


#TNHA WAY



April 2024

 TeamNHA

 TeamNHA

 @TeamNHA

PROUDLY SHARING OUR NEWS



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



PRINCIPAL'S POST

With the Easter break April was a short month in the academy. I always hope the start of the summer term, brings better and fairer weather although April was not kind to us in this regard. That said it has not stopped the range of activities and opportunities for our students to engage with.

The start of the summer term also highlights how close our older students are to the end of their formal education. Practical GCSE exams and Language Speaking Exams have dominated Year 11 time in the academy with lessons now all focussed on preparing students for their summer exams. It has been great to see so many of our Year 11 students taking a positive approach to this and working with their teachers to fine tune their knowledge and understanding in these last few weeks. These students have also been brilliant role models for the younger students in the academy who can see how they are tackling the pressures that the end of Year 11 brings.

As for our other students the opportunities of the summer term await. There is still lots of learning to be done in lessons but with hopefully better weather a whole new raft of opportunities will present themselves. We want students to challenge themselves and have success and hopefully with the opportunities on offer we will see this both in and out of the classroom over the coming months.

Mark Woodhouse

CHAIR'S CORNER

The term has started with so many activities and the practical/coursework GCSE exams and language orals are currently in process as the May exams are nearly upon the Year 11 students. Their wonderful efforts raising money on the Bingo night for their prom is something to be proud of and I am sure they will look forward celebrating all their achievements.

The warmer weather is on the horizon with many outside activities to look forward too as the athletics season is starting we are ready for the Olympics! I wonder how many aspiring Olympic stars at TNHA are ready to get 'on their marks!'

I would also like to take this opportunity to thank two of our Governors the Vice Chair Sylvia Grice and Ben Vine who are stepping down. We thank them for their significant contribution and wish them well in the future.

Helen Warrick-Evans

SAFEGUARDING AT TNHA

At TNHA we are committed to provide our students with a safe and secure learning environment where they can thrive and achieve their very best. We do this by empowering our staff to recognise if a child might be at risk of harm, and by working with and referring to external agencies when we identify the need.

Our dedicated safeguarding team receive regular training to keep them up to date with current legislation, dangerous trends and the confidence to take a contextual approach when dealing with safeguarding incidents.

TNHA work closely with a variety of external agencies who support our students in a number of areas. We are so thankful for the specialist support they provide and want to share some that we have seen some exceptional outcomes.



YES supports young people aged 14-18 in Norfolk. They empower young people to:

- build resilience
- take ownership of their decisions
- realise their potential

The support is offered for around two months, and is collaborative ensuring the best possible outcomes for young people to flourish and reach their potential.



The Mental Health Support Teams (MHST) offer short term interventions based on cognitive behaviour therapy, catered to the difficulties that the young person is experiencing. These can include:

- Worry Management – tools to help the young person cope in anxious situations
- Graded Exposure – Slow, small steps building up to face what makes the young person anxious
- Mind & Mood – Group work around supporting mental health
- Behavioural Activation – Focuses on what is important to the young person and planning that into their day to help them feel better.



Cup-O-T is a project funded by Breckland Council. The aim of this project is to signpost young people to local and national resources that can support their mental health and wellbeing.

Cup-O-T recently came in and delivered engaging workshops which were open to all students on the following topics:

- Managing Stress
- Identity
- Keeping safe online
- Community
- Health

SAFEGUARDING AT TNHA



Kooth

Kooth is a mental health wellbeing community for young people. Age 11-18

Kooth.com



Chat health Norfolk

Chat health is a confidential text service to offer support and advice for young people age 11-19

07480635060



Mind

Provides confidential mental health information

Mind.org.uk
03001233933



ChildLine

Online, on the phone, anytime

0800 1111 0800 1111



The Nicholas Hamond Academy

TNHA

SAFEGUARDING AND PASTORAL TEAMS ARE HERE TO HELP ALWAYS

Our aim is to work alongside parents/carers, providing them with knowledge and up to date resources to better support our students. Please look out for these in forthcoming newsletters.

By fostering open dialogue, staying informed and offering guidance, we can create a safe and healthy environment for everyone.

Mrs Atkins and the Safeguarding Team

SWAFFHAM HERITAGE



Our students were delighted to take part in the recent Swaffham Heritage Project which included their findings about the town in bygone days as well as using their imagination as to what the future may hold. Their ideas ranged from a new monument, a more eco-friendly town with plenty of green space to forms of space age transportation!

They also thoroughly enjoyed a visit to the local Westfields Care Home as part of their research and chatted with residents to discover their memories of the late Queen. Their work has been on display at the Swaffham Museum for all to enjoy.

Our Swaffham monument

Control of your mind...
To see our Swaffham, you must have a good imagination...
The statue will be made of stone and will be a symbol of the town's history.

The story of Swaffham

From bubble transport, to futuristic cars, our new Swaffham is full of crazy ideas about the future to be fought, Queen Anne's road up for 100, a brand new shopping mall, showing Titanic 3, an intergalactic shopping store, with its walkway, The amazon bubble is near, Leap into a portal, And drive along too, In this centre as the town, You'll see the old buttercross, And the new statue too, Welcome to Swaffham, where all your intergalactic dreams.

Swaffham in 20 years

As we end of the day... on the rising water... For now we can just dream... Having our class on Swaffham's future... After all none of us are fortune tellers... Maybe we are right; maybe we're not, the future is unpredictable.

Junior students at the Nicholas Hamond Academy created their vision of Swaffham in 2044.

Swaffham will be aware of pollution and try to make the town more eco-friendly.

There would still be fields for farming and the buttercross would still be there. The houses would be replaced with apartments and windmills.

In all of the car parks there would be places to charge electric cars. The townhall would be changed into a factory. There would be mini woods and an exercise section at the town for shops.

On my trip to Westfield's Care Home in Swaffham I had the privilege of meeting Ian, a very nice 79-year-old who has 3 children and 3 grandchildren. He left school early (before he did his GCSEs) to join the RAF where he worked with planes. He enjoyed working in the RAF. Ian talked about lots of things that he saw when working in the RAF and apparently, he saw something that looked like a UFO!

Ian told me that he met the Queen Mother and he enjoyed talking. She seemed interested to hear what everyone had to say.

During their life, my person went to a public school and enjoyed studying. During Queen Elizabeth's reign, she had passed laws to help young girls get better education and have a chance to play sports and other curricular activities. My person got a chance to play netball with her friends and get more education.

My person also expressed, "During World War II, Princess Elizabeth and Princess Anne were evacuated from the Palace as they were in risk of getting bombed. They were evacuated to Windsor Castle and they gave a speech which my mother and father were watching on the tele."

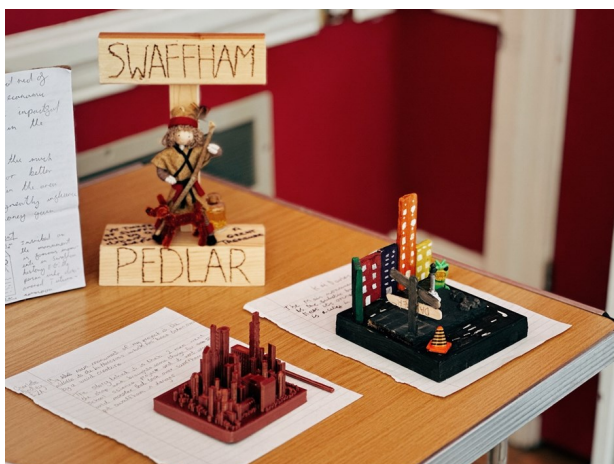
She used to go on lots of holidays around the world like California and Canada. Her favourite was Canada as it was peaceful and calm. She told us about lots of her life experiences.

She also told us about her meeting the royals when she was in school.

She also gave us some advice to not take your parents for granted and always make the most of your time with them.

She met the queen when she was quite young at her primary school and shook her hand. She said that she was quite cold, but very nice and sweet.

I loved to learn about their lives and experiences. They told us about their heritage and family as well as lots of events from their lives and advice they wanted to tell us. Both me and my partner enjoyed talking to them and it was very interesting to talk with the rest of our group about what we all learn. I think it is really nice that we got to meet them and get advice. We were told by the people we were talking to that, we should do the things we enjoy while we are young and to never take our parents for granted. We learnt how much family meant to them and their memories from New Year's Eve in Scotland. I think I speak for all of my peers when I say that I really enjoyed my visit and I would love to return to learn more from them.



SWAFFHAM YOUTH LITERARY FESTIVAL



You will recall the recent project our younger students in Year 8 undertook as part of the Youth Literary Project in the town.

Following a workshop with a guest author Belona Greenwood they produced some truly excellent work. This was displayed by various participating businesses in the town with a Prizegiving at the Assembly Rooms to a packed audience.



Winners in the various categories , judged by local author Polly Crosby, were:-

Most Outstanding Story

"Today was the harvest festival, it was amazing with all the songs, the lime green corn maze and the stories. There was also a dress up party so I look like a ridiculous farmer. On my way back I realised I forgot to buy groceries so I need to buy them at this time of night annoyingly. Wow, there finally are parking spots and it looks almost lifeless. The moon is blood red and honestly pretty spooky. As I walk into Tesco's it seems strange, abnormal even. oh well, must be my mind after that harvest party. While There's a sort of sound coming from the grocery isle, this must be a prank, right?"

As I walk to the grocery isle, I can see the same of the supernatural, pumpkins? There shaking, sizzling and they seem like they're being fried, but they're on the floor. Parts of the pumpkins are cracking and this is making me quite scared. As I flee to the back of the isle, I hide behind a rack of savoury foods. Somehow, the pumpkins are alive... I've done martial arts in the past but not enough to know what I'm doing. I ran to the cooking section in one of the isles and low and behold, man's best weapon n, a frying pan. Hopefully, stainless steel so I can use it after bashing all the pumpkins. I grab a litre of cooking oil for emergency purposes, could be useful. As I turn around, there must be about 2 dozen pumpkins at the top of the isle. Its dead silent" (Archie)

Most Original Idea

The Chicken Tragedy

"I was clucking my way over to some worms until I heard the rumbling of a tractor. I knew there was no way I would survive. I had to do something. I started pecking at wire fence as fast as my little head could peck. But it wasn't enough. I was picked up and put in a cage along with some others. I heard all the screaming and clucking. But that was the last thing I remember..."

Now I'm back here. In the same coop. What happened to me? Am I still me? How am I here? Am I dead? All of these questions I need answering but yet again I hear the rumbling of a tractor. There must be a way I can get out of this. There was no point in pecking the fence as that didn't work last time. So, I tried the door. That was locked. There was nothing I could do. I was picked up and put in a cage along with some others. But this time something was different. There was no clucking and there was no screaming. But that was the last thing I remember..." (Theo)

Made Me Smile

"I was too focused on saving harvest 2024. I waited for the signal from Lucia, which I heard on the walkie talkie about 1 minute later and pushed the hand break down and as I stomped my foot on the clutch, listened to the engine roar and sped off through the maze. At 40mph, I charged over the scarecrows, the crunch was like music to my ears knowing we had succeeded in our mission.

As the sky turned orangey-red, with pride in our wellington boots, we headed home. As we walked through the door we waited for the 'AND WHERE DO YOU THINK YOU HAVE BEEN' and there it was. We simply said in unison, "You can thank us later". Whilst they held confused faces we giggled and ran up the stairs. Harvest was saved". (Isla)

Most Interesting Characterisation

"Whilst rolling down, I was still pondering how I even tripped over a tiny piece of bark even though a tree isn't even close to the centre of the field. Suddenly, I was slowing down. Thank God. I felt sick from all that rolling. I randomly was laying on my back, with my face looking directly at the clear sky.

But, unlike all those other authors, thinking about lovey-dovey stuff, I was wondering who the sky was so clear in the middle of autumn. It's England. We barely get any sunshine for a split second, let alone more than fifteen minutes". (Ella)

Most Vivid Description

The Old Farm

"Malla stumbled into the farm. The sky turned grey and the air fogged up. The trees had lost their leaves and the wind howled. There were thistles decorating the land. There was a loud creak from the old farmhouse in the distance.

Malla jumped and slowly walked towards it. The ivy ran up the wall and the grass was too high to see over. Malla walked closer, pushing the grass from her eyes. There was a rocking chair rocking back and forth slowly.

There was a hand resting its self on the edge. It was limp and pale". (Willow)

Dynamic Dialogue

"ROSE KAY GREEN you better get your butt out of bed before I put you on poop duty and you won't be able to join in on harvest!" Dad shouted. "But Daaaaaaad I don't want to." Replied Rose. "Well, you have to, this is your life and family legacy so you're just going to have to put up with it" stated Dad.

I really think he's crazy sometimes me joining in on harvest. NEVER. I mean you get dirty; you're working for hours on end just to sell most of it off. I just don't see the point. Well Dad's always going on about our family legacy but we've already been doing it for years. Can't someone else just do it"

"Rose hurry up! I want you to the fields near the graveyard and I expect that it is all finished by the time it gets dark. And that's final" said Dad beginning to get angry". (Isabelle)

POETRY BY HEART

Our keen English students took part in a poetry recital where they had to each learn two poems (one pre 1914 and one written post 1914) and recite them at the academy competition which was certainly no mean feat. The winners were filmed and the video uploaded to the National Competition run by Poetry at Heart. The competition is aimed at developing confidence with poetry in an enjoyable, accessible and engaging way and is open to students from KS2 to KS5.

POETRY BY HEART

The academy winner was Tia from Year 9 who beautifully recited the poems 'Remember' by Christian Rossetti and 'Russian Doll' by Rachel Rooney. The students have been entered for the official national competition and finalists from each region will be announced at the start of May.

IN OTHER NEWS...

Prize Bingo Evening

Our Year 11 Student Leaders organised a prize Bingo Evening open to all and it was a huge success. The hall was packed with guests with 'dabbers at the ready'.



The evening raised the over £700 towards their prom which is taking place on 4th July this year at The Knights Hill Hotel, in Kings Lynn.

The students are very grateful to those who came along to join in the fun and contribute towards their big night!

Recognising achievements outside of school

Finally, we love to hear about our students' achievements and interests outside school and we are proud of this young man who recently shared his story with us.

One of our youngest students Harrison (Year 7) was invited, along with other members of the Kings Lynn Mountain Bike Club, to hand over a cheque for the incredible amount of £7,589.30 to the East Anglian Air Ambulance.



The club organised a charity Mountain Bike XC race, held in Shouldham Warren earlier this year. Harrison helped to set up the course by sweeping/clearing the trails and putting race signs up. It meant a great deal to his family to meet the crew, and to thank them in person, as if it hadn't been for the EAAA, a member of his family would not be alive today, after needing their assistance after a medical emergency.