



Week Gone/Ahead –17th March 2023

Centre Academy London (CAL)

Dear Parents/Carers, Students & Staff,

As we near towards the final week of Spring term, I think back to the first week in January, post-OFSTED and how demoralised and dejected we all felt. Now, we approach the summer term with more confidence and conviction that we can overturn the judgement. We have improved or strengthened existing systems and ensured that our curriculum is becoming more engaging and relevant to our students. We still have a journey but our admissions are rising. Parents have read the report but come in and judged for themselves whether their children will be happy with us and make progress in our school. They are confident that our action plan, soon to be published, along with support from the Borough, will be successful. Welcome to **Omar** and **Jacob** who will start with us next week part-time and then full-time after the holidays. We hope you will be happy at CAL.

Parents' Evening Tuesday 21st March 2023

This is for GCSE & HSD students only. Attenborough, Eilish & Achebe parents. Ring Karen in the office to book an appointment with the teachers.

We will offer the remainder of the school a Parents' evening after the holidays.

East Soar Residential trip



Don't forget there will be an information evening about East Soar on **Wednesday 22nd March 2023 at 4pm**. We will be sending out an information pack for parents when we return from the Easter break.

At present, we have the same number of students as last year but we have spare tents this year, so are extending this to other students (apart from Eilish).

Uniform

I'm going to be honest here. We are starting to look a little scruffy. We understand about sensory issues and we accommodate for these but some students are wearing hoodies instead of school tops/blazers to avoid a school tie. On PE days, I have seen ripped jeans and canvas shorts. These are not appropriate or hygienic. Boots are not to be worn for PE. Students must wear proper trainers for PE for obvious health & safety reasons.

During mentor sessions this week, we will speak with students and remind them but please support us and ensure that they come to school clean wearing the correct uniform (or as near as possible). If your child wears a skirt, it must be knee length.

Some of our students need orthotic shoes/trainers and that is fine but please contact the office to inform us of this.

Rest assured, we will not single out and embarrass your child, but we will follow up with a uniform reminder email to yourselves if their uniform is incorrect or inappropriate.

Ms Shaker, the School Council, myself and parents will consult over the summer term about uniform and whether we need to change it e.g. make it more comfortable and affordable, but for now, we need to smarten up! Thank you for your continued support in this.

This Week's Rewards- 17th March, 2023

House	Up to last week	This week						
		SotW	Head of School award	Kindness	Attendance	Tokens	Total for this week	Final
Falcon	556	90		30	60	29	219	765
Wandle	545	50		20	70	23	153	708
Effra	793	100	10		70	35	215	1008

I have never seen a 1,000+ before so well-done Effra. Again, attendance is making a significant difference to their totals.

A reminder:

For a student to achieve 100% attendance, they must be in school or present every day. If they are ill or have medical appointments, these are authorised but **do not** count towards their attendance.

Persistent absence is 10%+

Severe Absence is 50%+ and this may involve a possible referral to the School Attendance Panel (SAP). Severe absence is deemed as neglect and a referral is made to the Multi Agency Safeguarding Hub team to provide support for the CYP and family.

[School attendance and truancy - Wandsworth Borough Council](#)

Sometimes we cannot help being unwell; particularly with many of our students who struggle with mental health, but it is a national expectation that all students, regardless of needs, must attend school.



Online Safety – from Mrs Yar, IT and Online Safety Lead

Dear Parents

Coaching children and young people to handle the slings and arrows of online misfortune will hugely benefit a generation who are growing up publicly in an online environment.

This week I would like to share some basic and easily achievable suggestions for good online habits that will help young people to enjoy the digital world more safely and healthily.

Please see attached a handout that is worth talking to them about and following, as a general rule, while playing or working on a computer.

Rewards

Student of the Week		
Wandle	Falcon	Effra
Michael- Maths, Science, Nick- Science Noah A- Science Alois - Science Jaylie – English	Zack – Maths, science, art Louise- English Jack – English Ollie – English, history Michaela - Citizenship Noah B- Maths	Evan- History Farren- History Rose- History, maths Callum – History Ethan – Citizenship Thomas W- Citizenship, drama William – citizenship Jules – Science, Art

Students with 100% attendance		
Oscar Thomas Teddy Kurt Noah A Jason Spencer Nick	Noah B Jack Farren Ollie Mimi	William Thomas W Ethan Margie Evan Alfie Michele
Head of School Award		
		Rose
House of the Week		
	Falcon	

Head of School award

This week it is Rose, who is in Achebe. We are very proud of Rose who has overcome many obstacles since her start with us and is making good progress. I am so pleased for her. Well done Rose.

Special SINANAN SCIENCE Mentions

I very nearly handed out 5 Head of School Awards this week as there were so many students to consider so I have to say a very special Sinanan Science mention to the following students who are taught by Ms Sinanan:

Noah B - excellent and consistent participation in class and improvement in homework engagement

Rose - excellent progress (pre-HSD foundation/GCSE Foundation upskilling)

Zack - improved participation and progress in Science

Jules - excellent application and output in one 1:1 Science lesson

Well done to all of you!


Kindness Awards

Louise For always being understanding and supportive towards her classmates.

Teddy – for helping set up M6/8 for staff meeting.

Kurt – for helping set up M6/8 for staff meeting.

Thomas M – for helping set up M6/8 for staff meeting.



**Cleverness is a gift,
kindness is a choice.**

Jeff Bezos



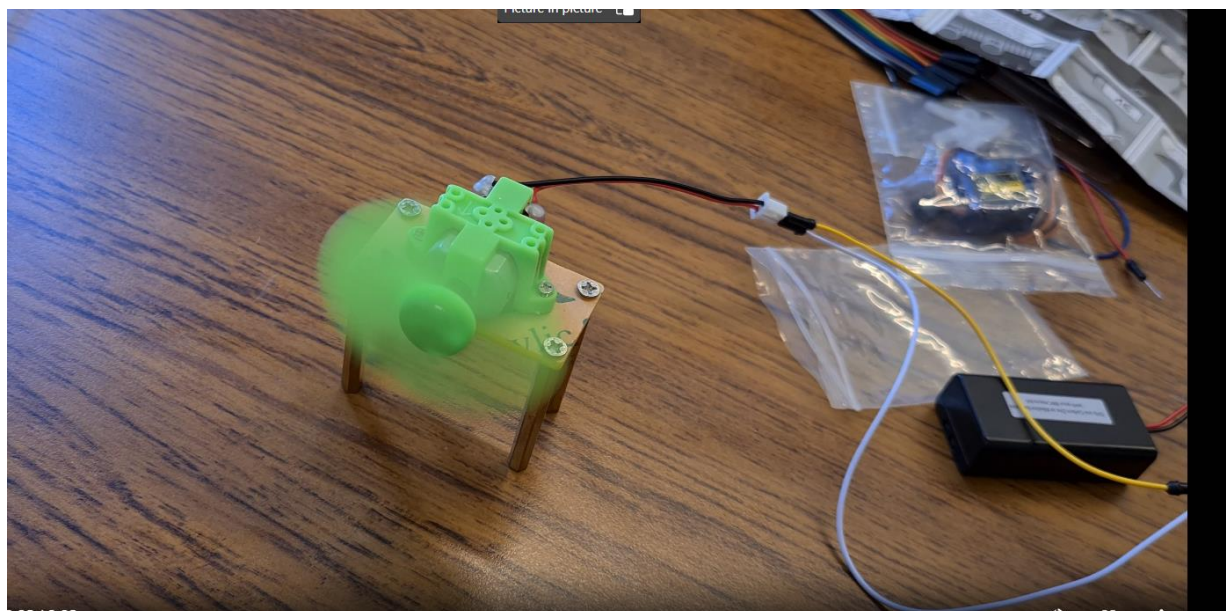
Breakfast Club – Mrs Yar

I wanted to thank the many parents who have sent in food that has given students the opportunity to come in from the cold or wet mornings and sit and have a breakfast. As you know, having breakfast helps them concentrate and focus. I would really appreciate it if anyone could donate the following items: Lurpak spreadable, croissants, waffles and honey. These fortify the students for their day of studying.

Collaborative Science/IT projects

Friday afternoons in the Science lab are looking very interesting lately. Ms Sinanan and Mrs Yar are up to all sorts!

This is Kurt – the electronic engineer in action!



Have a good weekend everyone.

Kas Lee-Douglas
Head of School

Parent feedback

Please continue to email us at:

Londonschool@centreacademy.co.uk.



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
EXTRA BANK HOLIDAY MONDAY 8TH MAY King's Coronation
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)
Sports' Day Wednesday 5th July 2023
Last day of term: Friday 7th July 2023 **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



The Centre Academy Uniform

Centre Academy London believes that uniforms have very definite and constructive purposes: (1) they suggest a degree of formality in keeping with the seriousness which we ascribe to learning; (2) they help create an atmosphere within the School that is conducive to work; (3) they symbolise membership in a community; (4) they foster a sense of belonging and identity within the student body; (5) they suggest a sense of order; (6) they help students develop healthy attitudes towards their appearance while still allowing for a degree of self-expression; (7) they function as a socio-economic 'leveller'. *We would also note that a significant body of research reveals a correlation between mode of dress at school, behaviour, and levels of academic attainment.*

The Centre Academy Uniform is to be worn by **all** students, with the exception of HSD, HSD 1 students. The Blazer must be obtained from the School's supplier, Marks and Spencer, but all other items can be purchased elsewhere:

Boys:

White shirt (long or short sleeves); tie; navy blazer; badge; grey trousers; navy v-neck jumper. Please note that the tie and the badge are supplied to the student by the School. (Lost ties/badges must be paid for by the parent.)

Girls:

White blouse; tie; navy blazer; badge; grey skirt (knee-length) or grey trousers; navy v-neck jumper or cardigan. Please note that the tie and the badge are supplied to the student by the School. (Lost ties/badges must be paid for by the parent.)

Shoes: boy's shoes should be black; girl's shoes should be black or blue. **No trainers or trainer style shoes.**

HSD / HSF STUDENTS:

White collared shirt (long or short sleeves) black jumper, grey trousers (skirt for female). *No jeans, T-shirts, flip-flops, NO trainers or trainer-style shoes.* Students may wear black blazer with logo, if desired.

Please note: students should not wear sweatshirts or any other non-uniform apparel to school. "Hoodies" are strictly forbidden. Students should arrive at school wearing shoes, not trainers of any description. The school has a supply of blazers and footwear which students may be required to wear if they attend school without the correct uniform.

When in School, students are not permitted to substitute personal items of apparel for any parts of the uniform. Please note that no hats are to be worn in school, no face-piercing or body piercing jewellery; no facial hair; earrings can only be one pair of small stud-type earrings; no studded belts; no ostentatious hairstyles or unnatural hair colours are permitted. Please note: girls & boys in the Middle School are required to tie their hair back if hair reaches past shoulder-length.

It is essential that the uniform be worn correctly. For example, ties must be tied correctly and the knot should reach the top of the shirt; shirts should be tucked in at all times; blazers must be worn at all times although they may be removed in class and hung on the back of a student's chair or in other designated areas. Mentors will review the conventions of proper dress, as necessary.

Personal grooming and pride in what we wear is vital to maintaining positive mental health. We would never publicly rebuke a student for wearing incorrect uniform but we expect all parents (carers & students) to respect our rules and look smart!



- **Sixth Form (Upper School) Black BLAZER**
- Where to find: <https://www.marksandspencer.com/>
- Product Code (Male Sizing): **T767037**
- Product Code (Female Sizing): **T767530**
- £23-£29



- **Upper & Lower school BLUE Blazer**
- Where to find: <https://www.marksandspencer.com/>
- Product Code (Male): **T767037**
- Product Code (Female): **T767530**
- £23 – £29

Uniform: White shirt, grey skirt or grey trousers, black/grey tights, black shoes.

PE Kit: Black jogging bottoms, black t-shirt, trainers.

Tie and School Badge: We will provide a tie & a school badge, on arrival. Replacement Ties cost £5.00

Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you – or your child – took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here ...

WHAT IS DIGITAL RESILIENCE?



Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times: it's how we respond and adapt to those situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

MAKE POSITIVE LIFESTYLE CHOICES



- ✓ Make time for the people and things that make you happy.
- ✓ Monitor your screen time and stick to your limits.
- ✓ On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.
- ✓ Spread some positivity: post good reviews, leave encouraging comments and share good news.

KEEP YOUR HEALTH IN MIND



- ✓ Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some revitalising fresh air.
- ✓ Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- ✓ Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

REACH OUT FOR SUPPORT

- ✓ If you have a problem online, don't be afraid reach out to specialist people or organisations that could help.
- ✓ Follow people on socials who have the same values and morals as you.
- ✓ You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

PUT SAFETY FIRST



- ✓ If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- ✓ You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- ✓ Another option is to block the person or the account that's causing you a problem – or you could go one step further by totally deleting the app you were using.

GET THINGS CLEAR IN YOUR HEAD



- ✓ Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- ✓ Think about how it makes you feel when someone sends you a positive or funny message online.
- ✓ What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- ✓ If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.

Meet Our Expert

Cayley Jorgensen is a registered counsellor with the Health Professions Council of South Africa, working in private practice to offer counselling to children, teenagers and young adults. She is the founder of Ingage Support, a mobile app focusing on mental health awareness with the goal of providing resources and solutions to schools worldwide.



National
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#WakeUpWednesday