



HARLESTON SANCROFT
ACADEMY

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Diocese of Norwich
St Benet's
Multi Academy Trust

Value for this half term: Love

Theme for this week (26 February - 1 March 2024): **Love - love for ourselves**

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

Life in All its Fullness:

Last half-term finished with several excellent events, including Year 9 Drama workshops; Year 11 Geography Field Trip to Southwold (image below); Year 9 Parents'/Carers' evening, some excellent hockey fixtures and wonderful Valentine's Day events organised by the School Council.

After such a busy period, we hope all students and their families enjoyed a restorative half-term break.

26 February is '**Carpe Diem**' day in the US. The Latin motto *Carpe diem*, or *Seize the day* is about taking advantage of every moment, never taking life or love for granted, striving to fully experience and enjoy both the old and new people and places in life that are accessible to you today. Marking Carpe Diem Day encourages people to think about loved ones they have lost, recognising the fragility of life and renewing our dedication to make every day special and positive.



Carpe Diem, Seize The Day
LIVE YOUR DREAMS

Why Mock exams are so important:

By the end of this internal assessment period, students and their teachers will have a really clear picture of student strengths and gaps; students will also have had the opportunity to utilise a variety of revision strategies, refining their approach in the run up to the external GCSE exams.

Our Vision

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

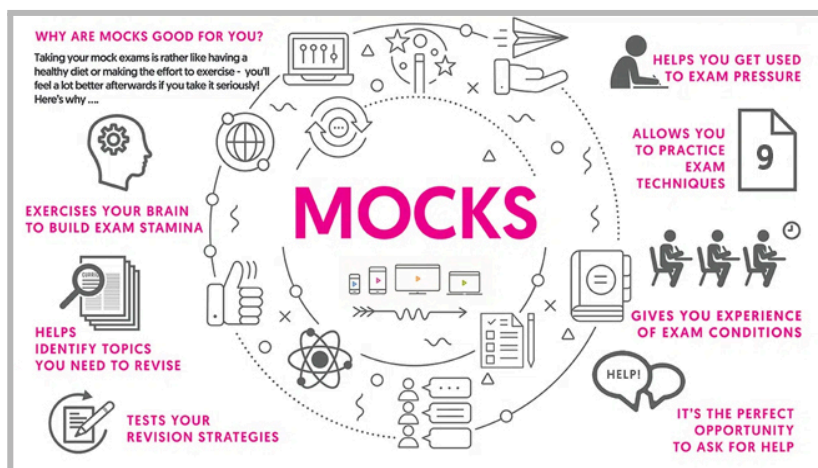
'Life in All its Fullness'.

(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.

Year 11 examinations:

This half-term marks the start of a particularly busy and important time for Year 11 students, whose Mock exams commence this week. We wish the students every success and encourage them to seize the day!



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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A balanced approach:

We have also reminded Year 11 students of the need to balance intense, purposeful revision, with a good sleep, plenty of exercise and time spent doing fun things that provide a break from school work.

Here are some handy reminders:

YOUR GUIDE TO EXAM SUCCESS

Look after yourself

And that starts with eating healthily and drinking plenty of water 

Stay physically active doing a sport you love, or just head out for a brisk walk




Get enough rest and good quality sleep to help you recharge and focus 


Reward yourself for your hard work with something you enjoy 

Revise effectively


Start with finding a quiet space to revise, away from distractions 


Use your time wisely - create a timetable, prioritising subjects you feel less confident about 

Work through class notes and past papers – identify gaps and likely topics 

Take regular breaks during revision – move around and get some fresh air 

Ask for help


Don't forget to ask for help from teachers, family or friends if you need it 


Check your exam timetable to be sure of times and locations well in advance 


Plan ahead


YOU'VE GOT THIS!


Miss Booty, Head of Student Support, spoke to Year 11 students about this and passed on to them some slides about exam preparation and wellbeing, plus the following links:

 Health, wellbeing, and self-care for young people. Created by Norfolk and Young People's Health Services, FYI offers information, advice and quizzes for ages 11-24, covering a variety of topics such as health, life, education, friendships, relationships, emotional wellbeing, home/family life. Visit www.fylnorfolk.nhs.uk/

 ChildLine - ChildLine is a free, private and confidential service that you can access online and on the phone. Call 0800 1111.

 ChatHealth - ChatHealth is a secure NHS approved text messaging service for 11- 19 year olds. You can chat about a mental or physical health worry. Text 07480 635424 or visit www.chathealth.nhs.uk to start a webchat.

 Shout (Young Minds) - 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. Text 85258.

 Kooth - free, safe and anonymous online mental health support and counselling. <https://www.kooth.com/>

Key dates for the next few weeks:

27 Feb: Year 11 Mock exams commence
27 Feb: "The Wizard of Oz" auditions (see flyer on the right)
7 March: World Book Day
7 March: GCSE Preferences Evening for Y9 students and their families
12 March: Science Healthcare Day (KS4)
13 March: Y11 MPs Question Time
14 March: GCSE Drama exam
21 March: Science Fair



w/b 18 March:
'Matilda Junior'
performances
(more
information next
week)



Pre-loved school uniform: Please be aware that there is an opportunity for families to acquire some free, pre-loved items of school uniform. We have been informed that there is a greater range of primary age uniform available, but there are secondary items too, including shirts, trousers and the older style PE tops.

School uniform reminders: Over time, a small number of students will inevitably try to 'personalise' the school uniform. Please can parents and carers support us in helping young people to meet the uniform requirements and maintain our high standards.

In particular, hoodies are *not* to be worn; all young people must wear low-heeled, polishable, black leather shoes (or faux leather alternatives); canvas shoes and trainers - such as Nike Air Force 1s - are *not* permitted.

School ties and blazers are to be worn every day, as per the details and [secondary phase uniform images](#) previously shared by Mr Connolly. If you have any uniform-related queries, please contact the office, or ask students to speak to their form tutor at school.



Request for your support from the Sancroft PE team:

We would welcome any **donations of unwanted trainers** that are in good condition.

Once cleaned, we will add donated trainers to the PE stock of spare kit for students to use. Please hand in any donations to Reception (secondary phase).

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

Lent: We have already shared the “Watch & Pray: Lent 2024 resources”. Lent is a time when Christians throughout the world engage in penitence and self-sacrifice in preparation for Easter. It is forty days long, beginning on Ash Wednesday (14 Feb ‘24) and culminating on Easter in the joyous celebration of the Resurrection of Jesus Christ (Easter Sunday is 31 March ‘24).

Watch and Pray at home slides are [here](#) (Week 3 from slide 16); other Archbishop’s Young Leaders Award (AYLA) *at home* resources are available [here](#).

AYLA **Prayer for Lent (Week 3)** can be found on the right:

During the Year 11 exam season, students will regularly hear our school exam prayer and be encouraged to use those precious moments before an exam to take a deep breath and prepare to do their best.

The Harleston Sancroft Academy Exam Prayer:

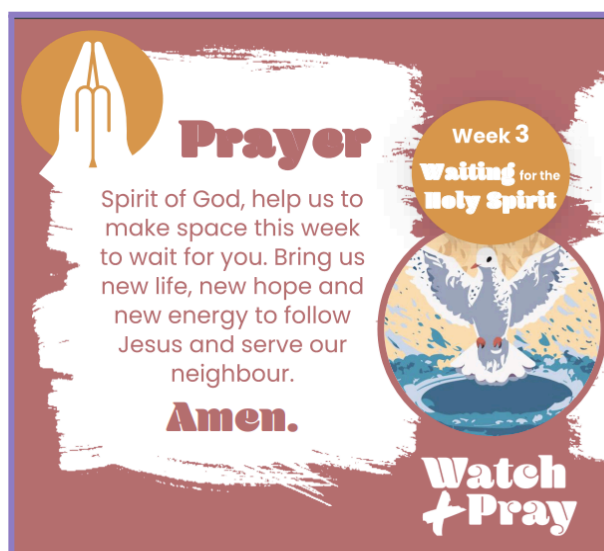
Dear Lord,

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

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

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

I know that my future is in your hands. Amen



On X/Twitter and elsewhere, you might have seen the following post: The Church of England [@churchofengland](#) - Did you know our Daily Prayer audio services were downloaded over 3.5 million times in the past year?

The latest version of our free app now has services for 2024. Download [here](#), or at <http://cofe.io/DailyPrayerApp>.

