

# ATAM NEWS



Autumn Term 1 : 11th October 2024

Dates for your diary:

SAVE  
THE DATE

16th October 2024- Jack Petchey Event  
16th October 2024- SEND Coffee Morning  
17th October 2024- Pastoral Coffee Morning  
21st October-8th November- Year 11 Mocks  
24th October 2024- KS4 Raising Standards Evening  
25th October 2024- INSET Day/ break for half-term

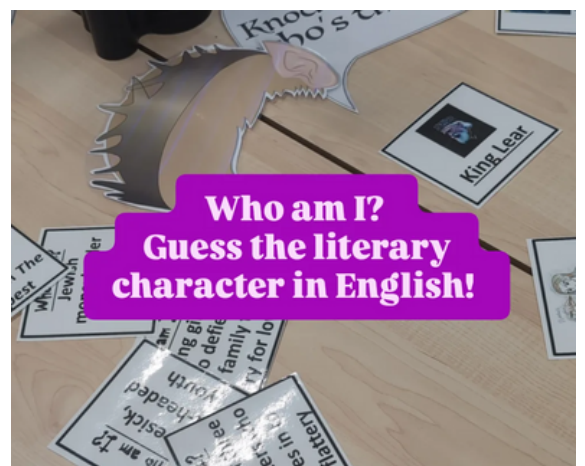
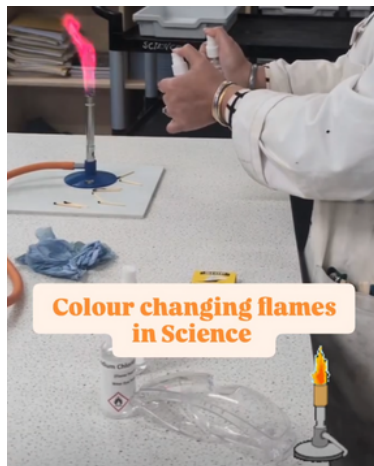


## Year 6 Open Evening



We are thrilled to share the success of our recent Year 6 Open Evening, where all subjects showcased the outstanding work of our students. Parents had the opportunity to engage with both staff and students, learning about our school's values, pastoral care, curriculum, and impressive results. It was a wonderful evening of connection and insight into the enriching educational journey ATAM offers.

We look forward to welcoming our future Year 7 students in September 2025!

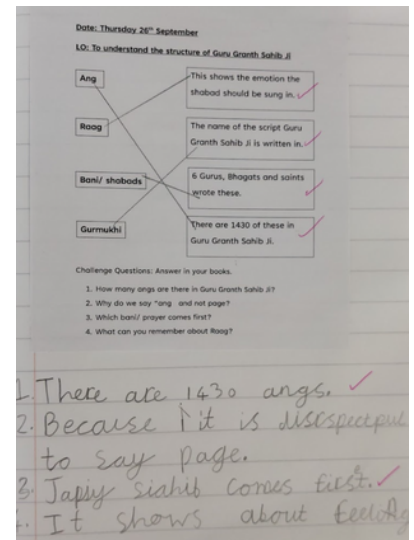
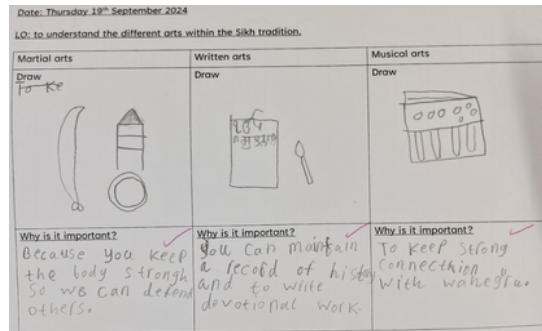
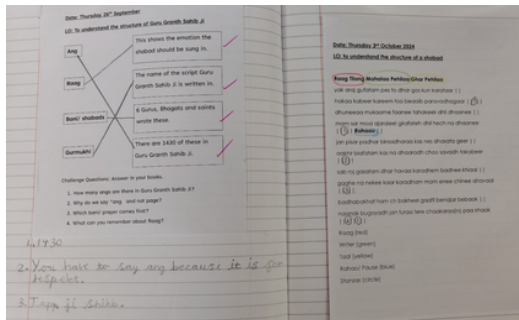


# PRIMARY



## Sikh Studies- Year 3

This year, Year 3 will be looking at the Sikh Arts. We have started this term with looking at the importance of Raag and the structure of Guru Granth Sahib Ji Maharaaj. Children have identified the key features of a shabad and the meaning of key words such as Raag, Rahao and Mahala. We will be moving on to recognising different Raags and instruments over the next few weeks. Here are some examples of the children's work.



## Year 2 Update



This week in English, we've had lots of fun continuing with our story maps. The children have been learning the art of storytelling and working brilliantly in groups to solve problems. The children have been writing diary entries based on their text 'Journey' by Aaron Becker.

In Music, we've been exploring rhythm and dynamics, using our hands to clap along to different animal sounds. The children have really enjoyed this lively and interactive way of learning, and it's helping them develop a strong sense of timing and musicality.

We are also excited to share that we've been reciting the Mool Mantar repetitively as part of our preparations for the upcoming Mool Mantar competition. Not only are we aiming to win, but the recitations have also been a fantastic way for the children to calm down and focus before learning time.

In Sikh Studies, we've been learning all about the baby naming ceremony. The children have been fascinated by this beautiful tradition, and it's been a wonderful opportunity to explore this special milestone within the Sikh faith.





# PRIMARY



## Congratulations to Our Fabula Reading Challenge Stars!

This summer, our students embraced the magic of stories by participating in the Fabula Reading Challenge! We are incredibly proud of all the children who completed the challenge, showcasing their love for reading and their commitment to growing their imaginations. A special shoutout to the winners of our lucky draw, announced during this week's Reading Assembly. Your dedication to reading truly shines, and we hope you continue exploring new worlds through books!

Keep reading, and who knows? You might be our next Fabula star!

## Primary Head Coverings

We kindly ask that all primary children bring their own labelled head coverings for Santhiya and Spiritual Assembly. These can be safely stored in their trays at school. Thank you for your cooperation in supporting this important aspect of our spiritual practice.

## Meet the Teachers



It was fantastic to see so many parents/carers at our meet the teacher events in primary, and share the positive journey ahead of all our students. We look forward to a successful year ahead!



## ATAM Healthy Snack and Lunch Guidelines

Please find our healthy snack and lunch guidelines detailed below. This is helpful when packing lunch for your students and are coherent in following our rules of no meat, fish, eggs and nuts.



### Ideas for packed lunches

Cheese and sweetcorn brown bread sandwich  
Fresh fruit salad  
Low fat yoghurt  
Carton of fresh fruit juice



Vegan ham and tomato baguette  
A portion of grapes  
Strawberry Fromage Frais  
Bottle of plain water



Cheese savoury tortilla wrap  
Small portion of mixed salad  
Banana  
Fruit slice/fruit muffin  
Carton of semi-skimmed milk



Tofu mayonnaise and salad filled pitta bread  
Carrot sticks and raisins  
Crackers with low fat cheese (Edam, mozzarella, cottage)  
Bottle of plain water



- Various types of bread used e.g. brown, wholemeal, pitta, tortilla wraps.
- Homemade pasta and rice salads can be a refreshing change.
- Try to include fruit and chopped raw veg or salad in every lunchbox e.g. carrot sticks, cherry tomatoes, raisins, or fresh fruit salad (in juice not syrup)
- Yoghurt, fromage frais are popular choices, choose low fat varieties.
- Scones, pancakes, fruit loaf or cakes are a healthier alternative to sweets, chocolate bars and biscuits. All must be egg free.
- No confectionery, chocolate or chocolate coated products are allowed at school.
- Water, semi-skimmed milk and pure fruit juice are popular, healthy options.
- Try to avoid sugary drinks in lunchboxes.







### Ideas for packed lunches (Punjabi)

- Saag, Bhindi, Baingan Bhartha
- Rajma /Rajma Chawal
- Dal (various)
- Paneer /Palak Paneer
- Aloo Palak /Aloo Gajar /Aloo Gobi/Aloo Matar
- Karela Subzi, Karhi Chawal, Dal Khichdi
- Tofu Purji



You can have the following vegetable dishes with bread, chapatti, wrap, rice or with salad in a pitta bread.

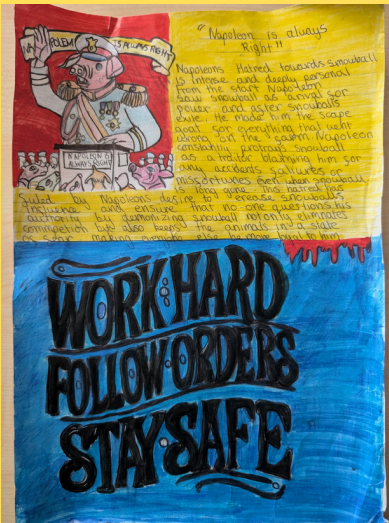
### Healthy Snack and Lunch Guidelines

<p><b>Starchy foods</b></p> <p>One or more portions of food from this group every day. Three or more different starchy foods each week. One or more wholegrain varieties of starchy food each week. Starchy food cooked in fat or oil no more than two days each week. Bread - with no added fat or oil - must be available every day (school dinners).</p> 	<p><b>Fruit and vegetables</b></p> <p>One or more portions of vegetables or salad as an accompaniment every day. One or more portions of fruit every day. A dessert containing at least 50% fruit two or more times each week. At least three different fruits and three different vegetables each week.</p> 	<p><b>Beans, lentils, pulses and other non-dairy sources of protein</b></p> <p>For vegetarians, a portion of non-dairy protein on three or more days each week.</p>  <p>Tofu, tempeh, and edamame originate from soybeans. Amaranth and quinoa grains. Vegetables with the most protein include broccoli, spinach, asparagus, artichokes, potatoes, sweet potatoes and brussel sprouts.</p>	<p><b>Milk and dairy</b></p> <p>A portion of food from this group every day.</p> 
<p><b>Foods high in fat, sugar and salt</b></p> <p>No more than two portions of food that have been deep-fried, batter-coated, or breadcrumb-coated, each week. No more than two portions of food which include pastry each week. No snacks, except vegetables and fruit with no added salt, sugar or fat. Savoury crackers or breadsticks can be served at lunch with fruit or vegetables or dairy food. No confectionery, chocolate or chocolate coated products. Strictly no Nutella.</p> <p>Desserts, cakes and biscuits are allowed at lunchtime. They must not contain any confectionery or eggs. Salt must not be available to add to food after it has been cooked. Any condiments must be limited to sachets or portions of no more than 10 grams or one teaspoonful.</p> 	<p><b>Healthier drinks</b></p> <p>Free, fresh drinking water at all times. The only drinks permitted are:</p> <ul style="list-style-type: none"> <li>• Plain water (still or carbonated)</li> <li>• Lower fat milk or lactose reduced milk</li> <li>• Fruit or vegetable juice (max 150mls)</li> <li>• Plain soya, rice or oat drinks enriched with calcium; plain fermented milk (e.g. yoghurt) drinks</li> <li>• Combinations of fruit or vegetable juice with plain water (still or carbonated, with no added sugars or honey)</li> <li>• Combinations of fruit juice and lower fat milk or plain yoghurt, plain soya, rice or oat drinks enriched with calcium; cocoa and lower fat milk; flavoured lower fat milk, all with less than 5% added sugars or honey</li> </ul> <p>Combination drinks are limited to a portion size of 330mls. They may contain added vitamins or minerals, and no more than 150mls of fruit or vegetable juice. Fruit or vegetable juice combination drinks must be at least 45% fruit or vegetable juice.</p> 		

# SECONDARY/ KVI



## English Wall of Fame



Year 9 students have been exploring the dystopian world of Animal Farm, learning about propaganda. Gursahaj Kaur Dhaliwal has produced a fantastic propaganda poster from the perspective of Napoleon.

## Pastoral Chai & Chat

17th October 2024- 9am

Mr. Virk, Mr. Yates & Mr. Sahota



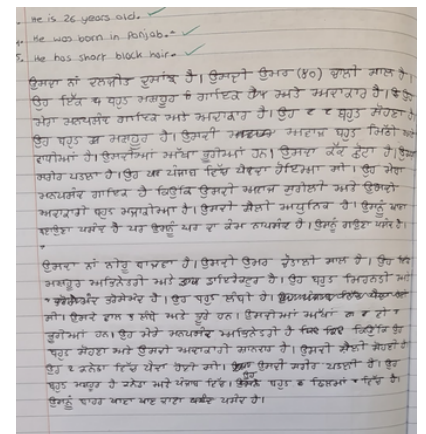
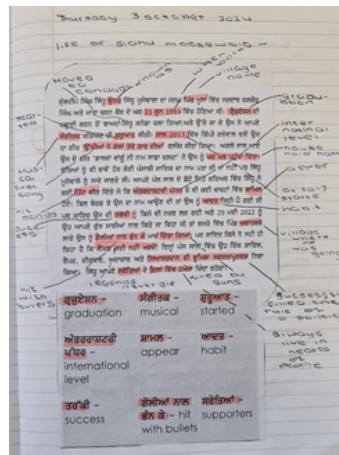
You will hear about why pastoral care is such an important part of life at ATAM Academy, and how it helps foster a positive and nurturing environment for all students.

There will also be time for you to ask any questions you may have, and to discuss how the school and parents can work together to support your child's success both academically and personally.

Mr. Sahota will also be running a safeguarding workshop on keeping children safe from grooming during this session. There will be a presentation with Panjabi subtitles for parents, followed by a Q&A.

## Panjabi

The year 9 students have been developing their use of description and pronouns by reading and writing about different Panjabi celebrities. They particularly enjoyed studying a GCSE style text on Sidhu Moosewala.



## Year 11 Interventions

Year 11 students will be invited from next week to attend subject based interventions.

These may be before school, during lunchtime and after school. Individual letters will be sent out to parents; attendance is compulsory. For further information, please do not hesitate to contact Mr. Choudhry.



Big shout out from the Maths department to our students who have completed over 90 thousand questions on Sparx maths so far this year. We are looking forward to exceeding the hundred thousand mark soon.

Special recognition to the students below who have gone above and beyond reaching XP levels of 50 and above.

Student name	Class	XP levels reached
Simrat Gill Sandhu	9Himmat/Ma	Level 87
Amrit Bassi	11Himmat/Ma	Level 66
Chanmeet Kaur	9Himmat/Ma	Level 56
Kurbaan Kaur	9Dharam-T/Ma	Level 56
Loveleen Kaur	8Himmat/Ma	Level 55
Jasmine Kaur Sohal	8Himmat/Ma	Level 54
Irfan Rizwan Yousaf	9Dharam-T/Ma	Level 50



# SECONDARY/ KVI



## We are very proud to announce our very first Head boy and Head Girl: Devpal Kholi and Ria Battu

I am sure you will join me in congratulating Devpal and Ria. Ria and Devpal were appointed following a rigorous and competitive application process. We interviewed several worthy applicants, all of whom have also been appointed as Senior Prefects. I would like to congratulate all the applicants and I wish them well in their positions as Senior Prefects.

Devpal joined ATAM in Year 7 as one of the school's very first secondary students. He has grown up with the school and has developed into an exceptionally dedicated and mature young man. Outside of school Devpal is an active member of Air Cadets and has achieved the rank of Flight Sergeant. Devpal's goal as Head Boy is to establish the CCF at ATAM before he graduates. Devpal's career aspiration is to become a pilot when he leaves school. Devpal is studying A levels in Maths, Further Maths, Physics and Business Studies.

Ria joined ATAM mid way through Year 10. She dealt with what could have been a very challenging change of schools during her GCSE's with determination and a sense of purpose. She quickly established herself as one of the year groups academic stars, performing exceptionally well in her GCSE's. Ria's goal as Head Girl is to raise the profile of the school within the local community and support other students in overcoming challenges they may face with their learning. Ria's career aspiration is to become a chartered accountant when she leaves school. Ria is also studying A levels in Maths, Further Maths, Physics and Business Studies.

I wish you every success in your new roles.



## Mobile Phones



We would like to remind all parents and students of our school's mobile phone policy. Students are required to keep their phones switched off and stored in their school bags throughout the school day. The use of mobile phones during school hours is strictly prohibited. If a student needs to contact their parents, they must do so through the school's reception using the school telephone. Similarly, if parents need to reach their child during school hours, they should contact the school via telephone or email. **Please note that any student found using their phone during the day, or keeping it in their blazer or trouser pockets, will have their phone confiscated. In such cases, parents will be asked to collect the phone from the school.** The pastoral and SLT teams will be conducting spot checks to ensure all students are complying with the school rules. The same rules apply to air pods/ ear buds, and a further reminder that smart watches are banned.

## Kara/ Salahee

Please be reminded that for health and safety reasons, students must wear a Kara no wider than 1cm. Additionally, the Salahee (hair tidy) must be kept in school bags and should not be tucked into the Patka or Dastaar, or kept in blazer pockets. These measures are in place to ensure the safety and wellbeing of all students. Thank you for your understanding and cooperation.

## Uniform



All students must have the correct uniform on, when in school. They must ensure that they are not wearing excessive jewellery, artificial nails, nail polish and make up is prohibited. Students who do not comply, will have items confiscated and will be asked to remove make-up and nail polish. Skirt lengths must also be knee-length. If there is a reason for your child to be missing an item of their uniform, please write a note in their planners explaining this.



## Detentions

A reminder that if your child is late to school in the morning, they will receive a 20 minute lunchtime late-detention to serve on the same day.

Any other detentions logged on Class Charts that are 15-30 minutes will be served on the same day that it was logged. 60 minute detentions logged will be served the following day, and 90 minute SLT detentions are served on Fridays.

Please ensure you have logged in to Class Charts as a parent/carer to ensure you receive the updates.

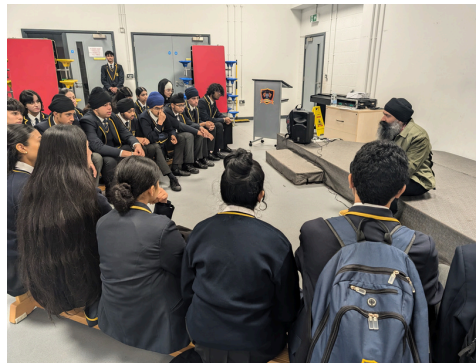
# NOTICES



## Year 6 and Year 11 : Visit from L-Fresh

We were delighted to host a special visit from Australian Sikh rapper, L-Fresh The Lion, who treated our Year 6 and Year 7 students to an unforgettable experience. As part of his only UK performance, L-Fresh shared his incredible journey in the music industry and his connection to his Sikh identity, inspiring students with his story.

The event featured a meet-and-greet, an engaging Q&A session where students learned about his personal and musical journey, and a fun freestyle session with our Year 6 students. It was a truly inspiring day, and we are grateful to L-Fresh for sharing his talent and insights with our ATAM community!



## Mool Mantar Jaap

We are pleased to announce that in the latest count, we have managed to complete 82,000 Mool Mantar as a school. Whilst this is a great effort, we still have quite a lot to do to meet our target of 1,000,000 by Friday 22nd of November, when we will be celebrating Guru Nanak Dev Ji's Gurburab in school. Please can you continue to encourage the students to complete Mool Mantar at home and submit their count in the classroom Jaap Jar. Thank you for your continued support in meeting this target together.



## Supporting Success: A Virtual SEND Forum for ATAM Academy Parents

**Time: 9am**  
**Date: Wednesday 16<sup>th</sup> October**  
**Venue: [Click this link](#) to join, or scan the QR code.**

Come and find out about support that is available to families, from the school and other agencies.



## Go Fund Me Page

On 26th August 2024, a fire broke out in the Spectrum Building on Freshwater Road, Dagenham. The fire has destroyed the homes of countless families, including one of our own pupils at ATAM Academy. The school and local authorities are assisting the family, however, we as their ATAM family, and in the Sikh spirit of Chardi Kala would like to support this family as they try to restart their life. This page aims to raise funds to help this family replace some of their essential possessions destroyed in the fire. Details of the family involved will remain strictly confidential, however the family supports this fundraiser. All donations raised will go directly to the family.

[https://www.justgiving.com/crowdfunding/atamacademypta?utm\\_term=aWGYRrAj5](https://www.justgiving.com/crowdfunding/atamacademypta?utm_term=aWGYRrAj5)



# ANOTHER ATAM ACADEMY SPORTING WEEK!

KICKING OFF THE TERM STRONG!

Our first girls' football match of the year was a fantastic experience, with a mixed team of Year 8 and Year 9 pupils taking part. This friendly game served as a great learning curve for our girls, and everyone enjoyed the opportunity to develop their skills on the field. We are looking to grow the team and encourage more girls to get involved. If you're interested in joining, now is the perfect time! We welcome all girls who want to take part in this exciting sport—whether you're new to football or have played before, there's a place for you!



## Maya Kaur (7M)

### Redbridge U12 Girls call back!

A huge congratulations to Maya Kaur from 7M for her incredible achievement! Maya has been called back to play for the Redbridge Year 7 Girls' Football Team—a huge accomplishment, and we couldn't be prouder of her hard work and dedication.

Not only that, but Maya also earned the "Players' Player" award in our friendly school match against Mayfield. Well done, Maya!

## Flag football coming to ATAM!

We are excited to announce that Mr. Praise, our PGCE teacher, recently visited Tottenham Hotspur Stadium to learn about flag football. This exciting sport is gaining popularity, and Mr. Praise will be working closely with Mr. Allen and the PE team to introduce this to our pupils later this year. We can't wait to bring this new activity into our curriculum and enrich our students' experience in PE with a fresh, dynamic sport. Watch this space for more updates!





# YEAR 5/6 LEADING THE WAY TO OUR FIRST TOURNAMENT OF THE YEAR!

At our first football tournament of the year, our Year 5/6 football team had some great performances but just come up short of a win. This is the first of many and we look forward to the next!