



Principals Newsletter

BOWER PARK ACADEMY

Friday 15th March 2024

Dear Parent/Carer,

Heart Global Workshop

This week, Bower Park Academy has hosted the Trust Wide event- Heart Global from Monday to Wednesday. This joyful workshop was led by young international performers who use music, dance and performance as a vehicle for open-mindedness, fearlessness, teamwork and a love of cultural diversity. Students from across the Trust took part and overcame boundaries, fears and limitations to develop their true potential. The three-day workshop concluded in a fabulous finale on Wednesday, when students showcased the skills they had learnt in a performance to over 300 guests.

Mr London, CEO of Empower Learning Academy Trust said; *“The Heart Global event, which was so expertly arranged and coordinated by Mr Aylett and Mrs Lechmere, was a landmark event in our Trust’s continued development and progression. Young people, across both primary and secondary schools, spent three days learning, growing and having fun together, culminating in an outstanding collaborative performance with the professional performers which gave a strong, positive message about changing the world for the better and being the best you can be. It was such an uplifting and inclusive event which featured pupils and performers from a huge range of backgrounds and abilities. We look forward to building upon this for the future and are so grateful to Bower Park Academy for facilitating this extraordinary evening.”*

Joshua, a student from Hall Mead, said *“I really enjoyed Heart Global because the experience itself was both fun and educational in terms of Performing Arts. The cast were very nice and supportive and managed to create one big family of kids in the few days we were there. I found it amazing how quickly they were able to teach a show full of complicated dances in only three school days. It was overall an incredible experience and great fun!”*

Florence, a student from Hacton Primary school, said *“It was the best three days of my life! The actors were so supportive and kind and the dances and songs were so much fun. I would 100% go again. I would definitely recommend.”*

Well done to all of the students involved and a huge thank you to all of the staff involved from Hall Mead, The Britton’s Academy, Ardleigh Green Juniors and Hacton Primary for supporting students during the workshop.



Hall Mead Students with their Heart Global T-shirts.



**Heart Global ELAT Trust
Class of 2024**

Tate Modern

As part of their GCSE Art Coursework, Year 11 visited the Tate Modern this week. Students used this opportunity to record 1st hand contextual studies; observational drawings, as well as photos, postcards and resources from the gallery space, for their respective component one and component two assessments. The Art department has a good relationship with Tate galleries. Our Year 10 and Year 11 students visit the gallery every year as part of their GCSE Art course. Students were very well behaved and were brilliant ambassadors for the academy.

LGBT+ Talk for Year 8 (Just Like Us)



On Thursday, Just Like Us charity delivered a virtual assembly to our Year 8 students as part of LGBT+ History Month. The talk was delivered by young, relatable LGBT+ volunteers and covered terminology, representation and their own personal experiences of growing up LGBT+. Students really engaged with the session and showed respect and maturity.

Pi Day

Also on Thursday, the Maths Department celebrated Pi Day by running activities such as; remember the Pi Digits at least 10 digits, draw a nice circle by hand, area and circumference activities and find tangent, radius, diameter, chord, sector and segment activities. For each activity successfully completed, students had the chance to win an apple pie. This was a great day for our students to engage with Maths in a fun way. My thanks to the Maths department for coordinating the event.

County Lines

There will be a County Line Parent/ Carer webinar session taking place on Monday 25th March 2024 from 5pm-6:30pm. This session is for Parents/ Carers only who would like to know more about County Lines and Criminal Exploitation and the support offered. Tickets are limited but can be purchased below;
Catch 22 Parent/Carer County Lines Webinar Tickets, Mon, Mar 25, 2024 at 5:00 PM | Eventbrite

Year 10 Walkthroughs

Please see below the schedule for the Year 10 walkthrough process. This timetable indicates the specific times that curriculum areas will be focusing solely on preparation for the upcoming Year 10 mock examinations. This, alongside our virtual intervention programme has been designed to further support students and give them the best possible chance of success in the upcoming examinations. Should you have any questions in relation to this, please do not hesitate to contact Mr Sears via email dsears@elatschools.co.uk

Last Day of Term

The last day of the Spring term will be Thursday 28th March 2024. Students will be dismissed at 1:20pm on this day.

Yours faithfully,



Mr E Aylett
Principal

Year 10 Walkthrough timetable

Monday 18th March until Thursday 28th March 2024: Please see below the schedule for the Year 10 Walkthroughs which are taking place on the above dates. This also includes the initials of the staff that are delivering the sessions. These are taking place **in lessons** at the scheduled times shown below. At the times where there are no Walkthrough's taking place, these are shaded in **yellow**.

Week commencing Monday 18th March 2024 (Week 1)

Period	Monday 18 th March	Tuesday 19 th March	Wednesday 20 th March	Thursday 21 st March	Friday 22 nd March
1	Media Studies DSE Technology MMI	Technology MMI	Science PPA ASU RPA BKO SIK		PE CR, SG, LS History HSH
2		Food Preparation & Nutrition B Conibeer Science PPA ASU RPA BKO SIK			
3	Science PPA ASU RPA BKO SIK	RE BM Computer Science RG Media Studies DSE	Food Preparation & Nutrition B Conibeer	PE SGA, CRI	
4		Science PPA ASU RPA BKO SIK	Science PPA ASU RPA BKO SIK	Media Studies DSE Music TM History MKE, KM	Science PPA ASU RPA BKO SIK
5	Science PPA ASU RPA BKO SIK		Media Studies DSE		

Week commencing Monday 25th March 2024 (Week 2)

Period	Monday 25 th March	Tuesday 26 th March	Wednesday 27 th March	Thursday 28 th March
1	Art RB	Art RB Sociology KM, AOF History	English HTR BPU SED	English JDA

		MKE		
2	Sports Studies KPO	Maths SH, AJO, IPA, LFL, PNA, JLA, JAD, UMI History HSH		
3		Sociology KM History MKE	Geography TBL	PE SG, CR Sports Studies KPO Geography TBL
4		English LON, HTR, BPU, SED	Sociology LON	Geography DGU
5	Sociology LON	Maths SH, AJO, IPA, LFL, PNA, JLA, JAD, UMI English AOF, SED, CHR, RKE, BPU	Geography DGU	

Additional information

Please note that both Child Development and MFL **will not be delivering a walkthrough during the period 18th March until 28th March.**

10 Top Tips for Parents and Educators

DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

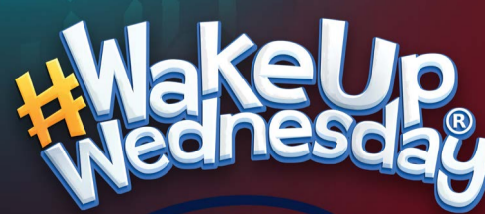
Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



The National College®



100-MILE CHALLENGE IN SCHOOLS

Schools and education settings are invited to take on the 100-mile virtual challenge in 2024 – completing the epic journey with their family and friends! The challenge involves collectively travelling the same distance as the iconic Ford RideLondon-Essex 100. The ride is the centrepiece of the world's greatest festival of cycling and is one of the UK's most famous challenge rides. Now you can take part and do so with a twist!

Schools can involve the whole family to actively travel and reach the 100-mile target in the week before the event on Sunday 26 May, learning fun facts about Essex and London as you move around the interactive course map.

The challenge is a great opportunity to combine activity and learning. Why not see how many local landmarks you can unlock as you make your way along some of London's most famous streets and past its world-famous landmarks, as well as through the picturesque villages and countryside of Essex?

All schools and settings that travel 100 miles will receive a **certificate, downloadable badge** and be entered into our **prize draw to win active travel goodies**.



When: Schools are invited to complete the 100-mile challenge from **Monday 20 May to Friday 24 May** (the week leading up to Ford RideLondon event weekend).

For further information on the event please visit:

ridelondon.co.uk

