

Academy News

5th January 2024



Dear Parents/Carers

Happy New Year!

Earlier today, we took 192 pupils in Years 7, 8 and 9 to the cinema as a reward for their exemplary behaviour last term. Unsurprisingly, they were beautifully behaved and had a great time. My thanks to Mr Sansom and the team for making this happen.

This week's assemblies have been centred on New Year's resolutions and stoicism – the Hellenistic philosophy that celebrates resilience and self-control. I shared a quote of Marcus Aurelius, *"Don't be overheard complaining, not even to yourself."* I explained that using the principle of confirmation bias, we typically cherry-picked evidence in the world around us that confirmed our existing views; this often led to distorted perceptions of reality. This made me think back to a lecture I attended from Sue Hargadon (Head of Farlingaye High School at the time) and she warned us to avoid 'mood-hoovers' as they will always find the negative in a situation.

In the last few weeks, we have heard about the tragic events surrounding the death of Ruth Perry – this has galvanised my views on the fragility of mental health even in bright, brilliant, high-quality people and how we must protect those who serve our communities so well. Sir Martin Oliver has recognised that Ofsted needed to be "far more empathetic" in its approach. We, as a community, share this responsibility to lift each other up, not put each other down.

This does not link to any specific event. I encourage you all to be mindful of how you interact with our staff and how you speak about them in the wider community – particularly on social media. Whilst we are robust people and enjoy great camaraderie at the Academy, we are also human beings with families and loved ones.

I will finish this week's Academy News with another Aurelius quote, *"The best revenge is to be unlike him who performed the injury."*

I hope you have a peaceful and enjoyable weekend.

George Anstee-Parry
Acting Headteacher

Term Dates 2024-2025

Dates are now available on the [website](#)

Calendar / Upcoming Events

10th January - Lion King trip

11th January - Year 11
Progress Evening (*Details have been emailed home*)

23rd January - Year 9 Progress
Evening

Safeguarding Information

During school hours, please contact Miss Crabtree (Deputy Designated Safeguarding Lead) or ask to speak to a member of the Safeguarding team - 01473 328317

At all other times, please contact Customer First : 0808 800 4005 or
If you believe there is an emergency and a child is at risk of **immediate harm** please call the Police on **999**.

Useful Information

Links to support services:-

Childline: 0800 1111

The Wellbeing Hub 'Teen Tips' Log in information was provided to parents/carers on 26th May. Please contact the office if you would like the information sent to you directly.

Online bullying www.thinkuknow.co.uk/

Kooth - Online counselling service and peer to peer support for young people aged 11-25: www.kooth.com

Emotional Wellbeing Gateway website (Suffolk Infolink Directory) – Information, advice and guidance on common mental health issues. Access to mental health services like the Emotional Wellbeing Hub
www.emotionalwellbeinggateway.org.uk

The Source website for young people – Sources of information and advice important to young people in Suffolk, including emotional wellbeing support: www.thesource.me.uk/wellbeing

Mental Health Crisis – Call 111, option 2

Sexual Assault: Call NSPCC 0800 136 663 or help@nspcc.org.uk