



Sutton House Academy Wentworth Road Southend on Sea SS2 5LG

Tel: 01702 904633

Head Teacher: Mrs A Bull Acting Executive Head Teacher: Mr. E Muca

February 3, 2025

Dear Parents and Carers,

We hope you are all well! We are writing to share some exciting updates regarding the curriculum and structure of the school day, which will begin after the February half-term, starting in Spring 2. These changes are designed to ensure your child's learning experience is well-rounded, balanced, and tailored to their individual needs.

What's Changing?

1. Core Subjects in the Morning

What's Changing: Starting in Spring 2, students will focus on core subjects like English, Maths, and Science in the morning. This will give them the best chance to concentrate and engage with these important subjects when they are most alert.

Why: Research shows that students are more focused and ready to learn in the morning, which is why we've decided to structure the day this way.

2. Personal Development in the Afternoon

What's Changing: Afternoon lessons will focus on personal development and activities such as:

- Combat Academy (boxing and fitness)
- Swimming (physical development and water safety)
- Forest School (learning outdoors)
- Duke of Edinburgh (life skills, teamwork, and community service)
- Strengthening in Mind (mental health and resilience programs)
- RSHE/PWL (Relationships, Health, and Well-being)

Why: The afternoon sessions will help students develop life skills, emotional well-being, and physical fitness. These activities are designed to help students grow into confident, healthy individuals, ready for life beyond school.

3. Extra Support for Students

What's Changing: We've added extra intervention lessons into the timetable. These lessons will provide additional support for students who may need help with their studies or mental well-being.

Why: These lessons ensure that all students receive the support they need to succeed, whether it's in their academic work or their personal development.

4. Weekly Progress Reviews

What's Changing: Every Friday, teachers and support staff will meet to review student progress and ensure that targets and needs are being met. Students will also have a chance to reflect on their own progress and set goals for the future.

Why: This regular check-in helps us ensure that students are staying on track and receiving the support they need. It also encourages students to take responsibility for their learning.

5. More Focus on Well-being and Health

What's Changing: We're introducing more activities focused on well-being and physical health. This includes the Combat Academy, as well as other programs like Strengthening in Mind and Duke of Edinburgh.

Why: We believe it's important to develop not just academic skills, but also the confidence, resilience, and physical health students need for success in all areas of life.

Pupils will be given their new timetables to bring home before the February half-term, so they can start preparing for the changes.

Thank you for your continued support. If you have any questions or queries, please do not hesitate to contact the school.

Kind regards,

Mr E Muca (Landi)

Acting Executive Headteacher