

# The Elms Academy

## NEWSLETTER

Integrity

Ambition

Determination

Friday 9<sup>th</sup> May 2025

### Message from the Principal



There's a real buzz around school at the moment. Year 11 are fully engaged in their exams and approaching them with great focus and determination—it's inspiring to see how hard they're working. Year 13 start their exams next week, and we know they're ready to give it their all. A huge well done to all our students in exam mode—you're showing such ambition and grit. Keep going—your effort and resilience are really shining through.

For Years 7, 8, 9, 10, and 12, summer assessments are in three weeks. Our revision launch starts next week, so look out for support materials and study tips. Remember, mock exams help build confidence and good exam habits. Attendance is crucial—every day and lesson counts. We really appreciate families working with us to keep attendance strong across all year groups.

This week, we also had the pleasure of welcoming Ofsted to The Elms. It was such a joy to showcase our wonderful staff, fantastic students, and the truly special community we're all part of. There was a real sense of pride in every corridor and classroom. Thank you so much for your messages of support and for completing the parent survey. Our close relationship with families is one of the main reasons for the school's success, and we're so grateful for it.

Lastly, our Friends of The Elms Academy PSA group is collecting good-quality second-hand uniforms. If you have spare items, please drop them off at reception. Thank you to Year 10 parents for your donations at parents' evening.

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### Whole School Assembly

During our Whole School Assembly this week we focused on the importance of healthy eating and a balanced diet. We looked at foods which promote positive cognitive function and memory as well as brain development. Food can also influence moods, so avoidance of sugary snacks and fast food is important. The benefits of eating foods such as leafy greens, fruit, fish and yogurt were also looked at.

Here are some tips on maintaining a healthy, balanced diet.

#### COGNITIVE FUNCTION & MEMORY

Diet impacts cognitive function and memory

**EAT** Blueberries, walnuts

**AVOID** Fried foods

#### BRAIN DEVELOPMENT

What you eat impacts how your brain grows

**EAT** Leafy greens, zinc (beans)

**AVOID** Fast food

#### MOOD REGULATION

Nutrients affect brain chemicals that control your mood.

**EAT** Omega-3s (salmon, walnuts), Complex carbs (oats)

**AVOID** Refined sugars

#### INFLAMMATION & MENTAL HEALTH

What you eat influences brain inflammation

**EAT** Fatty fish, turmeric

**AVOID** Sugary foods


#### GUT-BRAIN CONNECTION

Diet affects the gut-brain connection

**EAT** Broccoli, yogurt

**AVOID** Packaged snacks

### THE IMPACT OF REGULARLY EATING FAST FOOD LIKE McDONALD'S FOR TEENS



**COGNITIVE FUNCTION AND ACADEMIC PERFORMANCE**  
Poor nutrition can impair memory, attention, and learning

**MOOD AND EMOTIONAL HEALTH**  
Linked to mood swings and increased symptoms of depression or anxiety

**MENTAL HEALTH AND RISK OF DEPRESSION**  
Higher rates of depression and anxiety among frequent fast food eaters

**ENERGY AND SLEEP PATTERNS**  
Leads to energy crashes and disrupted sleep

**BRAIN DEVELOPMENT**  
Nutrient poor diets may impair brain maturation

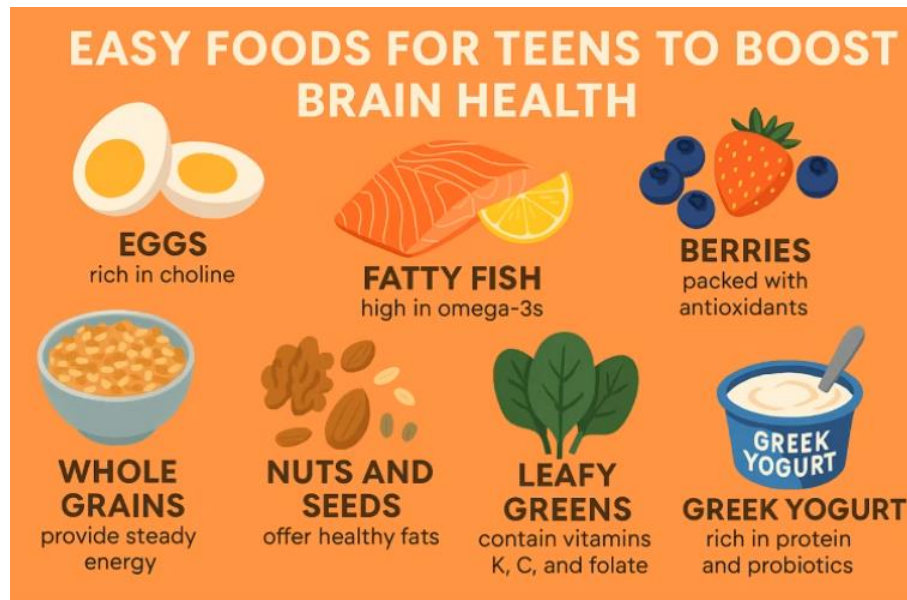
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### Year 11 and 13 Exams

Students have made a very positive start to their exams demonstrating how hard they have been working on their revision and in lessons. We continue to wish them well as they complete their exams over the next few weeks. Good luck to you all.



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### Charities Week

Thank you to everyone who participated in our Charities week. It was a huge success with lots of fun activities for staff and students to take part in.

We are delighted to be able to share with you the total each house raised for their chosen charity.



### Key Dates for Your Diary

Event	Date	Time
Half Term	Monday 26 <sup>th</sup> May – Friday 30 <sup>th</sup> May	All Week
Summer Showcase	Tuesday 1 <sup>st</sup> July 2025	5.00pm – 7.00pm
Last day of term	Friday 18 <sup>th</sup> July 2025	



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