

Keeping parents up to date with events at the academy.

Issue: 2

Date: 04.02.21

KEY MESSAGES Key messages	You said – we did	ASSESSMENT Assessment	GOOD NEWS Good news stories
KEY DATES Key dates/events	CURRICULUM UPDATE Curriculum update	Wellbeing Wellbeing	E-LEARNING E-learning
Important Update Latest advice and updates	support Student welfare & support	TCAT TCAT Challenge	Spotlight Spotlight on
Staff/Student blog.....			

Key Messages



It is essential that we have your up to date details including home address, phone number and **email address**. If you have not been receiving information then it is likely that your details are out of date on our system. Please contact the office to make any changes or to check your details. You will be aware of our various pages on Twitter and that we have an official Facebook page. We plan to use the Facebook page more regularly to share key information. However, it should be noted that these pages are not monitored daily and therefore questions or queries will go unanswered. Social media is a place to share information quickly and easily with our families.

If you need to get in touch, please contact the main office or used the relevant email address:

For safeguarding or welfare concerns: tellus@bca.warrington.ac.uk

For ICT support: ictsupport@bca.warrington.ac.uk

To contact the Year 7 team: AskYear7@bca.warrington.ac.uk

To contact the Year 8 team: AskYear8@bca.warrington.ac.uk

To contact the Year 9 team: AskYear9@bca.warrington.ac.uk

To contact the Year 10 team: AskYear10@bca.warrington.ac.uk

To contact the Year 11 team: AskYear11@bca.warrington.ac.uk

Key dates/events

'Dates for your diary'

- Friday 12 February: Half term for all students
- Friday 12 February: Freshen Up Friday (2)
- Parent Evening online sessions are scheduled for:
- 4 March – year 9 to include information about the options process
- 11 March – year 7
- 25 March – year 8



ASSESSMENT Year 7-9



All students are completing key assessed pieces remotely over the coming weeks and these will be reported on. You will receive a progress report on your child a few days prior to the scheduled parents' evening that will outline their engagement with learning across all subjects

Student Welfare/Student Support



During the past few weeks, it may have become harder to follow the usual way to do things. Not able to go to school every day, or see friends, the way in which we lead our life has had to change. It would be easy to lie in bed and form poor routines and habits which would be hard to break. Remember a habit can be good or bad. A habit is "a practice, especially one that is hard to give up."

It is really important to ensure that we encourage the children to stick to positive routines to ensure stability. Examples of a good routine to follow are:

- **Get enough sleep-** your child should not be staying up late every night.

- **Rise before lessons-** Children should have enough time to get up, dressed and have breakfast before attending their tutor sessions. It is important they do not just get up and go straight to their lessons.
- **Follow their timetabled lessons-** This will keep them in a structure and ensure they are not falling behind.
- **Take screen breaks-** Encourage the children to have a screen break when they are in between lessons.
- **Hydrate-** Children to need to keep constantly hydrated by drinking water.
- **After school-** Children should be encouraged to get out, take a walk, get some exercise (following the rules) and not just sit and watch the TV or Netflix.
- **Keep in touch-** if you or your family need support let us know we may be able to help. tellus@bca.warrington.ac.uk

Finally, I am currently reading a book called Tiny habits by BJ Fogg a behaviour scientist. He speaks about how to form good habits based around small changes. An example is starting a new habit around an anchor moment, something that you do already that will remind you to do your new routine. Start the new habit slowly and gradually build up every day. Always celebrate what you have done. The celebrations have to be personal to you. The celebrations create a positive feeling and wire in your new habit.

Some examples are below:

After I.....	I will.....	Celebrate by.....
Sit down to start work/ lessons	turn off my phone	smile to myself
Have tea every night	help put the dishes away	nod your head
Finish my lessons for the day	read 2 pages of new book	snap your fingers
Put my head the pillow	think of 1 good thing	relax and smile

Mr Reynolds

Curriculum updates



Freshen Up Fridays: Following the success of the event last week we will end the half term with another chance to get away from the screen on 12th February lessons 4 & 5. The activities can be found on tutor group pages. We look forward to seeing the outcomes – it would be great if the whole family could get involved.

Year 9 will start the options process week commencing 1 March. There will be an assembly for students to explain the process and a presentation for parents which will be on the year 9 year group page on Google classroom. There will also be an opportunity for one to one careers advice from our Careers advisor, Steve Leach. Details of how to get in touch will be on the year 9 Google Classroom page.

Tutor Sessions: Regular contact with tutors is probably more important now than it has ever been for students. Each tutor group has its own remote area on Google Classroom. Student should report to their tutor each morning at 8.30 to register their attendance. This is an opportunity to check in and ask any questions that may arise.

Wellbeing

Express Yourself during Children’s Mental Health Awareness Week (1 – 7 February)

ACTION CALENDAR: FRIENDLY FEBRUARY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Send someone a message to say how much they mean to you	2 Ask a friend how they have been feeling recently	3 Do an act of kindness to make life easier for someone else	4 Organise a virtual 'tea break' with colleagues or friends	5 Show an active interest by asking questions when talking to others	6 Get back in touch with an old friend you've not seen for a while	7 Make an effort to have a friendly chat with a neighbour
8 Share what you're feeling with someone you really trust	9 Thank someone and tell them how they made a difference for you	10 Look for the good in people, even when they frustrate you	11 Send an encouraging note to someone who needs a boost	12 Focus on being kind rather than being right	13 Send a friendly message of support to a local business	14 Tell your loved ones why they are special to you
15 Smile at the people you see and brighten their day	16 Check in on someone who may be struggling and offer to help	17 Respond kindly to everyone you talk to today, including yourself	18 Appreciate the good qualities of someone in your life	19 Share a video or message you find inspiring or helpful	20 Make a plan to connect with others and do something fun	21 Actively listen to what people say, without judging them
22 Give sincere compliments to people you talk to today	23 Be gentle with someone who you feel inclined to criticise	24 Tell a loved one about their strengths that you value most	25 Thank three people you feel grateful to and tell them why	26 Give positive comments to as many people as possible today	27 Call a friend to catch up and really listen to them	28 Make uninterrupted time for your loved ones

"The best way to cheer yourself up is to cheer somebody else up" - Mark Twain

"The only way to have a friend is to be one" - Ralph Waldo Emerson

ACTION FOR HAPPINESS

www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/friendly-february

Happier · Kinder · Together

The academy supported this event with a series of activities throughout the week. As we end the first week of February make a pledge to use the Action for Happiness Calendar to spread a little happiness.

