



ORMISTON DENES ACADEMY

Dear Parents and Carers

3rd November 2023

It has been lovely to welcome students back into the academy this week. Thank you for supporting them to be ready each day and on time to the academy. Did you know that if you are just 5 minutes late to school once a week that equates to 195 minutes or over half a day of learning. Every minute really does count!

Mock Exams. Our year 11 students will begin their second set of assessments during two weeks of mock exams and a series of practical exams which will follow. These begin on Monday 6th November. Parents of year 11 students have been sent a separate letter, together with a copy of the mock exam timetable, but this can also be found on our website [here](#).

With **Winter and Flu** season fast approaching, Vaccination UK are offering the opportunity for any student who missed the two academy vaccination sessions to book an appointment at one of their local clinics. Please click [this link](#) for further information and the booking form.

Kooth – We wanted to take this opportunity to remind you of Kooth. Kooth is an online emotional wellbeing service for young people aged 11-25. Kooth provide lots of useful resources, as well as free online webinars to help staff and families support young people’s mental health. We would recommend you take a look. Here are Kooth’s five top tips for parents;

1. Not alone. Not to be confused with “normalising” too quickly, remind the young person that they’re not alone – just hearing this can be powerful.
2. Here to help. Let the young person know that first and foremost you’re here to help them and try to create an environment where there is space for them to talk or express how they are feeling.
3. No pressure. Shifting early questions away from “what’s wrong” to “what’s happened” can be a really useful way of helping young people to tell you about themselves without feeling pressured to respond to a certain question – asking “what’s wrong” typically leads to a “don’t know” response.
4. Hear me out. Try not to jump too quickly to solutions/advice giving linked to “not alone”. It can actually be more helpful to spend time in the early stages focusing on the ‘problems’ - not only does this help young people feel heard; they often start to naturally talk about some of the solutions themselves and that sense of self-discovery is important.
5. Open Ended. Asking more open-ended questions generally encourages meaningful conversation whereas questions with yes/no answers (whilst sometimes necessary) can shut young people down in the early stages.

Remembrance Day. As this falls on a Sunday, we will be having our own small Remembrance service in school on Friday 6th November. Any student who attends Scouts, Guides, Sea Cadets, Army Cadets etc may come to school in their club uniform rather than the normal school uniform on this day.

Votes for Schools - This week students have been voting on “Is it time to call a general election?”. The results of this discussion can be found [here](#).



@OrmistonDenes



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Yarmouth Road, Lowestoft NR32 4AH

www.ormistonden.es.co.uk

Tel: 01502 574474



PSHE topics for next week are;

Year 7 – What can I do if I see bullying?

Year 8 – Knife Crime.

Year 9 – Gangs; how it might start.

Year 10 – What impact can social media have on me?

Year 11 – How can I maturely end a relationship?

Stay safe this bonfire weekend.

Yours sincerely

A handwritten signature in black ink, appearing to read 'Kate Williams', written in a cursive style.

Kate Williams

Principal