

Open Academy Newsletter – 20 June 2025

Dear parents, carers and students

It's been another good week at the academy and I'm pleased to say our students are coping well with the hot weather—staying positive, focused, and keeping hydrated. There's a real buzz around the academy as we continue preparing to welcome our new Year 6 students and gear up for rehearsals of our exciting summer production, *We Will Rock You*.

We're also delighted to have reached the end of the external exam season, and I'd like to take this opportunity to wish all our Year 11 and Year 13 students the very best for the future.

Next week brings more to look forward to, as we celebrate student effort and involvement with rewards trips and our Lower School Awards Evening on Thursday—a wonderful way to recognise the hard work and dedication we've seen throughout the year.

Have a restful and enjoyable weekend.

Miss Wenlock (Vice Principal)

1. Safeguarding

On Tuesday, 24 June we have the Joe Dix Foundation coming in to school to run assemblies for our students. The Foundation's aim is to use the Joe Dix story to awaken all young people's understanding of the dangers of Child Criminal Exploitation, knife crime and gang culture in the UK and help them to make better choices and live safer lives.

They will also kindly donate a catastrophic bleed bag for us to keep on the school site. If you would like further information, please visit their website joedixfoundation.co.uk or contact your year team.

Mr Davis (Safeguarding Lead)
Mrs Roe (Assistant Safeguarding Lead)

2. Year 7

The weather is getting hotter and is expected to be close to 30°C. Please ensure your son/daughter comes to school prepared with a drinking bottle. It is going to be a busy week next week with the trip to the Norfolk Show on Wednesday and then Awards Evening on Thursday. The year group is really showing itself to be a fantastic mix of different people who despite the warm temperatures are still being amazing.

The Big C of Resilience

Every week in tutor time students will be taking part in an activity promoting resilience. Each week is on one of the 7 Big Cs of resilience (Competence, Confidence, Connection, Character, Contribution, Coping and Control).

Positive Praise

- Amazing group work leading the questions and answers from the board during starter time in maths. Nagam A, Catteleya A, Jayden M and Annabelle W.
- Annebelle W has been amazing in her Spanish lessons.
- Rose, Olivia, Jess, Kayla and Layal have made a fantastic start on the Director's Challenge for our English Literary Festival - Mrs Napthen
- Mason, Taylor, Aiden, Mustafa and Victor really nailed the Spanish speaking activity this week. Well done - Ms Lloret Blackburn.

Reminders

- Summer uniform – no blazers required but students still need to be in shirt, tie, trousers/skirt/shorts and black shoes.
- If your son/daughter has been invited to the rewards trip/awards evening please sign the return form and get them to return it to us.
- Every Wednesday from 3pm we have a homework club in a computer room to help those complete any outstanding homework.

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.

Mr Pickup (Head of Year 7)

Mrs Smith (Assistant Head of Year 7)

3. Year 8

It is great to be back writing the newsletter again after my two weeks paternity leave, there's been a lot for me to catch up on and great to hear many examples of Year 8's continuing to work hard around the academy.

As we are all aware it is very warm at the moment, especially in the academy. Can we remind students to have a water bottle and to make sure when they need to refill them to do so at break and lunch, not during lesson if possible.

There seems to be an increase of late minutes this week, it is vital for all students' education that students are on time to lesson, this allows the teacher to teach most effectively without having to stop and start due to late comers. Please have conversations with your child if they are getting late minute detentions.

Congratulations to Inspiration for winning the tutor challenge and Challenge for the best attendance.

Teacher Praise

- 8N1- Maths, great work on circles. Outdoor work, really well engaged.
- Ella-Mai P for excellent retrieval on numbers - Ms Lloret Blackburn
- Isaac, Stefan, Riley H and Kaylen for being brave and modelling the speaking task - Ms Lloret Blackburn
- Lily H, Phoebe S and Amalie T for insight, perseverance, resilience and determination in English. Congratulations girls!
- Rose N, Lili D and Alex D - for exemplary uniform, behaviour and effort in lessons.
- Teja for Spanish and Dymtro spoke Spanish so brilliantly yesterday in a speaking task, so impressive - Ms Lloret Blackburn
- James O, Megan K and Lexi C for excellent work in English
- English - Sophia, Joel, Jomiloju, Phoebe, Alfie Wo and Ellie-Amanda had a fantastic start to the Literary Festival task. Great ideas and working hard.
- Finley, Hayden, Leela, Phoebe, Riley H, Johnson, Sophia, Alessia and Elise for excellent effort in art with their sea sculptures.

Mr Lambert (Head of Year 8)

Mrs Hindry (Assistant Head of Year 8)

4. Year 9

It was great to see so many Year 9 students heading off on their DofE expedition this morning. I know from personal experience how valuable this qualification is, so I wish them well and we look forward to seeing the photos!

Attendance is remaining consistently good (above national average) for the year group which is a source of great pride for us and we want to thank you for your support with this. All the evidence links success at school with good attendance so please continue to send your child in even if a little under the weather. We will support them.

Just a reminder about the policy on mobile phones in the academy. Phones must be switched off and out of sight during the entire school day. By and large the year group are complying with this request as they understand that phones are a barrier to learning. However, if a student is regularly refusing to follow this rule, we will need to contact parents to request that a student's phone is given in to the year team in the mornings for a temporary period. Can I thank you for your support and understanding with this.

It has been rather a sweltering week at the academy so please can I ask that your child has a water bottle that they fill up before they come to school in the mornings.

Top achievers this week are:

Noah C, Ella S, Iris B, Elizabeth H, Freya S and Batoul S.

Well done to these students, showing real commitment to their work.

Positive Praise

- English - Ella S continues to show outstanding engagement in our work on Macbeth - Mrs Napthen
- Batoul S has extended her learning by solving mathematical problems independently - Mrs Marsham
- Arda K for effort with classwork and homework - Miss Roberts
- Leo C an excellent transformation in his attitude and effort in English. Is now realising his potential. A joy to teach- Mr Edwards
- Ben S for excellent engagement in English - Mrs Clayton
- Excellent work on their Day of the Dead clay skulls from the following students: Isabella, Misha, Iris, Hanna, Elizabeth, Jennifer, Shanelli, Connor P, Noah, Betsy, Jensen O, Tom W and Charles M - Mr Walters

Mr Walters (Head of Year 9)

Mr Hawkins (Assistant Head of Year 9)

5. Year 10

Students of the week:

Elisa, Luke S, Kayden SH and Maizie W.

Students with the highest achievement points this week:

Jenson L, AJ, Rodrigo, Alfie S, Ayo T and Reece Y.

Students with the highest achievement points this term:

AJ, Brandon, Alfie S, Olivier K, Riley W, Hannah S, Lena W, Esme W, Paige and Ayo.

Year 10 have been amazing in exams this week please congratulate them they are working within the exams guidelines.

Mrs Power (Head of Year 10)
Mrs Edwards (Assistant Head of Year 10)

6. Year 11

The school is feeling very quiet without Year 11. Once again, we would like to thank parents/carers for your continued support throughout the last 5 years. It has made a difference in your child's progression and learning. We are looking forward to working with some parents again when we take over Year 7 in September.

Lockers

If your child has a locker, the key needs to be returned to school and a form completed by parents so we can process the refund for the deposit. The locker will need to be emptied before the key is returned.

Prom 2025

The exams are now over which means we are turning all our attention to Prom, which is two weeks away.

For those invited to Prom can we please ask, if you haven't already, make the full payment as soon as possible. Please contact Mrs Lamb or Mr Dilley if there are concerns around payment.

Tickets

Prom tickets are now available for collection from the year office. A ticket will only be issued to a student once full payment has been made. Final day for payment is Friday, 27 June 2025.

Dietary requirements

We have been asked for details of any dietary requirements - please respond to this email, so I can make Sprowston Manor aware. Please can I have any information by Monday, 23 June

Cashless

Sprowston Manor operate a cashless system. Payment for soft drinks can only be made via debit card or contactless payments.

Song Requests

The year team have a form to complete for the event which includes any song requests. If you have any specific requests can you please let me know. Requests can also be made on the night, but it would be good to get a few lined up for the start. Otherwise, the DJ will be firing up the time machine and taking us straight back to the classics — hope you are ready for some *disco, dad rock, big 80s anthems!!* Can Mrs Lamb please have any song requests by Monday, 23 June.

Mr Dilley (Head of Year 11)
Mrs Lamb (Assistant Head of Year 11)

Chaplain's Thought for the Week

“To shine your brightest light is to be who you truly are” is a challenging quote to all of us. We can try to be like someone else with even small aspects of our life, because we think it would be better for us. If we are like this, we are selling ourselves short and robbing our community of our authentic selves. We probably have heard the saying “God threw away the mould when He made such and such a person”. I believe that he did because there is no one on the face of this planet that is like them or you. The Bible describes us all as fearfully and wonderfully made.

In the story of David and Goliath from the Bible there is an example of this. David was a young shepherd boy who went out to fight Goliath who was a battle hardened experienced 9 ft tall warrior, because no one else would. Saul, Israel's king at that time, offered David his own armour to protect him in this altercation with Goliath, but David refused to wear it because it didn't fit him properly and was too heavy. What was good for Saul, was not good for David.

We all know the outcome of the story in that David defeated the giant with a sling and a stone. David won firstly because of the strength from God, but secondly he was free to fight because he wasn't weighed down by something that didn't fit.

In life, trying to be like others and not our authentic selves is very tiring and burdensome and will not fit. It is just like trying to fit jigsaw puzzle pieces from one jigsaw puzzle in to another one. They don't fit and the outcome is frustrating.

We win in life if we are just ourselves.

“To shine your brightest light is to be who you truly are.”

Have a great week and God bless.

Mark



July Timetable

All sessions delivered live online via zoom £24 each 90 minutes long
Book online at facefamilyadvice.co.uk Recordings available for 48 hours

Understanding Anger	1 July 10am
Supporting Healthy Screen Use	1 July 7pm
Introduction to OCD	7 July 10am
What is ACT?	7 July 7pm
Cannabis & Ketamine Awareness	8 July 10am
Anxiety Explained	8 July 7pm
Raising Self-Esteem	14 July 10am
Supporting Healthy Sleep	14 July 7pm
Decreasing Depression	15 July 10am
Understanding the Teenage Brain	15 July 7pm
Supporting a Child with ADHD	21 July 10am
Understanding Addictive Behaviour	21 July 7pm
Autism Improving Communication	22 July 10am
Improving Family Communication	22 July 7pm
Facing Defiance	28 July 10am



JULY 2025

Newsletter

FACE delivers online support via zoom for parents across the UK
Talks are 90 minutes long. £24 each or FREE with a school membership code
Book Online at facefamilyadvice.co.uk on the PARENTS page



Schools can purchase a
FACE School Annual Membership
which means **ALL** parents and **ALL** staff
get unlimited **FREE** access to **ALL** 16 parent talks

Thursday
31st July

19:00 - 20:00

FREE



Supporting Healthy Screen Use

Screens are here to stay.
Identifying the issues and step by step guide
to reduce the negative impact.

Monday
21st July

10:00 - 11:30

£24

recording available



Supporting a Child with ADHD

Challenging the stereotypes and giving
practical interventions. Clear explanation of
the condition in all its forms and extremely
useful advice.

Monday
28th July

10:00 - 11:30

£24

recording available



Facing Defiance

Specific strategy to help parents manage
defiant and challenging behaviour,
especially aimed at ADHD, ODD and PDA
conditions, 5 to 12 years old.

Tuesday
29th July

10:00 - 11:30

£24

recording available



Anxiety Based School Avoidance

Understanding and supporting children
who are anxious about school.
Steps you can take to help them back
into the classroom.

facefamilyadvice.co.uk

info@facefamilyadvice.co.uk