

# Centre Academy East Anglia NewsLetter

Summer Term – May 2019

## DATES TO REMEMBER

### Summer Term 2019

**Term Commences**  
**Mon 3<sup>rd</sup> Jun 19**

**Assessment Week**  
**Mon 17 – Fri 21 June 19**

**School Play**  
**Wed 26 Jun – 7.00pm**  
**Thu 27 Jun – 7.00pm**

**Parents Meetings**  
**Fri 28 Jun 19**

**Prize Day &  
Graduation**  
**Sun 30 Jun 19**

**Activities Week**  
**Mon 1 – Fri 5 July 19**

**Sports Day**  
**Fri 5 July 19 – 1.00pm**

**School Finishes**  
**Fri 5 July 19 – 3.00pm**

Dear Parents,

*Upon our return on Monday, 3 June, the remainder of the term and, indeed, the academic year will move very quickly. In essence, the final half-term is only five weeks, and these weeks will each be packed with a variety of activities and obligations. Accordingly, do, please, plan the time carefully, and with special attention to our production of Mary Poppins, Jr., Prize Day and Graduation, and Sports Day. We have been blessed over the years to have outstanding parent support in such activities, and we look forward to seeing that this tradition will continue this year.*

*This newsletter also contains some rather important information. Let us draw your attention especially to Mr Pipe's article on Internet Safety, which is well worth your time. Similarly, Mr Lloyd has some interesting information to share and some dramatic photographs of a recent student Art trip. Finally, there is quite a bit of activity information from UAS and 4BP—and if your son or daughter will be sitting exams upon their return to school in June, do review with them our Revision Tips—most worthwhile for all enterprising scholars!*

*We wish you a happy and relaxing half-term.*

*Yours sincerely*

*Mrs Kim Salthouse*  
*Head of School*

*Dr Duncan Rollo*  
*Principal*

## Centre Academy East Anglia Presents our Drama Production



Rehearsals are well under way and we look forward to presenting 'Mary Poppins Jr' to all our CAEA Community June.

## Exam Timetable 2018

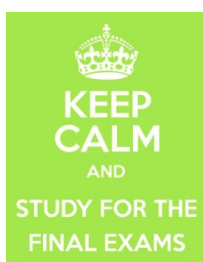
Title	Exam Code	Duration (+25% extra)	Date	Time
History	8145/1A/B 8145/1B/A	1hr 45m	Monday 3 <sup>rd</sup> June	9AM
English Language (Fiction/Imaginative Writing)	1EN0/01	1hr 45m	Tuesday 4 <sup>th</sup> June	9AM
Geography (Human Geography)	8035/2	1hr 30m	Wednesday 5 <sup>th</sup> June	1PM
Maths (Non-Calculator)	J560/02/05	1hr 30m	Thursday 6 <sup>th</sup> June	9AM
History	8145/2A/C 8145/2B/A	1hr 45m	Thursday 6 <sup>th</sup> June	1PM
English Language (Non-Fiction/Transactional writing)	1EN0/02	2hr	Friday 7 <sup>th</sup> June	9AM
Science: Paper 3 (Physical Sciences)	8465/3	1hr 45m	Friday 7 <sup>th</sup> June	1PM
Maths (Calculator)	J560/03/06	1hr 30m	Tuesday 11 <sup>th</sup> June	9AM
Science: Paper 4 (Physical Sciences)	8465/4	1hr 45m	Wednesday 12 <sup>th</sup> June	9AM
Geography (Geographical Applications)	8035/3	1 hr 15m	Thursday 13 <sup>th</sup> June	9AM

You will need to arrive for your exams (by the Science Room) 10 minutes before the start time.





- **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





## Internet Safety



Once again, half term is almost upon us. As some of you may be aware, this year I have been running Internet safety week immediately after half term. I thought this might be a good opportunity to remind you of some of the basic things parents can do to safeguard their children online.

First, please be aware of your child's use of the web. What sites are they visiting? What social media are they using? Are you aware that most social media sites have a minimum age of 13?

Make use of parental controls on all devices, including phones, negotiate access to acceptable sites and block the rest. Ensure that all devices have Anti-Virus and anti-malware software installed; this will protect all the device users from malicious cookies harvesting sensitive data. (This could be anything from addresses to bank details.) Remember that your phone is open to attack as well as other devices.

Encourage the use of age appropriate games. (The game footage of an "18" is not suitable for a 13-year-old!) Beware games that are free to download but ask for payments for extra elements; often, you need to enter your card details when you download the game.

And finally, although there is no evidence that blue light from screens interrupts children's sleep patterns, staying up until the early hours playing online games certainly will. Be aware of how long your child is on screen. Personally, I am a believer in "no screens in the bedroom".

Our devices are part of modern life and can be a real asset, but we must be aware of the impact that these devices can have on our children's lives. It is up to us as parents that they use them sensibly.

Mr Pipe.

## Before you...



# THINK!!

**T** = is it True?  
**H** = is it Helpful?  
**I** = is it Inspiring?  
**N** = is it Nice?  
**K** = is it Kind?



## Art Trip – Thursday 9<sup>th</sup> May 2019

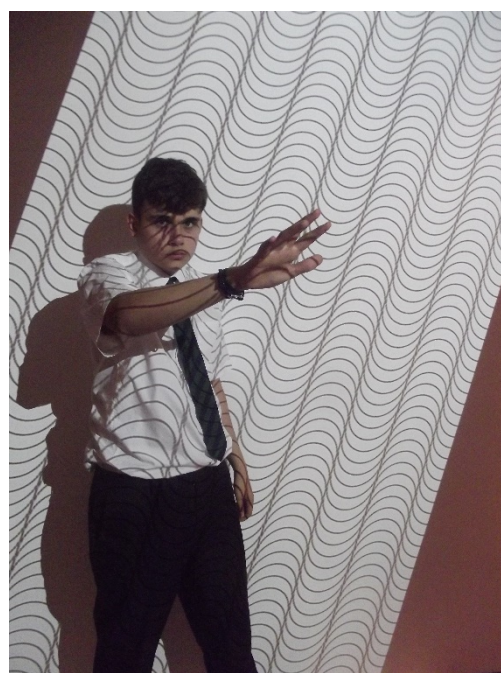
On Thursday 9<sup>th</sup> May art students from groups 1SL, 2CS, 3VS visited the exhibition, 'The Body Observed: Magnum Photography Archive' at the Sainsbury Centre for Visual Arts, UEA, Norwich.

The exhibition featured around 130 photographic works from the 1930s to the present day. The Body Observed: explored how photographers from the world-famous photo agency 'Magnum' have turned their lens to the body, presenting works that examine a range of fascinating narratives from around the world.

Students enjoyed a private tour with one of the SCVA guides, discussing the various themes with informative comment and questioning. A sculpture trail rounded off a successful visit and helped everyone broaden their understanding of how artists can communicate and document captivating stories.

Many thanks to Mrs Beadman for her support and assistance.

Mr Lloyd





## UAS

At the end of the Spring Term UAS and I went on a train outing for Life Skills from Stowmarket to Bury St Edmunds.

The students had to go to the ticket office and buy their own return train ticket as well as looking after their tickets to show the guard and to keep it safe for their return trip. The guard on the train was very good with our students and explained that he no longer punched their tickets because this made too much of a mess on the train! Instead of punching he now does a squiggle with a pen on the ticket.

When we arrived at Bury St Edmunds we walked into the town and had a drink in a cafe before walking back to the station to board a return train to Stowmarket.

Everyone thoroughly enjoyed the experience and as always all the students behaved impeccably.



On Monday 13th May UAS visited Lavenham as part of a unit they are studying about the local area.

They visited the beautiful 600 year old church of St Peter and St Paul's, looked at the timber framed buildings including the Swan Hotel and learned about the wool trade that made Lavenham famous in Medieval England. Finally they visited The Guildhall where they looked around the rooms and the various exhibitions. Centre Academy purchased a yearly education pass and are now National Trust members. We look forward as a school to making more visits to historic sites over the next year.

Mrs Shaul

## 4BP

On Thursday 16<sup>th</sup> May 4BP held a 'cake sale' and 'Guess how many sweets in the jar'.

The class want to adopt a 'African Wild Dog' and an Orangutan; they raised an amazing amount of £103.00.

Well done 4BP

Mrs Henderson-Smith



### 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.

### 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.

### 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.

### Calendar

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