

DISCOVER DENES

Edition 4

Autumn 2022

Christmas at Ormiston Denes Academy

Eco-Schools update

The David Parr Challenge Cup

What is PSHE?

GCSE results

*What have our
students been doing?*

ASPIRATION—INTEGRITY—RESPECT

Principal's Welcome



At Ormiston Denes Academy we remain committed to ensuring our students have a broad range of experiences and that they are active members of our community in which they make a positive difference. As you read this edition you will see this in practice with students taking part in acts of remembrance, charity fundraising and local celebrations alongside being fantastic students in the academy every single day. Our students are living our core values of aspiration, integrity and respect through their positive actions and we are so proud of them.

All these things are a part of the extras we offer. As we approach the end of the term, I would like to take this opportunity to say thank you to the staff who go above and beyond to make it all possible and to you at home who encourage and support our children to be the best that they can be.

Mrs Kate Williams
Principal

Parent Governor's at Ormiston Denes

Have you thought about being a parent governor?

Ormiston Denes Academy is searching for new parent governors. Governors play a key role in the leadership of the academy and work together with the principal, staff and other governors to ensure that our academy provides a challenging and supportive environment for its students.

We welcome nominations from those new to governance, or with previous experience. All parents and carers of registered students are eligible. Every parent, whether or not they live with the student, is entitled to be nominated as a parent governor and to vote in a parent governor election. Someone who has parental responsibility or day-to-day care of a student is also eligible to serve and to vote.

If more than one nomination is received, an election will be held and the ballot papers for this will be sent to all parents and carers.

If you are interested, please contact school reception info@ormistonden.co.uk to request more details and a nomination form.



Mrs Bernasconi is in her fifth year as a Parent Governor and has also taken up the responsibility of Safeguarding Governor Link. Mrs Bernasconi strives to be a voice for the parents to put their ideas forward, whilst listening to others in order to improve the school in every way she can.

GCSE Results 2022

- ⇒ Progress 8 scores continue to show that Ormiston Denes Academy students' progress MORE than their peers, nationally for the fifth year in a row!
- ⇒ 100% of our students left Ormiston Denes Academy with a positive Post 16 destination!
- ⇒ Ormiston Denes Academy were one of the highest the entire trust for progress!



"Mrs Nield, you're an amazing teacher who has helped me and never doubted my abilities."



"Thank you Mr Woodrow, for all your support over the years"



"Thank you Mr Donovan for making English enjoyable and fun. You helped me feel as though I could be an author"



Congratulations Class of 2022!

After school student study support is taking place each school night—even Fridays! Any student who requires additional help and support, or needs a quiet space to sit and revise, or would like to do homework in school instead of at home is welcome to join these sessions, working alongside our fantastic Raising Achievement Mentors.

What have our students been doing?

Year 8 Rugby – Team X versus Team Y.

In our inaugural Team X v Team Y competition, 32 boys took part in a full rugby match. Harvey M scored a superb try into the corner and the conversion was dispatched for a 7-0 half time lead. A great conversion by Samuel B tied the match at 7 – 7 in the final minutes.



13 students in Year 7 attended a **festival of gymnastics** at Waveney Gymnastics Centre before half term. They spent 90 minutes taking part in a workshop where they moved around the gym using all of the world class equipment!



We held our **Raising Achievement Evening** for students, parents and carers in years 9, 10 and 11. This was an opportunity for year 9 and Key Stage 4 to come together and hear from local colleges, and have the opportunity to tour our Raising Achievement Market Place with 13 colleges, universities, student support organisations and apprenticeship providers, as well as our own Raising Achievement team.



Fantastic contributions to the **Ormiston Denes Bake Off**. Well done to Aiden Y, Saxon B, Ethan T and Ruby W for winning their year group competition.



Our students raised an incredible £564 for BBC Children in need!!



What have our students been doing?

Our year 7 and 8 students participated in **Camouflaged Learning STEM** workshops, kindly commissioned and funded by the RAF. Through a number of activities students demonstrated confidence, resilience, teamwork, problem solving and communication skills to overcome a series of challenges.



Year 7 keen linguists competed in our first ever **MFL Spelling Bee**. Students had been working hard learning the spellings of 50 words in their chosen language, practising at lunchtimes and at home for the inaugural Ormiston-wide competition. Winners Freya S and Dexter B will now compete against other Ormiston schools in the region in January to try and earn a place in the national finals.

BT Work Experience

Six year 10 students were lucky enough to undertake a weeks work experience with BT this October, as part of a new trial project. During the course of the week the students had to work together to research a lot of information about Networks and careers, and then build a website that displayed the contents that they had researched. Jaime, Lily, Tyler, Jack, Kairi and Eliza also had the opportunity to tour two BT sites, interview various staff members and then present in front of all the staff who they had been with during the course of the week.

The feedback from BT staff was incredible, and the feedback from the students also proved what a challenging but amazing experience they have been through.





Eco Schools Update

Students at Ormiston Denes Academy have earned an international accreditation recognising their amazing work in making our school more environmentally friendly and raising eco-awareness in fellow students. Eco-Schools is an international education programme that prompts young people to explore sustainability and climate change and take action.



Since our work began making Ormiston Denes a greener eco school, we have had 16 eco-council meetings, taken part in the Big Plastic Count with the whole schools' support, had a stall at the Denes Summer Fete, to raise funds for our eco-garden project and visited the Leiston Recycling Centre. We inform the whole school of environmentally friendly approaches and changes we could make at school to support the sustainability of our planet with climate change.

Plans for 2023



We have to renew our Eco-Schools Green Flag Award status every year, so lots of hard work will be done on 3 new environmental topics.

We can expand further on any 2 of our previous topics but will need to also pick a new one from either:

- Biodiversity
- Energy
- Global Citizenship
- Healthy Living
- Litter



We desperately want to raise enough funds so work can start on our eco-garden. Once the garden is transformed, we want to open it to the whole school and the local community and be involved with the National Literacy Trust – Get Suffolk Reading and have Eco-Literacy Champions at school.

Eco-Council meets every 4 weeks on a Thursday morning in the Drama Studio. Updates are posted on our school's social media sites as well as on our eco noticeboard at school.

We can all save a little money ...



Three simple steps that we can all take part in to make a difference:

1. The last person in the room turns out the lights.
2. Save energy, by not leaving appliances on standby.
3. Don't waste food—see tips below.

Suffolk County Council have produced an updated cost of living support leaflet which can be found on our website, under “Key Info”. Important things to note are;

Citizens Advice is a good place to get information about benefits, how to deal with debt, what you're entitled to if you're made redundant and who to speak to if you're at risk of losing your home. Visit www.citizensadvice.org.uk

Home Start in Suffolk is ready to support families through their toughest times. Call 01473 621104

Healthy Start provides basic food items and vitamins for pregnant women and families with a child under four years old who are on low incomes, to buy basic food items. Call 0345 607 6823

Your **mental health** may suffer if you are worried about the cost of living pressures. We have advice and guidance to support you through the challenges on <https://tinyurl.com/SuffolkInfLink>

DON'T BIN CRUSTS AND POTATO SKINS



- Not wasting food could save you around £210 a year, says Helen White from Love Food Hate Waste
- Freeze produce, eat everything edible and don't cook more than you need

IF PAST ITS USE BY DATE, DON'T EAT IT



- If it's past its Best Before, use common sense and check for mould, smell, etc
- You can freeze food right up to and including the Use By date

THE TRUSSELL TRUST CAN HELP FIND YOUR NEAREST FOOD BANK



- Usually you will need a referral from someone like a social worker, GP or local council
- Your local food bank should be able to help you meet with them

What is PSHE ?

PSHE education is a statutory school curriculum subject taught in England. PSHE stands for personal, social, health and economic. That's why we tend to say "PSHE education" a lot instead of always abbreviating it to "PSHE". The "E" in PSHE covers economic wellbeing and careers—also vital parts of the subject.

Why do we teach PSHE ?

PSHE education helps children and young people stay healthy, safe and prepared for life—and work—in modern Britain. It also helps students to achieve their academic potential and improves the physical and mental wellbeing of students.

Examples of subjects covered in Year 7;

- Getting to know people
- Community
- Promoting emotional wellbeing
- Consent & boundaries
- Friendships & managing them

Examples of subjects covered in Year 8;

- Positive body image
- Healthy eating
- Stress management
- Gender identity

Examples of subjects covered in Year 9;

- Conspiracy theories
- Extremism
- Consent
- Making positive choices

Examples of subjects covered in Year 10;

- Balancing online time
- Blood, organ & stem cell donation
- Eating Disorders
- Drugs
- Sex & the media

Examples of subjects covered in Year 11;

- Exam stress
- College applications
- Careers & progressions
- Contraception
- Pregnancy





REWARDS

So far this term 750 students have been rewarded with 93,845 points!

The year group competition is hotting up...

Year 7 = 30,375

Year 8 = 21,191

Year 9 = 16,193

Year 10 = 15,527

Year 11 = 10,559

Which year group will be top in the summer ?

Celebration



The David Parr Challenge / Girls Challenge Shield

David Parr was a student at The Denes High School. He left in 1978 and joined the Army serving as a paratrooper with 2 Para. Private David Parr was only 19 when he was tragically killed during the final push to reclaim Port Stanley from Argentine invaders in the Falklands conflict, on June 14th, 1982.

The family kindly donated an award to the school in his memory . The original event involved completing a triathlon (run, cycle and swim), but has been adapted over the years.

On Friday 2nd December we reinstated this challenge and students took part in a series of fitness tests and were awarded points for their performance in each event.



Year Group WINNERS

Year 7: Dexter B & Clara W

Year 8: Cheyenne P & Max K

Year 9 Harrison H & Madison J

Year 10: Jessie E & Cohen O



David Parr Trophy overall winner: Cohen

Girls Challenge Cup overall winner: Jessie

Ormiston Denes Academy ex student Giarnni Regini-Moran becomes first British male to win world floor gold.

Giarnni started at the Denes in September 2011 in Year 9, aged 13. This is what he told us: *The teachers were very supportive towards my gymnastics. The memories I have from school were worth the telling offs! I always had this vision: a belief that I was going to make it as an athlete and that was going to be my job.*



Christmas at Ormiston Denes Academy

Christmas Fayre 2022



Foodbank and Little library donations. A huge thank you to everyone who has taken the time to donate an item or write a card, the results have been amazing!



Staff
Christmas
Carols
Sing-along
2022



Christmas at Ormiston Denes

We wanted to make Christmas as special as we can for students in these current times so we opened a student gift shop, enabling students to use their reward points to purchase and wrap gifts for their families this Christmas.



Students, along with Mrs Turner and Mrs Richings, visited Harleston House Care Home where they entertained the residents by singing a number of carols and Christmas songs. Also delivered were Christmas cards, written by students as part of our Christmas social action project.



Ormiston Denes Christmas Card Competition 2022.

Congratulations to;

1st place: Callum

2nd Place: Xavier

3rd Place: Charlie



Remembrance Service

Well done to our head boy and girl, Theo and Jamie, for reading a remembrance poem, in front of a very large audience, at Lowestoft's annual service of remembrance. They also laid a wreath on behalf of the academy, to pay our respects to all those who served and sacrificed themselves in war. This year's service also commemorated the 40th Anniversary of the Falklands, in which David Parr, an ex student, lost his life on the last day of the war.



Rolls of honour are on display in the academy entrance hall, to honour ex-students that lost their lives in WW1, WW2 and the Falklands.

We were also very proud to see many students forming part of the parade, with some also laying wreaths, on behalf of their respective local troupe or group.

The music for the service was provided by East Coast Sinfonietta, and was also conducted incredibly well by Frankie Ayers, an ex-student of, and then teacher in, the academy.

As an academy we feel it is so importance to be actively involved, internally and externally, on Remembrance Day. There are deaths on all sides during a conflict, which impacts people from all faiths, cultures, beliefs and backgrounds, and affects peoples lives for years and generations after a conflict ends. Remembrance reminds us of the ongoing confrontations, hostilities and tensions that still occur around the world, including Ukraine, and the deprivation and devastation they can cause as a result.



Armistice Day

We were invited by Lowestoft Town Council to attend a short memorial service on Armistice Day, which took place at the Private David Parr memorial in Belle Vue Park, alongside the Naval War Memorial. Led by Councillor Sonia Barker, and with Peter Aldous MP and some of David's family in attendance, there was a short reading prior to the two-minute silence. Following this year 8 student Ella read the remembrance poem "Why I wear a poppy" by Ann Starr, and the laying of wreaths. Bentley and Lily laid a wreath on behalf of the academy.



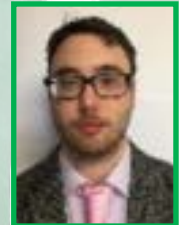
Meet the Maths Team

Our mission in our department is to inspire, build confidence and support our students to develop their skills within mathematics. Our team consists of seven enthusiastic and passionate teachers who always go above and beyond to support and develop young people in mathematics. We pride ourselves in developing creative ways to engage our students with bringing more hands on tasks within our lessons.



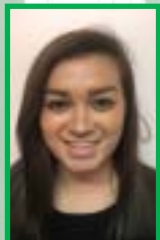
Mrs Wilkinson is the Head of Department and has worked at the school for six years. She is passionate about our young people in the community and after working in a college is on a personal mission to support as many students as possible to achieve in mathematics.

Dr Bernthal-Hooker is the second longest serving member of the department. He is extremely knowledgeable within the subject and always brings a sense of humour to his teaching and to the team.



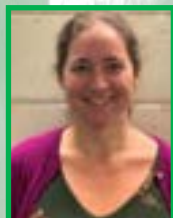
Mrs Baldwin is our Lead Practitioner who has helped shape the department to what it is today. She is passionate about ensuring all students of any ability can achieve their fullest potential in mathematics.

Mrs Sidaway is our leading champion on competitions across the department. Ensuring our termly Math Olympics challenges are available to all our students and looking after our student ambassadors.



Miss Bobby has been working in our team for the past two years and delivers both mathematics and physics. She is passionate about student engagement and supports our students through mentoring.

Mrs. Cullen is the newest team member although it feels like she has always been with us. She is currently developing revision strategies which will support all our students with independent learning.



Mrs Ellison is the school's SENCO as well as a mathematics teacher. She is brilliant at supporting students who believe they will never achieve in maths – and proving them wrong!

This is an exciting year for our team, not only for the Math Olympics challenges which enable us to compete with other academies within OAT, but we are holding our first mathematics residential trip in May 2023. We believe the best way for our students to be as passionate about maths as we are, is to show them exactly where they can use these skills in everyday life. We are really looking forward to seeing our students achieve in a setting outside of our normal classrooms – although I believe most of them are coming so they can see Mrs Wilkinson cry when we take part in challenges involving heights!

Meet the Geography Team

As the world becomes smaller through globalisation we aim to build a global community who understand the social, environmental and economic differences in varied communities. We look to see the way forward in reducing the gap and building a sustainable world for the growing global population.

Geography encompasses the varied ways the world is changing, both proving there are opportunities available for people from all aspects of life and challenges, as places and people develop. We aim to open the minds of the students who attend Ormiston Denes Academy to see the role they play in aiding in the development of situations away from their own doorstep and see the wider, global role they play and the impact they can have on the future.



Mr Ford - Head of Geography

I started my teaching career at Ormiston Denes in 2014. My background is in both physical and human geography. My goal is to ensure that every child enjoys learning something new about the world in their geography lessons. Outside of school I can often be found looking after my own children, playing football and socialising with friends and family.

Miss Arnold - Teacher of Geography

I started at Ormiston Denes in September 2022, I enjoy teaching both human and physical geography, but my background is in human geography and international development. My favourite unit in geography is natural hazards. In my spare time I enjoy paddleboarding, going to the gym and visiting my friends and family.



Miss Steward -Teacher of Geography and Travel and Tourism

I previously taught at another OAT school and joined Ormiston Denes academy in September 2022. I like teaching both human and physical Geography but my favourite topic to teach is Tropical Rainforests. When I am not teaching, I enjoy catching up with friends and walking my dogs.

Mental Health

According to the charity The Mental Health Foundation, mental health problems affect around **one in six children** and include things like depression, anxiety and conduct disorder (a type of behavioural problem). The charity says eating disorders and self-harm also commonly occur in children.

What to do when you're concerned about your child's mental health

You may have noticed changes in your child - changes of mood, altered sleeping patterns, withdrawal from family life and/or friendship groups. These could be signs that they're experiencing anxiety or **other issues** around their mental health.

If you're concerned about your child's mental health, you can speak to their school or GP. The GP may refer your child to Child and Adolescent Mental Health Services (CAMHS), which provides specialist care from psychologists, psychiatrists, nurses and social workers. Between 2020-2021 the average wait for mental health services in England was **more than two months**. Here are some things you can do whilst you and your child are waiting to access these services.

- **Keep speaking to your GP**
Your GP will be able to regularly listen to your child, discuss your own concerns and suggest local services that may be of help. Don't be afraid of going back to your GP if you feel you need more support and advice.
- **Speak to your child's school**
Arrange to meet the pastoral team at your child's school, or encourage your child to seek out and speak to them. They might be able to help make school easier or less pressured for your child.
- **Look into local services**
Local charities can be a good source of support. Search online for nearby support groups and charities. Alternatively, national mental health charity Chasing the Stigma runs the '**Hub of Hope**' website, which allows you to search easily for local mental health charities.
- **Try and stay healthy**
Where possible, try and encourage your child (and your whole family) to eat healthily, get some exercise and a good night's sleep. If they're having trouble sleeping, gentle activities like reading, walking or drawing and art may help them to relax.



Thank you to all staff who have worked with us this term. Your work and support for our students was awesome. We are sad to say goodbye to Assistant Principal Mr Ben Jones and also to our Regional Practitioner for mathematics, Mrs Anita Baldwin. We wish them both all the best in their future endeavours.



Dates to be aware of

Wednesday 4th January: All students return to school

Thursday 5th January: Year 7 flu vaccinations

Thursday 12th January: Year 11 Parents' Evening

Thursday 26th January: Year 9 Parents' Evening

Thursday 2nd February: Year 10 Parents' Evening

Monday 13th February to Friday 17th February: Half Term

Don't miss out



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