

Keeping parents up to date with events at the academy.

Issue: 5

Date: 22.03.21

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



Mr Harris has emailed a letter in relation to home testing/Lateral Flow test kits for students. The link to the letter can also be found here:
<http://bca.warrington.ac.uk/?p=11995>

If you need to get in touch, please contact the main office or use 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@warrington.ac.uk

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

Key dates/events

'Dates for your diary'

End of term Thursday 1st April

Return to school Monday 19th April



Parents' Evening online sessions are scheduled for:

25th March – Year 8

Email parentsevening@bca.warrington.ac.uk with any queries.

Curriculum updates



PE Enrichment Sessions:

The PE Department are running a series of activities after school within year group bubbles:

Tuesday Y8

Wednesday Y7

Thursday Y10

Friday Y9

Students should speak to their PE teacher during lessons if they wish to be added to the activity list.

English texts:

Year 10 students are able to purchase an individual copy of 'A Christmas Carol' to support their studies for £1.50 through SIMs Pay.

Maths Resources:

Students should have a scientific calculator to support learning. These can be purchased from supermarkets from £6.

Assessment updates

ASSESSMENT



Our year 11 Assessment series begins on Monday. There are 3 exams next week (that will take place during lessons) as outlined below. Please discuss these with your child and check which they are involved in so you are clear on when they need to revise. If you have any queries please contact askyear11@bca.warrington.ac.uk

		Monday	Tuesday	Wednesday	Thursday	Friday
		22-Mar	23-Mar	24-Mar	25-Mar	26-Mar
Week 24	TT2					
	Lesson 1	history G - Elizabeth				
	Lesson 2	History J - Elizabeth				PH 2 - Triple
	Lesson 3					PH 2 - Triple
	Lesson 4					
	Lesson 5			Business studies		

Year 11 Art and Textiles Students;

A reminder to all Art and Textiles students that in order to complete your Portfolio for moderation, the Art Rooms are open each night after school for intervention. It is important that all coursework is completed.

Student welfare and support



**Message for parents/carers from PC 5721 Melissa Marsh-Croft
Warrington Youth Engagement Officer
Safer Schools and Young Persons Partnership**

There has been issues across Warrington with large groups of teenagers gathering on parks, particularly at weekends – ASB, criminal damage to vehicles and bin fires, drinking alcohol etc. They may be in a year bubble at school but they should not be gathering en masse due to Covid. Many seem to knock on individually at their friend's before meeting up with others

We had 70+ youths on Woolston Park on Saturday with problems in the Town Centre and other areas.

Well-being – Mindful March

ACTION CALENDAR: MINDFUL MARCH 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Set an intention to live with awareness and kindness	2 Notice five things that are beautiful in the world outside	3 Start today by appreciating your body and that you're alive	4 Notice how you speak to yourself. Try to use kind words	5 Take three calm breaths at regular intervals during your day	6 Bring to mind people you care about and send love to them	7 Have a 'no plans' day and notice how that feels
8 Eat mindfully. Appreciate the taste, texture & smell of your food	9 Take a full breath in and out before you reply to others	10 Get outside and notice how the weather feels on your face	11 Stay fully present while drinking your cup of tea or coffee	12 Listen deeply to someone and really hear what they are saying	13 Pause to just watch the sky or clouds for a few minutes today	14 Find ways to enjoy any chores or tasks that need doing
15 Stop, breathe and just notice. Repeat regularly during the day	16 Get really absorbed with an interesting or creative activity	17 Look around and spot 3 things you find unusual or pleasant	18 If you find yourself rushing, make an effort to slow down	19 Cultivate a feeling of loving-kindness towards others today	20 Celebrate the International Day of Happiness dayofhappiness.net	21 Listen to a piece of music without doing anything else
22 Walk a different route today and see what you notice	23 Tune in to your feelings, without judging or trying to change	24 Appreciate your hands and all the things they enable you to do	25 Focus your attention on the good things you take for granted	26 Notice when you're tired and take a break as soon as possible	27 Have a device-free day and enjoy the space it offers	28 Appreciate nature around you, wherever you are
29 Notice what is working today and be thankful that this is so	30 Mentally scan down your body and notice what it is feeling	31 Notice the joy to be found in the simple things of life	"Mindfulness means that we commit fully in each moment to be present" - Jon Kabat-Zinn			

ACTION FOR HAPPINESS

www.actionforhappiness.org

Happier · Kinder · Together

Learn more about this month's theme at www.actionforhappiness.org/mindful-march