

# #TNHA WAY



The  
Nicholas Hamond  
Academy



## February 2026

 TeamNHA

 TeamNHA

PROUDLY  
SHARING  
OUR  
NEWS



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



## PRINCIPAL'S POST

This issue of the newsletter coincides with the halfway point in the academy year. Whilst at times the Autumn Term can feel like it is never ending, this first half term of the Spring Term, feels like it has disappeared in the blink of an eye. Set against the backdrop of some of the wettest and dreariest weather we have had for a while it has been brilliant to see all the opportunities that have sat alongside the academic studies that have given our students ample opportunity to really shine, irrespective of the weather outside!

This time of year, also continues to see all the colds and coughs associated with the winter months impact what students can do. You will undoubtedly understand the importance of students having good attendance and there is plenty of data that shows a very strong correlation between attendance and good achievement at the end of secondary schooling. This is not just about Year 11 but is also about the learning that takes place from Year 7 onwards and building really strong foundations to allow students to have the platform to build and extend their knowledge and understanding. Whilst we understand there will unfortunately be times when everyone succumbs to the dreaded illnesses that float around, we do encourage our students to do all they can to get themselves in and into their lessons, even when they are not 100 percent. Our Year 11 students have ably demonstrated this resilience this week as they tackle the latest sets of mock exams with some of them battling the latest cough or cold in order to do their exams.

A huge well done to all our students who continue to do all they can and make the most of the opportunities presented to them. This newsletter shows lots of examples of where our students have had opportunities to enhance their everyday academic lessons and shows both their commitment to learning but also enhancing who they are as young people growing up into their world!

I hope all our families have a restful half term break and look forward to seeing what the second half of the academic year holds for our students!

*Mark Woodhouse*

## FEBRUARY HALF TERM HOLIDAY

***We are closed to students from  
Monday 16th February 2026  
to  
Friday 20th February 2026***

***Students in all Year Groups return on  
Monday 23rd February 2026  
to Week B  
of the timetable***



# FACULTY FOCUS (P.E.)

## Yr 9 Girls Basketball – West Norfolk Champions!

Our Year 9 Girls basketball team attended the West Norfolk Schools area tournament, which was based at KES. They took part in full court games against other local schools. They started off strong, dominating their first game against Springwood, with a 10-4 win. The girls displayed excellent decision making throughout with some excellent shots! Their work rate and effort was fantastic and they displayed great sportsmanship on court, cheering each other on, shaking hands of players and applauding good play.

They went on to win every single game they played and therefore have been crowned West Norfolk Year 9 Girls Basketball Champions. We are very proud of these young ladies who are a credit to TNHA.



## Norfolk Cross Country Championships

10 of our athletes were selected to represent the combined West Norfolk Schools Team in the Norfolk Schools Championships earlier in January. All were selected based on being one of the top 10 runners in our region from all of the local schools.

All participants ran great races, finishing in strong positions for the team in a high quality race. Some students were racing against those a year older which makes their selection and results even more impressive.

Best placed female finisher (Summer) and male finisher (Harry) both just missed out on being selected for the Norfolk team in further races. A great effort!



## Interform Dodgeball 2026

The interform competitions continued this year, with the return of the dodgeball tournament. This saw girls and boys in Form Groups from Years 7-10 compete against each other to be able to lift the trophy. It was wonderful to see so many students participating and there was some excellent sportsmanship to be seen across the Year Groups, with a special mention to form 10-EZA who managed to achieve the 'double bubble' and pick up wins in both their girls' and boys' teams. Results were as follows:

### YEAR 7

	Girls	Boys
<b>Winner</b>	KRO	PSE
<b>2nd</b>	PSE	STH
<b>3rd</b>	SHD	KRO
<b>4th</b>	CCO	SHD
<b>5th</b>	STH/CAM	CCO/CAM

	Girls	Boys
<b>Winner</b>	BJA	RBR
<b>2nd</b>	EST	SCO
<b>3rd</b>	BFA	MBL
<b>4th</b>	RBR	BFA
<b>5th</b>	SCO/MBL	EST/BJA

### YEAR 8

	Girls	Boys
<b>Winner</b>	MAT	SCA
<b>2nd</b>	KWA	MAT
<b>3rd</b>	ODA	ODA
<b>4th</b>	SCA	KWA
<b>5th</b>	JFO/ABU	JFO/ABU

	Girls	Boys
<b>Winner</b>	EZA	EZA
<b>2nd</b>	CSH	DMS
<b>3rd</b>	MLL	CSH
<b>4th</b>	TBA	SBR
<b>5th</b>	DMS/SBR	MLL/TBA





## Physical Activity Week 2026

As part of our whole school physical activity strategy, we are running another TNHA Physical Activity Week. This will take place the week commencing 6<sup>th</sup> July 2026. Monday and Tuesday of that week are Sports Days, Wednesday will consist of 'normal' lessons with a focus on 'sit less, move more', Thursday and Friday are going to be 'collapsed' days as follows:-

Thursday 9th July : Year 7 and 8 on Physical Activity Week options. Year 9 and 10 have a curriculum day in the academy.

Friday 10th July: Year 9 and 10 on Physical Activity Week options. Year 7 and 8 have a curriculum day in the academy.

All of the options will take place during the school day. Therefore, students can access their normal transport to and from school. Students will find out what trip they are on during February and in turn, parents and carers can make payment through the 'my child at school payment app'. Once paid, students have a confirmed place!



## CHALLENGE IN MATHS

Our students in the 'top sets' in Year 9 and 10 have undertaken the UKMT Intermediate Maths Challenge. This is an incredibly challenging assessment carried out by the most able students in the country, as well as the very competitive teachers of the Maths Department!



United Kingdom  
Mathematics Trust

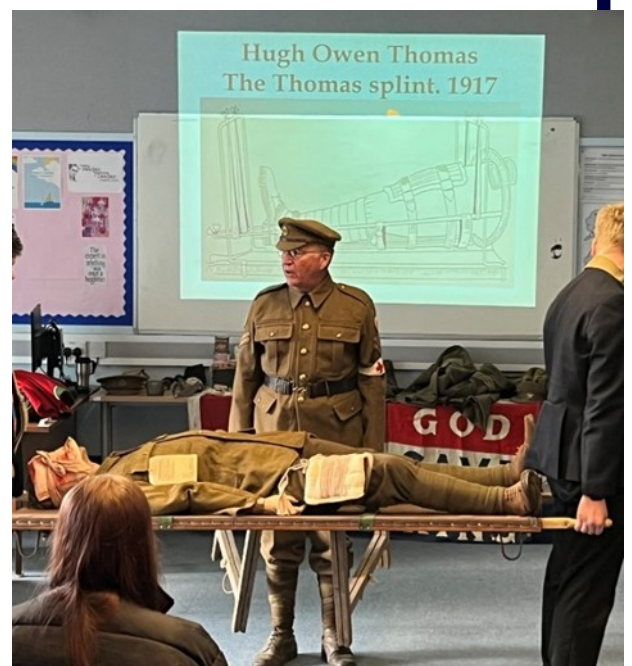
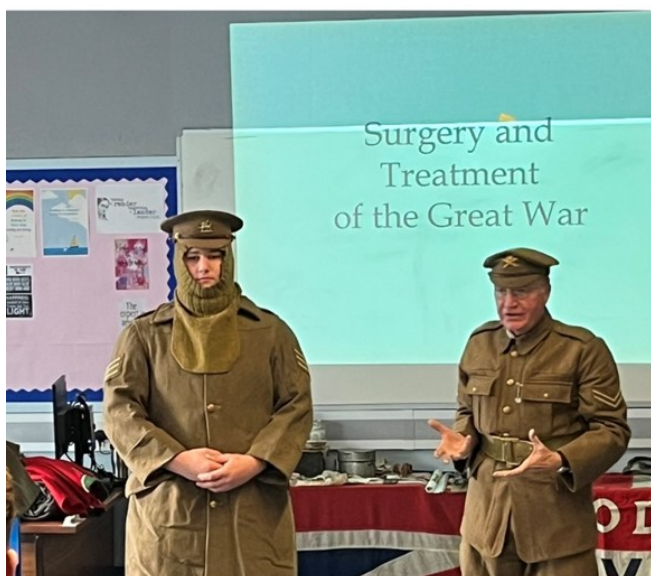
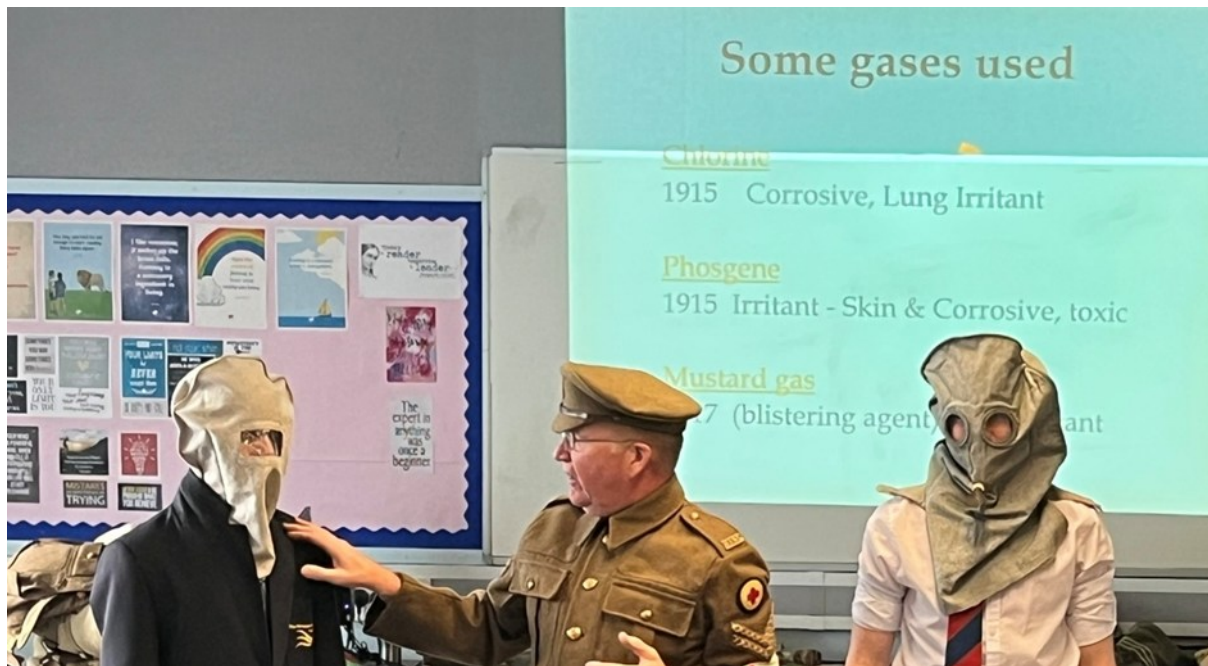
Our younger students in Years 7 and 8 are taking part in fortnightly Problem-Solving lessons to try and encourage our students to think 'outside the box'. They have also had fun designing farmyards, taking in to account the area of shapes, the costs of running and farm and making profits through animal sales.

# BRINGING HISTORY TO LIFE

We were lucky to have a visit from Khaki on Campaign, a WW1 living History expert, who came to school to talk to Year 10 about WW1 and their Medicine Through Time GCSE paper.

Corporal Knight showed Year 10 various original Great War artefacts including weapons, equipment, and medical items and even had several students dressed up as both British and German soldiers.

The two-hour session culminated with a focussed GCSE workshop which enhanced the students' understanding of the Western Front medicine section of their GCSE paper. This was done through relevant artefacts, veterans' testimony, and Corporal Knight's own interpretation of the Great War."





# KINDNESS STARTS HERE

At TNHA, we believe every young person has the power to shape a kinder and more courageous world. A group of our students (who have volunteered to become our anti-bullying ambassadors) visited Wayland Academy for the first part of their training offered by the charity (established in 1999 as a legacy to Diana, Princess of Wales). The programme trains students and staff to change attitudes in behaviour online and in school.

The Diana Anti-Bullying Award honours those who stand up for others, challenge unkindness, and lead with empathy when it matters most. We are extremely proud of these students proving that bravery, kindness, and determination can transform lives.



## LEARNING OUT OF THE CLASSROOM

We are delighted as always for our students to take part in the various trips and events organised by the Jon Egging Trust which are designed to help improve social, emotional and employability skills. Students recently visited Cambridge and Hunstanton with the sessions aimed to develop young people's teamwork and leadership skills including emotional regulation, growth mindset, and motivating others.

### Cambridge Botanical Gardens (Hive Heros)

This was an interactive experience where Art, Science and Play came together to reveal the healing secrets of honeybee hives. Inspired by pioneering research from The Maori Lab (University of Cambridge) on RNA cooperation. Using wearable technology, our young people collaborated with each other to 'protect the hive'. As they played, their efforts also contributed to ongoing research into how organisms share immunity, helping us better understand global health challenges.



## RNLI Lifeboat Station

It was off to Hunstanton on a miserable rainy day for another group, however this did not dampen their enthusiasm. The morning consisted of a visual introduction to the RNLI and tabletop task (mock lifeboat launch and management of a rescue scenario), then a tour of hovercraft, boat and tractor.

In the afternoon students practiced water safety and practical throwline training.



## DUKE OF EDINBURGH AWARD

The Duke of Edinburgh training has continued with students covering bag packing, tent pitching and camp hygiene along with First Aid and risks, hazards, health and safety. Students learnt how and when to put someone in the recovery position and manage minor injuries and conditions including, burns, blisters, cuts, asthma, heat exhaustion and hypothermia, amongst others. Students also played a game considering hazards and incidents that could occur during their expedition.

Alongside this, students are continuing to support our local community with projects including litter picking, helping in charity shops and local libraires and supporting young children through coaching. Physical fitness is important for their expedition and students are enjoying walking in our local countryside as well as bike riding, playing tennis, swimming, netball and playing football with their local teams.





# READY TO READ

TNHA are supporting the National Year of Reading - "A Year to reimagine reading. Together".

Rather than asking people to 'find time to read' the campaign aims to use themes that are already of interest and that people really connect with such as football, music, gaming or nature to spark an interest. We are also reminded that reading does not necessary mean just books but includes stories, ideas and information in print including digital, audio, podcasts and games. "It's reading that fits how we live, not the other way around".

There is a vast selection of books in our Learning Resource Centre which students can borrow to continue their enjoyment of reading around a variety of different themes.



A group of our students also took the opportunity to visit one of our local primary schools to read to younger children promoting the idea not only in our academy but out in the community.



*"It was great fun, and I really enjoyed it. The children were very engaged and asked lots of questions."*

*"The children had a lot of fun listening and talking about the illustrations in the book they chose."*



# CREATIVITY UNLEASHED

A quick visit to the Art Department has highlighted some of our amazing artists here at TNHA. Examples of work shown include the Year 10/11 Natural Forms Project (exploring shapes and form found in nature) and a Year 11 Identity Project piece. We think you will agree the talent displayed is truly amazing!



*Inside of a pomegranate*



*Floral sketch*



*Church inspired by Vincent Van Gogh*



*Ladybird on canvas*



*Painting from the Identity Project*



# AIMING HIGH



A group of our youngest students visited the University of East Anglia to learn about university study and life. Whilst there they had a tour of the campus, a game of pickleball and an opportunity to try the climbing wall!

The trip was designed to help students begin to consider university as an option in their futures.

# A DAY OF DANCE!

We were delighted to welcome Dance Companies to the academy specialising in different forms of dance such as Hip Hop, Street and Cheer Leading. Our Year 7 students took part in an exciting two hour workshop where they experienced the opportunity to dance 'like never before'.

Later in the day a taster session ahead of our Annual Dance Competition was held, across the Year Groups, with the theme this year being 'Legends, Divas and Superstars'. We look forward to the final event next term which is sure to be exciting, full of skill and energy.





# EVENTS TO NOTE!



Students are invited to bring in baked goods for our World Book Day Baking Competition inspired by a book!

We look forward to seeing their entries!

In April a group of lucky students will be going to Norwich to enjoy our next adventure to the Theatre Royal, Norwich. On the back of many revivals from the 90's, this time it is the turn of the pop sensations 'STEPS' to inspire a new stage show 'HERE & NOW'.

This is a 'juke box musical', meaning that the songs of Steps are used to create a new and original story. This is a successful idea, used many times before by the likes of Queen, Tina Turner, Madness and of course ABBA with 'Mamma Mia'.

We are all looking forward to a great night out!



# COMMUNITY GOVERNOR VACANCIES



**The Nicholas Hamond Academy is looking for new Community Governors to join their local governing body.**

Being a governor is a very rewarding experience. You will be part of a team who work to improve the life chances of children, some of whom come from very challenging backgrounds. No experience is needed, and you will learn new skills whilst giving something back to the community you live and work in.

We welcome a conversation with anyone who is interested in finding out more about school governance and what a difference you could make to young lives. Governance is enhanced by a team made up from a diverse range of ages, professions and social and cultural backgrounds, full training and support is given.



**The Nicholas Hamond Academy, Brandon Road, Swaffham. PE37 7DZ**

Would you like to shape the future for the next generation?

Are you interested in contributing to your local community? No previous experience is needed.

Can you help us build new relationships and links within our community, growing the support we can give to our local area?

If you think you may be interested in becoming a local governor, please get in touch via our governance email: [governance@attrust.org.uk](mailto:governance@attrust.org.uk) for more information about the role.

If you know someone else who might be interested, please pass on our details to them.

***Please note that any parent who may be interested can join the Local Governing Body as a Community Governor - the only difference being that a Parent Governor is voted onto the LGB whereas a Community Governor is appointed by the Trust.***