



SEPTEMBER 2024 ISSUE 32

# NEWSLETTER

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### DEAR PARENTS AND CARERS

Welcome back to the new academic year and I hope you all had a good summer break. I apologise for the slight delay in this edition for the newsletter but we wanted to capture all the great work we have already done at the start of this year.

As we embark on a new school year, we are pleased to welcome all our new staff members who join us in our commitment to providing an excellent educational experience for our students. Please welcome; Miss Bragg (Teacher of Performing Arts & Cover Supervisor), Miss Lo (HLTA in English), Mr Biernacki (Teacher of PE), Miss Bates (Teacher of English), Mr Sconce (Teacher of Food & DT), Miss Lowe (Teacher of PE), Miss Garlick (Teacher of Humanities), Mr. Gallogly (Teacher of Humanities), Miss Mahoney (Teacher of Maths), Miss Aitken (Teacher of Maths), Miss Quayle (Classroom Support Assistant), Miss Corness (Classroom Support Assistant) and Miss Sellers (Classroom Support Assistant).

The beginning of the academic year presents an excellent opportunity for students to engage fully in their studies and extra-curricular activities. We encourage all pupils to take every opportunity to attend extra- curricular activities, as they are vital for personal development and building long lasting friendships. We are extremely proud to offer 110 opportunities each and every week, excluding Year 11 revision. The timetable is included in this newsletter.

Also included in this newsletter is key information regarding attendance. As you will appreciate attendance is generally the most important factor in students achievement in school, If your child isn't in school then they are missing out on vital knowledge in lessons and also building friendships by socialising with their peers.

We have also included a helpful section of FAQs to help you understand who to contact regarding different aspects of school life and included a breakdown of the key teams and people.

The start to the new year has been exceptionally busy, as always, with Open Evening, welcoming our new Year 7 and ensuring our students get into the new routines and settle into their new classes. I am delighted to say we have had a brilliant start to the academic year. There is a real energy to school since summer both from staff and students. As you know, last year's Year 11 achieved a strong set of results and we are expecting even more this year; I want to wish all of Year 11 good luck as they start their final year with us.

Finally, I would like to thank you as parents and carers for your support in ensuring your children look incredibly smart, attend school well equipped and with all the basics they need. We have focused much on getting the basics right and this isn't possible without your support. I am very grateful for this.

Kind regards,

Mr I Critchley **Executive Principal** 

### **KEY DATES 2024**

W/C Monday 7th

YEAR 10//11 ASSESSMENTS WK182

Wednesday 23rd October

**FND OF TERM** 

# PASTORAL SUPPORT



If you need to discuss any matter regarding your child, please feel free to contact us at school. We find that pupils achieve the best when there is open communication between home and school. Your child's Form Tutor should be the first port of call, please feel free to speak to the relevant **Progress Leader / Assistant Progress Leader** if you have any worries or concerns, or have any information that you would like to share as a reminder; please see below for your child's **Progress Leader/ Assistant Progress Leader.** This year we also have a **Learning Mentor** attached to each year group who will work with individual students and groups to support any barriers to learning,

### **Medication and Care Plans**



A reminder that if your child takes medication during the school day then this should be brought into school and clearly labeled with pharmacy instructions for administering the medicine. Parents/ Guardians need to sign a form to say that you agree to your child being given medicine. Except for any inhalers or in some cases an epi-pen, a pupil should not carry any medication on them in school including paracetamol. If we held medication for your child last year, please contact school to check that we have enough stock and that this is in date.



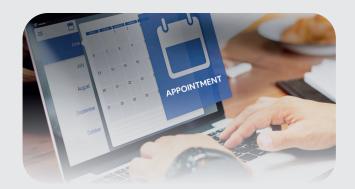
Mrs Roberts is the **Pupil Support Co-ordinator** and will assist with any enquiries regarding medication. If your child has an ongoing medical condition and requires a care plan, please contact **Mrs Roberts** who will work with you to create or update the plan.

### **Contact Numbers**

Please can we remind all parents/carers that it is a safeguarding requirement for all students to have at least 2 working contact numbers on our system in the event of an emergency. If you change you number part way through the year, or circumstances change around who should be listed as a contact please let school know as soon as possible.

### Appointments to see staff

If you wish to meet with a member of staff, please contact school by telephone and an appointment will be arranged for you. Due to timetables and diary commitments it is not always possible for staff to come and speak to parents/carers without an appointment so please do not arrive without an appointment.





# PASTORAL TEAM WHO'S WHO?





**Mrs Cross**Vice Principal
SLT Link for Year 7



**Mrs Dixon** Year 7 Progress Leader



**Ms Barton** Year 7 Assistant Progress Leader



**Mr Day**Vice Principal
SLT Link for Year 8



**Ms Manning** Year 8 Progress Leader



Mrs Carroll Year 8 Assistant Progress Leader



**Mr Ellis**Assistant Vice Principal
SLT Link for Year 9



**Ms Dinç** Year 9 Progress Leader (Maternity Cover 2024/25)



**Miss Heath** Year 9 Assistant Progress Leader



Miss Martin Year 9 Progress Leader (Maternity Leave 2024/25)



**Miss Price** Year 9 Assistant Progress Leader



**Mr Heydon** Assistant Vice Principal SLT Link for Year 10



**Mrs Traynor** Year 10 Progress Leader



**Miss Whittle** Year 10 Assistant Progress Leader

# PASTORAL TEAM WHO'S WHO?





**Mr Worrall**Vice Principal
SLT Link for Year 11



**Mrs Gray** Year 11 Progress Leader



**Mr Bailey** Year 11 Assistant Progress Leader



**Miss Cox** Year 11 Assistant Progress Leader

# PASTORAL LEARNING MENTORS



Mrs Cross Vice Principal SLT Link for Pastoral Team



**Miss Dobson** Year 7 Learning Mentor



Miss McCulloch Year 8 Learning Mentor



Miss Hall Year 9 Learning Mentor



**Ms Redhead** Year 10 Learning Mentor



**Ms West** Year 11 Learning Mentor

# FREQUENTLY ASK QUESTIONS...



### My child is having an issue with their lesson and is finding the work too difficult?

In the first instance please contact school to speak to the class teacher to try and overcome this issue. The class teacher can be contacted by telephone by asking Reception to pass a message on or by emailing admin@halewoodacademy.co.uk and marking for the attention of the teacher concerned. If you are unsure of the teacher's name this is on your child's timetable or be sure to add your child's name and year group in the email correspondence.

## My child has been diagnosed with a medical condition and needs to bring spare medication into school who should I tell?

Mrs Roberts our Pupil Support Co-ordinator stores and handles all medication for students. Please contact her through reception. There is a form to complete for storing and administering medicine in school and this will need to be completed. Your child's medication needs to be given into school in the original packaging with the prescription label on identifying your child's name and DOB.

### I am having difficulty in getting my child to come to school- what should I do?

In the first instance contact your child's Form Tutor, Progress Leader or Assistant Progress Leader.
Please do this as soon as the situation arises and please be honest if your child is having difficulty rather than state they are unwell if this is not the case. There are lots of students who from time to time find school life difficult and there is lots of support we can offer to try and overcome the issues.

## I have received my child's P2S and I can't understand if my child is making progress how can I tell?

If you have any concerns about your child's academic progress please contact your child's **Progress Leader** who will be able to look across the range of subjects and discuss this with you. If your concern is regarding progress in a particular subject area each department has a subject leader who you can contact via reception to explore this further for you.



### My child appears to have been targeted on social media and they are upset by the comments they have read, can school deal with this?

School has a duty to deal with issues online if they will likely impact on a child's wellbeing in school and we take any form of online abuse seriously. Please contact your child's **Progress Leader** if you have any issues in relation to online activity, evidence via screenshots for example are helpful when trying to resolve such an issue. We would urge parents/carers to exerecise their parental responsibility and monitor regularly their child's online activity. In some cases school may need to refer to external agencies such as the police or **Children's Social Care** when dealing with inappropriate online activity.

### We have a family emergency, and I need to contact my child during the school day- what should I do?

If you find you need to contact your child during the school day, please contact reception who will get information to your child on your behalf if needed. Please do not contact your child on their mobile throughout the day under any circumstances as they are not allowed to look at their phones or have them out of pockets or bags after 8.30am. We would ask your for your support in telling your child to speak to an adult in school rather than contact you directly if they are unwell or upset for any reason. If your child goes to Mrs Roberts in Pupil Support she will contact you on their behalf if needed.

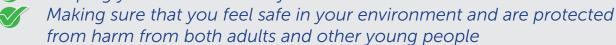
We believe that effective and honest communication between home and school is the best way to ensure that students have a happy and safe time here at school and we want parents / carers to feel they know who to turn to if they are unhappy or unsure about any aspect of school life. If you are unsure who is the right person to contact then please contact your child's **Progress Leader** who will signpost you to the right member of staff.

# **STUDENT FRIENDLY**SAFEGUARDING INFORMATION



# What is safeguarding?







# Who is available to help? At school you can talk to;

- Your Form Tutor/Progress Leader/
  Assistant Progress Leader/Learning
  Mentor/Any trusted adult, e.g. Teacher,
  TA, Mid-day Assistant
- The Safeguarding Team
- The School Nurse

### Outside of school you can talk to;

- Trusted family member, trusted adult such as sports coach or friends
- Your family doctor
- Kooth/CAMHS
- The police

### Who can I go to? In school you can go to:

- Pastoral Hub F10
- Pupil Support S01
- Progress Leader /
   Assistant Progress Leader
- A Classroom Teacher
- School Nurse drops ins
- Any member of staff

### Outside of school;

- The School Website
- Online Support Websites
- Childline 0800 1111

### When can I speak to someone?

### At school you can talk to;

You or a family member can talk to a member of staff at anytime about a worry or a concern that you may have about yourself or a friend.

# Safeguardin

at Halewood Academy



### Our Safeguarding Team











Mrs Cross Mrs Campbell

Mr Day

Mr Harrison

Mrs Smallwood

### How will you keep me safe?

- We will educate you to ensure a strong culture of diversity and inclusivity where difference is celebrated positively:
- We will educate you to stay safe online and out in the community;
- All Halewood Academy staff are trained to spot the signs of abuse or neglect;
- Staff are trained to deal with incidents of abuse from adults to children and also abuse which can occur between young people;
- We will always listen and act upon your concerns. This may involve working with your parents or carers or getting help from other services outside of school:
- Your wishes and feelings will always be considered.

### Why is it important?

From time to time, children can suffer abuse from adults and also young people. Abuse can be physically, sexually or emotionally harmful or neglectful and can happen in person or online, at home, within the community or in school.

We want to make sure that everyone at Halewood Academy is protected from abuse and harm.



# GOOD START! GOOD ATTENDANCE



We have seen a good start to the new academic year for many of our students, with attendance rates during the first few weeks marginally higher than the same time last academic year. However, we have also seen too many pupils missing out on learning because they have not attended school. Days missed from school results in students having gaps in their knowledge and understating and these gaps can be difficult to catch up.

We are sure you have noticed the recognition and celebration of good attendance on our social media platforms. If you are not doing so already, we would urge you to follow the school accounts so that you can join in the celebrations.

Every day counts in your child's educational journey, and we greatly appreciate your role in ensuring their attendance. Thank you for your ongoing support and commitment. Together, we can help them reach their full potential!

We are very much looking forwards to a strong period of attendance leading up to October half term break. Good attendance over the next 5 weeks will ensure we start the year off on a real high.

Your active involvement in your child's attendance is invaluable. Keep up the great work in prioritising their education. Thank you for all that you do to ensure their success.

As a reminder, I have included below the 6 aspects that underpin working together to improve attendance. In addition, I have also included the expectations of parents/carers and of school. By adhering to these concepts, we will improve attendance for all students.

### Working together to improve attendance

Successfully treating the root causes of absence and removing barriers to attendance, at home and in school requires both parties to work collaboratively in partnership with each other, not against each other. To get the best for the young person school and home should work together to:

### Expect

Aspire to high standards of attendance from all pupils and parents and build a culture where all can, and want to, be in school and ready to learn by prioritising attendance.

### **Monitor**

As a school we use attendance data to identify patterns of poor attendance as soon as possible so all parties can work together to resolve them before they become entrenched.

### Listen and understand

When a pattern is spotted, discuss with pupils and parents to listen to and understand barriers to attendance and agree how all partners can work together to resolve them.

### **Facilitate support**

Remove barriers in school and help pupils and parents to access the support they need to overcome the barriers outside of school. This might include an early help or whole family plan where absence is a symptom of wider issues.

### Formalise support

Where absence persists and voluntary support is not working or not being engaged with, partners should work together to explain the consequences clearly and ensure support is also in place to enable families to respond. Depending on the circumstances this may include formalising support through an attendance contract or education supervision order.

### **Enforce**

Where all other avenues have been exhausted and support is not working or not being engaged with, enforce attendance through statutory intervention: a penalty notice or prosecution to protect the pupil's right to an education.



# **ATTENDANCE EXPECTATIONS**



### What YOU must do:

- Telephone or email school before 8.15am each day of your child's absence.
- Tell the school in advance, of any medical appointments and bring in appointment cards/letters (remember these should be taken out of school hours wherever possible).
- If you are not sure whether your child is well enough to attend school, send them in anyway as they often perk up on arrival and/or throughout the day.
- Have a backup plan for if your child misses transport, call on a family member, neighbour or friend
- If you and your child are experiencing difficulties with school attendance then talk to us as a first step so we can help.

### What WE will do:

- Check your child's attendance every day.
- Phone home to discuss your child's attendance with you.
- Invite you into school for attendance meetings if we are concerned.
- If we cannot establish a reason for absence, then we may make a welfare home visit.
- Support you to remove barriers to good attendance

Regards Halewood Academy



# OPEN EVENING SEPTEMBER 2024





A huge thank you to everyone who joined us for this year's **Open Evening**, which was a massive success

Please feel free to visit our website for more information

https://www.halewoodacademy.co.uk/ parents/admissions/

Closing Date for

**Year 7 Applications 31st October 2024** 

#WeSeektheBest #passionatestaff









# OPEN EVENING SEPTEMBER 2024











### NEW TERM! NEW YEAR 7



Halewood Academy welcome all of our students back into the new term after the summer term especially our new Year 7 cohort who have made a great start, well done to you all.

It was a great first day of term for all of our current and new students who looked extremely smart. We look forward to them enjoying lessons and our great facilities at the academy.



### PREFECTS 2024





We are delighted to announce the appointment of our **Prefects** and **Senior Prefects** for the current academic year. This group includes our Principal and Deputy Principal Prefects, all selected from the outstanding pool of candidates in **Year 11**. We saw more prefects nominated than ever before, with **36** pupils taking up their positions.

A significant change for this year will see
Prefects of all position begin wearing a new
red tie to signify the additional roles and
responsibilities they have in the school.
This year, our Year 11 pupils were given the
exciting opportunity to apply for these key
positions of responsibility by writing a letter of
application and facing an interview process.
The response was overwhelming, with numerous
pupils eager to take on the challenge and
demonstrate their readiness for leadership roles
within our school community.

The letters submitted by our aspiring prefects were nothing short of exceptional. Each one showcased a remarkable level of thought, dedication, and passion for contributing positively to life at Halewood Academy inline with our Core Values.

Well done to all!

Halewood Academy



# LIVERPOOL CITY CENTRE FIELD TRIP



This year at Halewood Academy we had over 120 pupils engage in our compulsory fieldwork, at the end of Year 10 pupils went to the River Conway in Wales to investigate the downstream changes, we measured the depth, width and velocity of the river at three different sites along the river, this is done alongside the Field Studies Council who assist us with our fieldwork.

We had some amazing groups attend on two separate Friday's and received some wonderful feedback about the respect and collaboration of our pupils!













# RIVER CONWAY WALES FIELD TRIP





















Last week we completed the final section of our fieldwork, we went into the city centre of Liverpool to investigate the regeneration of Liverpool One and The Albert Dock since 2008, pupils had to ask questionnaires, complete pedestrian counts, land use surveys and an environmental quality survey! Pupils spent half a day in town completing all this fieldwork and behaved brilliantly, all the fieldwork is used in our exams so they worked really hard to make sure they got it right!

Well done to all who attended the trip.

**Mr Riley** Head of Geography



# EXTRA-CURRICULAR CLUBS



We have a wide variety of school clubs that we hope will appeal to all students' interests and talents.

We believe that the learning journey through school is not just about securing educational qualifications and we value the whole experience that our students receive here and understand that time spent developing extra-curricular interests is pivotal to ensuring our students leave us as well-rounded citizens; well qualified, happy and healthy.

We have an extensive extra-curricular programme for students to be involved in after school. That said, we are always open to new ideas.

If students feel that there is something that we do not offer that they would really like to try, then we will do our very best to facilitate it.

For lunchtime clubs please collect a pass from the staff member taking the session.

	Breakfast Clubs – 8:00am - 8:30am – Available to All					
	Club	Location	Staff			
1	Football	Sports Hall	Duty Staff			
٦	Gym and Fitness	Fitness Suite	Duty Staff			
	Achievement Centre Breakfast Club	Achievement Centre	Duty Staff			
	Key Stage 3 Music	Music Room	Duty Staff			
	Atrium Chess	Atrium	Duty Staff			
N	Library	Library	Duty Staff			
	Study Club	Assembly Hall	Duty Staff			
	Canteen and Atrium	Canteen	Duty Staff			
2						

		Lunchtime		
Club	Location	Staff	Time	Year Groups
Football/Sport	MUGA	Duty Staff	1:15 – 1:55	Year 7 and 8
Football/Sport	3G	Duty Staff	1:15 – 1:55	Year 9, 10 and 11
Badminton	Sports Hall	Duty Staff	1:15 – 1:55	All
Chess Club	F30	Mr S Jones	1:15 – 1:55	All
ICT and Computing Club	S21	Miss O'Neill	1:15 – 1:55	All
Gaming Club	S28	Mr C Hartley	1:15 – 1:55	Invite
Art Club	G01	Mr A Casey	1:15 – 1:55	Year 7, 8 and 9
Art & Photography	F05	Mrs A Manriquez	1:15 – 1:55	Year 10 and 11
Fitness	Gym	Miss J Hastings	1:15 - 1:55	All
Music Club	G53	Miss C Costello	1:30 - 1:55	Year 7, 8, 9 and GCSE

After School					
Club	Location	Staff	Time	Year Groups	
Sparx Maths	S22	Miss E Jones	3:00 - 4:00	All	
Creative Writing	F59	Miss S Bates & Mr S Meaghan	3:00 - 3:45	All	
Netball	MUGA	Mrs H Scott	3:00 - 4:00	All	
Badminton	Sportshall	Everton in the Community	3:00 – 4:00	All	
Football	3G	Mr Campbell	3:00 - 4:00	Year 9	
Fitness	Gym	Miss J Lowe	3:00 – 4:00	All	
Movie Monday	Library	Miss M Towers	3:00 – 4:00	All	
Art Club	G01	Mr A Casey	3:00 – 4:00	Year 7, 8 and 9	
Art Enhanced	F05	Mrs A Manriquez	3:00 - 4:00	Year 10	



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PERSONAL
DEVELOPMENT
AT
HALEWOOD
ACADEMY

WE SEEK THE BEST

8:00am - 8:30am – A\	vailable to All
Location	Staff
Sports Hall	Duty Staff
Fitness Suite	Duty Staff
Achievement Centre	Duty Staff
Music Room	Duty Staff
Atrium	Duty Staff
Library	Duty Staff
Assembly Hall	Duty Staff
Canteen	Duty Staff
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Sparx Maths	S22	Miss E Jones	3:00 - 4:00	All		
Creative Writing	F59	Miss S Bates & Mr S Meaghan	3:00 – 3:45	All		
Netball	MUGA	Mrs H Scott	3:00 - 4:00	All		
Badminton	Sportshall	Everton in the Community	3:00 - 4:00	All		
Football	3G	Mr Campbell	3:00 - 4:00	Year 9		
Fitness	Gym	Miss J Lowe	3:00 - 4:00	All		
Movie Monday	Library	Miss M Towers	3:00 - 4:00	All		
Art Club	G01	Mr A Casey	3:00 - 4:00	Year 7, 8 and 9		
Art Enhanced	F05	Mrs A Manriquez	3:00 - 4:00	Year 10		





# CARMEL COLLEGE YOUR PLACE TO EXPLORE

MAGINE. INVENT. CREATE, ENJOY.



Register today: scan me!

Visit us at an

# OPEN EVENT

to find out more.

Wednesday 9th October 2024

Thursday 7th November 2024

Tuesday 11th March 2025

5.00pm - 7.30pm

Prescot Road, St Helens, Merseyside, WA10 3AG

www.carmel.ac.uk

# CAREER DAYS 2024





There are dates available for students to attend career days online over the next couple of months.

Career Days give students an insight into different careers that might appeal to them, advice on subject choices and how to apply to university, followed by work experience in the afternoon to help them see what the career may be like. Students receive a certificate confirming their work experience.

Students who are aged 13-18 can register to join the online days by visiting www.careerdays.co.uk

The schedule is as follows:

### **Medicine Career Day**

- Saturday 5th October 2024

### **Dentistry Career Day**

- Sunday 6th October 2024

### **Business Career Day**

- Saturday 12th October 2024

### Psychology Career Day

- Saturday 19th October 2024

### **Architect Career Day**

- Saturday 26th October 2024

### **Performing Arts Career Day**

- Sunday 27th October 2024

### Law Career Day

- Saturday 2nd November 2024

### **Vet Career Day**

- Saturday 9th November 2024

### **Computer Science Career Day**

- Saturday 23rd November 2024

### Engineering & Technology Career Day

- Saturday 30th November 2024

Students can visit www.careerdays.co.uk to join a session that interests them and will receive a certificate at the end of the day confirming their work experience.

To all parents/carers please can you inform their children to pick up lost property and put names in their uniform.





The Halewood Academy Pantry has been running for 6 months now and we have supported many families during this time.

We stock tinned, packet and jarred goods. Dried foods and breakfast cereals, tea bags, coffee, hot chocolate, milk and sugar. Toilet Rolls, washing up liquid & dishcloths. Toiletries shower gel, toothpaste, deodorant, baby wipes and sanitary wear and even dog and cat food. We still have fresh bread every Tuesday. We are now able to offer Laundry Liquid/Washing Powder and some cleaning products (these are on request only), you can do this by emailing householdsupport@halewoodacademy.co.uk and a parcel can be left at Reception for you to collect. A very kind family donated a bag of items recently. a BIG thank you for this, your support is really appreciated. If you would like to support our Pantry all items are gratefully received, the only stipulation is that it is in date and must not contain alcohol or any sharp objects.

Mobiles phone use is allowed in school up to 8.30am, after this time they must be switched off and kept safe in their school bag. Should you need to contact your child in an emergency please telephone the school main reception.



NO MOBILES PHONES

# NO JEWELLEI OR TRAINERS

Jewellery is **NOT** allowed in school including stud earrings, for students. Nail varnish and false nails are also not allowed.

Also Trainers are **NOT** allowed to be worn under any circumstances by students.

Only if they have a medical reason will they be given permission.







NO TRAINERS

**NO JEWELLERY** 

# YEAR 6 ADMISSIONS 31ST OCTOBER HALEWOOD ACADEMY

# Parents of year 6 Children It's time to apply for a secondary school place (year 7) September 2025 Intake

Knowsley residents – Apply online by visiting www.knowsley.gov.uk

### **CLOSING DATE 31ST OCTOBER 2024**

- If your child is currently in year 6 of primary school or their date of birth falls on or between 1 September 2013 and 31 August 2014, now is the time to apply for a year 7 secondary school place for September 2025.
- There is no automatic transfer everyone must apply between 12 September 2024 and 31 October 2024 by completing the application form of the Local Authority in which you live.
- Knowsley residents should apply by accessing the online application portal via the Knowsley website www.knowsley.gov.uk.
- It is the responsibility of the parent/carer to ensure they have read the admission policy of each school they are considering applying for and provided all the information required to support their application this may include completing a supplementary information form with some individual schools where requested.
- For full information about the application and allocation process and admission policies for individual schools, visit the school admission pages at www.knowsley.gov.uk and access the 'Knowsley, Secondary Admission Composite Prospectus'.

For further advice, contact Knowsley School Admissions Team
Email: schooladmissions@knowsley.gov.uk
Tel: (0151) 443 5142 / 5143 / 3372



# PREMIER LEAGUE KICKS



Dear Parent / Guardian

### **Premier League Kicks**

Everton in the Community are pleased to announce a new **free** football session every **Wednesday** at South Liverpool Goals (Speke).

The session timings are as follows: -

5pm - 6pm for year 7, 8 and 9

6pm - 7pm for year 10, 11, 12 and 13

The session takes place on 3G turf, so suitable footwear for playing football is preferred.

From this there will be opportunities to represent Everton in the Community in competitive fixtures/tournaments, as well as opportunities to take part in visits to other football clubs.

If this would be of interest to your child, they can attend the session on any Wednesday at the times shown above and be registered on the night.

If you require any more information regarding the session, then don't hesitate to contact on the details below.

Kind regards,

John Rawlinson Premier League Kicks Senior Coordinator

Email – john.rawlinson3@evertonf.com

Mobile - 07813996719



# SPARX MATHS HOMEWORK

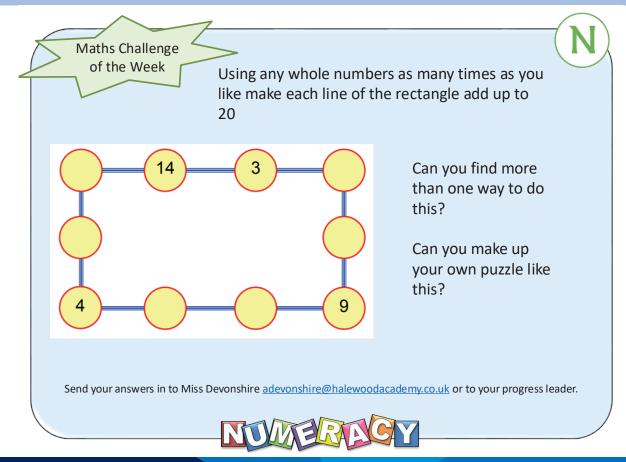


# Sparx Maths

Maths homework for Y7 – 10 is set every Wednesday at 3pm and due in the following Wednesday by 2pm.

To log in you need to enter your school email address e.g. 24tswift@halewoodacademy.co.uk

The password is the same one as you need to log in to a computer in school.



### What Parents & Carers Need to Know about





Defined as "ongoing hurtful behaviour towards someone online" cyber-bullying makes its victims feel upset, uncomfortable and unsafe. In the digital world, it has numerous forms – such as hurtful comments on a person's posts or profile; deliberately leaving them out of group chats; sharing embarrassing images or videos of someone; or spreading gossip about them. Cyber-bullying can severely impact a young person's mental health... so, in support of Anti-Bullying Week, we've provided a list of tips to help trusted adults know what to look for and how to respond to it.

### )@\*#!

### 1. GET CONNECTED

### 2. KEEP TALKING

Regular chats with young people about their online lives are good practice in general, but they can also be an excellent refresher to help prevent cyber-bullying situations. Topics you might want to revisit include why it's important to only connect online with people we know and trust, and why passwords should always remain secret (even from our best friends).

### 3. STAY VIGILANT

### 4. MAKE YOURSELF AVAILABLE

If an online bullying incident does occur, it may take a while before your child is ready to open up about what happened. Just gently remind them that they can always come to you with any problems – and that they won't be in trouble. You might also suggest a trusted family member they could turn to, in case they feel too embarrassed to tell you directly.

### 5. BE PREPARED TO LISTEN

### FURTHER SUPPORT AND ADVICE

If you or your child need additional help with an online bullying issue, here are some specialist organisations that you could reach out to.

Childline: talk to a trained counsellor on 0800 1111 or online at www.childline.org.uk/get-support/

National Bullying Helpline: counsellors are available on 0845 225 5787 or by visiting www.nationalbullyinghelpline.co.uk/cyberbullying.html

The NSPCC: the children's charity has a guide to the signs of bullying at www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/ and can be reached on 0808 800 5000

### 6. EMPOWER YOUR CHILD

Depending on their age, your child might not want a parent 'fighting their battles for them'. In that case, talk through their options with them (blocking the perpetrator, deleting the app and so on). By allowing your child to choose the path they take, you're putting them in control but are also demonstrating that you're there to support them along the way.

### 7. REPORT BULLIES ONLINE

### 8. ENCOURAGE EMPATHY

Protecting themselves online is the priority, of course, but young people should also feel empowered to help if they witness other people falling victim to cyberbullying. Even if they don't feel confident enough to call someone out on their abusive behaviour online, they can still confidentially report that person to the app or game where the bullying occurred.

### 10. INVOLVE THE AUTHORITIES

If the nature of any online bullying makes you suspect that your child is genuinely in imminent physical danger or if there are any signs whatsoever of explicit images being shared as part of the bullying – then you should gather any relevant screenshots as evidence and report the incidents to your local police force.

### Meet Our Expert

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







**National** Safety



www.nationalonlinesafety.com



@natonlinesafety





SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

# ACTION FOR HAPPINESS



### Self-Care September 2024

15

caring, calming

Find a

phrase to use

yourself to see

regularly

messages for

Leave positive

day. Make time

friend to tell you

you are feeling

without any

**Judgement** 

**Notice what** 

Enjoy photos

21

from a time

with happy

memories

Ask a trusted

what strengths

they see in you

No plans

18

19

to slow down

and be kind to yourself

when you

feel low

Take your time

23

Make space to

other people's

remember that you are worthy

make time to

do nothing

strengths or

any unnecessary

plans

by cancelling Free up time

talents

one of your

way to use Find a new

'I should' and

of love

yourself and

Accept

25

26

27

Avoid saying

Let go of

expectations

of you

just breathe

and be still

for help when feel and ask needed

share how you Be willing to

not selfish, it's

essential

self-care. It's Find time for

things you do

self-criticism

relaxing activity

Plan a fun or

and make time

for it

Everyone makes things go wrong

mistakes

yourself when

Forgive

Let go of

and speak to

Notice the

ယ

well, however

small

enough, rather Aim to be gooc than perfect

> yourself kindly When you

9

remember it's ok find things hard not to be ok

Make time to

you really enjoy do something

outside and give body a natural your mind and Get active boost

13

Be as kind

to a loved one as you would to yourself

take a break

busy, allow yourself to pause and If you're

exercise and go basics: eat well, to bed on time Focus on the

permission to say 'no yourself Give

Happier · Kinder · Together



about yourself you appreciate three things

29 Write down

Remind

you are enough, just as you are yourself that









28

appear outside you feel inside to how others compare how Don't