

8th March 2024

Dear Parent/Carer

Non Uniform Day & Service Area Drop Day 2 - Wednesday 13th March 2024

We will be holding our second collapsed curriculum non uniform 'Service Area Drop Down Day' of this academic year on Wednesday 13th March. The students will be off timetable to work with a service area for a morning and afternoon. They will be given an opportunity to experience a range of activities and experiences organised by the staff and senior prefects within that service area.

Please find details below which give you a bit more insight into the range of activities planned for the day. A brief overview is provided below. **All pupils will be attending in non-uniform** for the full day but some activities might advise particular clothing depending on what they plan to do. Please check the below information carefully. Unless told otherwise, please ensure clothing is appropriate for the school day (usual rules apply- no midriiffs showing, appropriate length of leg-wear- jeans ideally).

Schedule for Service Area Day 1

<u>Service Area</u>	<u>AM</u>	<u>PM</u>
Study Support	Year 9	Year 7
Wellbeing	Year 7	-
Enrichment	-	Year 8
DICE	Year 10	Year 11
Community	Year 8	Year 9
Charity	Year 11	Year 10

Wellbeing - Direct any queries to Mrs Thompson kthompson@acle.norfolk.sch.uk

Boosting the health and wellbeing of our students is vital and our drop down event has been devised to introduce pupils to a wide range of techniques they can adopt and integrate into their lives to help combat stress and anxiety and improve mental and physical wellness. Students will rotate every 30 minutes around the following activities:

Haka: Students will be introduced to a tradition of Maori culture called Haka. Haka is performed in a group and includes actions, gestures and chanting. It derives from a war cry that was used to lift morale, but is now recognised as a technique that can be embraced by all to reduce stress and anxiety and improve wellbeing. Students will work on their own haka in groups and can perform at the end of the session.

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Positive affirmations: This session has been designed to introduce students to the concept of positive affirmations. These are short statements to either be said out loud or written down. Students will learn about the power of positive language and how that can impact themselves and those around them. Repeating up-lifting, positive statements improves self-esteem and combats stress and anxiety. Students will be encouraged to write their own affirmations relating to anything they are dealing with – or choose from a bank of positive statements to create positive affirmation cards for themselves or to give to somebody else.

Dodgeball: Physical activity is proven to provide a boost to energy and mood, as well as relieve stress and tension. This is particularly true with team games so students will be invited to participate in quick fire rounds of dodgeball to get them moving, increase heart rate and boost their mood so they can enjoy and embrace the next activity. Dodgeball requires no training, skills or money so it is a wellness activity accessible to all.

Mindfulness: This session will cover simple mindfulness techniques like drawing, colouring, bracelet making and painting. Sampling each activity will allow students to find which best suits their way of relaxing and consider how they can work short bursts of mindfulness into their days to reduce any stress and anxiety they might be feeling.

Singing: This mood boosting activity has been included to make students laugh and smile which is so important for wellbeing. They will be invited to sing along to their favourite songs on karaoke either individually or in pairs or groups – whatever makes them happiest!

Board Games: Students will be introduced to a range of board games that they can learn to play with friends or family as a way of relaxing and having fun. Games are always available in Inspire so students can seek them out in school during breaks to assist with wellbeing and mood as and when needed. The games also help develop thinking and memory skills.

Community - Direct any queries to Mr Greene (Maths Progress Tutor)
dgreene@acle.norfolk.sch.uk

For the next Drop Down Day, Community has planned a series of activities themed around supporting the transition of upcoming Year 7 students and activities aimed at improving the environment of both Acle Academy and the surrounding community.

In the morning, Year 8 will participate in a range of Arts & Crafts activities in order to prepare resources and gifts to be used in the Year 6 Easter Egg Hunt on Thursday 21st March. Students will participate in 5 different tasks, including creating a map of the school, designing an Acle-themed key chain, writing a welcome message, crafting Easter decorations and decorating biscuits.

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In the Afternoon, Year 9 will be split into two halves. One half will assist the Acle caretakers with painting benches found around the outdoor areas of the school. The other half will complete two classroom-based activities. The first of these will be to organise resources made by Year 8's in the morning and pack gifts into Easter Egg boxes, ready for use on the Easter Egg Hunt. The second will task students to design a square based on their community (primary school, town/village, culture), the best of which will be chosen and displayed on the main corridor of the school.

In both the morning and afternoon, a small number of students will be selected to form two groups. The first group will assist in the renovations of the Acle bungalow and surrounding grounds. The second group will complete a litter pick, both around the school grounds and in the surrounding Acle village community.

Please be aware that any students selected for activities involving painting benches, renovating the bungalow or litter picking will need to arrive at school in **old, comfortable clothing** which students are content to become spoiled. Students may bring in a change of clothes and use the changing rooms at lunch, if they so wish. A ClassCharts announcement will go out next week to any students which this will affect.

Enrichment- Direct any queries to Mr Green (Head of Creative Industries)
mgreen@acle.norfolk.sch.uk

The Enrichment Service Area welcomes Year 8 students in the afternoon. Students will rotate around a range of activities ranging from learning sign language to building the tallest straw tower. The range of activities will all be house based competitions so try to win as many sessions as possible. In good weather there will be a penalty shootout session so please bring appropriate footwear.

The Enrichment team looks forward to seeing you on the day.

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Charity - Direct any queries to Ms Segurado
dsegurado@acle.norfolk.sch.uk

Dropdown day - Charity service area, Sponsored Football Match, charity activities and Non-uniform

This year as part of the Charity service area for drop down day we will be running a number of varied activities with a focus on 'Acts of Charity and kindness.' The children will have the opportunity to take

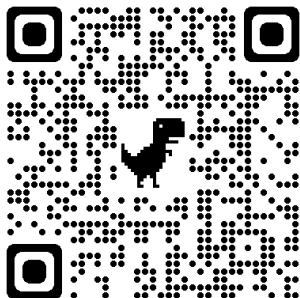
part in; charity planning and key figures in charity, a craft activity- painting and decorating a charity gift jar, prom planning/raising funds, charity badges, and a football session including skills, drills and a match. All of these activities help to build an understanding of charities and support to raise funds. This month we will be supporting Marie Curie.

As part of this day, some children will have the chance to be on our football teams where they will have a training session preparing for a final match.

We would really appreciate your support with these events. Please send your child in non-uniform or **P.E kit (if in the football)**. We do welcome support of a donation to our charity Marie Curie.

<https://www.iustgiving.com/page/acle-academy-nonuniform-mariecurie2024>

Here is a QR code to the page too.



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DICE – Direct any queries to Ms Legeno Bell

rbell@acle.norfolk.sch.uk

On Wednesday 13th March, years 10 and 11 will be taking part in a film viewing for the DICE service area. The film is based on a young-adult novel called 'The Hate U Give,' by Angie Thomas and is about the experiences of young African-Americans with racially motivated police brutality in the United States. The students will also have a chance to reflect on what they have seen following the viewing. Students need to wear appropriate and comfortable clothing.

Study Support - Direct any queries to Mrs Durkin

kdurkin@acle.norfolk.sch.uk

Study Support has planned an exciting morning of workshops to be delivered by industry professionals, reminding our Year 9 students where their studies here at Acle could potentially lead them. We look forward to welcoming into school, staff and representatives from: Green Balance Holistic Veterinary Practice, Yarmouth Oilskins, Norfolk's Edge Catering and Norfolk Fire and Rescue Service.

In the afternoon Year 7 pupils will enjoy playing games designed to engage their memory, thinking and learning skills.

Yours sincerely

H Pring

Miss H Pring
Head of Girls' PE &
Whole School Extra Curricular
hpring@acle.norfolk.sch.uk

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