



## Newsletter Issue 28

### MESSAGE FROM THE PRINCIPAL

Students have been learning how to keep themselves and their friends safe through their teenage years at a multi-agency event today.

Representatives from Turning Point, Leicestershire Fire Service, Leicestershire Police, the IMPACT Team and Harborough District Council's own Leisure and Wellbeing Team visited the academy to work with all youngsters in the school.

A range of events ran through the whole day to ensure the young people, aged 11-16, were aware of the dangers related to excess alcohol and substance misuse as well as other risks they may face.



Virtual Reality headsets were a hit with the teenagers, demonstrating the risks associated with driving whilst distracted by friends or phones. Flo, 14, said 'We learned to be more aware of my surroundings when driving and never use a phone when driving.' Fin, 14, also found it a thought-provoking experience, saying 'It was really realistic- the guy driving wasn't aware of what was going on because he was distracted by his phone. I learnt not to use a phone when I drive - and always wear a seatbelt!'

Students also wore Drunk Buster goggles that mimic the effects of alcohol on reactions. A game of Jenga became quite a learning experience for Krzys, 15, 'It's harder to make a good choice with the effects of alcohol. It's harder to see straight as well.'

As the nights get warmer and longer, students were also provided with information sessions and safety demonstrations, in order to increase understanding of how young people can be good citizens as well as keeping themselves and their friends safer when socialising in Harborough's open spaces in their free time.

The students enthused about the activities, from experiencing the inside of a police van to playing beat the buzzer whilst wearing the Drunk Buster goggles.

I would remind parents that our term finishes on Thursday 7<sup>th</sup> April as next Friday is a teacher training day.

Have a nice weekend.

Miss McBrearty

### ATTENDANCE LETTERS

We would like to remind parents about our attendance procedures:

Once your child has been absent for 5 days a letter will be issued. If your child is absent for a further 5 days another letter will be issued. The second letter will outline examples of proof required to authorise absences. This could include screen shots of appointment times, medical letters etc.



Please ensure you use Edulink to alert us to absences.



## FLOURISH ONLINE



Miss De Vido would like to thank the 14 female students in Year 9 who kindly agreed to take part in a pilot programme for Flourish Online.

This programme provides students with the tools and techniques to improve their self-esteem and mental wellbeing, including healthy habit formation, positive self-talk, aspirations, and goals for the future, as well as developing a 'growth mindset'.

This week we celebrated them successfully completing all eight modules. **Congratulations!**

## NON UNIFORM DAYS

**Gold students** will have non uniform days next week.

Wednesday 6th April— **ELM** and **OAK**

Thursday 7th April— **ASH** and **BIRCH**

## ACTIVE APRIL

### Active April 2022

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   | SATURDAY   | SUNDAY  |
|--|--|---|---|--|--|---|
| 4 Eat healthy and natural food today and drink lots of water         | 5 Turn a regular activity into a playful game today                | 6 Do a body-scan meditation and really notice how your body feels | 7 Get natural light early in the day. Dim the lights in the evening | 1 Commit to being more active this month, starting today           | 2 Spend as much time as possible outdoors today              | 3 Listen to your body and be grateful for what it can do        |
| 11 Set yourself an exercise goal or sign up to an activity challenge | 12 Move as much as possible, even if you're stuck inside           | 13 Make sleep a priority and go to bed in good time               | 14 Relax your body & mind with yoga, tai chi or meditation          | 15 Get active by singing today (even if you think you can't sing!) | 16 Go exploring around your local area and notice new things | 17 Be active outside. Dig up weeds or plant some seeds          |
| 18 Try a new online exercise, activity or dance class                | 19 Spend less time sitting today. Get up and move more often       | 20 Focus on 'eating a rainbow' of multi-coloured vegetables today | 21 Regularly pause to stretch and breathe during the day            | 22 Enjoy moving to your favourite music. Really go for it          | 23 Go out and do an errand for a loved one or neighbour      | 24 Get active in nature. Feed the birds or go wildlife-spotting |
| 25 Have a 'no screens' night and take time to recharge yourself      | 26 Take an extra break in your day and walk outside for 15 minutes | 27 Find a fun exercise to do while waiting for the kettle to boil | 28 Meet a friend outside for a walk and a chat                      | 29 Become an activist for a cause you really believe in            | 30 Make time to run, swim, dance, cycle or stretch today     |   |