

# Hinckley ACADEMY

## NEWSLETTER

Friday 29th April 2022

#### A Strong Start to The Summer Term -



Dear Parents/Carers,

It has been a pleasure to welcome students back to school following the Easter break. I hope that you all had a restful and enjoyable two weeks. This week we have held assemblies with each year group to help them settle back smoothly into the school routine. Each assembly allowed us to reiterate the importance of PRIDE within our community and our high expectations for uniform and behaviour, ensuring our students hit the ground running, ready to learn.

Recently, we have welcomed a number of new students to Hinckley Academy who have joined us from Ukraine. Our students have warmly welcomed the new members of our community and students have even started to learn the language.

Our students have been enjoying their first lessons and enrichment opportunities of the new Summer term this week and have so much to look forward to over the weeks and months ahead. The Summer term is an especially busy time for students in Year 11 and 13 and I would like to congratulate students within these year groups who made the most of our recent Easter School to take part in revision sessions to gain additional support ahead of their exams. The attendance to sessions was impressive and shows that our students are taking control of their learning, working hard and taking advance of every opportunity we offer them in order to achieve their full potential. This help and guidance will continue all the way up to exams, with interventions and revision sessions continuing, alongside extensive wellbeing support which was a key focus during our first week back, ensuring our students remain happy, healthy and ready for success.

#### Best wishes, Lisa Hickman, Headteacher

### Spoken Word Workshops

This week we welcomed Marissa from Creative Learning Services to The Bridge where she ran a fantastic Spoken Word Workshop with two groups of Year 7 students. The workshops introduced students to the concept of spoken word being something they might like to engage with for enjoyment. The session highlighted how poetry and spoken word can be a fun and useful way to express feelings, improve writing skills and practice oracy skills. Students learnt that spoken word can encapsulate rap, blues, hip hop and story telling, through the use of rhyme, rhythm and word play.

#### (Article continues overleaf)



Students First, It's About Learning, No Barriers

#### Spoken Word Workshops

Students started the workshop by creating an acrostic using their first name and words that describe their personality, before moving on to a kenning. The group learnt that a kennings is typically a piece of writing describing something or someone using 2 word phrases, without revealing their identity.

Librarian, Mrs Crisp, who helped to organise the workshop said, "Students enjoyed writing a couple of short pieces using different techniques and enjoyed watching skilled performers." While Marissa shared how impressed she was with the participate and attitude of the students involved.

We are delighted to share a fantastic kenning written by Emma in Year 7 during the workshop on the right of this article. *Can you guess what she is describing?* 



KenningGrass SnifferTail WaggerDinner WatcherChicken LoverBall DefeaterToy StealerFence JumperPlay FighterField StomperAdventurous CreatureBaby HaterSleep EnthusiastBy Emma<br/>Year 7

#### Class Take on a New Challenge in Food & Nutrition

Just before the Easter break, class 8A produced some impressive Easter cakes in Food and Nutrition with Ms Mullaney.

The class were introduced to piping techniques, not usually a skill developed in Year 8, after the hard working class asked to take on a new challenge to stretch and challenge them whilst building on their existing skills. The group were given the theme of Easter and worked really hard to produce delicious cakes with piped icing. Well done 8A!

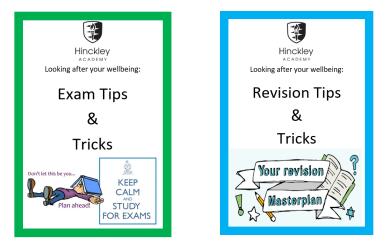


Year 8 students took their baking one step further by mastering challenging piping techniques

#### Wellbeing Support Ahead of Exams

This week all students in Year 11 have received wellbeing book marks featuring detailed strategies for managing stress around exams. Alongside academic support, wellbeing support is also vital to help students through what can be a challenging time. It is important to stay healthy both mentally and physically throughout the exam period, as well as showing dedication and working hard to secure the best grades possible.

As well as a book mark, students also received a copy of the two booklets shown below, during tutor time on Friday. One features exam tips and tricks, while the other focusses on revision, both booklets can be accessed online by clicking the images below.



Ms Key, Year Leader for Year 11, will be writing to parents/carers shortly regarding wellbeing strategies outlined by the NHS and also how parents can help to support their child and the school on the morning of the exams.

If your child requires any additional support over the exam period, please contact their Year 11 Pastoral Leader, Mr Arnold.

Well done to everyone who attended Easter School! It was great to see so many students taking advantage of this provision to aid their exam preparation and revision. Keep up the great work Year 11!

# Staying well during revision and exams



We asked young people to give us some wellbeing advice for exam time and this is what they told us:

- Always take a moment just to breathe, whether in the exam, before or after.
- Remember that school does offer support, just reach out and ask!
- Keep your work balanced. Spend time revising, but socialise and relax too.
- Keep a self-care routine so that your revision is the most productive it can be whilst you feel as good as possible.
- Break up revision with food and exercise to make sure you stay energised.
- Remember that results do not define you.
- Find a revision space and style that works for you: silence, background chatter, music with or without lyrics.
- Work to your own pace everyone is different in how they work.
- If you feel nervous about the time pressure of an exam, practice timing yourself when you revise, or try some test papers.
- Plan in some treats to reward yourself, and celebrate when it's all over!

## SUPPORTING PRIDE IN UNIFORM AND EQUIPMENT STANDARDS

Over the next two weeks we will be focussing on uniform standards, supporting our students to ensure that they arrive at school in the full correct uniform and with all the equipment they require to engage with lessons. We will be encouraging all our students to take PRIDE in following our uniform and equipment standards and use positive recognition and rewards to recognise their success.

#### INVESTIGATING GRAVITATIONAL ENERGY

Miss Lewis' Year 7 Science class investigated the impact of height on gravitational energy on Friday as they conducted a practical in the Science lab. The class began with the enquiry question: How does the height of an object that is dropped affect the amount of energy in its gravitational potential store of energy? Students then wrote their own hypothesis and shared them with the class.



During the physics practical component of the lesson, students dropped three different size balls into a tray of sand from heights of 80cm, 60cm, 40cm and 20cm, with three attempts for each ball/height. Year 7 then used a smaller ruler to measure the craters formed when each ball was dropped.

Results will be recorded in a table in their next lesson and students will reflect upon whether their initial hypothesis was indeed correct.





Year 7 students tested out their hypothesis as they investigated gravitational energy

