

Open Academy Newsletter – 2 February 2024

Dear Parents, Carers and Students

Welcome to our newsletter this week.

I feel a bit cheeky writing the newsletter this week as I have been out for almost 3 full days attending various training and conferences. Which I will share a few reflections on as we finally move into February and begin eyeing the approach of Spring.

Just as January seemed to go on forever, it was timely on Tuesday to be part of training regarding the i-Thrive approach to healthcare particularly its implications for education settings. In school it always feels like we are required to do more and more with less and less resources and it appears the same for health. The important upshot of all this is that there is a fantastic new website for young people to access for mental health support called FYI:

<https://www.fyinatorfolk.nhs.uk/>

The FYI website is a partnership between the local authority and NHS and have worked with children and young people to produce an excellent self-help one stop shop. The landing page has an excellent launch pad – if you scroll down that front page a tiny bit, where you will see some simple face expressions to click on to match your concern and it will take you through loads of really helpful questions and information. Lots of videos and resources will help in many situations and the information is great for all of us – parents, staff and students. The accessibility features mean you can get it to read itself to you, simplify it or translate it into, I believe, 100+ languages so it is a really great resource – please do check it out.

For those needing a bit more support, the local commissioning services pay for Kooth to support our young people. Yes, you have to sign up which is a small admin process to start with, but you sign up anonymously with a made-up username. As well as more self-help resources, there is live chat to help and also online counselling and mentoring available for 11-18-year-old students, which is an amazing resource and we will be supporting more and more students to access this from school. However, they can access the Kooth service from home between 7am and 10pm. Please have a look at:

<https://www.kooth.com/>

Eventually all of these services and all the other services will be accessed through a single portal – the Integrated Front Door IFD – a development on the Just One Norfolk / Just One Number idea already in place from the local authority. I will share more about that when it is launched in April.

It is important to note here that even when people get diagnosed for mental health problems or neuroatypicality, there is so much to be learned around self-care and support that these new resources will be incredibly helpful for all of us.

Sorry if that was all a bit detailed, but I thought it worth explaining where we are with trying to offer support. It does, however, leave me little room to explore another much more joyful out of school experience I had this week, where Mr Pimlott, our amazing chaplain, and I were privileged to attend the National Church of England Education Conference yesterday. The Archbishop of Canterbury, Justin Welby, was the headline speaker and along with other great speakers and workshops, interspersed with some truly inspirational worship from groups of students from schools around the country. Mark and I have come back really fired up to do more – whether we get re-designated as a Church of England school or not – I will therefore save that for another week!

Jon Ford
Principal

<https://www.open-academy.org.uk/our-academy/news/newsletters/>

1. Netball

A massive well done to all the students who are consistently turning up to netball club every single week in Year 7, 8 and 9. They played games last night and all students have improved significantly in such a short amount of time, they should all be so proud of themselves. I am looking forward to seeing these improvements in upcoming matches and tournaments!

Miss Trail
Teacher

2. Year 7 Camp

This is a further reminder to please ensure that you have returned your child's permission slip and paid the deposit for Year 7 camp.

If you have any questions or need any further support, please do not hesitate to contact me at bethany.whitwood@open-academy.org.uk

Camp is a wonderful experience for students and we encourage all students to attend.

Ms Whitwood
Camp Lead Teacher

3. Year 7

Another busy week in Year 7, myself and Mrs Power swapped assemblies this week so she could talk to the year group about an ex-student Charlie Davidson who had many setbacks in her life, but was still able to compete in the Olympics in boxing. This was to give the Year 7s the message that even though you have setbacks in life it doesn't mean you can't achieve your goal.

Please remind Year 7s that they need to get to their lessons promptly, the late list was rather large this week. We need to keep working together to catch Year 8 up for the year group with the best attendance.

A big thank you to Mrs Hindry this week for stepping in for Mrs Roe, you were a great help and Mrs Roe you were sorely missed.

A reminder that there is football training on Monday now as the scheduled Year 11 fixture has been postponed.

The winners of the tutor challenge this week are Inspiration and the tutor with the best attendance are Destiny

The top 10 for achievement points are: Ashanti G, Mathew O, Ella Mai P, Morgan-Jack S, Ellie-Amanda M, Sophia E, Phoebe B, Lacey-Mae M, Brogan M and Rowan S.

Teacher praise:

Izzy W, Alessia P and Amalie T really working hard in PE - Mrs Pearsall

Well done to the girls' Year 7 football team for the game against Thorpe on Monday. A fantastic game of football from Lacey, Hattie, Emily, Pheobe-May, Ashanti, Bianca, and Tilly. Well done girls. – Mrs Hindry

Dante for excellent reading of maths questions during Teamwork time.

Isabella W for excellent effort in maths with taking notes to help with revision work.

Elise S for outstanding effort in maths.

Ella Mai P for constantly works hard in maths to gain a good understanding of the Topic. Well done.

Mr Lambert (Head of Year 7)

Mrs Roe (Assistant Head of Year 7)

4. Year 8

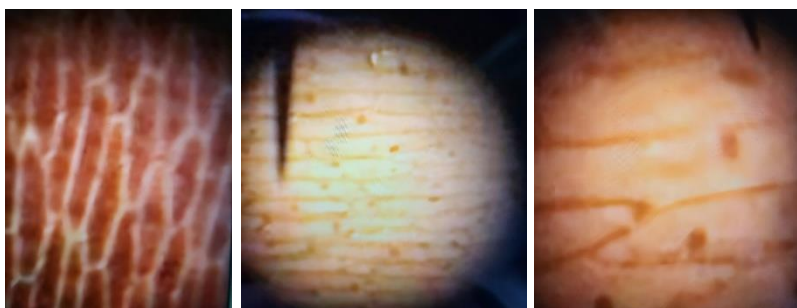
Year 8 have had a great week this week and have been approaching their Year 8 assessments with an excellent attitude.

Our assembly this week was about our school's core value of respect. Year 8 have shown great respect recently with their attitude to their studies and their student leadership positions. The assembly also took the opportunity to remind students about how to show respect to each other and their environment with a focus on mobile phones.

Our top LEARNT achievers this week are:

Freddie M, Zinedine O, Ruby P, Callum B and Callum J.

Our Year 8 Challenge Cup has gone to Mr Wilgress' tutor group - well done Inspiration house!



Well done Charlee M for fantastic cell work in science. These are expectational photos of an onion cell – Mr Dunne

Mrs Clayton (Head of Year 8)

Mr Hawkins (Assistant Head of Year 8)

5. Year 9

Well done to Timothy A, Samuel O, Rodrigo F, Ria W, Ollie L and Martina V for reading out their persuasive speeches for the class. These students showed such courage and really impressed us all! Also, well done to the whole of 9H for listening so respectfully and cheering them on. What great team work - Miss Roberts

Students of the week:

Ross B, Lois L, Luke S and Dylain B.

Highest achievement points this week:

Luke S, Eliza S, Lily A, Annalee R, Rianna A, Noam M, Dylain B and Oliver N.

Highest achievement points for January:

Luke S, AJ B, Max S, Oliver N, Rianna A, Somaya R, Ayo T and Elise W.

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Mrs Power (Head of Year 9)
Mrs Edwards (Assistant Head of Year 9)

6. Year 10

Another week flies past and we are nearly at half term. In assembly this week we talked about stress, that life has ups and downs and everyone feels stress at some point. We looked at symptoms of stress, physical, mental and behavioural and in tutor time students are looking at how to 'change one thing' to help manage their stress.

One of the questions on the stress PowerPoint highlighted that in a ChildLine survey 64% of students sitting their exams felt they had not received support for their exam preparation. At Open we want to ensure that we do our best to help provide students and parents with as much information as possible in terms of revision strategies, planning and resources available. Please see information below prepared by subject staff and of course please do not hesitate to contact subject teachers or the pastoral team by email for further support and advice:

Business Students - we can recommend the following:

Cambridge National Enterprise and Marketing J837 Exam Practice and Workbook by Tess Bayley - £5.99 from Amazon

OCR Cambridge Nationals Level 1/2 Enterprise and Marketing: Illustrated Revision and Practice (ClearRevise OCR Cambridge Nationals Enterprise and Marketing J837) - £8.00 from Amazon

Cambridge National Enterprise and Marketing J837 by Tess Bayley and Leanna Oliver - £26 from Amazon

Geography - All students in Year 10 Geography received a new revision guide for free at the start of the course, any students that have recently transferred to Open or switched subjects may not have received one and need to contact kevin.mundy@open-academy.org.uk

English – Students need to purchase their own - the best ones are CGP and AQA.

DT - All GSCE students have been given a revision guide for the next 2 years and will need to return them at the end of year 11. They will be getting another AQA one at the beginning of Year 11 on the same returns basis.

History – Students will need to purchase their own. We are OCR B (Schools History Project).

Computer Science GCSE is AQA - Students have all been given a revision guide.

Health and Social Care – letters were sent out to parents. Revision guides are available to collect through parent pay app for £3.50. This will support students through the entirety of their course.

Science - letters were sent out and students were asked to let the science department know if they were interested in a revision guide. If they want a revision guide, they will need to speak to Mr Dunne to see if this is still a possibility. If not, they will need to order their own. Students will need to speak to their science teacher to see which book is most appropriate to them.

Mrs Pearsall Ms Whitwood (Heads of Year 10)
Mrs Lamb (Assistant Head of Year 10)

7. Careers

If you are a parent/carer of a Year 10 student please encourage your young person in their search for a work experience placement for our WEX week 8-12 July. The deadline for forms to be returned has now been set by Norfolk County Council – Wednesday, 27 March 2024. Work experience is a very valuable part of students' education with those who succeed in finding their own placement gaining greater

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confidence and maturity. Feedback from students and employers last year was overwhelmingly positive reminding students of the connection between academic success and career choices. Completed forms should be returned to me as soon as possible so that Health and Safety checks can take place in good time. If you have any questions please contact the Year 10 team or me at caroline.davies@open-academy.org.uk. Replacement 'Student Self-Placement' forms are also available from me in S12.

Dr Davies
Assistant Head of 6th Form
Careers Guidance & Development

8. Year 11

PPEs (Mocks) have now all been completed and teachers will have finished marking them. We will learn the true extent of the successes of the year group shortly. A date to remember is 13 February, both due to it being pancake day and it being Year 11 parents evening. It is on this evening that students will receive their PPE grades. A fantastic opportunity then to have meaningful and constructive conversations with teachers. If students are unable to attend parents evening then they will of course receive their grades in the days after.

Another call for leavers' hoodies. We are running out of time to keep the current price. The deadline is 11 February.

- Go to www.schoolleaverscompany.co.uk
- Click order your hoodie
- Username: 2664
- Password: cKGdWAZp

On uniform, can we please remind you that all need to be in full correct uniform. This requires blazer or school jumper (not hoodie/plain black jumper), trousers or skirt (not just leggings).

Finally, we are running an exam stress workshop for those who have chosen to take part. This will happen next week on Wednesday, 7 February P4 and Thursday, 8 February P4 for the first session. The second session will take place Wednesday, 14 February P4 and Thursday, 15 February P4. If any further help is required in regards to exam stress then please get in touch.

Learnt points: For this week the total amount of learnt points achieved is an amazing 215. Well done everyone.

The following students have had a great week filled with achievements:

Felix CS, Mayling T, Rakan A, Lucy E, Tye F, Thomas W, Emmy R, Ara R, Aryia R and Izaak S.

Positive Praise:

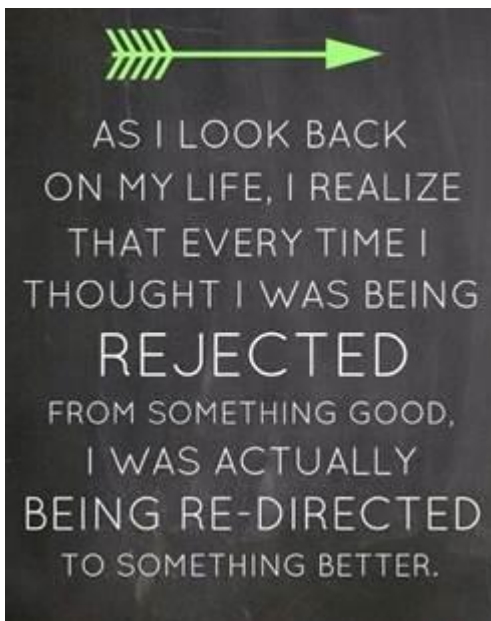
- I have been super impressed with Freya Y and Chloe D in Health and Social Care this week. They have worked hard, engaged in questioning and given some really good responses.
- Gemma S - really positive lesson this week, with lots of engagement and answering questions with excellent responses.
- Year 11 Business - I am so proud of all who took part in their GCSE professional pitches this week, real Dragons Den style! Well done.

It is only with your help that each student will make the most of their time at Open. Thank you for your continued support of the learning of your son/daughter, it shows itself every day.

Please see the flyer below for our Year 11 prom fundraising event - Car & Bike Show on Sunday, 7 April at Open Academy.

Mr Pickup (Head of Year 10)
Mrs Smith (Assistant Head of Year 10)

9. Chaplain's Thought



You are all in my thoughts and prayers.

Mark Pimlott
Chaplain

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Car & Bike Show 2024



Vehicles & traders arrival 9am - 4pm
Public entry 10am – 3pm

£5 entry for adults
£2 entry for children
Under 5 is free

Autojumble/Car boot £5 a pitch
Booking required

Sunday 7th April

Open Academy – Salhouse Road – Norwich – NR79DL
Contact for more details/book pitch – hugo.pickup@open-academy.org.uk



FRIDAY | 19:00-21:00

The FDC@OpenAcademy, Salhouse Road, Norwich, NR7 9DL



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Since getting started in 2016, we've helped around 20,000 men to improve their health and wellbeing, with the weekly football matches supported by access to a wide ranging membership offer including mental health support and online physical activity platforms.

With 90% of our players losing weight and MAN v FAT at nearly 150 locations across the UK – what have you got to lose?



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FAST FACTS



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of men lose weight during their time with their MAN v FAT Football Club



To date, MAN v FAT members have lost over

350,000 LBS

in weight



OVER 50%

of men lose at least 5% of their body weight in their first 14 week season, with a further 17% losing between 3 and 5%



The average percentage weight loss for a MAN v FAT Football member since 2016 is

6.4%!

AND THERE'S MORE!

We've got startling results for reducing social isolation, improving mental health and wellbeing, along with supporting guys of all ages to make sustainable changes to their lifestyle!

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