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### Dear Parents/Carers,

Welcome once again to our weekly update. The students seem to have enjoyed their half term and the sunny weather. The school suddenly seems very spacious, having lost two year groups. We are still working in bubble groups, but are hoping that we will be able to resume to normal school routines in September.

## **Student Survey:**

Today is the last day for students to be able to contribute to the student survey: please encourage your son/daughter to complete ion the link below:

#### https://edurio.com/poll/Xdk8tY

#### Mask Wearing:

Due to the recent news regarding upsurges in cases of covid in Lancashire, we are continuing to wear masks in classrooms and communal indoor spaces. I understand that this is not ideal, particularly in warm weather, but we ask that you support us in this until further notice.

#### **Our Students:**

"Year 10 did their first French speaking practice and we would like to share how proud we are of them for undertaking this so seriously. All students who were present turned up on time for their appointment and tried their best. We would also like to say well done to the following students for an excellent performance: Adrianna , Mia , Daisy , Abi , Riley , Annabelle , Chelsea , Macy , Sam , Jack, Ellie , Alice , Mya , Nichola, Evie, Georgia , Marianne , Olivia and Aimee. "

"These students in 9BFr1 have gone above and beyond with their excellent work on a role-play preparation task this week; Susie, Jack Emelia, Willow."

The French department





On Wednesday our Year 10 dancers had a 2hr zoom workshop with Matthew Rawcliffe- BBC Young Contemporary Dancer of the Year 2019, choreographer and professional dancer . I've attached some photos.

The students got to work on various contemporary techniques, learnt some of his own choreography that he's recently performed in Europe and then he set them a creative task around his work. Ms Baines reported that "The students were amazing, it really pushed them and I out of our comfort zones. He was really impressed with the progress and the dancing talent he saw."

They had a quick Q&A to finish and learnt lots about his career and the processes he uses for choreography, which will be really beneficial to their coursework. All in all a great afternoon!

## **Champion Mindset Programme.**

Throughout this past half term, a group of Year 8 students have been attending weekly after-school sessions to participate in a 'Champion Mindset Programme'. The programme aims to support young people in adopting some positive habits to improve their mental and physical wellbeing, develop confidence and boost resilience.

Each session has involved an inspirational evidence-based video presented by Jenna Downing, (World champion inline skater and wellbeing expert), accompanying tasks and then concluding in a 30 minute Yoga session.

Evaluation of the programme has proved extremely positive.

- 100% said that the 'Champion Mindset programme' had had a positive effect on their mental health and well-being.
- 88% said that they were more confident as a result of the programme.
- 88% said that they were more positive as a result of the programme.
- 75% said that they feel less anxious after taking part in the programme and that it had taught them how to cope when they start to feel stressed/anxious.

## Quotes from the students on completion of the programme...

"It has helped me with my anxiety and I feel more confident"

"It was a laugh, there were a lot of positive things to help us out"

"The champion mindset programme has made me more happy than anyone has ever done to me. Thank you."

# A recognition:

On a final note: every day our catering and site team work really hard behind the scenes ensuring everyone is well fed and that school is clean. They do this with very little recognition, but this morning they got praise from an unexpected quarter.

We had a large delivery in the kitchen this morning. The driver left and then returned and asked to speak to Helen. He wanted to feedback how impressed he was that our school kitchen is the cleanest he has ever visited in the North West!

Well done to Helen and the team!

I hope this letter finds you all safe and well. If there is anything you want to discuss or you have any questions about any aspects of the academy's work, please do not hesitate to contact me.

Kind Regards, Mrs H McClurg (Principal)