

You asked, we said, we did



De Lacy Academy

Parent Newsletter

Half Term 3 2023

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Updates

Welcome back. We hope you had a good Christmas and new year. We have had a great start to 2023 and staff and students have been working hard.

Our refurbishment of A block is well underway, and we are hoping to be able to open some of the new science labs, ICT suites and art rooms in the coming months.

Parking -

Please can you be mindful when pulling into the school grounds to drop off your child. The safety of our students and staff is paramount.

Uniform reminders

All students must wear their academy blazer, tie, trousers/skirts and black shoes for school. Plain black/Delta V neck jumpers are optional.

All students must have their bag and planner with them each day.

Yr. 10 and 11 Mock Exams

Date	Period 1	Period 2	Period 3	Period 4	Period 5
Monday 20 February			Inset day		
Tuesday 21 February	French Speaking Polish Higher reading, listening, and writing (JD)		French Speaking	French Speaking	
Wednesday 22 February	French Speaking Russian Higher reading, listening, and writing (VV)		French Speaking	Kept clear for Drama, Art and Music	
Thursday 23 February	French Speaking		French Speaking	French Speaking	
Friday 24 February	French Speaking		French Speaking	French Speaking	
Monday 27 February	English Language C2 120 mins			Biology Triple/Trilogy Paper 1 75/105 mins	
Tuesday 28 February	STRIKE		STRIKE	STRIKE	STRIKE
Wednesday 1 March	History P1 75 mins		Trip Day	Computer Science Paper 1 90 mins Y10 Statistics paper 1 90 mins	
Thursday 2 March	C2 English Literature 150 mins An Inspector Calls, A Christmas Carol, Unseen Poetry			Chemistry Triple Paper 1/Trilogy 75/105 mins	
Friday 3 March	History P2 105 mins Geography P1 90 mins		Trip day	Computer Science Paper 2 90 mins	
Monday 6 th March	English Language C1 120 mins			Physics Paper 1 Triple/Trilogy 75/105 mins	
Tuesday 7 March	Maths C1 90 mins			French reading and Listening 80/105 mins	
Wednesday 8 March	C1 English Literature 120 mins Macbeth and Anthology			Kept clear for Drama, Art and Music	
Thursday 9 March	Biology Triple/Trilogy Paper 2 75/105 mins			Statistics P2 105 mins	
Friday 10 March	Maths C2 90 mins			Chemistry Paper 2 Triple /Trilogy 75/105 mins	
Monday 13 March	Statistics P1 105 minutes			Geography P2 90 mins History P3 105 mins	
Tuesday 14 March	Physics paper 2 Triple/Trilogy 75/105 mins			Further Maths P1 105 mins	
Wednesday 15 March	Further Maths P2 105 mins			Y10 Maths P1 60 mins	
Thursday 16 March	Maths C3 90 Mins			French Writing 65/80 mins	
Friday 17 March	Y10 Maths P2 60 mins				

There are many things you can do to support your child through their exam revision. You can always chat to their subject teacher or their head of year for support and guidance.

Alternatively, you can sign up for a free GCSE parent revision guide here.

[Revision | Revision That Sticks | Free Parent Guide – Collins](#)

De Lacy Academy

Student Council

Our student council is going from strength to strength. Their recent recruitment evening was a great success. Watch this space for their up-and-coming initiatives!

The Council Members

- Liam Adams Y10 - President and Eco Councillor
- Amber Wadeley Y10 - Vice President
- Jack Marshall Y10 - Diversity Councillor
- Zain Ali Mahmood Y8 - Religion and Culture Councillor and Wellbeing Councillor
- Leon Thistlewood Y8 - Charity and Fundraising Councillor
- Jordan Clark Y8 - Sport and Social Councillor
- Brendan Norton Y8 - Charity and Fundraising Councillor
- Roshni Shefta Y8 - Chief of Administration and the Newsletter
- Alfie Robinson Y8 - Wellbeing Councillor
- Jessica Wood Y8 - Eco Councillor and Wellbeing Councillor
- Harleigh Nicholson Y8 - Anti-Bullying Councillor and Inclusivity and Diversity Councillor
- Christopher Rubery Y8 - Literacy Councillor and Inclusivity and Diversity Councillor



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Children's Mental Health

We are very excited to announce that Miss Morgan is now an ELSA trained assistant. This means she is a specialist teaching assistant with a wealth of knowledge of working with children.

The aim is to help your child's emotional development and help them cope with life's challenges. If you think your child would benefit from these sessions, please contact Miss Morgan-

Morgane1@delacyacademy.org.uk

ELSA



E motional

L iteracy

S upport

A ssistant

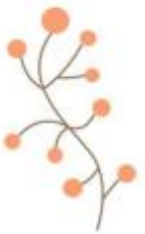
Miss Morgan



ELSAs can help with



- Loss and bereavement
- Emotional literacy
- Self esteem
- Social skills
- Friendship issues
- Relationships
- Managing strong feelings
- Anxiety
- Bullying
- Conflict
- Emotional regulation
- Growth mindset
- Social stories



For resources go to
www.elsa-support.co.uk



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Children's Mental Health

The ELSA sessions run for 30 - 45 minutes, once a week, for 6 -12 weeks. A pupil's progress will be reviewed on a half termly-basis.

Individual Session



Your child will be offered 6 to 12 sessions initially and they can vary in time, according to the age of your child

The ELSA will plan their sessions for your child very carefully. The session consists of several parts.

Example lesson

Emotional check in

This is an opportunity to talk about feelings,

Main activity

The ELSA will plan the activity to a learning objective. Something your child will be able to do at the end of the session that they cannot do now. For example your child might have low self esteem so the ELSA will work on your child's strengths. The ELSA will encourage your child to talk about their talents or personal characteristics such as 'kind', 'caring', 'helpful' or 'brave'. The child may then make something to reinforce those strengths.

Relaxation

Your child will be taught a relaxation exercise to help get them ready to go back to class.

Review

Your child will be able to reflect on the session and realise they have lots of strengths and talents which will boost their self esteem.

Group Session



Your child will be offered 6 to 12 sessions initially and they can vary in time according to the age of your child

The ELSA will plan the group sessions for your child very carefully.

Emotional check in

This is an opportunity to talk about feelings,

Warm up activity

A fun game or activity to help relax your child all of the children

Main activity

This is similar to the individual session but your child will be encouraged to work with other children. This helps with co-operation, social skills, friendship and gives a sense of belonging. A learning objective will be set for the group of children which they will all be able to answer at the end of the session.

Relaxation

Your child will be taught a relaxation exercise to help get them ready to go back to class

Review

Your child will be able to reflect on the session and talk about what they have learnt.

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Wellbeing Award



We are very excited to announce that we will be working towards the Wellbeing Award for Schools. This award allows us to really focus on the development of wellbeing not only for our students but for staff and our wider community.

Our staff group of wellbeing champions have already started to plan how we can develop. A sample of what we are planning can be seen below.

Parents	Students	Staff
<ul style="list-style-type: none"> Series of parent events focusing on wellbeing Sharing of our mindful Mondays campaign 	<ul style="list-style-type: none"> Introduction of our ELA programme Raising the profile of rewards with t Tri stars Half termly competitions Randon Acts of Kindness events 	<ul style="list-style-type: none"> Wellbeing CPD I heard a Wispa Staff bake off competitions

Enrichment Timetable for half term 4

	Mon	Tue	Wed	Thu	Fri
7	Rugby Science – A13 Homework - Lib	Homework - Lib	Minecraft Club – E1 Homework - Lib Drama Fitness Girls Football Blooket- B13 Diversity – B10 Rugby	Book Club (Invite only) French Club – B14 Student Council – B4 Fitness Homework - Lib Football	Homework - Lib Fitness
8	Rugby Science – A13 Homework - Lib	Homework - Lib	Minecraft Club – E1 Homework - Lib Drama Fitness Girls Football Blooket- B13 Diversity – B10	Book Club (Invite only) French Club – B14 Student Council – B4 Fitness Homework - Lib	Homework - Lib Fitness
9	Science – A13 Football Art Club – E5 Homework - Lib	Homework - Lib	Minecraft Club – E1 Homework - Lib Drama Fitness Girls Football Blooket- B13 Diversity – B10 Rugby	Book Club (Invite only) French Club – B14 Student Council – B4 Fitness Homework - Lib	Homework - Lib Fitness
10	Football Homework - Lib	Homework - Lib	Homework - Lib Fitness Diversity – B10 Rugby	Student Council – B4 Fitness Homework – Lib Performing Arts	Homework - Lib Fitness



A huge thank you to the staff that put on additional events this week to support Children's Mental health and the theme of 'Let's Connect'.

We had students attending enrichment activities as well our first ever Time to Talk café.

We are looking forward to working with the new student council members to create more opportunities to support Children's mental health.



Do you need someone to talk to?

Why not come along to our Time to Talk Café where you can chat with Mrs Watts, Mrs Allington, Mrs Jackson, and Miss Newmarch

When – Wednesday 8th February

Where – B6

Time – 2.30-3.30

Tea and biscuits on offer too!

**National
Apprenticeship
Week #NAW2023**

There have been so many events for students to find out more about apprenticeship opportunities, from subject based sessions, live national assemblies to small apprenticeship adverts. Students have been able to explore opportunities regionally.

A huge thank you to Ardagh glass who we have created a strong link with. Plans are already in motion for visits and a special STEM project for girls is in the pipeline also. Watch this space!



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De Lacy Academy

Community News



Community
KITCHEN

KIDS EAT
FREE!



**Unexpected day with the kids?
Kids eat free at Community Shop.**

Community Shop

OPEN FOR MORE

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Community News

KIDS EAT OUT FOR LESS FEBRUARY HALF TERM 2023

FEEL FREE
TO SHARE



Morrisons - Kids under 16 eat for free at Morrisons Café when an adult spends £4.99 or more on a meal.



ASDA Kids Free Hot Breakfast Between 8am-12pm every day during Half Term no purchase necessary.



Kids Eat for £1 with no purchase necessary until end of March 2023

Bella Italia - Kids Eat for £1 when an adult purchases a main meal between 4pm-6pm at Bella Italia.



Dunelm - Kids Eat for Free at Dunelm when an adult spends £4 or more at Pausa Cafe.



YO Sushi - Kids Under 10 Eat for Free at YO Sushi Between 13th - 24th Feb when an adult spends £10 or more.



Dobbies - Kids Eat for Free at Dobbies Garden Centre Cafes when an adult purchases a main meal.



Sizzling - Kids Eat for £1 at Sizzling Pub and Grill when an adult meal is purchased.



Hungry Horse - Free Kids Breakfast at Hungry Horse Pubs when an adult spends at least £3.49.



Farmhouse Inns - Kids Eat For £1 when you sign up to receive their email newsletter on their website.



IKEA - Pasta with Tomato Sauce and a soft drink for 95p or any other Kids Meal for £1.50. Available every day from 11am in their restaurants.



Beefeater, Brewer's Fayre & Table Table - Two kids under 16 eat breakfast for FREE with every adult breakfast purchased.

PLEASE NOTE INFORMATION CORRECT AT TIME OF POSTING

@HOLLYVLOGS



Free Online training courses

We have been contacted by The AIM Group who deliver **Free online Level 2 Accredited Courses** to parents to help better understand some key issues around young people's mental health and wellbeing, along with a range of other qualifications that may help with developing your own careers.

Here's some of the most popular subjects available:

Understanding Autism	Understanding Children and Young Peoples Mental Health	Understanding Behaviour That Challenges
Understanding Specific Learning Difficulties	Allergy Awareness for those Working with Children	Behaviour that Challenges in Children
Self-harm and Suicide Awareness and Prevention	Principles of the Prevention and Control of Infection in Health Care Settings	Understanding Sustainability
Equality and Diversity	IT User Skills	Awareness of Mental Health Problems
Safeguarding, Prevent and British Values	Personal Exercise, Health and Nutrition	Event Planning
Awareness of Bullying in Children and Young People	Understanding Common Illnesses Affecting Children	Understanding Specific Learning Difficulties
Behaviour that Challenges (For Children & Adults - Including Dementia)	Principles of Working with Individuals with Learning Disabilities	Introducing Caring for children and Young People
Domestic Abuse	Adverse Childhood Experiences	Mental Health First Aid and Mental Health Advocacy In the workplace
Self-Harm and Suicide Awareness and Prevention	Understanding Menopause	Neuroscience In Early Years

The qualifications are completed within a 10 - week period at your own leisure. They are equivalent to a GCSE Grade C, so you are required to write comprehensive answers for some questions, so they aren't multiple choice courses. You can do as many as you like, however you can just do one at a time.

If you are interested in undertaking one of these Free Online courses or would like further information, then please complete the following link ASAP. This will then allow The AIM Group to contact you to discuss and get you started on your chosen course:

<https://theaimgroup.co.uk/booking-form/0014J00000tX2eR>

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Dates for your Diaries

Key Dates

20th February

INSET day

21st February

Academy opens

27th February

Mock exams start

30th March

Year 9 Options evening

31st March

Academy Closes

17th April

Academy Opens

Key Events

21st February

Pancake Day

28th February

Year 11 Geography Field Trip

3rd March

Year 11 Geography Field Trip

8th March

National Careers Week

8th March

ZooLab

11th March

Paris Trip leaves

14th March

Pi Day

17th March

Red Nose Day