



Dear Parent and Carers,

12<sup>th</sup> January 2024

I am sure your child will have told you about our focus on kindness as a part of the Denes' Way. This week we have really noticed how many students are going the extra mile to be kind to someone but also the growing confidence in communicating with others. I was delighted to receive feedback from one visitor to the academy this week who commended our students on their politeness and the genuinely pleasant exchanges he had with them. He noted that this was not something he saw in all the schools he worked with. I could not be prouder!

It was fantastic to see so many of you at Year 11 Parents' Evening yesterday. There were certainly a lot of proud parents and students in the academy. Thank you for your support.

### Year 11 update

During this half term Year 11 students will be completing University of Suffolk (NEACO) 'Stress less' workshops to support with their summer exams. NEACO will also be supporting students that may need assistance with their post 16 options and applications. If your child is unsure what pathway they want to follow post 16 please ask them to see Mrs Richings or Mr Cooper in school.

**Year 10 College Open Events.** I would like to remind you of some upcoming open events our local colleges are holding soon. All colleges would love to see Year 10 students attending, and starting the next step for their futures;

- Lowestoft East Coast College 7<sup>th</sup> Feb 5 to 7pm
- Lowestoft 6<sup>th</sup> Form College 7<sup>th</sup> Feb 5 to 7pm
- Great Yarmouth East Coast College 8<sup>th</sup> February 5 to 7pm
- East Norfolk 6<sup>th</sup> Form College 5<sup>th</sup> March 4 to 7pm

### Attendance

Often pupils who've been unable to attend school then feel they can't reintegrate so **ensure each day is a fresh start for your child.**

- **Try to avoid a 'shame cycle'.** Acknowledge difficulties your son/daughter may have, validate their feelings and explain that you can work together to overcome barriers.
- **Work with us to identify learning that can be done at home using the Launchpad online resources.** This will help to ensure that your child doesn't feel like they've fallen behind too much.
- **Be proactive in lowering baseline levels of anxiety.** For example, through mindfulness activities around transition points.

Some useful resources to help parents include;

[Parent toolkit to help with anxiety](#)

[Self Care tips for Parents/Carers](#)



The form time focus for next week is “Reponsible”.

Votes for schools. This week students have been voting on “Do you think alien life exists?”. The results of this discussion can be found [here - Votes for Schools](#)

PSHE topics next week will be.

Year 7 – How much sleep do I need.

Year 8 – What has an impact on my relationship expectations.

Year 9 – Cannabis debate.

Year 10 – What are the key features found on a pay check.

Year 11 – Medical testing.

Have a lovely weekend.

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

**Kate Williams**

**Principal**