



**THE  
HASTINGS  
ACADEMY**

# Newsletter

1/3/2024



## Dates

for the

## Diary



### Y11 Mock Exams

26th Feb to 8th Mar

### Paris Trip

13th to 15th Mar

### Y9 Parents Evening

14th Mar

### Red Nose Day

15th Mar

### HPV Vaccination Day

20th Mar

### Y9 GCSE Options Evening

21st Mar

### School Trips Day

27th Mar

### Rewards & Recognition Day

28th Mar

### Easter Holiday

29th Mar to 16th April

### INSET DAY

15th April



# A Message from Principal Simon Addison

I'm delighted to share our latest newsletter with you. Year 11 has shown tremendous dedication during their mock exams, and our student leaders are eagerly preparing to fundraise for Comic Relief. They also were fantastic during a visit from our local MP – challenging her on how she can make Hastings an even better place to live, work and visit. I would encourage you to read Arlan's post about potholes in this newsletter and support us to improve the situation in the town by reporting them!

On a separate note, I am becoming concerned about the numbers of parents parking on our site during pick up and drop off times, often on double yellows or obstructing other vehicles. I will be looking at how we can better manage this with my site team, and will share more information shortly. Please can I ask that you avoid dropping off on site where possible. If it is absolutely necessary to drop off on site, please do so without parking in restricted areas or obstructing other vehicles.



## INSET Days

See below for the school INSET days for the remainder of the school year. Please note that some changes have been made so do cross-reference these with your own calendars!

### **Inset Days 2024**

Monday 15 April

Monday 22nd July

Tuesday 23rd July

End of Term 19th  
July

### **Term Dates 2024**

**(Children in School/  
not including INSET)**

Term 4:

19 Feb to 28 Mar

Term 5

16 Apr to 24 May

Term 6

3 Jun to 19 Jul





# CLUBS



		Monday	Wednesday	Thursday	Friday
Before School Clubs	Weeks 1 & 2	<b>Breakfast Club</b> <i>Mr P Avery &amp; Mr O Mellish (Canteen)</i>	<b>Breakfast Club</b> <i>Mr P Avery &amp; Mr O Mellish (Canteen)</i>	<b>Breakfast Club</b> <i>Mr P Avery &amp; Mr O Mellish (Canteen)</i>	<b>Breakfast Club</b> <i>Mr P Avery &amp; Mr O Mellish (Canteen)</i>
Lunchtime Clubs	Weeks 1 & 2	<b>Library Access</b> <i>First break- open to all Second break- Yrs7-10 Mrs M Crane (Library)</i> <b>English Homework Club</b> <i>Miss R Standen (W16)</i>	<b>Library Access</b> <i>First break- open to all Second break- Yrs7-10 Mrs M Crane (Library)</i> <b>LGBTQI+ Club</b> <i>Ms L Chamberlain (E16)</i> <b>Badminton Club</b> <i>Mr M Collett</i> <b>Y10 Science Support</b> <i>Ms D Tester</i>	<b>Library Access</b> <i>First break- open to all Second break- Yrs7-10 Mrs M Crane (Library)</i> <b>KS3 Science Homework Club</b> <i>Ms D Tester (FE16)</i> <b>The Environment Club</b> <i>Miss Picton, Mr Wraight, Miss Beagley</i>	<b>Girls Football/Netball</b> <i>Ms M Gibbons</i>
Afterschool Clubs 3:15-4pm	Week 1	<b>Homework Club all years</b> <i>Mrs M Crane (Library)</i> <b>Warhammer &amp; Hobby Club</b> <i>Mr J Kern (F17)</i> <b>Yr7 Football/ Sports Club</b> <i>Mr A Smith (Sports Centre)</i> <b>Badminton Club</b> <i>Mrs Crease (Sports Centre)</i> <b>KS3 Dance Club</b> <i>Miss C Dengate &amp; Miss Gibbons (Dance Studio)</i>	<b>1066 Book Awards Book Club</b> <i>Mrs M Crane (Library)</i> <b>Dungeons &amp; Dragons Club</b> <i>Mr J Storey, Mr J Kern, Mr A Evans &amp; Mr G Bloggs (Various)</i> <b>Basketball Club</b> <i>Mr M Collett (Sports Centre)</i> <b>"Globetrotters KS3 Language Club"</b> <i>Mr S Regereau (S6a)</i> <b>Y10&amp;11 Open Music Rehearsals</b> <i>Miss East</i>	<b>Homework Club all years</b> <i>Mrs M Crane (Library)</i> <b>Classics Club</b> <i>Mr S Walsh &amp; Mr G Bloggs (W8)</i> <b>KS4 Maths Club</b> <i>Mr J Holder (E12)</i> <b>Duke of Edinburgh</b> <i>Mrs E McCallum</i> <b>Art Club</b> <i>Mrs L Collins (S10)</i> <b>Y10&amp;11 Open Music Rehearsals</b> <i>Miss East</i> <b>Musical Theatre Club</b> <i>Miss East and Miss McDonald (Main Hall)</i> <b>Netball Club</b> <i>Ms M Gibbons</i> <b>Y8 Boys Football/Sports Club</b> <i>Mr Collett &amp; Mr A Smith (Sports centre)</i>	<b>Y11 Football</b> <i>Mr R Grant</i>
	Week 2	<b>KS3 Homework Club</b> <i>Mrs M Crane (Library)</i> <b>Warhammer &amp; Hobby Club</b> <i>Mr J Kern (F17)</i> <b>Yr7 Football/ Sports Club</b> <i>Mr A Smith (Sports Centre)</i> <b>Badminton Club</b> <i>Mrs Crease (Sports Centre)</i> <b>KS3 Dance Club</b> <i>Miss C Dengate &amp; Miss Gibbons (Dance Studio)</i>	<b>KS4 Homework Club</b> <i>Mrs M Crane (Library)</i> <b>Dungeons &amp; Dragons Club</b> <i>Mr J Storey, Mr J Kern, Mr A Evans &amp; Mr G Bloggs (Various)</i> <b>Writing Club</b> <i>Mrs V Alves (W5)</i> <b>Basketball Club</b> <i>Mr M Collett (Sports Centre)</i> <b>Italian Club</b> <i>Miss F Mancini (F13)</i> <b>Y10&amp;11 Open Music Rehearsals</b> <i>Miss East</i> <b>1066 Book Awards Book Club</b> <i>Mrs M Crane (Library)</i>	<b>Classics Club</b> <i>Mr S Walsh &amp; Mr G Bloggs (W8)</i> <b>Duke of Edinburgh</b> <i>Mrs E McCallum</i> <b>Musical Theatre Club</b> <i>Miss East and Miss McDonald (Main Hall)</i> <b>Y10&amp;11 Open Music Rehearsals</b> <i>Miss East</i> <b>Netball Club</b> <i>Ms M Gibbons</i> <b>Y8 Boys Football/Sports Club</b> <i>Mr Collett &amp; Mr A Smith (Sports centre)</i>	<b>Y11 Football</b> <i>Mr R Grant</i>
Afterschool GCSE Intervention	Week 1	<b>Yr11 Geography (9<sup>th</sup> GCSE)</b> <i>Ms I Richardson (F9)</i> <b>Yr11 English Intervention</b> <i>Mrs H Rome &amp; Miss K Mulcair (Various)</i>	<b>Yr11 GCSE Geography GCSE</b> <i>Ms I Richardson (F9)</i> <b>Yr11 Maths Intervention</b> <i>Mrs S King, Mr D Blackwell, Mr A Tyson &amp; Mr D Benson (Various)</i> <b>Y10 OCR intervention</b> <i>Ms M Gibbons</i>	<b>Yr11 Geography (9<sup>th</sup> GCSE)</b> <i>Ms I Richardson (F9)</i> <b>Yr11 Science Intervention</b> <i>Mrs T Royce-Smith, Mr J Kern &amp; Mr J Storey (Various)</i>	
	Week 2	<b>Yr11 Geography (9<sup>th</sup> GCSE)</b> <i>Ms I Richardson (F9)</i> <b>Yr11 History Intervention</b> <i>Mr A Evans (F14)</i> <b>Yr11 Music Intervention</b> <i>Mrs K East (S1&amp;12)</i>	<b>Yr11 Geography (9<sup>th</sup> GCSE)</b> <i>Ms I Richardson (F9)</i> <b>Yr11 French Intervention</b> <i>Mrs C Pepper (S7)</i> <b>Yr11 Art &amp; Photography Intervention</b> <i>Mr E Money &amp; Mrs H Rose (S2)</i> <b>Y10 OCR intervention</b> <i>Ms M Gibbons</i>	<b>Yr11 Geography (9<sup>th</sup> GCSE)</b> <i>Ms I Richardson (F9)</i> <b>Yr11 Dance Intervention</b> <i>Miss C Dengate (Dance Studio)</i> <b>Yr11 Spanish Intervention</b> <i>Mrs S Travaglia-Sage (S11)</i> <b>Yr11 Drama Intervention</b> <i>Ms G MacDonald (H4)</i>	

Many of the above clubs you will be able to turn up to without signing up, but do check with the teacher running the club if you aren't sure.

# Student Led Clubs

Day	Club	Y11 Senior Student Lead	Senior student support	Room	Staffing
Monday	Musical Theatre	Alyssa Suhana Awal Michelle Cruttenden	Mirabel Lingard	Hall A	Ms Standen and Ms Geshteja
Tuesday	Geography	Xander Sophie Gore	Amelia Belcher	F9	Ms Richardson
	Science Practical	Amy Crabtree	Jago Herriot	F20	Mr Roberts
Wednesday	Geography	Sophie Gore Owen Hughes	Amelia Belcher	F9	Ms Puttick
	Debate club		Daisy Watson	F1	Mr Wraight
	Art	Tia Duggan Suhana Awal	Elija Bigg Mirabel Lingard	Art Room	Mr Money Ms Rose
	Story writing	Oscar Arlan	Nathan Carrington	W8	Mr Walsh
	Netball	Jess Wright and Daisy Chapman		Sports Centre	Ms Dengate and Ms Gibbons
	LGBT	Cody Nash Bridie Dolby		F14a	Ms Chamberlain
	Sewing Club	Kitty Spooner		S10	Ms Collins
	Board Games	David Charlie Wright		E11	Mr Blackwell
Thursday	Environmental Studies	Oscar Daisy Chapman	Peyton Henderson Black Jago Herriot	F19	Ms Picton Ms Trigwell to support
	Choir	Mabel Suhana		Music Room	Ms East
	Board Games for EAL students			SLCN	Ms Neda
	Creative Writing	Milo Ward Alyssa Alexander	Emma Munroe	W5	Ms Peters
	Board Games	Glyn Evans Aed		E16	Mr Tyson
	Card Games/ Chess	Arlan David Sosoi		E11a	Ms Levett
	Board Games	George Dawick		E12	Mr Holder
	Board Games	Amy Cabtree		F8	Mr Ellis
Friday	Girls' Football	Jess Wright and Daisy Chapman	Harry Haynes and Jack Hoare	Sports Centre	Mr Collett
	Drama	Oscar Mabel	Emma Munro	Drama Hall	Ms McDonald
	Inspirational People with speeches and videos	Milo		F10	Ms Smith

# Y11 GCSE Mocks Timetable

## 26th February- 8th March

Year 11 Mocks									
Monday 04th - Friday 08th March 2024									
		Tutor	P1	P2	Break 1	P3	P4	Break 2	P5
Day	Date	08:40 - 09:10	09:10 - 10:10	10:10 - 11:10	11:10-11:30	11:30 - 12:30	12:30 - 13:30	13:30-14:10	14:10 - 15:10
M o n	04.03.24		MFL (Fr & Sp) 1hr 45m			Dance 1hr 30m			
T u e	05.03.24		MFL (Fr & Sp) 1hr 45m			English Lang: 1hr 45m			
W e d	06.03.24		English Lit: 2hrs 15m						
T h u	07.03.24								
F r i	08.03.24								

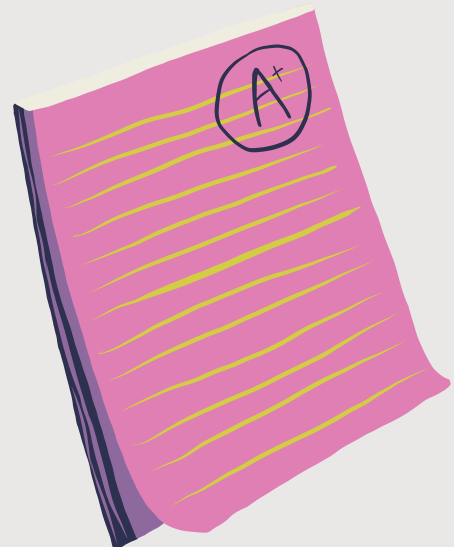


# Well Done Y11!

A big congratulations to all of the Y11 students who completed the first week of their mocks this past week.

We have all been very impressed with the maturity with which this year group has taken on the challenge, and are looking forwards to sharing their results over the next term. We expect great things of this year group!

A massive well done to each Y11 student who completed their mocks.





# The Hastings Way Passport Winners

Well Done to all the students who made it onto  
the Hastings Way Passport Wall of Fame!



Over the last term students have been carrying their new  
'Hastings Way' Passports with them, collecting stamps each  
time they display one of our three core values:

**Being Here**  
**Effort**  
**Respect**

At the end of the term we collected in all of the passports and  
added the totals. Then, students in each category were entered  
into a prize draw to win vouchers!

The photos above are of some of our winners, so a big congrats  
to these students for all their work last term in embodying our  
core values, and a big well done to all of the students on the  
Wall of Fame (see next page) for also being amazing.



# Raffle Winners



Y7:  
 Bronze - Faye Montier  
 Silver - Lea Jom  
 Gold -Alizer Armstrong  
 Platinum- Theo Rosewell

Y9:  
 Bronze -Matty Bussey  
 Silver -Kieron Lane  
 Gold-Jack Chillingworth

Y8:  
 Bronze- Royal Jonny  
 Silver- Dawn Rolfe  
 Gold - Louis Klassen  
 Platinum - Robert Mott

Y10:  
 Bronze - George Pilkington  
 Silver - Freya Pankhurst  
 Gold -Marney Phillips  
 Platinum- Jasmine Mallinson & Michael Taylor

# The Hastings Way Passport Wall of Fame

**BRONZE**  
 Three Stamps on each section of your passport  
 Y7  
 Faye Montier  
 Yasmin McNulty  
 James Cross  
 Ronnie Haffenden

Y8  
 Royal Jonny  
 Ruby Parsons  
 Willow Vaughan-Jones-Hoskins  
 Poppy-Jane Blackman  
 Ruby Jaide O'Neil  
 Jacob Blick

Y9  
 Matty Bussey  
 Molly Larkin  
 Fynley Shorter  
 Ollie Morgan  
 Archie Stone  
 Keira Mckay

Y10  
 George Pilkington  
 Demi Milne  
 Marc Baker



**SILVER**  
 Four stamps on each section of your passport  
 Y7  
 Lea Jom  
 Hope Liley  
 Lorien Reardon  
 Mason Hannon  
 Percy Hanson  
 Daisy May

Y8  
 Dawn Rolfe  
 Mason Godley  
 Lucy Smith Workman  
 Autumn Valentine  
 Fionn Blaney  
 Brooke Manville  
 Sam Southall  
 Ted Southall  
 George Rapper  
 Macey Dobinson  
 Riley Ballard  
 Elijah Bigg

Y9  
 Kieron Lane  
 Riley Field  
 Saleh Mohammed  
 Darcy Clements  
 Shelby Selkirk  
 Justin Gerstmann  
 Max Fletcher Davis

Y10  
 Freya Pankhurst

**GOLD**  
 Five stamps on each section of your passport  
 Y7  
 Alizer Armstrong  
 Luke De Khors  
 Amalia Anderson Grove  
 Tommy-Lee Mitchell

Y8  
 Louis Klassen  
 Rian Cran-Broadstock

Y9  
 Jack Chillingworth  
 Casey Jane Callow  
 Harvey Klassen  
 Amelia Belcher  
 Daria Vlad  
 Amber Dean-Rehal  
 Alby Hicks  
 Jack Hoare  
 Jasmine Stuart-Bowen  
 Bernadett Bodnar  
 Matthew Agate  
 Esther Adebowale  
 Mary Adebowale

Y10  
 Marney Phillips



**PLATINUM**  
 Six stamps on each section of your passport  
 Y7  
 Theo Rosewell  
 Eva Williams  
 Nathan Moyses  
 Oscar Russell  
 Millie Avery  
 Tayla O'Neil  
 Liberty Evans  
 Logan Mann  
 Thomas Horton  
 Saya Abdullah

Y8  
 Robert Mott  
 Hamish Leggett  
 Melissa Moyses  
 Rachel Haigh  
 Isabelle Emmens-Livett  
 Kian Ward-Ashie

Y10  
 Jasmine Mallinson  
 Michael Taylor  
 Sophie Drake  
 Sally-Ann Marshall  
 Stephanie Crosby

# COMIC RELIEF Red Nose Day

15th March 24

## SAVE THE DATE!

On the 15th March we will be celebrating Red Nose Day, a day of fun and fundraising in aid of Comic Relief and all their amazing causes.

We will be holding bake-sales, competitions, car washes, fair games, face-painting and the ever popular 'dunk the teacher' event to help raise money for those in need. From helping young homeless people in need of support, struggling families with shopping vouchers, or important medical supplies for people living in impoverished countries, Comic Relief support a huge range of important causes.

**On the day, don't forget to send in your child with some spare change to donate, alternatively, donations can be made via our ParentPay donations page, see the QR code and link opposite.**



[Donate Via ParentPay here](#)

**15th March 24**



# COMIC Red Nose Day

RELIEF 15th March 24

Event	When?
Bake Sale	Break 2
Egg and Spoon Race	Break 2
Car Wash	Break 1&2
Facepainting	Break 1&2
Fair Games	Break 2
Dunk the Teacher	End of School Day



## Calling all bakers!

All students are welcome to donate bakes to the bake-sale. Whether you're a cookie cutter, muffin mixer or gateau garnisher, all bakes are more than welcome.

On the day, please bring your bakes to your Head of Year's office.

For the bakesale, payments can also be made via the ParentPay donation link below, just ensure you enter your child's name into the relevant box so that we can see which children have been donated on behalf of, then on the day, they can come to claim their treats!



# Fitness Classes with:



**When?** Every Tuesday and Thursday after school  
**Who?** All students welcome!  
**Where?** In the sports hall

Through PlaySport, we have received funding for some new fitness equipment and a series of after-school fitness classes for our students. These classes are for children of all levels, whether they are already very sporty and looking to increase their fitness, or whether they are looking to get in shape. Our trusty instructor, Reece, will be on hand to guide your child.

**Just show up to the sports hall after school (with your sports kit!) and get stuck in!**

There is also a free Women's class which runs after this at 5:15pm, for any mums out there!



## A Message from one of our Senior Students, Arlan Hayes:

Potholes throughout Hastings have recently become an outstanding problem for drivers and cyclists alike. They can cause damage which can be extremely costly to fix. If you spot a pothole, be sure to [report it to the Hastings Borough Council here](#)

## Library Film Club

Ms Crane in the library is holding extra film workshop sessions for both existing Y10 and Y11 film students, where there will be the opportunity to do some extra filming with a director. This will only run for the four weeks listed opposite.

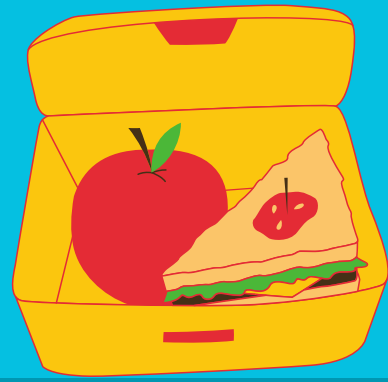


**The following dates:**  
**Thurs 29th Feb**  
**Thurs 7th March**  
**Mon 11th March**  
**Thurs 14th March**

# Y11: Canteen Debts

Unfortunately we are now suspending the 'lend facility' in the canteen for Y11 students. This is due to it being the point in the year where it becomes too hard to recover these debts before the year group graduates.

*If your child is ever in the situation where they have nothing to eat at school, maybe they forgot their packed lunch or to get their account topped up, please do encourage them to speak to a member of staff rather than go hungry!*



# Old Uniform Donations

Children grow up quickly and it can be surprising how often they outgrow their uniforms. If you find that you have old uniforms which no longer fit, why don't you consider donating them to the school? In the 1066 area we keep a wardrobe full of spare uniform for children caught in an emergency or who struggle to pay for their own. Over this year the supply of uniforms has been a huge help to our students who might've otherwise gone without.

If you have extra uniform which you would like to donate, please bring them to the school reception. Anything from old PE kit to shirts and skirts would be hugely appreciated.

A big thanks to everyone who has already made a donation. It is a massive help.



# LiBRARY WiSHLiST

Nearly every newsletter contains something exciting happening in the library and you may have heard about the gorgeous re-vamp that the library had recently. In addition to being a great meeting space, holding endless events and a fun place to hang out and play games or use the computers at breaktimes, you can actually read and take home books from the library too!

Many of the books which students request can be expensive and the library budget doesn't always stretch to cover copies of popular books.

For this reason, Ms Crane has put together a library amazon wishlist.

If you ever wanted to donate to the school library, you can now do so by following the below link.

A huge thanks to those who have donated books to us before, and a big thanks to those who will in the future!



## LiBRARY WiSHLiST

# Breakfast Club

Rise and shine!

Breakfast club runs every day between 7:15 to 8:15 in the canteen and is completely free to all!

Send your child in for a free breakfast, and let them enjoy the good vibes, Mr Mellish's breakfast bangers playlist, and start the day well.

**Please ensure you arrive before 8.15 to avoid disappointment, as this is when the doors close.**





# Reporting Bullying

**We encourage all bullying to be reported but if you have concerns that your child is being bullied, do you know how to report it?**

Your child will often be reminded in school how to report any concerns they have. They are reminded of who the safeguarding team are but know they can report to any member of staff they feel comfortable speaking to. They can also report any incidents of bullying using the email address [talktous@thehastingsacademy.org.uk](mailto:talktous@thehastingsacademy.org.uk). These concerns will be sent straight through to the safeguarding team who will promptly pick them up and start the process of dealing with them. Recently we have also introduced an anonymous reporting tool where students can report without the need for giving their name. This can be especially useful if they have a concern about someone else and worry about getting involved. A link for the anonymous reporting tool can be found on the safeguarding page of the academy website but it can also be accessed via the QR code below or [this link here](#).

If a parent or carer wishes to report an incident of bullying, they should contact their child's Head of Year by email. Those email addresses are as follows:

**Year 7** Miss E Wright [e.wright@thehastingsacademy.org.uk](mailto:e.wright@thehastingsacademy.org.uk)

**Year 8** Mr O Mellish [o.mellish@thehastingsacademy.org.uk](mailto:o.mellish@thehastingsacademy.org.uk)

**Year 9** Miss A Clark [a.clark@thehastingsacademy.org.uk](mailto:a.clark@thehastingsacademy.org.uk)

**Year 10** Miss J Wickens [j.wickens@thehastingsacademy.org.uk](mailto:j.wickens@thehastingsacademy.org.uk)

**Year 11** Miss S Paines [s.paines@thehastingsacademy.org.uk](mailto:s.paines@thehastingsacademy.org.uk)

If you wish to view the academy's Anti-Bullying Policy, it can be found on the website under 'Key Documents' along with the academy's various other policies. Alternatively, you can access it [via this link](#), and we would certainly encourage all parents, carers, students and staff to familiarise themselves with the contents

Anonymous Concern



## Anti-Bullying News

If you are a regular reader of our newsletter, you will be aware that we have started the process of working towards the Anti-Bullying Quality Mark-UK, a national award that challenges schools to demonstrate their effectiveness in anti-bullying and the prevention of harassment.

The lead member of staff is Mr Wall and you are very welcome to consult him with regard to the academy's anti-bullying policy and strategies. If you wish to view the academy's Anti-Bullying Policy, it can be found on the website under 'Key Documents' along with the academy's various other policies. Alternatively, [you can access it via this link](#), and we would certainly encourage all parents, carers, students and staff to familiarise themselves with the contents.

We also have a named governor, Mr Charles McGeachie, who is supporting the academy's anti-bullying work. If you wish to consult him about the strategic development of anti-bullying in the academy, then you can contact him by email at [c.mcgeachie@brightonacademiestrust.org.uk](mailto:c.mcgeachie@brightonacademiestrust.org.uk)

# Free Fitness Class



For Hastings Academy  
Students- all years

Tuesdays and Thursdays

3:15-4:15pm

No need to book- just go to the  
sports hall after school

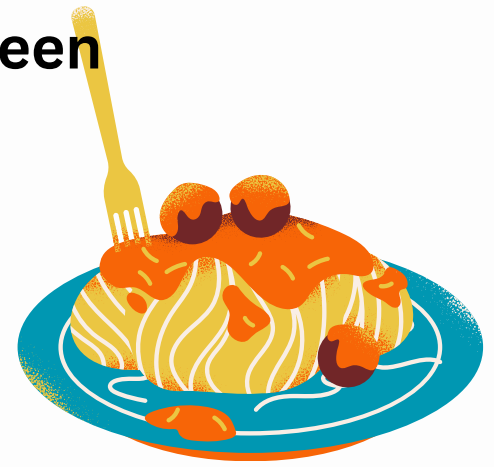


PLAY SPORT<sup>UK</sup>

# Flavours from the canteen

## Pizza:

Margherita  
Meat  
Vegetarian



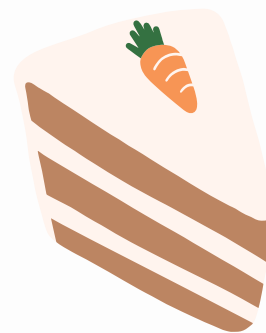
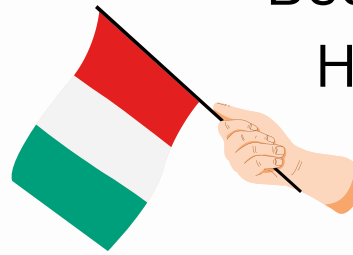
## Pasta:

Beef Bolognese  
Herby Tomato  
Carbonara

Have a pasta with  
sauce and add a  
drink or cake for only  
£3!

## Sides:

Dough balls  
Garlic and Herb Wedges  
Side Salad



## Sweet Treats

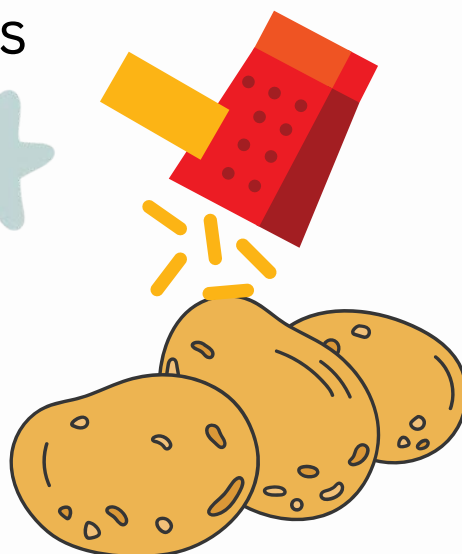
Oat Cookie  
Chocolate Brownie  
Fruit Flapjack  
Iced Bun  
Jam Doughnut  
Rice Crispy Cake  
Cornflake Cake  
Lemon Drizzle Cake  
Shortbread

## Jackets of all trades:

### Toppings:

Baked Beans  
Cheese  
Bolognese  
Tuna Mayo

Side:  
Salad





# Deals from the canteen

## Morning Break

BACON BAGUETTE WHOLE	£2.32.
HALF BACON BAGUETTE	£1.30.
VEGGIE SAUSAGE BAP	£1.30.
HOT FILLED BAGEL (MEAT OR VEGGIE)	£1.93
TOASTED BAGEL WITH SPREAD	£1.20
PIZZA	£1.40
VEGGIE SAUSAGE ROLL	£1.66
CHEESE ON TOAST PER SLICE	£0.92
SAVOURY TURN OVER/SAUSAGE ROLL	£1.66
BACON AND EGG BREAKFAST MUFFIN	£1.93
VEGGIE SAUSAGE , CHEESE AND EGG MUFFIN	£1.93
TOAST WITH SPREAD PER SLICE	£0.25
CEREAL AND MILK	£0.93
MIXED FRUIT POT	£0.93
OVERNIGHT OATS	£1.30
MEAL DEAL	£3.00

## Lunch Menu

Main Meal & Dessert OR DRINK	£3.00
Main Meal	£2.56
Main Dessert	£1.14
Meat Pizza	£1.56
Cheese OR Veggie Pizza	£1.40
Plain Jacket Potato	£1.29
Jacket with One Topping	£1.76
Jacket with Two toppings	£2.08
Plain Pasta	£1.56
Pasta & Sauce & Cheese	£2.69
Pasta & Cheese	£2.46
Portion of Cheese	£0.54
Meal Deal	£3.00
HotWrap	£2.06
Burger(veg, beef, chicken)	£2.06
½ Panini	£1.30
Full panini	£2.60
Veggie sausage roll	£1.66
Savoury side (chips, wedges)	£1.18

## Drinks

Radnor Fizz	£1.25
Radnor Carton	£0.70
Water SportWater 500ml	£1.06£0.77
Juice Cartons	£0.70
Viva Milkshake	£0.70

## Cold Snacks

Solo Sandwich	£ 1.67
Classic Sandwich	£ 2.00
½ Baguette	£1.30
Wraps	£2.07
Baguette	£ 2.07
Large salad with protein	£2.08
Crudities & Houmous	£1.13
Salad Pot Small	£.99
Cold Pasta Pot	£2.69
Mixed Fruit Pot	£0.93
Grape Pot	£0.93
Pineapple Pot	£0.93
Piece of Fruit	£0.63
MEAL DEAL	£3.00
Oreo	£1.00
Mini Biscuit Pack	£0.60
Homebakes	£1.06
Homebakes mini	£0.65

## Meal deals

Main with a drink or homemade cake for **£3**

# BFI FILM ACADEMY: SCENE EVENT FOR YOUNG FILMMAKERS

Aspiring filmmaker? If you're aged 16-25 and have a passion for filmmaking, join our special BFI event to see award-winning short films and quiz film industry professionals about how to build a career in film!

**Saturday 16th March 2.30PM - 4.30PM**

**Electric Palace Cinema, Hastings**

BFI Film Academy: SCENE is a networking event for aspiring filmmakers aged 16-25, helping them grow professional networks and creating opportunities for like-minded young people to collaborate.

The event is for 16-25 year olds, and FREE, but you must register for this event to reserve your spot. Includes refreshments and film screening.

## The Hastings Academy Ski Trip 2025

After such a successful ski trip this year, we are hoping to hold another next year (2025). The date and details are not yet confirmed, but if you are interested in attending this trip please follow the below link to express interest.

There will also be a trip in 2026.

Y11 students (who are in Y11 the year of the trip) will not be able to attend the ski trip due to GCSE/exam commitments- so for current Y9 students this will be their last chance!

[Follow this link to express interest](#)



## Parking Reminder

Just a reminder to parents dropping off or collecting children that the disabled parking bay is for those with disabilities only. We have staff, students and visitors who are blue badge holders and need these spaces so please be mindful when parking or collecting/dropping off. Thank you.



## FACE it!



Available to book now!

Approved CPD training for anyone who works with children or teenagers.

**National Standards CPD accredited with certificate**

Thursday  
21 March

19:00 - 20:00

**FREE**



### FREE SESSION

Understanding Addictive Behaviour - Screens, gaming, drugs and more

Tuesday  
19 March

19:00 - 21:00

£24



### What is ACT?

An introduction to Acceptance and Commitment Therapy

Thursday  
28 March

19:00 - 21:00

£24



**Supporting a child with ADHD**  
challenging the stereotypes and giving practical advice



# Let's Book You In! WEBINARS

**NEW!**

## **Supporting Parents of Neurodiverse Children**

**(2-19 years) 2 hours**

**[EH.0-19parentingteam@eastsussex.gov.uk](mailto:EH.0-19parentingteam@eastsussex.gov.uk)**

This session is for parents who want to develop their understanding and knowledge of different types of neurodiversity and ways to best support neurodiverse people. Topics include:

- What is Neurodiversity?
- Autism vs ADHD
- Common types of neurodiversity
- Pathological Demand Avoidance (PDA)
- Sensory Sensitivities
- Understanding meltdowns and best ways to respond.

**Wednesday 17<sup>th</sup> April 12:30-2:30pm**

**Monday 3<sup>rd</sup> June 10-12:00pm**



# Let's Book You In! WEBINARS

## Building Teen Survival Skills (10+ years) 2 hours

[EH.0-19parentingteam@eastsussex.gov.uk](mailto:EH.0-19parentingteam@eastsussex.gov.uk)

Talking to teenagers about risky situations can be tricky, as they often believe parents are overreacting. For example, is your teenager looking to go on a sleepover at their friend's house who you don't know? Do they want to stay at home alone, do they want to hang out in town with their friends? Teenagers need to be able to recognise risky situations, have a plan for coping with these and/or avoid more dangerous situations.

Monday 15<sup>th</sup> April 6:30-8:30pm Wednesday 19<sup>th</sup> June 10-12:00pm





YEAR 10 TASTER DAY  
11<sup>th</sup> July 2024

# Good Vibes

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# What Parents & Carers Need to Know about INSTAGRAM

Instagram is one of the most popular social media platforms in the world, with over 1 billion users worldwide. The platform allows users to upload images and videos to their feed, create interactive 'stories', share live videos, exchange private messages or search, explore and follow other accounts they like – whilst at the same time continuously updating and adding new features to meet the needs of its users.

AGE RATING

13+

## WHAT ARE THE RISKS?

### ADDICTION

Many social media platforms are designed in a way to keep us engaged on them for as long as possible. There's a desire to scroll often/more in case we've missed something important or a fear of missing out. Instagram is no different and young people can easily lose track of time by aimlessly scrolling and watching videos posted by friends, acquaintances, influencers or even strangers.

### PRODUCT TAGGING

Product tags allow users (particularly influencers who are sponsored to advertise products) to tag a product or business in their post. This tag takes viewers, regardless of age, directly to the product detail page on the shop where the item can be purchased and where children may be encouraged by influencers to purchase products they don't necessarily need.

### EXCLUSION AND OSTRACISM

Young people are highly sensitive to ostracism. Feeling excluded can come in many forms such as: not receiving many 'likes', not being tagged, being unfriended, having a photo untagged, or not receiving a comment or reply to a message. Being excluded online hurts just as much as being excluded offline – with children potentially suffering lower moods, lower self-esteem, feeling as if they don't belong or undervalued.

### PUBLIC ACCOUNTS

Product tagging on Instagram only works on public accounts. If your child wants to share their clothing style, make-up etc and tag items in a post then they may be tempted to change their settings to public, which can leave their profile visible to strangers.

### GOING LIVE

Live streaming on Instagram allows users to connect with friends and followers in real-time and comment on videos during broadcast. Risks increase if the account is public because anyone can watch and comment on their videos, including strangers. However, other risks include acting in ways they wouldn't normally or being exposed to inappropriate content or offensive language.

### INFLUENCER CULTURE

Influencers can be paid thousands of pounds to promote a product, service, app and much more on social media – the posts can often be identified because they state they're a 'paid partnership'. Ofcom found that young people often attempt to copy-cat influencer behaviour for their own posts to gain likes, sometimes posting content which may not be age-appropriate.

### UNREALISTIC IDEALS

Children compare themselves to what they see online in terms of how they look, dress, their body shape, or the experiences others are having. The constant scrolling and comparison of unrealistic ideals can lead to children feeling insecure about their own appearance, questioning how exciting their own lives are and having a fear of missing out.

## Advice for Parents & Carers

### HAVE OPEN DIALOGUE

Talk to your child about live videos and the risks involved and how they can do it safely with family and friends. Talk to them about ensuring they have safety settings on so only followers can view them live, and maybe help them prepare what they would say when they do go live.

### FAMILIARISE YOURSELF

Instagram is one social media app which has its safety features available to parents in a user-friendly manner. The document provides examples of conversation starters, managing privacy, managing comments, blocking and restricting and can be found on the Instagram website > community > parents.

### MANAGE LIKE COUNTS

Due to the impact on mental wellbeing, Instagram has allowed users to change the focus of their experiences online away from how many likes a post has by hiding the like counts. Users can hide like counts on all the posts in their feed as well as hiding the like counts on their own posts. This means others can't see how many likes you get. This can be done by going into settings > notifications > posts > likes > off

### REMOVE PAYMENT METHODS

If you're happy for your child to have a card associated with their Instagram account, we suggest adding a PIN which needs to be entered before making a payment. This can be added in the payment settings tab and will also help prevent unauthorised purchases.

### FOLLOW INFLUENCERS

Following influencers will allow you to monitor what they're sharing as well as being able to discuss anything which you deem inappropriate. Talk to your child about who they follow and help them develop critical thinking skills about what the influencer is trying to do. For example, are they trying to sell a product by promoting it?

### BALANCE YOUR TIME

Instagram now has an in-built activity dashboard that allows users to monitor and control how much time they spend on the app. Users can add a 'daily reminder' to set a limit on how much time they want to spend on Instagram, prompting them to consider if it's been too long with a 'take a break' message. There's also the option to mute notifications for a period of time. These features can help you have a conversation with your child about how much time they are spending on the app and to set healthy time limits.

### USE MODERATORS

Instagram has launched 'live moderators' on Instagram live where creators can assign a moderator and give them the power to report comments, remove viewers and turn off comments for a viewer. It's recommended to keep devices in common spaces so that you are aware if they do go live or watch live streaming.

### BE VIGILANT AND REASSURE

Talk to your child about the use of filters. While they can be fun to use they don't represent the real them. If you find your child continuously using a filter, ask them why and reassure them that they are beautiful without it to build up their feelings of self-worth. Discuss the fact that many images online are filtered and not everyone looks 'picture perfect' in real life, which can also lend itself to discuss what is real and not real online.

## Meet Our Expert

Dr Claire Sutherland is an online safety consultant at BCyberAware. She has developed and implemented anti-bullying and cyber safety workshops and policies for schools in Australia and the UK. Claire has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviours of young people in the UK, USA and Australia.



National Online Safety®

#WakeUpWednesday

Sources: <https://about.instagram.com/blog/announcements/introducing-family-center-and-supervision-tools> | [https://about.instagram.com/en\\_US/blog/https://about.instagram.com/blog/announcements/introducing-family-center-and-supervision-tools](https://about.instagram.com/en_US/blog/https://about.instagram.com/blog/announcements/introducing-family-center-and-supervision-tools) | <https://about.instagram.com/blog/announcements/introducing-reels-and-shop-tabs>



# YOUTH CLUBS

## HOLLINGTON YOUTH HUB

### MONDAY

HANGOUT CLUB, 4:00 till 5:30pm, ages 8-13

A free youth club for young people aged 8-13, with mild to moderate learning difficulties:  
Referral only - contact us below

FUNKY TEENS, 6:30 till 8:30pm, ages 13-19

A youth club for young people aged 13-19, with mild to moderate learning difficulties:  
Referral only - contact us below, £2 per week subsidy.

### TUESDAY

ACTIVE HASTINGS INCLUSIVE SPORTS, 4:00 till 5:00pm, ages 10-14

A free sports club for young people aged 10-14 with mild to moderate learning difficulties.

SOME PEOPLE, 5:30 till 7:30pm, ages 14-19

A free club for LGBT+ young people aged 14-19. Referral only - contact us below

### WEDNESDAY

ACTIVE HASTINGS DANCE HUB, 4:30 till 5:30pm, ages 10-16

A free dance club for young people aged 10-16.

MUSIC CLUB, 5:30 till 7:30pm, ages 10-16

A free music club for all young people aged 10-16.

### THURSDAY

JUNIORS CLUB, 4:30 till 6:00pm, ages 10-13

A free youth club for young people aged 10-13.

SENIORS CLUB, 6:30 till 8:30pm, ages 14-19

A free youth club for young people aged 14-19.

### FRIDAY

FRIDAY NIGHT CLUB, 6:30 till 8:30pm, ages 10-16

A free youth club for young people aged 10-16.

HOLLINGTON YOUTH HUB  
1 WISHING TREE ROAD NORTH  
ST LEONARDS, TN38 9LL



For more information, please contact:

Reece Dreavyn, Assistant Area Youth Worker - reece.dreavyn@eastsussex.gov.uk - 07973 255076