

# Centre Academy East Anglia Newsletter

Spring Term – March 2022

## Dates to Remember

### Summer Term Commences:

School reopens on  
Monday 25th April  
2022

### Bank Holiday:

Monday 2nd May  
2022

### Half Term

School finishes at  
12.00pm on Friday  
27th May 2022

School reopens on  
Monday 6th June  
2022

### Prize

Day/Graduation

Sunday 3rd July  
2022

Summer Holiday

School finishes at  
3.00pm on Friday  
8 July 2022

1 April 2022

Dear Parents,

Before getting started, we want to assure you that this is not an April Fool's letter! Rather, it is simply our last effort during this term to pass on a bit of news and some information before the entire CAEA school goes on to a well-deserved Easter break.

Our traditional students and staff Easter luncheon was perhaps somewhat special this year. It certainly did have all the trappings of wonderful food (great thanks to our entire kitchen and catering staff), excellent student spirit, staff dutifully hiding their exhaustion after a busy term—but there was something else: perhaps relief that after Covid, we are all together and that, knock on wood, we have survived and perhaps been made stronger by the challenges that the pandemic has brought.

We were pleased to see our parent community at the service earlier today at St. Mary's. As a school, we are most fortunate in having this superb church as our neighbour, and the relationship between the church—thank you Rev. and Mrs Tiffer—and the school is one for which we are immensely thankful.

We do want to explain that the recent cancelation of our Parents Evening was Covid-caused. We will be rescheduling as soon as possible during the new Summer Term. Stay tuned.

Speaking of the Summer Term, this will be characterised by considerable work on the part of our GCSE students, and in this regard, we would encourage them to use the Easter break for a bit of revision—as we know all their teachers suggested! Bear in mind that the Summer Term is quite short.

Special congratulations to our American Diploma students who have all now received acceptances from a variety of universities. Also those who have received acceptances from a variety of colleges. This is a record of which we are proud: over the years, all of our Diploma graduates who have hoped to go on to university or into specialisms have done so. Well done!

Just a reminder: School opens on Monday 25 April.

Our best wishes for a safe and relaxing Easter holiday.

*Yours sincerely*  
Mrs Kim Salthouse  
Head of School

*Dr Duncan Rollo*  
Principal

## Duke of Edinburgh program

We have been working hard towards the Duke of Edinburgh this year. Students will be carrying out their final walk during June 2022. Letters will be sent to parents nearer the time providing the details of the essentials that will be required.

Any questions, please do not hesitate to contact me.

Thank you  
Ms Martin



## Exam Timetable 2022

Title	Exam Code	Duration (+25% extra)	Date	Time
Science: Paper 1(Environmental Sciences)	8465/1	1hr 45m	Tuesday 17 <sup>th</sup> May	9AM
English Language: (Fiction/Imaginative Writing)	1EN0/01	1hr 45m	Wednesday 18 <sup>th</sup> May	9AM
History (WWI)	8145/1B/A	1hr	Thursday 19 <sup>th</sup> May	9AM
Drama	8261/W	1hr 45m	Thursday 19 <sup>th</sup> May	1PM
Maths (Calculator)	J560/01/04	1hr 30m	Friday 20 <sup>th</sup> May	9AM
Geography (Physical Geography)	8035/1	1hr 30m	Monday 23 <sup>rd</sup> May	9AM
English Literature (Shakespeare and post-1914 Literature)	1ET0/01	1hr 45m	Wednesday 25 <sup>th</sup> May	9AM
Religious Studies (Short Course)	8061/2/4 8062/5	1hr 45m	Thursday 26 <sup>th</sup> May	1PM
Maths (Non-Calculator)	J560/02/05	1hr 30m	Tuesday 7 <sup>th</sup> June	9AM
Geography (Human Geography)	8035/2	1hr 30m	Tuesday 7 <sup>th</sup> June	1PM
English Literature: 19 <sup>th</sup> Century Novel	1ET0/02N	1hr 20m	Wednesday 8 <sup>th</sup> June	9AM
History (Germany)	8145/1A/B	1hr	Thursday 9 <sup>th</sup> June	9AM
Science: Paper 2 (Environmental Sciences)	8465/2	1hr 45m	Thursday 9 <sup>th</sup> June	1PM
English Language (Non-Fiction/Transactional writing)	1EN0/02	2hr 5m	Friday 10 <sup>th</sup> June	9AM
Maths (Calculator)	J560/03/06	1hr 30m	Monday 13 <sup>th</sup> June	9AM
Geography (Geographical Applications)	8035/3	1hr	Tuesday 14 <sup>th</sup> June	9AM
Science: Paper 3 (Physical Sciences)	8465/3	1hr 45m	Wednesday 15 <sup>th</sup> June	9AM
Science: Paper 4 (Physical Sciences)	8465/4	1hr 45m	Monday 20 <sup>th</sup> June	9AM
History (Normans)	8145/2B/A	1hr	Tuesday 21 <sup>st</sup> June	9AM

You will need to be at the main exam room 10 minutes before the start time



# TOP 10 TIPS FOR REVISION

STABILO

## START EARLY



No, we're not talking about setting the alarm for 5am. Start in February, so you're not pulling all-nighters the week before your exams.

## QUIET PLEASE!



Irritating siblings driving you up the wall and away from your studies? Get Mum or Dad to lay the law down so you can revise without distractions.

## FIND MEMORABLE WAYS TO REMEMBER THINGS



Henry Eight had six mates. He went to heaven in 1547. Then it was Liz who did the biz, And in 1603 she was RIP.

## TEAMWORK WORKS



There's no 'i' in team (even though there are two in revision). Anyway, revising with a friend can make it easier to stick to a regular schedule.

## DON'T FALL IN LOVE



It's hard to think about the Napoleonic Wars with a new worldie on your mind. For just a few months, don't listen to your heart, listen to your teachers.

## WORK NOW, PLAY LATER



Despite sharing the same last three letters, procrastination and revision don't go well together. Work ASAP, so you can relax later without guilt.

## TAKE BREAKS



If that's all you do, you're heading for trouble. But if you've been studying for an hour and your concentration starts to wander, it's time you did too.

## MAKE REVISION REWARDING



Do what you don't like (revision), then do what you do like (gaming, socialising and telling mates you haven't even started revising yet).

## LISTEN TO YOUR BODY CLOCK



Night owl or morning person? (If you're not one, morning people are harder to like than Mondays). Revise when you have most energy.

## MAKE THINGS MORE COLOURFUL



Looking at a wall of words in blue or black ink is enough to make anyone see red. Different colours make revision notes memorable.

# #MAKE YOUR MARK

REVISE WITH STABILO

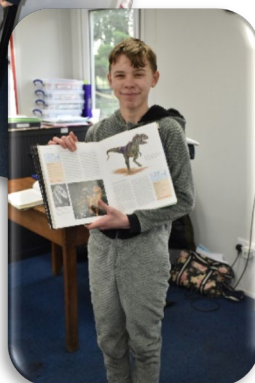
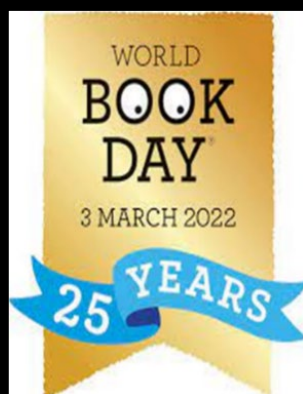




On March 3<sup>rd</sup> 2022, we were happy to be able to celebrate World Book Day together.

World book day is that time of the year where we all get to celebrate the joy of books and the impact they have on our lives.

We invited students to share their love of reading by dressing up as a character from a book that they have enjoyed. We loved seeing the creativity that you and your students had. Firm favourites were Gangster Granny, Policeman, Dinosaur, Cat in the hat, and Hermione Granger. We would like to thank you all for creating a fun atmosphere while also helping us raise money.





## Cake sale in aid of Ukraine refugees: March 28<sup>th</sup>

The aim of our **Eco School Global Citizenship project** is to help students to become committed citizens within their society, ensuring that the new generations develop a strong social consciousness, support the most needed and promote students' participation in social life, policymaking, and the economy.



Students are keenly aware from the news the devastation happening in Ukraine following the invasion by Russia and wanted to raise funds for Ukrainian refugees with a cake sale. The sale took place on March 28, and we would like to thank all students and their parents who baked cakes for the day. We had a huge variety of cakes on sale and raised a fantastic £150 which has been donated to the DEC Ukraine Humanitarian Appeal. Well done to everyone!



Over 4 million Ukrainian children have become refugees in the crisis so far – the photo above portrays the trauma of families separating in Ukraine. It is the photo of a three-year-old autistic boy called Yan saying goodbye to his father.

We all hope the conflict in Ukraine ends as soon as possible.

**CAEA Eco Council**

# Boarders News!



On Wednesday 9th February the boarders went rollerblading in Colchester.

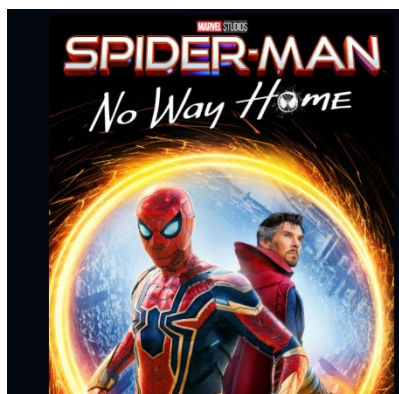
For most of the students this was their first experience of rollerblading and for some of them I'm sure it will also be their last!

Two of the students were really good and managed to stay away from the edge and go round and round the skating arena whilst others who hadn't tried this before needed to cling on to the edge or to another person.

I think that everyone had fun and I was very proud of them all for their good behaviour and perseverance.

We ended the evening by going to KFC where we all enjoyed our evening meal.

Mrs Shaul.



On Wednesday last week before the boy's had their tea they helped Mrs Beadman wash the 9 seater minibus. Of course this involved water so it ended up in a small water fight, and yes Mrs Beadman did get wet too, Robbie was very accurate with the hose.

This was in preparation for the following evenings outing to the Empire Cinema at Ipswich to see 'Spider-Man: No Way Home'. The boy's and girl's including Mrs Dent and Mrs Beadman enjoyed the film greatly. It was late starting so unfortunately it was a late night but the students were all on time for school the following day.

Mrs Beadman





## Panathlon Schools Swimming Gala

On Friday 18th March eight students went to The Crown Pools in Ipswich. They competed against other Suffolk schools in the '**Panathlon Schools Swimming Gala**'.

Everyone had a thoroughly enjoyable day and the team won all eleven events. Each one of the team members won a gold medal, a certificate and a towel as well as the team winning an amazing trophy which is displayed in the school entrance hall.



Last week our team were asked to represent the Suffolk region in the '**Panathlon South Eastern Regional Swimming Gala**' which will be held in the Olympic Swimming Pool at Stratford. The event will take place at the end of April and we will be attending!

We will be swimming with the motto:

**'Be determined to do your best and then you will always be first, that's all anyone will ever ask of you'.**



Just a couple of weeks ago, Centre Academy came alive with red-themed outfits and noses in many shapes! This was of course to help celebrate Comic Relief's 'Red nose Day'. This day of fun helps to raise funds for many different charities, both big and small, around the world. This year Comic Relief are proud to be supporting charities which help support those suffering through the crises in Ukraine. Here at Centre Students donated a pound to be able to dress either in red or spotty attire.

Staff also ran a cupcake sweep stake, the lucky winner was Mr. Steward who won a huge Easter Egg!

Thank you everyone, between these two events we managed to raise £69:00 for Comic Relief.

Ms Martin



## Take Note of Ratings

Recent press reports drew attention to Roblox's issues with potentially offensive content. Some players were using Roblox Studio to create games featuring nudity, sexual activity and extreme political views. In response, Roblox is introducing a ratings system which will rank content by age appropriateness, with clear warnings if a game is not suitable for younger players.

## Set Parental Controls

Roblox has controls that allow parents to moderate who their children can talk to and which games they can play. To enable these, add your email address to your child's account through the Security menu, and create a secure PIN to stop settings being tampered with. Then head into the Privacy menu where you can apply moderation to in-game chat, personal messages, invites and more.

## Disable Messages

It's advisable to block all messaging if you have concerns over your child's safety. If they're playing with friends they know in real life, encourage them to chat in another way (like on the phone), so you know exactly who they're talking to and how. Accounts can be tweaked to allow messages from specific groups of people, such as friends or users that your child follows.

## Block and Report

To report players in a game, find the Roblox symbol on screen (or the 'Settings' button on some devices). Identify the offending player and click the flag icon. Clarify why the player is being reported by choosing a reason from the list. If you think a particular game is inappropriate, you can also flag it for a moderator to check by following the same steps but selecting 'Game' instead of 'Player'.

## Encourage Creativity

It could prove a little too complex for younger children, but Roblox Studio is a great place to start learning the fundamentals of game design. Many budding developers have created Roblox games which have become popular among the community. There are plenty of tutorials on making games on sites like YouTube. You never know, your child's creation might be the next big thing!

Internet Safety!  
March Tips  
Online  
Gaming

Dear Parents

One of the things we run into time and again is online gaming.

This has quite an impact on some of our students.

Did you know that in 2019 the WHO classified gaming disorder as a mental health condition?

I have included some advice for two of the most popular games for you to look at.

# Fortnite 3 Advice for Parents & Carers

## STAY AWARE OF SPENDING

Free-to-play games (that is, ones without up-front costs) can still be big financial drains. In Fortnite, for example, the Battle Pass – a set of rewards to improve players' experience in the game – can be either earned through playing or bought with real money (with additional incentives for the latter). With supervision, however, this can be a great lesson in money management for young people.

## TALK ABOUT TALKING

Communication is key in the squad-based Fortnite modes, and children will quickly realise that talking with team-mates online helps to increase their win rate. It's a good idea, therefore, to chat with your child first about speaking to strangers online, trading, scammers and other potential risks. Remind them that they can always come to you for help if they run into problems online.

## ENCOURAGE BREAKS

Gaming sessions can reach marathon lengths, especially when your child is on a winning streak and doesn't want to stop. Sitting in the same position for hours isn't healthy, of course, but it's an easy habit to form. Encouraging young ones to break regularly for drinks and so on will help them stay hydrated, rest their eyes and release some of the tension from competitive gameplay.

## DISCUSS OTHER APPS

Games like Fortnite can lead on to third-party apps (Discord, for example) where players can join a voice, text or – in some cases – video chat about the game. Certain add-ons also let children talk with other players from their local area, which clearly presents a potential risk. When discussing Fortnite with your child, you might also want to ask them about other apps they use while playing.



## General Information

### • START OF THE SCHOOL DAY

Please remember that students are not to be dropped off at the school before 8.10 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.

Out of hours emergency school mobile number is: 07555 641 724

## REMINDERS

Boarding staff can be contacted on the following mobile number during the week, Monday from 8.00 am to Friday 3.00pm. Please can any arrangements for Sunday evening boarding be made in advance prior to 3.00pm on the Friday. The Care Staff do not stay on site at the weekend and will be out of contact during this period.

Thank you for your cooperation in this matter.

Boarding Staff - 07555 416 172

## Absence

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**.

## 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.

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

## Calendar

### Summer Term 2022

#### Summer Term Commences:

School reopens on Monday 25th April 2022

#### Bank Holiday:

Monday 2nd May 2022

#### Half Term

School finishes at 12.00pm on Friday 27th May 2022

School reopens on Monday 6th June 2022

#### Prize Day/Graduation

Sunday 3<sup>rd</sup> July 2022

#### Summer Holiday

School finishes at 3.00pm on Friday 8 July 2022