



Dear Parent and Carers,

15th May 2026

I want to begin by praising our students in Years 7-10 at the academy. During our exam period, to provide additional revision to Year 11, we run booster sessions. This means that for a short period students in Years 7-10 might have some cover lessons whilst their teachers support additional Year 11 sessions. Our students have been so supportive of Year 11 and are working really hard through this period. We are incredibly proud of their efforts this week.

We were proud to take part in World Mental Health Week this week, centred on the theme of “Action”, which encourages everyone to take meaningful steps toward better mental wellbeing. Students were able to access a range of supportive resources during lunchtime, offering guidance on how to look after their own mental health. Staff also wore green on Thursday 14th May as a visible reminder that our academy community is here to support, listen, and help students navigate their wellbeing with confidence.

We are always reminding students how to keep safe on-line and want to share a similar message to parents.

How to report online issues

If something inappropriate or harmful appears:

- Report directly in an app
- Block the account
- Save evidence (screenshots, usernames)

Use in-app reporting on:

Snapchat | TikTok | WhatsApp | Instagram

Reporting helps remove harmful content and protect others too.

NHS Norfolk & Suffolk are holding a series of parent/carer workshops. These free virtual workshops (Zoom) are designed to provide up to date advice and guidance on how parents and carers can support the young people in their life. The workshops are 60-75 minutes long. **On Monday 18th May the workshop will be on Supporting your child to manage their big feelings.** As children and young people grow, they experience many changes in themselves and the world around them. During this time, children and young people feel a variety of feelings such as anxiety, which they do not know how to manage. The session breaks down what leads children and young people to have these feelings and ways in which we can support them to manage if they become overwhelmed. [Book here.](#) **On Tuesday 19th May at 12pm, the workshop will be on Understanding the adolescent brain.** During adolescence the brain goes through some very big changes – these changes are positive and support our young people to make the transition into adulthood. However, these changes can be confusing and so understanding what is happening in the teenage brain is incredibly helpful. This session explores these brain changes and how they impact on all aspects of our adolescents’ life, and covers mood, behaviour, risk taking and relationships. It will also explore what we can do to strengthen our relationships with our young people and support them through this period of development. [Book here.](#)

The **Form Time Focus** next week will be “Proud”

Next week we will be teaching the following PSHE topics. If you have any concerns regarding the content of the PSHE lessons, please refer to our policy for clarification on withdrawals. The policy can be found [here.](#)

Year 11 – Exams

Year 10 – What is international law?



Year 9 – How are condoms used?

Year 8 – Careers and the climate.

Year 7 – Careers, targeted workshop to boost future aspirations

Votes for schools - This week students have been voting on “Do tests affect your mental health? If you would like to continue this discussion with your child, please click [here](#) for further resources.

Have a lovely weekend.

Yours faithfully

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

Kate Williams.

Principal