



April 2023

N Academy NEWS



Message from the Head

Happy Easter

The wider enrichment opportunities that we provide to our pupils are every bit as important as the academic curriculum that we provide and that is why I am always thrilled to read the newsletter because it highlights the many amazing opportunities that our students have access to. Personal development is a key measure for schools and I feel that it is an area in which we excel as a school. Whether that is through providing enriching classroom sessions on important topics such as finance and diversity or through the many trips, visits and fixtures that we offer. So many of our staff work so hard to make these things possible and I would like publicly thank them for all that they do, to provide our pupils with so many memorable experiences.

With the winter behind us, the calendar is even busier and we will look forward to seeing some of our students go on trips such as Cadbury's World and Snowdonia. Our first ever Duke of Edinburgh expedition weekend will be heading off as well and we wish our students every success as they demonstrate the skills and character required to successfully achieve their bronze award. This is a fantastic thing to achieve and will enhance their CV for future opportunities, whatever they choose to do.

Normanby Camp and The Y11 Prom are both highlights in the school year and the memories they create last a life time.

It promises to be an exciting summer term!

Important Dates

Back to School	Tuesday 18th April
Close for half term	Friday 26th May
School re-opens	Monday 5th June
Year 7 camp	Monday 26 th June
Year 11 Prom	Thursday 6 th June
Summer Break	Friday 22 nd July

Happy Easter





Students in Year 7 and Year 8 were offered the opportunity to develop their cycling confidence through the local authority scheme Bikeability. Students had the opportunity to practice in school and then head out onto the roads with instructors ensuring that they followed guidance and road safety rules. This is a scheme we hope to roll out every September for all students at Winterton who wish to cycle to school and also play out with friends safely. If anyone is still wanting to participate in the scheme now the nights are getting lighter please contact A Dalowsky for further information.

HSBC Bank have set up an outreach programme in which they are supporting schools to ensure that all students are financially equipped for life beyond school. They run a series of workshops looking at different areas of finance and how they impact on people at different life stages. In January this year all students in Years 7-10 participated in workshops, Y7/8 worked on the 'savvy shopper' and Years 9/10 focused on 'household budgeting'.

The workshops were well received and boosted students understanding of economic wellbeing.

Together with this, in recent student voice survey students have said that they still require more information about economic wellbeing and finances. As a result of this we have set up a rolling programme focusing on all aspects of financial information and have invited HSBC back in to run session for years 8/9 on Gaming for Goods and with year 10 on Managing your outgoings.



HSBC

The programme will run for the 5 years your child is in school in order to support them during the next stages of their life beyond school

Our Economic Wellbeing Programme of study

Year 7 – Savvy Shopper

Year 8 – Gaming for Goods

Year 9 – Household Budgeting

Year 10 – Managing your outgoings

Year 11 – Starting your careers / Budgeting for University Life

Fitness and Wellbeing day

The PSHE Curriculum states that :

"Students should know the benefits of physical activity and healthy eating for their physical and mental health and wellbeing." As a result of this we decided to address part of this in a more hands on and interactive way.

Students in Years 7 and 8 all took part in a Science lesson in which they either investigated the sugar content on different foods or undertook a heart dissection in order to understand the parts of a heart in more detail.

Together with this they all received free fruit donated from Booth Farm Shop in Winterton and also participated in an obstacle run with equipment donated by Simon Ogg and Curly's.

The day was a huge success with students undertaking new activities, learning in a different environment and seeing first hand the importance of physical health and wellbeing.





**BISHOP
GROSSETESTE
UNIVERSITY**



As part of our new careers programme we are offering students in Year 9 the opportunity to visit a university in order to see if university life is for them. The year group visited Bishop Grosseteste University in Lincoln for the day, during the experience they had a tour, participated in workshops and also had the opportunity to speak to current students.

The day was a real eye opener for some students who now firmly believe that university is for them!

As part of the careers programme students also visit Hull University in Year 10 and our Aspire group also visit Durham university,

Food Bank

Our food bank continues to help families in the community.

Many thanks to staff and local businesses who regularly support us, including the Spar shop, Booth House Farm, The George Hogg., Gray's Bakers. And Wintertingham Village Hall. Their help is very much appreciated and enables us to provide this much needed facility.

Donations are most welcome at any time via Reception.



Life as a British Sikh

On Monday 27th March Rashpal Singh came to talk to all of our Year 8 students about the Sikh religion.

Students were given information on traditions, the 10 Sikh Gurus, Praying alongside a number of other interesting facts.

We would like to thank members of The Guru Nanak Gurdwara for supporting this activity.



EFFECTIVE WAYS OF STUDYING DURING EXAMS



Leave time
for revision



Study with
a friend



Give yourself
tests



Get
organised



Take
breaks



Avoid
distractions

Stem Conference



Franklin
Sixth Form College

A targeted group of Year 10 students were asked to attend Franklin College in Grimsby on a STEM activity day. During the day students were asked to solve problems, undertake experiments and they even made lip balm and bath bombs.

This was a fantastic experience for the students and one that we want to repeat for the Year Engineering students next year.



Life as a Modern Muslim

Year 7

Last Friday, we got taught by Mrs Choudhry from St Lawrence's Academy. She taught us all about Muslims and the God that they pray to etc. She had 4 year 10 students and all of them taught us different things about Muslims. We learnt about the Quran, we learnt about halal food. We got to try praying to Allah and finally we tried on hijbs which was amazing. Mrs Choudhry's lesson was an amazing lesson and she changed people's minds about Muslims.

Last Friday, Mrs Choudhry came in with 4 students from Saint Lawrence Academy. They taught us what it is to be Muslim. One thing that women muslims do is wear the hijab, although this isn't forced upon them, they also told us about how they have to eat halal foods. We also got informed by the year 10 students about the Quran.



Last Friday, we learnt about the Islamic culture. We had a main teacher named Mrs Choudhry and four of her year 10 students. There were four tables and there was one for the Islamic faith, one for the bible, one for the religion, and one for the clothes. We learnt that they wore hijabs, learnt about the bible which is called the Quran, and also that they had to eat food with a zoo gluten in and how they pray.

Last Friday we had a session in the hall with Mrs Choudhry and 4 Muslim students from St Lawrence Academy. We learnt about Muslim lifestyles, how to wear a Hijab, how to pray and which direction to pray, about the Quran, Halal and what and what not to eat and drink. I absolutely loved this because it teaches younger generations about different religions and traditions.



During this term Year 11 Prom Committee have been busy raising funds for their Prom, including a cake stall and a raffle with super prizes.

Raffle Winners

Dog Hamper - Mary Ann Claypole
Truffles - Mary Ann Claypole
Soap and Glory - David Hall
Gin - Amanda Walker
Gin - Becky Powell
Wine - Denise Morton
Market hill fisheries - Denise Morton
Men's shower gel - Summer Rush
Scunthorpe bowl - Alan Borril
Scunthorpe bowl - Rachel Dixon
Airkings - Harper Rose
Airkings - Alan Borril
Steak night - Lynn Jones
Coffee Hamper - Sasha D 9A
Hope and Anchor - Sasha D 9A
Beauty Hamper - M Drinkwater
Bayliss and Harding gift set - Paula Allison

Design and Technology



Year 9 phone or holder or game controller holders



Year 8 Lamps





MORT

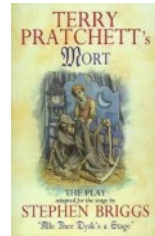
School Performance

Winterton Performing Arts Department is celebrating the success of its first School Production in a number of years. The cast of 30 performed the Stephen Briggs' adaptation of Terry Pratchett's fantasy novel 'Mort' on Thursday 2nd and Friday 3rd February '23. Feedback has been hugely positive with the experience being recognised as invaluable by parents, students & teachers alike.

Participants spanned Years 7 to 10 and included students in theatre production roles such as working backstage, applying make-up and operating lighting equipment. It is hoped that the Department will build on this success in years to come.

~

Watch out for future Performing Arts experiences. Being actively involved in productions like this enable students to get 'real-life' theatre experience as well as developing knowledge of the theatre industry itself. It is an incredible opportunity, allowing students to build on a range of transferable skills that will be of



Reward Trip

Mr Rowlands awarded all students involved in the School Production of 'Mort' the opportunity to attend a show commissioned by the National Theatre.

On Tuesday 28th February '23 Mr Martin and Miss Dennison supervised the coach trip to Doncaster College to see the touring production of 'Shut Up I'm Dreaming'. A piece of theatre created by physical ensemble theatre company 'The Pappy Show'. The piece had been created in collaboration with secondary schools and was an exploration into the hopes and dreams of young people and the challenges they face on their journey into adulthood.

It was also a fantastic opportunity to establish links with Doncaster College and we hope to make more of this in the future.



Links with Bishop Grosseteste College

We have been really fortunate to have accessed Performing Arts Teacher Training placements from Bishop Grosseteste University, Lincoln. This link has been an incredible opportunity to develop our Performing Arts provision further as well as an opportunity to embrace workshops and performances devised and facilitated by a number of University Students.

On Wednesday 25th January a small group of 2nd Year Drama University students came to work with our Year 10 GCSE Performing Arts students along with a selected number of Year 9 Performing Arts students. We were treated to short performances followed by a series of practical workshops.

We look forward to developing our relationship with BGU further over the next few years.



Numeracy Championship

8B

Ethan Bellamy, Mikey Martin, Jo Hoeft and Charlie Watson were the KS 3 numeracy champions!!! (It means that they have beaten year 9 and year 7 as well!)

This is an annual competition which will be held every year. This is an amazing achievement and title to hold!

Congratulations.



Sports Roundup

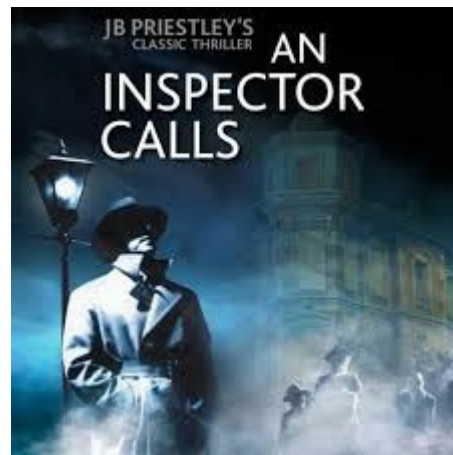
What a great year for Football at Winterton! After successful group stages for all years, teams made it into the cup competition.

The year 9,10 and 11 all progressed through the quarter finals unfortunately losing at this stage (2 teams missing out via penalty shoot-out).

The year 7 team made it all the way to Semi Finals just missing out in a place in final 2-1 losing to Baysgarth.

Year 8 made it all the way to the Finals on Saturday 29th April at Glanford Park and now have a chance to be Scunthorpe Schools champions. Well done.

More details to follow from Mr Hodge. We hope to see you all there supporting.



An Inspector Calls Theatre Trip.

On Saturday 11th February a group of students from across the Academy visited York Grand Theatre to watch the Daldry production of *An Inspector Calls*.

Students enjoyed the fantastic opportunity to watch Priestley's morality play come to life in one of the most celebrated productions of the play in history.

Students gained a brilliant insight into a GCSE text to support their English Literature studies and younger students were enthused by the performance and came home keen to find out more. The experience of being in the theatre – for many, for the very first time – was a heart-warming experience to observe and really enabled our pupils to gain an insight into the world of performance.



The Case of Mr Hollow

Class Description by 7 set 3

In English 7 set 3 are currently studying descriptive writing with Miss Bartlett. As part of this unit, they have watched an award-winning 6 minute film called 'Facts In The Case of Mr Hollow'. It explores a creepy photograph where nothing is quite as it seems! Students used the skills they have been developing to write their best sentence about a section of the picture, containing at least one descriptive language feature. This is what happened when we combined all of the ideas... its pretty impressive! Can you spot some of their descriptive features? Here is a clue to get you started: they included similes, metaphors and personification!

Darkness. Darkness suffocated everything.

The night was blacker than coal; the tree branches were a tangle of crows. In the deafening silence, the dark birds stared down like a judging God.

A man gestured into the unknown as the trees' skeletal fingers stroked the dull, sad sky. Bony branches danced like a ballerina in the wind. Standing like mountains, the lanky trees glared ominously, waving as if to say goodbye. They hovered over the scene like a bee gathering pollen.

Spears of wood were skewered in the ground like a disordered cutlery draw. Striking a match, a man suspiciously showed his macabre tattoo. Everyone had the same inky mark: a frightened woman; a serious priest and a lifeless body.

The fire cackled and smiled as it sparked into life. As it grew, it screamed like a ghastly, ghostly girl. Slowly, flames writhed in the wind.

An antique car frowned as it spluttered to a halt, wearing its spare wheel proudly. Ketchup-like blood dripped down the seats.

Was this a machine or a monster?



The winning cake for the Science Week Bake Off.

Eleanor Astle in year 7

"Pale Blue Dot"

WELL DONE!

Exam self-care

It's important to look after your mental health while revising for exams, but how can you do this? Our Activist, Rose, shares her favourite ways.

We all know that exams are extremely challenging, not only because of what we have to learn, but also because they can affect our mental health. We're told to take regular breaks, but I find it hard to know how best to use them.

There's plenty of advice out there on study techniques, but I find that what I do when I'm not revising is just as important as what I do when I am.

These are my top tips to build self-care into the non-working parts of my day.

Five-minute grounding exercises

Try a grounding exercise. Grab a (non-academic!) book or sheet of paper and count how many letters there are on the page, or count how many blue things you can see in the room.

These types of exercises help to reduce anxiety by focusing your brain on a specific task that is unrelated to your work.

Another grounding exercise is the 54321 trick. You need to find:

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell/taste
- 1 good thing about yourself

15-minute mindful revision breaks

Find a YouTube video that makes you smile - I recommend dogs on trampolines and waterslides for this purpose.

Make a hot drink, but don't take it back to your desk with you. Drink it away from your work space and turn it into a short mindfulness exercise - notice how the mug feels warm in your hands, but cools down gently, and the way the liquid feels when you take a sip. Try to bring your mind back to it if you find yourself going back into revision-mode before your break is over!

Do something creative, like drawing, colouring or printing off funny pictures to stick on your noticeboard. You could even try to learn a new skill - I've been learning to crochet by reading blogs online.

Ideas for one-hour revision breaks

- Have a shower with a shower gel or soap that smells really good. You could try a lavender-scented shower gel or moisturiser, a smell many people find calming, so that the smell lingers for a while.
- Do something involving nature. Go for a walk, sit in the garden or buy a plant.

Connect with other humans. Find somebody who also needs a break and have a chat with them – you might be able to help each other get through the exam period. It's easy to feel isolated when you're doing exams, so make time to connect with your friends.

Important reminders when revising for exams

- It sounds obvious, but make sure you're drinking enough water and eating regular meals - it can be tempting to eat at your desk to maximise study time, but you'll work more effectively if you use meal times as a way to get away from your study space.
- Remember that everybody has different study patterns and energy levels, so try not to worry that you're not doing enough work. Keep in mind that people might exaggerate the amount of time they claim to be working for!
- If you're struggling to manage your mood or anxiety levels, don't keep it to yourself. Friends and family members can be a great source of support, and there's no shame in seeking professional help. Young-Minds have plenty of information about how to get support for your mental health, so you don't need to suffer in silence.
- Above all, remember that exams aren't everything. There are many options that don't rely on getting the top grades and in ten years' time, most people won't care or notice what grades you got when you were younger. You are not defined by your exam results - you are so much more than the letters that appear on a sheet of paper.

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STUDENTS LOSE AN AVERAGE OF



ITEMS PER MONTH

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Thurs 6th April 2023
Thurs 13th April 2023
10:00am - 2:30pm

Performing Arts & Stagecraft

Do you enjoy drama or performing? or are you interested in the technical parts, such as music, sound and lighting?

Come along to our free sessions this Easter half term, and learn from those experienced in all aspects of theatre in our fun workshops

And did we mention there is a free lunch??

You must be aged between 11-16 years old to take part

Places are strictly limited to 20 per session so PLEASE do not book if you don't intend to turn up or someone else might miss out.

Email deborahwieland@gmail.com to reserve your place

North Lincolnshire Council

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