

#TNHA WAY



February 2023

 TeamNHA

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PROUDLY SHARING OUR NEWS



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



PRINCIPAL'S POST

Life in schools can often be unpredictable as we have seen over the last few years. Although there are some consistencies that do run through. One of the things as an academy we have been working hard to provide are the variety of opportunities for our students and this month's newsletter showcases some of these extra opportunities that our students have.

Whilst ensuring students get the best possible academic education we can give them is important, we also want our students to be prepared for the world in which they are going to grow into. Opportunities to work with groups like the Jon Egging Trust and having the opportunity to visit one of the colleges at Cambridge gives some of our students these valuable 'life' experiences that will hopefully help our students to develop the skills that they will need when they leave school.

None of these opportunities alone will make the difference, but rather it is a combination of things that will ultimately help our students to be confident in moving on to the next stage in their lives. However, what it is also about is making the most of these opportunities as they arise so that students can look back on their time in school, thinking about how they utilised every opportunity to give them every advantage when the day that they do leave school finally arrives.

Mark Woodhouse

CHAIR'S CORNER

Snow drops and daffodils were popping their heads up along the roadsides as I visited the academy for my fortnightly catch-up with the Principal. There has been an incredibly busy start to the year for everyone.

I also took the opportunity to visit the PE department. The buzz and vibrant energy in the gym filled with every single student involved working together challenging each other to get the basketball was a joy to watch! Also, to see how the staff at TNHA inspire our students to want to get the best out of their learning experiences is simply a huge credit to them. I watched a boys' dance lesson, something years ago you would hardly see, or be able to get a group of boys together to dance! How times have changed at last for all to be included in any sport or performance activity and it was a privilege to watch.

February includes National School Governors Awareness Day celebrating what Governors and Trustees do to improve the experiences of children and young people. Our aim is to ensure that every child should leave our care, fully prepared for the next step to 'drive relentless ambition'. As Easter looms towards us filled with chocolate and those diets started in January in jeopardy - I remind myself "To boldly go where no man has gone before" and "To keep exploring and striving to be the best!"

Helen Warrick-Evans

FACULTY FOCUS

NEWS FROM OUR SCIENCE FACULTY

Our scientists have been busy enjoying a variety of topics this term.

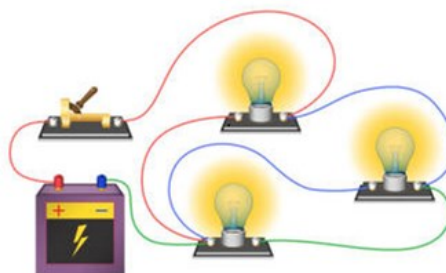
Year 7

Our youngest students have been focusing on space and our place in the universe, which has fitted in quite well with the northern light appearances in late February.



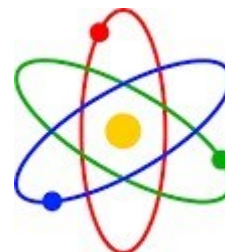
Year 8

Students have been enjoying several practical aspects of their studies including forces and electrical circuits. They have Developed their practical skills including following diagrams, writing methods and identifying variables.



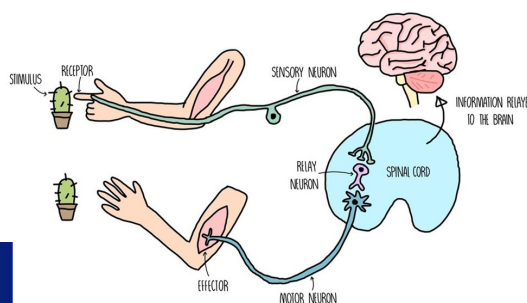
Year 9

Studying the base knowledge of biology, chemistry and physics including the building blocks of life - cells, atoms and energy, has been the focus for our Year 9 students.



Year 10

Our more senior students are continuing to work hard through their GCSE course, learning how the body is controlled, forces and rates of reactions.



How to revise: the 20 revision techniques that work

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|--|---|
| 1. Make a plan | 11. Use mind maps |
| 2. Create a calm study space | 12. Self quiz with flash cards |
| 3. Prepare a folder for each subject/topic | 13. Use practise exam papers |
| 4. Be clear about your goals and grades | 14. Time yourself answering questions |
| 5. Find out exactly how long you've got | 15. Do some revision every day |
| 6. Understand your gaps | 16. Take regular breaks |
| 7. Draw up a revision timetable | 17. Know your most productive time of day |
| 8. Test yourself | 18. Sleep well |
| 9. Space out your revision | 19. Turn up on time |
| 10. Switch topics regularly | 20. Do your best |

Year 11

Students in the last year at TNHA have successfully completed their course and are now working hard revising for their exams and practice exams over the next few weeks.

OUT AND ABOUT

PANCAKE RACE

February would not be complete without pancakes and the annual Swaffham Lions Pancake Race in town provided some wonderful fun as always. A group of our youngest students met with other teams at the Campingland in the town and gave a very good account of themselves coming in second overall.

Congratulations to the TNHA Team who showed off their 'fantastic flipping skills' whilst running which is no easy feat!



ORIENTEERING

During last term Year 8 students have been learning the skills involved in Problem Solving.

To complete their knowledge of this subject and to enhance their learning we visited Holt Country Park, to complete an Orienteering course. Students needed to use their skills to navigate round a set course within the park boundaries and did extremely well clearly demonstrating excellent team work!

JON EGGING TRIP TO MARHAM

We are lucky enough to be able to invite a group of students on the first of a series of trips organised by the Jon Egging Trust.

Students were delighted to receive a tour of the base at RAF Marham and take part in STEM activities.



CAMBRIDGE UNIVERSITY TRIP

A group of our year 10 students had an amazing opportunity to visit the Gonville and Caius College in Cambridge travelling by train from Downham Market. The aim was to allow students to explore university life and realise that gaining a place at Cambridge University, (or any other 'Red Brick' University), is possible for all students.

The day consisted of a welcome talk, a tour of the college and library, a presentation on university and student life. This was followed by a fascinating visit to the museum of archaeology and anthropology containing a roman skeleton, flint arrow heads, a fossil emended flint axe, boats and war masks. Students enjoyed a varied and informative day.



LINKS WITH OUR PRIMARY SCHOOLS

PRIMARY READING

As part of National Storytelling Week, a group of our students visited Heartwood Primary School and Swaffham Primary Academy in Swaffham to read stories to younger children. Students from the primaries and those from TNHA found this a wonderful experience. We are delighted to share some comments from our students who took part in the project.



Lovely experience, children were friendly and I enjoyed hearing about their favourite books and helping them read.

I thought that it was really sweet & all the kids were super nice. Swaffham Primary Academy were so welcoming & reading We are going on a Bear Hunt was a great memory for me as I did it when I was younger & it was lovely to see them enjoying the book as well.

I really enjoyed reading to the year 2s because they were really polite and kind. They didn't talk over me whilst I was reading, unless it was about the book. I asked them their names and what they liked or enjoyed doing.

Year 6 class from Swaffham Primary Academy visited the LRC today as part of World Book Day activities.

They took part in a scavenger hunt with the winning team receiving a bag of books. The children were also able to choose a book from our Book Swap which we are running for students at TNHA.



'SIT LESS MOVE MORE'



GIFTED & TALENTED PE EVENING

Our PE Department held a fantastic Gifted & Talented evening when students took part in a Crystal Maze themed series of challenges. They were able to select to tackle the mental, physical, skill or mystery task in order to win 💎.



DANCE FESTIVAL

TNHA hosted their first ever dance festival for our Year 7 students. We invited 3 local dance schools to put on workshops that focused on a variety of dance styles. These included street and modern dance.

The students were 'jiving, breakdancing and grease lightning' their way through the workshops and finished with a final grand finale dance performance. Great fun was had by our students who showed excellent engagement and resilience throughout the day. The feedback has been overwhelmingly positive and we will certainly welcome the dance schools to come back next year!

FURTHER OPPORTUNITIES



What is Rise?

The Seven Steps to Rise is a workshop involving seven challenges that will give you the chance to develop and explore your skills in ways that are relevant to the world of work. All of these activities will support you both in school and once you leave.



The workshop will help you to recognise the skills you already have and enable you to develop new ones, while working with volunteers from different businesses and your school friends.

What are the benefits of taking part?

A chance to explore and develop skills relevant to school and the workplace

Interact with mentors from different businesses, and ask questions

A fun opportunity to work in groups to complete various challenges!

Before the workshop...

...think of some questions you might want to ask the mentors, such as the pathways they took to their roles, the skills they use day to day, what they wish they had known at your age, or even what their top tips are for making the most out of school.

RISE WORKSHOPS

Year 10 students

Opportunities to take part in this workshop aimed at recognising skills and developing new ones!

DROP IN SESSIONS

Available to all students during lunch with the 'Cup-O-T' Team

