



HARLESTON SANCROFT  
ACADEMY

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

 Diocese of Norwich  
St Benet's  
Multi Academy Trust

Value for this half term: **Respect**

Theme for this week (15 - 19 May 2023): **Respect for yourself**

Life Skills theme for the week: **We are a friendly and welcoming service to the community**

### **Life in All its Fullness:**

Thank you to two fantastic external speakers last week.

Firstly, astronomer, TV scientist and ambassador for The Sleep Charity, Mark Thompson, spoke to Year 10 students about how poor sleep impacts our health and how we all might develop better sleep habits.

The Sleep Charity tells us that good quality sleep is 'essential for children's growth and development'. A decent night's sleep will help children and young people 'to do better in school; have a more developed memory; learn more effectively and solve problems; it makes them less susceptible to colds and other minor ailments - and less irritable and better behaved.

Sleep deprivation can increase hyperactivity and other behavioural problems, as well as damaging physical and mental development. Poor sleep habits from an early age can lead to long term sleep problems.

As parents and carers, we have a responsibility to support and monitor the sleep health of our children. Just as we check that they are eating well, staying hydrated, getting enough exercise, managing their study workload, we have to actively encourage good sleep habits. To help with this, there is further guidance on websites such as: [The Sleep Charity](#) and [Teen Sleep Hub](#).

Here are a few of Mark's sleep messages:

- ★ Humans are the only creatures that try to delay sleep. Instead of delaying sleep, try to change your relationship with sleep and give it **priority in your life**.
- ★ Having a **regular bedtime and wake-up time** are key. Make sure to try and get the right amount of sleep for you. If you regularly feel sleepy during the day, try to get more at night - or improve the quality of sleep at night.
- ★ If you are unable to sleep, don't worry about it. Just relax in bed if you can. If you need to get up, do something relaxing and try going back to bed again later. One of the fascinating things about your brain is: **if you need sleep**, no matter how determined you are to stay awake, **your brain will make you sleep!**

## **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

Diocese of Norwich St Benet's Multi Academy Trust Diocesan House 109 Dereham Road, Easton, Norwich, Norfolk, NR9 5ES

Registered in England & Wales Company no: 11276240 Tel: 01603 880853 Web: [stbenets.org](http://stbenets.org) MAT CEO: Mr Richard Cranmer BSc. (Hons)

- ★ Try to make your bedroom conducive to a good night's sleep: **keep your bedroom dark, cool and keep the tech out of the room** (or just turned off).

On Thursday afternoon, Norfolk firefighter, Tom Banks, talked to Year 11 students about **road safety and the particular dangers of being a young driver**, moped/motorbike rider, or the passenger of a young driver.

Tom's very powerful and potentially life-changing session covered speeding; driving under the influence of alcohol/drugs; mobile phone use when driving and the importance of wearing a seat belt, as well as driving when tired and driver inexperience. More information about Norfolk road safety courses is available [here](#).

This week is **Mental Health Awareness Week** in the UK. The theme this year is *Anxiety*; many resources and articles can be found online: [Mental Health Foundation](#) and [Mental Health UK](#)

Mrs R-B and the student MH Leaders have been working closely with the primary phase student Well-being Council in order to plan a series of activities which are taking place in school during lessons, form time and social times.



**Ready for school** each day: thank you to parents and carers for helping our young people to be ready for school each day, including having the right equipment for learning and wearing the correct uniform.

We recognise that most students wear the correct uniform and abide by jewellery, nails and make-up rules. However, we do have a small minority of students who need additional reminders - and sanctions - in order to ensure that they raise their game and get their uniform right. For clarity and consistency, all students have been reminded about our uniform expectations:

### Jewellery

Students can only have the following

- **One** watch
- **One** set of studs



### No nose studs

Direct from policy: *Students are permitted to wear one small plain stud earring per ear. No hoops or large 'diamond' studs of any sort are permitted. It is recommended that students wear a watch.*

### **Sanction:**

If you are not following the guidelines above, your form tutor will confiscate the additional items; you can collect them at the end of the school day from the main office.

## Nails

Students in year 7, 8 and 9 are **not to** have their nails painted. They need to be natural.

From the uniform policy:

***Students in Years 10 and 11** are permitted to wear nail varnish or gel polish. Nails should reflect appropriate business dress and should be subtle in colour. Nail extensions are not permitted.*

Please note: nails are to be **short**.

### **Sanction:**

If your nails fail to meet the above guidelines, you will be given two days to address the issue. If this is still not corrected, then social times (break/lunch times) may be removed until the situation is resolved. Parents / Carers will also be contacted.



Please support our young people to make good choices by having a conversation at home about uniform expectations. Should your child have any questions or concerns, please encourage them to speak with form tutors in the first instance.

## **Attendance and Punctuality Matters:**

We appreciate that 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 warning of other difficulties.

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

Please contact form tutors if you have a concern and more information about supporting your child's good attendance at school.



early

their

want

## **Key events:**

Mon 15 May - GCSE written examinations begin - special exam breakfasts are available for Year 11 students, in the Canteen, from 08:00 each morning. Students should have the correct equipment and be wearing normal school uniform.

Tues 18 May - Year 10 Parents/Carers Evening

Thurs 15 June - New Intake Welcome Evening (current Year 6 students and parents/carers)

Thurs 29 June - Year 11 Prom

Sat 1 July - Sancroft Summer Gala

**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.

## **Harleston Sancroft Exam Prayer:**

Dear Lord,

I thank you that when I pray you always listen to me and hear my prayers.

As my exam approaches, set me from fear and give me your peace.

Help me to think clearly, to remember what I have learned, to use the time well, to do my best and to not worry about the outcome.

I know that my future is in your hands,

Amen