

# Sutton House Academy

## Newsletter

[www.suttonhouse.org.uk](http://www.suttonhouse.org.uk)

Spring Term 2022



### Message from the Head Teacher



We have fast approached the end of another term and the pressure to adapt and respond to increased Covid cases has been a thorn in our side: We hope as a school we have managed this well and recognise without your support, it wouldn't be possible.

Nevertheless, it won't dampen our spirits and desire to achieve high standards of educational practice including celebrating other events in our academic calendar.

Our Year 11 pupils are working exceptionally hard preparing for their exams and gaining ground regarding applications to college and other providers. Most now have secured placements.

The Academy paid tribute to Children In Need on Red Nose Day and raised £100.

World Book Day saw some splendid costumes; characters including Snow White, Spider Man and Alice in Wonderland we're amongst a few.

Science Week went with a BANG with some pupils working with the science Department at Southend Grammar School for Boys and finally....

Easter holidays....to finish, we plan to run parent progress day with an Easter Fete to raise additional money for the Red Cross in support of victims of the Ukrainian war. Pupils and their teachers are devising stalls and activities full of fun and entertainment. Refreshments will be available.

We wish you all a restful Easter Holidays and thank you, our community, for all the work you do to support Sutton House Academy

Alexis Bull

Headteacher

### Message from the Deputy Head Teacher



With Spring term coming to an end we would once again like to thank you all for your continued support. We understand with the current Covid circumstances how difficult it has been for all involved in education and as always our approach continues to be pupil centre focused.

On returning from the Easter break we hope that the educational guidelines begin to ease and allow us to begin rebuilding the strong Sutton House community that we have.

We would like to thank our external practitioners for working with us through this difficult time. SUFC, Southend Combat Academy, PL1 Goal Keeping Academy (Paul and Lee), Alison & Lisa our 121 therapist, Iren SALT therapist, Nik the artist and our multisport coaches.

Moving into the Summer term I would like to take this opportunity to welcome and grow a Sutton House parenting group that is able to support and embed an approach to education that can sometimes be difficult to understand. Therefore, if you are interested in having a proactive say on how Sutton House can support such areas as:

- Behaviour and rewards
- Attendance
- Bullying & Discrimination

Please contact Mr Jack O'Connor via reception to further discuss this opportunity.

Lastly, I would like to take this opportunity to wish you all a very happy Easter Holiday and please make sure you all stay safe. I look forward to seeing and hearing from you all on the 25<sup>th</sup> April.

Jack O'Connor  
Deputy Head teacher

### Star Class

Star class have been learning about WWII this term. They looked



at the key events leading up to the war and what happened during. There was a focus on evacuee

children, the class had the opportunity to dress up as an evacuee child and re-enact being evacuated. Pupils also looked at Anderson shelters, their purpose and talked about what it would have been like to stay in the shelter for a long period of time.

Krystal Rose-Awan

### Rainbow Class

The spring term saw lots of historical learning in primary. The focus for the first half of the term was World War 2 and pupils learned a lot of information about the events of the war and what it may have been like to be a child during war time. We completed virtual reality lessons imagining we were in Anderson shelters and dressed up as evacuees. We also took a trip to Shoebury Garrison to see the air raid shelters and the cannons. This half term we are looking at Heroes and villains where our history topic is crime and punishment, we are enjoying comparing punishments in Roman and Anglo-Saxon times to the modern age.

Rachel Wyatt



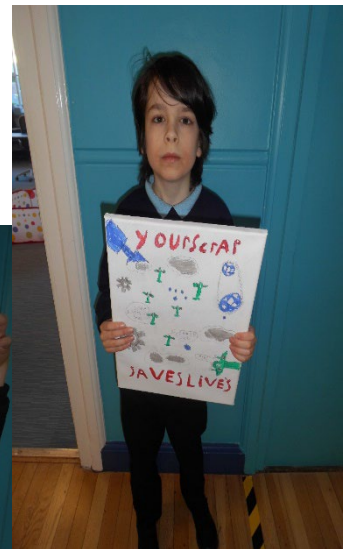
### Springboard

Springboard has had a busy Spring! We have been learning about World War II and written some fantastic Diary entries and Newspaper articles. We enjoyed visiting The Garrison and seeing the lookout shelters and air raid shelters that protected the entrance to the Thames estuary during the war. The class even built their own Anderson shelter.

We have been working hard on our Maths and now complete a daily maths challenge! Mental Health Week saw us enjoying a round robin of different activities and enabled us to mix throughout the school with all classes, which we thoroughly enjoyed.

Springboard has enjoyed World Book Day (especially seeing staff in their costumes!). Lots of reading and fun activities about book characters! Janine and I, fell very proud of all our pupils!

Paula Barker and Janine Willett



## Nurture

This term Nurture has been learning about WW2 . They have researched how ww2 started and why, Learnt about the Blitz, wrote a diary entry, cracked Morse code and discussed and wrote about life as an evacuee. We particularly enjoyed creating a propaganda poster and putting it onto canvas and creating a silhouette picture of the Blitz.

Sarah Wagstaff



## Food Technology

In food Tech this term we have been learning about Healthy Eating and the Eat well plate including Carbohydrates, Proteins, Dairy, Fats, Fibre, Fruits and Vegetables Vitamins & Minerals and the importance of having the right balance of these in our diets. We have also been celebrating

pancake day by making pancakes and being creative with the toppings.



Michelle Chaplin

## Maths

### KS3

Year 7 and 8 are learning about long division work using the bus stop method and surds.

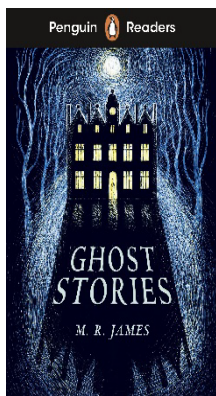
### KS4

The pupils are learning about improper fractions and sketching linear graphs and quadratics.

Chris Taylor

## English – Key Stage 3

In KS3, the children are studying ghost stories – and seeing what they can infer and looking at any interesting words they see. They are thriving at doing their spellings daily now and have had fun making silly sentences with them. They are also doing so well with Lexia and ice-cream SPAG mats which are completed to improve their grammar.



## English – Key Stage 4



KS4 should be so proud of their efforts - completing their Functional Skills English exams as well as English mocks and formulating some compelling speaking and listening pieces - ranging from why the death penalty should return to why Spongebob is a good role model for children!

Sophia Shaw

## PE

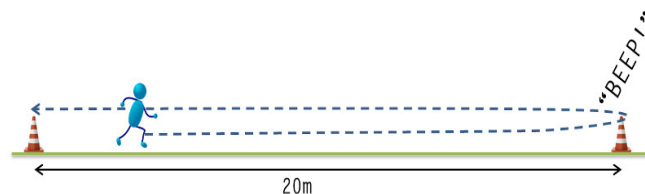
### Primary PE

We have been focussing on developing motor skills such as walking, running, throwing, crawling, with basic elements of gymnastics. The children have enjoyed the new experiences.



### Secondary

With individually focussed lesson plans we are moving across net sports, gymnastics and fitness. Introducing fitness tests like cooper run and beep test. And learning how important fitness is in every day life.



Alan Krzempek

## RHSE Relationship, Health and Sex Education



### KS3

Year 7 and 8's have been learning about keeping safe and domestic abuse within relationships.

### KS4

The pupils have been focussing on money management and career planning. Year 11s will be then participate in an interview at Southend Airport.

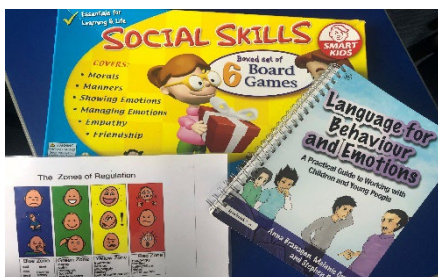


Neve Ayres

### Supra Curricular

### Speech and Language

In Speech and Language Therapy sessions, we focus on specific language targets as well as running groups to develop social skills. These groups are important to develop skills such as conversation manners, turn-taking and regulating emotions. Social skills groups can be very beneficial and help to increase a child's confidence, self-esteem and independence.



Iren Kalina

Speech and Language Therapist

### Message from Gemma Strawford – SEND Manager

### Parent Support Groups

Following the success of our first parent workshops on 10<sup>th</sup> February, we are looking to make these a regular occurrence.

To start with, these will be twice per half term – one will be a workshop on a particular topic, and the next will be a support group where we reflect further on this topic and offer parent-parent support.

Future sessions will be shaped by your feedback and what you would like covered, and can include external guest speakers as well.



The aim of these forums are to be a protected, positive and non-judgement space where we can share stories and speak generally about our children. You can share as much or as little as you wish but individual situations will not be discussed in depth to ensure we provide balance and meet the holistic needs of the group.

## Spring Timetable

Date	Time(s)	Topic(s)
10/02/2022	10am-1pm	<b>Workshops:</b> <ul style="list-style-type: none"> <li>• “Challenging Behaviour” and Mental Health</li> <li>• Parent Self-Care</li> </ul>
18/03/2022	10am-11:30am or 12:30pm-2pm	<ul style="list-style-type: none"> <li>• Reflections on previous workshops</li> <li>• Q&amp;A</li> <li>• Peer Support</li> </ul>
08/04/2022	10am-1pm	<b>Workshops:</b> <ul style="list-style-type: none"> <li>• Sensory</li> <li>• Incredible 5 Point Scale/ Zones of Regulation</li> </ul>
20/05/2022	10am-11:30am or 12:30pm-2pm	<ul style="list-style-type: none"> <li>• Reflections on previous workshops</li> <li>• Q&amp;A</li> <li>• Peer Support</li> </ul>

Should you feel your child is being groomed or have concerns around this culture, then please visit our links for support and advice. The school door is always open for parents/carers to discuss these concerns and we work hard to ensure our small people are kept safe throughout their childhood.

<https://www.disrespectnobody.co.uk/>  
<http://www.talktofrank.com/>  
<https://www.meiccymru.org/>  
<http://www.nspcc.org.uk/>  
<http://www.childline.org.uk/>  
<https://mentalhealth-uk.org/>



FAMILY LIVES (all aspects of parenting)  
[www.familylives.co.uk](http://www.familylives.co.uk)  
 0808 8002222



CHILDLINE  
[www.childline.org.uk](http://www.childline.org.uk)  
 0800 1111



FRANK (counselling)  
[www.talktofrank.com](http://www.talktofrank.com)  
 0300 1236600



SAMARITANS (counselling)  
[www.samaritans.org.uk](http://www.samaritans.org.uk)



MIND (counselling)  
[www.mind.org.uk](http://www.mind.org.uk)  
 0300 1233393



ANXIETY UK (anxiety issues)  
[www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)  
 03444775774

## Message from Jess Smethurst – Designated Safeguarding Lead



Hi Sutton House extended family

As you are aware, we are yet again facing troubled times in the world right now. All of this can have an impact on our mental health as we exit the long endured pandemic into an unjustified war on our fellow citizens of the Ukraine. Lots of activity has been happening all over Southend to support victims of this terrible situation. If you feel you or someone you know has been affected by this then please reach out and discuss these anxieties with a professional. I have included some links for support on this newsletter.

We are currently also experiencing lots of unwanted gang activity amongst our young and it is all our responsibility to keep our minors safe.

### Key Dates

#### Last day of Spring Term

Friday 8<sup>th</sup> April 2022

#### Summer Half Term

Monday 25<sup>th</sup> April to Friday 27<sup>th</sup> May 2022

May Bank Holiday Monday 2<sup>nd</sup> May 2022

#### Summer Half Term

Monday 30<sup>th</sup> May to Monday 6<sup>th</sup> June 2022 inclusive

#### Summer Holidays

Friday 22<sup>nd</sup> July 2022