

HELLASTON ACADEMY

Swarkestone Road, Chellaston, Derby, DE73 5UB
Tel: 01332 702 502 Email: contactus@chellaston.derby.sch.uk
Web: www.chellaston.derby.sch.uk
Proud Executive Headteacher: Mr P Smith



Dear Members of the Chellaston Community,

It has been another successful week at Chellaston Academy and we are delighted to provide a synopsis of this in our weekly communication.

Changes to School Day

From Monday 15th May 2023, the exam season commences. Our PM exams start at 1pm and our main venues are the gym and the sports hall. To help reduce noise/disturbances around these areas, we are altering the school day. This involves swapping around period 4 and dinner time.

From Monday 15th May 2023, dinner will be at 12:15-12:55. The bell will sound to get to lessons and period 4 will start at 13:00. Period 5 will be as normal. This change will swap back in mid to late June when the exam season finishes.

MFL Speaking Exams April/May 2023

The GCSE and A Level French and Spanish Speaking exams have now concluded. These contribute to 25% of the GCSE grade and 30% of the A Level grade. The department would like to congratulate all the Year 11 and Year 13 French and Spanish students not only on some fantastic performances in the actual exam, but on the immaculate conduct during the exam period. All students were on time and conducted themselves in an exemplary manner. It was clearly evident that students had spent time revising and preparing for these exams.

Key Stage 5 News

Today was the final day of lessons for our Year 13 cohort before they start their exams next week; their leavers assembly is next Monday. We are incredibly proud of the way they have approached the last two years of study, as a year group they are friendly, caring, and extremely hardworking. They have all become wonderful young adults. We wish them all the best in their upcoming exams and beyond.

The next few weeks are very busy for year 12 with upcoming mock exams, the trip to the UCAS Fayre in Birmingham as well as continuing their next steps research. We are delighted to invite Parents and Carers of our Year 12 students in for a Next Steps Information evening on Thursday 13th July at 18:00 in the Main Hall. During this short meeting we will discuss the different pathways that our Year 12 students may wish to take after Sixth Form, look at the processes involved with each pathway, and explain the support that is on offer as well as highlighting the key deadlines.

SEND parents drop in evening

This will be on 14th June at 4.30pm.

Year 10 mocks

Following on from the confirmation last week of the dates for the Year 10 Mock exams, Mr Moran has sent documents out to all parents outlining the content, times and revision resources for all the upcoming mocks.

Connect

Last week our onsite alternative provision - Connect, had it's second Trust quality assurance visit since September when it first opened and we are pleased to say that it continues to go from strength to strength in providing a safe place for some of our

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vulnerable young people who for a variety of reasons are finding main school education difficult and disengaging. During their Healthy eating lesson the Connect students worked really hard to prepare and make their own pasta dishes with Mr Howard. Next week they are going to be making their own healthy burgers from scratch. Take a look of some of their hard work.



Assemblies this week

Mrs Grimwood delivered assemblies this week on Stress, what it looks like, why some stress is good for us and tips for reducing stress both in school and the wider world. Students interacted and were well engaged and hopefully took on some of the strategies suggested for coping with stress. This leads well into the National

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Integrity
Care
Excellence



Mental Health Awareness week next week which will be the focus of whole school assemblies.



During the assemblies, students were introduced to the stress bucket model, which works on the basis that we all have a stress bucket - the size of which differs according to our levels of resilience. If our stress bucket overflows we potentially enter fight, flight or freeze mode. Stress can cause our brain to flood with a chemical called dopamine so we struggle to think clearly and make good decisions. What healthy people have on their stress bucket therefore is a 'tap' - which is a relaxing and endorphin producing activity that they incorporate on a regular basis and that allows stress to drain out of the bucket, meaning that it never gets to the point of overflow. The idea of creating an effective 'tap' on the stress bucket therefore involves identifying and participating in activities that provide both distraction, self-expression and endorphin production.

Knife crime awareness

Next week is National #KnifeCrimeAwarenessWeek, which highlights the complexity of the problem, the devastation that it causes to families and communities and ultimately that knife crime is preventable. All 43 forces across the country take part in an attempt to crack down on knife and weapon-related crime and violence.

Throughout the week our local PCSOs and Safer Neighbourhood Team will be doing several intensified areas of work where they will be proactively looking at focusing on education, engagement, prevention, and enforcement. They will hold a pop-up stall in school during break and lunch on Thursday and will create a virtual

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presentation on knife crime and safety for certain year groups. We will be doing follow up activities during form to explore the impact of knife crime and how to access support.

Some useful resources for parents to open up conversations about this serious issue can be found on the Ben Kinsella website here: <https://benkinsella.org.uk/resources-for-parents/>

As always, if you have any concerns about your child's safety, or their behaviours and associations outside of school, then don't hesitate to make contact with their form tutor, Deputy/Head of Year or the safeguarding team - group - safeguardingteam@chellaston.derby.sch.uk

Mental Health Awareness week

Next week we will be exploring a number of ways we can all boost our positive mental health during tutor time, in staff rooms and all around the academy. We are also running a competition for year 7 and 8 to create a poster encouraging others to take part in activities that promote wellbeing. Next week we will share with you the winners!



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Poetry by Heart

Students from Chellaston Academy recently took part in the highly prestigious national poetry recital competition Poetry By Heart. Students were required to learn a poem and recite it. The students did brilliantly, with some even writing and performing their own poems. While we did not qualify for the final this year, I believe the standard we have set this year will mean great things when we run the competition again next year. Congratulations to the following students.

Christian (Year 13)

Isla (Year 7)

Daniel (Year 7)

Chloe (Year 7)

Rowenna (Year 7)

Holly (Year 7)

Lucy (Year 7)

Betsy (Year 7)

Polly (Year 7)

Ava (Year 7)

Chocolate Bingo

A huge thank you to the Y11 team for arranging our Chocolate Bingo fundraising event. All money raised will go towards the Year 11 Prom. A fantastic evening!

Presentation Pride Award

This week's Presentation Pride Award goes to George in Year 7 for his amazing presentation in Art.

<https://www.chellaston.derby.sch.uk/curriculum/presentation-pride-award/>



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Sports Fixtures

Fixture	Against	Score
Year 11 boys football (final game!)	Noel Baker	Won the final 2-0

Dates for your Diary

15th May - GCSE exams commence - Lunch changes to 12.15-1pm until end of exam season

15th May - Year 13 Leaver's Assembly

17th May - A Level exams commence

26th May - Break up for May Half Term

5th June - Return to school for everyone

Kind regards
Phil Smith

A handwritten signature in blue ink, appearing to read 'P. Smith', is written below the typed name.

Proud Executive Headteacher
Chellaston Academy