



# Centre Academy East Anglia Newsletter

## Autumn Term October 2023

Dear Parent/Carers,

It gives me great joy to be sending this newsletter which will provide you with a snapshot of life at CAEA over the first part of the Autumn Term.

I had great pleasure in being part of the special Induction and Licensing Service of our new Rector Rev Sharon Grenham-Thompson, who we welcome and look forward to working with Sharon in the future.

This has been a very busy half term, which included Mental Health Day along with various trips out. All students and staff have settled back well and are in full swing preparing for Christmas.

We would like to welcome a new member of staff, Mrs Dawson who will be our Cover Supervisor, and we also welcome 6 new students who will be starting on Monday 6 November.

As you can see below, we have a new email to report student absence, please can you ensure you use this from Monday 6 November 2023.

Parent Evening is being held on Thursday 23<sup>rd</sup> November. This is the first time we will be conducting this in the evening. If you would like to book an appointment to see your child's tutor, please contact Mrs West. The slots are for 10 minutes only.

We are excited to announce that we will be hosting our 2<sup>nd</sup> Bonfire and Firework Extravaganza on Wednesday 8<sup>th</sup> November. This year we will be raising funds for the Childrens Cancer Charity. Students will leave school at the normal time of 4.00pm and may return with you at 6.00pm when the activities begin.

I hope you all have a lovely half term break and I look forward to seeing all our students on Monday 6 November 2023.

Yours faithfully

Lisa Gilbert  
Head of School

### Reporting Student Absence

We have introduced a new email account to report any student absence/medical appointments. With immediate affect please can you report your child's absence via the email: [absence-ea@centreacademy.co.uk](mailto:absence-ea@centreacademy.co.uk)

**Parent Evening (Tutors)  
Thursday 23<sup>rd</sup> November  
2023 – 5.00pm to  
7.00pm**

This terms tutor meetings will be held in school.

If you would like to book a meeting with your child's tutor, please email Mrs West to arrange your meeting no later than Friday 17<sup>th</sup> November 2023.



Mon 6 Nov 23	Term Commences
Wed 8 Nov 23	Bonfire & Fireworks Night – 6.00 pm to 8.00pm
Thu 23 Nov 23	Parent Evening (Tutors) – 5.00pm – 7.00pm
Fri 15 Dec 23	Carol Service – 2.15pm – All welcome
	Term Ends - School Finishes - 3.00 pm



# FOOD MUSEUM

5th July 2023





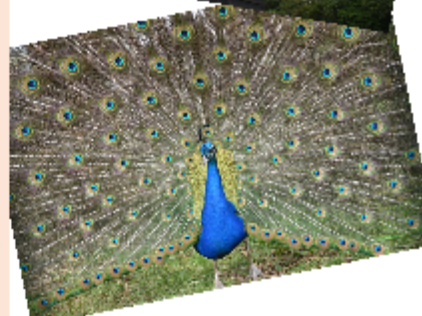


On activities week, the majority of CAEA students went to the 'Food Museum' (formerly known as Museum of East Anglian Life) in Stowmarket.

Students had the opportunity of making bread and butter from scratch, which really helped put food making in perspective. We looked at how the grain would be milled into the flour before making the dough in order to prove. A real workout was had when it was time to make our own butter. A very simple process of shaking buttermilk until the solids separated. There were some sore wrists! The wood fired oven was stoked so that the flatbreads could be cooked. Not a bad snack: hot bread and fresh butter!

The Bone Building had an excellent exhibition; 'Meat the Future'. Interactive displays on the impact of our diet; probably the most entertaining was the tastings. The bravest students (and teachers) enjoyed beetroot burgers, cricket biscuits...and smoked crickets!

Exploring the museum site we met woolly sheep, friendly goats, beautiful peacocks and chilled-out pigs. We were able to appreciate the workings on an old water mill and a wind mill. The exhibition on some of the 'old' ways of doing things gave us a chance to compare how easy our lives are in comparison. It was wonderful to see the older students showing the younger groups workings of farm machinery as well as steam engines.



Mrs Brown  
Teacher

**CENTRE ACADEMY EAST ANGLIA  
WOULD LIKE TO INVITE YOU TO OUR**

**BONFIRE & FIREWORKS NIGHT!**



**Lots of  
Stalls**



**Variety of  
Music**

**Wednesday 8<sup>th</sup> November 2023**

**From 6.00 to 8.00pm**

**at CAEA**



**Gifts for  
Sale**



**Halloween  
Costumes**



**Food and Drink  
for Sale**



**Raffle**

**Raising money for  
Children with Cancer**

**Free Entry**



## Castle Acre Trip

As part of the GCSE History programme our students in Year 11 study the Norman Conquest of England. As part of our studies, we look at how the Normans controlled England and the impact that they had on the church. Castle Acre in Norfolk gives the perfect opportunity to study both, as the village has both castle ruins and the remains of the Norman abbey. On 5<sup>th</sup> October we headed off to explore both sites and spent the day getting to grips with the scale of the Norman buildings, and the effect it would have had on the English that lived alongside both complexes. A lot of fun, and some learning, took place as we studied and discussed the impact of the Normans on several aspects of life in England.

Mr Steward

History Teacher

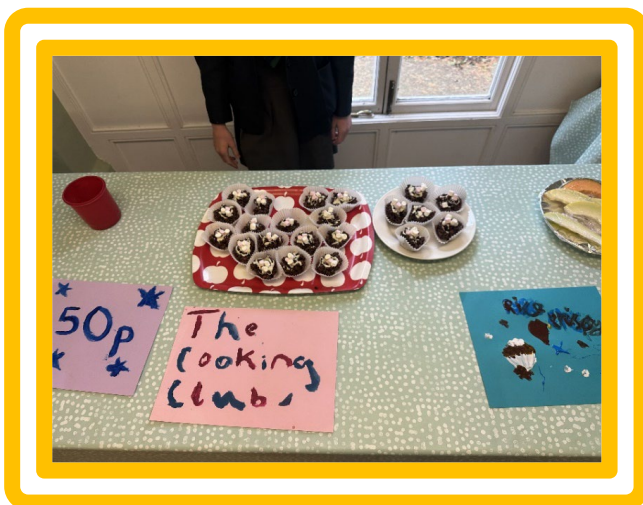


# Community Group Updates

As part of our therapy led community groups, students have been hard at work, making, baking, planting, and buying lots of exciting items to work on the progression of a range of skills. We also have our very talented Mrs Appleby who has begun doing textiles with our students, as well as gardening with the bug club and work on the meadow. We are excited to share with our parent community all the incredible progress and work produced this half term!

## Cooking Club

Our Occupational Therapy cooking club have baked some lovely treats for the school community this term, such as cookies, rice crispy cakes, and cupcakes. Students have done a fantastic job selling these at break time, raising money for their chosen charities where the money will be donated at the end of this term. So far across the first 3 weeks, students have raised an incredible £35, and are well toward their goal of raising £100 before the end of the term. The club has been a great way to help students develop their fine motor and sensory processing skills, whilst also improving their independent living skills, having lots of fun along the way. It is wonderful to observe the students becoming more confident interacting with foods, becoming very creative when decorating their creations and making brilliant advertising signs. It has also been lovely to see the excitement of the school community as they wonder what the club are doing to make next!





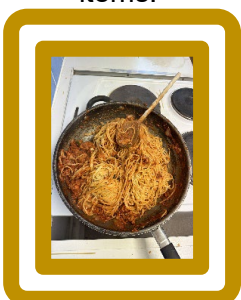
## Fine Motor Groups

Our fine motor community group has been hard at work creating lots of fantastic items this term, ready to sell at the harvest festival, such as earrings, upcycled jars, bracelets, plant pots, and painted rocks! This has allowed students to strengthen their fine motor skills in a fun yet functional way, helping them learn new skills and develop new interests. It has been lovely to observe students making a link between creativity and wellbeing, reporting that engaging in these activities makes them feel good and happy.



## Life Skills

After sourcing a recipe and practicing budgeting skills from researching the cheapest supermarket for the needed items, our life skills group have been on an outing to Asda, working very well in their teams to source all the necessary ingredients for spaghetti bolognese and apple crumble. The students interacted brilliantly with members of the public as well as the staff at Asda, asking questions about where to find items when they were struggling. Students also demonstrated good initiative to find the cheapest items.



Students then worked together to bake/cook their recipes, practicing their cooking skills!

## Walking Group

The walking groups have done a fantastic job of exploring our local community, interacting with lots of wildlife and nature and taking some lovely photos which represent different states of mind.

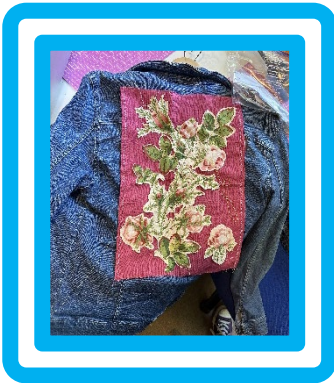
One of the groups have taken a particular interest in the church stool next to the school, showing lots of enthusiasm toward raising money for the church and exploring the different items on the stool.

## Textiles

The students have been using mostly upcycled/recycled fabrics to design fun badges to add to their denim jackets. Mrs Appleby has been from boot sale to boot sale sourcing jackets for the children to use, but she doesn't mind!

The space is very peaceful, allowing the children to focus and inspires their brilliant ideas.

The students have mastered their handwork and shall next be moving onto the sewing machines. All students are doing amazing, and we are delighted to share with you some of their work!





## Gardening

Hello again from the bug club! After a very successful summer with our meadow project, Mrs Appleby and the children have spent weeks harvesting seeds before it had its winter cut last weekend. The children have found deseeding very calming, and they will now be decorating envelopes to sell their very own CAEA wild seed mix for charity!

We are looking forward to the spring when all the lovely flowers will start growing back again with lots of new seeds.



Thank you all for your continued support and we look forward to sharing more updates with you!

Kind regards and have a lovely half term,

Miss Banham



# Mental Health Day

On Tuesday 10<sup>th</sup> October we celebrated 'World Mental Health Day.' The aim of the day was to raise awareness of mental health, to drive positive change for everyone's wellbeing, to improve our students' understanding of mental health and wellbeing, and to "reduce" the stigma that can accompany mental health challenges. It was such a lovely day, and a great success!

The whole school community had breakfast, laughed and played outdoors trying to be "Andy Goldsworthy" the famous artist for a day, tried to replicate his work and enjoyed this fabulous weather that we have been having. How lucky!

For those students that needed calmer activities, a bit of mindfulness drawing as this is always helpful.

We also spoke about anxiety and reinforced that it is normal to feel anxious sometimes and to talk about it. The importance of healthy routines like stop using your phone 30 mins before bed; set the phone to 'night mode'; try not to use your laptop and phone in bed; have a regular bedtime; listen to relaxing music, read when feeling anxious. They all knew about it. We now have to put this into practice.

The photos will speak for themselves, definitely an incredible day together!



Miss Escobar  
Mental Health Practitioner





## PACIFIC: AQA Unit Awards in Humanities

So far, this term, history students in PACIFIC have experienced 'A Sensory Exploration of the Tudors' which has included, having looked at books about the Tudors, and listened to the story of Henry VIII and his six wives, taking part in a class script-in-hand reading, with use of interactive Power Point, to then immerse themselves in a simple drama on this subject, with excellent attempts at dialects and accents. They have listened to Tudor music, watched versions of Tudor dance on film, including 'La Volta', and have danced to Tudor music in class. To take part in a Tudor feast, showing excellent team skills and spirit, they have collaborated to make 'Tarte of Apples and Orange Peels' from Henry VIII Recipes in The Tudor Cookbook, (Breverton).



## SIBERIAN: AQA Drama GCSE



This term, drama students in Siberian, have been working hard to devise a piece of drama in the combined styles of Epic Theatre and Documentary Theatre, based on the true story of the mystery of the abandoned ship, 'The Mary Celeste'. Their live filmed performance of this, is scheduled to take place before the end of November, comprising 40% of their AQA Drama GCSE examination.

In September, students went to see a professional production of 'Blood Brothers', for in-depth study of their set text, and in November will have the opportunity to visit 'The Wolsey Theatre', Ipswich, to see Tilted Wig Productions adaptation of 'Frankenstein', a new story set in 1943, for analysis and evaluation of live theatre. I commend all students for the collaboration, effort and commitment they have shown in working towards achieving their goals.

Mrs Simpson  
Drama Teacher

## Embracing Thrive: a parent's guide

The Thrive Approach has been developed over many years helping children to flourish. It supports their emotional and social development and helps them feel happy and secure, able to enjoy friendships, relate well to others and be ready and able to learn.

### The Thrive Approach

Thrive is a specific way of working with all children that helps to develop their social and emotional well-being, enabling them to engage with life and learning. It supports them in becoming more self-assured, capable and adaptable. It can also address any troubling behaviours providing a firm foundation for academic attainment.

Positive relationships are at the heart of Thrive. We use these relationships, together with play and creative activities, to give children key experiences at each different stage of their development. Repetition of these activities supports their development, helping them to:

- feel good about themselves and know that they matter
- increase their sense of security and trust
- increase their emotional well-being
- improve their capacity to be creative and curious
- increase their self-esteem and confidence to learn
- learn to recognise and regulate their feelings
- learn to think before behaving in a certain way
- ...and much more.

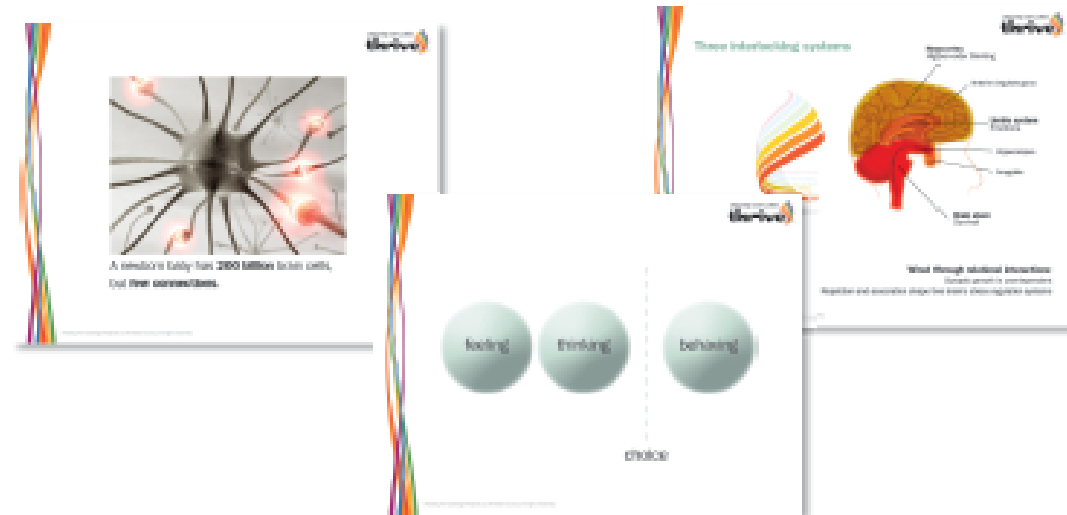
"Thrive has helped my son tremendously. It has given him more confidence and also it has helped him to calm down in difficult situations. I can see a huge difference in him. He looks forward to his Thrive time."





## How does it work?

Appropriate for all children from birth to adulthood, The Thrive Approach draws on the latest research into brain science, child development theory and attachment theory. It helps us to understand how babies' and children's brains develop, and how parents, teachers and other professionals can best support this development by providing the best experiences for the children at each stage.



Thrive also helps us to better understand the children's needs being signalled by their behaviour. Sometimes children may struggle as a result of temporary setbacks or other, longer term changes in their lives such as a separation, a bereavement, a family illness or accident, or even the arrival of a new baby. They may signal their distress by becoming more withdrawn, or distant, or perhaps more challenging or disruptive, or even by trying too hard to please. If this happens we use Thrive to look beyond the behaviour to give these children the support they need to get back on track. Sometimes they only need a little extra support in class and sometimes they may need additional one-to-one time to help them along.

## How will my child be involved in Thrive?

We use a screening tool and activity planning resource called Thrive-Online. This allows us to check that children are working appropriately for their age and to develop the whole group with activities that ensure that they are as emotionally and socially supported as they can be. Using Thrive-Online will also identify any children in need of extra help. If the screening process suggests that your child would benefit from additional one-to-one support, your school will contact you and, with your consent and involvement, they will carry out a more detailed assessment to develop an action plan that gives specific strategies and activities for supporting your child within our school. The plan will also suggest specific activities that you can do at home, so that together with your school, you can help them through any difficulties they are experiencing.

We understand that some circumstances may be sensitive and confidentiality will be paramount at all times when you are discussing your child's needs with us.

"I thought I'd lost my boy. The Thrive staff gave him back to us!"



<h2 style="text-align: center;">General Information</h2>	<h2 style="text-align: center;">Medical Information</h2>
<h3 style="text-align: center;">START OF THE SCHOOL DAY</h3>	<ul style="list-style-type: none"> <li>✓ If you child requires any medication, please ensure that this is handed into the office or Miss Bonner. 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.</li> <li>✓ 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.</li> <li>✓ If the illness is more than 5 school days, we require a Doctor's Certificate.</li> </ul>
<p>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.</p>	
<h3 style="text-align: center;">UNIFORM</h3>	
<p>Please remember that all uniform and casual clothes must have the student's name in, as we do collect a significant amount of lost property.</p>	
<h3 style="text-align: center;">OUTDOOR CLOTHING</h3>	
<p>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.</p>	
<p style="text-align: center;">School Phone Number: 01449 736404 Out of hours emergency school mobile number 07555 641 724 email: <a href="mailto:admin-ea@centreacademy.co.uk">admin-ea@centreacademy.co.uk</a> Student absence: <a href="mailto:absence-ea@centreacademy.co.uk">absence-ea@centreacademy.co.uk</a></p>	<h2 style="text-align: center;">Absence</h2>
	<p>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. Student absence: <a href="mailto:absence-ea@centreacademy.co.uk">absence-ea@centreacademy.co.uk</a></p>