

Monday 14th February to Friday 18th February 2022



Headteachers' Blog

Firstly, my apologies for not producing a newsletter last week – unfortunately, I finally fell victim to Covid, and whilst not suffering too badly the rearranging of a busy diary took centre stage against the backdrop of a really challenging week due to the numbers of staff who were out of school.

I think last week had the most challenging levels of staff absence that I can ever remember, and yet I was repeatedly told by my senior colleagues how calm and balanced the school was. I can assure you all that this is not normally the case in a school with large amount of supply staff in, so all credit to our students who remained focussed and got on with the job despite not having their usual teacher in front of them.

On top of the busy cover schedule, we continued to run a really expanded curriculum offer. The theme of the week was **children's mental health**, and a number of extra activities were run, including therapy dogs, a flash mob dance activity, themed assemblies, a drama workshop run for Year 8 students by Bury Theatre Royal and yoga!

We also ran our online **Year 8 Options evening** – please don't forget that students have been given access to subject specific 'Stream' videos to help better understand what each course will look like next year.

Mrs Ferguson, Curriculum Leader of PSHE has once again excelled by decorating the Atrium with love for **Valentine's Day** and organising over 200 parcels and confetti sprays to be delivered today.

Meanwhile, **Year 11 face their next set of Pre examinations this week** – fingers crossed for them all.

Don't forget that this coming Friday is non-Uniform day, £1 per student, (if you did not pay in full at the start of the school year).

Have a lovely week everyone, hopefully Covid free.

Mr Lee-Allan

Children's Mental Health Week

Last week was Mental Health Week and Mrs Broxton with the help of Mrs Wellham organised events that were designed to encourage students to identify what can help balance their emotional fitness and aid with ideas to promote calm moments in their minds.

Yoga

Harry Baldry, Daisy Cox, Brooke Forsdyke and Charlotte Pettit (all year 7's) took part in the student yoga.

Liz's sessions introduced the physical practice of yoga, breathwork and mindfulness. She focussed on breathing techniques; a series of yoga poses linked together designed to work every part of the body with a relaxation to finish.

Everyone thoroughly enjoyed it!



Therapy Dogs

Much excitement was caused by our K9 friends Noodles, Gino, and Peggy the @dedhamtherapyfarm dogs. The dogs spent a happy afternoon with the students loving all the attention.



Mynd Van

We have had a visit from @Myndspaceuk who have been fantastic. Andrew led sessions with over 80 students, leading them through a guided mindfulness practice in their awesome mobile meditation space!



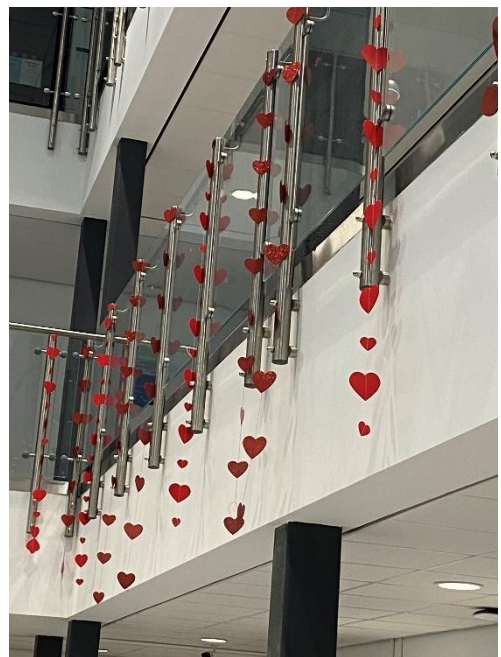
Flash Mob

And to finish the week off on Friday lunchtime students and staff took part in a Flash Mob in the atrium.



Happy Valentine's Day

Today students and staff will be receiving their 'Parcels of Love'. We are so pleased we have raised £250 for the charity CRY 🧡 Cardiac Risk in the Young.



This week's Head Student's WAM (Worth a Mention) goes to:

Millie Lemar in Year 11. She was nominated by Mrs Standen for her work in German.



Congratulations Millie

National Apprenticeship Week

The Futures Team have been busy with a full programme across the week informing our students of all things apprenticeships and where they can take you. Tuesday saw the Neaco Outreach and Suffolk New College Apprenticeship Teams in the Atrium for a lunchtime drop-in session.

Students got the chance to talk to staff and apprenticeship assessors to really get a feel for what is involved if you choose to take the apprenticeship route.



Dates for your Calendar

Monday 14th February – Yr. 11 Pre's Start

Friday 18th February – Non-uniform Day

Monday 21st February – Half Term

Wednesday 9th March – Trip – The Bone Sparrow in Bury St Edmunds – Year 9

Thursday 10th March – Trip – The Bone Sparrow in Bury St Edmunds – Year 10

Thursday 17th March – Year 10 Tripod Evening

Friday 18th March – 100 Years of Our BBC Event



Useful Contact Information:

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To report a student absence for any reason, **including positive Covid test results** - please call **01449 613541** and select option: 1

