



# 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.”

### Fond Farewells to Year 11 Students

Our Year 11 students ended their Public Examinations this week and it was with a touch of sadness that we said our farewells on Thursday during our leaver's event. They have approached their examinations with commitment, dedication and high levels of aspirations, all of the good habits we have been installing with them over the years were evident during their 5 weeks of examinations.

We wish everyone of them the very best for their future on their individual pathway and very much want them to take all of the opportunities and have high aspirations. We have very fond memories of their time at the Hastings Academy and it was a real pleasure to celebrate with them and share laughter and memories during our leaver's event. They will always remain part of the Hastings Academy community and are well thought of by all the staff. We very much look forward to hearing about their future progress and adventures.

We will be very much looking forward to the Prom event on Tuesday 28<sup>th</sup> June

GCSE results day - 25<sup>th</sup> August 2022. The Academy will be available to support all our Year 11 students.

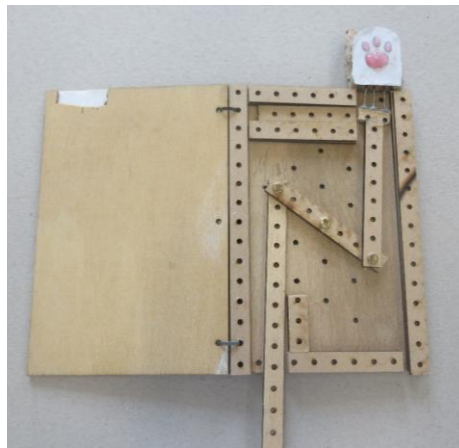
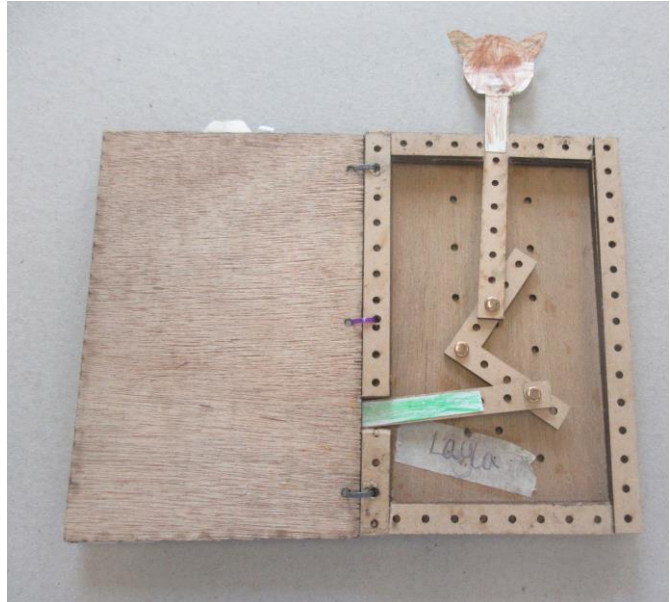


*Year 11 Leavers' Assembly – 28.06.2022*

**Mr Sadler, Assistant Principal**

## Year 7 DT – Pull and Pop-Up

This week Year 7 DT students finished their Pull and Pop-Up display. Students have learnt how linkages can be used to create motion and how motion can be made to go in different directions. They experimented with cardboard to model several possibilities and then went on to apply this understanding in the design of their project. They had to think carefully about the effect and placement of pivot points. Projects were made using laser cut strips of perforated plywood which they had to cut and then join with paper fasteners as pivot points. Well done Year 7 !



## Mr Smout, Head of DT

### Year 9 Digital Media at Hastings Academy

In Year 9, students have been acquiring ICT skills in Microsoft Applications software. They have been completing online and practical tests in PowerPoint presentations, word processing and Excel spreadsheets throughout the year.

I am pleased to announce that Declan, Alex, Aed, Ash and Megan have successfully completed and passed all the tests. Well done and congratulations.



*Pictured: Alex and Aed with their certificates*

## Mrs Bunn, Teacher of Digital Media



## Spotlight on...



### Modern Foreign Languages



Bonne chance!

¡Buena suerte!

Buona fortuna!

Powodzenia!



To all our Year 11 linguists  
who took their exams in  
French, Spanish, Italian and Polish.

### Coming up!!

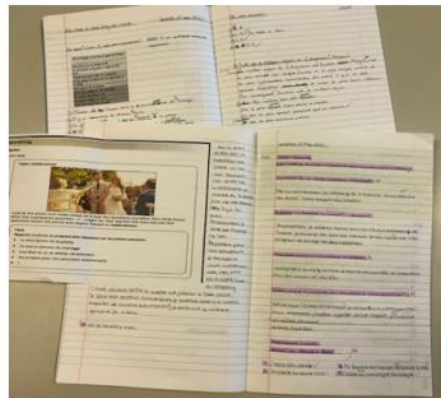
To finish our academic year, all key stage 3 students will be soon working on a project to develop further their cultural awareness (films, music, ...).

This will be a great opportunity for our pupils to manipulate their knowledge of the language they studied.

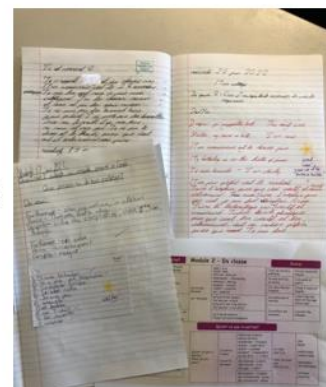


## Bravo!

Some great speaking mock exam preparation work from our year 10 French!



Impressive written work about school from 7W4 French using Sentence Builder!



Mr Regereau, Subject Leader - MFL

### Parent Forum Meeting

If you would like to attend the forthcoming, 'in person' Parents Forum Meeting, on Tuesday 5<sup>th</sup> July, 4.30 – 5.20pm, please e-mail

[office@thehastingsacademy.org.uk](mailto:office@thehastingsacademy.org.uk)

We hope you will be able to join us.

## Year 10 Examinations – June 2022

### Year 10- Examinations – June 2022

We have a focused exam period scheduled for our Year 10 students, which will take place from 24<sup>th</sup> June until 5<sup>th</sup> 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

21<sup>st</sup> June – Taster Session East Sussex College - Hastings

12<sup>th</sup> July – Taster Session Bexhill College

15<sup>th</sup> 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			
			DT 2 Hrs			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			

## Music Department

Our Year 10 Musicians have been collaborating with The Orchestra of Sound and Light, the work will be showcased on Wednesday 29th June 2022. If your son/ daughter is involved please come and watch the performance, 12.00 – 1.00pm in the Main Hall. It is a free event but please sign up, details on how to get a ticket are on the poster below.




# South Downs Songbook Tour


The Orchestra of Sound and Light perform new songs by  
**Evelyn Ficarra, Ed Hughes,  
Rowland Sutherland, Shirley J Thompson**

inspired by the landscape of the South Downs  
plus new songs by A level and GCSE Music Students

Monday 20 June 6-7pm, ACCA, University of Sussex, BN1 9RA  
Friday 24 June 5-7pm, BHASVIC, 205 Dyke Rd, Hove BN3 6EG  
Wednesday 29 June 12-1pm, Hastings Academy, TN35 5DN  
Thursday 30 June 6-7.30pm, ESAM, Mountfield Rd, Lewes BN7 2XH



Tickets free, booking essential: [orchsoundlight.org/tickets](https://orchsoundlight.org/tickets)



Supported using public funding by  
**ARTS COUNCIL  
ENGLAND**

**SOUTH DOWNS  
NATIONAL PARK**

**Miss East, Head of Music**



THE HASTINGS ACADEMY  
MUSIC DEPARTMENT  
PRESENTS



# THE SUMMER SEND OFF

7<sup>th</sup> JULY 2022



DOORS: 7.30PM  
FREE ENTRY

14+

THE  
BRASS

HASTINGS

TN34 1BP

# PE Department

## Town Sports 2022



After two years with no Town sports, due to COVID, we were finally able to represent The Hastings Academy once again. 28 students came along to the Town Sports Track and Field events last week where they competed against nine other local schools. We had a number of students that got medals for their individual events including; five 1<sup>st</sup> places, three 2<sup>nd</sup> places and four 3<sup>rd</sup> places. They all coped amazingly with the heat and did the school proud. Bring on Town Sports 2023!

### 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 13<sup>th</sup> January – Saturday 20<sup>th</sup> 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 13<sup>th</sup> January 2024 and return on Saturday 20<sup>th</sup> 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](mailto:m.collett@thehastingsacademy.org.uk) or 01424 711950.





## 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](http://www.studentminds.org.uk)



## 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](mailto: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>