

#TNHA WAY



The
Nicholas Hamond
Academy



Spring News 2025

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PROUDLY
SHARING
OUR
NEWS



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



PRINCIPAL'S POST

It feels like this term is disappearing very quickly. This is traditionally a very busy time of the year and whilst lots of the focus will be on trying to support our Year 11 students prepare well for their exams there is also lots for the other students in the academy to engage with.

With regards to our Year 11s, the way they have approached their exams this summer has been a really positive example to the other students in the academy. There has been lots that they have done to best prepare for these final exams but what has impressed is their positive attitude despite all the pressure that this point in their education may bring. I think it is sometimes easy to forget the amount of pressure that our Year 11 students will feel as they go through these final exams but they have embraced this challenge and as we approach the half way point in this exam season the students can be incredibly proud of how they have conducted themselves over the last couple of weeks. As we approach the final half term of the academic year, we traditionally use this time to start thinking about the new academic year and ensuring our students and staff can both finish the current year well but also have all the foundations in place for the new year in September. We will be working with our students about how their current work and approaches will support how they progress into the new academic year, and we will want to continue to challenge them to raise their expectations of what they can achieve. This newsletter highlights some of the brilliant work, skills and talents that our students have and we will want to ensure that they have plenty of opportunity to build on these both in the short term but also as they think about their futures.

There is no question that the next half term will be filled with lots more for our students to both think about and engage with and I have no doubt like our Year 11s have done towards their exams, the rest of the academy will embrace these opportunities as they arise. I hope you all have a restful half term break and look forward to seeing our students after the holiday ready to have a positive end to the academic year!

Mark Woodhouse

CHAIR'S CORNER

With the end of the school year almost on the horizon, and the Year 11's well and truly in exam mode, this half term seems to have passed in the blink of an eye. As a group of governors, we have been in school for our usual visits, meeting teachers, staff and students each time we are in school.

The most recent Student Leaders' meeting was a pleasure as ever, and thanks to Miss Atkins for arranging this. It was great to give the students feedback on the points they had raised, and make them feel invested in school and that their voice matters. It's fair to say there is still work to be done around the consistency of positive and negative rewards in lessons, as well as homework being more structured and timetabled. However, I know that Ms Atkins is already looking at these areas, and I am confident things are moving in the right direction, all thanks to the views of the people that matter, the students. The second catchup for the young carers took place with a group of governors attending, with Sally Palmer bringing her skills in block printing to the group. I am so pleased that the academy is recognising this group of students, all of whom are so deserving of the extra support from both their peers and the academy in general. I know the next catch up is this week, so as a project this grows from strength to strength. A big 'thankyou' goes out to the Benjamin Foundation for all of their support and involvement with these students and the academy.

This week governors are attending the graduation ceremony for those who took part in the Blue Skies Project, this takes place at the Swaffham Assembly rooms, I hope all those involved have a great time, and I look forward to hearing about it in due course. Finally, with the exams in full swing, on behalf of all the governors, I want to wish all the Year 11 students huge luck, and that they do their best and achieve all they can, at what can be a stressful time for them. I know the academy has been doing all they can to put the students in the best position to achieve, and we look forward to results day in August! I hope you all enjoy the Whitsun week off, and the weather stays kind.

Simon Conner

NEWS FROM MFL

Our Modern Foreign Languages Team are pleased share the following news regarding our students studying Spanish and French.

In Spanish our youngest students (Year 7) have continued to extend talking about themselves, discussing what they like to do in their free time from activities on their phone to sports they play. They have successfully undertaken a Speaking and Reading assessment on this and previous topics. A big congratulations to those with fantastic results, it was great to discuss these at Parents Evening earlier this half term. Students are currently learning about school and giving opinions about their subjects in Spanish.



Our Year 8 French students have also been talking about their free time in the last term. We have discussed different types of films, TV shows and music, even having some French music lessons where students have reviewed popular songs from the French speaking world. We are really pleased with the high engagement from our students in this topic, and no doubt this will continue as they go on to talk about their favourite sports.

Year 9 have been further extending their knowledge about family relationships. They successfully recapped how to describe family members in Spanish, along with their personality and appearance. They have now gone on to describe what activities they do, have done and are going to do with their family members. We will soon be preparing Year 9 for their end of KS3 assessments, which will determine the progress they have made in their three years of Spanish so far.

Year 10 have just completed studying a large unit of holidays in French. Not only can they talk about where they went, who with and for how long, but also details regarding the journey to/from their destination, the accommodation and reviewing places they've visited. We are now approaching the mock exam period, for Writing, Reading and Listening skills, so we wish the students '*bonne chance*' with their upcoming revision.

Finally, a big '*felicidades*' to our Year 11 Spanish students who successfully completed their GCSE Speaking exams at the end of April.

It was clear that lots of effort went into preparing for this exam, and Ms Keeble and Mr Janes are incredibly proud of their final attempt at this skill. We will wish them all the best for their final 3 GCSE Spanish exams, with a finish date of Tuesday 17th June!



SAFEGUARDING OUR STUDENTS

Who are the Safeguarding Team at The Nicholas Hamond Academy?

The Safeguarding Team at TNHA includes all staff, it is everyone's responsibility to safeguard children at school, however we do have designated safeguarding staff. This includes Ms Jones our Safeguarding Manager and Mrs Mayes our Designated Safeguarding Lead, both of whom have a wealth of knowledge and experience of working directly with children and safeguarding them.

Their role is to oversee and ensure that all policies and procedures are followed in order to ensure the children at school are safeguarded and provide training and support to staff to enable them to do this. They identify children whom they believe need some additional support in their life and work closely with TNHA staff and external agencies who provide this.

The team provide a safe place for children to share any worries and help them to resolve these and identify the best way forward in order to ensure they are safeguarded. This applies equally to parents and carers who can contact the team on the main academy number should they have concerns.

This month the team would like to share some excellent links for parents and carers giving information about keeping children safe on line and when using a mobile phone. Sadly, we have seen an increase in internet and phone abuse. Assemblies have been held in order to share the seriousness of this behaviour and that any form of abuse either on line or over the phone is a criminal act. Therefore, as a school we would be grateful if parents/carers would also re-enforce this message to students along with educating themselves around how to keep children safe online and whilst having a phone.

What can Parents & Carers do?

Some current slang words and symbols used by children and teenagers have started out as language used in online communities where people have extreme views. Just because your child uses these symbols, does not automatically mean they are accessing harmful online spaces. Your child may also not know where the words or symbols originally came from or how harmful they are, but they may be influencing their thinking. However the risks are very real and your support and guidance as a parent or carer are really important. Here are 7 things you can do:-

Be Curious, Not Confrontational – Ask open questions like, “I heard that emojis can have hidden meanings. Do you know about this?” Keep it light and friendly.

Create a Safe Space – If your child fears getting into trouble, they won't share. Let them know you're there to listen, not just to tell them off.

Learn Together – Ask them to explain their online world. What do symbols mean? Who do they follow? Instead of guessing, just ask.

Encourage Smart Thinking – Help them question what they see online. “Why do you think some people push this idea? Who gains from it?” Teach them to think and ask questions, not just follow.

Check In, Don't Spy – Honest chats work better than secret snooping. Make online check-ins a normal part of parenting, not just a reaction to problems.

A Talk About Online Tricks – Explain how harmful groups try to make young people feel special, luring them in with what might seem like secret information.

Boost Their Confidence – When kids feel happy and valued in real life, they're less likely to look for approval in risky online spaces.

Having open conversations with your child about their online activities is one of the best ways to help keep your child safe. Starting with positives like *'what do you enjoy doing online?'* and asking questions like *'if someone was being mean and everyone was laughing, what would you do?'* are great ways to start without making your child feel judged. There's a lot of advice for parents and carers online and here are a few examples you may find helpful:

Mumsnet: In collaboration with experts, Mumsnet offers conversation starters designed to make it easier for families to talk about online safety, encouraging open dialogues around the dinner table.

<https://www.mumsnet.com/>

Parent Club: Highlights the importance of integrating online safety talks into everyday conversations, ensuring children understand the significance of staying safe online.

<https://www.parentclub.scot>

EE PhoneSmart: Provides tips on opening dialogues about online safety, encouraging children to share their online experiences and discuss potential risks.

<https://eephonesmart.co.uk/>

Barnardo's: Provides guidance on age-appropriate conversations, tailoring discussions to your child's developmental stage to effectively address online safety concerns.

<https://www.barnardos.org.uk>

COMMUNITY PROJECT

Our students were very excited to be part of the Swaffham Youth Literary Project which included four schools, the Hamond Educational Trust, Breckland Council, the Icen Partnership, the Cultural Consortium, Swaffham library, and the Swaffham Museum. Students were able to showcase their talents in creative writing based around the people of Swaffham during WW1. Their work was part of an exhibition displayed in local shops and Assembly Rooms.

A prizegiving and Celebration took place on 26th April with Mr. Hull FRCS presenting prizes along with actors Dawn Funnell and Callum Adkins. Members of the public were able to view the work which is now held in the Swaffham Museum Archives for schools and members of the public to read.



We are delighted to share with you some excerpts from the amazing work of our Year 9 students.

Shellshock

"It was a wet and cloudy day. Distant thunder rumbled out the window. Rain began to quietly run down the glass. The groans of many men echoed through the halls. It was not the brightest of places to give aid to the wounded, but we needed some place quiet to give the honourable men refuge and peace from the monster that is war. Lightning outside lit up the room for just a second, giving other nurses a chance to see better. Then came the fierce roars of thunder. A crash struck through the sky, sending soldiers yelling and crying, some hiding under their beds and others running and ducking in a corner. I rushed to help without even thinking.

I hesitantly walked over to a man in the corner of the hall. He had thrown himself onto the floor, his entire body shaking violently. His fists were clenched and he had a shaky breath. It took me a moment to recognise who he was. Leonard Seaman. I used to tend to him when he was sick as a boy. He was not the man he once was. The war had changed him, destroyed him. Now all that is left is a broken and vulnerable boy in need. I approached him slowly. "Why, Leonard, is that you? Are you all right?" I asked gently. That's when he looked up at me. His eyes were dilated with relentless fear. In a quick movement, he reached out and grabbed my sleeves. Leonard's nails dug into my skin. I winced. "Get down!" he yelled into my ear. "B-b-bomb! Get down!" His voice was slurred and he frequently stuttered. "It's okay," I assured him, though I wasn't sure if he heard me. "D-D-Death, death! Everywhere I-I-I go! I must get t-t-to safety. Come!" "What has happened?" I try to understand what had occurred to make him like this. "Keep focus a-away from bod-d-bodies. The rats feed-d-d on them. The rats f-feed on me,"

Phoebe

WW1 Diary - Edward

"It all started when... My soggy fatigued feet dragged along the squelching ground of the trenches. My boots were heavy and my hopes were high. What I was promised; a label of true dignity and a noble man of his country, had been a mask for a howl for help and a bloody fight that included loss and endless fighting until you can't anymore. Planning was required in the day and gun shots were hidden by the unpromising tomorrow of the night. I can remember each dreadful night, anxiously waiting and staying alert for a shell, or even just the slightest sound from the other side of no mans land. I would write to my mother, describing how luminous this opportunity had been and enforcing the fact that there was no need to worry about me; that I was perfectly fine. Although I knew that was wrong. I was skinny and malnourished, often rather nasty due to my lack of food. All the time I had this awful sense of disgust toward the trenches. They had a potent stench of human faeces and rotting rats. Many people got infections and became very ill because of the conditions; I was one of its victims though thankfully, I was able to recover swiftly. I was more disgusted though, not by the ugly rodents or stench, not by the conditions or dreadfully heart-breaking dead bodies scattered all over the place, but the fact that I was lied too greatly. I was stripped away from my friends and even so, my family! Abandoned in a place in a whole different country and expected to act like everything was fine when friends I'd made were being shot and blown up. I began to have horrible nightmares; you wouldn't even believe. I was terrified to go to sleep, even rest my head for 5-minutes; scared that one of them will come true.

One afternoon in late November, the brisk rain poured dry. I was numb; not a feeling in sight. I trudged along through the trenches and smoked cigarettes that seemed to help numb the pain. Soon afternoon became evening, and evening became midnight. I was resting against a crumbling block of dirt. Space was tight and I could hear my own breath heaving. In and out, in and out. It was then when everything was peaceful. No sound could be heard except the snoring snoozes of drained soldiers; but then it wasn't..."

Jasmine

Fallen Soldier

*I fall and I crumble,
I rise but don't succeed.
My body is moving to somewhere that can't be seen.
I trudge and I stumble,
For I cannot bear the weight,
The lives of innocent are destined in my fate.*

*A cast of sudden sickness,
From the rodents that run by.
These trenches are unforgivable
As death continues to rise.*

*One step forward, we begin to march,
Everything we once believed beckons in our past.
We have to put our hearts aside
And listen to our heads.
We've come to make our country proud,
I won't settle for anything less.*

*And for my parents how I love you so,
This war has been tough and that you already know.
I have travelled far and it's all for you
As far as I know you've done your part too.
I have to wrap it up keep it short and snappy,
But prove my love because its for you two only.
I will protect you forever, no matter the risk
I love you Ma and Pa – your son Nick.*

*As we reach Qualat Jabbah I fear my time is up,
This battle is unheard of,
I've been left in the others dust,
October 26th is forever where I lay,
Died and buried in the very day.
Now we see the words of my friend,
Left for my parents to know I've reached my very end.
"I was with him up to the last and he completed his bit,
as a brave soldier should." My dear, dear Nick.*

Isabelle

IN OTHER NEWS...

TNHA Students visit RAF Marham

As part of our ongoing partnership with the Jon Egging Trust a group of our students had the opportunity to visit RAF Marham recently where they enjoyed several activities designed to develop their leadership skills.



Dancing with a 'Twist'!

Our students have recently had the exciting opportunity to enter TNHA Dance Competition 2025. The theme was 'dancing with a twist!' Students took part in a dance festival which was lead by 3 different dance teachers offering street, hip hop and musical theatre. From this, they then created their own routines in line with the theme and performed them for judging in the last week of term.

It was great to see such a wide range of dance styles across students from all years. There were costume changes mid dance, props being used, remixed music and face paint to name just a few exciting 'twists'. All involved should be very proud of their achievements.



Bookmark Competition

As part of our World Book Day Events, students designed bookmarks as part of our competition. We were pleased to receive several entries from across the academy with the overall winners being chosen by staff.

The winner was 'Cat Paws' by Willow, (Year 9) second place went to Lucia (Year 9) with 'Dream Tree' and 'Pooh' by Emily (Year 7) won third place.

Willow's winning design is to be printed by our professional printing company for use by students in the academy library marking their place in their favourite books.

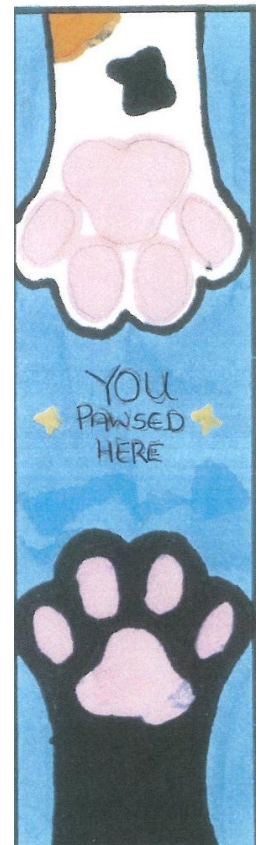
Ellie is European Champion



We are proud to share the news that Ellie in Year 7 recently became European Dance Champion representing the UK.

Ellie has had huge success in all her other competitions, becoming England's top under 12 Ballroom and Latin dancer.

Naturally her biggest achievement to date is winning the European Championship. Well done Ellie - your hard work has paid off!



VE Day at TNHA

Students and staff held a two minute silence marking the 80th anniversary of VE Day (Victory in Europe) along with remembering those who did not return.

The academy was suitably decorated in various areas to highlight the importance of the day.



Car Park

Those local to Swaffham will of course have noticed that we are currently undergoing work in our car parking area. The contractors are on site to erect 26 solar catchers (a car park canopy with a solar PV roof and integrated EV charge points) allowing those with electric engines to charge their vehicles.



This is delivered at no cost for public sector organisations and represents a clean renewable system and source of energy.

Fundraising for Charity

Sam in Year 8 is taking part in the 'Future Outlaw Holkham' Junior Challenge 2025 in July dressed as a pirate in aid of the Big C (Children with Cancer).

The pirate theme and inspiration came from his rugby team's recent tour to Hastings, where they all dressed up - apart from one of his teammates, who couldn't join in because he's facing his own, much tougher challenge. Well done Sam!



Amidst blue skies, a team of staff from the academy took part in the Race for Life at the Norfolk Showground, in memory of a member of our staff cruelly taken from this disease.

They raised a considerable amount of money for this fantastic cause and we are immensely proud of them!

The academy is closed to students as follows:-

Monday 26th May to Friday 30th May for Spring Half Term
(Students return to week A of the timetable)

Friday 20th June for our Staff Training Day

