



# NEWSLETTER

What's inside...

PRINCIPAL'S  
WELCOME

PARENT/CARER  
FORUM

YR9 ESFA  
NATIONAL CUP 2023

YR7 SCIENCE  
REVISION

HC20

HOME OFFICE  
APPRENTICESHIPS

MENTAL HEALTH  
AWARENESS WEEK

MANAGING DEVICE  
STRESS & ANXIETY

MEASLES  
VACCINATION

JOYFUL  
JUNE

## DEAR PARENTS AND CARERS

I will start by saying how exceptionally proud I was to be at **The Hawthorns**, stadium for **West Bromwich Albion**, to witness how much effort and determination the **Year 9** football team showed. Even though we were narrowly beaten the team gave the travelling staff, students and parents much to be proud of. Well done boys and there is always next year!

I would also like to congratulate **Year 11** for how they have started the exam season and also thank the staff for the enormous amount of time they have given up for revision, after school, during weekends and holidays

I am also pleased to announce that we will be holding our parent forum on **Thursday 8th June**; please come along to share your views on how we can continue to work together to improve our school. There is also a range of information regarding careers, apprenticeships and advice/guidance on managing stress and anxiety linked to mobile phones and other devices.

Finally, can I remind you that we expect all students to bring a school bag everyday and that the uniform policy, which is on the website, should be followed. The vast majority of our students look incredibly smart and I would ask for your support in these matters.

I look forward to the final few weeks on this academic year.

Yours sincerely,

**Mr I Critchley**

Principal

### KEY DATES 2023

5th June	STUDENTS RETURN
6th June	Y7 & Y8 Finch Farm Football Tournament



# PARENT/CARER FORUM

*Are you a Parent/Carer who wishes to become more involved in Academy life at Halewood?*

*Do you wish to raise any concerns, be consulted on policies and give your views?*

*Do you wish to contribute to further school improvement?*

Then consider attending Halewood Academy's Parent/Carer event on the evening of Thursday 8th June 2023, from 5.30pm to 6.30pm.

As a member of the Parent/Carer forum you will be more involved with what the Academy is doing and have the opportunity, along with all the other Parents/Carers, to have your views known and work closely with senior leaders to support the improvement of the Academy.

If you would like to know more about Halewood Academy's Parent/Carer forum event, please do not hesitate to contact us at [admin@halewoodacademy.co.uk](mailto:admin@halewoodacademy.co.uk) or follow the link to the school website:

<https://www.halewoodacademy.co.uk/parents/halewood-academy-par/>

To confirm your attendance please follow this link:

<https://shorturl.at/mwxlK>



# YR7 SCIENCE REVISION



HALEWOOD ACADEMY



HALEWOOD ACADEMY

Scan the codes to go to BBC Bitesize for revision.

The Year 7 science P2S3 will be just one paper, taking place on

- **Wednesday 14<sup>th</sup> June:** 7H1, 7H3, 7W1, 7W2, 7AN1, 7AN2, 7AN3.
- **Thursday 15<sup>th</sup> June:** 7H2, 7W3.

A GREAT PLACE TO BE A PART OF

MEMBER OF THE WADE DEACON TRUST

## Year 7 Science P2S3 Revision

Biology Revision



<https://bit.ly/43msqZ7>

Physics Revision



<https://bit.ly/45zEPen>

Chemistry Revision



<https://bit.ly/422QEGR>



# YR9 ESFA NATIONAL CUP 2023

Halewood Academy Year 9 football team played the English Schools National Cup Final at West Bromwich Albion's ground, The Hawthorns on the 23rd May 2023.

This game was round ten in the tournament and was the first time Halewood Academy had reached the final. The opponents at West Bromwich Albion was Ashcombe School from Surrey. Our team consisted of Denny M, Josh J, Mason E, Ben P, Ryan S, Alex M, Archie C, Jamie F, Harvey H, Tom L, Callum D, Dylan M, Shay M, Cayden C, Joel G and Theo E.

Unfortunately, Daniel H missed out through injury. Both teams were equally matched throughout the game with Ashcombe School containing a number of Academy players most notably England's and Chelsea's Goalkeeper. The team performed excellently throughout the whole game giving their all.

The first half started with Halewood Academy making an error at the back and giving Ashcombe an early penalty which they converted. The rest of the second half Halewood Academy dominated and got a thoroughly deserved equaliser through Tom L. In the second half the larger pitch meant the game got stretched and Halewood Academy began to tire.



Chances were missed by both sides and unfortunately in the last five minutes Ashcombe converted a chance to make it 2-1. Halewood Academy players dug deep for the remainder of the game and created a number of opportunities one of which was cleared off the line and they just couldn't find an equaliser.

The game ended 2-1 to Ashcombe school with Halewood Academy displaying excellent sportsmanship throughout the game despite the result. The pupils showed exemplary behaviour and should be extremely proud of themselves in what they have achieved throughout the season.

Thank you  
Mr O'Leary  
PE teacher



1-2



# HC20 HALEWOOD CHALLENGE 20



HALEWOOD  
ACADEMY

During last term, over 20 school days, from the 21st of February to 21st March every pupil at **Halewood Academy** were taking part in the *HC20 (The Halewood Challenge 20)*.

This was a new reward and recognition initiative where all pupils were invited to attend a number of surprise reward visits for each year group on the condition[s] of no behaviour points and excellent attendance during this period.

On Wednesday 10th May it was Year 11's turn to celebrate their success. Pupils eligible were taken for an evening of world cuisine at Liverpool's **Bon Pan world buffet**. Year 11 pupils had an enjoyable and belly filled evening to celebrate their successes!

Finally, I am pleased to say that this terms **Reward & Recognition Challenge** has now begun - THE HC30 (The Halewood Challenge 30)!

In the last 2 weeks of this half term and the first 4 weeks of next - every Pupil (7,8,9 & 10) at **Halewood Academy** is invited to attend a surprise Reward event that will be taking place. However, for pupils to keep their place on this event they will have to, for the next 30 days (school days) - from **Monday 15th May to Friday 30th June** complete the following...

✔ **96% or above Attendance**

✔ **No behaviour points**

*Good luck to all those accepting the challenge!*



A GREAT  
PLACE  
TO BE A  
PART OF



# HOME OFFICE APPRENTICESHIPS



HALEWOOD  
ACADEMY



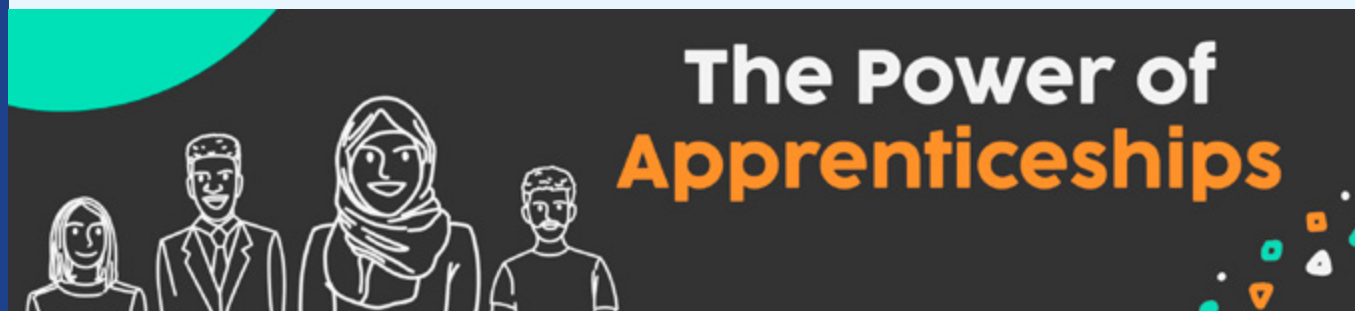
The Home Office are pleased to announce the following Administrative Officer Apprenticeship and Executive Officer Administrative Officer (AO) Operational Delivery Apprenticeship. These vacancies are across Customer Services Group in the Home Office covering different regional areas.

**285214 Customer Service Group AO Apprentice – Liverpool**

The closing date for applications is 11:55 pm on Monday 5th June 2023.

Individuals can find more information within the Candidate pack link which can be found here

There will be series of **Eventbrite Live** events available to share some hints and tips around the recruitment process and the call will be hosted by colleagues from the Home Office who will share their experiences of the recruitment process.





# MENTAL HEALTH AWARENESS WEEK IN THE LRC

This week the LRC has been the hub of **Mental Health Awareness Week**. The theme for the week this year is anxiety. Feelings of anxiety are normal in us all, but sometimes they can get out of control and become a mental health problem. Focusing on anxiety for this year's Mental Health Awareness Week will increase people's awareness and understanding of anxiety by providing information on the things that can help prevent it from becoming a problem.



The week is an ideal time for us all to think about mental health, tackle stigma, and find out how we can create a society that prevents mental health problems from developing and protects our mental well-being. We ran workshops and activities after school each day focusing on topics such as healthy

eating and exercise, positive self-talk, yoga and breathwork and mindful colouring & journaling. Protecting our mental health is easier than you might think. We can all do it every day, and with simple activities that help us feel OK, we're better able to cope with life. It's a bit like brushing our teeth daily – important in preventing problems. It's the same for our mental health. It can also be fun!



A GREAT PLACE TO LEARN

# NATIONAL HORSERACING COLLEGE (NHC)

## What is NHC?

NHC provides a responsive centre of training excellence in Doncaster, who train the people, to specifically cater for the staffing needs of the British Horseracing Industry. NHC offers a 12 Week Residential Foundation Course for those aged 16+ (no age limit), which requires no previous equine nor academic qualifications to apply for, and both riding, and non-riding options are available. The course runs every 4-weeks. After successful completion of the 12 Week Residential Foundation Course can lead to full-time employment in a racing yard as a Racing Groom, as well as a **Level 2 Apprenticeship**. Find out more about the NHC's Foundation Course [here](#).

If you require any support or have any questions, then please email [info@theNHC.co.uk](mailto:info@theNHC.co.uk) or call NHC on 01302 861000. This opportunity may be of interest to those who are NEET. Upcoming two courses that have spaces available on: **Monday, 26th June 2023**.

The Prospectus can be downloaded here on this link.

<https://online.fliphtml5.com/fobjc/cntm/NationalHorseracingCollegeProspectus>





# Course Dates 2023

Centre of Excellence for the  
Horseracing Industry

## Foundation Course

Course	Start Date	End Date
23.07	09 January 23	31 March 23
23.08	06 February 23	28 April 23
23.09	06 March 23	26 May 23
23.10	03 April 23	23 June 23
23.11	01 May 23	21 July 23
23.12	29 May 23	18 August 23
23.13	26 June 23	15 September 23
24.01	24 July 23	13 October 23
24.02	21 August 23	10 November 23
24.03	18 September 23	08 December 23
24.04	16 October 23	05 January 24
24.05	13 November 23	02 February 24
24.06	11 December 23	01 March 24

## Pony Racing Training

Assessment for	Date
Apprentice	15 February 23
Apprentice	11 April 23
Apprentice	01 August 23
Conditional	22 August 23
Apprentice	24 October 23

## Pony Racing Camp

29 May 23 - 02 June 23

## Racing Secretaries Course

Start Date	End Date
17 April 23	19 April 23
06 November 23	08 November 23

## Assistant Trainers Course

Start Date	End Date
20 March 23	23 March 23

## Trainers Module 1

Start Date	End Date
12 June 23	16 June 23

## Trainers Module 2

Start Date	End Date
17 July 23	20 July 23

## Trainers Module 3

Start Date	End Date
07 August 23	11 August 23

## Horse Awareness Course

16 February 23	11 October 23
----------------	---------------

## Pre-Licence Assessment Course

Assessment for	Date
Apprentice	10 January 23
Apprentice	28 March 23
Conditional	21 April 23
Apprentice	29 June 23
Apprentice	10 October 23

## Apprentice Licence Course

Start Date	End Date
08 May 23	19 May 23
13 November 23	24 November 23

## Conditional Licence Course

Start Date	End Date
16 January 23	27 January 23

## Amateur Rider Category A Permit

Seminar	Assessment
08 February 23	09 February 23
05 April 23	06 April 23
07 June 23	08 June 23
23 August 23	24 August 23
19 October 23	20 October 23
13 December 23	14 December 23

## Amateur Rider Category B Permit

Start Date	End Date
20 February 23	24 February 23
03 July 23	07 July 23

## Point-to-Point Pre-Season Training

06 December 23

## RSDP Level 1 Coaching Course

Start Date	End Date
10 July 23	13 July 23

## RSDP Level 2 Coaching Course

Start Date	End Date
24 April 23	28 April 23

## RSDP Level 3 Coaching Days

09 October 23 01 November 23 05 December 23

## RSDP Coaching CPD Day

02 May 23



[www.theNHC.co.uk](http://www.theNHC.co.uk)

01302 861000 [info@theNHC.co.uk](mailto:info@theNHC.co.uk)

Please note these course dates could be subject to change



# National Horseracing College

Centre of Excellence for the Horseracing Industry

## 12-week Residential Foundation Course

For those people seeking their first taste of racing, our foundation course will ensure they have the necessary skills to gain employment in the racing industry.

- For anyone aged 16+
- 12 weeks at the NHC and 6 weeks work placement
- Courses start every 4 weeks
- Riding and non-riding option
- No previous equine experience or academic qualifications required

## Join us for an Open Morning

Our Open Morning's typically take place once a month. Head over to our website for dates, more information and to register.

## Want to further your career and gain qualifications?

- Fast Track and Exemption Courses for those working in racing
- Level 2 Apprenticeship Equine Groom (Racing)
- Level 3 Apprenticeship Senior Equine Groom (Racing)
- Level 4 Learning Programmes in the Horseracing Industry
- Licensing Courses for Jockeys, Amateur Riders and Trainers
- Administration Courses for Trainers, Assistant Trainers and Racing Secretaries
- Regional Staff Development Programme
- Level 1, 2 and 3 Award in Equestrian Coaching (Racing)
- Racing2Learn Online Courses

Scan For More Info



For further information visit our website

[www.theNHC.co.uk](http://www.theNHC.co.uk)

☎ 01302 861000    ✉ info@theNHC.co.uk





# Helping children and young people with MANAGING DEVICE STRESS AND ANXIETY

## WHAT ARE THE RISKS?

The internet and advances in the capability of digital devices have afforded us arguably the fastest period of technological and social evolution in living memory: creating opportunities for us to interact with people anywhere in the world, 24 hours a day. It's also, however, blurred safety boundaries and added new stresses for young people, who are often less aware of the hidden hazards. With almost half of 10–15-year-olds experiencing bullying online and algorithms pushing content in front of our children every day, it's important to know how to address some of these challenges.

### LIVING ONLINE

The internet is awash with sophisticated algorithms that learn from our online behaviour and try to predict our wants and needs. That's very helpful in some respects, but it can make the online world difficult for children and young people to negotiate. Content can be brought to them at any time – it may not always be appropriate, and children may not have the ability or the support to deal with it.

### PUSHY NOTIFICATIONS

Content is also directed at us through notifications from our apps: letting us know we have a new message or social post to read, for example. While that's useful in some circumstances, it conditions us to keep going back online (and is designed to do so) and can be a near-constant demand on your child's attention. As such alerts become more common, are we experiencing an 'attack of the pings'?

### BLURRED BOUNDARIES

There are now so many ways we can communicate online in real time (like instant messaging apps) or with a delay (such as on social media) that it's possible to be constantly in conversation. Young people often prefer quickfire exchanges of text – but using fewer words can cause distressing miscommunications through the lack of non-verbal cues like facial expressions or tone of voice.

### DIGITAL DEPENDENCY

As devices allow access to immediate external help in challenging situations, it's a concern that children may not be developing the inner confidence to work things out for themselves. Likewise, group membership is hugely important to young people – both in digital and 'real' life – and being excluded from online conversations can cause damaging feelings of loneliness and isolation.

### DISGUISED DISTRESS

Children often haven't yet developed the emotional resources to deal with many of the setbacks of everyday life, so identifying when it's specifically something online that's worried them can be tricky. A certain level of stress is a normal response to a problem: it spurs us into action to keep ourselves safe. If the stress is excessive, though, it can feel overwhelming and potentially lead to anxiety or depression.

### ANTI-SOCIAL SOCIALS

Social media can bring people together in hugely positive ways. Sadly, it *does* also have a darker side, including 'flame war' arguments which can escalate quickly and have hurtful consequences. With so many people looking on, 'group shaming' situations are also common – while there are continual opportunities for young people to compare themselves negatively with other social media users.

## Advice for Parents & Carers

### LEARN THE BASICS

It's impossible to keep up with every online change or every new app. The best option is to make yourself aware of the fundamentals of how the internet operates, so you can help your child to grasp how – and why – content reaches them. Devices and the digital world can be confusing, so learning to understand them better will give you the confidence to talk to your child about them.

### PUSH DISTRACTIONS AWAY

Notifications to our phones and tablets can be helpful, but they sometimes make one wonder who's really in charge: the person or the device? Checking our phone as soon as it goes off is an easy habit to fall into – especially for young people. Try switching off non-essential alerts on your devices and encourage your child to do the same; you should both feel less triggered and more in control.

### KEEP CHECKING IN

Healthy emotional regulation balances three systems: threat, drive and grounding. Down the various rabbit holes of the internet, however, that balance can easily slip away – so it's important to help your child manage their emotions when they're online. Check in with them regularly when they're on their device, and remember that 'distraction' and 'relaxation' aren't always the same thing.

### TALK IT OUT

If a child mentions a comment that's been directed at them in a text chat or on social media, it may sound minor but can actually have a much bigger effect than we realise. In our evolved brains, any perceived threat can get internalised while our body reacts as if we were in physical danger – raising stress levels. It's always worth encouraging your child to get any concerns out in the open.

### LOOK FOR THE SIGNS

This is tricky – and may depend on the child's age – but any sudden change in behaviour is worth looking out for if your child seems to be checking their phone or tablet more, doesn't want to be parted from them, or appears unusually secretive, anxious or withdrawn, it could be a sign that something is amiss in relation to their device – and, possibly, that they're in need of extra support.

### BE KIND: UNWIND

Be kind to yourselves as parents and carers. Remember that we're all in the same boat, trying to safely guide our children through this complex, fast-moving digital environment. Getting into the habit of having natural, relaxed conversations with your child about their online life (and yours) can level the playing field and make it far easier for them to open up to you about any concerns.

## Meet Our Expert

Dr Carole Francis-Smith is an experienced counselling psychologist who specialises in promoting safe and ethical online communications. She consults with and offers bespoke training to businesses and organisations, supporting positive and effective online communications – often by considering some of the more hidden aspects of the various mediums.



Source: <https://www.childrenscommissioner.gov.uk/report/the-big-ask-big-answers/>  
<https://www.ons.gov.uk/peoplepopulationandcommunity/crimeandjustice/bulletins/childrensonlinebehaviourinenglandandwales/yearendingmarch2020>

@natonlinesafety

/NationalOnlineSafety

@nationalonlinesafety

@national\_online\_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 29.03.2023



**Don't let your child catch it**  
 – get them vaccinated with the MMR vaccine

**The number of young people catching measles has risen. It's never too late to be vaccinated. You need two doses of MMR one month apart to be fully protected against measles, mumps and rubella.**

It's time to make measles a disease of the past.

If you have symptoms of measles, stay at home and phone your GP or NHS 111 for advice. **STAY AWAY** from GP surgeries and A&E departments – you could spread the illness to others.

**Measles symptoms include:** high fever; sore, red, watery eyes; coughing; aching and feeling generally unwell; a blotchy red brown rash, which usually appears after the initial symptoms.

© Crown Copyright 2018. 2800430 2D 2KX (40/2018) (AR)

**i mmunisation**  
 the safest way to protect your child

For more information contact your local GP surgery or visit: [www.nhs.uk/mmr](http://www.nhs.uk/mmr)

# Joyful June 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



5 Think of 3 things you're grateful for and write them down

6 Get out into green space and feel the joy that nature brings

7 Do something healthy which makes you feel good

8 Find joy in music: sing, play, dance, listen or share

9 Ask a friend what made them happy recently

10 Bring joy to others by doing something kind for them

11 Eat good food that makes you happy and really savour it

12 Write a gratitude letter to thank someone

13 Take a light-hearted approach. Choose to see the funny side

14 Share a happy memory with someone who means a lot to you

15 Look for something to be thankful for where you least expect it

16 Speak to others in a warm and friendly way

17 Take time to notice things that you find beautiful

18 Look for something good in a difficult situation

19 Get outside and find the joy in being active

20 Rediscover and enjoy a fun childhood activity

21 Send a positive note to a friend who needs encouragement

22 Watch something funny and enjoy how it feels to laugh

23 Create a playlist of uplifting songs to listen to

24 Bring to mind a favourite memory you feel grateful for

25 Show your appreciation to people who are helping others

26 Make time to do something playful, just for the fun of it

27 Be kind to you. Do something that brings you joy

28 Notice how positive emotions are contagious between people

29 Share a friendly smile with people you see today

30 Make a list of the joys in your life (and keep adding to it)



ACTION FOR HAPPINESS

Happier · Kinder · Together