



HARLESTON SANCROFT
ACADEMY

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Diocese of Norwich
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Multi Academy Trust

Value for this half term: **Love**

Theme for this week (20 - 26 March 2023): **Love changes everything**

Life Skills theme for the week: **We learn from and move on from our mistakes**

This week, the Year 10 exams continue and we shall no doubt be enjoying evening performances of 'Annie Jr' on Tuesday and Thursday; for some of our primary phase children there is a special performance on Wednesday afternoon.

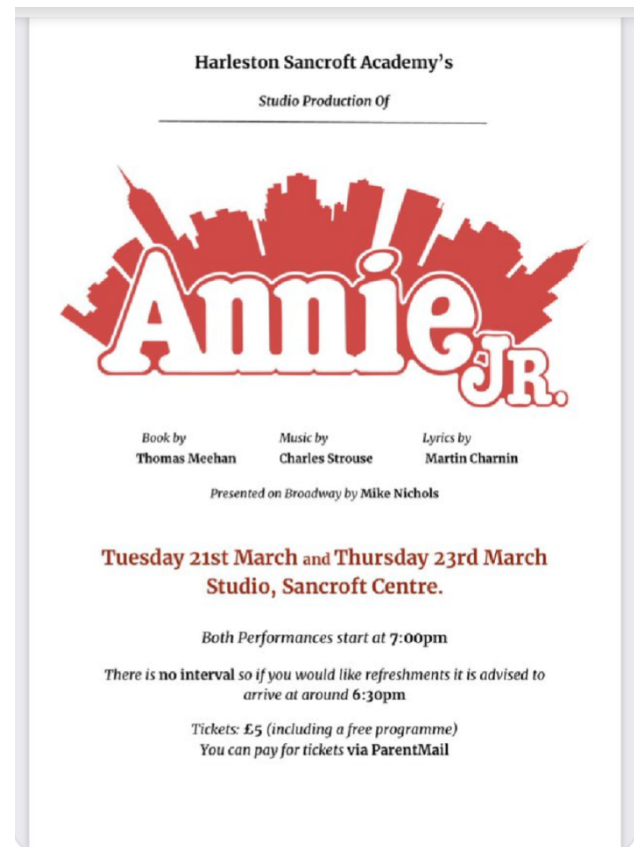
What's so special about Monday 20 March?

Many of us have a tendency to count the days, ticking them off on the way to particular milestones: Monday 20 March is the 79th day of the year; there are 280 days until Christmas 2023; this is the first day of Spring; there are 93 days until Summer; there are 10 school days until the Easter holiday; this is the 27th day of Lent - and it's the International Day of Happiness.

I'm not sure that counting off the days in this way does contribute to our happiness, however! I once heard Dr Andy Cope, who researches, writes and speaks about happiness, say that if we dread Mondays and just discount the days until Friday afternoon when the weekend comes around again, then we are effectively writing off a huge 5/7 of our week. This is our own precious time that we are discarding. In a parenting [blog](#), Dr Cope makes the following point:

"Monday is the new Friday: Here's a terrifying fact for your child – a seventh of their year is going to consist of Mondays. That's too much time to simply write off. So dare to stand out by celebrating the awesomeness of Mondays. Mondays are a chance for your children to get stuck into a new school week, learn something new and make a dent in the universe." - Read more from Dr Cope and *The Art of Brilliance* [here](#).

I think the positive approach promoted here is valuable for all of us at the start of the working week, and not just our children. In the media you might read about "Smonday" - the moment when Sunday stops feeling like Sunday and the anxiety of Monday kicks in; terms such as "Sunday Scaries" and "Sunday Doom Syndrome" are similarly miserable but pretty self-explanatory. In the words of Dr Cope, perhaps more of us need to celebrate Mondays, the fresh start, the chance to get stuck into a brand new week - and live life in all its fullness.



A prayer to start the working week (from [Beliefnet](#))

Dear Lord, I give you all that I am today. Please brush away my weariness so that I may be inspired in my work. Help me to discover new ways to reveal love to all I meet. Keep my mind clear and focused on all I need to achieve; give me the wisdom to overcome difficulties and find solutions.

Amen

Lent is a time for reflection

Using resources from the Archbishops' Young Leaders Award, we continue to focus on one of the different communities to which our students belong.

Previous week's resources focused on *Family, Friends, School and Community*; this week's AYLA resources - focusing on *Country* - can be found [here](#) (slides 19-22). The resources encourage us to reflect on words from the Bible, and then to look outwards, to speak, give, act and pray.

Shared High Expectations

This week form tutors will be reminding their tutees of our shared Sancroft high expectations, including daily equipment and uniform, here:

EQUIPMENT EXPECTATIONS

Reading book

A5 Student Planner

Black & Blue pens (Elevator Feedback)

Pencil & Eraser

Highlighter(s)

Set square

Angle measurer

Compass

Ruler

Scientific Calculator

Be in the Right place - at the Right time - doing the Right thing

UNIFORM EXPECTATIONS - Be in the Right Uniform

Blazer: Plain black blazer with pre-sewn on School badge

Socks: Plain black

Jumper: School black V-neck

Shirt: Plain, white, formal and tucked in

Tie: House coloured and worn at all times

Shoes: Black leather shoes (synthetic leather alternatives are also acceptable).

Trousers: Plain black, suit style trousers are the only style permitted

Skirt: ONLY the school black pleated skirt

Be in the Right place - at the Right time - doing the Right thing

Please talk to your children about these expectations and help them to be the best version of themselves each day, ready “to learn something new and make a dent in the universe”!

Key events

Tues 21 March - ‘Annie Jr’ (arrive at 18:30 for refreshments; curtain up at 19:00)
March - ‘Annie Jr’ (arrive at 18:30 for refreshments; curtain up at 19:00)

Thurs 23

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.