



*Merry  
Christmas*



**AND A HAPPY NEW YEAR  
FROM ALL THE STAFF  
AT CAEA**





Dear Parents, Carers, and Friends,

As we approach the festive season, I want to take a moment to reflect on the incredible year we've shared. Our students have shown resilience, creativity, and kindness, and it has been a privilege to witness their growth and achievements.

Christmas is a time for gratitude and togetherness, and I am deeply thankful for the unwavering support of our families, the dedication of our staff, and the enthusiasm of our students. Together, we have built a community that values learning, compassion, and joy.

May this holiday season bring peace, happiness, and cherished moments with loved ones. We look forward to welcoming everyone back in the New Year, ready for new opportunities and continued success.

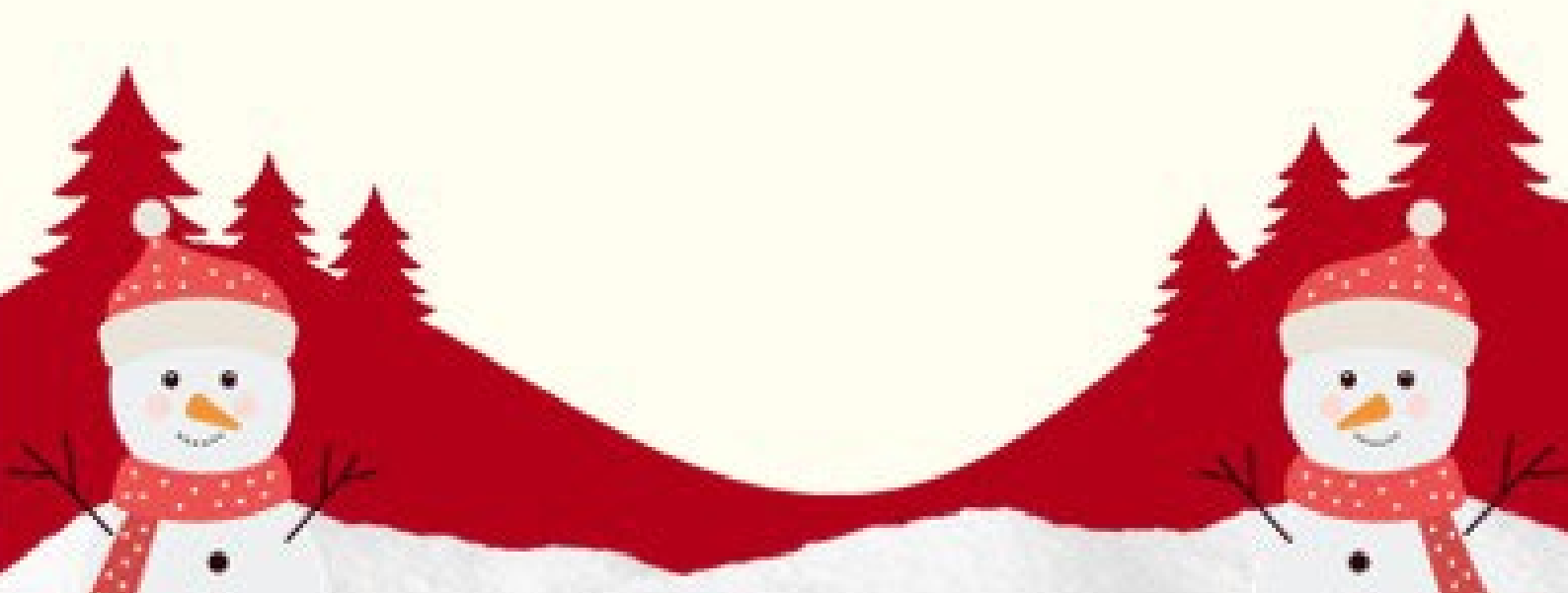
Wishing you all a Merry Christmas and a Happy New Year!

Warm regards,

*Lisa Gilbert*

Lisa Gilbert

Head of School





COMMUNITY  
ACCEPT  
ENCOURAGE  
ACHIEVE

## June 2025 GCSE Results Summary

GCSE	
Grade	Percentage
4-9	61.7%
1-3	38.3%

	5 GCSEs	5 GCSEs 9-4	5 GCSEs 9-4 (inc. Eng+Maths)
Cohort Size	Total	Total	Total
8	87.5%	37.5%	37.5%

### RSL Music

Pass Rate- 75%

Grade	Percentage
Level 2 Distinction	50%
Level 2 Merit	
Level 2 Pass	
Level 3 Merit	100%

### UAL Awarding Body Art, Design and Media

Pass Rate- 90%

Grade	Percentage
L1 Award	100%
L1 Diploma	100%
L2 Award	66.6%

### Entry Level Certificate

Pass Rate- 100%

Subject	Level	Percentage
English	3	
	2	100%
	1	
Maths	3	33.3%
	2	66.6%
	1	

### L2 Cambridge Technicals Media

Pass Rate- 100%

Grade	Percentage
Pass	50%
Merit	50%
Distinction	

### Next Steps

Post-16	College/Sixth Form- 11
Post-18	College- 1 University- 1



## Fireworks and Bonfire Night – Wednesday 5<sup>th</sup> November 2025

☀️ **Thank You for Your Incredible Support!** ☀️

We are thrilled to due to your amazing generosity and enthusiasm, we raised a fantastic **£1,536.97** for our chosen charity UNICEF.

Your support helps make a real difference in our school community, and we couldn't have done it without you. Whether you donated, volunteered, or simply came along to join the fun—**thank you** for being part of it.





## Harvest Festival

This year's Harvest Festival was a wonderful celebration of the school's community spirit and generosity. Students, families, and staff came together to donate a wide variety of food items, filling numerous boxes with the essentials. The response was overwhelming, and it was heartwarming to see everyone contributing to making a difference for those in need.

All the donations were collected by Stowmarket food bank, to help support families facing food insecurity. Your kindness ensures that many households will have nutritious meals during the colder months ahead. Thank you to everyone for your continued support.

Kind Regards

Miss Webb and Miss Johnson





## ELC English Class – 'Crazy Hair Day'

Dear All,

We are Heidi and Oscar from year 11. We were set a project in our ELC English class, where we had to research various charities and pick one to support. We chose 'The Little Princess Trust'. The trust raises money to support children and young people who have lost their hair due to cancer or other illnesses. The money raised pays for research and real hair wigs.

To help raise money we planned a 'Crazy Hair Day'. We managed to raise £40. On the day we saw coloured wigs, cupcakes made of hair and a really clever Coke bottle balanced on top of a head looking like Coke was pouring out of it – Well done, excellent effort Miss. Kelly!

Before the event we had to write a speech and deliver it to our peers in assembly. We told them all about the charity and why we wanted to raise money for them.

If you want to find out more about this fantastic charity, then please go to [www.littleprincess.org.uk](http://www.littleprincess.org.uk)

Thank you for your support,

Heidi and Oscar C.





## ISA East Art Competition 2025

CAEA would like to congratulate Art students, Phoebe Morgan and Ebony Rose Stokes for receiving a 'Highly Commended' Award for their participation in the ISA East Art Competition 2025. Both entered a textile 3-Dimensional mask based on the Greenman, which was part of a project they had completed for their UAL qualification. The pieces were highly praised for their creativity and variety of detailed needle work. Well done again!

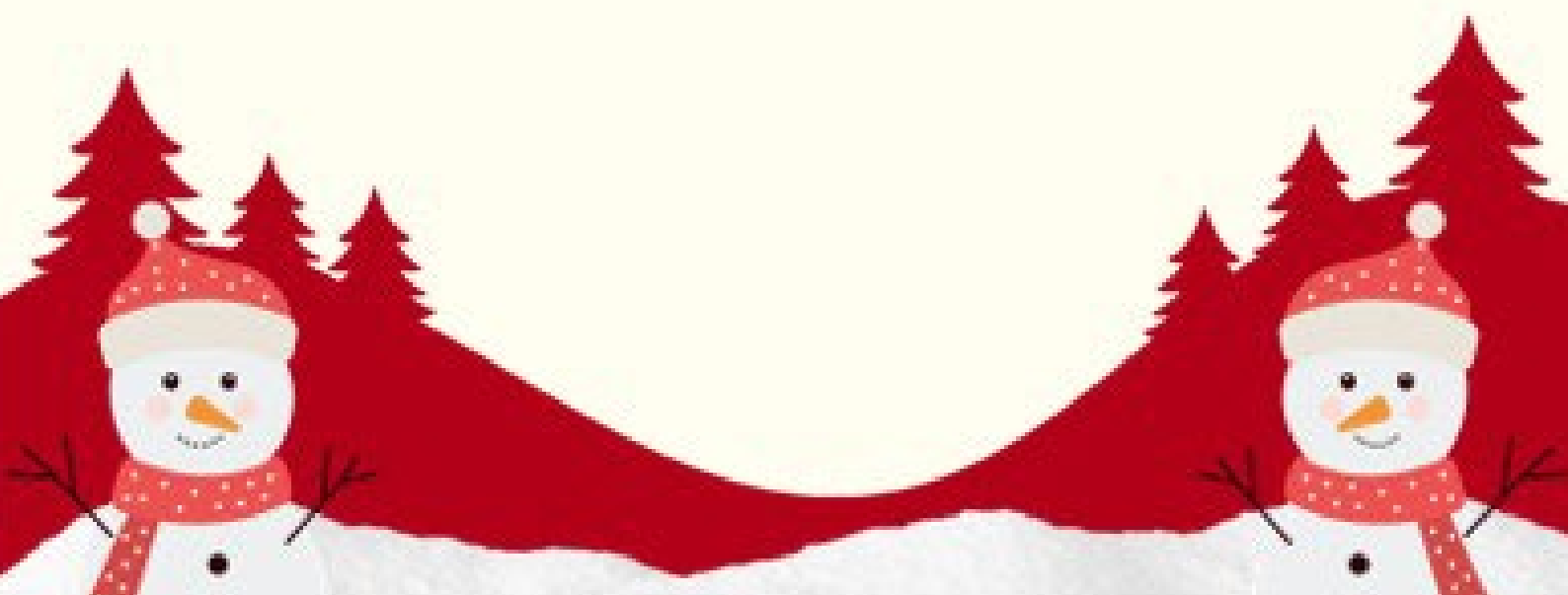




## MOCK EXAM WEEK TIMETABLE

12 – 20 JANUARY 2025

Exam	Date	Time (+25% extra time)
Maths (Calculator)	Monday 12 <sup>th</sup> Jan	1 hr 30 mins (1hr 53 mins)
English Language	Tuesday 13 <sup>th</sup> Jan	2 hr 5 mins (2hr 37 mins)
Science	Wednesday 14 <sup>th</sup> Jan	1hr 45 mins (2 hrs 11 mins)
English Literature	Thursday 15 <sup>th</sup> Jan	1hr 45 mins (2hr 11 mins)
Maths (non-calculator)	Friday 16 <sup>th</sup> Jan	1 hr 30 mins (1hr 53 mins)
History	Monday 19 <sup>th</sup> Jan	2hrs (2hrs 30 mins)
Geography	Monday 19 <sup>th</sup> Jan	1 hr 30 mins (1hr 53 mins)
Science	Tuesday 20 <sup>th</sup> Jan	1hr 45 mins (2 hrs 11 mins)





# 5 TOP TIPS FOR EFFECTIVE EXAM REVISION

AS RECOMMENDED BY PREVIOUS UNIVERSITY STUDENTS!\*

## 1. START EARLY

Don't leave it to last minute! Start revising a couple of weeks before your exams to give your brain time to absorb.

## 2. PLAN YOUR TIME

Failing to prepare is preparing to fail, so plan wisely. Make a schedule to document what you will revise and when!

## 3. AVOID YOUR PHONE

Revision is tough, but looking at social media every ten minutes won't help you learn! Put your phone away so you can focus.

## 4. PRACTISE!

Athletes don't win gold without rigorous training, and neither will you! Actively practising (e.g. doing mock exams) can help re-inforce knowledge.

## 5. TAKE BREAKS

Your body needs rest in order to get stronger, and so does your brain! Be sure to take regular breaks during revision - your mind will thank you.

*Good luck!*

**SiMPLY**  
EDUCATION

\*A focus group of 5 University graduates was used to collect information for this infographic



## October 10 - Space Day

On the 10 October CAEA successfully held its first **Space Day** in support of **World Space Week** which is the largest space-themed event on Earth highlighting space science and technology. World Space Week always starts in October because this marks the date of the launch of Sputnik 1, the first artificial satellite around Earth.

On the day students and teachers had fun **dressing up** as astronauts, aliens and some of their favourite characters such as Dr Who. Many lessons also had a space theme ranging from learning about satellites in science to exploring "*The Planets*" by Gustav Holst in music.

A "**Make a rocket**" competition was also held where the entries ranged from working rockets capable of being launched metres high, desk top rockets made from recycled materials and one entry was an amazing wooden rocket students could sit in. At break time students helped run a **Space Gadget Shop** promoting a wide range of gadgets and games all linked to aspects of the National Science Curriculum.

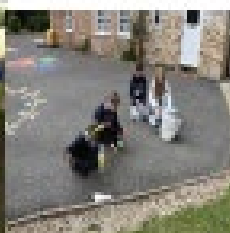
As Space Day coincided with **World Mental Health Day** students also started the day with a relaxing dedicated tutor session put together by Ms McWilliam- exploring some of the strategies used by astronauts to look after their mental health in Space.



£180 was raised during the day through the various activities, some of which has been given to the newly formed CAEA Eco Committee who have decided to use the money to adopt an endangered snow leopard through the WWF. The remainder is being used to purchase some model kits for the Science dept. Overall, it was a great day for the students who were able to explore and discover science in a fun way.

Many thanks to everyone for helping to make a success of our first Space Day.

Ms Schears





**We're introducing a new 'worry box' email where students can share anything that's on their mind during term time. This inbox will be monitored by the SMT during school hours so we can offer support as soon as it's needed. We know it's not always easy to talk about worries, and we want every student to feel supported and able to reach out whenever they need to.**

## **WORRY BOX EMAIL FOR STUDENTS**





# Therapy Trip

This term, students have been working towards an exciting project as part of their Occupational Therapy provision. The project supported fundraising for Sudbury Rotary, a fantastic local charity that provides invaluable help within the community.

As part of this work, students designed and created their own Christmas decorations using upcycled and recycled materials. Thanks to the generosity of St Peter's Church in Sudbury, we were given our very own tree to decorate. The project, titled 'An Eco-Friendly Christmas', aimed to highlight the importance of recycling and to inspire the local community to create their own sustainable decorations at home.

We received an amazing range of donated materials from both the school and the wider community, and students worked creatively to transform these into a beautiful collection of festive decorations. The group travelled to Sudbury to decorate their tree and celebrate their achievements with a visit to a local Costa, where each student had the chance to independently order a drink or snack of their choice.

The response from the community was very positive. Visitors commented on the students' hard work and the meaningful message behind their project. We are incredibly proud of what they achieved!

Miss Banham 😊

Featuring disco star





## Mobile Phones, Social Media and Young People

In Personal Development and ICT, we cover lessons around online safety and internet harms. These are multifaceted and build year on year in all year groups. What comes up in these lessons time and time again is the degree of access young people have, and often how defensive they are of their 'rights' to their devices and related apps. As increased research comes out about the overall harms such unmonitored access has, parents and carers should feel more empowered to regulate and/or restrict access.

In lessons, we are balanced about the use of phones, particularly social media, and do not come from a completely negative standpoint- it can be a brilliant tool to learn, connect and be entertained. However, there are age restrictions on social media apps (usually minimum 13 years) because of the harm it does to young people. We only have to look at actions taken by Australia to increase this to age 16. This demonstrates the accepted fact of the harm it does. In the same way we restrict alcohol and cigarettes to those over the age of 18 – we do this to protect young people.

The world's six most wealthy people own all of the big social media apps – TikTok, Facebook, Snapchat, WhatsApp, YouTube, Instagram, X. These platforms are not there for the interest of your child, but to keep them online, for as long as possible, to make even more money. The risk of being bullied or being a bully goes up, the risk of being exploited goes up, even 'just' the risk of feeling rubbish about yourself goes up, if we don't keep some sort of lid on it.

If, as parents and carers, we all stand largely united in our restrictions of social media and phone use, young people needn't feel left out from their friends. We recognise a key motivator for parents and carers to allow access is to help them stay in touch with their friends, particularly at CAEA where friends are often very far away, and sometimes small in number. But you can still have measures in place to keep that connection and still reduce their vulnerabilities online.

Some actions you can take as a parent – always alongside your child to limit the harms:

- ✓ Be beside your child in the use of their phones, be interested in what they are viewing and who they are talking to
- ✓ Be empowered to remove a device if it is misused, being sure to have a conversation as to 'why'?
- ✓ Use Family Apps to set screen time limits and block out periods. You can set limits for specific apps or block altogether
- ✓ Let your child know that there shouldn't be chats/pictures that they would not be happy for a parent to see, particularly in the younger groups. This is not an invasion of privacy (like reading a journal) but about keeping them safe.
- ✓ Check their privacy settings
- ✓ Have an open-door policy when using devices (inc PCs)
- ✓ Know it's okay to say 'No'.
- ✓ Have phone free time as a family
- ✓ Stagger access to social media apps based on appropriate use (child to prove responsible use)

Giving a child unrestricted access to a phone is like handing them the keys to a car before they've learned to drive. They have a powerful tool, but not yet the judgment or skill to use it safely. As a parent and/or carer, you are the key person beside them in guiding that judgement and learning the skill.

If you have any questions, please feel free to get in touch.

Michelle Brown – Personal Development Teacher

## Personal Development

For the first time, we have rolled PSHE and SEL into one broad subject – Personal Development. Students have 2 lessons per week; Years 8 to 11 are taught by Mrs Brown, and Meerkats, Pandas and Year 7 by Mrs Gardiner. In a nutshell, Personal Development is a subject that helps students understand themselves, build life skills, and develop healthy habits for their future.

### Visitors

#### SUFFOLK POLICE

For Years 9 to 11, we were fortunate to have PC Canning and PC Harman to bring their new VR experience into class. This involved individual VR headsets to play through an exploitation scenario, making their own choices along the way. It enabled some excellent conversation around what groups of people might be vulnerable, why, and how they might change the story for a more positive outcome. We will also have PC Partington in school on 8 and 10 December for all year groups to talk about different topics such as online safety, substance abuse and hate crime.





## SUCCESS AFTER STROKE

We had Viv and Viv visit in November from SAS- Success after Strike, a local charity based in Sudbury. Having both a stroke survivor and a charity worker was important for students to hear what brilliant work charities and volunteers do, show compassion to those who have experienced life changing illness and understand what we can do to help ourselves and others. There are opportunities early next year for any budding artists to exhibit their work at 'Brushstrokes' and potentially selling their work (25% going to SAS). The students dealt with a tricky subject with maturity and interest – a key takeaway being how we can treat those who may act/move/speak a different way to ourselves.



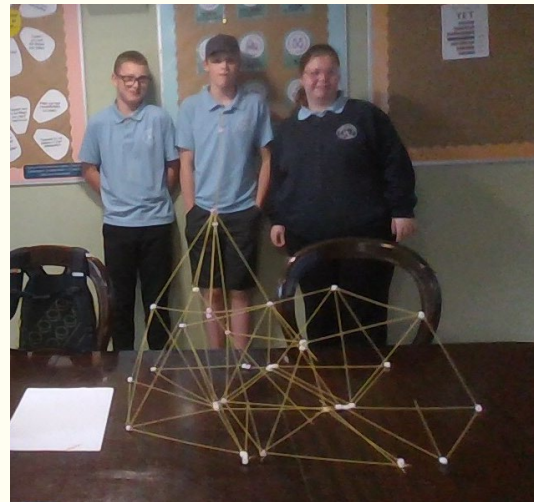
In the new year we are already looking forward to a visit from Diabetes UK, NSPCC, an interactive performance about healthy relationships from Reflex Theatre and a workshop by 'Our Streets Now' about Digital Harms.

## In Class

As well as our broad curriculum over all year groups (please see RSE Policy, appendix 1, on the school website), we have taken time to focus on Social & Emotional Learning (SEL), Wellbeing and Teamwork skills. We would like to share some of what we have been up to!



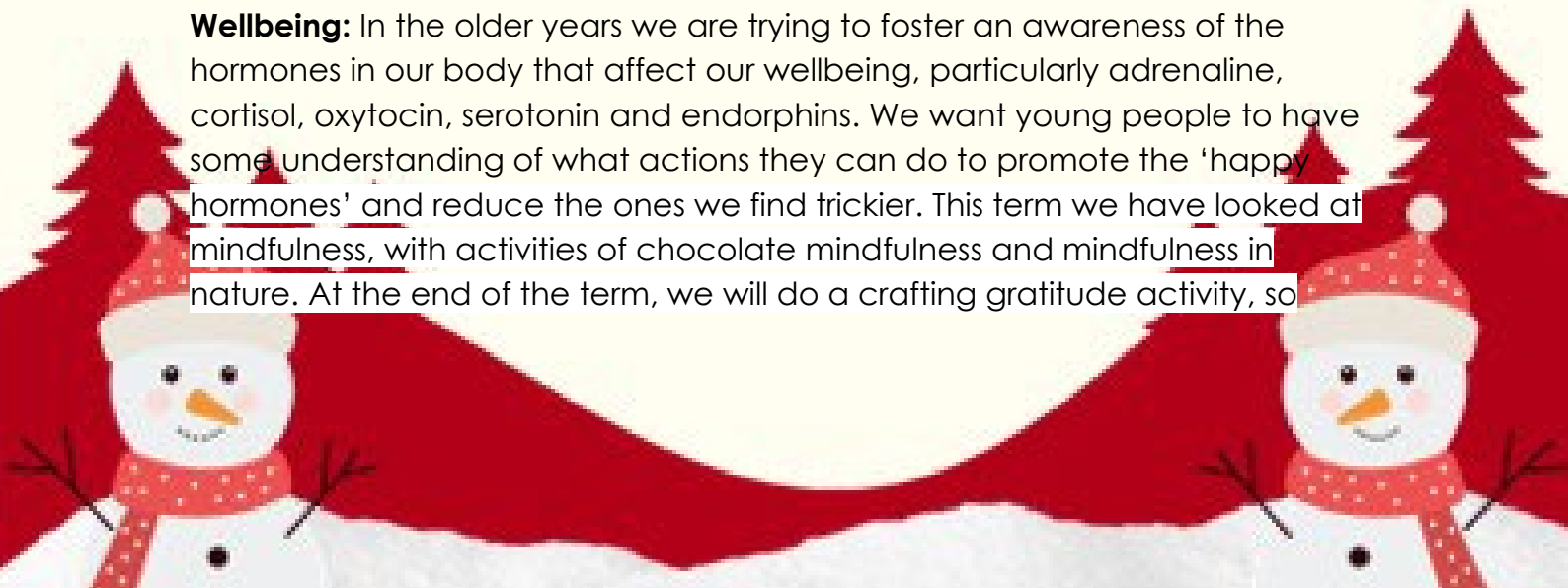
**Teamwork:** Some of our classes demonstrated their brilliant teamwork skills to build tall towers out of spaghetti and marshmallows. I was impressed with how several pupils acted under pressure and taking on board views of others.



**SEL:** Our lessons have been on manners and etiquette – learning it's much more than our please and thank yous! How we might behave at the dinner table, how we might travel through buildings, or leave rooms. We also looked at Voice and Tone, and how it dramatically changes meaning. This led to awareness around bullying and unkind behaviour, particularly with the use of sarcasm. It's always a useful opportunity to consider other's perspectives.



**Wellbeing:** In the older years we are trying to foster an awareness of the hormones in our body that affect our wellbeing, particularly adrenaline, cortisol, oxytocin, serotonin and endorphins. We want young people to have some understanding of what actions they can do to promote the 'happy hormones' and reduce the ones we find trickier. This term we have looked at mindfulness, with activities of chocolate mindfulness and mindfulness in nature. At the end of the term, we will do a crafting gratitude activity, so





some of the older students will be coming home with a 'message in a bottle' Christmas decoration.



## ★ GET YOUR DAILY ★

# D O S E

DOPAMINE

OXYTOCIN

SEROTONIN

ENDORPHINS



THE  
REWARD  
CHEMICAL

THE  
LOVE  
HORMONE

THE  
MOOD  
STABILISER

THE  
PAIN  
KILLER

- ★ Create something
- ★ Achieve a goal
- ★ Complete a task
- ★ Self-care activities

- ★ Socialise
- ★ Hug a family member, friend or your pet
- ★ Help others

- ★ Get out in sunlight
- ★ Try mindfulness
- ★ Be with nature
- ★ Try meditation

- ★ Exercise
- ★ Listen to music
- ★ Watch a movie
- ★ Have a laugh with friends





# Forest School

We have had lots of fun in forest school this term; from watching the changing of seasons and using natural resources to be creative.

The combined groups all contributed to making a beautiful giant autumn hedgehog, full of natural texture. We have also enjoyed toasting marshmallows and crumpets at the fire, making our own popcorn, and being kind to our birds at Centre Academy by making our own bird feeders.

The students have enjoyed the opportunity to visit a local farm which has a wood. The students have had lots of fun climbing trees, making dens and letting off some steam!

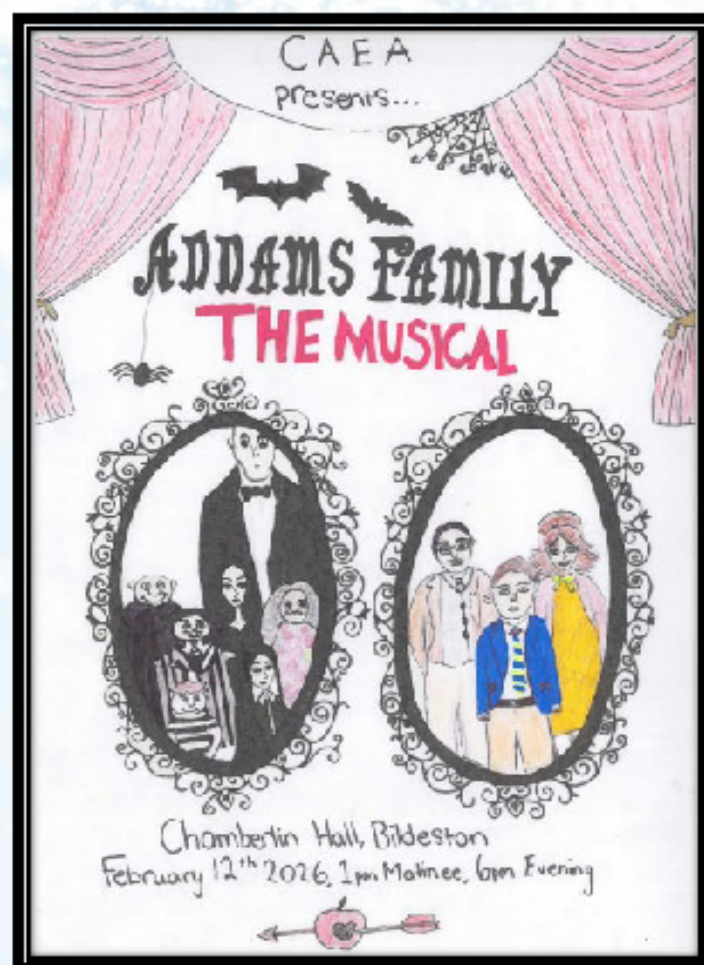
A new addition to the Forest School area is a balancing slack line, which is great fun and also a fantastic muscle strengthening activity.

The children and staff have enjoyed their time in Forest School to enjoy some child-lead free play time!

Ms E Evans







Firstly, congratulations to Belle Ward who won the school show poster design competition – a fantastic entry, it was a unanimous decision amongst staff. Thank you and well done to all the other entries, we were blown away by how many students got involved and all other entries will be celebrated in the school show programme!

Now the moment many of you have been waiting for – the link to how you can obtain tickets for this wonderful production:

<https://www.eventbrite.com/e/caea-addams-family-the-musical-tickets-1973174005567?aff=oddttdtcreator>

Please click on 'Check Availability' and follow the instructions on the website. This is a private event so only those with the link can book their tickets. There is a limit of 6 tickets per booking. Tickets are free of charge, but if you wish to donate then we will be collecting on the day. It is first come first serve so get booking soon to secure your spots!

The whole school will be attending the 1pm Matinee to support the cast and crew so please be aware there will be less tickets available for this show.

If you have any questions regarding your child/children's involvement in the show then please email myself, Mrs Groombridge. I will be in touch in January with more details surrounding the lead up to the shows.

Merry Christmas and a Happy 'Line Learning' New Year!

**Thank you for choosing Raise the Roof as your official charity**

**Centre Academy East Anglia Students**

**In grateful recognition of your dedication and effort during the  
last academic year**

**Your fundraising activities successfully raised the  
exceptional total of**

**£1676.43**



*Julia Townsend*  
Churchwarden

19/11/2025





## Photographs taken in School

Dear Parent/Carer,

As we continue to celebrate our students' achievements and capture special moments during school events, we kindly request your cooperation in ensuring the safety and privacy of all children.

Specifically, we ask that you refrain from sharing any photos or videos of school activities on social media platforms where other people's children can be identified.

### Why is this important?

1. **Consent:** Sharing images without prior consent from children and their families can pose risks. Some families may not want their child's photo to be publicly available.
2. **Misuse:** Photos and videos shared online can be modified, misused, or taken out of context. This could inadvertently place children at risk.
3. **Child Protection:** Identifying children through images may expose them to potential grooming or abuse.

### How can you help?

1. **Be Mindful:** Before posting any school-related content, consider whether it includes other children and whether their privacy might be compromised.
2. **Educate:** Talk to your child about the importance of privacy and respecting others' boundaries.
3. **Set an Example:** By being cautious with your own social media posts, you contribute to a safer online environment for all.





## Student Attendance

We would like to take a moment to emphasize the critical role that **regular attendance** plays in your child's education. **Consistent attendance** is not just a matter of compliance; it significantly impacts your child's academic progress and overall success.

Here are some key points to consider:

1. **Academic Achievement:** Research consistently shows that students with **high attendance rates** tend to perform better academically. Missing even a single day of school can disrupt the learning process and hinder your child's understanding of crucial concepts.
2. **Life Chances:** Education opens doors and shapes future opportunities. By attending school consistently, your child is better positioned to achieve good grades, graduate successfully, and pursue higher education or career paths.
3. **School Policies:** Our school adheres to **Department for Education guidelines** regarding attendance. These guidelines stress that children should attend school regularly unless there are exceptional circumstances. We appreciate your cooperation in ensuring your child's consistent presence. The Attendance Policy can be viewed on the school website.
4. **Communication:** If your child is unable to attend school due to illness or other reasons, please notify us promptly. You can call the school office or email us at [absent@centreacademy.uk](mailto:absent@centreacademy.uk). Early communication helps us track attendance and address any concerns.
5. **Action Plan:** Should attendance become a concern, we will work closely with you to develop an **action plan**. Our goal is to support your child's attendance and create a positive learning environment.

Remember, everyday matters. Each lesson contributes to your child's growth and development. Let's work together to ensure that our students receive the best education possible.

Thank you for your ongoing support, understanding and cooperation in these matters. If you have any questions or need further clarification, please don't hesitate to reach out.







## School Uniform

Our school uniform is available from 'Inces of Stowmarket'.

Please note, students may still wear their old uniform until a new uniform is required.

Logo School Uniform is provided by 'Inces of Stowmarket'. The uniform can be ordered online, or you can visit the shop in Stowmarket, please see below for shop details. As well as our logo school uniform, you may also be able to order plain items such as trousers, skirts, or alternatively you can buy from local stores. Other ordering information including sizes, delivery information and the returns procedure is also available online.

<https://www.inces.co.uk/c/schoolwear>

Inces, 25 Ipswich Street, Stowmarket, Suffolk, IP14 1AH

School Uniform	Sports Uniform
	Navy PE Shorts
Grey Shorts/Trousers/Skirts/Dress	Navy Tracksuit Bottoms
*Light Blue Polo Shirt (with logo)	Plain Navy Games Socks
*Navy Sweatshirt V Neck (with logo)	*Green Polo Shirt (with school logo)
*Navy Fleece (with school logo) Can be used for Sports	
Black or Nude tights (for skirts)	Trainers
Casual Jacket/Coat	Football Boots (plastic or moulded studs)
Wellington Boots	Mouthguard
Black Shoes	Shin Pads
Equipped Pencil Case	
* - relates to all uniform with the school logo and can only be purchased from Inces of Stowmarket	

# CAEA Equipment Provision

At CAEA, we promote our students to be as independent and organised as possible, however, we appreciate that students may find this challenging for a variety of reasons. We therefore place measures to support with this, such as providing school bag checklists to pupils, so they can manage their routine with confidence. We also have posters displayed around the school and in all tutor rooms to encourage responsibility for equipment, much like the one shown below!

Students are welcome to bring in stationery from home and are encouraged to bring a pencil case which they can carry with them. If your child brings any stationery from home, please can you ensure that scissors are plastic and in line with those provided by the school. Please be assured that the school has scissors available for all students, as well as stationery resources for those who may need them. Specialist scissors are also available from the Occupational Therapist if students are struggling to use the ones available in class.



*Example of scissors available in school*



*Example of specialist scissors available*



Thank you very much for your cooperation!



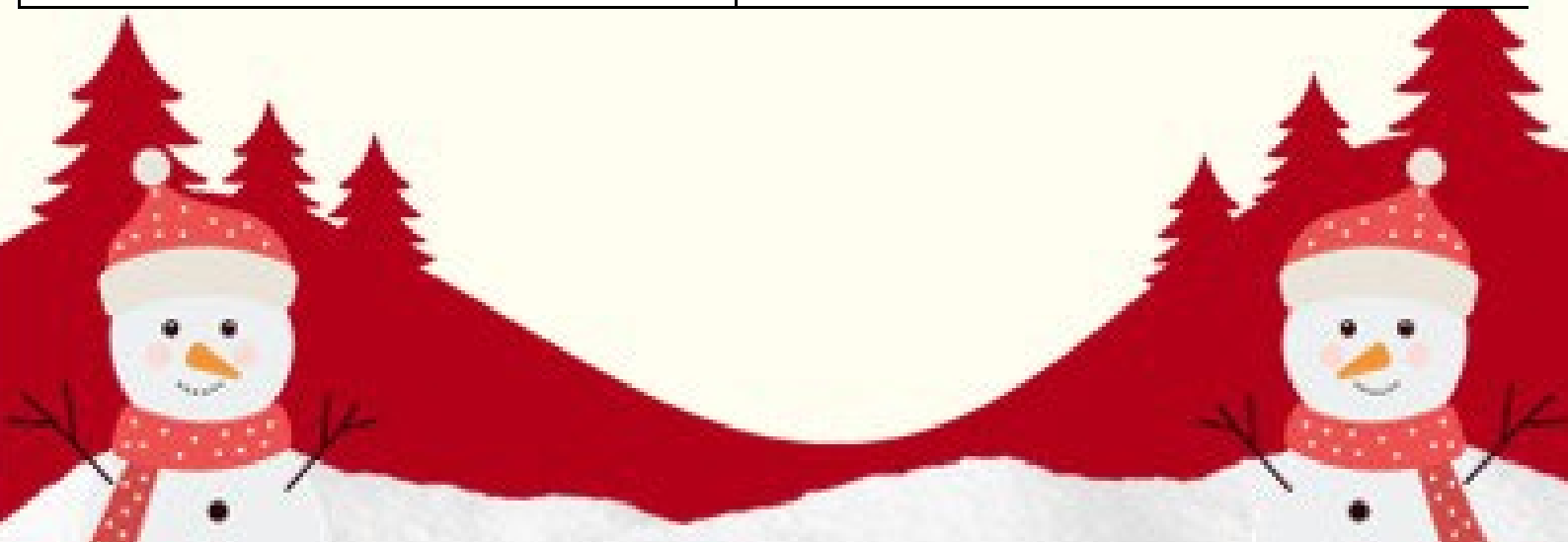


## SPRING TERM 2026

DATES	ACTIVITY
Monday 5 <sup>th</sup> January 2026	Staff Training Day
Tuesday 6 <sup>th</sup> January 2026	Term Commences
Friday 13 <sup>th</sup> February 2026	School finishes at 2.00pm
Monday 16 <sup>th</sup> February – Friday 20 <sup>th</sup> February 2026	Half Term Holiday
Monday 23 <sup>rd</sup> February 2026	Term Commences
Friday 27 <sup>th</sup> March 2026	School finishes at 2.00pm Term Ends
Monday 30 <sup>th</sup> March – Monday 20 <sup>th</sup> April 2026	Easter Holiday

## SPRING TERM EVENTS 2026

DATES	ACTIVITY
Monday 5 <sup>th</sup> January 2026	Staff Training Day
Monday 2 <sup>nd</sup> February 2026 – 4.30 – 5.30pm	Parent Forum
Thursday 12 <sup>th</sup> February 2026 – 1.00pm Matinee and 6.00pm evening showing	School Production
Thursday 5 <sup>th</sup> March 2026 – 4.30 – 6.30pm	Parent Evening – Years 9/10/11
Monday 9 <sup>th</sup> March 2026 – 10.00 – 11.00 am	Admissions – Parent Open Morning
Friday 27 <sup>th</sup> March 2026 – 1.00pm – All welcome	Easter Service





## General Information

### START OF THE SCHOOL DAY

Please remember that students are not to be dropped off at the school before 8.30 am.

Prior to that staff are not in their places and we cannot therefore ensure the students security.

### UNIFORM

Please remember that all uniform and casual clothes must have the student's name in.

### 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.

## Medical Information

- ✓ If your 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.
- ✓ 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 may require a Doctor's Certificate.

School Phone Number: 01449 736404

Out of hours emergency

school mobile number 07793563281

email: [admin@centreacademy.uk](mailto:admin@centreacademy.uk)

Student absence:

[absent@centreacademy.uk](mailto:absent@centreacademy.uk)

## 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.

Student absence:

[absent@centreacademy.uk](mailto:absent@centreacademy.uk)

## Policies and other Important Information

All our policies and other important information is available on the website.

If you require any other information that is not displayed, please do not hesitate to contact the Office Manager.

### Photographs/Video's taken in school

As we continue to celebrate our students' achievements and capture special moments during school events, we kindly request your cooperation in ensuring the safety and privacy of all children.

Specifically, we ask that you refrain from sharing any photos or videos of school activities on social media platforms where other people's children can be identified.

