

Academy Bulletin

18th December 2024



Christmas Jumper Day

Friday 20th December

Christmas Jumper may be worn with normal uniform.

Calendar / Upcoming Events

19th December
19th December
19th December
20th December
7th January
16th January

Year 11 Progress Evening
Year 8 HPV Vaccinations
Christmas Dinner
End of Autumn term
Students return (Week 2)
Year 10/11 Reward Trip



Norfolk and Suffolk
NHS Foundation Trust

Spring Term Psychology in Schools Parent/Carer Workshop Programme

We are pleased to announce our upcoming free online [parent/carers workshops for the Spring term!](#)

The upcoming workshops can be booked for free on our [Eventbrite page](#). Information on all our workshops, past and present, as well as workshop recordings, can be found on our [website](#).

Psychology in Schools Admin Team

Child and Adolescent Mental Health Parent Workshops

Free virtual workshops:

- Anxiety
- Big Feelings
- Self-harm
- Obsessive Compulsive Disorder (OCD)
- Tourette's symptoms (TICS)

Access here: <https://www.nsfh.nhs.uk/parent-workshops>



Advent 30 Day What's Up Challenge

Each day from the 1st of December leading up to Christmas and New Year, young people can take part in doing one of the below daily activities which are designed to support your emotional wellbeing during the Christmas period – even if your family doesn't celebrate Christmas you can still join in or do our original, popular [30 Day What's Up Challenge](#)

Safeguarding Support Services:

999: For emergencies and if there is an immediate risk of harm.

111: Urgent medical help that is not life threatening.

111 option 2: Mental Health Crisis Support

101: Police, non-emergency crimes

0808 800 4005: MASH Customer First (Social Services)

0800 1111: Childline

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

www.thinkuknow.co.uk/ : Online bullying

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

Safeguarding Information

During school hours, please contact Mrs Alex King (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**.

