

## Centre Academy East Anglia December Newsletter 2018

*Dear Parents,*

*As you will imagine, there is considerable excitement at CAEA as the Christmas Season gains speed. (You may have noticed parts of this invading your house as well, compliments of your student!) As we write this, we are getting ready for our annual Christmas Luncheon, groups of students are enjoying some music, others are engaged in last-minute card writing—and there are still others who are finishing up this or that academic assignment.*

*We do want to commend Mrs West for all her efforts in designing this very attractive December Newsletter and our teaching and other staff members for all the work they have put in during the rather frenetic pace of activities that you will be reading about.*

*We want to wish you the happiest of Holiday Seasons and a truly Joyous New Year.*

*With our very best wishes*

*Yours sincerely  
Mrs Kim Salthouse  
Head of School*

*Dr Duncan Rollo  
Principal*

### Dates to Remember

**Spring Term Commences:  
Monday 7th January 2019**

**Half Term:  
Friday 15th February 2019  
– Sunday 24th February  
2019**

**Please note:  
Friday 15th February 2019  
School Finishes – 12.00 pm**

*Merry Christmas and  
Happy New Year  
From all the staff at  
Centre Academy East Anglia*



## Revision Tips

- Start revising early – i.e. months, not days before the exam; make a timetable to plan your revision and stick to it!
- Use Revision Guides
- In study leave, start revising early – i.e. 9.00am – that way you will get your day's work done much quicker and will have time to relax in the evening
- Stick revision notes all around the house – so in the exam you think – “aha, quadratic equations, they were on the fridge....”
- Get yourself drinks and snacks – so you do not make excuses to stop every 10 minutes
- Sit at a proper desk – Do not try to revise in bed – you will be in the land of pink igloos and elephants before you can say “Captain Birdseye”
- Don't put it off – “Procrastination” is the long word for it. And it means rearranging stuff on your desk, getting a sudden urge after 16 years to tidy your room, playing the guitar, thinking about the weekend, writing love poems about that girl/boy you fancy, painting your toenails, etc, etc,... Sit down at your desk and GET ON WITH IT
- Don't just read your notes – you have to WRITE STUFF DOWN. This is real basic “how to revise” stuff.
- Don't turn yourself into a revision zombie – if you stop doing anything else but revision you will turn into a zombie. It is really important that you keep time to do things you enjoy... like cinema, shopping, sports, Frisbee, rock-climbing, making model planes, whatever tickles your ferret... When you're doing these try to relax and totally forget about revision
- Do lots of practice exam papers – This is especially important as you get close to the exams
- Read the exam timetable properly – double-check so you do not miss an exam and have plenty of time to prepare for it
- Find the right environment to revise – NOT in front of the TV. NOT listening to the radio. Music can sometimes be ok, but you need to find the right kind. It's got to be something that is just there in the background that you are not thinking about
- Don't hang around with the nervous paranoid – People on the morning of the exam – they will just stress you out

### Mock Exam Week – Monday 14<sup>th</sup> to Friday 18<sup>th</sup> January 2018

|                                   | Monday           | Tuesday                                     | Wednesday                  | Thursday                     | Friday                           |
|-----------------------------------|------------------|---|----------------------------|------------------------------|----------------------------------|
| <b>Morning</b><br>9:00 am start   | <b>Geography</b> | <b>Maths</b><br>(Calculator)<br>Not paper 1 | <b>English</b><br>Language | <b>English</b><br>Literature | <b>Maths</b><br>(Non-Calculator) |
| <b>Afternoon</b><br>1:45 pm start | <b>Science</b>   | <b>History</b>                              | <b>Science</b>             | <b>RE</b>                    |                                  |



## Home Cooking Autumn 2018

What a fantastic first term at CAEA, and I am proud to be able to teach Home Cooking Skills and be part of the team here. The pupils have worked incredibly hard and made huge progress in their cooking skills and knowledge of kitchen safety and hygiene. They are a joy to work with and are a credit to the school.

They have made some fantastic dishes over this term and I hope you have enjoyed them over the weeks! In the final sessions they have been working on their skills and have made Christmas cakes that I asked them to decorate for an end of term competition.

They were given time to design their cakes and then given a free reign over how they decorated them.

I must say I was overwhelmed with the skills and determination of the students and the results were a testament to the hard work they all put in.

Everyone in the school was given a chance to vote for their favourite four cakes; every cake received votes, and I would like to thank everyone in doing this!

In my opinion all the cakes are winners but the four that received the most votes are as follows:

1st Beth Vincent, 2nd Ben Bazneh, 3rd Charlotte Whall, 4th Tim Lawrence.

Well done to you all!

Have a great holiday. I look forward to seeing you all in the New Year.

Mrs Wright

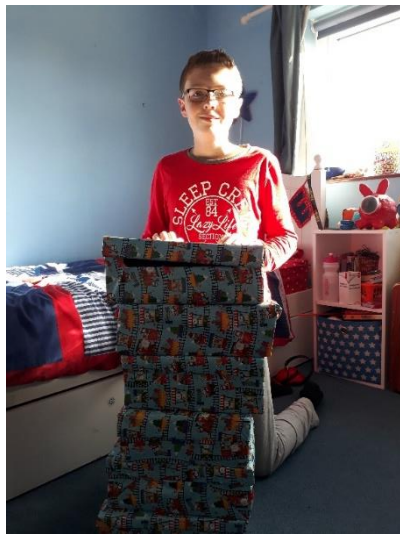






A big Congratulations to Alfie, who has been busy donating items for a variety of charities which include Operation Child and Cambridge Women's Aid. Alfie provided toys and some home products for those in need, which he purchased with his own money.

Well Done, Alfie.



### UAS December 2018 Stowmarket Visit

The Unit Awards group this term have been visiting facilities and accessing services within the local community.

They have visited three different shopping centres in the local area, a leisure centre, library, post office and a superstore. They also visited Stowmarket Parish Church to see the wonderful Christmas tree exhibition.

As always the students behaved impeccably and interacted politely with the general public.

All 5 students successfully gained 2 Unit Awards certificates for their efforts.







On Friday 16<sup>th</sup> November all students and staff participated in 'Children in Need'. Students and staff were asked to wear any items in relation to 'spots'.

Thank you to all who donated. We raised the amazing amount of £125.00



### OPERATION CHRISTMAS CHILD

On Monday 19<sup>th</sup> November UAS Class took the OCC boxes to Ipswich (Cauldwell Hall Road Baptist Church) to the Samaritan's Purse collection and distribution centre. We took twenty three boxes and during the morning we helped to sort through and check numerous boxes that were arriving on a regular basis throughout the morning.

The students were very well behaved and became immensely popular with the charity workers.

Thank you to everyone who made up and contributed the Christmas boxes.

We will inform you of where our boxes ended up early in 2019.



On Wednesday 14<sup>th</sup> November UAS class went to Coombes Ford to buy gifts for their class OCC box. Each student was given £2 and had to buy a gift or gifts that would fit into the shoebox for a 14-16 year old boy.

Everyone achieved this and bought some lovely gifts which included pens, a calculator, a flannel, soap, toothbrushes, toothpaste, gloves and socks. Alfie also collected from the co-op three more vegetables using vouchers that a variety of people had given him.

Thank you Alfie from all the classes at CAEA who now have lovely vegetable mascots in their classes.





## School Trip to Bradfield Woods

On Monday 12th November all classes went to Bradfield Woods. The weather was very kind to us and we had beautiful blue skies and sunshine all day.

During the morning, the junior classes went with Mrs Shaul and Mrs Beadman. We walked the second longest route and covered over two miles of pathways through the forest.

We took our time stopping to look at trees, bushes and fungi. We had plenty of breaks to rest and eat biscuits!

During the afternoon the senior classes went with Mrs Shaul, Miss Firth, Mr Pipe and Mr Seager. We walked the longest route and unlike the juniors, the seniors' route marched the three miles and because they finished their walk early we treated them to walking another of the routes!

Mrs Shaul



## Into Film Festival

On Friday 23rd November fifteen senior students with Mr Lloyd and Mrs Shaul participated in the 'Into Film Festival'.

We were given free tickets to attend the 'Darkest Hour' film at the 'Light Cinema' in Thetford.

The film was about Winston Churchill during the early days of World War Two when there was tremendous division amongst the British Government. It was an excellent film and was enjoyed by all the students and staff. (The students also enjoyed hot dogs, popcorn, crisps and sweets, even though it was only 10 o'clock in the morning!)

The 'Light Cinema' is a beautiful and comfortable small three screen cinema. If you have never been and live in the Thetford area it is well worth a visit.



## **Juniors trip to see *'Sleeping Beauty'* Pantomime**

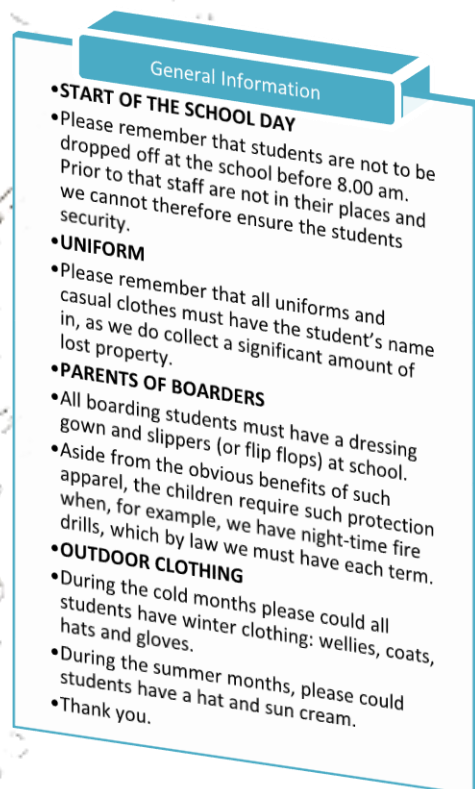
Our junior students and staff were fortunate to attend the Bury St Edmunds pantomime of *'Sleeping Beauty'* on Tuesday afternoon. This was a perfect example of British Pantomime performance with a fabulous cast of adults and children. Students were encouraged to call out - purposefully contradicting all the rules we teach students throughout the year - and enjoy the fabulous Christmas atmosphere. Our students represent the school with pride and were a delight to take out. Many thanks to all the staff who attended and helped with the organisation of the trip.



## **Christmas at CAEA**







**General Information**

- **START OF THE SCHOOL DAY**
- Please remember that students are not to be dropped off at the school before 8.00 am. Prior to that staff are not in their places and we cannot therefore ensure the students security.
- **UNIFORM**
- Please remember that all uniforms and casual clothes must have the student's name in, as we do collect a significant amount of lost property.
- **PARENTS OF BOARDERS**
- All boarding students must have a dressing gown and slippers (or flip flops) at school.
- Aside from the obvious benefits of such apparel, the children require such protection when, for example, we have night-time fire drills, which by law we must have each term.
- **OUTDOOR CLOTHING**
- During the cold months please could all students have winter clothing: wellies, coats, hats and gloves.
- During the summer months, please could students have a hat and sun cream.
- Thank you.



**Medical Reminders**

If your child requires any medication, please ensure that this is handed into the office or Mrs Beadman. Medication will need to be in its original packet along with the relevant paperwork. The item must be clearly labelled with the student's name and the instructions of administration.

Students must not be sent to school if they have a fever/sickness or are feeling ill. Students should be fever/sickness free for 48 hours before returning to school to protect other students from contact with potentially contagious illnesses. Parents will be contacted by the medical staff on duty if a child shows symptoms of illness while in school.



**REMINDERS**

Please be aware that boarding staff are officially on duty on a Sunday evening at 7.00 pm. Please could any communication regarding trains or general boarding questions be made during the week and not during the weekend. Sending texts to either confirm or decline train pick up is appreciated. However, texts and phone calls which require decision-making should be made during the school week. Please also be aware that if your child requires collection from the station on a Sunday night, this should be arranged previously with Mr Thompson, as there are limited seats. The Sunday train collection is between 7.00 and 7.30 pm in order for the care staff to be back at school for the other students arriving. Mr Thompson – Coach House: 07555 416 172

Please could all medical appointments/absences be reported before 9.00 am to the School Office. Please contact the school each day your child is absent; contact by email is fine.

If the illness is more than 5 school days we require a Doctor's Certificate.



**Calendar**

### Spring Term 2019

Spring Term Commences:

Thursday 3rd January & Friday 4th January 2019

Teachers Inset Day

Monday 7th January 2019

Term Commences

Half Term:

Friday 15th February 2019 – Sunday 24th February 2019

Friday 15th February 2019

School Finishes – 12.00 pm

12.30 Teachers Inset - pm

Monday 25th February 2019

Term Commences

Friday 1st March 2019

Parent Discussion Forum – 2.00 pm

Friday 8th March 2019

Parents Meetings

Friday 5th April 2019

Easter Service – 2.15 pm

Friday 5th April 2019

Term Ends School Finishes - 3.00 pm