

#TNHAAWAY



The  
Nicholas Hamond  
Academy



January 2022

 TeamNHA

 TeamNHA

 @TeamNHA

PROUDLY  
SHARING  
OUR  
NEWS

Determined to be...  
'the best that we can be'



## PRINCIPAL'S POST

As you will be aware by now this is the first Newsletter we have published since we were able to officially announce the outcome from our Ofsted inspection that took place before Christmas. As I have said to all the students and staff across the academy the 'Good' judgement that Ofsted have now given us is a reflection on the excellent work they have all contributed to the academy. Not just on the inspection days but over the last few years and they should be rightly proud of this outcome. Most pleasing though is that, given all the challenges that everyone has faced this past couple of years, the academy has not stood still and has continued to progress. We also acknowledge there is still work to be done but what this Ofsted outcome has given us is a platform from which to continue to move forward.

As you will see the from this newsletter there is lots that has already gone on in the academy this term both within the academy and with visitors to the academy. Our aim is to continue to provide as many of these opportunities that we can so that we help to support the all round education of our students.

## CHAIR'S CORNER

Following the excellent Ofsted report there is much to look forward to this term. The governors do not meet until March when full implications of the recent Ofsted report to the on-going academy development will be discussed; however, three of the board were able to contribute directly at a virtual meeting with the lead inspector, along with Trustees, to questions posed regarding governance. We were able to report on the evidence we have seen of the significant development made across all areas of the academy. The subsequent publication of the report has reinforced the strongly held view by all governors that the academy has progressed hugely over recent years and that it continues to do so. It is to the great credit of the leadership team, teachers, support staff and to the students and parents, that the academy is now in such a strong position to move forward.

Hopefully, the projected changes in the management of the pandemic will allow for some semblance of normality very soon. Throughout this term governors are visiting a selection of curriculum areas with a focus on the provision being made for students with special educational needs and disabilities.

## OFFICIALLY GOOD AND FEELING GREAT!

You will of course recall that in December we welcomed HM Ofsted Inspectors into the academy for a two-day inspection. We are delighted to receive official confirmation that we are now a 'Good' academy which means that the hard work and improvements made across the past 4 years has been recognised and we intend to build on this solid foundation to become truly GREAT!



Some of the positive comments within the report are:-

*"Pupils feel safe and happy at school. As a result, they attend well and arrive promptly. It is a calm school because teachers have high expectations of how pupils should behave."*

*"The school supports pupils with special educational needs and/or disabilities (SEND) effectively."*

*“All pupils study a wide range of subjects in every year of the school.  
They know that teachers expect them to work hard.  
Pupils feel confident that the school is keeping its promise to help them become the best that they can be”.*

*“Pupils participate in a well-planned range of clubs and trips.  
They are proud to undertake leadership roles in the school, including as form representatives”.*

*“Leaders have created a vigilant and transparent culture of safeguarding. Training is thorough.  
Staff know to report all concerns, however minor. There are clear systems for doing this.  
Safeguarding concerns are followed up promptly”.*

*“Pupils get many opportunities to learn about the diversity of life in modern Britain.  
This is through their LOOL (‘leaders of our lives’) lessons, and other curriculum subjects.  
This helps build a strong, tolerant school community”.*

## TAILORED TOPICS ON CURRICULUM DAY

Our most recent curriculum day (the second of the academic year) saw our students following an alternative timetable and studying various topics based on PSHE (Personal, Social, Health, Economic) and careers. These were specifically tailored to each year group ensuring the sessions were age appropriate and designed to enable students to develop in many diverse aspects, building confidence and resilience, preparing students for life in modern Britain. The day included many outside providers and experts who delivered various sessions throughout the day.

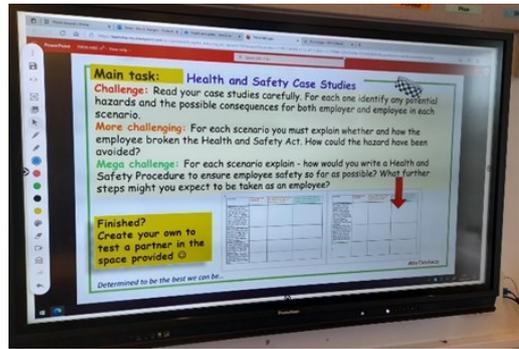
Our youngest students in Year 7 investigated the relevance of English and transferrable skills to future careers as well as discussing how to protect themselves whilst online, looking at the symptoms of social anxiety and considering treatments, health problems and addiction relating to smoking and vaping and healthy relationships.

Those in Year 8 found themselves exploring different jobs across a variety of sectors and learning what is required in terms of qualifications, reflecting on attitudes and beliefs around roles and responsibilities in relationships, appropriate relationships, healthy lifestyles and awareness of the negative effects of legal and illegal drugs.

Year 9 welcomed a representatives from the College of West Anglia discussing options after GCSEs and the types of courses and subjects available, guidance on choosing which GCSEs to study in Year 10 & 11, basic and lifesaving first aid, the difference between ‘banter’ and bullying and sessions on various options available for apprenticeships.



The more senior students in Year 10 considered ways of gaining the most out of their forthcoming work placements, dangers of knife crime, health & safety in the workplace, relationships and sexuality as represented in the media and its impact, and the dangers of Class C & prescription drugs and their effects.



Lastly, our students currently in their last year at the academy, were invited to a session on gender prejudice and the benefits of studying, building resilience, interview preparation, ways to destress as well as relax as their exams draw closer.



## LITERACY WITH THE LIONS

‘What can I/we do to help?’ This was the working title for our Year 7 students when entering the recent literacy competition organised by the Swaffham Lions. Entrants were encouraged to submit a piece of creative writing either in the form of a poem, essay or section of prose, which were shortlisted by the academy with the winner picked by representatives of the Lions organisation. The winner was Briar whose submission epitomised kindness to others. Included here is a short excerpt from her poem!

*“To help we can make people happy,  
We can only call them nice names,  
To help we can make people joyous  
We can include them in all of our games”.*

*“To help we can make people feel welcome,  
we can greet them with a friendly “hello”,  
To help we can make people excited  
We can stop them from feeling ‘so low’”.*

*“If we carry out all of these actions,  
We can help in every way,  
If we carry out all of these actions,  
We can make people feel superb every day.”*



# LOOKING TO THE FUTURE OF OUR TOWN

A scheme announced by Breckland Council & Historic England includes a range of projects with the aim of protecting the historic high street and to look at how it can be further enhanced for residents and visitors in the future.

Following a survey canvassing their views on the future of Swaffham, a group of our students from across the year groups have been working hard on a one such project with architects, Urban Symbiotics.



The objective of the first workshop was to design an aspect of Swaffham with a team including an architect, urban designer, landscape architect and heritage consultant.

The second session, which will take place in a few weeks, is to formulate a poem for the future of Swaffham which will be developed into a commissioned poem by the poets who visited, using material from the workshop.

## HOW ACTIVE ARE YOU?

This year, the PE team have spent time focusing on implementing a Physical Activity Strategy. The aim is to educate students on how to lead a healthy active lifestyle. This has involved promoting the governments' key message which recommends that children and young people aged 5-18 years old should:-

**Aim for an average of at least 60 minutes of moderate intensity physical activity a day across the week.**

**Take part in a variety of types and intensities of physical activity across the week to develop movement skills, muscles and bones**

**Reduce the time spent sitting or lying down and break up long periods of not moving with some activity.**

**Aim to spread activity throughout the day. All activities should make you breathe faster and feel warmer.**



In turn, students have been encouraged to achieve this by getting involved in a range of extra-curricular activities and current clubs offered by the P.E. staff.

A new 'Step into Fitness Club' has also been set up for girls in Year 9 which will run on a Tuesday lunchtime. This club is designed for students to come along and have fun while enjoying some physical activity and will commence on Tuesday 1 February for 6 weeks.

Students will experience a range of different sports/activities while monitoring their step count for that session and over the week. In order to do this, they will be provided with an activity tracker watch. The person who counts up the most steps at the end of the programme will receive a prize!




## PE Clubs

(Xmas- Feb half term)

Follow us on:  
 Twitter: @TNHA\_PE  
 Instagram: TNHA\_PE

### Lunchtime Clubs:

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Sportshall*</b> Year 7-9 only	✔ Dodgeball Basketball	✔ Dodgeball Basketball	✔ Dodgeball Basketball	X	✔ KS4 Girls Football

\*Students need to meet PE staff at the sportshall – clubs will be inside – trainers needed.

**Afterschool Clubs:**  
3.15-4.30pm, week commencing 10<sup>th</sup> January

**Monday:**

- Y10/11 – Junior Gym – ran by Parkwood Leisure.
- Year 9 Indoor Football

**Wednesday:**

- Y10/11 – Competition nights
- Gifted and Talented nights
- Y10 Exam intervention

**Thursday:**

- Y7/8/9 Basketball
- Y7/8/9 Dodgeball

**Friday:**

- Year 7/8/9 Girls Indoor Football
- Year 7/8 Boys Indoor Football

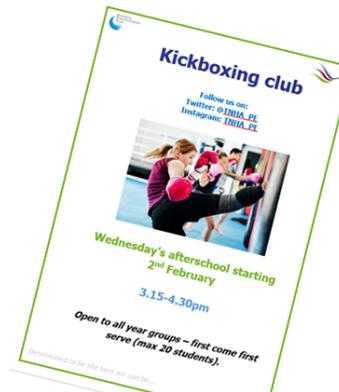
Determined to be the best we can be... #TNHAway

Additionally, the team have worked closely with the community to help provide a broader offer for our students: -

### Setting up community run activities –



- ICS coaching
- Taekwondo
- Kick boxing
- Golf sessions
- Junior Gym.



In tutor time the P.E. Department promoted sessions devoted to being more active through activities such as mini exercise bikes and brain gym sessions. This has also led to tutor group challenges such as a Year 7 Dodgeball event at Lunchtime when each class played each other to achieve points for their tutor group.

Future plans for the strategy include Year Group trips whereby students are taken off site to enjoy being physically active in different environments.

# WELCOME TO THE LANGUAGES CAFE

The MFL Department have opened the International Language Café held weekly over lunch for our younger students to encourage their thirst for learning the language of different cultures. The sessions are supported by Student Language Ambassadors and native speakers and those who attend are introduced to some of the basic conversational vocabulary, as well as some of the cultural aspects of each country. There is a wonderful array of languages on offer being German, Mandarin, Polish, Portuguese, Latin, Finnish, Arabic, Romanian, Turkish, Korean, Spanish, Russian, Lithuanian, Italian and Mexican!



There was a superb turnout to the Latin session recently where students were introduced to key reasons as to why this language is so useful both now and in the future. They explored the Latin roots of the words used in magic spells in the Harry Potter books and using their meanings to work out what each would accomplish.



## YOUR ACADEMY NEEDS YOU...

Student applications are now open for roles next year!  
The founding student leadership team have already had a big positive impact on our academy and driving us to be 'the best we can be'.

The new student leadership will take the baton and continue to implement positive change and ensure students have a voice.

**TNHA Students**

**WE NEED YOU!**

**Applications available now!**

Application forms are available from your year office.  
**Deadline 21st February 2022**

Have you got what it takes to help improve our academy and be a leader?

**AND FINALLY...**

# **FEBRUARY HALF TERM**

As we draw closer to half term we take this opportunity to remind you that  
students break up on  
Thursday 10 February 2022  
(as the academy is closed on Friday 11 February for staff training).

We wish everyone a restful and safe half term & look forward to welcoming  
students back on  
Monday 21 February 2022.