

#TNHAAWAY



The
Nicholas Hamond
Academy



July 2023

 TeamNHA

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PROUDLY
SHARING
OUR
NEWS



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



PRINCIPAL'S POST

So, July sees the end of another academic year and I am always amazed at how much has happened this year. These newsletters are a snapshot into life in the academy and show the variety of the experiences that our students have the opportunity to engage with in their time in the academy.

For me success at school should and does take many forms, but one of the things I have always been keen to do is provide the wealth of opportunities that are now available to our students and as I reflect on not only this month but the year in total it is clear that there is lots for our students to get involved with and take away from their time at TNHA.

The last week of term has seen us celebrate lots of the successes our students have had this year and whilst it is important recognise some of these individual triumphs, we are an academy where we are fortunate to have so many brilliant young people who can all be proud of how they have approached the things that they have achieved throughout the year.

I hope that you and your families have a wonderful summer break and I look forward to seeing our students return in September, ready to learn and work, but more importantly ready to do all the things that we know make them the amazing young people that they are.

CHAIR'S CORNER

As I write this, I am wearing 'two hats!' - one in my role as Chair of Governors and secondly as a member of the Swaffham Players!

Swaffham Players has a very strong history with The Nicholas Hamond Academy, in fact a total of over 50 years! It was an honour to watch our budding drama and music students take to the recently refurbished stage. Their interpretation of 'Teechers' by John Godber was a delightful show of their maturity and good humour of life within school.

I felt privileged and honoured to stand in front of a large audience at the awards ceremony celebrating the achievements of all our students and giving out the award for KS4 Outstanding Progress.

It goes without saying how dedicated and fully committed all the staff are to helping all of our students to succeed in their individual ways and to fulfil their ambitions.

It is time now to rest and recharge over the summer holiday and look forward to September when new beginnings start again for a bright future for us all.

Helen Warrick-Evans

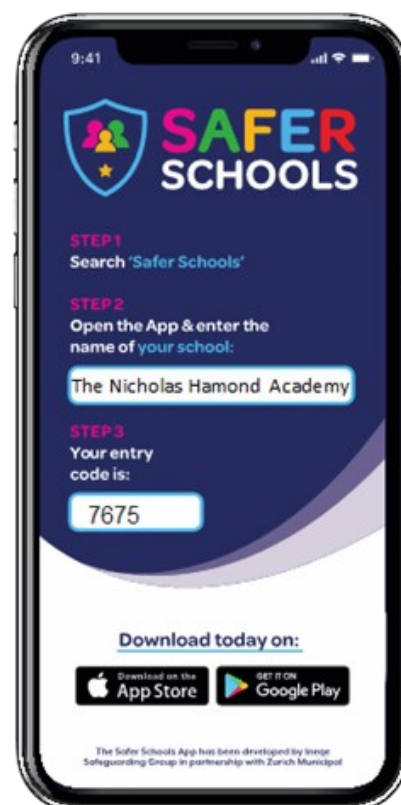
The academy is signed up to the Safer Schools app, which has been designed by a team of experts to ensure that parents and carers have the information that they need at hand to protect their children from online risks. Research has shown that parents and carers are by far the most effective protective factor to reduce the online risks to children. The app was designed by Jim Gamble (former CEO of CEOP) and has a team of people monitoring the apps, websites and platforms that children access to identify risks (and protective factors) to ensure that your Safer Schools app is always up to date.

Think of the app as a directory of helpful information about various popular apps and platforms and games that your child wants to/is accessing. You can scroll through the information to see what you didn't know about the app/platform etc. or you can search for it and relevant information will appear to help you decide how you feel about that app/platform. The Information appears as short one-minute videos or as a short summary. You will also see links to more Information should you want a greater depth understanding of something in particular!

You can choose to receive notifications from the app that update you as a new function or feature comes out on widely used platforms. You can trust the app to tell you the truth about what is happening or could happen in your child's online world.

Download the App – it's easy!

*Go to the app store
Search for 'Safer Schools' look for the
shield logo
Download the app
Type in the details on the phone
diagram shown here*



The following links on our website have some useful resources and signposting

<https://tnha.attrust.org.uk/students/keeping-safe/>

<https://tnha.attrust.org.uk/parents/safeguarding-links/>

*The Nicholas Hamond Academy policies
(including our Safeguarding and Child Protection policy) can be found here:*

<https://tnha.attrust.org.uk/our-academy/policies-documents/>

STUDENT WELLBEING OVER THE SUMMER

Whilst the summer break is a welcome event for most of us there are some students who may be nervous about school breaking up for a long period and the lack of routine this provides.

Quotes Regarding Self Help

(www.youngminds.org.uk)

"It can help to ask yourself how you would support a friend in your position of what you would suggest they do, then try to show yourself the same care".

"Try to focus on yourself and not compare yourself to others"

"Having habits that you can do regularly, especially away from a screen, is so important. It feels productive, gives you something you can rely on and builds self-confidence"

"Ask for support and help from others"

Helplines and text services which may prove useful:



Samaritans: 116 123

shout
for support in a crisis

Shout
Text 'Shout' to 85258



Kooth (11-25): Kooth is an online platform for young people who are in need of support for their mental health. They have lots of useful information but also a text-based counsellor chat.

This is open 365 days a year,
12pm-10pm on weekdays and 6pm-10pm on weekends.

Find out more: www.kooth.com



Chat Health (11-19): Chat Health also offers confidential help and advice. You can text 07480 635 060 (Norfolk) or 07507 333 356 (Suffolk).
Open Mon-Fri 9am-4:30pm.

Find out more www.chathealth.nhs.uk



HOPEline UK: HOPEline offers a specialised helpline for anyone struggling with suicidal thoughts.

You can call them on 0800 068 4141 or text them on 07860 039 967.

They are open every day 9am-12am.
Find out more: www.papyrus-uk.org.uk.



Childline (0-19): Childline offers their own helpline as well as a one-to-one counsellor chat. They are open 24/7. You can call them on 0800 11 11.

Find out more: www.childline.org.uk



Mental Health Crisis Support
NHS 111 - Option 2

Useful Websites:



The Mix (Under 25): www.themix.org.uk



Young Minds: www.youngminds.org.uk

The Wellbeing Service (16+): www.wellbeinghelpinghands.co.uk

MAP: www.map.uk.net

Other useful information and links can be found on our website
<https://tnha.attrust.org.uk/students/keeping-safe/>

AN ACTIVE JULY

The beginning of July was an extremely active one with students being afforded the opportunity to take part in many 'fun' activities, of their choice, away from the academy, enjoying fresh air and embracing fitness. The key message throughout the year, not only this particular month, is in line with the Government's Health Message of encouraging 5-18 year olds to be physically active for at least 60 minutes per day.

Our off site visits included canoeing, kayaking and stand-up paddle boarding at Hautbois Water Sports, an outdoor assault course at The Playground in Bury St. Edmunds, Laser Tag in Wisbech, tubing/skiing at Norfolk Snow Sports (despite the sunny weather) & ten-pin bowling at Strikes in Kings Lynn.

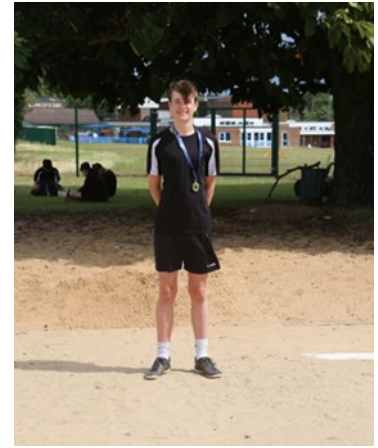


SPORTS DAYS

We have not one, but two Sports Days at the academy in order to incorporate all the different types of activities on offer.

Students represented their tutor groups in a range of running, jumping and throwing events and we witnessed some outstanding displays of effort, talent and teamwork.

Several student broke academy records , including Amos (seen in the photograph), who broke the Y9 Triple Jump Record with a jump of 10.23m - quite an achievement!



The winning tutor groups for each Year Group were:

Year 7 - 7ERE
Year 8 - 8JR
Year 9 - 9SHD
Year 10 - 10HB



A huge 'well done' to all those who took part!

ACROSS THE AIRWAVES...

During LOOL lessons, each Year Group has been learning about being an 'active bystander' for sexual harassment. This has involved learning what constitutes sexual harassment, how we need to be wary of our use of language (including stereotyping different sections of society) and the '5 Ds' that are ways of dealing with an incident: *Direct, Distract, Delegate, Document, Delay*.

BBC
RADIO
Norfolk



The lessons have been designed by The Office of Police and Crime Commissioner for Norfolk. Radio Norfolk found this of particular interest and visited our academy to record the students' views on the lessons.

Paul Moseley, presenter, questioned 9 students on how to support victims and what changes they will make as a result of the lessons. The students gave thoughtful and insightful answers.

This was aired on Tuesday 18th July and the recording can be found on the front page of our website or via the following link:-

<https://tnha.attrust.org.uk/radio-norfolk-interview-with-students-bystander-july-23/>

TNHA AWARDS EVENING

We welcomed guests, parents, carers and staff, who joined us for an evening of celebration when we had opportunity to honour those students whose achievements were to be acknowledged. Whilst we reward students regularly for their day-to-day contributions, this evening was about celebrating the successes that students have achieved throughout the year.

This evening not only recognised the academic efforts that students have made with regards to curriculum progress but also highlighted the other skills and qualities that we see in our students every day. We know that, whilst academic achievement is important, our students have been developing the skills to be fantastic young citizens who they, and we, should be rightly proud of.

There were awards for students in both Key Stage 3 and Key Stage 4 for Outstanding Achievement and Outstanding Progress, a PRIDE Award (Pride Resilience, Integrity, Determination & Exceed) for a student in each Year Group (for those embodying these values we hold in high regard), a presentation of The Archie Ramshaw Achievement Despite Adversity Award (presented by Archie himself - an ex-student whose courage and determination was second to none) and the Principal's Award presented to the student who has made an outstanding contribution to the community.

We thank everyone who attended and made this a truly special night for all involved. We take this opportunity to thank our sponsors of awards and for coming along to present their respective awards.

Swaffham Players
Swaffham Rotary
Saxon Agriculture
Swaffham Heritage
Swaffham Climate Action
CD Solutions
Hamonds Charity Trust
Judy Anscombe
Swaffham Football Club

Pictured is a very happy family moment celebrating the Swaffham Heritage sponsored award for KS3 Outstanding Progress in Humanities (presented to Ava in Year 8) and the proud recipient of the Archie Ramshaw Award (Kensie in Year 9).

*“Education is our passport to the future,
for tomorrow belongs to the people who prepare for it today.”
(Malcolm X)*



IN OTHER NEWS...

PRIMARY SCHOOL VISIT

Our Modern Foreign Languages Team visited one of our local primary schools to introduce students to a sample of languages they will learn at secondary school and encountered some very interested and fascinated youngsters. This bodes well for their future learning where a second language is so very important in our ever changing world.



DRAMA WORKSHOP

We welcomed actor Michael Ayiotis, one of the stars of Teachers Leavers '22 which is the latest iteration of John Godber's smash hit play which our students were lucky enough to see earlier in the year. His visit to us in July was to work with aspiring young performers in Years 7 & 8 sharing his expertise as a professional actor. Our students were able to develop their skills and confidence and created some fantastic work using extracts from the play itself. Quotes from the students included:-

"Michael is amazing! He is funny and puts on great voices."

"It was good to get to work with people we don't usually work with and learn from a professional actor".

DUKE OF EDINBURGH SILVER EXPEDITION

Our Silver DofE students successfully completed their expedition with much fun and laughter. They faced cooler temperatures than those taking part in the recent Bronze event, and were faced with many different obstacles and challenges, all of which they tackled with immense determination and resilience. It wasn't the mosquitoes they faced this time, something much larger... cows and their calves! Calmly and patiently they manoeuvred their way through the field of cattle whilst munching their own way through bags of sweet treats. After a hearty breakfast, they set off for day two in good spirits heading through the beautiful but flat countryside of Cambridgeshire before facing the cattle again and stopping for a quick hot lunch of noodles. Team work was a high priority on day two with trips and tumbles causing cuts and bruises and 'sharing the load.' Day three - was the push to the end. Exhausted from the previous two days, the students dug deep and upped the pace for the final push to the finish line along the river bank of the Ouse to a much anticipated view of the minibus and their ride home!



REWARD EVENTS

Students were invited to rewards events at the academy for those who have embodied our ethos of being - determined to be the best... 'that we can be'. Some were treated to a fish and chip lunch and film afternoon whilst others enjoyed a BBQ with a very able member of staff acting as chef 'flipping the burgers!'

PROM 2023

Over 80 students attended the Year 11 Leaver's Prom that took place on Thursday 6th July at Ash Tree Barns, Narborough. Students arrived in an array of modes of transport from Ferraris to tractors, motorbikes & lorries.

All students dressed to impress, arriving on the red carpet and ready to party the night away. They all filled up on pizza, sweets and ice cream, sang and danced together and made memories that will last a lifetime. We are extremely proud of them all.

(The Lynn News attended to take photographs so look out for these in their publications!)



Finally, we wish you all a fantastic summer break.

We return on Tuesday 5th September

when students will receive their timetable

for the new academic term.

