator and a team of up to four trained and vetted male volunteer mentors.

The weekly sessions cover a range of topics such as; anger and emotions, dealing with conflict, risk taking and consequences, managing stress, healthy v unhealthy relationships and much more.

Boys will be required to complete an assessment before a place is considered.

Funded by Essex Youth Service.



## EQUIP AIMS

Equip aims to help boys develop emotional intelligence, reduce anger, increase confidence, resilience, motivation, self-esteem, improve behaviour, relationships and attitude towards school. Equip enables boys to cope with problems and issues faced at home and school and explore the important choices they face in their adolescent development.

**NOW TAKING REFERRALS FOR OUR MAY EVENING PROGRAMMES IN TENDRING AND COLCHESTER:**

**Email: [info@ladsneeddads.org](mailto:info@ladsneeddads.org) or telephone 07553 618033**

**CLOSING DATE: 31<sup>ST</sup> MARCH**



**Lads Need Dads**

*Equipping, Engaging and Inspiring Young Men*

**Tel: 01255 764603 / 07553 618033**

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**[www.ladsneeddads.org](http://www.ladsneeddads.org)**

Room 4, Imperial House, 20-22 Rosemary Road, Clacton-On-Sea, Essex CO15 1NZ

Lads Need Dads is a Not-For-Profit Community Interest Company, Company No. 16160016.

--- AWARDS RECEIVED ---



THE SIGMA TRUST



THE THOMAS LORD AUDLEY SCHOOL

## Unwinding online: the rise of ASMR

Parents are faced with umpteen stresses every day – both digital and analogue.

Keeping up with what your children are doing, understanding the latest risks to their wellbeing, and managing work and life-admin can feel like a constant pressure.

We talk about ‘detoxing’ and ‘taking a break’ when we want to escape the stress digital tech can bring. But the internet itself also offers new ways of unwinding. One of the most peculiar – and popular with young people – is ASMR.

This newish phenomenon – dubbed “the biggest YouTube trend you’ve never heard of” by Google – has seen the third biggest increase in YouTube searches since 2008, behind only ‘Minecraft’ and ‘Fortnite’. But where does ASMR come from and what exactly is it?

### Where does ASMR come from?

ASMR isn’t teen speak – people use an acronym because the full phrase is so confusing. It stands for ‘autonomous sensory meridian response’ – a phrase coined by Jennifer Allen in 2010 to describe the warm, soothing feeling she got when she watched certain videos about space.

Allen joined a small community of like-minded people who discussed the phenomenon in online forums. Within several years, ASMR had become a thriving sub-genre on YouTube with hundreds of new videos uploaded each day, all designed to cause that feeling. Beyond space, these videos explored a range of subject matter and scenarios. They soon spread to other services like Reddit and Spotify.

### What is ASMR?

ASMR is often described as a series of tingles that start in the scalp and spread down the neck and spine.

The sensation – like pins and needles, but pleasant – can occur naturally in response to ‘trigger’ sounds. If you feel calm when you hear rain on a rooftop or when someone speaks to you quietly, you could be experiencing ASMR.

There’s no reliable data about how many of us experience ASMR. Some people are only affected by specific triggers. Some aren’t affected by any of them. Others even find certain of these sounds annoying or frustrating. No one is quite sure why.

### Is ASMR popular?

Since 2010, ASMR has gone from a niche topic to a global trend, with celebrity and corporate backing.

In a viral video series, the fashion magazine W has commissioned the world’s biggest stars – from Cardi B to Jake Gyllenhaal – to make their own ASMR clips. Global brands like IKEA, Pepsi, and KFC are incorporating ASMR into their advertising. The Grammy-nominated hip-hop artist 21 Savage even made an ASMR rap song (the lyrics are explicit, so listener discretion is advised.)



There's no specific data on the numbers of children and young people who access ASMR videos, but a 2019 report for Ofcom found a significant number of four to 16-year-olds were captivated by content that they searched for by typing in 'satisfying' or 'oddly satisfying' – including videos of people handling slime, cutting soap, and other ASMR content.

YouTube is now the most popular platform for children and young people to watch video content. It's difficult to say exactly how popular ASMR is among children and young people, but there's no doubt that many are encountering – if not actively consuming – the videos online.

### **What happens in ASMR videos?**

ASMR YouTubers – or 'ASMRtists' – aim to relax their viewers by making a series of sounds on camera. Some of these focus on speech – especially whispering, and/or repeating certain words – but not all.

The most watched ASMR video on YouTube currently boasts 81.5 million views and explores more than 50 non-verbal triggers across three hours, including brushing microphones, tapping on the surface of an umbrella, and clipping tweezers. The YouTuber ASMRMagic links the different triggers in the description, so viewers can navigate to the parts of the video that work for them – but it's also common for ASMR fans to let videos run while they fall asleep.

ASMRtists sometimes incorporate other trends in order to reach a broader, more mainstream audience.

SAS-ASMR is arguably the biggest ASMRtist with 8.2 million subscribers. Her videos combine 'mukbang' – a South Korean craze involving eating food on camera – with ASMR. Make-up tutorials and 'get ready with me' videos are common, too – and teen popstar Billie Eilish commissioned the YouTuber Gibi ASMR to make a tribute to her bestselling debut album.

### **What should I do if my child watches ASMR?**

If your child watches ASMR there are some simple ways to make sure they stay safe and that they aren't exposed to anything inappropriate:

1. Find out why they're seeking out the videos. Maybe they like the tingling feeling but they could be worried about something or struggling to sleep. You probably know your child better than anyone – if there's a problem, you may be able to help.
2. Share how you look after yourself when you're stressed or overwhelmed. You may not realise it, but you probably use technology to relax yourself – whether you meditate with the Headspace app, collapse in front of Netflix after a hard week at work, or listen to calm music while you're having a bath. <https://www.headspace.com/meditation/kids>
3. Ask them what ASMRtists they like to watch and check out their videos. You may like them too. Many ASMR videos encourage viewers to think positively, practise mindfulness or meditation, and learn breathing exercises. Others are less openly therapeutic, but create imaginative scenes and characters that viewers can return to.
4. If they're under 13, sign them up for YouTube Kids, a family-friendly version of the platform where you can customise their experience, curate what they see, set timers, and block specific videos or channels. You can find out more about YouTube Kids in this <https://parentzone.org.uk/article/youtube-kids-everything-you-need-know>



### Finance Notices

1. Sharp el-531 calculators available via ParentPay for £4.40
2. Replacement catering cards available via ParentPay for £3
3. TLA school ties are available via ParentPay for £6.00
4. TLA school tie (clip-on) are available via ParentPay for £5.25
5. Replacement locker key are available via ParentPay for £3.00
6. Easter Multi-Sports Holland Festival - Final instalment is now overdue
7. Year 10 Ypres and The Somme - 3rd instalment is requested by 27 March 2020
8. OCR GCSE PE revision guide available via ParentPay for £7
9. Year 7 Mersea Camp - 2nd instalment is now overdue
10. Year 11 Edexcel Maths Revision Guides are available via ParentPay for £5.50
11. Year 8 Germany - 2nd instalment is now overdue 2020
12. Year 7 French day trip. Full payment is requested by 5 March 2020
13. Year 11 Leavers Hooded Top. Full payment is requested by Friday 3 April 2020

**Can we please ask you to check your child's catering card**

### Diary Dates

Thursday 12 March	Year 9 Parents' Evening
Friday 13 March	Sports Relief - non school uniform day. £1 donation required.
Friday 13 March	Year 11 GCSE Art Exam trip to Tate Modern
Friday 20 March	Schools Prom @ Charter Hall
Thursday 18 June	Year 11 Prom
Friday 19 June	Year 7 day trip to France

### Child Protection Policy

The Thomas Lord Audley School's Child Protection Policy is available via the School Website





# TLA Catering Department

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Fresh Chicken Burger</b> (Wheat Gluten Milk Egg)  <b>Vegan Pasty</b> (Wheat Gluten Barley Soya)  <b>Savoury Potatoes</b>  <b>Baked Beans</b>  <b>Sponge</b> (Wheat Milk Egg Gluten)	<b>Beef Enchilada</b> (Wheat Milk Gluten)  <b>Cheese Omelette V</b> ( Egg, Milk)  <b>Croquette Potatoes</b> (Wheat Milk Egg Gluten)  <b>Roasted Medley of Vegetables</b>  <b>Fruit Crumble</b> (Wheat Milk Gluten)	<b>Roast of the Day</b>  <b>Roast Potatoes</b>  <b>Chickpea &amp; Butternut Squash Curry V</b> (Milk Wheat Mustard)  <b>Roasted Chantenay Carrots</b>  <b>Savoy Cabbage</b>  <b>Jam Doughnuts</b> (Wheat Gluten Milk)	<b>Fresh Meatballs in a Tomato Sauce</b> (Gluten Soya Wheat Egg)  <b>Quorn Tacos V</b> (Milk Gluten Wheat)  <b>Baked Fresh Cajun Wedges</b> (Celery Gluten Wheat)  <b>Baked Beans</b>  <b>Choc Oat Cake</b> (Wheat Barley Milk)	<b>Sausage in Batter</b> (Wheat Gluten Sulphates)  <b>Chips</b>  <b>Peas</b>  <b>Vegan Sausage Roll</b> (Gluten Wheat)  <b>Marble Cake</b> (Wheat Gluten)

## Sandwiches

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Chicken &amp; Bacon Sandwich</b>  <b>Cheese Salad Wrap</b>  <b>Sausage Sandwich</b>  <b>Ham Sub</b>  <b>Cheese Sub</b>	<b>Chicken Mayo Sandwich</b>  <b>BLT</b>  <b>Cheese Sandwich</b>  <b>Cheese Sub</b>  <b>Chicken Sub</b>	<b>All Day Breakfast</b>  <b>Ham Sandwich</b>  <b>Chicken Sandwich</b>  <b>Cheese Sub</b>  <b>Ham Sub</b>	<b>Ham Sandwich</b>  <b>Chicken Salad Wrap</b>  <b>Cream Cheese &amp; Cucumber</b>  <b>Chicken Sub</b>  <b>Cheese Sub</b>	<b>Cheese Sandwich</b>  <b>Chicken Sandwich</b>  <b>BLT</b>  <b>Cheese Sub</b>  <b>Ham Sub</b>

HOT & COLD FOOD TO TAKE AWAY DAILY

ASSORTED PANINIS

SALAD CART

SPECIALS WILL BE ANNOUNCED DAILY ON THE INFORMATION TVS

