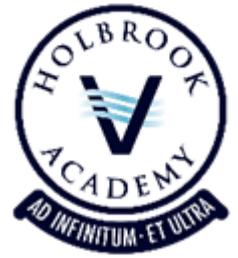


Academy News

26th April 2024



Dear Parents / Carers,

This week, we have enjoyed some sunnier days and the field has been opened. It has been lovely to see a wide variety of games and activities being played during the lunchtime and year groups mixing. Weather was even kind on our reward trip to Thorpe Park; I have only just recovered from the rides I was coerced into going onto by some of students.

I will be meeting with the School Council next week to discuss any adaptation to uniform we might make in extreme hot weather later in the term - I will communicate any changes ahead of time.

Calendar / Upcoming Events

6th May - Bank Holiday

7th May - Start of GCSE exams

23rd May - Year 7 Progress Evening *(details to follow)*

As we approach the examination period, I want to extend my support to both you and your child. Exams can be a stressful time for students, but with your guidance and our collective encouragement, we can help alleviate some of that pressure. It is crucial that during this time, we maintain open communication channels. Remember, success is not solely defined by exam results, but by the journey of learning and growth. It is worthwhile parents/carers of children in other year groups broaching these subjects ahead of Year 11 to ensure they have these conversations earlier in their school career.

Here are some links to managing exam stress

Exam Stress

- [NHS Help your child beat exam stress](#)
- [Anna Freud: How to identify the signs of academic stress, and ways to help](#)
- [Student Minds – resources, tips and blogs about exam stress](#)
- [Ofqual: Coping with exam pressure – a guide for students](#)

In assemblies this week we looked at Online safety and shared the same information we shared with you last Friday. It's really good to start those conversations with your child/ren about managing risk in the online world.

The '25 day attendance challenge' is coming soon. More details to follow next week.

George Anstee-Parry
Acting Headteacher

Lost Property:- We currently have a large quantity of students' lost property such as coats, jackets, shoes, etc in the main office. We will be making this available for students to check through over the next couple of weeks and, thereafter, we will donate remaining items to charity. If your child has lost something, please contact the office or come in during school hours to have a look for yourself. Thank you.

Families against Racism and Extremism

If you are worried about a young person, please see the attached flyer for details of support sessions available. These sessions will support you, provide information about online radicalisation and extremism and where you can get help.

Improving School Attendance

Please follow the links for information on the importance of school attendance:-

[How to improve your child's school attendance and where to get support](#)

[Is my child too ill for school?](#)

Reminder about Parking and Drop off / Pick Up

We have been asked by the local Parish Council to remind parents/carers that if you are using the roads around the Academy to drop off or pick up your child, you are considerate of our neighbours and the community. Please do consider the impact of cars parking in the local area on residents and, if you are waiting to pick up, please remember to turn off your engine.

A reminder for those not already aware that parking restrictions are in place between **8.00-8.30am and 3.00-3.45pm** to facilitate the movement of the school buses. During these times, only parents/carers who have a car parking pass will be able to come into the car park to drop off and pick up their children. If you try to come onto site without a pass you may be turned away.

An additional reminder that parents/carers should only come onto site outside of these times if you have an appointment or need to speak to someone in the office and not to drop students off as the car park is used by students throughout the school day.

Thank you.

Safeguarding Information

During school hours, please contact Mrs Sarah Watson (Designated Safeguarding Lead) or 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