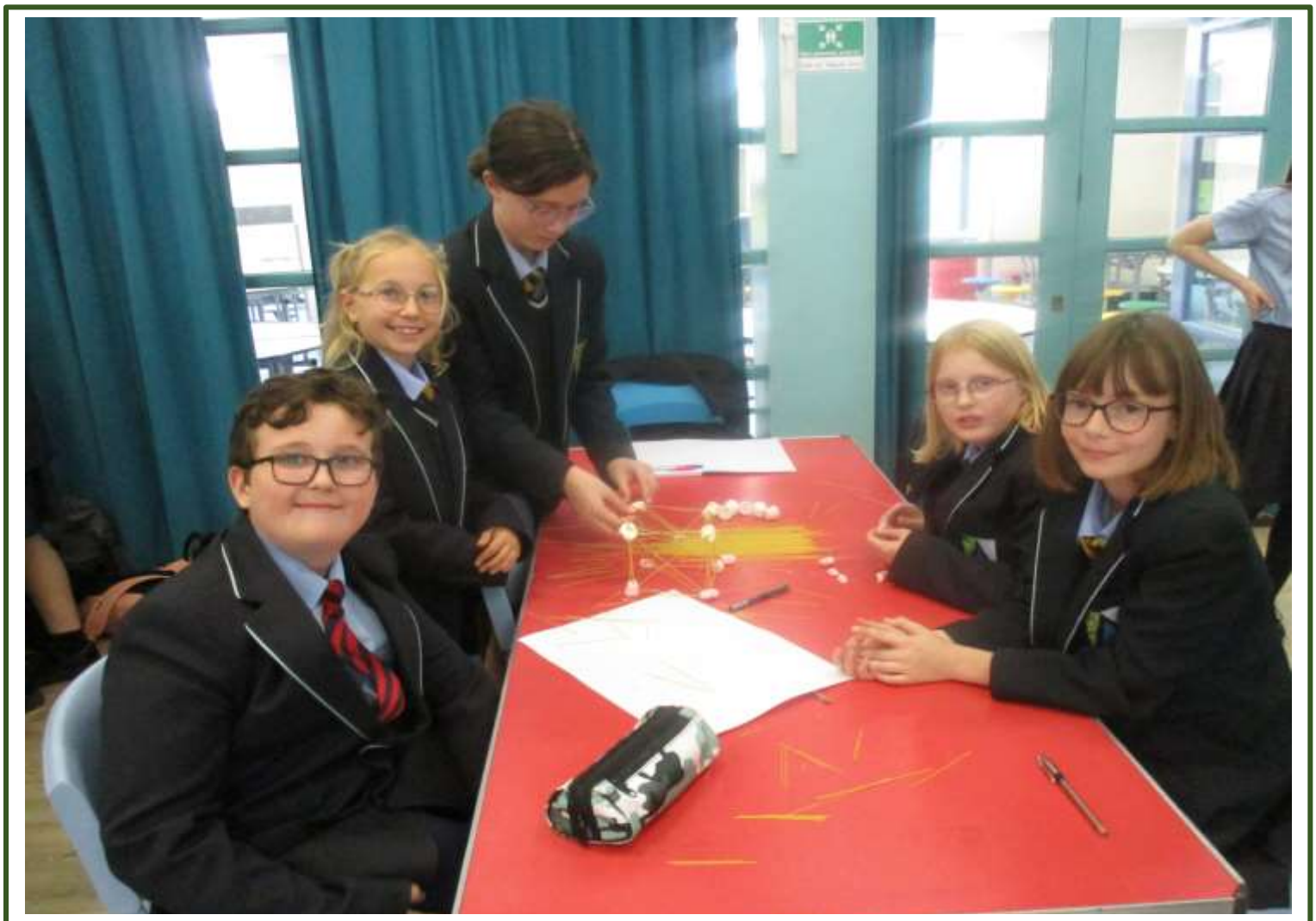


Acle NEWS



Newsletter – October 2025



We are part of...

WENSUMTRUST

RESPECT, ASPIRATION AND DETERMINATION



www.acleacademy.co.uk



Acle Academy Norfolk



@Acle Academy



Welcome to our latest newsletter

Dear Parents, Carers, Students and Staff

Welcome to the first newsletter of the school year. We've been off to a busy and creative start, filled with energy, enthusiasm, and fresh ideas. It's wonderful to see our school community buzzing with learning, collaboration, and new opportunities for growth.

This year promises to be an exciting one, with many initiatives, activities and trips designed to inspire curiosity, build character, and strengthen our sense of community. I encourage everyone to stay involved, stay curious, and make the most of all that this school year has to offer.

I'd like to take a moment to emphasise the importance of attendance and punctuality. Being at school on time each day—ready to learn, dressed smartly, and with a positive attitude—sets the tone for success. Every day of learning counts, and arriving prepared helps students make the most of every opportunity.

Please also know that our staff are here to support your child's academic and emotional needs. If you ever have questions or concerns, don't hesitate to reach out to your child's form tutor or your child's Head of Year. Together, we can ensure each student feels encouraged, inspired, and cared for.

Thank you for your continued support and partnership. Together, we'll make this an outstanding year of learning and achievement.

Helen Watts
Executive Principal





ACLE ACADEMY'S

CANOPY Campaign

2025

We are launching a fundraising campaign to install a new canopy in the outdoor space for our students, providing them with a shaded and comfortable area for learning, socialising and outdoor activities. Every contribution, no matter the size, brings us one step closer to our goal. Join us in making this project a reality and improving the school experience for everyone!



Canopy Appeal

We're still fundraising to install a new canopy in one of our outdoor spaces for our students. Every contribution, large or small is very welcome.

Donations to the 'Canopy Campaign' can be made via the following link

[Canopy Campaign - Donate Here](#)



Faculty News

The Merry Wanderers Project – Settling into Secondary School with the Help of Shakespeare

Tom Davey, RADA-trained and former RSC actor, is proud to be bringing this ground-breaking project to Acle Academy.

In collaboration with Acle Academy and The Wensum Trust, Bright Torches has been delighted to deliver this inspiring Key Stage 2–3 transition project, designed to give Year 7 students and their teachers an unforgettable start to the school year. The Merry Wanderers Project helps students settle into their new environment while working together with their teachers to stage their own performance of *A Midsummer Night's Dream*, supported by professional actors and directors. The project is now reaching its final stages, with the much-anticipated performance taking place at the school on Tuesday 21st October 2025, for parents, carers, and the wider school community to enjoy.

I founded Bright Torches in 2021, inspired by my experiences as an actor with the Royal Shakespeare Company and as an education practitioner working around the world. The Bright Torches team — a highly experienced group of educators and theatre practitioners — supports teachers and students across the UK and abroad, creating engaging classroom activities and creative learning projects for 3–18-year-olds. Our work is inspired by our love of theatre and Shakespeare. Every member of the team trained at leading UK drama schools and has performed at prestigious venues including the RSC, Shakespeare's Globe, and the National Theatre. Bright Torches' mission is to inspire and encourage young people to “burn bright” — engaging with literature and the arts through drama-based activities that support both academic learning and emotional development.

It has been a real pleasure to launch The Merry Wanderers Project at Acle Academy. Students were first introduced to the project while still in Year 6, during Acle Academy's Transition Day in July, through a lively 45-minute storytelling of *A Midsummer Night's Dream*, written and performed by actor and writer Olivia Mace. Through her one-woman performance, students explored the play's themes of change and transformation — moving from the ordered world of the court to the magical chaos of the forest — and reflected on their own journey from primary to secondary school.

Since September, those same students — now in Year 7 — have been exploring the play through drama workshops and rehearsals, approaching Shakespeare's language like actors. The project also included a special day of creative input and direction from professional theatre director Hal Chambers, who helped the students and teachers develop their ideas for staging and performance. Working with an abridged version of the play, the Year 7 English teachers have led rehearsals in class, supported by the Bright Torches script, which includes guidance on directing, creative classroom activities, and suggestions for cross-curricular links with art and music.

The upcoming performance is a celebration of the year group's imagination, teamwork, and growing confidence. It gives them the opportunity to share their own personal responses to *A Midsummer Night's Dream*, exploring how its themes of transformation, friendship, and identity connect to their own experiences as they settle into life at secondary school.

Through The Merry Wanderers Project, Bright Torches aims to support students in making a smooth, confident, and enjoyable transition to secondary school — while helping them form personal and lasting connections to complex texts. Each student has been given a Project Diary to record their thoughts, experiences, and reflections as they rehearse and perform, ensuring that this project is as much about self-expression and discovery as it is about theatre.

It's our hope that this will be an experience that students, teachers, parents, and carers will remember for years to come.

Tom Davey

Founder, Bright Torches



Reminder

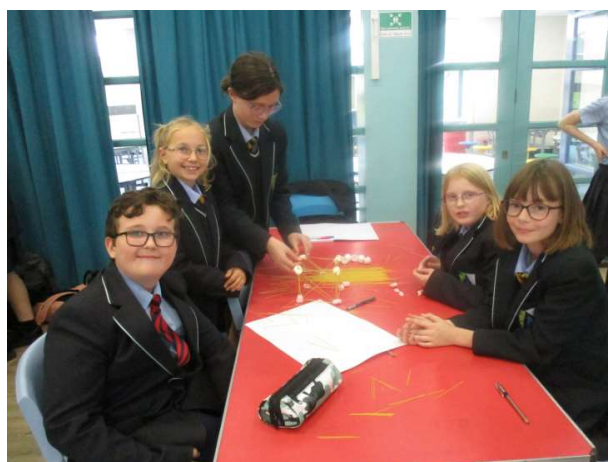
Last Day of the autumn term is on Friday 19th December, this is a non-uniform day (no donation to charity required), there **will be a 'Grab and Go' lunch service.** School finishes at 1pm, after registration all buses and taxis will run at this earlier time. The First Bus 905 service is being replaced for the afternoon journey and will service all usual stops.

Prefect Training

On 9th September, we had our annual junior prefect training session. The field was so strong, with students actively demonstrating our PRIDE values through excellent communication, collaboration and problem solving.

Our senior prefects helped to run the session and were fantastic role models, as always.

Well done to everyone involved!





I am delighted to be working at Acle Academy on behalf of Etio Education, as part of the Department for Education's (DfE) Attendance Mentoring Programme. This is a fully support-based initiative, working independently from the school and local authority, to offer one-to-one help for students who may find attending school more difficult at times.

I have the privilege of working with 25 students over a 12-week period, meeting them once a week for an hour in pre-planned sessions designed to help them feel at ease and uncover any barriers to their development or engagement. I draw on nearly 20 years of experience working with young people and use a range of supportive strategies, including elements of the Thrive approach where appropriate, to help students feel safe, understood and ready to learn.

I also recognise how hard it can be for parents when attending school becomes a struggle. It can feel isolating and worrying, and it can happen to any family for a multitude of reasons. The mentoring programme aims to work alongside parents and the school to rebuild confidence, trust and positive routines that support every young person's potential.

The next wave of the programme will begin in January, and I will be making calls home to parents for students that Acle Academy have identified may be in need of some support to improve their attendance, towards the end of November. If you think your child could benefit from this support, please get in touch: jswinden@acle.norfolk.sch.uk

More information about the etio Attendance Mentoring Programme can be found by following link below <https://ampe.etioglobal.org/>

Julie Swinden

Attendance Mentor

Acle Academy car achieves a podium finish at Snetterton

The ECAS/Acle Academy racing Citroen 2CV, driven by owner, Glenn Oswin, Martin Sunderland and chair of governors, Matthew Arrowsmith-Brown came 6th out of 18 2CVs in the annual 24 hour race at Snetterton on August Bank Holiday weekend.

Between them, they covered 1,394 miles over the 24 hours. They each drove, flat out, and partly in daylight and partly in the dark, for a total of roughly eight hours, two hours at a time, with four hours rest between stints. This is determined by the length of time it takes to use up a tank of fuel. To come in the top 6 felt like a real achievement both for car and drivers.



More Faculty News



It's been a fantastic and busy start to the new academic year in the Science Department, with students across all year groups diving into a wide range of exciting topics and practical investigations.

Year 7 students have made an excellent start to their science journey at secondary school. They've been learning all about lab safety, getting hands-on with Bunsen burner practicals, and exploring the world of forces through engaging experiments and classwork.

In **Year 8**, students have been exploring biology and chemistry topics. They've studied diseases and diffusion, conducted practicals using potassium permanganate, and observed the dramatic *screaming jelly baby* reaction to understand chemical energy changes. Their work on rocks has also sparked curiosity and questions about the Earth's structure and processes.

Year 9 have completed a unit on "working scientifically," developing their investigative and analytical skills, and are now preparing for their upcoming assessments. They're also currently studying energy and neutralisation, with practical work involving acids and alkalis helping bring these concepts to life.

Our **Year 10** students have hit the ground running with their GCSE Science studies. Their enthusiasm and dedication have set a great tone for the year ahead. Meanwhile, **Year 11** continue to demonstrate excellent focus and determination as they work through the remainder of the GCSE curriculum, making strong progress towards their GCSE exams.



A highlight this term was the **Open Evening on 2nd October**, where the Science Department proudly showcased a range of exciting demonstrations and activities to give prospective students and their families a taste of what science looks like at our school. Special thanks to **Mrs Baxter** for her crowd-pleasing *Whizz Bangs* demonstration, which captivated visitors of all ages. A huge well done also to **Hurley in Year 9**, who brought in and talked about his fascinating fossil collection – it generated a lot of interest and questions from future Year 7 students and their parents!

We look forward to more exciting developments in science as the term progresses – watch this space!





It has been wonderful to see Y7 students settle so quickly into school routines and show enthusiasm for the history content they're learning. Students have already completed a Baseline Assessment and shown fantastic progress in the development of their historical skills and understanding in their 'What is History?' Assessment too.

Students in Year 8 have impressed with their skills in independent learning already this year by engaging brilliantly with the Elizabeth I Enrichment Grid as part of their home learning. This enrichment grid gives students flexibility with the kind of tasks they'd like to complete and provides an opportunity for students to develop a range of historical skills and get creative! Beyond this, students have demonstrated their determination to excel and further their understanding of key concepts and content from the Tudor period. Some of the amazing work submitted has been included here. Well done to all students who went above and beyond with this home learning task, we look forward to seeing more of the same throughout this year!



In Y9, students have already completed their unit examining the fight for women's suffrage in the late C19 and early C20. Some fantastic research was completed on the individual contributions of key figures of the Suffragette movement. Now, we are focused on the British Empire and students are engaging with key debates around colonial experiences and the legacy of empire.

At KS4, both Y10 and Y11 have hit the ground running in history. Y10 have been focused on Medieval and Renaissance medicine and Y11 have continued their examination of Weimar and Nazi Germany. Both year groups have worked hard on honing exam skills already and have made a really positive start to the academic year.

Year 11 Geography Fieldwork Trip – Sheringham

Our Year 11 geographers recently took part in a fieldwork trip to Sheringham as part of their Paper 3 preparation for their GCSE Geography exam. Despite the persistent rain throughout the day, students showed great resilience and enthusiasm as they collected data on coastal processes and management strategies; investigating the effectiveness of the sea defences in the area.

Working in small groups, students carried out a range of fieldwork techniques, including beach profiling, groyne measurements, and field sketches, all of which will support their understanding and evaluation in the exam. Staff were incredibly impressed by the students' positive attitudes and teamwork in less-than-ideal weather conditions.

Well done to all involved for making the most of a very soggy day!





Welcome back to another year and a special welcome to new year 7s as well as 2 new members of the Maths team.

Room 40 is now Mr Sturdy who some students will remember from last year. Room 41 is now Mr Knight. Students will now find me in room 42 if they need anything.

Year 7 students have made an excellent start to their maths journey finding their way with Maths watch for their home learning-any questions with this please do ask myself or one of their class teachers. Home learning will be set every other Monday with at least a week to complete.

Key Stage 3 all have their first assessment next week, this will cover the work mainly from the end of last year, all classes should be part of a google classroom and have access to lessons, videos as well as knowledge connectors to help them revise.

Year 10 have started the year in amazing form. They have already done their first assessment in the style of a GCSE exam paper and it has been great to see how engaged they were with this. Results will come back in the form of a current GCSE grade.

Year 11 have returned with increased levels of vigour. We had a fantastic Year 11 Parents Engagement evening but if anyone does have any Maths specific questions don't hesitate to email the class teacher or myself.

There are students in both year 10 and 11 who are now studying the Further Maths course with Sir Isaac Newton where they attend online lessons once per week for an hour and a half. Year 10s have started the course in fantastic style and Year 11s have been amazing with their levels of resilience and independence. Year 11 will do their first mock this year for this course in November along with their other non-core papers.

We have already had our Open Evening for next year's cohort and it was great to see so many familiar faces.





Year 10 Textiles Shine with Inspirational Designer Projects!

Our talented Year 10 Textiles students at Acle Academy have been doing an absolutely amazing job on their recent homework project! The task was to research and present work on an inspirational fashion or textile designer — and the results have been nothing short of outstanding.

From Mary Quan dramatic designs to Lucienne Day one of the most influential British textiles designers, students showcased a deep understanding of creativity, innovation, and style. Their sketchbooks were filled with detailed research, beautiful illustrations, and thoughtful reflections on what makes each designer unique.

The enthusiasm and effort students have shown is truly inspiring — their work demonstrates both artistic flair and a real passion for design. Well, done to everyone involved for going above and beyond expectations. The Textiles department is incredibly proud of your dedication and creativity — keep up the fantastic work, Year 10!



Year 10 Product Design Students

Our Year 10 Product Design students at Acle Academy have been making fantastic progress on their exciting **Chair Project** this term. As part of their practical work, students have been learning valuable workshop skills, including how to safely and accurately use the **mortiser machine** to drill out joints for their chair frames.

The focus, precision, and teamwork on display have been outstanding. Students have shown great attention to detail while ensuring their designs combine both strength and style. This hands-on project has helped them develop confidence in using professional tools and understanding key principles of furniture design and manufacturing.

The Creative industries department is incredibly proud of how committed and enthusiastic the group has been throughout this stage of the project. Well done, Year 10 — your hard work and craftsmanship are shaping up to produce some truly impressive final pieces!





Year 9 Bring Creativity to Life with Pewter Casting!

Our Year 9 Creative industries students at Acle Academy have been busy creating their own **pewter cast metal keyrings**. The project began with students developing their designs using **TechSoft CAD software**, where they refined shapes and details digitally before moving into practical workshop work.

Once their designs were complete, **laser cut MDF moulds** were made to form the precise shapes needed for casting. The most exciting stage was learning the **pewter pouring technique**, where molten metal was carefully poured into their moulds to bring each unique design to life.

This project has helped students combine digital design skills with hands-on manufacturing experience, showing creativity, precision, and a great understanding of materials and processes. The D&T team is extremely proud of their hard work and enthusiasm.

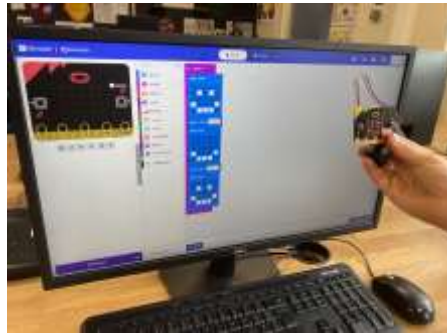


Acle Academy Open Evening – Showcasing Creativity and Innovation!

Our recent **Open Evening** at Acle Academy was a huge success, welcoming many prospective students and their families to explore the fantastic opportunities our school has to offer. Each subject proudly showcased the fantastic facilities and the talented students giving visitors a real insight into life at Acle.

Future students were able to engage with exciting projects on display in Textiles, Product Design, Food, Construction to Art and Computer Science. Many visitors commented, *“You’re very lucky to have such a great variety of machines and equipment for the students to use and learn!”* We offered interactive tasks for potential students; acrylic glasses, ice donuts and halloween themed jack’o lantern jars etc.





Students Get Cooking: A Flavour of Fun, and Food Skills!

The start to the new School Year has seen our students excited to get back in the kitchen! With aprons on and enthusiasm high, they explored a wide variety of recipes—from hearty mains to delicious sweet treats.

The culinary adventure began with a vibrant **Couscous salad for Year 7**, proving that healthy food can be both tasty and satisfying. For a sweet pick-me-up, students whipped up **Flapjacks**—chewy, golden, and packed with oats, perfect for that afternoon energy boost.

Things got sizzling this term for Year 8 with homemade **Burgers**, where students mastered the art of seasoning, shaping, and cooking their own patties. The weeks followed with comforting trays of **Pasta bake** topped with melted cheese and full of flavour.

Not to be outdone, the sweet tooth Year 9 brigade rolled up their sleeves to bake rich, gooey **Brownies**—a clear crowd favourite! The term continued with a touch of tradition as Yr10 students prepared **Chicken Kiev**, learning how to stuff, coat, and bake to perfection.

Finally, to end on a sweet note, students tackled the classic **Apple strudel**, carefully layering pastry, spiced apples, and a hint of cinnamon to create a dessert that was as beautiful as it was delicious.

For our wonderful Year 11 students it has all been about refining their skills ready to embark on their Exam Practice dishes after Half Term. They made their own fresh pasta and a delicious sauce to accompany it.

This half Term wasn't just about food—it was about building life skills, boosting confidence, and discovering the joy of creating something from scratch. The kitchen was filled with laughter, teamwork, and a whole lot of amazing aromas.





🧠 Art Department Highlights – Autumn Term 🎨

It's been a busy and creative term in the Art Department, with students from all year groups exploring exciting themes and developing their artistic skills.

- **Year 7** students have been learning the *formal elements of art*, laying a strong foundation in line, tone, texture, and colour. Their sketchbooks are already brimming with creativity!
- **Year 8** have impressed us with their *Optical Art* projects, exploring visual illusions and dynamic designs inspired by artists like Bridget Riley.
- **Year 9** have been working with *tone, shape, and form*, creating striking pieces that show depth, contrast, and thoughtful composition.
- **Year 10** have begun their *Identity and Culture* project, producing personal and thought-provoking work that reflects who they are and the influences that shape them.
- **Year 11** are exploring the theme of *Edible and Cultures*, taking inspiration from Wayne Thiebaud. Their vibrant, food-themed artworks are both technically strong and visually delicious!

We're incredibly proud of the effort and passion our students are putting into their art. We can't wait to see how their projects develop!





KS3 Creative Industries:

We need your help collecting plastic bottles for our year 8 scheme of learning! Please send in empty, clean plastic bottles that display the No. 2 recycling symbol (♻️ HDPE – High-Density Polyethylene). Examples of accepted bottles include:

- ✓ Shampoo bottles
- ✓ Detergent bottles
- ✓ Milk bottles

Your contributions will support our sustainability efforts and teach students the importance of recycling. Please drop off bottles at reception or room 8.

Thank you for making a difference! 🌍



Creative Industries YouTube Channel:

We are thrilled to introduce the new Creative Industries YouTube Channel, designed to enhance student learning and engagement. Subject staff have carefully selected a range of relevant videos that align with current lessons, providing an additional resource for students to deepen their understanding and revisit key topics at their own pace. This platform offers an exciting way to explore creative subjects through high-quality content that complements classroom learning.

Our goal is to create a modern, accessible learning tool that supports students in their studies and revision. Whether reinforcing class discussions or exploring new ideas, the YouTube channel provides a dynamic and engaging way to learn. We encourage both parents and students to subscribe and make the most of this valuable resource. Stay tuned for regular updates and new content!

Scan the link below to view and subscribe.



Are You a Young Carer?

Looking for help getting into Employment or Training?

For an informal chat about employment
and training advice, contact Shaun:
Shaun.Evans@Voluntarynorfolk.org.uk

To get help with your caring role, go to:
youngcarersmatternorfolk.org



**VOLUNTARY
NORFOLK**
Services


Carers Matter Norfolk
SUPPORTING YOUNG CARERS & FAMILIES



Here to help Young Carers get into Employment or Training

Voluntary Norfolk's Young Carers Matters
service is here to help you take the next step
in your journey! If you're 15-18 years old, we
offer FREE support with:

- **CV Writing** - Craft a strong CV to showcase your skills and experience.
- **Job Applications** - Help with finding and applying for jobs.
- **Interview Skills** - Practice and prepare to ace your interviews.
- **Training Opportunities** - Advice how to access courses to learn new skills



**VOLUNTARY
NORFOLK**
Services


Carers Matter Norfolk
SUPPORTING YOUNG CARERS & FAMILIES

SEND Café

Aimed at parents and carers of year 10 and 11 students with SEND, but any parent of a student with an additional need is welcome.



20TH OCTOBER
9:30-11:30



ACLE ACADEMY



www.wensumtrust.org.uk/acleacademy



MIDSUMMER NIGHT'S DREAM

A celebration performance for
parents, carers and the wider
community


Acle Academy **21 OCTOBER** 6:00-7:30 PM


Settling into Secondary School with the 'Help of Shakespeare


ABOUT THE PROJECT

A Key Stage 2-3 transition project created by Bright
Torches, in collaboration with Acle Academy and
The Wensum Trust.

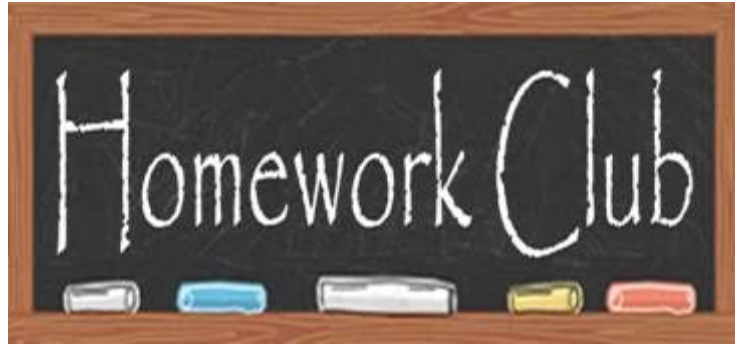
Designed to help Year 7 students settle into
secondary school by working together to stage an
abridged version of Shakespeare's A Midsummer
Night's Dream - supported by professional actors
and directors.

 Led by Tom Davey, RADA-trained & former RSC actor

 Professional input from director Hal Chambers

 Storytelling by Olivia Mace





Homework Club is held on Tuesdays and Thursdays in Room 9 until 4.30pm. There is always a member of staff available to help with homework, classwork and coursework.

Pupils can sign up for the late bus, they must do this by 1.25pm.

We would really like to see students come along so they are able to complete their work in a quiet space with support available if needed.

Any questions please contact the school via info@acle.norfolk.sch.uk



If you have any worries about online abuse, the CEOP website can help you. Please have a look!

<https://www.ceop.police.uk/Safety-Centre/>



STUDENT *Spotlight*

A huge congratulations to Alex and Theo, who competed in the English Squash Tournament in Chichester on Friday. Both boys played extremely well and faced some very tough matches. Well done on representing us so strongly!

**ALEX BARNES &
THEO WITTE-
VERMEULEN**



Acle Academy
Respect, Aspiration and Determination

STUDENT *Spotlight*

Two years ago, Harrison began doing on a beginner's course at Norfolk Snowsports Club. Since then, his dedication and talent have seen him rise rapidly through the ranks. After being invited to join the Norfolk Race Team last October, Harrison has completed in a full season of dry slope, indoor snow, regional, and national ski races. He has now completed his first competitive season, achieving an impressive 9th place ranking in the UK snow category for the Eastern Region, securing his first National level podium, and finishing top 5 in the UKs on snow at the BPSA Championships this month. Next season, Harrison will move up to represent Norfolk in the UK category.

HARRISON BANHAM



Acle Academy
Respect, Aspiration and Determination

STUDENT *Spotlight*

Huge congratulations to Freya on her successful golfing journey!
Starting just 6 years ago, she's made huge strides in the last 18 months. Highlights so far:
1st place in her first County Division 2 Championship at Madingley Hall.
Back to back Norfolk Ladies Junior Championships with 1st placing for both the year in title with a real sense of team football!
With a current handicap of 22.5, she goals to reach single figure soon. Freya continues to practice and compete weekly. Coming events are on the horizon including the Ladies Captain's Conference Club Championships, and multiple more events.

FREYA COLK



Acle Academy
Respect, Aspiration and Determination

STUDENT *Spotlight*

Huge congratulations to Charlie, who entered the Norfolk and Norwich Archaeological Society's Puzosett Prize. The View from Here photography competition and was awarded runner-up in the youth division. His photo, Misty Day, taken at Tower Hide, Strumpshaw Fen, will be featured at the exhibition opening, where Charlie will also receive a prize for his fantastic work. We are so proud of you, Charlie - well done!

CHARLIE DYE



Acle Academy
Respect, Aspiration and Determination





Useful
Resources/Activities &
links can be found
[Here](#)



More Acle Academy
News can be found
[Here](#)



Dates for your diary

Tuesday 21st October – Year 7
Merry Wanderers performance –
6pm – 7.30pm

Thursday 13th November – Year 10
Parents' Evening – 4.30pm -
7.30pm

Thursday 20th November – Year 9
Engagement Evening – 6pm -
7.15pm

Tues 16th, Wed 17th & Thurs 18th
December – School Production of
Oliver Jr – 7.30pm - 9.30pm

Friday 19th December – Early
Closure for the Christmas Break
@1pm

Tuesday 6th January 2026 – All
students return after the
Christmas break

Our Rural
Hub Term
Dates can
be found
[Here](#)

Our
School
Calendar
can be
found
[Here](#)



We currently have no vacancies at Acle Academy, other
Trust vacancies are advertised via

<https://www.wensumtrust.org.uk/acleacademy/about-us/our-vacancies>



Our online preloved uniform shop includes school uniform and sportswear and is accessed via our SumUp Shop by following this link:

<http://acle-academy-parent-teacher-association.sumupstore.com>

Items can be paid for online with suggested donations per item. The item can then be collected at a prearranged time with the PTA. If you have any uniform donations, please drop these off to the school office.

If you would like to join the PTA please contact them by email

pta@acle.norfolk.sch.uk



Please remember to check ClassCharts

ClassCharts is our main form of communication to keep up to date with daily progress, updates, and messages. ClassCharts is used to communicate pride points, behaviour points and interventions. We also use this platform for parent announcements. As part of the home school agreement, we ask parents to check this regularly, at least on a weekly basis. If your child has lost their log in, please ask their form tutor or the school office who will be able to provide child and parent login details. Parents and students can view a child's timetable via ClassCharts.

Scan the QR code to visit our website and follow us on Facebook and Instagram



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.

We are part of...

WENSUM TRUST

FOR CHILDREN, FAMILIES AND COMMUNITIES