

#TNHAAWAY




The  
Nicholas Hamond  
Academy



May 2026

 TeamNHA

 TeamNHA

PROUDLY  
SHARING  
OUR  
NEWS



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



# PRINCIPAL'S POST

It is hard to believe that we are rapidly heading towards the end of May and that we have completed five of the six half terms of the school year! The pace of what is happening in the academy continues to be relentless. We have gone through these first six weeks of the summer term with lots of activities for the students to engage with supported by some better weather.

It has been a really important half term for our older students in the academy. Whilst the formal exam season started last week for most of our students, they have had practical exams and completed coursework assignments prior to this, not forgetting the revision that they have needed to put in. The attitude and effort that our Year 11s have demonstrated towards these final exams has been really pleasing to see and they have been perfect role models for the younger groups in how you should approach the end of your formal education and the exams that come with it. Whilst there are still several weeks of exams to go and the results will not be known to us until August, I cannot fault the effort and commitment that our Year 11s have shown.

Our Year 10s have had an equally busy few weeks thinking about their futures and building up to work experience week. After half term they will turn their attention to Year 10 mock exams and looking at the options that they may wish to pursue once they have completed Year 11. All of these things add to the day-to-day work that they continue to apply themselves to. The rest of the academy has not stood still as, inter-form activities, preparation for the end of year drama performances as well as a host of other opportunities have all been happening to enrich the experience that our students have access to.

Looking ahead, the rest of the term looks equally busy for our students, and I look forward to seeing them make the most of the opportunities that are presented to them to end the year in a positive way.

*Mark Woodhouse*

## HALF TERM HOLIDAY & STAFF TRAINING DAYS



*We are closed to students from  
Monday 25th May 2026  
to  
Friday 29th May 2026*



*Students in all Year Groups return on  
Monday 1st June 2026  
to Week A  
of the timetable*

*Please note that we are also closed to students for Staff Training  
on Thursday 25th & Friday 26th June 2026*

# YEAR 7 SHINE IN POETRY WORKSHOP

We were fortunate to welcome Poppy from 'Bookbugs and Dragon Tails', a local independent bookshop. Poppy ran a poetry workshop for all Year 7 students where they had the opportunity to consider writing as a career and look at how to create effective poems. All the students were very engaged in the process and received prizes for their excellent work and effort. We are proud to share a few fantastic examples from the sessions which had 'being as one with nature' as the theme and are both descriptive and powerful.



*"The beauty of the world slowly faded away,  
My eyebrows became worms  
the feeling of wiggling was unbearable,  
My freckles became seed  
they grew and flowered,  
My spine became a snake  
I could no longer sit up straight,  
My heart became a big ladybird  
it fluttered inside of me,  
My lips became red roses  
I would never eat again,  
My blood became a river  
it flowed inside of me".*

*(Annabelle)*

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*"My legs became tree trunks,  
The forest has spider-looking lashes,  
My legs stiffen up,  
The rough trees call my name,  
My knees become rocks,  
My eyes become puddles  
reflecting hearts and evaporating bad vibes,  
My thighs become roots  
growing into a tree and blossoming,  
The hard branches soaked inside of my veins,  
The nature grew into me".*

*(Lola)*

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*"My hands become long twigs,  
My eyes become leaves,  
My fingers turn to spiders,  
each finger crawls into place,  
My legs become branches,  
My heart turns into an acorn  
growing into a tree,  
My feet turn into a stump,  
The wind blows through my hair".*

*(Molly)*

# IT'S EXAM SEASON

Our senior students are currently taking their GCSE exams which sees the culmination of their hard work. Over the two years leading up to these assessments, they have tackled a range of subjects - from maths and science to literature, Languages and the arts - each requiring different skills, revision strategies and levels of focus. These exams represent a major milestone, marking the end of secondary school and opening doors to their post-16 education when they move on to sixth form centres, college courses, apprenticeships etc.

GOOD LUCK



Whilst this can be a stressful time our students are demonstrating maturity, commitment and an excellent approach. Extra revision sessions are in place alongside 'power hours' which concentrate on each subject prior to the exam. Our kitchen staff are ensuring that they get off to a good start by putting on a hearty breakfast for the students when they arrive at school.

By the middle of June, our Year 11 cohort will be finished with the process and leaving the academy with their shirts signed, leavers hoodie and yearbook to remember their time with us. The month of July sees the Prom and a fantastic evening ahead where they can celebrate in style and we look forward to hearing all about the event which is sure to be a night to remember.

## DANCING WITH PURPOSE

Our students have recently had the exciting opportunity to enter the TNHA Dance Competition 2026. This year the theme was 'Heroes, Legends and Superstars!' Leading up to the event students took part in a dance festival which was led by three 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 our own competition.

It was wonderful to see such a wide range of dance styles demonstrated from students across all Year Groups. There were costume changes mid dance, props being used and remixed music! Each dance was then judged, and the results have been shared with the dancers and the wider school community.

All the students involved should be really proud of what they achieved, well done to all involved!



# THINKING OF THE FUTURE



Thinking ahead to their future, students in Year 10, next year's senior cohort, explored the campus and facilities at the UEA. They also had the chance to visit a mock UCAS fair where they could ask current students about life at university, the subjects they were studying, entry requirements and employment opportunities as well as finding out about sports, societies and support available.



A group of our younger students were also able to visit the UEA and took part in a Skills Discovery workshop where their task was designing a university considering key features such as branding, creating a lecture theatre and planning the layout. They then had to present to a panel of judges and other schools who took part. They came second in the competition which is a real testament to their character, skill and confidence.



The Talent Foundry were welcomed to the academy who deliver sessions aimed at bridging the gap between the curriculum and future careers.

These are designed to help make learning relevant, build confidence and unlock aspiration, develop key skills such as speaking, listening and creativity, building transferable skills that they can apply throughout their education, careers and beyond. Students found these workshops both worthwhile and enjoyable.



## DUKE OF EDINBURGH AWARD

We have a large and ever-growing number of students who are working on their Duke of Edinburgh Award. Currently those in Years 9 and 10 are training for this summer's adventure where they will walk approximately 35km over two days for their Bronze Award or 50km over 3 days for the Silver Award, carrying everything they need to be self-sufficient in the countryside. Following this, students have begun their navigation topic and are learning how to read maps and understand map symbols, reading and plotting grid references, compass work and learning relocation strategies in case they get lost.

The students also presented at the Lions Den (hosted by the Swaffham Lions) and were delighted to receive a generous donation which will go towards reducing costs to parents and carers for this summer's expedition.



# ACHIEVEMENTS BEYOND THE CLASSROOM

We are always keen to celebrate the success of our students not just in school but outside of it too. With that in mind we are proud of the following students who have shown the attributes we champion at TNHA such as determination and pride!

## Success in the Pool

Olivia in Year 9 qualified for the 50 metres butterfly at this year's Aquatics GB Championships, held at the London Olympic swimming pool in April, where she competed against the fastest swimmers in the UK including current Olympic swimmers. Olivia was the youngest qualifier in the competition for this stroke and was one of only 100 swimmers who qualified across the UK. She also won Gold, Silver and Bronze medals at the Swim England East Region championships in April and she has qualified for English Nationals Summer Meet in July where she will swim the 50 and 100 metre butterfly, as well as the 50 and 100 metre freestyle events. She is currently ranked British number one for her age group for the 50 metres butterfly which is her favourite race. However, she is a fast swimmer and is also ranked very highly for Freestyle sprints.



Olivia represents West Norfolk Swimming Club and trains 13 hours a week, both before and after school also attending gym sessions that focus on strengthening and conditioning twice a week. In the past 12 months, Olivia has achieved medals at county and regional competitions and has qualified for nationals' events. She has also represented Norfolk at the National County Team gala at Ponds Forge in Sheffield. Later this year Olivia will be swimming at the Adam Peaty International swim meet where she will be competing against world aquatic swimmers. This commitment and determination has certainly paid off in her achievements so far!

## Commitment to Local Army Cadets

A group of Army Cadets from TNHA joined others from a local squadron to help raise money for the Army Benevolent Fund, interacting with members of the public and showing themselves at their best. They also attended a cadets services day hosted by a veteran's charity at the former Squadron Headquarters at RAF West Raynham.

Army cadets from Swaffham were joined by colleagues from Aylsham and North Walsham as well as cadets from other services including air and sea cadets. They participated in team building exercises and heard stories from some of the veterans involved in the day.

In addition to this many of the Swaffham cadets participated in their first training weekend of the year, for some it was their first ever weekend away with the cadets. We are very proud of their teamwork and commitment.



# IN OTHER NEWS

## Theatre Trips!

A large group of students ventured out to Norwich to watch the brand-new musical 'Here & Now', which is based on the music of STEPS.

Unsure what to expect from such a new production, everyone was dancing along by the end and had a great time. The show was as colourful and wonderfully 'cheesy' as you would expect from a STEPS inspired show.

It was clearly a hit!



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Tickets will shortly be on sale for Blood Brothers at the Cambridge Arts Theatre in September.

Students are encouraged to sign up quickly as they will sell out fast!

## Race for Life



Staff were proud to take part in the annual Race for Life to honour the memory of a much loved member of staff and a young alumnus.

Despite the cold and windy weather, some of the bravest ran whilst others - no less determined - walked, in order to raise money for this worthy cause raising over £3000 and still counting... What a fantastic achievement!



# WELLBEING



## 10 Tips for Good Mental Health

- ◆ Mind and body – look after your body as well as your mind. Eat a well balanced diet, keep hydrated and get into a regular sleep pattern.
- ◆ Exercise – engage in regular exercise. Find a sport or activity that you enjoy. Exercise is a great tool for improving mood and reducing stress and anxiety.
- ◆ Organisation – manage your time effectively. Stay organised and on top of things. This will help to reduce pressure.
- ◆ Self care – practice self care. Make sure to look after yourself. Relax, smile, have a bath, go for a walk and do something you enjoy.
- ◆ Talk to someone – don't be afraid to talk to someone about how you are feeling. Talk to your friends, family and those you trust.
- ◆ Breathing – learn how to breathe effectively. Practice a number of techniques and find what works for you – ratio breathing, deep breathing, progressive muscle relaxation.
- ◆ Write down – write down how you are feeling or what you are thinking. This can be a really simple way to understand what is going on within your mind and body.
- ◆ Challenge – try to challenge your thinking. If you experience an unhelpful thought try and turn it into a helpful thought.
- ◆ Check in – regularly check in with yourself. Monitor your emotions and mood.
- ◆ Problem solve – learn how to problem solve effectively. When you experience a problem try and write down a number of solutions.

We have several first aid qualified staff in the academy who are able to respond to any emergencies.

Most of the time however we are dealing with students who have a headache or who feel unwell in a general sense. In these instances, we will contact parents/carers to gain permission for a paracetamol to be given or to inform that a child feels unwell. If a child feels unwell, we will offer a drink of water and something to eat if appropriate. We are not able to offer medical care beyond this as we do not have the medical expertise or facilities to do this. In these instances, we will contact you for a decision about whether your child comes home or stays in the academy.

We try to encourage students to remain in the academy accessing their learning unless they are too unwell.

In any eventuality students must go to their Student Support Leader/Pastoral Office for us to contact parents/carers and not make contact themselves as mobile phone use is not permitted. If your child has a long term or temporary condition affecting their ability to be in the academy as normal or where we need to be aware for their safety and comfort, please contact your child's Head of Year who will arrange a meeting.



# DATES FOR THE DIARY

*10th & 11th June - Transition Day (Year 6 students)*

*15th June - Year 10 Summer Mock Exams Start*

*23rd June - Year 10 Devised Drama Performance - Westacre Theatre*

*25th June - TNHA Drama Club's Performance of 'Shakespeare's Tragedies' - Westacre Theatre*

*25th & 26th June - Staff Training Days (academy closed to students)*

*1st & 2nd July - Year 6 Induction Days*

*2nd July - Year 11 Prom*

*6th & 7th July - Sports Days*

*8th to 10th July - Physical Activity Week Trips*

*14th July - Student Celebration Event*

*17th July - End of Summer Term*

## Community Events



**SWAFFHAM'S  
FESTIVAL OF  
YOUTH**

**THE GREEN AT CAMPINGLAND**  
13 JUNE 2026 10AM - 2PM

COME AND SEE WHAT IS AVAILABLE FOR YOU IN SWAFFHAM

- LEARN HOW TO PLAY THE UKELELE
- WATCH AMAZING LIVE DEMONSTRATIONS
- LEARN COOKING SKILLS WITH THE COLLEGE OF WEST ANGLIA
- TAKE A SPIN ON THE ART BIKE AND MORE

REFRESHMENTS AVAILABLE

BRECKLAND MENTAL HEALTH SUPPORT IN SCHOOLS, BOOST, BRECKLAND VOLUNTEER POLICE CADETS, WALK WHEEL CYCLE TRUST, COLLEGE OF WEST ANGLIA, DWP - DEREHAM JOB CENTRE, FOUNTAIN OF LIFE, KUK SOOL WON - MARTIAL ARTS, MARK FARNHAM SCHOOL OF TAE-KWON-DO, NARBECK JUNIOR BILLIARDS LEAGUE, FOUNTAIN OF LIFE, NORFOLK AND NORWICH FESTIVAL, SENDIASS, SWAFFHAM RUGBY UNION FC YOUTH SECTION, NORFOLK COUNTY COUNCIL MUSIC SERVICES

WWW.SWAFFHAMTOWNCOUNCIL.GOV.UK  
CAMPINGLAND, SWAFFHAM, PE37 7RB



**Creative Workshop**  
**Saturday 23 May 2026**  
**2pm to 4pm**  
**Swaffham Community Centre**

*If you are aged 10 to 18 years,  
come along to this event.  
We invite your ideas, opinions &  
creativity on how the town  
could be improved for  
young people.*

**Just drop-in – no need to book.**

**Pizza included!**