



Week Gone/Ahead – 11th March 2022

Centre Academy London (CAL)

Dear Parents/Carers, Students & Staff.

It has been a very busy week at CAL this week! Spring is coming and the staff have been purging their classrooms, clearing the clutter and the school feels fresher for it. The painting is storming ahead and I have my fingers crossed that our assembly room will be available for our small fundraising event a week on Friday.

I took a sneaky peek at the running order of the fundraiser concert and it looks great fun. Details to follow in next Friday's newsletter but if you are invited, clear a space in your diaries and bring your wallets!

House tokens

House	Upto last week	This week				
		SotW	Kindness	Tokens	Total for this week	Final
Falcon	196	20	-	21	41	237
Wandle	266	80	-	48	128	394
Effra	186	40	-	36	76	262

Obviously well done to Wandle but my goodness! Effra have overtaken Falcon!

Students of the Week

Fabian ICT, Music & English

Marianna ICT

Lewis ICT

Dionte ICT

Thomas English

Arun Science

Margie Film Studies

Noah Humanities

Thomas Humanities

Evan Science

William ICT

Simone ICT

Jake ICT

Ravi ICT

Head of School Award

Margie

For being just a lovely human being and a great student!

10
house
points!

Clubs

Decorating bottles – Mrs Raw

Using all sorts of items to create lots of texture and upcycle a bottle



British Museum

Apparently, despite the rain, the students thoroughly enjoyed this trip and found the museum inspiring.

I will post some work from the Humanities group next week but here is some of the Art students' sketches:



Forthcoming events:

14.3.22 to 23.3.22 GCSE mocks & Functional Skills examinations

24.3.22 Last day of term and Fundraiser concert

24.3.22 Last day of term

19.4.22 Inset Day

20.4.22 Students return to school

Parent feedback



Please continue to email us at:

Londonschool@centreacademy.co.uk.

Have a good weekend,

Kas Lee-Douglas
Head of School

Russia's invasion of Ukraine: information and support pack

Dear parents and carers,

Many of us are anxious about the news unfolding about the conflict between Russia and Ukraine. Even if you're not directly affected, watching these events can be upsetting. Your child may not be watching the news, but they may still hear about these events in other ways, and this may cause anxiety for them too.

During this difficult time, I wanted to reach out to let you know what we are doing in school to support your child, and offer you guidance on how you can support them too.

We have given all of our school staff tips on how to talk to children about the events in an age-appropriate and sensitive way. We've included some of the tips in this pack to help you handle any conversations you might have at home with your child. Some of our children have expressed a wish to help those affected by the Ukrainian crisis and over the next few weeks, we will encourage the students to be proactive in a fundraising campaign.

We know that stressful events such as those happening in Ukraine can make emotions run high, and that can lead us all to say or do hurtful things. To promote our school values of respect, dignity and equality among children, we reset these expectations with them and reinforce our ethos of respect and tolerance for all. We have also included in this pack some guidance around how you can help tackle hurtful comments, in case it is useful to you.

If you have any questions, concerns about how your child is coping or you need any other support from the school, please let us know by contacting myself directly klee-douglas@centreacademy.co.uk or contact the school office on : LondonSchool@centreacademy.co.uk. We are always here to help you.

We hope you find this information helpful.

Kind regards,

Kas Lee-Douglas

Head of School

How to talk to your child about what's happening

No matter how calmly you manage the current environment, children are likely to be anxious. They will pick up bits of information from their friends, from the news and from listening to adults talking around them – but they can misunderstand what they're hearing. It's important to talk to them about what's happening.

Start by finding out what your child knows already

Use open-ended questions to give them the chance to tell you what they think. See page 7 of the resource ['worrying about war'](#) for examples of questions to ask (you'll find the resource at the bottom of the page.)

Tackle the news head-on and talk about it openly and calmly

Use real words and don't shy away from the truth. Be prepared to explain and define keywords they might be hearing to help them make sense of what's going on. For example, words like invasion, missiles, sanctions, refugees etc. Use age-appropriate material such as this [Newsround resource](#), which includes definitions or student newspapers like First News. [Award-winning weekly newspaper for children | First News | Try for FREE](#)

Stick to the facts

But don't discuss everything you hear. For example, be careful about talking about speculation around nuclear warfare. Reassure them that the chance of 'World War III' breaking out is highly unlikely.

Educate them about reliable sources of information

Explain how some stories on social media may be based on rumours or inaccurate information.

Use reliable news sources like Newsround, which is age-appropriate. Watch and discuss with your child this [Newsround video on spotting fake news about the crisis in Ukraine](#).

Encourage your child to ask questions and share their feelings

Remember, it's OK not to have all the answers. Tell them that you'll let them know when you know more. This will be an ongoing discussion.

Allow for repetition, you might have to answer the same thing again. Younger children in particular tend to repeat themselves when they're feeling uncertain or worried.

Reassure them that they're not the only ones feeling this way and encourage them to share their feelings with you or their teacher.

Be a role model

Recognise and manage your own worries first. If you notice you're feeling anxious, take some time to calm down before you decide to talk about the events with your child.

Be open about sharing your feelings with your child – e.g. I'm also finding the news a bit worrying, so I'm doing X (baking cakes, going on long walks, swimming etc.), which helps me to relax.

Encourage them to think about what they can do to relax.

Reassure them and let them know it's normal to be concerned

Explain that we're not at war with Russia and that they don't need to worry about it happening in their neighbourhood. Reassure them they're safe and that the UK is taking steps to help the people of Ukraine.

Encourage them to take breaks from listening to or reading the news – overexposure isn't helpful.

Do something positive with your child

Organise an aid package to send to Ukraine. For example, research local groups that are organising aid packages and contribute to these with your child.

Alternatively, [take a look at this article](#), which includes different ways you can help.

Further resources on how to talk to children about the war in Ukraine

- [How to cope with traumatic news – an illustrated guide](#)
- [Tips for parents and caregivers on media coverage of traumatic events](#)
- [Talking about Ukraine with our children](#)

If your child struggles with higher levels of anxiety

Some children are naturally more anxious, such as those with existing phobias or obsessive-compulsive disorders. The current situation can make those anxieties worse. If you have relatives in the armed forces or in the regions (Ukraine, Russia, eastern/central Europe), your child might be susceptible to higher levels of anxiety.

- Get them to do activities such as counting, ordering and sorting tasks, which can help them calm down
- Encourage them to use relaxation techniques such as controlled breathing
- Help them stick to routines they know
- Look out for obsessive or compulsive behaviours and try to get ahead of them early by challenging unhelpful thoughts and assumptions
- If you're worried about your child's anxiety, **YoungMinds** is a charity dedicated to children's mental health. They have a [parents' helpline](#) for confidential, expert advice. You can reach them at 0808 802 5544

Helplines and websites for children and young people

If your child would like to speak with someone confidentially, there are helplines and websites specifically for them.

ORGANISATION	CONTACT INFORMATION
Shout Free, confidential support via text, available 24/7	Text SHOUT to 85258 in the UK to text with a trained crisis volunteer who'll provide active listening and collaborative problem-solving
The Mix Free confidential telephone helpline and online service that aims to find young people the best help, whatever the problem	<ul style="list-style-type: none">• Call 0808 808 4994 for free (11am to 11pm daily)• Access the online community• Email The Mix
ChildLine Confidential telephone counselling service for any child with a problem	<ul style="list-style-type: none">• Call 0800 1111 any time for free• Have an online chat with a counsellor (9am to midnight daily)• Check out the message boards

Help us tackle racism and bullying related to the events

Our school values respect, dignity and equality among children. We want to maintain these values during this difficult time.

If you hear your child saying or doing hurtful things linked to the events happening in Ukraine, such as generalising that all Russians are bad and want a war, you can use the following examples to help dispel such misconceptions:

- Explain that the decision to invade Ukraine was made by the Russian government and its leader, Vladimir Putin, not the Russian people. People don't always agree with the things their governments do
- Explain that the vast majority of people that live in Russia:
 - Want peace with Ukraine, they don't want war
 - Enjoy living in their country, much like you and I

- Talk about the Russian people who have protested in Russia against the war. Explain how many of them have been arrested and risked their lives doing this because their country doesn't allow its people the freedom to protest peacefully if it goes against government decisions. This is in contrast to the British values we have in our country
- Remind them it's not OK to say 'I don't like Russia/Russians' but instead encourage your child to think about this in terms of 'I don't like what the Russian army is doing'



CA LONDON ACADEMIC YEAR 2022/2023

Whilst every attempt has been made to publish dates accurately, the school reserves the right to change these dates should it be necessary to do so

AUTUMN TERM 2022

Inset day: Thursday 1st September 2022
Friday 2nd September 2022

First day: Monday 5th September 2022
Last day: Friday 21st October **School finishes at 3pm**
Half term: Monday 24th October to Friday 28th October 2022
Last day of term: Friday 9th December 2021 **School finishes at 3pm**

SPRING TERM 2023

Inset day: Wednesday 4th January 2023

First day: Thursday 5th January 2023
Last day: Friday 10th February 2023 **School finishes at 12pm** (Teachers Inset 1-3pm)
Half term: Monday 13th February to Friday 17th February 2023
Last day of term: Friday 24th March 2023 **School finishes at 3pm**

SUMMER TERM 2023

Inset day: Friday 14th April 2023

First day: Monday 17th April 2023
Last day: Friday 26th May 2023 **School finishes at 12pm** (Teachers Inset 1-3pm)
Half term: Monday 29th May to Friday 2nd June 2023
Inset day: Friday 30th of June -2023 (Graduation)
Last day of term: Friday 7th July 2023 (Sports Day) **School finishes at 1pm**

Christmas Bank Holidays:

Sunday 25th December/Monday 26th December 2022. Substitute day Tuesday 27th December 2022
Sunday 1st January 2023. Substitute Day: Tuesday 3rd January 2023

Easter Bank Holidays:

Good Friday 7th April 2023
Easter Monday 10th April 2023

May Bank Holidays:

Monday 1st May 2023
Monday 29th May 2023

6 staff INSET days