

CHELLASTON 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. We hope that you all have a great bank holiday weekend.

Bank Holidays

As a reminder, both Monday 1st & Monday 8th May are bank holidays so Chellaston Academy will be closed.

Strike Day - Tuesday 2nd May 2023

The next NEU national strike day is on Tuesday 2nd May. Please find a link to our recent letter which outlines our plans - [Strike letter](#).

In addition, we have included details of what the online curriculum for Years 7-10 look like. This is also available on FireFly.

Strike Day Curriculum Provision Tuesday 2nd May 2023

Period	Year 7	Year 8	Year 9	Year 10
1	Religious studies Topic: Understanding God in history	Religious Studies Topic: Chosen people	Citizenship Topic: How is the country run?	Citizenship Topic: What does the civil service do?
2	English Topic: The tragic hero	Maths Topic: Bespoke to student in question – Please follow the instructions on the firefly page regarding Mathswatch.	Maths Topic: Bespoke to student in question – Please follow the instructions on the firefly page regarding Mathswatch	Maths Topic: Bespoke to student in question – Please follow the instructions on the firefly page regarding Mathswatch
3	Maths Topic: Bespoke to student in question – Please follow the instructions on the firefly page regarding Mathswatch	English Topic: Use of symbolism in your writing	English Topic: Narrative Writing	English Topic: How do I create balance in a persuasive piece?
4	Science Topic: Students complete four different topics during the spring term. Students are to follow the instructions on the firefly page regarding their topic.	Science Topic: Students complete four different topics during the spring term. Students are to follow the instructions on the firefly page regarding their topic.	Science Topic: Students complete four different topics during the spring term. Students are to follow the instructions on the firefly page regarding their topic.	Science Topic: Students complete three different topics during the spring term. Students are to follow the instructions on the firefly page regarding their topic.
5	Music Topic: How can you phrase pentatonic melodies?	Music Topic: How can you express the meaning of a song effectively?	Music Topic: How can you compose a balanced melody?	Religious Studies Topic: What is ethics?
Link to firefly page	https://chellaston.fireflycloud.net/2nd-may/year-7	https://chellaston.fireflycloud.net/2nd-may/year-8	https://chellaston.fireflycloud.net/2nd-may/year-9	https://chellaston.fireflycloud.net/2nd-may/year-10

Safeguarding Bulletin

Please find the latest QEGSMAT safeguarding bulletin. This edition talks about how to identify stress and provides some strategies.



QEGSMAT
 MULTI ACADEMY TRUST

Safeguarding Bulletin

Issue 5: April 2023

Young People and Stress

If we tried to list every reason why a child gets stressed, we would be here all day. From school deadlines, to bullying, to making sure they are up on the latest trend. The point is, everyone is different and therefore the reasons to get stressed are too.

Stress is a normal part of life. But sometimes it can get the better of us. When that happens, it is important young people know they have somewhere or someone to turn to.

Recognising the Signs:

It isn't always obvious when a child is feeling stressed. They might be trying to hide it, or not even know they are going through it themselves. Look out for any changes in behaviour, such as problems sleeping, a change in eating habits, stomach aches or being more irritable. But remember, everyone responds to this differently, so be

ready for anything. Even if you get a negative response, as long as you are understanding and gentle you have now let them know they can approach you when they feel comfortable. Showing a more vulnerable side can help. Being open about your own stress can help strike up a conversation. Most people, children included, are worried they are the only one that behaves or feels a certain way when they are stressed. You don't always have to have the solutions. Just like adults, young people want to be heard. Letting them talk through how they are feeling could be all they need to get to the bottom of these overwhelming feelings.

Regardless of your initial reactions, make sure you don't seem judgmental. We all react and deal with things differently. Your thought process might be vastly different when responding

to a problem, but that doesn't make it right or wrong. A lot of young people might not feel ready to talk about stressful situations. It could even be triggering. If talking isn't getting you anywhere, it is important you let young people know that there are other constructive ways to deal with their emotions.

Exercise is often described as a medicine. It can be as simple as going for a walk or playing football at the local park. Physical activity has the ability to improve our mental health and wellbeing. It can take our mind off things and replace it with another focus.

From The Children's Society



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Building emotional resilience

Emotional resilience is your ability to respond to stressful or unexpected situations and crises. The amount of emotional resilience you have is determined by a number of different things, including your age, identity and what you've experienced in your life. You can learn to increase your emotional resilience by:

Getting a sense of perspective

Ask yourself how you will feel about the thing that's upsetting you in a week, a month or a year? Considering issues in this way will help you have some perspective about how much you should let them bother you.

Practising positivity

Each of us is far stronger than we know, so even if you feel like you can't carry on, try and appreciate just how strong you are and know you can get through whatever's happening.

Giving yourself a break

Sometimes you can be your own worst critic, so it's important that when you feel stressed or worried you aren't too hard on yourself. Try to remember that despite how you may feel, you're a valuable person who deserves good things – it's absolutely right that you should treat yourself when you feel bad.

Apps to help with stress

Mobile phones are synonymous with children today. And while they can be associated with causing stress, there are also some nifty apps designed to help. When young people don't want to open up, or are looking for techniques to help them calm down these might help.

- **Breath2Relax:** portable stress management tool
- **Calm:** guided meditations and sleep stories to ease stress and improve sleep
- **HeadSpace:** train your mind for a healthier, happier life by reducing daily anxieties and stresses



What is stress?

When your body is under stress it produces hormones such as adrenaline and cortisol. These hormones prepare the body to take urgent action – also known as fight or flight – and have a number of side-effects.

These side-effects include anxiety, depression, concentration problems, weight gain or loss, dizziness and sleep problems. To make matters worse, these side effects can actually cause more stress. This is why it is important to find ways to cope and support others with stress, ensuring you can support young people to deal with it as soon as it comes.

When people are under stress they react differently. At times, they may shout and throw things, or hide away and stop socialising. Other times, they may feel they can't cope, feeling tearful but outwardly appearing angry and behaving aggressively. Learning to deal with stress can take a lot of practise but it will worth it in the long run.

How can we manage it and support others to do so?

Below are some tips to help you and young people you work with, when things are getting stressful:

- **Recognise triggers:** begin to track times where you have felt stressed and look for patterns in how you reacted. What was happening when you felt stressed? What did you think/feel/do just before you felt stressed?
- **Awareness:** once you are aware of difficulties that are likely to make you feel stressed you can take steps to prevent stress or deal with it quickly
- **Self-care:** be kind to yourself – stress is a human experience. Try to connect with friends and talk about how you are feeling
- **Exercise, relaxation and meditation:** some people find that exercises and activities such as meditation, breathing exercises and deep muscle relaxation are helpful
- **Eat well and sleep:** the better rested you are, the more able you are to cope with pressure
- **Talking therapy:** if you are finding it difficult to cope, consider meeting with someone trained to help – this might include your GP or talking therapy.

The Children's Society worked with young people to get ideas, advice and tips on managing stress:

Connecting with others is important for well-being. Young people told us how important it is to stay connected. Some examples they gave of staying connected are:

- Staying in touch with friends
- Speaking to family
- Speaking to a trusted adult
- Seeing people face to face
- Seeing people online e.g. FaceTiming/video calls, texting and using social media
- Talking through problems/sharing how you're feeling
- Supporting each other

6 STRESS MANAGEMENT TECHNIQUES FOR STUDENTS

GET MORE SLEEP
 Operating in a sleep-deprived state puts you at a distinct disadvantage. You're less productive and may find it more difficult to learn. Aim to get at least 8 hours a night and take power naps when you need them.

GET ORGANISED
 One way to reduce the amount of stress that you experience as a student is to keep a minimalist, soothing study area that's free of distractions and clutter. This can keep stress levels low while studying, save time in finding lost items, and keep classroom relationships more positive.

USE GUIDED IMAGERY
 Using guided imagery to reduce stress is easy and effective. Visualisations can help you calm down and detach from what's stressing you out. Using this ancient practice will help you turn off your body's stress response.

FREQUENT EXERCISE
 Exercise reduces levels of the body's stress hormones, such as adrenaline and cortisol. It also stimulates the production of endorphins, chemicals in the brain that are the body's natural painkillers and mood elevators.

HEALTHY DIET
 While a healthy diet isn't generally thought of as a stress management technique or a study aid, it can actually function as both. Improving your diet can keep you from experiencing diet-related mood swings, fatigue, high blood pressure and more.



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Calling all parents of Year 11 students!

If you are the parent of a Year 11 student, you should now be aware of a bright yellow sheet stuck somewhere prominent in your home! On Thursday, students had an assembly giving them all the information they need for the upcoming exams which start on 15th May. Included in the presentation were details about exam dates, timetables, seating arrangements and exam regulations. All students received an exams pack with a personalised timetable (it's YELLOW), the official exams regulation booklet from JCQ (please read this) and a useful guide prepared by our exams officer, Mrs Scattergood and Mrs Holdgate which will hopefully answer most of the questions you have relating to the operational side of the exams. We urge all parents and carers to familiarise themselves with these documents in order to support their child through the exam period. If your child has told you that they need snacks and not too much nagging during the exam period - this was, indeed, one of the messages and proves they were listening! If your child was absent on Thursday, their form tutor will have their exam pack for them. Contact details for Mrs Scattergood are included in the information pack. Please do not hesitate to contact your child's form tutor, Mrs Haywood, Mrs Scattergood or Mrs Holdgate if you have any further questions about the exams.

Key stage 5 news

Year 13

A reminder that the last day of teaching for our A Level students is Friday 12th May. On Monday 15th May all students are invited in for a leavers assembly and a day of celebration! A Level exams then begin on Wednesday 17th May. Some students who are continuing with their BTEC subjects coursework will still continue to attend past this date. At the start of next week we will publish a timetable for Year 13 students of when revision sessions will take place in school between exams. We recommend that students take advantage of all of the opportunities available to them. We will send information regarding results day (Thursday 17th August) , including the support available, to both parents and students, in the coming weeks.

Year 12

During this term, our Next Steps support ramps up. We will be introducing our students to the different avenues open to them after leaving us e.g. apprenticeships, jobs or university, and looking at how and when to apply. We will go through the functionality of the UCAS website and also look at how to perfect their personal statement or CV. Towards the end of the term, we will invite parents in to an information evening so they are kept abreast of what their child should be doing and how they can support them. The date and time will be confirmed shortly.

In the last two weeks, Mrs Stavri and Mr Moore have met with Year 12 students who are either considering to go to Oxbridge, or studying Medicine, Veterinary Science or Dentistry. These students will have slightly different deadlines of application to all other students. Whilst we recognise that it is not for everyone, we were delighted at how many of our students are looking to apply for these extremely competitive courses.

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Teaching & Learning Mug

Congratulations to Mr Zettle for being awarded the Teaching and Learning legend mug this week. Mr Zettle continues to provide engaging and scaffolded learning for all of his students. He provides unconditional positive regard for all students which enables them to feel valued and supported with all aspects of their learning.

Alternative Provision

Sometimes our students require extra support in addition to mainstream schooling in order to re-engage students in education and to offer an alternative to mainstream schooling. They are a great way to motivate learners, offer them something new 1-3 days a week or for a set period of time. We have links with various external AP venues including Whispering Trees, Youth Blend Project and Junction 16 Kingsmead (students doing Baby People - Music and graffiti Art, Construction and Hair & Beauty) and are working in partnership with these provisions to give our students the best possible opportunities whilst under our care.

One of the AP's we are using is Engineered Learning, the year 10 and 11's who attend Engineered learning on a Tuesday are working towards their NCFE and as well as making flowers and fire pits to take home they have more recently welded these cute rabbits. This particular rabbit was made by Ben.



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And this is Chloe's.



Connect

Last half term during Outdoor Education in Connect, students have been busy building dens, growing vegetables in their home grown vegetable patch, made bird feeders, bug hotels and more recently are working on a nature project on frogs and other garden wildlife. The students have been fantastic and really engaged. Mr Holme wanted to give a special mention to EJ who was engaged, exhibited good knowledge from her time at the Island Project, and demonstrated real care and integrity in handling wild creatures with the utmost concern for their wellbeing. She helped him to construct a small frog viewing area, made great suggestions about what the group should do, and when she saw a spider and almost touched some ants, she was (understandably) keen to avoid them but still treated them with respect and compassion, recognising that she was the visitor to their world. In Art lessons with Mrs K the KS3 students have continued the theme of outdoor living and are designing bugs with outdoor materials - photos to come when finished. All students are also learning valuable first aid skills during Lifeskills.

More information regarding Connect can be found here - [Connect](#)

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Challenge 40

We're overwhelmed with the dedication, commitment and drive we have seen with the year 11s regarding their preparation for their exams. As we have mentioned previously we have set a challenge for year 11s to complete 40 hours of independent revision and study and we have already got ten students who have completed this who have received their FREE prom tickets! We appreciate your ongoing support with this, please can we remind you that the DREF is available for ALL students to attend after school for any independent study they wish to do (3-4pm).

Alongside this we have provided additional bespoke revision sessions for ALL students during form time every day until the end of exams.



SEND parent session

Parents of students with SEND have been invited to attend a session on SEND, puberty and RSE on 3rd May, 4.30-5.30pm. Parents should have all received an email reminder - please let us know if you would like to attend.

Safeguarding

This week, Year 7 took part in sessions run by Safe and Sound about being an 'upstander'. The students engaged brilliantly with these workshops and it was great to see them actively engaging with and finding solutions for some of the key issues that affect them outside of school and online.

Attendance

We are delighted to share that we continue to make improvements on our whole school attendance, which is already above the national average. Our aim for all pupils is 95%. Currently for this half term, we are on 94%!

Working Together to Improve School Attendance (DfE May 22) discusses that:

"Improving attendance is everyone's business. Schools should work with pupils and

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parents [...] to put the right support in place."

Good school attendance is "essential for pupils to get the most out of their school experience, including their attainment, wellbeing and wider life changes. The pupils with the highest attainment at the end of key stage 4 have higher rates of attendance over the key stage compared to those with the lowest attainment."

As outlined in previous newsletters, if you have any concerns about barriers your child is experiencing in attending school, please make contact with your child's tutor, DHOY and HOY as early as possible. The pastoral team have strong processes in place to identify concerns and work with parents and carers to put the right interventions, adjustments and support in place.

Year 11 and Y13 Geography Field Trips

It has been a very busy start to the summer term in the geography department with five separate fieldwork visits taking place.

Last week all year 11 students visited Birmingham to study changes in inner urban areas. Students worked hard to collect primary data for use in the upcoming exams by investigating differences between the inner city Highgate area, China Town and the Bullring shopping area.

Year 13 students visited Nottingham to look at the ongoing regeneration of the former Broadmarsh Shopping Centre, new bus station and other transport improvements, before working around the Sneinton Market regeneration and new student accommodation buildings.

On Monday and Tuesday of this week year 11 students completed a river investigation along the River Ecclesbourne where they collected primary data to assess how the river changes along its course.

All five trips went extremely well, and students worked hard to put themselves in a good position for their upcoming examinations; we have been very impressed with the focus and work ethic displayed by many students.

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Duke of Edinburgh - Silver Award

At the weekend 39 students successfully took part in their Silver qualifying expedition. Despite the poor weather, spirits were high, and all students did an incredible job at navigating through the Derbyshire Peaks. Each student should be immensely proud of their achievement, and I look forward to presenting them with their awards when all sections have been completed. I would also like to extend a huge thank you to the staff who supported this expedition and enabled each student to have a fantastic experience and make lifelong memories.



Sports Fixtures

Fixture	Against	Score
Year 9 boys football	John Port	Lost 3-2 in a close game
Year 10 boys football	West Park	Lost 3-0
Year 7/ 8 boys rugby	Derbyshire Tournament at Derby Rugby Club	Finished 3 rd in the group

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Dates for your Diary

1st May - Bank Holiday Monday
2nd May - NEU National Strike Day
8th May - Bank Holiday for King's Coronation
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 positioned below the typed name.

Proud Executive Headteacher
Chellaston Academy