



Newsletter

Dear Armfield Parents and Carers,

A warm welcome to this week's newsletter! We are always delighted to share the fantastic achievements of our students and keep you updated with important reminders to ensure everything runs smoothly at Armfield Academy.

Messages

- As the winter sets in and the nights get darker, please can we ensure we are sending our young people to school in coats, not hoodies, it really helps start the school day off right when they are warm.



- Please can we remind all parents to work with the school and if you have any worries or concerns, please do not hesitate to contact us as soon as possible to iron out any issues you may have. Our main aim is to ensure all our young people feel safe and supported in and around school.



- Please ensure they are in full school uniform each morning when they arrive at school so that they are ready to learn. Students should be in full school uniform, if they are not they will be expected to borrow the correct uniform for the day. Blazers should be on, top buttons fastened and skirts should be an acceptable length





Newsletter



Attendance Spotlight: Moments Matter, Attendance Counts!

At Armfield Academy, every day in school shapes our students' futures. While a 90% score on a test sounds fantastic, maintaining 90% attendance across a school year actually means missing 19 days - an entire month of missed learning! Over five years, that adds up to nearly half an academic year lost.

To help our students build unstoppable momentum, we're encouraging a "Streak Mindset" this term. Just like building a daily habit on learning apps, showing up every single day keeps progress alive.

Recent Attendance Leaderboard (3rd–11th September)

- **1st Place:** Year 7 (97.7%)
- **2nd Place:** Year 10 (95.8%)
- **3rd Place:** Year 9 (94.2%)
- **4th Place:** Year 8 & Year 11 (93.5%)

Top Tips for Daily Success

- **Night-Before Preparation:** Laying out uniforms and packing bags the evening before reduces morning panic.
- **Protect Sleep Hygiene:** Turning screens off 30–60 minutes before bed ensures the 8–9 hours of sleep needed to make early wake-ups easier.
- **The 10-Minute Rule:** On low-motivation days, focus on simply getting through the door and into the first lesson - momentum usually carries the day from there.
- **Punctuality Matters:** Being just 5 minutes late each day adds up to 3 full days of lost learning over the year. Every minute counts!

If your child is experiencing mild symptoms like a slight cold or tiredness, we encourage sending them in with a water bottle; if they feel worse, our team can always contact home. For any underlying worries, please reach out to Form Tutors or Phase Leads early so we can support them right away.

As Erling Haaland says: *"You can't get to the top by sitting on your hands."* Let's work together to make every moment count!



PRESTON
COLLEGE

YEAR 10 & 11

OPEN EVENT

WEDNESDAY 30 SEPTEMBER 4 - 7 PM

REGISTER NOW!

www.preston.ac.uk/september

YEAR 11 UNIVERSITY TASTER TRIP

On Monday, ten of our Year 11 pupils travelled to Cambridge University, staying overnight in student accommodation at Churchill College. The students got a taste of university life, enjoying dinner in the dining hall and a full English breakfast the following morning.

After collecting packed lunches, the group headed into Cambridge to explore the historic city before making our way to the Cavendish Laboratory for the Physics at Work event.

Throughout the afternoon, pupils attended six sessions, where they:

- Learned about the engineering and physics behind NASA's Ingenuity Mars Helicopter.
- Learned about cutting-edge technology, including a new helium microscope currently in development.
- Saw a revolutionary medical diagnostic device capable of delivering results in just 10 minutes instead of 8 days.
- Printed their own personalized pens as a souvenir.



Our pupils were an absolute credit to the school throughout the entire trip, demonstrating curiosity, great behaviour and enthusiasm.











Conversation starters for parents and carers: ONLINE CONTENT



Trying to start a conversation about online safety with children can be a daunting task. There are many reasons why children may not want to talk to adults about it. One might be that they don't think you'll understand or that you won't know how to help if they came to you with an online problem. It can also be hard to start a conversation about something that you might have limited knowledge about. However, with screen time increasing during the lockdown, it's important now more than ever, to be talking to children about what they are accessing online.

1 ASK THEIR MOTIVATION

Sometimes it's easy to assume we know why children choose certain games or apps. It can seem obvious, like the child interested in football will be enthusiastic about the new FIFA game. But sometimes it can be more subtle than that. It could be that it's an outlet for their creativity or it might be that they like the look of the main character. Learning their motivation and knowing why they like it can help advising them on how to use it safely and help you discuss the pros and cons.



6 MAKE TIME TO LISTEN

When your child can't wait to tell you about their new game, always try and listen to what they say. We always have a lot on our minds, so it's easy for us to drift off onto other things which may be more important. However, try to stay involved and ask them more details about aspects of the game/app. Children will appreciate your interest and the more questions you ask, the more you can find out. If you act uninterested, then they are less likely to tell you about it again in the future.



2 CULTIVATE A BLAME FREE CULTURE

Children can often blame themselves if they come across something that scares them or makes them feel uncomfortable. There will be times when your child has gone against something that you have forbidden, however, most children do not intend to put themselves at risk. Therefore, it's important that your child is able to come to you with a problem and won't be blamed for it. Try to understand what happened and why and warn them of the dangers once more. Engaging in a 'told you so' dialogue or suggesting they are in trouble for not listening may deter them from reporting any future concerns.



7 ASK THEM TO BE THE TEACHER

Showing an interest in what children are accessing online is a great opportunity for you to learn something new as well. Children on the whole love sharing their experiences so by asking them to teach you how to use an app or play a game is not only a great way to bond, but you will also feel more empowered to talk about it. It is easy to shy away from conversations when the child perhaps knows more about the subject content than you do. This can help to turn this around.



3 SHARE PERSONAL EXPERIENCE

Starting a conversation by sharing something that you've seen or that has made you feel uncomfortable can be a great opener. Talking about your own feelings can help children realise that it isn't just them – adults can be affected too. You can then go into how you coped with it therefore indirectly giving children advice on how they can also cope in uncomfortable situations. You can also explain that the reason that you've chosen to talk to them about it is because talking helps. Children will hopefully be able to see the parallels in the experiences and mimic your behaviour in future.



8 USE SCHOOL MESSAGING

It might be that your child's school has sent out a message about the Childline number or to remind children to use the CEOP button to report content. Ask the children what they learned about these at school. When would they use the Childline number? When would they need to use the CEOP button? What does it look like? Asking the children why the school thought that the information was so important that they sent out a message about it reinforces what they learnt whilst at school.



4 TALK ABOUT THE NEWS

Asking children what their response is to news stories around online safety can be revealing. For example, there has been a recent survey conducted by the BBFC who are currently campaigning for the application of age ratings and content warnings on video sharing platforms. What do they think about this? Can they think of a time when this would have helped themselves or someone they know? Are they against the idea? If so, why? Could they be accessing something they shouldn't be?



9 ASK ABOUT THE RISKS

Many children may know what online risks are and will happily explain the potential dangers. Listen and try not to be overly shocked if they tell you something that disturbs you. This can then lead nicely into you asking the question about what steps they are taking to look after themselves or what help they could seek if something goes wrong. Sometimes it's just nice to know that your children know the dangers and have taken steps to help reduce the risk for themselves – this is the ultimate goal.



5 ASK FOR ADVICE

It could be that you really do have a friend at work who is debating whether or not to let their child do something online, or it could be that you're bending the truth slightly, but hopefully the outcome would be the same. Don't be afraid to ask others for advice. Not only why they should let the child use it, but also what would they tell the child to be aware of. What are the risks? This will help you understand the risks yourself and what to look out for in future.



10 ASK ABOUT RESPONSIBILITIES

Try asking open ended questions about roles and responsibilities online. Who is in control of the internet? Who is looking after you whilst you are online? Who decides what is appropriate for children to see? This can reveal a lot about a child's perception about who is responsible for their online safety. If they believe that it is up to everyone else to keep them safe, then you know you need to have a conversation about how they can reduce their own risk.



11 ASK ABOUT SCHOOL ADVICE

Sometimes it's hard to know what to warn children about. If there is a new app or game that your child has come across recently, ask them what they think their teacher would say about it. What advice would school give them? What have they been told about trusting people online or about fake news? Finding this out would be a good way to hear what advice they were given at school and help you reiterate the same message. Quick reminders about what to do if something makes them feel uncomfortable or who their trusted adults are can make all the difference.



Meet our expert

Heather Cardwell is a practising Online Safety Lead and senior school leader who is passionate about safeguarding children online and educating them around online risks. She has over 10+ years as a Computing Lead and has successfully developed and implemented a whole school approach to online safety in schools, delivering online safety training to both school staff and parents and helping to roll-out a bespoke online safety policy across her local network of education settings.



Blackpool Carers Centre

Quality • Passion • Respect

Charity No. 1114958



Could you be a Young Carer?

TO FIND OUT, JUST COMPLETE OUR...

...Self Identification Questionnaire



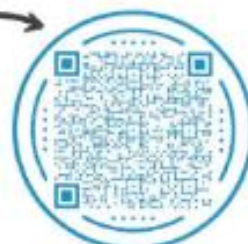
Blackpool Carers have a special Young Carers Team that can help and support you.



Local charity, Blackpool Carers, offers a wide variety of services and support including **Take5 Youth Club**, **one to ones**, **support at school**, **individual support plans**, **trips**, **activities** and **help for your whole family**.

If you are aged 5 or over and think you may be a young carer and need some help, simply scan the QR code below and complete our online Referral Form.

One of our friendly team will then be in touch with you to have a chat about your caring role...it's that easy!



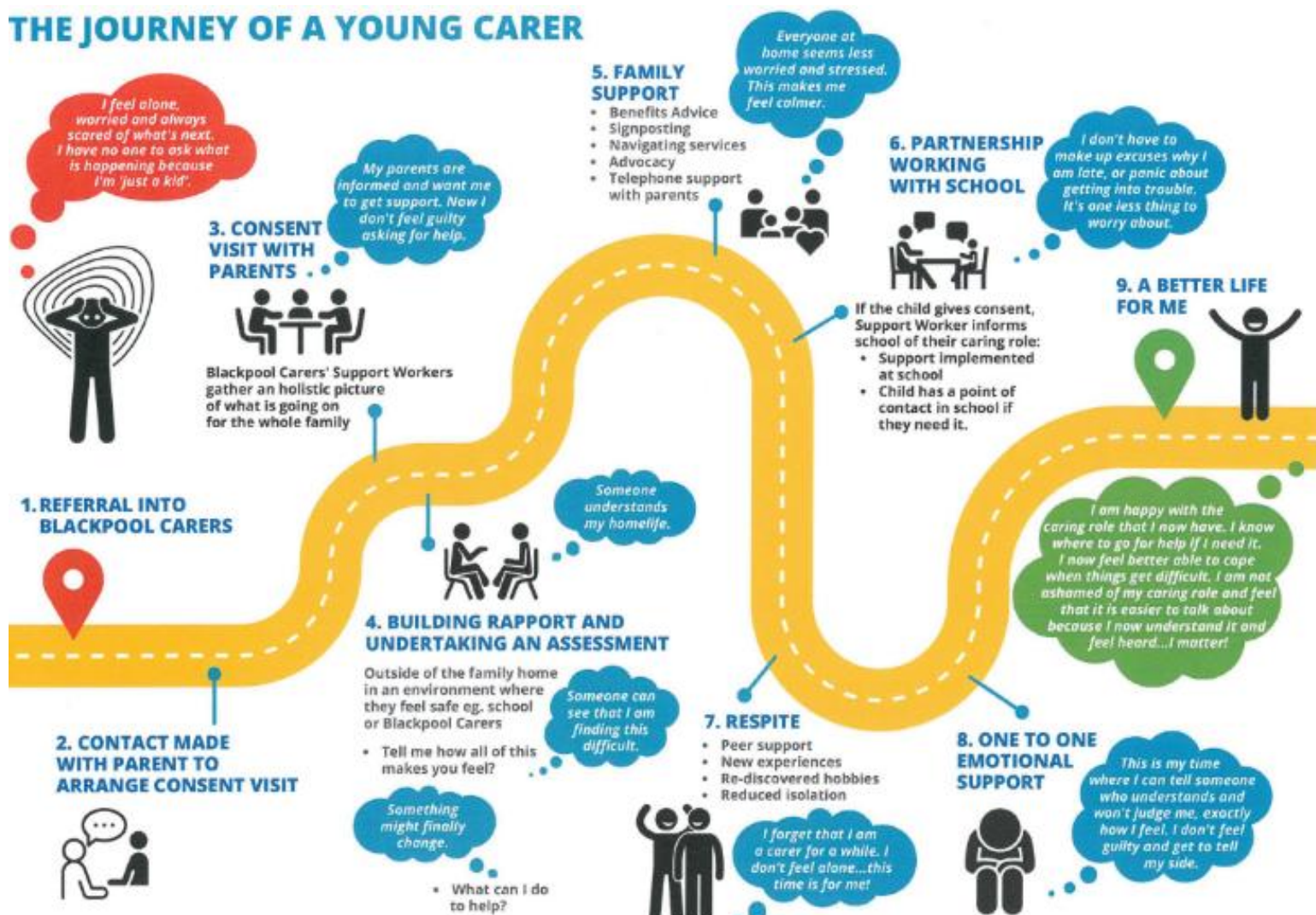
WWW.BLACKPOOLCARERS.ORG



Blackpool Carers Centre, Seaverbrooks House, 117 Newton Drive, Blackpool FY5 8LE
Tel: 01533 393748 (select Option 2) | Email: admin@blackpoolcarers.org

Young Carers

THE JOURNEY OF A YOUNG CARER





Newsletter



DRAMA CLUB

If you love to perform - come and join us!

Room 3108

**THURSDAY 3:30
- 4:30PM**

All Years

LIMELIGHT VOICES

Musical theatre and pop choir

Love singing?

Obsessed with the Wicked soundtrack?

Always humming top 40 hits?

Join Limelight Voices!



**No audition
necessary. Just
bring your
voice!**

3110 Every Monday 3:20pm – 4:30pm

GCSE INTERVENTION

Performing Arts

**TUESDAYS 3:30 –
4:30PM**

Music: Composition

Performing Arts: Component 1
retakes and Component 2
rehearsal time