

# Centre Academy East Anglia Newsletter

Spring Term – May 2022

## Dates to Remember

Summer Term  
Commences:

School reopens on  
Monday 6th June  
2022

Assessment Week  
and Duke of  
Edinburgh Bronze  
Final Expedition

Mon 27 June to Fri  
1 July 2022

Prize Day/  
Graduation

Sunday 3rd July  
2022

Activities Week

Mon 4 to Fri 8 July  
2022

Summer Holiday

Friday 8 July 2022

Sports Day  
commences  
1.00pm – parents  
are invited

School finishes at  
3.00pm

Dear Parents

We're writing against a backdrop of a sunny day, a reasonable temperature, and the prospect of a spring-time half term holiday. We also take great pleasure in presenting the enclosed Newsletter, in which you will find a broad range of information.

You will initially see the Exam Timetable, and we would ask that you review it with care. You will note that we have indicated the duration of each exam, its date and its time. Please also underscore that those children taking an exam must be at the main exam room at least 10 minutes before the exam begins.

This leads nicely into our "Top 10 Tips for Revision," and it might be worthwhile to review these with you child.

At the end of the Newsletter, you will also find a variety of Reminders, and we would draw your attention to the note about the Summer Term, which begins when school re-opens on Monday, 6 June.

As to the rest of the contents, we first want to draw your attention to the article about the 4AS visit to St Mary's Church, Brettenham—as you will understand, a very short visit but a significant experience for the reasons cited. And great pictures!

You will find some equally lovely pictures in the Boarders' News, and these reflect a variety of outings made by our residential students over the last number of weeks. We do look at these with a bit of a "gulp," for as you know, this is the last term that CAEA will be offering boarding, Certainly going out with a BANG!

And now, the Swimming Gala at Stratford. The pictures are wonderful as was the experience our students had at the Secondary SEND SE England Swimming Gala Final. We received a tremendous number of parent comments of appreciation and, indeed, excitement with regard to the Swimming

Gala and how well our students did at the Olympic swimming pool. And thank all of you for coming along and supporting our students so enthusiastically.

Next up, you will find a report on the school's support for the Mental Health Awareness Week—and the support also included some money that we were able to donate to the Mental Health Foundation.

We conclude with the Arts, specifically the report that three of our classes thoroughly enjoyed their visit to Thurston Community College to see an excellent production of Matilda Jr. Based on the wonderful story by Roald Dahl, the production featured singing, dancing, acting—and all against a background of super sets. A good time was, indeed, had by all.

That's it! Have a great half-term.

*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
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





## 4AS Visit to St Mary's Church Brettenham

On Thursday 5th May as part of their Humanities topic on Christianity 4AS met Reverend Tiffer outside Brettenham Church.

He talked to the students and gave them lots of interesting facts about the exterior of St Mary's Church. The students then proceeded inside and learnt all about the interior and artefacts that were on view. Everyone including Reverend Tiffer thoroughly enjoyed the morning. A special thank you to Tiffer.





# Boarders News!



In boarding during this half term we have been enjoying the good weather on Tuesday evenings.

We have visited a variety of beauty spots in the locality where we have had picnics and leisurely walks along rivers, around lakes and through beautiful gardens. Our outings have included visits to Hadleigh, Needham and Bury St Edmunds.



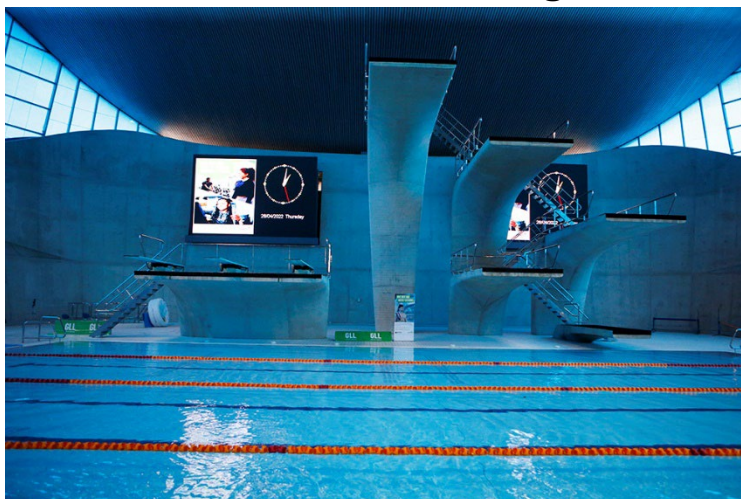
On Tuesday 17th May all the boarders set off for Felixstowe after school. It was a warm beautiful evening!

After a stop at Tesco's in Stowmarket for some essential shopping we arrived at Felixstowe seafront where we found a nearby fish and chip shop. We all chose our food which we then ate in one of the newly refurbished pavilions along the front. After a walk by the sea we met up with 4 students from the American Diploma class and 'hit' the arcades! It was so lovely to see these other students who had travelled from Ipswich to Felixstowe by train.

Thank you for meeting up with us. We all had a really great evening.



## SEND SE ENGLAND Swimming Gala at Stratford



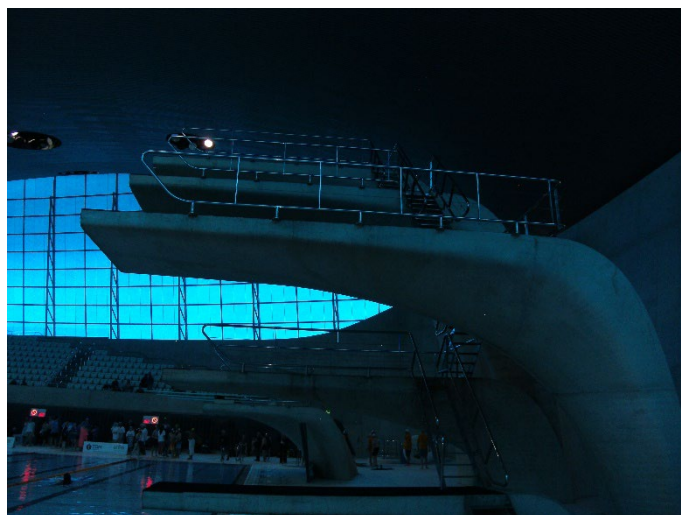
On Thursday 28th April Mrs Shaul, Mr Seager, Mr Steward and a number of parents and grandparents journeyed by mini bus and cars to Stratford in London to watch eight incredible Centre Academy East Anglia students compete in the Secondary SEND SE ENGLAND swimming finals.

It was an amazing experience for everyone, however for the students it is something they will never forget!

I can imagine in years to come they will be telling their children and grandchildren about the day that they competed in the Olympic Swimming Pool in Stratford London!

All the students were awarded a medal and every adult was SO proud of them.

We would like to say WELL DONE to the students for their fantastic efforts and behaviour and THANK YOU to the parents and grandparents for coming along and supporting so brilliantly.







On Thursday, 12th May, Centre Academy staff and students took part in Supporting Mental Health Week.

The school community decided to dress in 'Green' to support the charity and a £1.00 donation was encouraged. We raised a fantastic amount of £90.00 which will be sent to the Mental Health Foundation to support the ongoing fabulous charity work.

UAS students collected money for a mental health charity, **'The Mental Health Foundation'**. Mrs Gilbert made beautiful mindfulness tokens which we gave out to students.

Students from UAS said 'Everybody enjoyed the day and we learned that looking after our mental health is important.'

UAS students and Mrs Gilbert

## Matilda Jr. Trip

On Wednesday 27<sup>th</sup> April, classes 5SWr, 4AS and 4AG from Centre Academy went to Thurston Community College to watch a production of Matilda Jr.

The show is based on the Roald Dahl story about a young girl called Matilda Wormwood growing up in an abusive household with parents that favour their other child. Her parents hate her reading books and try to make her watch TV instead.

When she eventually goes to school she meets a kind teacher called Miss Honey who encourages her to read more and is friendly to her. Matilda also meets the cruel headmistress Mrs Trunchbull who uses torturous methods of punishing students like the 'Chokey'. She also berates Miss Honey and says she is bad at teaching.

One of our students quoted:

*'My favourite part was when Matilda's family ends up being hunted by the Bulgarian Mafia for trying to scam them, essentially forcing them to flee to Spain. This allows Matilda to live with Miss Honey.'*

We all loved watching the show and were impressed with the high standard of acting, singing and dancing, along with the stunning sets.

Thank-you to Mrs Widdowson and Mrs Whall for organising the trip!

Mrs Glover



# LONELINESS ONLINE:

## What Causes It and Ways to Feel Better

Have you ever been online and felt a little bit lonely?  
In a recent study, 14% of 10–12-year-olds said they often felt lonely, so you're not the only one who sometimes feels that way. We spoke to a group of children and teenagers, who told us some of the things that make them feel isolated when they're online.

### CAUSES OF LONELINESS ONLINE

-  Seeing photos or videos of friends having fun without me
-  Being excluded from group chats or games with friends
-  Friends or family not replying to texts or answering my calls
-  People being unkind to me online
-  When friends leave my group chat



Internet Safety!  
May Tips.  
Look after your  
Friends!

Dear Parents

As we acknowledge mental health day it's a good time to check if your child is feeling good about their digital life. Here's a few tips for you to pass on to your children.

### WHAT CAN YOU DO?

So if these things happen to you and you start to feel down, what can you do? The same young people also told us how they make themselves feel less lonely when they're online – and we've collected some of their advice to share with you.

- ☒ Tell a friend or a trusted adult that you feel lonely
- ☒ Watch funny videos of cats and pandas
- ☒ Watch yoga videos and do some exercises
- ☒ Play single-player games you enjoy
- ☒ Listen to happy music
- ☒ Listen to your favourite audiobooks
- ☒ Send nice messages to your friends and family
- ☒ Play games with friends who you trust, if they're online too



### TAKE A BREAK

Sometimes the best thing you can do is to take a break from technology and do something offline that makes you feel happy.

Here's what our group suggested!

- ☒ Paint or draw pictures
- ☒ Play with a pet
- ☒ Write about your feelings
- ☒ Hang out with your family
- ☒ Get outdoors & enjoy nature





## 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**.

## Calendar

## Summer Term 2022

School reopens on Monday 6th June 2022

**Assessment Week & Duke of Edinburgh Bronze Final Expedition**  
Monday 27 June to Friday 1 July 2022

**Prize Day/Graduation**  
Sunday 3<sup>rd</sup> July 2022

**Activities Week**  
Mon 4<sup>th</sup> to Friday 8 July 2022

**Summer Holiday**  
Sports Day commences 1.00pm – parents are invited  
School finishes at 3.00pm on Friday 8 July 2022

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 students 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.