



Value for this half term: **Respect**

Theme for this week (29 April -3 May 2024): **Mutual respect**

Life Skills theme for the week: **We are respectful and respect each other's differences**

Life in All its Fullness:

Our DofE students are getting ready for their preparatory expedition this Friday/Saturday. The weather forecast for walking and camping out looks positive: light rain showers and a gentle breeze.

Of course, it's not only DofE next weekend, it's the Early May bank Holiday on Monday 6 May.

Our Vision

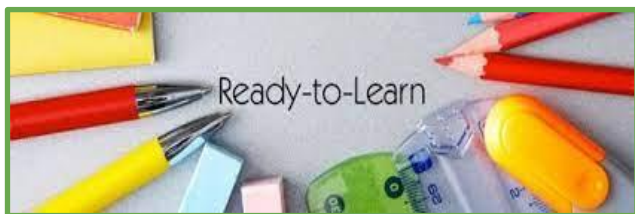
The Harleston Sancroft Academy is a community that flourishes, through God's love, to live

'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.

Ready to Learn: Bank Holidays provide a lovely and occasionally 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.

GCSE examinations: This week, there are four days of GCSE Art examinations and the GCSE languages examinations continue.

Exam timetables: 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 and attend key revision sessions. Of course, we will be asking the whole school community to support Year 11s during this time, including moving quietly around the site in order to avoid disrupting the exams and revision sessions taking place.

Written GCSE examinations start on Tuesday 9 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' offers useful guidance [here](#) around the supportive steps that families can take in the lead up to exams. Here is the link for [Kooth](#), with information about building positive mental health habits and managing emotions. 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](#).

Free School Meals: Please read the information [here](#) to check whether your child/children might be eligible for free school meals. If your child is eligible, you will need to apply. Please visit or contact the Secondary phase school office for further information. All information is treated in the strictest of confidence.

'Self-care': All of us can benefit from paying close attention to our health and wellbeing needs.

The green box on the right 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.

The basics of self-care

Self-care requires paying attention to your emotional and physical needs.

- 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.
- Reduce your stress**
Make time to do things that bring you joy.
- Reach out**
Reach out to friends and family regularly and find ways to be together safely.

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.

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 things in the purple box below:

- Listen to music
- Unplug from your phone
- Take a nap!
- Daydream <3
- Take a coffee/tea break
- Meditate or do yoga
- Nature walk with photos
- Enjoy the sweet small moments
- Read something fun

BlessingManifesting

Disrespectful language, misogyny and Andrew Tate: Some students have been asking questions in school about Andrew Tate. In lessons and assemblies/Collective Worship, we have been talking about this and challenging gender inequality, gender-based violence and misogyny - and explaining why the language we use *really* matters. Please see the 'Bold Voices' Parents' Toolkit pdf attached to the newsletter email for more information.

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.

Please contact your child's **form tutor** in the first instance, if you have queries or need support regarding school attendance and punctuality.



The Friends of Harleston Sancroft Academy:

The Friends are always looking for ways to raise money to further enrich the academic experiences of our students.

In order to raise much needed funds, please see their flyer on the left: in the spirit of reusing and recycling, please donate your unwanted goods.

More information is available here:

[What We Collect.](#)

Donations on the day are welcome!

Please take these to Reception by 09:00, on **Wednesday 15 May.**



BAG 2 SCHOOL

The Friends of Harleston Sancroft Academy have organised a clothes & shoe collection with Bag2School, with all proceeds going towards enriching the academic experience for the pupils at Harleston Sancroft Academy.

Bag2School will be collecting from both phases on Wednesday 15th May. Please bring your bag (or bags!) to either school office by 9AM ON THAT DAY ONLY and help us have a really good collection.

This can include adults' and children's clothes, shoes (tied together please, hats, belts, handbags and soft toys,

please refer to www.bag2school.com/what-we-collect for full details

Should you have any questions regarding this, please contact us at info@friendsofharlestonsacroftacademy.org

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>.

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.