



LYNCH HILL ENTERPRISE ACADEMY

Week 1

16th May 2022

LHEA Weekly Parent Newsletter

Welcome to this week's newsletter. The sun certainly shone for the Duke of Edinburgh expedition last weekend and I want to congratulate all of the students that took part and successfully navigated their way through the wilds of Buckinghamshire and also say a massive thank you to all of the staff, expertly led by Mrs Tate-Harratt who happily gave up their time, half of their weekend and most of a night's sleep to ensure that the students were safe and enjoyed their trip.

Year 11 start their formal GCSE exam period on Monday so I would like to publicly wish them and their parents a successful exam period.

Finally – an addition to the school calendar. You will be aware that there is an extra bank holiday this May to celebrate the Queen's Platinum Jubilee. Schools have been asked to identify a day when the school will close to ensure that school staff are able to benefit from the bank holiday which falls in half term. That day will be Friday July 1st for us so please make this note in your diaries that school will be closed on that day.

Chris Thomas
Headteacher

Attendance Matters

If your child is absent from school, please contact the Attendance Officer by email via attendance@lhea.org.uk or leave a voicemail with your child's name, form group and reason for absence on 01753 691583

Attendance really does matter. Although we fully appreciate there are times when absence is unavoidable due to ill health, just look at how absences add up and how many essential lessons can be missed.

100%	0 Days	0 Lessons missed
99%	1 Day	5 Lessons missed
98%	3 Days	15 Lessons missed
97%	1 Week	25 Lessons missed
96%	1.5 weeks	35 Lessons missed
94%	2 Weeks	50 Lessons missed
93%	2.5 Weeks	65 Lessons missed
92%	3 Weeks	75 Lessons missed
90%	3.5 Weeks	90 Lessons missed

Year 8 Parents' Evening

Year 8 Parents' Evening, which was held on Thursday 5th May, was a great success with a high turnout of around 82%.

The Year 11 prefects were exemplary throughout the night, with parents and students impressed by their conduct throughout the evening.

Mrs Ahmad would like to give a special mention to the below prefects, who received a good bag for their assistance:

Bethany G	Kiran J	Tia L
Ysabella S	Muhmammed L	Muneeb R
Fezahn K		

Thank you to those who attended the evening.

Golden ticket draw winners – for good citizenship



Each member of staff hands out 6 golden tickets a day for good citizenship.

The students put their tickets into the golden box for the drawer which takes place each week.

Congratulations to our winners this week:

- Princess Petterson- Year 10
- Amar Omar- Year 8

Achievement Focus-Year 10

This week’s focus is on Year 10, looking at their achievements and attendance awards.

Tutor Group Highest Attendance

Congratulations to 10 Turing!

1 st	Turing	93.1%
2 nd	Tesla	90.8%
3 rd	Curie	90.1%

Standout Student-Year 10

Miss Vohra has given a special mention to Sidhra Khodabocus.

Sidhra is kind, polite and conscientious young lady. She has made significant progress throughout Year 10 and is always ready, responsible and respectful. She has also achieved 12 achievement points and 0 behaviour points.

Well done Sidhra!

Highest Conduct Data

Congratulations to 10 Tesla!

1 st	Tesla	3608
2 nd	Turing	2788
3 rd	Da Vinci	2215

The below students have been awarded as form tutees due to their outstanding efforts and attitude during tutor time, as well as in lessons. Throughout school life they display exemplary behaviour.

Form Group	Student
Curie	Aariz W
Da Vinci	Layla A
Einstein	Jamil A
Jobs	Karpal S
Tesla	Anthea G
Turing	Candice A

Careers & Enterprise- Year 7 SEGRO Future Workshop

On Friday 6th May all Year 7 students participated in the SEGRO Future workshop. The SEGRO Schools Programme as a whole aims to provide hands-on, interactive fun, employer-led activities for students that will:

- Inspire young people about careers and opportunities on the Slough Trading Estate.
- Provide employability skills training in an engaging way to help young people develop a toolkit of skills.
- Motivate young people in Slough to reach their full potential.

The workshop was a great success, with students engaged in learning about the essential skills required for the working world as well as having an opportunity to ask questions to the guest speakers.



Careers & Enterprise

The working world is evolving constantly and below are some useful links to keep up to date with the local and national **Labour Market Information** & information on different Business sectors.

[People | TVB Intelligence](https://www.tvbintelligence.co.uk) : <https://www.tvbintelligence.co.uk>

ElavateMe//Slough : <http://slough.elevateme.org.uk>

Education Mental Health Practitioners – Mental Health Support Team

We are Perez & Evie the new trainee Education Mental Health Practitioners (EMHPs) in the Mental Health Support Team (MHST) in Slough.

We will be working with Lynch Hill Enterprise Academy, to promote student and staff wellbeing and improve access to Mental Health support.

We can support students at LHEA with emerging, and mild to moderate Mental Health difficulties, which may be affecting their day-to-day life.

We can help children and young people with:

- Managing worries/anxiety
- Low mood/depression
- Problem Solving
- Difficulties with Emotions
- Sleep Hygiene

We are hoping to attend parents' evenings to meet some of you! In the meantime, if you would like more information on what we do, how we do it, or how to make a referral, please read the information below.

All the best,

Perez & Evie



Trainee Education Mental
Health Practitioner
Ricardo Nieto-Perez



Trainee Education Mental
Health Practitioner
Evie Brooks

Worries and mood changes are normal in us all but sometimes we need some support to help us through difficulties. We are here to help you directly or put you in touch with people who can support you further.

Self Help apps (free)



Calm Harm
www.calmharm.co.uk



distrACT
www.nhs.uk/apps-library/distract



MeeTwo
www.nhs.uk/apps-library/meetwo



Kooth
www.kooth.com/



Scan code or visit us at
<https://cypf.berkshirehealthcare.nhs.uk/mhst>

This leaflet has been adapted from Burton and Uttroter MHST, Midlands Partnership NHS Foundation Trust with kind permission.

BHP090 CYPF 07.12.20 v1.0 - Getting Help Slough Secondary School

How to get support

If you are having suicidal thoughts or extreme mental health difficulties and need to talk to someone now, you can contact our mental health support team by calling 0300 365 1234.

Self-referral

Self-refer by sending an email request for a referral form to:
CAMHSGettingHelpEast@berkshire.nhs.uk

or call the Mental Health Support Team on 0300 365 0123

Your School Contact

Contact the Mental Health Lead in school and request a referral to the Mental Health Support Team

By post

Request a referral form by writing to:

CAMHS Getting Help East Service
Fir Tree House
Upton Hospital
Albert Street
Slough, SL1 2BJ



Slough
Borough Council



MHST
Mental Health Support Team



NHS
East Berkshire
Clinical Commissioning Group

NHS
Berkshire Healthcare
Children, Young People and
Families services

Mental Health Support Team

in your Secondary School



Email: CAMHSGettingHelpEast@berkshire.nhs.uk

Who are we?

Mental Health Support Team (MHST) offers support to children and young people with emerging, mild or moderate mental health difficulties which may be affecting day to day life.

The MHST is a new initiative and the service is being offered to 14 participating schools in Slough.

We offer selected schools:

- Interventions to support young people with mild to moderate mental health difficulties
- Surgeries for staff
- Mental Health Network meetings
- Staff training and support schools to have more of a focus on emotional wellbeing and mental health
- Peer mentoring
- Online access to resources and peer support on emotional wellbeing and mental health for parents/carers and professionals via digital platforms called SHaRON

We also work with school staff supporting them to have a greater focus on emotional health and wellbeing in the various aspects of school life.

The team consists of:

- Team Lead
- Educational Mental Health Practitioners (EMHPs)
- Cognitive Behaviour Therapy (CBT) Therapist / Clinical Supervisor
- Senior Clinical Psychologist
- Administrator

Ways we can support you

- Managing worries
- Low mood/depression
- Exam concerns
- Difficulties with emotions
- Anxiety
- Sleep hygiene
- Problem solving



Our interventions

We offer varied support including the following interventions:

- Brief Behavioural Activation Therapy
- Graded Exposure
- Worry Management

These interventions are informed by Cognitive Behavioural Therapy (CBT) principles. They are also 'evidence based' which means research has found them to be highly successful amongst young people.



Uniform reminder

- Hoodies are not allowed at any point during the school day. This includes for PE lessons. They should be removed on arrival
- Coats are not allowed to be worn in the building
- Blazers must be worn at all times
- School Jumpers are now optional, due to the warmer weather.

If you have any items of uniform that are too small for your children but are still in good condition, please donate these by bringing into the main reception.

Second hand uniform is also available for parents that might need it, so please email office@lhea.org.uk and we will help if we have the sizes.

PE Kit

Wearing PE kit to school on PE days has been a huge success in extending teaching time for PE but too many students are choosing not to wear the correct PE kit.

The school has a set PE kit with plain black tracksuit trousers or sport leggings as the only alternative. Branded tracksuits are not permitted and any girl choosing to wear leggings must wear a pair of shorts or a skort over the top.

Jewellery

Jewellery guidelines are clear - Nose studs and nose rings are not allowed. Clear retainers can be worn instead and will be given to students as an alternative as may a plaster. The expectation is that the piercing will be removed or covered whilst in school

Mobile Phones

Students are not allowed to use their mobile phones at any point during the school day. Any contact with home should be through the school reception.

Parking at the end of the day

Can I please request that you park in a considerate manner at the end of the school day. There is ample parking available next to the school in the football ground car park. Parking on the grass verges, pavements etc. creates a serious safety risk to the students as they leave school.

Squid & Weduc

Squid is our online payment system and Weduc is how we send messages home. Please ensure that you have signed up for both. New passwords can be requested via reception.

KEY INFORMATION

LYNCH HILL ENTERPRISE ACADEMY



Term Dates/Events	
Monday 23 rd May	Year 10 Learning to Work Gatsby Programme Work Experience
Tuesday 24 th May	Year 9 HPV Immunisations
Thursday 26 th May –Saturday 28 th May	Year 9 & Year 10 Bronze & Silver DofE Expeditions
Monday 30th May- Friday 3rd June	Half Term
Tuesday 7 th June	Year 10 Learning to Work Gatsby Programme: Work Experience De-brief
Thursday 23 rd June	Sports Day
Thursday 30th June	Staff Training Day
Friday 1st July	Jubilee Bank Holiday
Monday 4 th July–Friday 15 th July	Year 10 Learning to Work IAG Future Focus individual meetings
Friday 8 th July	Mufti Day –Slough Food Bank
Friday 8 th July-10 th July	Year 9 Options confirmed Year 9 & 10 DofE Expedition

KEY INFORMATION

LYNCH HILL ENTERPRISE ACADEMY



Term Dates/Events

Thursday 14th July

Thorpe Park Rewards Trip

Year 10 Tutor Evening

Tuesday 19th July

Last day of term -1pm finish

Term Dates 2022-23

Thursday 1st September

Staff Training Day

Friday 2nd September

Staff Training Day

Monday 5th September

Students start

Monday 24th October to Friday 4th November

Half Term

Monday 7th November

Students return

Friday 16th December

Term ends

Wednesday 4th January 2023

Students return

KEY INFORMATION

LYNCH HILL ENTERPRISE ACADEMY



Term Dates/Events	
Friday 10 th February 2023	Staff Training Day
Monday 13 th February to Friday 17 th February 2023	Half Term
Friday 31 st March	Term ends
Monday 3 rd April to Friday 14 th April	Easter Holidays
Monday 17 th April 2023	Students return
Monday 29 th May to Friday 2 nd June 2023	Half term
Monday 5 th June 2023	Students return
Friday 21 st July	Term ends

KEY INFORMATION

LYNCH HILL ENTERPRISE ACADEMY



Reminders

Nut free school

A reminder that we are a nut free school, so please ensure that no items containing nuts are sent in with students.

Lost Property

There are a number of items at Student Services which need to be collected. If your child is missing a particular item, please ask them to check with the Student Receptionist.

Cereal Boxes

Please continue to collect and send in any spare empty cereal boxes to school for our DT department. We are very grateful for any donations received.