

Newsletter - 19th November 2021

We've had a very busy last two weeks with lots to celebrate as a result of our Service Area Day. We were very proud of how well the students showed leadership in their Service Area and how well the school community responded to the variety of activities.

I am also pleased to say that we have seen a dramatic reduction in the number of coronavirus cases in school with currently only one positive case self-isolating. We would still like to urge all students to continue to test twice a week and seize every opportunity for good handwashing hygiene in school.



BBC Children in Need Fundraising Day

On Friday 19th November we had a non-school uniform day and sold icecreams and raised an amazing amount of £565. Thank you for all the donations received. Donations are still coming in and you can still donate on our Just Giving page, link below.

<https://www.justgiving.com/fundraising/acle-academybbcchildreninneed2021>

We are part of...

WENSUM TRUST 

Service Area Drop Down Day- Thursday 11th November



Charity

We have embarked on an exciting project as the Charity Service Area with the core aim being to build up a working long-term relationship with two charities, which we feel are an integral part of our local community. We are looking to establish a partnership with two charities over the next couple of years in order to form a long and lasting connection between the charity and our students. We will be primarily working with Nelson's Journey and Pets as Therapy. We know how valuable the services that Nelson's Journey provide for bereaved children in Norfolk are. Equally, we are aware of the amazing services that Pets as Therapy provide for those suffering from mental health problems and how beneficial the love and support of animals can be. Mental wellbeing and support of reflective behaviours is also one of our Academy's main focus points and we can very much see the benefit of the service provided by both charities in support of young people. Both charities visited the school to speak with Year 10 and 11 pupils on Thursday 11th November and we organised a series of different classroom-based activities associated with them. We also welcomed several therapy dogs to the school for this visit and the pupils had the opportunity to spend some time with them. - Mr Sayce

Wellbeing



The wellbeing service area held sessions with year 9 and year 11 students. We had a range of activities across the day that focused on wellbeing, anxiety, and mental health. The sessions included Boxercise, yoga, breathing and relaxation, Art classes on positive affirmation, an activity on how to manage anxiety, mural painting, games and tree planting. The students had a really lovely day. - Mrs Thompson





Enrichment

For our first drop down day, the enrichment service area focussed on improving teamwork and communication skills through physical activity. Research from the NSSA reports that 85% of job success comes from having well-developed soft skills which are more commonly developed outside of a classroom environment. The enrichment sessions were designed to test students' leadership, problem solving and interpersonal skills through fun and exciting opportunities which are not a normal part of the curriculum. Year 8 & 9 were given 3 options to choose from; a multisport trip to East Norfolk College, tree planting and a Laser/Airsoft session. Though each session approached team building differently, most students agreed that the activities were not only fun but productive too with lots of chances to play different roles and overcome challenges together. Highlights of the day include our beautiful new saplings growing by the boat shed, sporting successes at East Norfolk and watching our head boy "slaying" in the laser arena. Some students also received a presentation about our new student media team and some of the amazing opportunities and roles we will be recruiting for soon. The staff and student service area leads had a fantastic day of fun, laughter and excitement and are looking forward to seeing year 10 & 7 on our next drop down day. - Mr Bliss

Enrichment - Go Green:

Year 9 and 8 students battled the hard ground to plant a range of trees obtained through the Woodland Trust. The trees planted are to improve the diversity of wildlife found on Acle Academy and will go some way in offsetting our Carbon footprint. Special thank you must go out to Year 11 students who helped move soil to backfill the holes dug.



Diversity, Inclusion, Campaigns and Equalities Group



Thank you to our outstanding senior prefects from the DICE (Diversity Inclusion, Campaign and Equalities) Service Area; Evie L, Cameron C, Annabelle H, Freja C, Evie P who helped plan and deliver sessions for year 7 and 8 during our first Service Area Drop Down day.

The Equalities service area wanted to focus on themes around equality, which are current and happening around us at the moment. The students seized the opportunity to take part in a virtual and interactive workshop led by '*Stand Up!*'- Educate against Discrimination. '*Stand Up!*' empowers young people to act against all forms of discrimination, racism, antisemitism and anti-Muslim hate, whilst developing their sense of social responsibility to their local communities and British society as a whole. The students were introduced to the Equality Act (2010) and different protected characteristics in the UK, asked to discuss and break down stereotypes, as well as providing young people with skills and tools to responsibly challenge hate crime, empowering them to become Up standers in society!

They also took part in workshops linked to Anti-bullying and interfaith week, events which both took place this week. The theme for this year being 'One Kind Word'. Kindness is more important today than it has ever been. The isolation of the last year has underlined how little acts of consideration can break down barriers and brighten the lives of the people around us. This is one of the reasons that 'One Kind Word' has been chosen as the theme of Anti-Bullying Week. The sessions were led by our senior prefects, and we were so impressed with the ideas, discussions and pledges made by the year 7 and 8 students. - Ms Skarin

Study Support

In the Study Support service area, we planned activities around literacy and numeracy, Year 7 had sessions on 'how to read' (which sounds easier than it is!), completed a carousel of numeracy activities including cards and maths games and finally, they had the opportunity to do some literacy related activities which focussed on the topic of Remembrance Day. All staff and students felt the morning went well and we had some lovely feedback from year 7. - Ms Frary





Community

Some students from our Community Service Area took part in the Service for Remembrance Day at Acle Church. We were proud to see how respectful they all were and it was a beautiful service from the Methodist Minister and the Royal British Legion. In the afternoon the Community Service Area put on a range of activities for Y10 students in the afternoon which included site work (painting the mobiles, dismantling furniture) creating and decorating biscuits which were given to the local care home in Acle. We also sent out teams of Y10 students accompanied by staff to litter pick in the local area. – Mr Newstead



Rugby Champions

On Wednesday 18th November, Mr Bliss took 15 Year 8 boys to North Walsham Rugby Club for a skills clinic and tournament. Nine other schools from across the local area brought teams along to take part in the day and provided some stiff opposition for the boys.

The students have been making remarkable progress in their PE lessons and have benefited tremendously from having the additional coaching provided by North Walsham once a week.

The boys thoroughly enjoyed the morning's skills carousel working on all of the fundamentals of the game, including passing, tackling, rucking and kicking before moving into tournament matches in the afternoon.

Acle were drawn in a pool along with Hellesdon, Stalham, Dereham Neatherd, and Jane Austen and blew all of the opposition away winning all of their pool games. A special mention has to be made for the performance against Hellesdon who had a team full of club players, all significantly larger in stature than our boys. An excellent tackling and rucking performance saw Acle win this match 2 tries to 1.

Having won the pool, Acle played Aylsham in the final match. Again, a team full of club rugby players. A well fought match saw the game end in a fair 2-2 draw.

In the awards ceremony at the end Leo P was rightly named player of the day for Acle, for his excellent footwork and speed, and for scoring some exceptional tries during the games.

An honourable mention must also be made for some of the other players who were outstanding across all of the games, Kenzie C, for his excellent ball carrying, Tommy B for exceptional tackling and rucking across all of the games and Stan J for never been afraid to stick in a tackle, regardless of the size or speed of the opponent.

A great day all round. Well done boys, I was very proud of you all! - Mr Bliss





The RAP Foundation

On Monday 15 November our students in year 9, 10 and 11 all took part in presentations led by Allison Harvey, CEO of the RAP Foundation. Allison is a former international TV news journalist and has worked with the RAP project since it was established in 2012. The students were challenged to consider ideas such as social media, impact on mental health, body and self-esteem. Thank you to parents who attended the workshop in the evening, where Allison did a workshop on 'Sex, Likes and Social Media- Talking to Teens in the Digital Age', with the following key important ideas being shared. We look forward to working with the RAP project again.

- **P**- Parents, Peers, Teachers: Triangular Approach to Educating Young People & Raising Awareness of Sexual citizenship
- **A**- Ask & Engage: "Which of your friends have the Best Social Media Accounts?"
- **R**- Remind them to be Active Bystanders, Look out for Each Other, Stay SAFE!
- **E**- Educate Kids about Porn. It's Unrealistic, Lacks Intimacy, & It's Addictive
- **N**- Need to know legal definitions of sexual offences & practice Mutual Respect & Mutual Consent
- **T**- Trust. If your Teen is Responsible, Trust them. If Not, Let Them Earn It

Reminder of Mobile Phone Rules

Several years ago we introduced a ban on mobile phones in school. There were many reasons why this rule was introduced but primarily it was to allow students some 'headspace' from the online world and pressures of social media, alongside to reduce the number of incidents of inappropriate use of social media. Students are not allowed access to mobile phones during the day and if seen or heard they will be confiscated and released to a parent.

Please help support the school with this rule by avoiding texting your child during the school day.



Equipment students should have in school

We are seeing a growing number of students arriving at school without their basic equipment, sometimes without even a pen. Please could parents help check that students have all the equipment they need before arriving at school. Form tutors will be starting equipment checks in school next week.

Students will need to ensure they have the following equipment in every lesson:

- Pens- blue and black
- Green pen for next step activities
- Highlighter
- Ruler
- Pencil
- Rubber
- Pencil sharpener
- Protractor
- Compass
- Set squares
- Scientific calculator (for Maths and Science)
- Glue stick



If you are concerned about any harmful content online, please report using the link [here](#).

Helping everyone to report harmful content online



Threats



Impersonation



Bullying and Harassment



Self-harm or Suicide Content



Online Abuse



Violent Content



Unwanted Sexual Advances



Pornographic Content

Twice Weekly Testing



Thank you for continuing to test twice-weekly at home. This is a key part of reducing transmission of COVID-19 in our school and reducing case rates across our community.

Please follow the links below on how to test correctly.

<https://www.gov.uk/guidance/covid-19-self-test-help>

<https://www.youtube.com/watch?v=S9XR8RZxKNo>

We recommend these are completed on Sunday and Wednesday.

Tracing close contacts and isolation

Education settings are no longer undertaking contact tracing, and we are unable to share with you the details of any positive cases. Close contacts will now be identified via NHS Test and Trace. This is likely to be a small number of individuals who would be most at risk of contracting COVID-19 due to the nature of the close contact. Contacts are not required to self-isolate if any of the following apply:

- they are below the age of 18 years and 6 months
- they are fully vaccinated (and at least 14 days have passed since they received the recommended doses of that vaccine)
- they have taken part in or are currently part of an approved COVID-19 vaccine trial
- they are not able to get vaccinated for medical reasons

NHS Test and Trace will inform affected individuals, children or their parents or carers that they have been in close contact with a positive case and advise them to take a PCR test. We would encourage all individuals to take a PCR test if advised to do so. Children and young people aged under 18 years 6 months who usually attend school who have been identified as a close contact should continue to attend school as normal. They do not need to wear a face covering within the school, but it is expected and recommended that these are worn when travelling on public or dedicated transport.

If you think your child is a close contact but has not have not been contacted directly by NHS Test and Trace please follow the guidance [here](#)

If after consulting the above guidance you wish to arrange a PCR test, please note this can be arranged by calling 119 or by booking online [here](#)

If you are booking a PCR test online because you believe your child is a close contact of a positive case choose the option "I've been in contact with someone who's tested positive for coronavirus"

What to do if your child develops symptoms of coronavirus (COVID-19) if your child has any of the following symptoms,

- a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual) T
- a loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal they should self-isolate and you should inform us in the usual way.

You should immediately order a PCR test for them and they need to isolate. If the PCR result is negative, they can stop self-isolating (unless instructed to self-isolate for other reasons) but we advise that they do not return to school if symptoms persist and they continue to be unwell. If the PCR result is positive, they must self-isolate until 10 days after the onset of symptoms.

PCR test results will be recorded with NHS Test and Trace automatically, but we would ask that you also keep us informed. Please contact the attendance officer with details of the isolation period to establish when your child can return to school. If your child does develop symptoms, you can seek advice from the nhs.uk website at <https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/>

If you are concerned about your child's symptoms, or they are worsening you can seek advice from NHS 111 at <https://111.nhs.uk/> or by phoning 111.

Ofsted Parent Survey

We are always looking for feedback from parents to help us assess and improve our provision. Every Year Ofsted gathers views from parents which offers a chance for you to tell Ofsted what you think of our school. If you would like to contribute your views, please visit the link below.

<https://parentview.ofsted.gov.uk/>

Internet Bedtime



Science has proven exposure to the blue light from our phone interrupts with our sleep patterns. The National Sleep foundation recommends that we should stop using electronic devices 30 minutes before bed. We know that many of our students struggle with managing their time on their phones and sleep. Parents can help by taking away phones 30 minutes before they go to bed. Alternatively, if your child uses their phone as an alarm, you can create a family manager account on most phones where you can set the time that your child is allowed to access the internet.



New Routes Integration (a local charity that support asylum seekers and refugees in Norwich) are running a hot water bottle appeal for sanctuary seekers in Norwich this Christmas. Please drop donations to our reception by 29th November or the hot water bottles will need to be delivered to New Routes Integration (near the SPAR on Aylsham Road, Norwich) by the 2nd December.

Dates for your diary

Year 11 Mocks- Monday 29th
November- Friday 10th December

Self-Harm Parent workshop - Thursday
2nd December

End of term - Friday 17th December -
**1pm closure, usual school transport
will run at this time, including a
replacement service for the First Bus
905 service.**

Contact details

The majority of our communication is electronic so it is really important that we maintain accurate records of parental contacts. If you change your email address or phone number, please inform the school office so we can ensure you receive important information.