



THE HASTINGS ACADEMY

Weekly Newsletter

Our Vision

"Nurturing within our community; aspiration, self-worth, courage, a respect for learning, the drive for a successful personal and collective future and the desire for all to achieve and prosper."

Dear Parents and Carers

Welcome to our weekly newsletter.

I certainly hope you have all had a very good week and were able to find a balance between your busy working day and time to enjoy the brilliant weather we have had, this week (bar the 25,000 bolts of lightning on Wednesday night and today's downpour..)

Monday heralded the last 'normal' day for our lovely Year 11 students. Mr Sadler led their last assembly, supported by their Year 11 form tutors, as he walked them through their final preparations before they embarked on the GCSE examinations window.

I am sure, like me, you awoke on Monday to the news of a lack of national examination invigilators, which is rightly a worry for many schools. However, I am very pleased to advise that on Monday whilst our Year 11s were listening to Mr Sadler, Mr Wilson, our Exams Officer, was holding a meeting with our dedicated invigilators and talking them through all expectations. I send thanks and praise to the committed staff who are professional and caring, having watched them throughout the week, support the Year 11s as they enter each examination.

Praise, too, to our Year 11s who rose to the occasion, behaved with maturity and followed all requests relating to examination expectations. Even now, after all these years since I sat my own O levels (proving how long ago that was), watching our students file into the exam hall filled me with my own anxiety and our hearts went out to our students as we wished them every success.

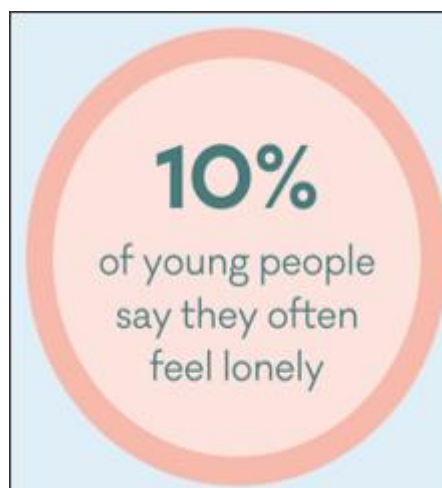
It is always so good to see them emerge from the hall and once exited, talking animatedly about how good they felt about the questions. Therefore, do ensure that you encourage your child to attend the revision sessions, before and after school, for it could be that one golden nugget of learnt information that was referred to just before the exam, that is the key to a successful answer and a confident candidate.

It has certainly felt as if summer has arrived, this week and we all can but hope it remains as bright, for we know the positive impact good weather has on our mental health and welfare. Our Year 11s have a long haul before they complete their time with us, therefore, their welfare is of great importance to us all. As is the mental health of all our community.

Mr Wall presented an assembly, last week, on this very subject as you may be aware that Mental Health Week is a nationally recognised event. However, at the academy, we focus on this as part of our daily work with the children, but it is always good to remind us all, why we need to care for our mental health. This year's theme is 'Loneliness'



Mr Wall advised that our mental health can change due to factors that impact on our personal life, throughout our lives and that it is okay to let people know that you are being impacted. This is important as the latest statistics show that 1 in 6 young people between the ages of 6-15 years suffer from mental health concerns.



Loneliness can be described in many ways, including feeling that we do not have meaningful relationships around us. Feelings of loneliness can come and go, dependent on our life circumstances, but when it starts to impact on our mental health, everyone must talk to someone about it, to avoid feelings of isolation exacerbating.



There are many impacts of loneliness, which is why talking to someone and knowing it is 'okay' to talk about how you are feeling, is so important.

Long-term experiences of loneliness can increase the risk of:

- Low mood
- Low self-esteem
- Poor sleep
- Increased anxiety
- Increased stress

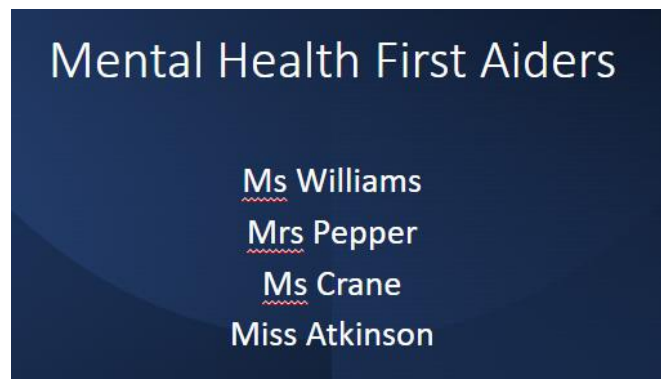
Ways of enabling loneliness to be beaten were shared, from joining clubs, writing diaries, taking up a hobby, walking in the sunshine and listening to music. These being only some of the ways we can all improve our mental health. Doing something positive and kind to the world and the people within it, were popular ideas, for we all know that by just being nice to someone can make the world of difference.



Mr Wall reminded the students of the ways in which they can contact someone should they feel really down and that support will be provided.



He also made them aware of our staff who are trained mental health first aiders.



Thanks go to Mr Wall for this very sensitively presented assembly, where no matter our age, we can always learn more about ourselves and how to better care for our thoughts and feelings.

Mr Senior was leading the assembly, this week, after his numerous successful Duke of Edinburgh Award trips, with our students, Mr Mellish and Ms McCallum. Whilst watching a rolling PowerPoint of the students on their different trips and the brilliant, life-affirming experiences held within them, Mr Senior explained to the students the DoE programme. It does take commitment from students, it does mean some written work has to be committed and that you will get wet, muddy, cold, very tired, but absolutely elated at the same time and when you complete your course, successful, with a life-long award.

Part of the DoE is community, voluntary/fund-raising based and further to the positive impact on our mental health of being outdoors and communing with nature, the volunteering element of this course has found our students engaging in a crisp-packet collecting fest. Why crisp packets, I hear you ask. This because the DoE students are going to collect them to learn how this waste can be recycled and made into sleeping bags! Yes! Sleeping bags! And this week, the students were shown exactly how this happens. I can imagine that after this, the DoE students will never view an empty crisp bag as waste and that can only be a very good thing in many ways...

D of E Crisp packet project workshop

On Wednesday, the Year 9 D of E students took part in a workshop run by Pen and Adi from the Crisp packet project, where they learnt how to make survival items from recycled crisp packets.

Part of the Duke of Edinburgh award involves a period of voluntary work, which impacts positively on the local community. We will be running an after school session each week to enable D of E students to come along and help make sleeping bags, survival blankets, pillows, rain ponchos and sleeping mats which will be handed out to homeless people. Well done to all who took part.

Mrs McCallum

The Year 9 students are now making survival kit for the homeless but we are in need of irons to fuse the crisp packets together.

If you have an old iron at home, we would be very happy to take it off your hands.



D of E Expedition

Following several practice days Mr Senior and I finally took the Year 11 D of E students out for their 2-day expedition last week.

On Wednesday, we left the Academy and headed off to Southease, near Lewes, to start the 2-day trek along the South Downs Way. Students were carrying everything that they would need for the hike and the overnight camp in Alfriston, which made for some fairly weighty rucksacks.

We were met at the start by our D of E Expedition assessor who was there to ensure that all 20 conditions of the expedition were met and that students were safe and competent to undertake the expedition. Wednesday was a grey and over cast day with a smattering of rain – perfect hiking conditions and the students made good time, hitting the check-points at the correct times and working as a team in support of each other.

Students arrived at Alfriston Campsite where the assessor watched them pitch tents and then sat and had a chat with them about their map-reading skills and aspects of camp-craft. After cooking dinner on camp stoves, the group settled down to an evening of card games and chat as phones are strictly only allowed to be used for emergency whilst students are on expedition and were wrapped and taped up in the bottom of rucksacks.



Thursday was clear and sunny with a lovely cooling breeze and students set off for their second day of hiking half an hour ahead of schedule. Once again, they made good pace, despite the heat and tired legs, consistently hitting the check points on time which very much impressed the assessor.



There are some very long and quite steep inclines along the route from Alfriston to Eastbourne and I think that they were all quite relieved to reach the end point. The assessor gave them some feedback, he was very impressed with their pacing, camp-craft and team work, and informed them that they had all successfully completed the expedition section.

This is the first of our D of E groups to complete the expedition and achieve all the qualifying sections of the award. Mr Senior and I are enormously proud of the group who have worked hard to develop and refine their skills, challenging themselves and supporting each other throughout. They are excellent role models for the two D of E groups who will follow in their footsteps (quite literally!) and we are already planning the preparation trips for them – a Year 10 group residential trip to Snowdonia in July and further day trips for the Year 9 group.

A huge and heartfelt congratulations to Ty Howell, Danielle-Marie Hardcastle, Aimee Wareham, Felix Herriot and Sam Morris –Segal, you are our D of E trailblazers!



Design & Technology needs OSB...

In a recent article, we showed that Year 10 students are building an Arts & Crafts style side table. They will soon make the table tops. To give it a modern twist we would like for them to make the table tops from OSB (oriented strand board) also known as Sterling board. This sheet material is often used in the building trade for temporary purposes and is a cheaper alternative to plywood. But, as with most timber products, this has recently gone up in price tremendously.

If you are in the trade or know someone, please can you contact us if you have sheets or off-cuts going spare? The table tops will be 18" or 457 mm in diameter so we need pieces that size or larger, 11 or 18 mm thick. We can collect large amounts in the local area. Please contact myself at the school. r.smout@thehastingsacademy.org.uk



TRASH TO TREASURE



The Design & Technology department needs your bottle tops. We are developing a project where we recycle plastic bottle tops by melting them and making a sheet of plastic from them. This sheet of plastic can then be used to make coasters, key fobs, cups or ...

For this, we need (clean) bottle tops marked on the inside with the number 2, usually inside a triangle. This material is called HDPE, High-Density Polyethylene, and can be turned into all kinds of fantastic products. Just have a look here: <https://preciousplastic.com/solutions/products.html>

Please drop off your bottle tops at reception. I save mine up in an empty milk jug. Thank you!

Mr R. Smout, Head of Design & Technology



Fundraising – The Ukraine Appeal 'Pie the Staff Member' 13.05.22



Fundraising – The Ukraine Appeal

In East hill this week, we want to thank you all for your hard work and for all that you do to 'give back'.

Last week, East Hill students organised and ran a fantastic event in break 1 where we held a cake sale and Mario cart tournaments. We were delighted to raise £168 which we are now able to donate to help Ukraine!

We have also been collecting empty crisp packets, to use in a project where they will be transformed into thermal blankets for the homeless. We received praise for this as our collection box was bursting at the seams full of them!

These efforts do not go unnoticed, and mean so much! Once again thank you all!

Keep it up East hill!

Mrs Reed, Head of East Hill



Be ahead of the Game!



Join the MFL breakfast club

- **French:** everyday 8am
- **Spanish:** every Tuesday, Wednesday and Thursday



Speaking practice over breakfast! In Silverhill

Miss Sage (s.sage@thehastingsacademy.org.uk)
Mr Régereau (s.Regereau@thehastingsacademy.org.uk)

Year 11 – Mr Sadler, Assistant Principal

Well done to all of our Year 11 students on week one of their exams. The commitment and dedication to their studies has been evident throughout the week. Please find below our key information and dates and also the plan for next week.

Key Information

- Revision focus in timetabled lessons – Yr 11 attend their full timetable
- Breakfast revision sessions from 7.45am on day of exam with breakfast snacks in Atrium
- Identified revision sessions for subjects during school day period 3 and 4
- After school revision from 3pm for next day exams

Key Dates

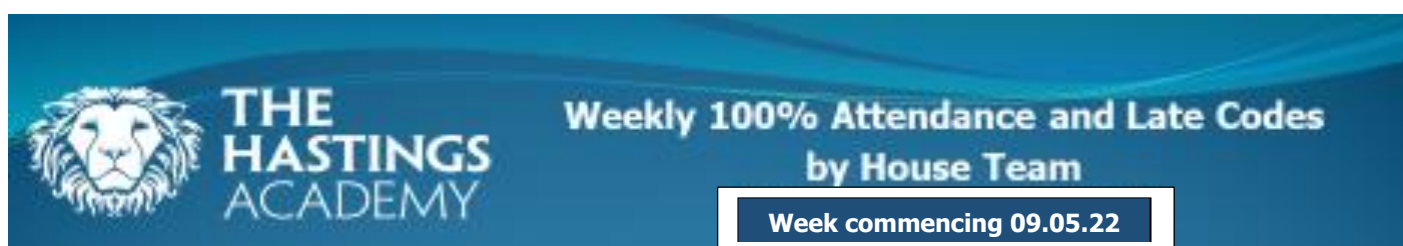
- Friday 27th May - Yr 11 Well Being finish - 12.35pm. (Independent Revision available)
- May Half Term Revision Sessions - Mon 30th, Tues 31st May & Weds 1st June
- Mon 6th June (INSET Day) – Revision sessions 1.30-4pm –(Maths & Geography)
- Fri 10th June - last day of full Yr 11 timetable
- Mon 13th - Thurs 23rd June Yr 11 Students only attend for Exams and Revision sessions
- Thurs 23rd June 11.30am – Year 11 Leavers Assembly
- Prom - Tues 28th June - Leeford Place Hotel
- Results Day – Thursday 25th August

[illegible]

Attendance

Arrival after the close of registration is an unauthorised absence. Regular attendance, which includes punctuality, is not only an important educational requirement but is also a **legal requirement**.

Our Academy day starts at 08:50, ***where all pupils must register with their form tutor promptly at this time.*** This register closes at 09:20, where pupils will then be classed as late after the close of register (unauthorised absence). Pupils who arrive late not only disrupt their education but also the education of others. Therefore, in bringing this to your attention we hope you will do everything possible to improve your child's punctuality and contact us if there are any issues you would wish to discuss.



Week commencing: 09.05.22			
House Team	Lates Before Close of Reg	Lates After Close of Reg	100% Attendance by House Team
Silverhill	32	3	61.7%
West Hill	29	8	62.0%
East Hill	36	7	56.5%
Firehills	27	9	59.6%
Totals:	124	27	59.7%

REPORT STUDENT ABSENCE (01424 711950 OPTION 2) OR VIA EMAIL BELOW

All absences should be reported by 8:45am on each day of the student's absence.

Attendance mailbox: tha.attendance@thehastingsacademy.org.uk - please leave your child's name, House Team, Year Group and reason for absence.

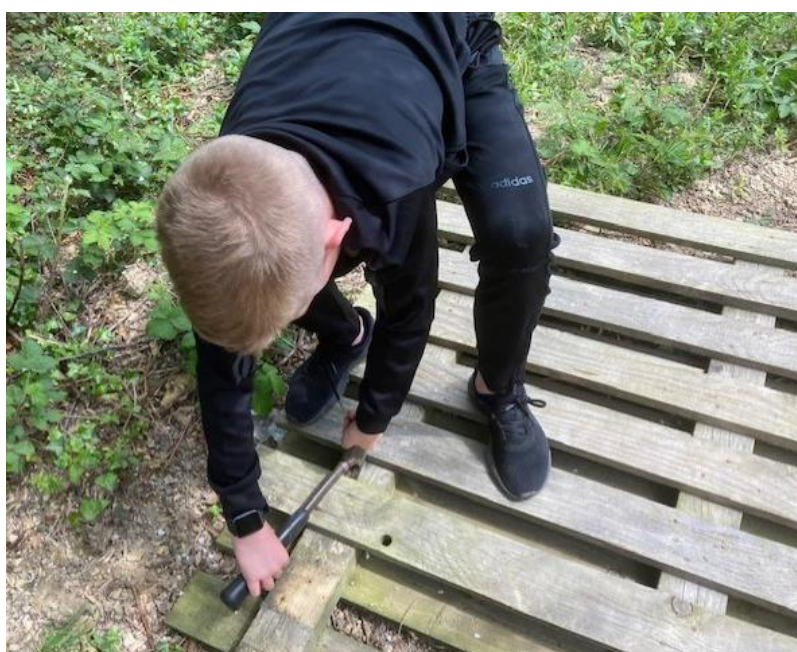
Medical evidence must be handed in on return to the academy to your child's Tutor, Student Support Manager or sent to the attendance mailbox as above, stating medical evidence and name of child.

Spotlight on...



Students have been busy in Forest School, taking pallets apart ready to build planters and camps and mixing bird seed and lard to fill our bird feeders.

Still some time for some creative fun, making models of vegetables and insects with play dough and collecting pine cones to make pictures of wild life and trees in the woods.



Forest School



Many thanks go, again, to our pastoral staff, our team of willing staff victims and mostly our students for their generosity, last Friday, which raised so much money for Ukraine. It is so good to see the academy community come together, raise money and have some well-deserved fun.

Praise, at the end of this week, must go to our Year 11s who have been inspiring with how they have presented themselves and their positive attitude, all the way to when they leave us to enter the exam hall. Many exams were completed, this week, but we still have more to work through, therefore, ensure your children give themselves some rest time, they need it and they deserve it.

However, please ensure your Year 11 child enters the academy in good time and in their correct uniform (examination requirement) and please encourage them to maintain that total focus, too. Support them to attend the before and after school revision sessions, where last minute nerves are calmed.

I think we may all be lucky with the weather, at the weekend, for although we know we very much need the rain, it is not welcome at our time of leisure. May you enjoy yours, keep well and we look forward to re-joining you on Monday.

Kindest regards

Hilary Morawska

Hilary Morawska
Principal

new.eastsussex.gov.uk/libraries



MANAGING ANXIETY

A workshop for 11 to 16 year olds

If you're aged **11 to 16** and would like to learn more about anxiety then this workshop is for you!

The workshop will help you understand the thoughts that make you feel anxious and learn techniques to help you manage anxiety in your everyday life.

Saturday 21 May, 10am-12pm

Hastings Library



This is a **FREE** event
Booking essential
Visit new.eastsussex.gov.uk/libraries to book
or enquire at the desk



2021-22 169

#TEAM304 ARE RECRUITING NOW!

Open day Saturday 18th June 11:00 - 15:00

**Are you between 12-17 and looking to expand
your Horizons, then the Air Cadets is for you!**



EMAIL US FOR MORE INFO
oc.304@rafac.mod.gov.uk