



**HARLESTON SANCROFT**  
ACADEMY

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 Diocese of Norwich  
St Benet's  
Multi Academy Trust

Value for this half term: [Wisdom](#)

Theme for this week (6 Feb - 13 Feb 2023): [Wise decisions as a school](#)

Life Skills theme for the week: [We are compassionate and caring](#)

Many people have heard of 'Blue Monday', the third Monday in January, which is supposedly the most depressing day of the year. The post-Christmas lull, dark days, poor weather and unattainable New Year's Resolutions may encourage us to feel dissatisfied with life and to dwell on feelings of doom and gloom.

Twenty years ago, in the psychology departments of universities all over the world, there was a realisation that psychology was focused on dysfunctional and pathological disorders, while largely ignoring the research of what conditions might lead to optimal functioning, or what we at school would refer to as 'human flourishing'. Perhaps the greater significance of days like 'Blue Monday' is that we can take a moment to recognise that we all have mental health and we need to take steps to try to protect and enhance it.

### Random Acts of Kindness

In our 'Random Acts of Kindness Calendar' ([here](#)) for the month of February, one of this week's acts is widely recognised in [positive psychology](#) as a key approach to improving well-being. On Wednesday we are encouraged to 'Make a list of three things you are grateful for'. Gratitude is defined as 'A Felt sense of wonder, thankfulness, and appreciation for life' (Robert Emmons, Professor of Psychology at the University of California).

Being grateful is a powerful buffer against negative emotions such as envy, hostility, worry, and irritation. It involves a focus on the present moment and appreciating *what is* instead of focusing on *what could be*. Studies have repeatedly demonstrated that people who are frequently grateful are: happier; more energetic; more hopeful - and experience more frequent positive emotions.

If you enjoy writing, keeping a [gratitude journal](#) is a great way to practise gratitude. Pick a time of the day when you can reflect and relax for a while and think about three or four things for which you are grateful, no matter how small or big they are.

### Prayer for Kindness

During February, through 'Random Acts of Kindness' we continue to embrace and celebrate the importance of kindness and compassion. Our prayer below asks for God's help to remind us to be kind.

O Lord,

Give me strength today to show kindness in all that I do.

Help me to open my arms to those less fortunate

and extend my hand to those who may need it,

so that they may see You in my kind words and actions.

*Amen.*

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## Key events

**08 February: Non-uniform day** - Children's Mental Health Awareness Week (donations will go to the Mind and Young Minds charities)

**09 February: Y7 Parents' Evening** - 16:15 - 19:00

**10 February:** Deadline for submissions - **'Celebrating Harleston' Art Competition.** All students are invited to design a picture of what one (or more) of Harleston's shops might look like in the future.

**10 February:** School closes for the half-term holiday

**20 February:** School opens following the half-term holiday

**w/b 20 February: Y11 Exams 2** commence

**23 February: GCSE Preferences Evening** for Y9 students and their families - Main Hall, 18:00-19:00

**24 February: Y10 Revision Conference** - Studio, P4 & P5

The [school website](#) is a useful source of information. Please also visit the Harleston Sancroft Academy [Twitter feed](#) for photos and updates.

## School Clubs

- [Here](#) is a list of lunchtime and after-school clubs.
- All clubs are FREE and students do not need to sign up - they can just turn up on the day.
- For any lunchtime sports clubs, students should put on their trainers (they won't change into full sports kit). For after-school sports clubs, students will need to be fully changed into their PE kit.

## Attendance Matters

We want the very best for our students and believe that excellent attendance allows every individual to flourish. Regular school attendance is an essential part of giving children the best possible start in life. The aim should be to attend 100% of all possible school sessions. Poor attendance can become an embedded pattern of behaviour, with many significant downsides: students who miss school frequently can have reduced well-being and reduced personal development; poor attendance can also cause children to fall behind with their work and do less well in exams. Good attendance also shows potential employers that a young person is reliable. It is for these reasons that we will continue to promote good attendance over the coming weeks and will share more information about how parents/carers can support good attendance.

The Government is placing a great emphasis on attendance in schools. In line with this, there are several statutory changes that will impact parents/carers, schools and Local Authorities. If you would like to read more about these changes you can do so by following this link - [Summary table of responsibilities for school attendance \(publishing.service.gov.uk\)](#)

Evidence from research commissioned by the Department of Education shows that any time absent from school is likely to impact final GCSE grades and therefore future life choices. A student with a seemingly good attendance of 95% at the end of an academic year will still have missed 50 hours of lessons.



