



Sutton House Academy

March 2021



School Spring Newsletter



— WELCOME — BACK TO SCHOOL

It's great to have everyone back in school. We understand this is a big thing, it is important your children know you also understand this. Talk to them in a way that is sensitive to their needs – you will know your child best. Don't intrude or impose yourself on them, but gently open the conversation and let them know you're there for them if they want to talk. Sleep is very important for your child's mental health and wellbeing, as well as their development. Try and help your child build a healthy sleep routine which they can maintain whether attending school in person or not.

Coping strategies are what you use when feeling stressed, such as speaking with friends or family, doing regular exercise, or using breathing techniques. If you feel comfortable, you could share your own worries and feelings about the current situation and coping strategies you are using to manage these feelings. Acknowledge that it's normal to feel anxious about going back to school – try sharing an example of a time you've felt anxious about going into a new situation.

Encourage them to focus on the present and avoid thinking too far ahead. Thinking too far ahead can feel overwhelming. Focus on what is in their control (hand washing, wearing masks, getting prepared for returning such as packing their bag) rather than what they can't control (what might happen with the pandemic in several months' time).

Children may want to come and "debrief" but maybe not when you expect. Create space for talking in different ways, such as going on a walk together or baking together – there may be less pressure in these circumstances than when sitting face-to-face. Check in with them periodically. Don't assume they're ok because they seem it. Ask the young person how things are going. Ask them questions like: what have they enjoyed about being back? Any worries or challenges?

It might be helpful to talk with your child about the things they have enjoyed during the pandemic and what they may be looking forward to, like their favourite shop reopening, seeing friends in the park or getting ice cream from their favourite café.

Jack O'Connor
Deputy Headteacher

Extra-Curricular Activities

With Covid restrictions easing and pupils returning to full time education, Sutton House Academy have begun to reinstate extra-curricular activities such as ICT club, Southend Combat Academy and Southend United Football club. Pupils seem to be really enjoying the extra time spent with staff and the opportunities to express themselves in an activity they enjoy. Moving forward Sutton House continue to explore further opportunities into extra-curricular activities with such possibilities as DOG therapy, boot camps, outdoor nature therapy and water sports.



Message from our Headteacher



To our family community....

With the evenings getting lighter and daffodils springing up in our green spaces, Easter is close and some hope is returning to our lives.....

It feels that a cloud is slowly passing and although, restrictions are still in force, we very much hope that the Easter holidays will provide us with some much needed family time and comfort.

As always, Sutton House Academy has tried to find the positives and the celebration of World Book Day and Red Nose Day are no exception! Pupils have thoroughly enjoyed donning their character costumes and performing (at a safe distance) to our walking community in priory park.

We have continued to provide quality education on site and/or through our remote learning offer and progress certainly supports this. We have worked tirelessly as an Academy team identifying potential learning gaps and making every learning opportunity count.

It has been absolutely amazing having all our pupils back on site and really enjoying the learning and social opportunities. To hear children laugh is the most beautiful of things.

So...long may it continue.....

I very much hope you enjoy this Spring Term read and savour the images of great memories....Please do not forget that we try and capture much of this on our Twitter feed and through our Google Classroom comments.

Happy Easter to All!

Alexis Bull, Headteacher

SHA's Twitter

If you don't already follow us, please do! There are regular posts with photos to show what all of the pupils have been getting up to each week!

Our username is [@_SuttonHouse_](#)

Sally Roche & Janine Willett
Social Media Co-Ordinators



English

The launch of Sutton House Read Well Book Club

We are delighted to announce the launch of The Sutton House Read Well Book Club. Our voting platform went live this term to select our first book. Pupils selected 'Unboxed' by Nonn Pratt. Resources and activities relevant to the book have been posted onto the School Website and Google Classroom, with discussion questions, prompts and activities to choose from.

This is a truly dynamic book club which is intended to bring staff, pupils and parents together. Parents are invited to join us in this new reading adventure. You can post short reviews throughout the activity and your thoughts will be shared with pupils and staff. Any ideas you have please forward to sbayly@suttonhouse.org.uk.

Years 7 & 8 have been studying 'The Boy in the Striped Pyjamas', developing their literacy skills through themes including love, family, friendships, power and conflict, racism, sexism, social equality and expectations.

Years 9 & 10 are reading the original text of 'Animal Farm' in its entirety, tracking and discussing the development of key themes across the narrative. Themes of morality, responsibility and conflict (a key part of the of the KS4 literary curriculum) will be discussed and responded to on a personal level, with reference made to precise examples of interesting language employed by Orwell.

Year 11 students are working hard in completing all set work and responding to the feedback. Teacher assessment will then ensure that the final evidence base shows their very best achievements and pupils will receive the grades they deserve.

Simon Bayley, Secondary English Lead

Maths

The Spring term has been challenging for many of our young people, as we have been doing a lot of remote learning and work packs, due to Covid. I'm really happy to say that most of you have embraced this and have tried your best and have progressed still. Well done to you all for your efforts. It is great now to see attendance improving and have you all back in the classroom. I really missed seeing you all.

Years 7 & 8 have been doing some work on shapes, coordinates, measures and time. For the rest of this half term we are doing some revision of arithmetic and we will be moving on to data before Easter.

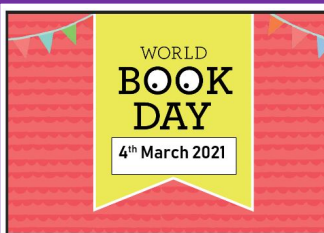
Years 9 & 10 have been doing work on shapes, measure and time and will be covering arithmetic, fractions and decimals before Easter.

Year 11 have been working incredibly hard on practice exams and revision sessions, they can still achieve a GCSE maths qualification, despite the government once again cancelling exams this year. They are working so hard because they want to achieve.

I am very proud of the effort that has been put in by all.

Michelle Gater

Secondary Maths Lead

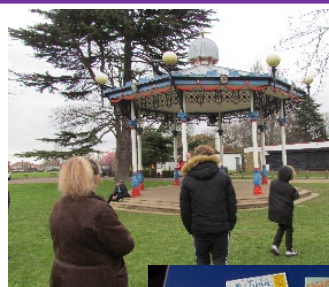


World Book Day 2021

On 4TH March, we had the pleasure of hosting World Book Day at the bandstand in Priory Park. All students took part in the event, reading play scripts and stories that they had prepared in advance.

As you can see from the photographs, the students involved had an absolutely wonderful day.

Some of our KS3 pupils also used World Book Day vouchers and purchased some books from our local supermarket!



Cooking

In Food Technology, we have been looking at vegetarianism and veganism. We have cooked a variety of dishes, bread, scone based vegetarian pizza, lemon drizzle cake, vegetarian stir fry and freshly handmade pasta and sauce.

All the students have shown their talent for cooking.

Ivich & Kat

Cooking Teachers



PE

This term we have been doing gymnastics and mini tennis which has been very popular. Pupils have been engaging well and showing great determination when things have become more challenging.

Blase Walton
PE Instructor



Sutton House Academy

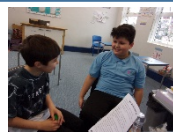


Primary News (KS2)



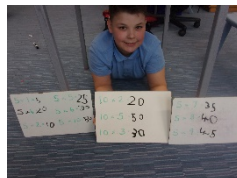
Literacy

In English, we have been focusing on our reading through *The Tale of Peter Rabbit* by Beatrix Potter. We had great fun interviewing each other and pretending to be characters



Numeracy

In Maths, our focus has been 'Recall'. Our pupils have been recalling multiplication and division facts up to the 12 times tables!



Outdoor Learning

This term, we have been enjoying the spring weather by being able to get outside and over to the park and outdoor learning area to develop our social and emotional skills!



RE

In RE this half term, we have been thinking about Lent and the story of Easter! We discussed why we have Easter eggs how they represent new life, which also resembles Jesus and him dying on Good Friday and resurrecting again on Easter Sunday!



Geography & Science

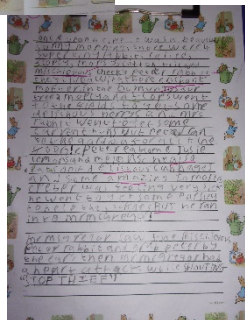
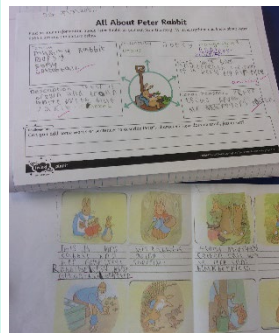
In our Geography and Science lessons this half term, we have been learning all about weather and seasons. We have been investigating and observing the weather changes from winter to spring and recording data using data loggers weekly. In Geography we have been thinking about different weathers which can be seen in each season and showing this through our season collages!



Rachael Wyatt, Sally Roche, Shelby Beckinsale & Christie Hale
Primary Teachers

Nurture Class & Springboard

Nurture and 7S have been learning about Peter Rabbit this term. Nurture have used story boards to recount the story and 7S have planned and written a recount using Paragraphs.



In RE Nurture are learning about the Easter story and 7S performed 'The Last Supper'.



We were sad to say goodbye to a pupil in Nurture this term. We enjoyed having a transition party to mark the ending. Fun and games had by all.

Sarah Wagstaff, Janine Willet & Paula Barker
Nurture and Springboard Teachers

RHSE (Relationships, Health, Sex Education)

'Aspirations, what do they mean to you?'

RHSE in KS2 & KS3

Across the school this term, we have been having a range of discussions around our aspirations for the future, friendships, anti-bullying, peer pressure and managing our emotions. Our pupils here at Sutton House Academy can often find it challenging to see their amazing qualities and lack self-esteem and self-confidence, however it has been wonderful to see individual's confidence, positivity and maturity increase over the term.

Reflection is often difficult to do when thinking deeply about our own behaviours, responses and how we manage our emotions. Our pupils, across this term, have shown increasing resilience in having discussions around ourselves and how our behaviours can affect others around us.

Next half term, we will be focusing on discussions and learning around puberty, emotional and physical changes, different relationships and Sex Education. We have had many permission slips returned, however if you have not signed a permission slip for your child to participate in Sex Education lessons, please inform your child's tutor/teacher for further clarification.

Sally Roche

RHSE Co-Ordinator

Personal Well-Being in KS4

Years 9, 10 and 11 are continuing to work towards their 'Personal Wellbeing Award'. Two year 11 students have worked exceptionally hard, and are nearing completion of the five units. This term, students have focused on 'Understanding Risk', identifying situations that pose risk to self and others. Students have discussed factors to consider and the importance to assess and manage risk.

Tracey Gomez

Secondary RHSE & Personal-Well-Being



Sutton House Academy



Message from our SENCO

Hello All

Please remember to contact me if you have any queries regarding your child's EHCP and their needs. I can be contacted via 'phone and email and will always try and respond as quickly as I can!

ISPs are reviewed and set termly by all teachers and are important small steps towards making those improvements in learning so please support your child at home with these targets as much as you can.

Many of you have joined us in your child's Annual Review this year and have celebrated the fantastic progress that is being made. If you haven't yet I am sure the Review will be organised soon.

Remember that our mental wellbeing is just as important and we shall be sending out a support booklet, in the near future, with some strategies and signposting help if you or anyone you know needs support.

Thanks for all you do.

Sally Carter, SENCO

Message from one of our

Safeguarding Leads

Hello to Sutton House's extended family..

I would like to take the chance to introduce myself.

I am Jess Smethurst the Designated Safeguarding Lead at Sutton House Academy.

Some of you may know me as Jess 'the Food Tech Teacher' as I have worked at Sutton House Academy for some time now. I wanted to take the opportunity to let you all know that I am available to all of you for any concerns you may have. My door is always open to all of our students and of course parents/carers alike.

Please feel free to contact me at j.smethurst@suttonhouse.org.uk or Alexis Bull Abull@suttonhouse.org.uk with any questions you may have or any worries that may be troubling you.

We have a dedicated team and strive to put all of our pupil's health, safety and education first.

Jessica Smethurst

Designated Safeguarding Lead

Useful Links

Family Lives

(All aspects of parenting)

www.familylives.co.uk

0808 800 222

Child Line

www.childline.org.uk

0800 1111

Frank

(Counselling- *Drugs/Alcohol*)

www.talktofrank.com

0300 123 6600

Samaritans

(Counselling- *Mental health support*)

www.samaritans.org.uk

116123

MIND

(Counselling- *Mental health support*)

www.mind.org.uk

0300 123 3393

Anxiety UK

(Anxiety issues)

www.anxietyuk.org.uk

0344 477 5774

Essex Coronavirus Action

(Coronavirus support- *on Facebook*)

Arts Awards

In Arts Award this term we have been exploring a wide range of artists. We have focused on abstract art, looking at Jackson Pollock and Pablo Picasso. The children have been experimenting with a wide range of materials and techniques for creating their work and have really enjoyed the creative experience.

Adam Packer

Arts Award Teacher



SHA's Contact Details

Open Monday-Friday, 8-4pm

Wentworth Rd, Southend-on-Sea SS2 5LG

Contact number: 01702 904633

2020/21 Upcoming Dates for your Diary

Thursday 1st April 2021 Last day of Term	Monday 19th April 2021 First day back from the Easter holidays	Monday 7th June 2021 Pupils return to school for Summer 2
Friday 16th April 2021, 10-2pm Southend Careers Fayre	Monday 3rd May 2021 May Bank Holiday	Week beginning 21st June 2021 Sex Education Week for KS4
	Friday 28th May 2021 Last day of Summer 1 half term	

TERM FIVE

Start Date	Monday 19th April 2021
Bank Holiday	Friday 3rd May 2021
Finish Date	Friday 28th May 2021
Holiday	Monday 31st May to Friday 4th June 2021
Number of School Days	29

TERM SIX

Start Date	Monday 7th June 2021
Finish Date	Friday 23rd July 2021
INSET DAY	Monday 26th July 2021
Number of School Days	35

