

The Elms Academy

NEWSLETTER

Integrity

Ambition

Determination

1st March 2024

Message from the Principal



Dear Parents,

It has been another busy and rewarding week at The Elms Academy. Our Y11 and Y13 students have commenced their AP2 exams, and I'm delighted to share that they are handling this with exceptional resilience and focus. This period can be daunting, but with the highest aspirations in mind, we are also prioritising the well-being of our students. The preparedness demonstrated by our Y11 and Y13 cohorts is a testament to their hard work, determination, and the unwavering support they receive from both their families and teachers.

As the AP2 exams continue into Monday, Tuesday, and Wednesday this week, we anticipate gaining valuable insights into their current progress. This data will guide us in fine-tuning the final preparations for the upcoming actual exams this summer.

On Tuesday, we hosted a parent forum where I, along with Mr. Wilson and Mr. Okojie, presented. I extend my gratitude to all the parents who attended and actively engaged in the process. Your feedback is crucial to us, as we aspire to be the best school for your children. The following day, I addressed all staff to discuss the issues raised during the forum and explore ways to enhance our school's overall experience. In my view, parents, alongside staff and students, form the three key stakeholders that contribute to making a school truly exceptional.

In the realm of sports, our winning streak continues with two football fixtures on Wednesday, both resulting in victories. We are now unbeaten in 2024, and Mr. Assan has expressed confidence in securing silverware by winning the regional cup. It's heartening to see the PE department providing regular opportunities for our students to represent the school in competitive fixtures, fostering a spirit of teamwork and achievement.

Other noteworthy events this week include a trip to Chinatown for Year 8, a music production course for Year 10, and a Romeo and Juliet workshop for Key Stage Three. At lunchtime, there were daily celebrations and activities for the Lunar New Year, along with house activities on Wednesday and Friday. All of this has been accomplished while maintaining disruption-free and purposeful classrooms for your children.

I appreciate your continued support.

Best regards,

Jon Lynes

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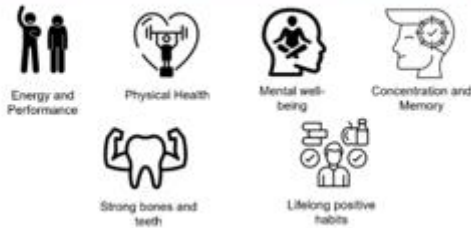
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Whole School Assembly – Healthy Eating

Across the school this week there has been a focus on the importance of nutrition and sleep. Students participated in discussions on the benefits of a balanced diet and a healthy sleep routine. We looked at healthy eating habits and establishing regular sleep patterns. Alongside diet and sleep, students also reflected on how much water they drink on a daily basis and the benefits of staying hydrated. In addition to this, students looked at how a lack of sleep might negatively impact both their physical and mental. The NHS Eatwell Guide shown below offers guidance on maintaining a balanced diet for all.

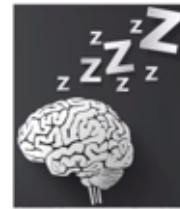
What are the benefits of healthy eating?



Stay hydrated



Sleep



What happens if we don't get enough sleep?

- Ability to focus and concentrate rapidly decreases
- Decision making suffers
- Memory and mood affected
- More likely to get ill/suffer from diseases
- More accident prone



Tips to help you sleep



Please Turn off Your Mobile Phones



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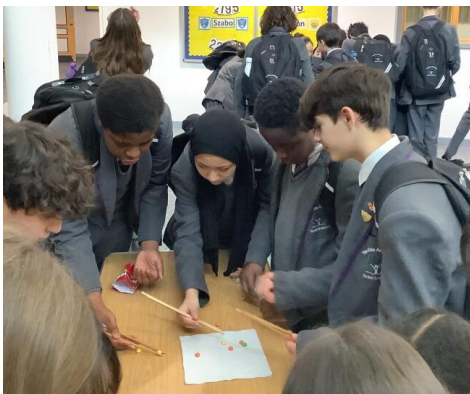
Chinese New Year Celebrations



Continuing on from our celebrations of the new Lunar Year, students have been enjoying activities surrounding the tradition.

They enjoyed the opportunity to practice their skills with chopsticks by seeing how many Skittles they can get in a cup. They realised that it is not as easy as it looks, requiring concentration and a steady hand. Students also tried Chinese paper craft creating intricate patterns for display.

This Year is the Year of the Dragon which represents positive qualities such as power, strength, good luck and wisdom. It is anticipated to bring auspicious opportunities and exciting advancements for all.



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Trip to China Town

Our Y8 students in Chinese class recently embarked on an exciting journey to Chinatown! They were able to immerse themselves in the vibrant culture, explore the lively streets and indulged in a delightful lunch at a local Chinese restaurant. It was more than just a trip; it was a flavorful adventure that expanded their horizons and it was enjoyed by all who attended.



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Romeo and Juliet workshop

The cast of Romeo and Juliet took part in a workshop on Wednesday where they had the opportunity to work with a professional Theatre Director on their performance. They developed in detail on Tybalt's death scene. This is in preparation for when the cast of Year 7-10 students perform in front of a live paying audience at the Albany Theatre on Thursday 28th March. Tickets will be on Sale from Friday 1st March.



Key Dates for Your Diary

Event	Date	Time
Year 7 Parent Evening	Thursday 7 th March	4.30pm – 7.00pm
Year 9 Pathways Evening	Wednesday 20 th March	5.00pm
Year 8 Parent Evening	Thursday 21 st March	4.30pm – 7.00pm
Easter Holiday	Friday 29 th March – Friday 12 th April	Two weeks
INSET Day	Monday 15 th April	All Day
Year 11 Exam Essentials Evening	Tuesday 23 rd April	4.30pm – 6.30pm
Year 10 Parents Evening	Thursday 25 th April	4.30pm – 7.00pm
Bank Holiday – school closed	Monday 6 th May	All day