



HARLESTON SANCROFT
ACADEMY

Headteacher: Mr Rob Connelly BSc. (Hons)
Primary Phase: 01379 853211
e: primary@sancroft.stbenets.org
Secondary Phase: 01379 852561
e: secondary@sancroft.stbenets.org
w: sancroft.stbenets.org
t: @SancroftAcademy



Diocese of Norwich
St Benet's
Multi Academy Trust

Value for this half term: **Love**

Theme for this week (5 - 11 March 2023): **Love for God**

Life Skills theme for the week: **We know the importance of taking time out to reflect**

Back in January, many of us sat down and set ourselves a host of ambitious New Year's resolutions. According to recent [data](#), nearly three quarters of people (73%) set the goal of being more active in 2023, with half of people pledging to walk more because it's free.

Research by outdoor retailer GO Outdoors in partnership with mental health charity, Mind, has revealed that it was the pandemic that got the nation on its feet, with three quarters (75%) walking outdoors more because of Covid-19, as it helped their physical and mental health. Prior to this, the majority (55%) of people only saw walking as a means of getting from place to place.

The data also showed that three quarters of Brits found walking as a form of exercise to be the most popular due to zero financial barriers (75%), alongside being inclusive (73%), and good for mental health (74%).

For all students, particularly those in Year 11 who are stepping up their GCSE revision, taking time away from school work, getting outside and exercising has multiple benefits. As Mind charity demonstrates [here](#), walking is a very effective way for us to support our own mental health.

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.

Last week's resources focused on *Friends*; this week's AYLA resources - focusing on *School* - can be found [here](#) (slides 11-14). The resources encourage us to reflect on words from the Bible, and then to look outwards, to speak, give, act and pray.

A Prayer for Lent ([CAFOD](#))

Glorious God,
we give you thanks
for special moments of grace,
for your abundant generosity
and for the strength of your love.
May we reflect your glory
as we walk in your way.
Amen.

Attendance Matters

Over recent weeks. We have highlighted the importance of excellent attendance and the key role it plays in helping every student to flourish. Regular school attendance is an essential part of giving young people the best possible start in life.

For more information about school attendance, including 'FAQs for Absence', please read the Norfolk County Council webpages [here](#).

Key events

Thurs 9 March - Norfolk Skills & Careers Festival (Year 9)
Fri 10 March - MPs Question Time (Year 11)
Mon 13 March - Y10s Exams (2) begin
Tues 14 March - Year 11 GCSE Music Performance (Studio)
Weds 15 March - Catering Trip Information Evening (Studio)
Weds 15 & Thurs 16 March - Proposed NEU Strike Days (England & Wales)

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.