



Week Gone/Ahead –21st April 2023 Centre Academy London (CAL)

Dear Parents/Carers, Students & Staff,

Another busy week but what a fantastic start to our summer term!



***In Craft Hub this week,
we discovered we have a
budding florist among us.
I worked with Mimi who was
a willing assistant and she
injected some cheer into our
stairwell by creating this
wonderful floral display.
I am so proud of you Mimi
Ms R***



It certainly stopped me in my tracks when I saw it yesterday. The photograph does not do it justice. Well done Mimi.

TfL visit Friday 21st April 2023



On Friday afternoon we had a visitor (Simon) from TfL to talk to our students about safety, Zip cards, journey planning and all aspects of safe travelling in London.

Simon told us that the 11-15 Zip card saves young people up to £5000 over the 4 years and costs only £15. If your child has not got a card yet, they can sign up here:

<https://tfl.gov.uk/fares/free-and-discounted-travel/11-15-zip-oyster-photocard>

Simon said that our students were excellent and that they asked really good questions. Another successful and informative visit arranged by Mr Jeffrey, so a big thank you to him.

Mr Winship

This Week's Rewards- 21st April, 2023.

House	Spring term total	This week						
		SotW	Head of School award	Kindness	Attendance	Tokens	Total for this week	Total
Falcon	765	60		20	100	6	186	186
Wandle	708	50	10	-	100	4	164	164
Effra	1008 Winner	50		10	110	7	177	177

Well done Falcon. I know it is the first week back but it is very pleasing to see all the students back in school and making an effort to arrive on time, hence all the attendance points.

I know for some this is not an easy thing to do when they struggle with irregular sleep patterns and other medical conditions. All we ask is that they try. Well done everyone.

Student of the Week		
Wandle	Falcon	Effra
Jaylie – Science Jacob- Math, Humanities Omal – Art, Humanities	Kurt- Science, Zack- Science, Humanities Teddy – Science Jake – Humanities Noah B- Science	Evan- Science Margi - Maths Alfie- Science George -Humanities, Science
Students with 100% attendance		
Oscar Jason Noah A Thomas M Michael Jacob Alois Jaylie Spencer Nick	Kurt Louise Farren Ollie Mimi Noah B Zack Jack Teddy Jake	Freddie Lewis Thomas W William Evan Rose Margie Michele Alfie George Ethan
Head of School Award		
Jacob		
House of the Week		
Falcon		

Did you notice that our two new additions, Omal and Jacob have already received certificates? What a fantastic start!

Kindness Awards

Jack - For being very polite to a member of staff.

Jake – For being to a new student.

Michele - For being kind to a new student sharing his lunch.

Zones of Regulation

During the spring term, the staff received some training about **Zones of Regulation**. Designed by Leah Kuypers, a licensed occupational therapist, it is intended to support students with self-regulation. Self-regulation can go by many names, such as self-control, self-management, and impulse control. It is defined as the best state of alertness of both the body and emotions for the specific situation.

Both the SENDCo and I have noticed that many new EHCPs are coming through referring to this as a tool for all schools to utilise. When I worked in the primary sector, it was widely used and valued, and at first, we did wonder if our older students would respond to it.

Feedback from staff indicates that it is indeed successful when used regularly. The simple language and non-judgemental approach does help the student manage their own behaviour more effectively.

I have attached the poster of the different zones for you to see. We intend to offer a workshop to any parents who wish to know more about this. Please indicate your interest to LondonSchool@centreacademy.co.uk.

Dates for the diary

24th – 11th May 2023

24th – 25th April

4th May 2023 3 pm

5th May 2023

22nd – 26th May 2023

8th June 2023

15th May – 21st June

Functional Skills Tests

GCSE Art assessment

Parent Information Meeting: East Soar Residential Trip

Year 9 NHS HPV injections

East Soar Residential trip to Devon

Viking Trip – details to be announced soon!

GCSE examinations

Penned by Dylan in Khalo class

Ms Shaker is very proud of this piece of writing from Dylan about Lewis, who is also in his class.

For many football fans, supporting a team is more than just a hobby - it's a way of life. For Lewis St, a student at Centre Academy London, his love for Crystal Palace runs deep. In this article, we will explore Lewis's journey as a dedicated fan of the Eagles and how he balances his passion for football with his academic pursuits.

A Passion for Crystal Palace

Lewis St has been a die-hard fan of Crystal Palace since he was a young boy. He recalls watching his first game at Selhurst Park when he was just five years old and being mesmerized by the energy and atmosphere of the stadium. Since then, he has followed the team's every move and has become a fixture at the stadium on match days.

Lewis's love for Crystal Palace goes beyond just watching the games. He is an active member of the fan community and has made many friends through his shared passion for the Eagles. He regularly participates in fan events and is always eager to engage in conversations about the team's latest victories and defeats.

Balancing Football and Education

As a student at Centre Academy London, Lewis knows the importance of balancing his academic pursuits with his love for football. He understands that his studies are critical to his future success and is committed to achieving his academic goals.

To balance his passion for football and his studies, Lewis has developed a routine that works for him. He sets aside dedicated time for his studies and prioritises his homework and assignments before anything else. He also makes sure to attend all his classes and work closely with his teachers to stay on track.

In addition to his studies, Lewis continues to follow Crystal Palace closely and attend their matches whenever he can. He has found that by managing his time effectively and staying organized, he is able to pursue both his academic and sporting goals with equal dedication.

Looking Ahead

For Lewis St, the future is bright. He is excited to continue his studies at Centre Academy London and pursue his dreams of becoming a successful businessman. He is also eagerly awaiting the start of the next Crystal Palace season and is hopeful that the team will continue to thrive.

As Lewis continues to pursue his academic and sporting goals, he serves as an inspiration to other young people who may struggle to balance their passions with their academic pursuits. With dedication, discipline and hard work, Lewis St shows that anything is possible.

In conclusion, Lewis St is a dedicated Crystal Palace fan and a committed student at Centre Academy London. He serves as a reminder that pursuing our passions does not have to come at the expense of our academic and professional goals. We wish Lewis all the best as he continues to pursue his dreams both on and off the field.

Bravo Dylan! An excellent piece of writing

Improving our environment



Well done to Rashford in their mosaic efforts. During a class this week, they worked as a team to decide on a design and apply the mosaic pebbles and tiles to some tree stumps that are brightening up a section of the yard.

We look forward to more classes putting the 'mosaic stamp' on the area as it develops.

Ms Raw has great plans for the side of the building – watch this space!

Easter Eggs



On the last day of the Spring term, we had a lovely Easter surprise delivered to our doorstep. Easter eggs for all the staff and students!

Our Proprietor Mr Rohan Murphy kindly donated these eggs and they were gratefully received. And quickly demolished! Thank you Rohan.

Have a good weekend everyone.





Kas Lee-Douglas
Head of Centre Academy London

Parent feedback


Please continue to email us at:

Londonschool@centreacademy.co.uk.


The ZONES of Regulation®

			
<p>BLUE ZONE</p> <p>Sad Sick Tired Bored Moving Slowly</p>	<p>GREEN ZONE</p> <p>Happy Calm Feeling Okay Focused Ready to Learn</p>	<p>YELLOW ZONE</p> <p>Frustrated Worried Silly/Wiggly Excited Loss of Some Control</p>	<p>RED ZONE</p> <p>Mad/Angry Terrified Yelling/Hitting Elated Out of Control</p>

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Zones Tool Box



Blue zone tools <i>let's find some energy</i>	Green zone tools <i>let's stay in the zone</i>	Yellow zone tools <i>let's bring that energy down</i>	Red zone tools <i>let's stay safe</i>
Open window	Use timers	Colouring in	Move into safe space
Drink	Have incentives	Breathing exercises	Remove other students
Time out - 3 minutes	Sentence/paragraph starters	Listen to relaxing music	Keep safe
Snack	Narrative/essay frames	Sensory toys	Breathing exercises
Exercise - 5 minutes	Remember what you are working towards	Walk - 5 minutes	Call home
Walk - 5 minutes	Be comfy	Go to the toilet - 2 minutes	
Talk to somebody - 5 minutes	Options for a challenge	Stretching	
Play a game - 5 minutes		Boxing	
Wash face/hands			

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CA LONDON ACADEMIC YEAR 2023/24

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 2023

Inset days:	Monday 4th September 2023 Tuesday 5th September 2023
First day:	Wednesday 6th September 2023
Last day:	Friday 20 th October School finishes at 3pm
Half term:	Monday 23rd October to Friday 27th October 2023
Last day of term:	Friday 8 th December 2023 School finishes at 3pm

SPRING TERM 2024

Inset day:	Friday 5 th January 2024
First day:	Monday 8th January 2024
Last day:	Friday 9 th February 2024 School finishes at 12pm (Teachers Inset 1-3pm)
Half term:	Monday 12th February to Friday 16th February 2024
Last day of term:	Friday 22nd March 2024 School finishes at 3pm

SUMMER TERM 2024

Inset day:	Friday 12 th April 2024
First day:	Monday 15 th April 2024
Last day:	Friday 24 th May 2024 School finishes at 12pm (Teachers Inset 1-3pm)
Half term:	Monday 27th May to Friday 31st May 2024
Inset day:	Friday 28 th of June 2024 (Graduation)
Last day of term:	Friday 5 th July 2024 (Sports' Day) School finishes at 1pm

Christmas Bank Holidays:

Monday 25th December/Tuesday 26th December 2023.
Monday 1st January 2024

Easter Bank Holidays:

Good Friday 29th March 2024
Easter Monday 1st April 2024

May Bank Holidays:

Monday 6th May 2024
Monday 27th May 20234

6 staff INSET days