

#TNHA WAY



The
Nicholas Hamond
Academy



May 2024

 TeamNHA

 TeamNHA

 @TeamNHA

PROUDLY SHARING OUR NEWS



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



PRINCIPAL'S POST

It is something that I will regularly say but I think this month's newsletter perfectly captures what I believe our academy stands for. There is a focus on the academic side of the academy, with work in humanities in the spotlight. In recent years the progress our students make in history and geography has been strong and this has been supported by a well thought out curriculum at Key Stage 3. There is then reference to the wider activities and opportunities that our students have in the academy, with articles about the work that some of our students have undertaken with the Jon Egging Foundation from RAF Marham, reference to the Duke of Edinburgh Awards as well as involvement in the Youth Parliament. This is rounded off with the fund-raising articles about our students and staff supporting both the Big C Appeal and Cancer Research. For me, this perfectly encapsulates what we stand for as an academy.

This is further supported by the news that Jackie Rawson, one of our academy teaching assistants, has been shortlisted for the TES Teaching Assistant Awards, which is a set of national awards aimed at people who work in education. Any of our students who have been fortunate enough to work with, or be supported by, Mrs Rawson will understand how invested she is in wanting to help our students progress and this nomination is fantastic recognition of the brilliant work the Mrs Rawson has done and continues to do.

Finally, the brief article on the history of our school, referencing what the school was like in the 1930s is a fascinating read. It also highlights the place of the school in the community in the 1930s and how the school at the time was integral to the town. Whilst I appreciate the physical location of the school has changed, I hope that by providing our students with the all-round education and experience that is evident in this newsletter that our students will be valuable citizens to their town and communities well into the future!

Mark Woodhouse

CHAIR'S CORNER

We will be celebrating on the 17th July all the successful achievements that our students have acclaimed for themselves and it seems fitting to announce two new awards that will be presented.

The Strictly Theatre Foundation have kindly agreed to donate a trophy for the best dance creation by any students who want to enter the competition after half term. I'll be coming into school to give the students the rules and guidance as to how they can proceed!

So, there are more exciting things ahead to get involved in because it's not just dancing, it's the creativity of music choice, costumes make up, lighting design and video recording of the dances that will be included.

The Strictly Theatre Group create many of the dance tours around the country and abroad and the foundation has been set up to fund students who are seeking to go into a career in the Performance Arts areas.

The second award is The Bertrum Heyhoe Award for the unsung student who has worked with tenacity and resilience across the whole school curriculum. Mr. Hatfield, Director of Drama, has all the details of who Bertrum Heyhoe was and Richard Winch who is well known in Swaffham, has kindly donated and will present this trophy.

Helen Warrick-Evans

FACULTY FOCUS - HUMANITIES

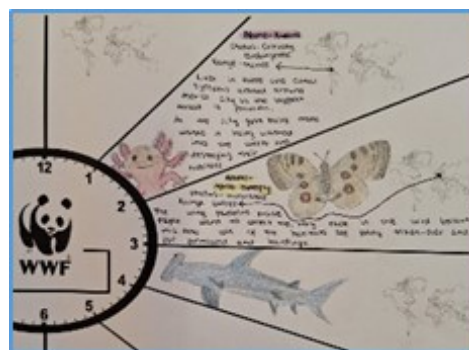
Geography

The Geography Department has been looking at a wide range of issues from around the world.

Our Year 7 students have been working on the theme of 'Fantastic Places' which explores geographical issues from Australia to the Maldives and investigates topics such as the local impacts of increasing global temperatures.



Students in Year 8 have been studying the World's Ecosystems; in particular their fragility and what we can do to protect and conserve them.



We have also been looking at wildlife conservation and each student has investigated an endangered species individually.

Year 9 have moved on to study the Boreal Taiga forests which occupy huge parts of the Northern Hemisphere and are in fact a larger biome than the Tropical Rainforests we have recently been studying.

Our GCSE students in Year 10 have really been focusing on physical geography, and have just completed Rivers and Coasts and are now moving on to 'Development Dynamics'.

History

In History students have been working on several exciting topics.

Our youngest cohort in Year 7 have been studying the impacts of the Black Death on Medieval Europe and those in Year 8 have been analysing the events of WW1 and assessing interpretations of these major events.

Students in Year 9 have been working through the early Cold War and what caused tensions to rise between the East and West. The Year 10 GCSE cohort have been working incredibly hard studying how medicine has developed over time.

In both subjects Year 11 students have been revising and attending extra revision sessions in order to gain the best grades possible in the GCSE examinations currently taking place.

The department also runs a successful and well attended extra curricular Horrible History club for KS3 every Monday lunchtime. (It's truly horrible!).



Coming up!



A group of Year 9 students are going on a trip to RAF Duxford to learn about the events of WW2 and the Cold War by studying the artefacts on display there.

A MOST WONDERFUL HISTORICAL FIND

We were delighted to have been contacted recently by a member of the public, who is a collector, as he had recently acquired a wooden gavel and sound block with a memorial/tribute plaque to a Master at the old Hamonds School (1931 – 1958) - a Mr. Ike Jones.

After contacting the Hamonds Educational Trust we were able to find out the following which is an excerpt from a book 'A History of Hamond's High School 1736 - 1986' by John R. Gretton, which gives a flavour of Mr Jones' time at the school during his term as a teacher (joining the staff in 1931 to become Deputy Headmaster and leaving the school in 1957 and spending his retirement years in Norwich). It makes the most wonderful and interesting reading and we hope you enjoy the following as much as we did!



"I was the first specialist PE master. There were compulsory games on Thursday and Saturday afternoon, rugby in the winter and cricket in the summer. There were rugby matches against Downham, Thetford, Diss and Fakenham Grammar Schools. Staff often played alongside the boys in matches against local clubs such as RAF Bircham Newton. Cricket was played against many of the local village teams. At Sports Day the town band played and local shopkeepers contributed towards the expenses. The judges included local business and professional people as well as the staff. The prizegiving was held in a marquee after a good tea and other refreshments. Mr. Hendry looked after the playing field and before he had a motor mower he used a horse-drawn one and the horse wore leather boots to protect the turf. The Gym in the 1931 building was strictly for PT and no-one was allowed on the floor in ordinary shoes. It was Mr. Purdle's pride and joy and he had the floor polished regularly. It was only later, when Mr. Welburn succeeded him, that the Gym was used for assembly and other functions. The Gym was used once during Mr. Purdle's time for a special function: the Bicentenary Celebration in 1936. The upper floor housed the Physics Lab and VI Form room (later the library) and on the flat roof was housed the telescope given by one of the school governors. This was looked after by Mr. Erricker (Physics) and much used by the borders and town boys in the evening.

Mr. Brett organised the school orchestra which played for the school plays which in turn were run by Mr. Edwards (English/History), ably assisted by all and sundry including the staff wives who usually saw to the costumes etc. These plays, which were put on in the tin hut were always well patronised by the towns people as were all school functions. The school was an integral part of the town. The tin hut as used in many ways: the woodwork room was at the far end and the day boys ate their mid-day sandwiches in there. The staff had many duties: taking boys to the station, pre-school and dinner time supervision and accompanying teams to away games. The boys wore uniform at all times and had to raise their caps to acknowledge staff and anyone else they recognised in the town. The Headmaster lived with his family in the School House (there were three Purdie boys, of whom two were killed in the war, one in Singapore and one in North Africa).

For most of World War One I was away but for the first year or so when an air-raid happened during the daytime the procedure was for everyone to stay put while I rushed to the flat roof of the Gym to keep a look out for raiders. If I spotted one, and it did happen once when a Heinkel flew low over the town, I blew a whistle whereupon the drill was for the boys to hide under their desks. Usually of course no-one took a blind bit of notice and carried on."

TEAMWORK, LEADERSHIP & RESILIENCE







One of our most welcome and regular visitors is the Jon Egging Foundation who work with groups of our students building teamwork, leadership and communication skills. This month has been particularly busy and students have had the opportunity to visit the Guildhall in Kings Lynn where they had the chance to experience stage management, lighting and sound followed by a full tour of the 600 year old building. They then read through a production of Macbeth which culminated in a performance on the main stage.

Students were also able to visit RAF Marham, which is always a very popular destination, working with a team of instructors on a mixture of activities. A group were also visited by Offshoot who came into the academy and enjoyed producing film trailers!



IT'S ALL ABOUT NUTRITION



Design a Meal Competition | Entry Sheet

Entry Sheet

Design a healthy, balanced and tasty meal to fuel a Team GB or ParalympicsGB athlete at the Paris 2024 Olympic or Paralympic Games.

Your meal could win you a trip to see the athletes in action at Paris 2024 this summer!

Which Aldi Athlete Ambassador is your meal for?

Max Whitlock - gymnastics

Draw your meal. Label each ingredient.

Avocado & Spinach Pasta Sauce:





Whole-wheat chicken and bacon pasta, with egg

Fruit Salad: oranges, Banana, Pineapple, watermelon, apple, Guava, Kiwi, Blueberry

Fruit water:





with an avocado-spinach sauce and Salad with lentils.

getseteatfresh.co.uk/designameal | #GetSetEatFresh

Year 8 have been learning about digestion and food groups recently in Science. Students had an opportunity to enter the Aldi 'Design a Meal' Competition for the Paris Olympics.

They researched an athlete and designed a nutritious meal that would fuel them before their sport.

Design a Meal Competition | Entry Sheet

How is your meal healthy and balanced?

I have used wholewheat pasta which is a good source of fibre and energy and also keeps you fuller for longer. I have also added chicken as they are low in fat yet high in protein and salad with lentils. I have added a spinach and avocado sauce which goes well with pasta and is another one of your 5 a day. I have made a fruit salad which includes vitamin A, C and E and is full of minerals, antioxidants and fibres.

How will your meal suit your athlete and help them perform their best?

I do gymnastics and therefore know to perform at my best I need to eat enough carbohydrates to have enough energy which I usually get from pasta, and need to have enough protein for muscle growth and repair which is most common in meat-like chicken. Chicken pasta with salad is slightly boring so I always add an avocado-spinach sauce to give it more flavor. Sometimes I add some eggs. I always have a fruit salad for dessert to make sure I have my five-a-day and a fruit water as it is full of antioxidants, this meal always helps me perform at my best as it is full of all the nutrients I need.



Design a Meal Competition | Entry Sheet

Entry Sheet

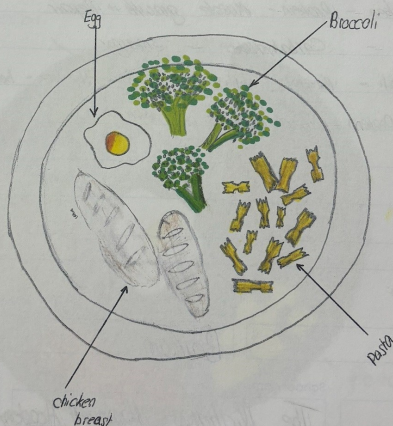
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Which Aldi Athlete Ambassador is your meal for?

Max Whitlock

Draw your meal. Label each ingredient.



Design a Meal Competition | Entry Sheet

How is your meal healthy and balanced?

Good Protein; ~~minerals~~ minerals, carbohydrates and Fibre. It is a good meal for Max Whitlock as it provides lots of vital Nutrients like protein and minerals. The protein will be good after a long day of swimming to help with muscle growth and repair.

How will your meal suit your athlete and help them perform their best?

Chicken - Protein - Muscle growth + Repair
Pasta - Carbohydrates - energy
Broccoli - Minerals - Antioxidants - Anti-inflammatory - heart health
Egg - Protein - trace amounts of vitamins

IN OTHER NEWS ...

Duke of Edinburgh Silver Award

A group of Year 10 students completed their practice Silver Expedition on the hottest weekend of the year so far!

They safely navigated their way around the countryside, cooked themselves a delicious evening meal before sitting around the campfire in the evening enjoying 's'mores' and chatting.

We wish them well for their qualifying expedition which will see them spend three days walking and two nights camping at different campsites in unfamiliar locations, carrying their bags and using the skills they have practised.



YOUTH PARLIAMENT

We are proud to congratulate Sarah (Year 11) on her position as a Deputy Member of Youth Parliament. With a strong campaign, Sarah received 1,941 votes. She is representing West Norfolk and Breckland and her responsibilities include engaging in meetings to advance support mechanisms for the Youth and playing her part in ensuring the Youth voice is heard, recognised and acted upon. She was presented with her certificate at a ceremony at Norfolk County Hall recently.

Sarah aims to be a positive role model with an emphasis on how her peers can involve themselves within politics and to ensure their concerns are given the attention they deserve.



Local Rugby

Five of our Year 8 students have been part of the Fakenham Rugby Club this year. We would like to give a big 'well done' to them all.

The Club are looking to increase awareness and would be happy to hear from any young aspiring rugby players.



Minigear Fundraising

Sam, in Year 7, took part in the recent Mini GEAR event in Fancy Dress raising over £325 for the 'Big C'. We, along with his friends and family, are incredibly proud of him. Sam has explained why he took part.

"I am running the 2024 Mini GEAR in fancy dress to raise money for Big C, because I want to support people affected by cancer. Like lots of others, my family has been touched by cancer recently, and I know how important it is to be able to support those affected as much as we can."

"This year I want to run the Mini GEAR dressed as Axl Rose because anyone who helps people with cancer is a rock star!"



Race for Life

The TNHA Team took part in the Race for Life', as they do each year, raising money for cancer research in memory of a much-loved academy colleague and friend. This year they were joined by some of our newer members of staff and raised over £1294 (and counting...)



What a fantastic achievement by all!



CONGRATULATIONS JACKIE!

**Pride in our Truly
Inspirational
Colleague!**




“Students
are at the
forefront of
everything she
does”

“Worthy
of recognition
amongst her
peers”.

Jackie has been
shortlisted
for
the TES Teaching
Assistant Awards
in June!



Tes Schools Awards 2024



DATES FOR YOUR DIARY



Monday 27th May 2024 (Bank Holiday)

Tuesday 28th May to Friday 31st May 2024 (Half Term)

Friday 28th June 2024 (Staff Training Day)

Friday 19th June 2024 (Last day of Summer Term)