



HARLESTON SANCROFT
ACADEMY

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Diocese of Norwich
St Benet's
Multi Academy Trust

Value for this half term: **Respect**

Theme for this week (02 - 05 April 2023): **Mutual respect**

Life Skills theme for the week: **We have confidence**

Life in All its Fullness: our DofE students had a very successful preparatory expedition last Friday/Saturday. Mrs Field reported that the participating students were "phenomenal" - very well done to all involved!

In school, the week culminated in a fantastic fundraising "Pop-up Café" run by the Year 11 Prom Committee and Mrs R-B; there were lots of delicious cakes, hot chocolate drinks and fun competitions.

Ready to Learn: The Bank Holidays at the start of May provide a lovely and hopefully sunny opportunity to catch up with friends and family, but they can disrupt students' routines. Please help our young people to be ready to learn by having a conversation at home about school equipment.



All students in Years 7-11 should have their black pen(s), blue pen(s), pencil, planner, calculator and maths set with them on the desk at the start of every lesson. Please have a conversation at home about this and contact form tutors if you have any queries or concerns.

This week sees the start of formal **GCSE Art and GCSE MFL oral examinations**. We strongly encourage all Year 11 students to familiarise themselves with the details of their exam timetables, ensuring that they are able to be in the right place at the right time to complete these assessments. Having this information displayed somewhere prominent at home (such as stuck on the fridge) can really help!

Written GCSE examinations start on Monday 15 May - all Year 11 students need to have the correct equipment for their exams, including a clear pencil case, black pens, pencils, highlighters, ruler, calculator and maths set.

Supporting our young people:

We appreciate that the exam season is a challenging time for many students and their families. There is some excellent information [here](#) about young people and **exam stress**, provided by the charity 'Mind'. 'YoungMinds' also offers some useful guidance [here](#) around the supportive steps that families can take in the lead up to exams.

Our Vision

The Harleston Sancroft Academy is a community that flourishes, through God's love, to live

'Life in All its Fullness'

(JOHN 10:10 AND JOHN 13:34).

We are a foundation of **Hope**; a family of **Love**; a school of nurture guided by **Faith**; promoting a unique, personalised journey towards excellence.

Primary Phase: Head of School: Mrs Jane Price, BA (Hons), School Lane, Harleston, Norfolk, IP20 9HG

Secondary Phase: Head of School: Ms Kirsten Parker, BA (Hons), Wilderness Lane, Harleston, Norfolk, IP20 9DD

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Norfolk and Suffolk NHS Foundation Trust (NSFT) Psychology in Schools Team's **Parent Workshops** help parents and carers to find out more about supporting the young people in our families. These workshops are free, expert-led and accessible online. The next set of workshop sessions take place in the middle of May and cover a range of topics, including; managing big feelings; low mood; anxiety and building resilience. Here's the [link](#).

We would also like to share information about **accessing support** for 0-25 year olds across Norfolk & Waveney, regarding **'Mild to Moderate Mental Health Needs'**. Here's the [link](#).

'Nelson's Journey' - supporting young people at a time of bereavement.
Nelson's Journey' is an organisation that supports children and young people in Norfolk who have experienced the death of a significant person. They provide a range of resources and services, and accept referrals from families and professionals for those who may need support. Further information about the support available and details of how to make a referral, can be found via this [link](#).

Please speak to a member of the school's Pastoral Team if you have any questions or would like assistance with making a referral. When someone close to a child or young person has died, it can be difficult to know what to do to support them and how to talk to them about death. Younger children may struggle with understanding the permanence of death. Behaviours of children and young people of all ages may change. A bereavement affects the whole family. It's important that children receive the special support they need to help them grieve. 'At a time of bereavement' is a short booklet produced by Nelson's Journey which aims to provide support and guidance to adults caring for bereaved children. The booklet can be found [here](#).

'Self-care': all of us can benefit from paying attention to our own needs.

The basics of self-care



Eat well

A well-balanced diet provides the fuel your body needs to operate at its most effective.



Be active

Keep a healthy routine, get exercise and walk outside – nature is good for the soul.



Get healthy sleep

Give yourself energy for the day – not too little and not too much, generally 7-9 hours.



Reach out

Reach out to friends and family regularly and find ways to be together safely.



Reduce your stress

Make time to do things that bring you joy.

And if you find you're not being successful overcoming your obstacles to mental health, it's time to reach out to a counselor or your primary care provider to begin a conversation and make a plan.

The green box here reminds us of the importance of eating well; getting healthy sleep; being active; adding joy to our days and reaching out for help when we need it.

As well as working with focus, being organised and sticking to a manageable exam revision schedule, we would encourage all of our **Year 11 students** to set aside moments in the day for self-care that might include some of the following:



Listen to music



Unplug from your phone



Take a nap!



Take a coffee/tea break



Daydream <3



Meditate or do yoga



Read something fun



Nature walk with photos



Enjoy the sweet small moments

Blessing/Manifesting

Attendance and Punctuality Matters:

We continue to highlight the importance of excellent attendance and punctuality, and the key role they play in helping every student to flourish in school and beyond.

All young people are likely to be absent from school at some time in their school career. However, persistent poor attendance is disruptive to the individual and to the work of the class, and may be an early warning of other difficulties.

Students who miss school frequently fall behind with their work, feel nervous about returning to school and ultimately do less well in their exams.



Key events:

Tues 2 May - In England, NEU strike day

Tues 2 May onwards - GCSE Art exams

Weds 3 May onwards - GCSE MFL oral exams

Tues 18 May - Year 10 Parents/Carers Evening

Thurs 29 June - Year 11 Prom

School website and Twitter:

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

A Prayer for a moment of calmness in a busy schedule:

Lord Jesus, we ask you to give us peace in body, mind, soul and spirit.

We want you to heal us and ease everything that is causing stress, grief, sorrow and pain in our lives.

Guide our path through life on both the busy days and the quieter ones.

Send your calming Spirit to lighten our hearts and to give us a moment of calm.

Amen.