



ORMISTON DENES ACADEMY

Dear Parent and Carers,

22nd March 2024

This week Year 7 have been competing in a football form group competition during lunchtimes. It has been lovely to see so many get involved and to see our boys and girls showing excellent sporting values as they experience both winning and losing with grace. We offer a range of different clubs and opportunities for students to get involved in. If your child does not yet take part in any, encourage them to give something a try. We know that many students find these activities good for their physical and mental health and it is a fantastic way to meet new people and build confidence. These things also have a positive impact on attendance at school.

Attendance - Emotional Based School Avoidance (EBSA), also known as Anxiety-Based School Avoidance (ABSA), is a term used to describe children and young people (CYP) who experience persistent challenges in attending school due to negative feelings, such as anxiety. **Here are the six key areas to help parents and carers to support young people with Emotion Based School Avoidance/Anxiety. (EBSA)**

- **Curious** – talk with your child about what is going on for them, be curious about their feelings and help them to describe their emotions. Acknowledge that their fears are real to them. Encourage them to be a ‘thought detective’ and openly discuss their reluctance and anxiety about going to school.
- **Caring** – listen well, empathise with your child’s experience, encourage them, don’t ask leading questions, and stay calm.
- **Collaboration** – keep a good relationship with school, keeping up a ‘united front’ and holding more conflicted discussions away from your child. Encourage your child to keep in touch with school friends, ensure you are sharing the message that school is not optional, and help them find a purpose they can work towards with the help of education.
- **Control** – do as much preparation ahead of the school-day as possible, be consistent and remain focused on the goal, keep up routines, be optimistic with a heavy dose of realism. Small steps may be necessary, and remember your own self-care, so you feel in control as much as possible.
- **Coping** – help your child learn about anxiety and coping strategies, normalise anxiety and share that we all have fears, model how to manage these, teach your child that some level of anxiety is helpful as it can motivate us, and encourage your child to engage in activity, exercise and relaxation.
- **Coaching** – don’t avoid everything that causes anxiety, be realistic and optimistic showing your child you believe in them, reduce the time your child has to anticipate events so the anxiety cannot build-up too much over time, try not to reinforce your child’s fears and support your child in facing the fears.

For more details a useful site is [Support Services for Education](#).

Year 11 Easter School

We are in the process of confirming the offer for Easter School, additional study and revision for our Year 11 students. Full details of this will be confirmed in a separate letter to parents.

Next Tuesday we will celebrate with a special assembly, **Y11 mock exam results**. Students will also be signposted to additional study hall sessions if needed. I would like to take this opportunity to congratulate our students on their maturity and commitment to the mock exam process. Their efforts will hopefully be rewarding for them all. And a reminder that **Prom Points** are still up for grabs – if your child is close to gaining their Prom ticket then please encourage them to keep going.



@OrmistonDenes



/OrmistonDenes

Yarmouth Road, Lowestoft NR32 4AH

Tel: 01502 574474

www.ormistonden.es.co.uk

Free School Meals – We have been asked to remind you to redeem free school meal vouchers for February half term and Easter before 31 March 2024, as once they have expired, these cannot be reissued. If you require further information regarding discretionary grant vouchers, please contact the Free School Meals team at: freeschoolmeals@suffolk.gov.uk.

Form time - The form time focus for next week is “Responsible”.

Votes for schools - This week students have been voting on “Would you know how to support a friend who came out as trans or non-binary?”

PSHE Topics for next week are.

Year 7 – A guide to puberty.

Year 8 – CPR.

Year 9 – Sexually Transmitted Infections.

Year 10 – What is International Law.

Year 11 – My choices.

Have a lovely weekend.



Kate Williams

Principal