



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."

THESE PRESTIGIOUS ROLES ARE OPEN FOR APPLICATION TO ALL WHO FIT THESE CRITERIA AND ARE IN THE CURRENT YEAR 10.

DO YOU HAVE A DESIRE TO MAKE A POSITIVE CONTRIBUTION TO YOUR ACADEMY WHILST DEVELOPING LEADERSHIP SKILLS AND OTHER QUALITIES VALUED BY COLLEGES, UNIVERSITIES AND EMPLOYERS?

CAN YOU ACT AS AN AMBASSADOR FOR THE ACADEMY AND BE A POSITIVE ROLE MODEL FOR ALL STUDENTS?

WOULD YOU ENJOY LEADING ON ISSUES THAT AFFECT YOU, SUCH AS TEACHING AND LEARNING OR CHARITIES AND EVENTS?

APPLY NOW!

TO APPLY, YOU MUST PROVIDE A FORMAL LETTER OF APPLICATION, ADDRESSED TO THE PRINCIPAL, MS MORAWSKA BY...

MON 20TH JUNE

FURTHER DETAILS OF THE ROLE DESCRIPTION AND APPLICATION PROCESS CAN BE OBTAINED FROM YOUR PASTORAL OFFICE.

Senior Student Applications

Applications for the roles of our Head Students and Senior Students for 2022/23 are still open. These roles are open to Year 10 students who have a record of excellent behaviour, attendance, punctuality and uniform, and can demonstrate a commitment to the academy.

To apply, students must write a formal letter of application, addressed to the Principal, Ms Morawska, outlining why they wish to apply and what they can bring to the role.

The deadline for applications is **Monday 20th June**.

More information can be obtained from the pastoral offices, including role descriptions and an outline of what to include in the application.

Mr Wall, Assistant Principal

Uniform

A number of students and parents have asked us if shorts will be allowed as part of the academy uniform during the summer term. Previously, shorts have not been part of the uniform policy and have not been allowed at any time of the year. We do, however, place great importance on Student Voice and so invited all students to share their views on incorporating shorts into our uniform policy and we found an overwhelming desire for students to be given the option of wearing them. Some very fair and interesting points were made and put across passionately and eloquently.

Consequently, we are now in the process of sourcing an appropriate pair of smart, tailored shorts that will be made available for purchase as an option for all students. When this process has been completed, we will make students and parents aware and inform everyone when shorts can be worn. In the meantime, students should continue to wear either trousers or skirts and refrain from wearing shorts until we communicate the change and we would appreciate the support of our parents & carers for students to attend in full uniform throughout the rest of the academic year.

School jumpers are an optional part of our uniform, therefore we do encourage our students on warm days to remove their jumpers, but to always ensure their blazer is worn upon entry to the academy

Mr Wall - Assistant Principal

Progress Reports

We will be publishing Progress Reports during next week for Years 7-10, they will be sent to your registered home address via the postal service. Please take time to go through the report with your child(ren) and identify areas of praise and areas for improvement.

The Year 10 reports include current assessment of each of the subjects your child studies, assessing both their current Working At Grade (WAG), as well as their Progress Indicator (PI) and End of Year 11 Targets. Assessments are provided for each of the subjects studied.

The report also provides an assessment of Attitude to Learning.

The Year 7,8 & 9 reports include Progress Indicators and an assessment of Attitude to Learning. The expectations are that a student will make progress through the academic year and meet the expectations of the subject or be above by the end of the Year. Students in Year 9 who are meeting expectations by the end of the end of the Academic year are 'learning ready' for their GCSE/Btec courses.

We will be following up the Progress Reports with end of Year Assessments. Students in years 7,8 & 9 will be completing end of year 'in class' assessments and year 10 will be completing examinations (in preparations for their Yr 11 Mocks and GCSE's). We will be reporting this information at the end of the Term.

Mr Sadler - Assistant Principal

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.

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.

Punctuality Drive - Term 6

Late Swoops will be carried out by our County colleagues this term:

In our endeavour to work with our parents and carers and encourage attendance to the academy and prompt attendance upon arrival, we work closely with our County colleagues from ESBAS whose remit is to support schools to improve attendance. As I am sure you will agree, being prompt to the academy, lessons, appointments and social events is part of life and presents the skills of being planned and responsible. The outcomes of being late are rarely positive and, therefore, the consequence of being spoken with, during these late swoops, late warning letters will be issued for those students who arrive late with no valid reason, provided by their parents or carers. Thank you for your continued support in ensuring your child arrives to the academy in good time, ready and prepared for their learning.

PERSISTENT ABSENCE - 90% ATTENDANCE OR BELOW

1. When absence becomes a cause for concern, an Attendance Improvement Agreement will be completed and a 'penalty notice warning letter' will be sent to parents/carers
2. Absence will be monitored weekly over a period of 10 academic weeks

If 10 sessions (5 days) of unauthorised lateness or persistent absence are accrued during the 10-week academic period following the 'warning letter', a penalty notice will be submitted to the Legal Interventions Team at East Sussex County Council.

Should a Penalty Notice be issued and your child's attendance declines further OR deemed a cause for concern, a referral to ESBAS (Education Support, Behaviour and Attendance Service) will be submitted for further intervention; in support of improved attendance.

PENALTY NOTICES

The Hastings Academy has legal powers to use penalty notices to address poor attendance and punctuality. The academy may request that a penalty notice is issued where parents/carers appear unwilling to take responsibility for their child's attendance. Below are three circumstances in which penalty notices may be issued:

- Planned, but unauthorised absence, such as holidays during term time;
- Persistent unauthorised lateness;
- Persistent unauthorised absence

Should you like to discuss any attendance barriers, please do not hesitate to contact your child's pastoral team or the academy's Attendance Manager. Contact details can be found on the academy's website: <https://www.thehastingsacademy.org.uk/school-life/attendance-and-punctuality>

Spotlight on...



It has been a productive time in the history department. With year 11 currently sitting their GCSE exams, Mr Evans and Ms Chamberlain have hosted a number of Saturday revision sessions. Fuelled by muffins and pizza some great preparation and revision took place. It was so inspiring to see students taking ownership of their learning and striving to achieve their full potential.

Year 10 History students have begun preparation for their end of year mock exam. They will be sitting a paper on Conflict and Tension, 1918-1939. Emails have been sent home about revision sessions so please encourage your 10's to attend so they can smash the exams!

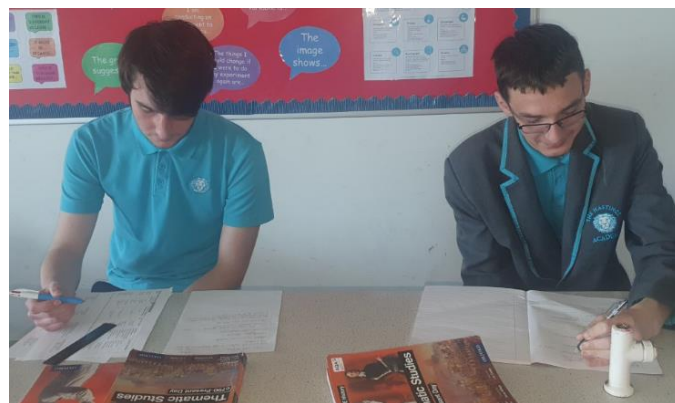
Year 9 are currently studying Conflict in the 20th Century. This term we are focusing on Social and Gender Conflict. Students have just completed an assessment on the impact of WW1 on Women in Britain gaining the right to vote and are moving on to look at the Titanic disaster and what it tells us about class attitudes at the time. Unfortunately, we've had to break it to students we won't be watching the Leonardo DiCaprio film as it is over 3 hours long and not entirely historically accurate.

Year 8 have been investigating the Trans-Atlantic Slave Trade. Students have shown a great deal of maturity and sensitivity with this emotive topic. Students have produced some thoughtful and empathetic extended writing around this theme.

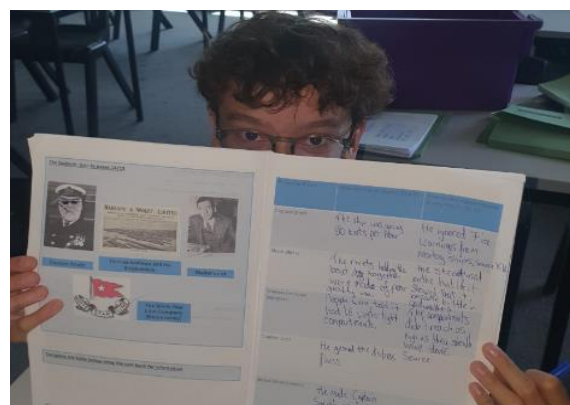
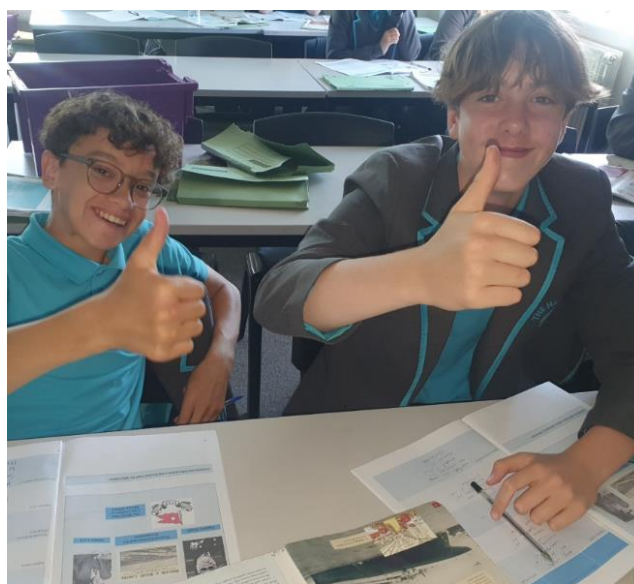
Year 7 have continued with their medieval investigations and are currently looking at the Norman use of castles after the Norman Conquest and the significance of the Crusades. Some great discussions and analysis from Year 7!

Mrs Chamberlain, Teacher of History

Year 11 Revision



Year 9



Year 11 Exams and Revision

We are entering into our final week of Year 11 exams. Thank you to all our Year 11 parents and carers for the support they have been providing for their child(ren). Below is the timetable for the final week of exams and revision, please continue with the support, drive and motivation. We will be holding our year 11 leavers assembly after the final science exam on Thursday 23rd June at 11.35 and very much look forward to the event but with a slight sadness as we say goodbye as we send them on the next stage of their journey.

We will be sending communication about registering contact details to receive receipt of Examination results in the next few days. We are also asking for any Hastings Academy uniform donations to be made which may be supportive of another student at the Academy, we will do a collection for any unwanted uniform on our leavers event.

Exams and Revision

Monday 20th June

Morning - Science - Chemistry 2 (Comb 1hr 10 Triple 1hr 45)

Afternoon - Food Prep - 1Hr 45

Revision session Period 3 & 4 Food & Dance

Tuesday 21st June

Afternoon -Dance - 1Hr 30

Revision session Period 3 & 4 Dance & Music

Wednesday 22nd June

Morning -Music - 1Hr 30

Revision session Period 3 & 4 Science

Thursday 23rd June

Morning -Science - Physics 2 (Comb 1hr 10 Triple 1hr 45)

Leavers Assembly Period 3

WEEK 5 - WEEK BEGINNING MONDAY 20th JUNE							
Monday	20-Jun-22	Chemistry 2	AM	1 Hr 45m	Before School 8am	Period 3 & 4	After School 3pm
		Combined Science		1 Hr 10m	Science & Food	Food & Dance	
		Food Prep	PM	1 Hr 45m			
Tuesday	21-Jun-22				Before School 8am	Period 3 & 4	After School 3pm
		Dance	PM	1 Hr 30m		Dance & Music	
Wednesday	22-Jun-22	Music	AM	1 Hr 30m	Before School 8am	Period 3 & 4	After School 3pm
					Music	Science	
Thursday	23-Jun-22	Physics 2	AM	1 Hr 45m	Before School 8am	Period 3 & 4	
		Combined Science P2		1 Hr 10m	Science	Leavers Assembly	

Key Information

- From Monday 13th June the Year 11 timetable is updated - expectation for Year 11 students is to attend timetabled Exams and timetabled Revision sessions only, home study when not in the Academy.
- Breakfast revision sessions from 7.45am on day of exam with breakfast snacks in Atrium
- Morning Exams arrive by 8.45am - register with Tutors 8.50-9am
- Identified revision sessions for subjects during school day period 3 and 4 11.35-1.35pm- Arrive by 11.15am
- Afternoon exams start from 1.30pm - Arrive by 1pm

Key Dates

- Mon 13th - Thurs 23rd June Yr 11 Students only attend for Exams and Revision sessions (Revision Timetabled Sessions to be published)
- Thurs 23rd June 11.30am – Year 11 Leavers Assembly
- Prom - Tues 28th June - Leeford Place Hotel
- Results Day – Thursday 25th August

Year 10 Examinations – June 2022

We have a focused exam period scheduled for our Year 10 students, which will take place from 24th June until 5th July. Students have received timetables for their exams and guidance and preparation from teaching staff, for these assessments. The examinations will take place under the conditions of public examinations and students will receive guidance on the expectations, this process is part of the steps towards preparing your child for their Yr 11 Pre-Public Exams (Mocks) and working towards next summer's GCSEs. Year 10 exam grades will be made available, from these outcomes, to keep you updated on your child's progress and to help prepare your child for their final year of Key Stage 4 study.

Year 10 Students have an active end to the academic year with involvement in; Exams, College Taster Sessions, careers fair, applications for student leadership and sports day. Key dates are below

21st June – Taster Session East Sussex College - Hastings

12th July – Taster Session Bexhill College

15th July – Careers Fair – The Hastings Academy

A copy of the Year 10 exam timetable is included below and also the link to our exams page on our Academy Website. [The Hastings Academy - Exams](#)

The Hastings Academy		Year 10 PPE - June/July 2022							
Day	Date	Tutor 08:50-09:10	Period 1 09:10 - 10:10	Period 2 10:10 - 11:10	Break	Period 3 11:40 - 12:35	Period 4 12:35-13:35	Break	Period 5 14.05 - 15.00
Fri	24/06/2022	Be at Sports Hall By 08:55	Dance 1Hr 30m		Be at Sports Hall By 11:10	Business 1 Hr 30m Food Tech 1Hr 45m Spanish 1Hr 10 ≥ 20m			
Mon	27/06/2022	Geography Field Trip							
Tue	28/06/2022	Be at Sports Hall By 08:55	English Lan: 1Hr 45m		Be at Sports Hall By 11:10	Science Bio 1Hr 10 ≥45m			
Wed -	29/06/2022	Geography Field Trip							
Thu	30/06/2022	Be at Sports Hall By 08:55	Geography 1Hr 30m		Be at Sports Hall By 11:10	Science Chem 1Hr10 >45m			
Fri	01/07/2022	Be at Sports Hall By 08:55	Maths 1Hr30m		Be at Sports Hall By 11:10	French 1Hr 10 ≥ 20m			
Mon	04/07/2022	Be at Sports Hall By 08:55	English Lit: 1 Hr 45m		Be at Sports Hall By 11:10	History 1Hr			
Tues	05/07/2022	Be at Sports Hall By 08:55	Science Phy 1Hr10 >45m		Be at Sports Hall By 11:10	Dig Media 1Hr 30m			

Mr Sadler, Assistant Principal

Mr Senior, Assistant Principal

Working towards exams can create feelings of worry and being under pressure. However, there are a range of things that you can do to help deal with the stress that you might be feeling.

Exam stress

Resources by
student
minds

Working towards exams can create feelings of worry and being under pressure, especially at university where you're aiming for a degree.

However there are a range of things that you can do to help deal with the stress that you might be feeling...

Find out more about what we mean by the term stress and stress response at <http://teenmentalhealth.org/wp-content/uploads/2017/11/Stress-Transitions.pdf>



Keep it in perspective

- Lots of people will tell you this, because it's true - exams aren't everything. Whatever happens in your exams, you can still be successful in life afterwards. So if you don't do as well as you'd hoped, try to keep things in perspective.
- Employers don't just look at your exam scores. They're just as interested in your attitude, your transferable skills and how well you'll get on with other people.
- Exam success doesn't define you as a person. Everyone copes differently in different situations and there's so much more to your personality than how well you can respond to an exam.
- Think about how far you've come already. You've already done incredibly well to get to university, and stopping or failing exams at this point isn't 'throwing away' your past success.
- Once you've done an exam, try to forget about it. There's nothing you can do about it, and worrying won't change your mark.

Get into some good habits

- These habits will help you concentrate as well as reducing stress:
- Take frequent breaks. Psychologists say we can only concentrate properly for 30-45 minutes. You could use a technique like Pomodoro, that helps you to take regular breaks. When you do take a break make sure you don't stay at your desk, you could go for a walk or even just make a cup of tea!
- Eat well. Keep a good blood sugars level to avoid highs and lows of energy, by eating slow-release foods like bread, rice, pasta, fruit and veg.
- Drink lots of water. People often underestimate how much hydration helps!
- Think about when and where you work best. Not everyone is a morning person, and some people don't find the library a productive place to work. There's no one best place or time to work - it's about what works for you.
- Keep active. Even a short walk will do. Exercising is one of the quickest and most effective ways to de-stress. Fresh air will clear your head and perk you up.
- Try to get about 8 hours' sleep a night. If you're stressed about not being able to sleep, there are lots of ways to aid a good night's sleep.
- Find activities that help you relax. Maybe it's a hot bath, watching a TV show, or a creative activity. Schedule this down-time into your timetable.

Get that organised feeling

- Picture your exams as a time-bound project. Are the exams 60 days away? That's your 60-day challenge. Best of all, there's a definite end point.
- Work out the basics: which exams you have, how the marks are allocated, and how much you have to learn for each one. Don't expect to learn everything; but having in mind where you'll get the marks can help you prioritise.
- Break your revision down into small chunks, and form a plan. Once you've got a plan, you won't have any more dilemmas at the start of the day about what to work on.
- Schedule in plenty of free time to unwind, and protect this time. Nobody can work all day every day. If you give yourself plenty of rest you can do the same amount of work in half the time or less.
- Equally, don't panic if you go slightly off schedule - tomorrow is another day.

Avoid bad habits

- Check out this brilliant article on how NOT to cope with exam stress - <https://www.topuniversities.com/blog/how-not-cope-exam-stress>. Here are some highlights:
- Don't set yourself ridiculous goals. Nobody can revise 10 topics in a day! Avoid setting the day up to be a disappointment.
- Don't cut out all the enjoyment from your life. It's tempting to decide you'll just knuckle down to work and "focus", but this is counterproductive - it's impossible to focus without giving your brain rest by doing other activities.
- Avoid stimulants. Caffeine, alcohol and drugs impede your energy and concentration in the long term. It'll also make it more difficult to get that much-needed sleep.

Get support from friends and family

- Don't be put off by friends saying that they are doing huge amounts of revision. As already mentioned, that's probably not actually a productive or efficient way of working long term. One of the key reasons people feel exam stress is due to comparing themselves to other people.
- If you can, discuss with your parents what they are expecting you to achieve. Parents with steep or unrealistic expectations will just add unnecessary pressure. It's helpful to let them know what you think you have the capacity to achieve, and to insist that the best way to get there is to have support from your parents, not pressure.
- If you're feeling really worried or anxious, chat to a good friend, family member, or tutor. It helps to get it out of your system, and they may well be able to help think about practical strategies to deal with exam stress.

For more tips from students check out our blog, <http://studentminds.org.blogspot.co.uk/search/label/Exams>.

Lastly, if you're feeling overwhelmed or are finding it difficult to cope with the stress around exams, make sure you **get support**. Take a look at our support section for the services you can access nationally and on campus, <http://www.studentminds.org.uk/supportforme.html>.

**student
minds**

www.studentminds.org.uk

PE Department

Hot Weather for PE and Dance lessons

As you are aware the weather has been increasing in temperature and getting progressively more challenging in lessons. It is due to get increasingly hotter over the next couple of weeks but due to the exam period the majority of PE and Dance lessons are still having to continue outside, due to the lack of alternative practical space. We will continue to review the conditions for lessons and make alternative plans if required.

However, we need to ask students to be prepared for working outside in slightly hotter conditions. It has been communicated to students at various points to be prepared; but please can you reiterate and ensure that students are well prepared for their lessons; with plenty of water, sun cream applied, hats and suitable clothing for the weather that day.



13:00	16:00	19:00	22:00	01:00	04:00	07:00	10:00
Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed
23° 12°	21° 14°	24° 16°	24° 13°	17° 12°	18° 12°	19° 13°	19° 12°

PE & Dance Kit for Lessons

- The PE Kit includes a compulsory **THA black** t-shirt, jogging bottoms, shorts or leggings.
- Plain black, non-branded will be acceptable for shorts, jogging bottoms and leggings.
- We will not allow alternative colours or items
- Shorts must be a reasonable length – no cycling shorts or hot pants

SNR – HASTINGS
ACADEMY PE T-
SHIRT



JNR – HASTINGS
ACADEMY PE
SHORTS



SNR – HASTINGS
ACADEMY PE
SHORTS



HASTINGS
ACADEMY SLIM FIT
PE BOTTOMS



HASTINGS
ACADEMY AKOA PE
BOTTOMS



Ski Trip 2024



Pila, Aosta Valley, Italy

Saturday 13th January – Saturday 20th January 2024

We are delighted to be able to offer students the fantastic opportunity of a ski trip to Italy at the start of Term 3 in January 2024. For the trip to be viable, we need to measure the interest from the students and a letter has been distributed to gain feedback.

The trip will depart on Saturday 13th January 2024 and return on Saturday 20th January 2024. We will be travelling by coach and crossing the channel with the ferry. The total cost for the trip will be approximately **£949** and this includes:

- Return coach travel to and from The Hastings Academy
- Comprehensive winter sports insurance
- Full board accommodation
- 5 days x 5 hours ski tuition
- local lift pass
- Hire of skis, boots and poles
- Helmet hire
- Evening entertainment
- Snowboarding is an alternative option to skiing at an extra cost of £35.00 for the week (depending on numbers).
- Spending money is not included.

Breakfast and an evening meal will be provided at the hotel and a hot lunch on the slopes. Ski wear is not provided, but it is cheaper and more readily available nowadays and can also be hired prior to the visit.

If you have any further questions, please contact me on either m.collett@thehastingsacademy.org.uk or 01424 711950.



Parent Forum Meeting

If you would like to attend the forthcoming, 'in person' Parents Forum Meeting, on Tuesday 5th July, 4.30 – 5.20pm, please e-mail office@thehastingsacademy.org.uk

We hope you will be able to join us.

