

WIXAMS ACADEMY NEWSLETTER

FEBRUARY 2021



Wixams
Academy

WELCOME FROM THE PRINCIPAL

Welcome to our February half-term newsletter, where you will find numerous examples of the good work being carried out by students, staff and our community.

As I am writing this we have just been informed that schools will not return until Monday 8th March at the earliest. This is devastating news for our school community, because we want all of our students here each day and we do miss them! However, we also appreciate that we are 'all in this together' across the world, so we are all willing to make sacrifices.

I have been heartened by the optimism and dedication shown by our students and staff on a daily basis, as they throw themselves into the world of remote learning and teaching and supporting from a distance. I think we are all developing 'square eyes' from screen over-use and teachers are constantly thinking about how they can vary activities for students, so they have a chance to stretch their legs and keep a healthy life balance.

Do enjoy our newsletter and to our students and staff, have a restful and well deserved break next week.

Paul Spyropoulos
Principal



THE WIXAMS ACADEMY VALUES
DETERMINATION
RESPECT • RESPONSIBILITY
COMMUNITY • HONESTY
COMPASSION



Rocket Club just before lockdown

Jacqui Hepburn - Assistant Principal

We are really excited to announce our Reading, Literacy and Numeracy interventions have started. These are key strategies to help students make rapid progress and ensure that all students reach their full potential. Separate email notifications will be sent to those students participating this term.

KEY DATES FOR YOUR DIARY

Dates	Information
Monday 15 February 2021 – Friday 19 February 2021	Half-term
Friday 2 April 2021 & Monday 5 April 2021	Bank Holidays
Monday 12 April 2021	Training day
Tuesday 13 April 2021 – Thursday 22 July 2021	Summer Term
Monday 3 May 2021 & Monday 31 May 2021	Bank Holidays
Tuesday 1 June 2021 – Friday 4 June 2021	Half-term: Tuesday

OFFICE INFORMATION AND UPDATES

Please continue to update us with any new contact details or change of circumstances so that we can ensure our data is correct.

Keep safe and stay well!

R Marotta, Office Manager

DEPARTMENTAL UPDATES

MUSIC

Wixams Academy students will now be able to enjoy the use of some brand new iMacs for developing our music tech skills. Our key worker students have begun trialling use of new iMacs this half term.



MFL

Well done to these students who are all taking part in the Wixams Academy DuoLingo competition. All these students are practicing either their French or Spanish on Duolingo and competing to get the most points each week. If your child would like to join the competition, ask them to look out for the notification on Show My Homework.

Name	Points
Theo MF	1768
Aaron H	1222
Naima K	856
Joanna L	851
Thomas P	497
Esther K	476
Zuzia D	390
Ella D	351
Zoe F	338
Charlotte M	308
Amelia W	277
Summayah B	196
Raul J	103
Hannah S	100
Natassya	27



WELLBEING

PARENT SURVEY WELLBEING OUTCOMES

We are very thankful to the families who have completed the recent survey and who provided us with some constructive ideas and such positive feedback. A summary of our key findings are as follows;

- 86% of parents either agreed or strongly agreed that their child was coping well with the current remote learning arrangements.
- 88% of parents either agreed or strongly agreed that their child knows where to get wellbeing support from both the school and wider services.
- 64% of parents either agreed or strongly agreed that the daily point of contact that happens with the form tutor and the wellbeing theme that is covered, was valued and effective. A further 31% gave a neutral response to this question.

The wellbeing feedback received was overwhelmingly positive and has reassured us that the measures we have taken to ensure remote learning is both effective and manageable for students and families, have been appropriate. It has been really nice to receive such positive comments and we will continue to listen and adapt our approach, when necessary, throughout the remainder of this term.

AFTERNOON REGISTRATION WELLBEING THEMES AND GUIDANCE

Students have a daily point of contact with their respective form tutors every afternoon. We feel that this a great opportunity to share some good advice and wellbeing ideas that we hope students will consider and use as we continue to work remotely. Recent themes and ideas have included how to stay mentally and emotionally well, coping with change strategies, encouraging physical activity such as walking, staying connected with others and renewing relationships plus a series of activities that we hope encourage an appreciation for the natural world.

This timetabled session is also used for both whole school and Head of Year assemblies, both of which are important ways for us to share messages and maintain a degree of continuity through these challenging times.

SIELLA TO WORK WITH ANNE FRANK TRUST AND THE GOVERNMENT

Siella, Year 8, has been chosen by the Anne Frank Trust to be directly involved in forthcoming discussions with the UK Government. Siella will be meeting remotely with the Commission for Race and Ethnic Disparities, which was established in the summer of 2020. The Commission has been set up to hear from young people and to get their views on racism, prejudice and discrimination and what the Government could be doing about such issues.

This meeting with the Commission is exclusively for young people associated with The Anne Frank Trust with no more than 10 young people in attendance. The Anne Frank Trust felt that Siella would make an excellent contribution to this consultation group particularly as she wrote such a great poem for the National Creative Writing Awards and spoke so brilliantly about the Awards on Newsround. Good luck Siella, we are very proud that you have been selected!

SIGNPOSTING SUPPORT SERVICES

We strongly encourage all students to always talk to us if they are not feeling ok throughout this period of remote learning. We can offer you direct guidance and support. Your Form Tutor, Head of Year or members of leadership team are all in a position to help. Counselling and therapeutic services are continuing with our external partners throughout this period of remote learning.

In addition to this in-house support, we would also highly recommend kooth.com, a free online resource where young people can access immediate support, counselling, advice and guidance.

INTER-HOUSE UPDATES AND FORTHCOMING EVENTS

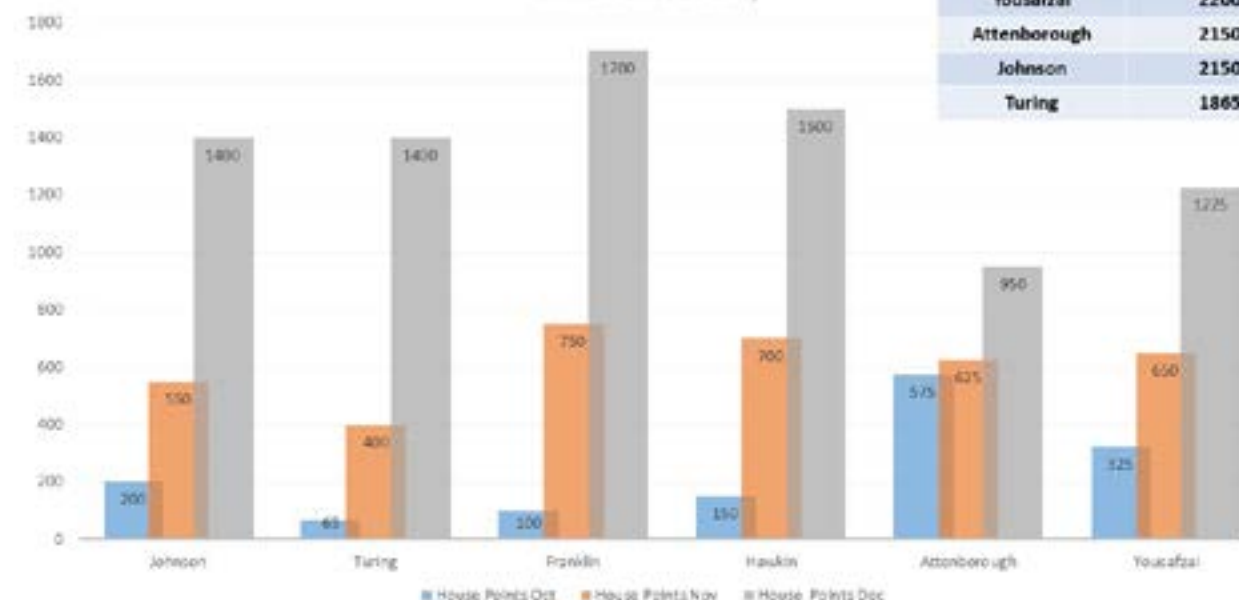


Inter-House Results

October 2020 – February 2021



Inter-House Competition 2020/2021
Wixams Academy



House Name	Current Points Total
Franklin	2550
Hawkins	2350
Yousafzal	2200
Attenborough	2150
Johnson	2150
Turing	1865



PE

Firstly, we want to say a massive well done to you all so far for completing and taking part in the 'Beat the Teacher' Challenges. You are all doing exceptionally well and more often than not beating us! Please remember to submit your scores to the Whole Year Google Document, if it asks you to sign in please use your school email – if you are unable to do this then please just send a message to your teacher and we will upload it for you!

More than ever our Physical and Mental well-being is crucial. We understand that after a long day of sitting in front of a computer, you may not want to get up and go outside but we would really encourage you to go outside for a walk. There are lots of really good Fitness/sport based content online, especially on YouTube, that are super easy to follow and can be quick and effective as well.

If you have taken up a new challenge this lockdown then please let us know, we would love to hear about it!

Below is a list of YouTube channels/websites that we recommend you to have a look at, as well as some different films, documentaries and podcasts you could have a look into.

WEBSITES / YOUTUBE CHANNELS

- The Body Coach- Selection of HIIT Workouts.
- Blogilates – Combination of Pilates and Fitness Videos
- The Fitness Marshall - Dance Workouts
- POPSUGAR- Range of different workouts.
- Hasfit- Range of different workouts.
- NateBowerFitness - Boxing Workouts.
- Fitness For Cricket - Fitness workouts designed for cricketers.

<https://www.fitnessblender.com/videos>
<https://www.puregym.com/free-workouts/>

Please feel free to contact us if you need to via email or Show My Homework.

Miss Goodwin, Mr O'Rourke, Mr Dummett
PE Department

SEND VISION

Our SEND team are here to offer support and advice regarding additional needs or SEND support for your child so please do not hesitate to get in touch if you have any concerns or need support. Our SEND Governor Alana Warburton and SEND Office Sarah Tysoe can also be contacted about matters relating to SEND. For more information, please visit our dedicated area on our school website: www.wixamsacademy.co.uk/learning/send

At Wixams Academy, our students are at the centre of everything we do. We aim to identify the needs of all pupils as early as possible. This is part of our graduated approach, in which we Assess, Plan, Do, Review. This ongoing cycle ensures that effective provision is put in place and also removes barriers to learning. We have a range of interventions taking place daily in our school to meet the needs of all of our children.

DO YOU KNOW WHERE TO GO FOR EXTRA SEND INFORMATION AND SUPPORT?

Bedford 'Local Offer' provides all kinds of information to families of children with special educational needs and disabilities. It enables you to make informed choices about the support you receive. It is designed to make sure that most of the information you'll need is all in one place. Find out more by visiting their website at: <https://localoffer.bedford.gov.uk>

EDUCATIONAL PSYCHOLOGY DROP INS

It is imperative that we can continue to support the wellbeing of parents and children/ young people so the Educational Psychology team (EP team) are holding daily virtual drop ins for parents so they can access advice from an EP throughout the school closure periods. The drop ins will commence **Monday 11th January from 9am – 11am** and will run daily. To book a 30 minute slot, email school.support@bedford.gov.uk detailing students name, telephone number, child's school and a brief description of query/advice needed.

PARENT/ CARER FORUM

You are welcome to book onto any of the free virtual events offered by Parent/ Carer Forum. Please email: communications@bbpcf.org.uk to book your place or call 07943524553.

COVID SOCIAL STORIES

Please do not hesitate to contact Mrs Bonforte or Mrs Shorey for more information on the COVID Testing at Wixams Academy and the social stories we have in place to support our SEND learners.

ENRICHMENT WIXAMS ACADEMY BAKE OFF

We are running a Wixams Bake Off Competition for all year groups to take part in. I have attached a poster that can be shared to social media and added to the newsletter. This is from all Heads of Year.

The theme is Valentines. There will be a winner from each year group and then an overall winner for the whole school. We will add the details to Show my Homework for students and the last date for entries is Wednesday 10th February, with winners announced on 12th.

Pictures of your Valentines cakes can be emailed to your Head of Year and this will be taken as entry to the competition. Don't forget to tag @WixamsAcademy on Facebook and Twitter too!

Year 7 – cstacey@wixamsacademy.co.uk

Year 8 – hstack@wixamsacademy.co.uk

Year 9 – cmountain@wixamsacademy.co.uk

Year 10 – amaddox@wixamsacademy.co.uk

PE RECOMMENDS...

NETFLIX	BBC iPlayer	4	prime video	YouTube
01: The English Game <i>History of football</i>	01: Driven: The Billy Monger Story Documentary: Injury in Sport (BBC)		01: The Class of 92' (YouTube) Documentary following 6 High Profile Manchester United Players.	
02: The Game changers Nutrition	02: Free Solo (All 4) Documentary: Climbing		02: Andy Murray: Resurfacing (Amazon Prime) Sport and Injury.	
03: The Dawn Wall Documentary: Free Climbing	03: Jürgen Klöpp: Germany's Greatest Export (Channel 4) Documentary		03: The Man with the Halo (YouTube) Adversity in Sport	
04: Icarus (15) Doping in Sport	04: Over the Edge (Channel 4) Documentary: Base Jumping		04: Tom Daly: Diving for Gold	
05: Supersize Me Balanced Diet	05: Lance (BBC) – Contains Strong language. Doping in cycling			
06: Coach Carter (PG-13) Basketball Coaching				01: The Science of Sport Podcast: 02: The High Performance Podcast



BOARDING PASSES

As we can't travel at the moment Miss Kelly from our Humanities Department has made the students boarding passes to visit various destinations and take a flight over the area. click on the image of the boarding pass below to visit somewhere new from the safety of your home.



YEAR UPDATES

YEAR 7

Well done to all of you for being so resilient with the online learning. I know many of you are missing your friends and we are missing seeing you all in school. The snowman pictures I received were fantastic and the cakes for the bake off competition are looking delicious.

It has been great to see some of you virtually for our quick catch ups and hear how you all are and what you are looking forward to when lockdown has finished. If you need any support at all then please do let me know or do check in with your form tutor at 3.10pm every day for form time.

Wellbeing is super important at all times and even more so now, so here are a few tips: Remember to take some time away from your screens when lessons are finished. Get outside, the natural light is good for your wellbeing and helps with getting a good night's sleep. Look forward and plan something nice for when lockdown is over. What will be the first thing you do? Be kind. Random acts of kindness are not just great for your wellbeing but for those around you too. What can you do to be kind?

Take care of yourselves and have a lovely half term break.

Miss Stacey

YEAR 8

A huge well done to all of Year 8 for engaging in their live lessons and for continuing to work so hard.

If you have not already done so, please take a look at the Wixams Academy Facebook page for some wellbeing and self-care activities to support your emotional and mental well-being.

Keep doing the best you can and please let me know if there is anything you need support with.

I am extremely proud of all of you.

Miss Stack

YEAR 9

A massive well done to all of Year 9 for the amazing start you have made on your GCSE'S. You are all working so hard and demonstrating such perseverance and dedication to learn even in these difficult times. I have had numerous comments from staff telling me how amazing you all are and what a great start you have made in their subjects. I know it is not easy but I really am proud of you. Keep up the amazing work!

I must also give a special mention to Daisy N who gave up 16hrs of her own time and supported with getting 1400 over 80's vaccinated at a doctors surgery. We are all super proud of you Daisy, you truly are inspirational and your community spirit is amazing.

Here at the Academy we are all missing you and cannot wait to have you all back. To all of Year 9 students and parents please remember I am still here and I can be contacted during school hours via email or by calling the school.

Mrs Mountain



YEAR 10

I would like to take this opportunity to say a huge well done to you all for your positivity and hard work so far this half term. It hasn't been the start of the year that we had planned but you have once again adapted and shown great maturity towards your lessons. I am so proud of how hard you are all working and it is lovely to hear all of the amazing feedback I get from your teachers. Keep up the hard work and effort!

I am beginning to receive some great entries in to the Bake Off competition, I would love to have some more. This is your opportunity to let your creative side shine, so get baking!

I would also like to remind you to look after your wellbeing and take time for yourselves, it is so important that you have time to relax and do some things that you enjoy to prevent you from feeling overwhelmed.

If you are feeling overwhelmed try some of the strategies below and remember if you need any help or support I am here for you.

Keep being amazing!

Take care

Mrs Maddox

5 things to try if you're feeling overwhelmed

- 1 Stop and take a breath**
It's tempting to carry on just so we can get things done, but actually pausing, taking a break and a deep breath helps relax and calm us down.
- 2 Talk about it**
We all get overwhelmed sometimes. Talking it out, asking someone for help and telling them how we feel makes us feel like we are not on our own.
- 3 Take a step back**
Write a list of things that feel overwhelming. What can you put on hold, cut back on or drop altogether? Problem-solving helps us feel more in control.
- 4 Break things down**
Overwhelm can come from too much future thinking. For the things on your list that you can't put on hold, try breaking them down into the next step, the next decision, the next moment, and problems will feel easier to manage.
- 5 Do things you enjoy**
Focus on activities that fill your emotional energy up and make you feel joyful: exercise, art, music and connecting with your friends. Even small things, for short bursts of time, can make a big difference.





Tel: **01234 608950**

Email: **info@wixamsacademy.co.uk**

Web: **www.wixamsacademy.co.uk**

 wixamsacademy |  wixamsacademy

WIXAMS ACADEMY NEWSLETTER • FEBRUARY 2021

