



Guilsborough Academy Parent/Carer Newsletter

14th November 2024 issue

Principal Blog



Dear Parents and Carers,

As we settle into Term 2, I am thrilled to share some updates on what has been a highly active and inspiring term already – a mere two weeks in!

We kicked off the term last week with celebration assemblies, celebrating students for their achievements, hard work, and contributions to our school community. These assemblies are always a wonderful way to reflect on the past term's successes and set a positive tone for the months ahead.

Additionally, we have seen Year 11 and Year 13 students undertaking their first set of pre-public exams (mocks). We understand this can be a stressful time, and we encourage parents and carers to reach out if you feel your child is struggling. Our staff are here to provide support and guidance to help students manage this important step in their academic journey.

I'd like to extend a huge thank you to everyone involved in our recent Sixth Form Open Evening. The event was a resounding success, with overwhelmingly positive feedback from prospective

students and their families. Our students and staff truly shone, providing an informative and welcoming experience that captured the spirit and values of our Sixth Form community, it was a fantastic event!

Already, this term has seen more enriching trips and activities across year groups. This week, our Director of Careers attended the National School and College Leavers Festival with 100 Year 11 – 13 students, which offered invaluable insights and resources for students preparing for the next stages in their education and careers. This was an inspiring day for our next round of leavers, who were able to explore their options and speak with industry professionals.

Also, this week, our Head of Life Skills held a whole-school Life Skills event, which provided an excellent opportunity for students to develop essential life skills and reflect on their futures. The event featured a variety of workshops, discussions, and activities, all aimed at building resilience, communication, and practical skills that will serve them both in and outside of school. Feedback from the students has been incredibly positive, and we are proud to offer these kinds of experiences that support their personal growth.

Safety and wellbeing continue to be core priorities for us here at Guilsborough. Last term we had Service Six delivering online safety assemblies to all year groups. In addition to this, nine of our Year 10 students have finished their training as Target Champions with Service 6, and they will be running drop-in sessions to mentor and support their peers on online safety. This initiative not only strengthens our students' online safety use but also builds a network of peer support, empowering students to look out for one another. Furthermore, we have been advised by Service Six that our school is the best they've worked with!

In other news, we are proud to announce that we have raised £962 for Movember so far - a wonderful testament to our school community's generosity and commitment. We're only halfway through the month, so there's still time to get involved and help us reach an even greater total for this important cause.

Finally, as we look toward the festive season, we have an array of exciting events and activities planned, including competitions and fundraisers. Highlights will certainly include our much-anticipated production of Matilda and our Christmas Showcase, which will celebrate the talent and hard work of our Performing Arts students. Please book tickets on the following link:

www.ticketsource.co.uk/guilsborough-academy

Thank you once again for your support and involvement. We're incredibly proud of our students, the school and all we're accomplishing together. We look forward to finishing the term strong and celebrating the festive season with you.

Kind regards,

Mr. S Frazer

Principal

Guiltsborough Academy - Remembrance Day

Guiltsborough Academy students observe 2 minutes silence for Remembrance Day.

Remembrance Day marks the end of World War One in 1918, at 11 am, on the 11th day, of the 11th month.

It is a day to commemorate the contribution and loss of British and Commonwealth servicemen and women in the World Wars and all worldwide conflicts since.

" They shall not grow old, as we that are left grow old. Age shall not weary them, nor the years condemn. At the going down of the sun and in the morning we will remember them."

Laurence Binyon



Upcoming Events

Please click on the below link to view all upcoming events and trips;

[Upcoming Events and Educational Visits](#)

Tickets NOW ON SALE - Christmas Showcase



**GUILSBOROUGH ACADEMY
PERFORMING ARTS
CHRISTMAS SHOWCASE**

We are delighted to invite you to join us for a fantastic seasonal evening of performances from our talented Music and Drama students.

THURSDAY 19 DECEMBER
Performance starts at 6.30pm
(Doors open 6pm)

Tickets £3.50
Concession tickets £3

Ticket shop QR code



Refreshments will be served by the PTA during the interval

Ticket shop URL
<https://www.ticketsource.co.uk/guilborough-academy/t-qjemqzq>

1 - [Performing Arts Christmas Showcase at Guilborough Academy event tickets from TicketSource](#)

Guilborough Academy Performing Arts Presents:



Guilsborough Academy
Performing Arts Presents:



ROALD DAHL'S

Matilda

THE MUSICAL JR.

Adult tickets £7

Child tickets £5

Ticket shop QR code



Ticket shop URL

<https://www.ticketsource.co.uk/guilsborough-academy>

SCHOOL PRODUCTIONS

Tuesday 3rd December

Wednesday 4th December

Thursday 5th December

Performance starts at 7pm

(Doors open 6.30pm)

2 - [Guilsborough Academy event tickets from TicketSource.](https://www.ticketsource.co.uk/guilsborough-academy)

SEND

If you have a query or a question about your child, please initially direct this to your child's tutor.

If this is relating to a SEND specific area please email

SENDAdministrator@Guilsborough.northants.sch.uk

TARGET Champions

Introducing...



Guilsborough Academy

Guilsborough Multi Academy Trust

TARGET Champions



What is a TARGET Champion?

A TARGET Champion is a peer mentor student who supports other students to make good choices and decisions when using social media apps and when on games.

Their role is to guide and help other young people on how to make better choices when online and direct them on where to go to get support with their worries.



We will be running our first drop-in sessions...

Where: A2 (Via the Careers Hub)

**When: Wednesday 13th November
Lunchtime (All Years)**

All students welcome for confidential advice and support.



Eco News

Guildsbrough Academy has again been awarded the Eco Schools Green Flag with merit. This has involved the whole school but especially the hard work of the Eco Committee. We have many new members this year and welcome anyone else to come and join us. They have completed this year's Environmental review and from this have selected these 3 topics to focus on this year:

- Healthy Living
- Waste
- Energy

As part of the Healthy living aims for the year we are continuing to re-establish the Academy's allotment. We would love to get some support from the community with this. So please contact us if you are able to offer advice or hands one help with this project.

We are also keen to help with local environmental activities, so please let us know if you know of any we can become involved with.

Dr Faye Sheldrick (fsheldrick@guilbsborough-school.net)



Green Careers Week

Green Careers Week took place during 4th and 9th November.

Students have been informed about a range of Green Careers that may interest them during their Careers sessions in registration.

A parent's guide booklet to these careers can be found using this [LINK](#)

During this week students were invited to attend an online talk by Tony McNally (MD of Climate |change Solutions) on how pupils and schools can contribute to reducing climate change and harmful emissions. He spoke to them about new green career opportunities there are now available and how this is likely to increase with the government's plans for Britain to become a clean energy superpower by 2030.



Online Parenting Courses



Being a parent has never been easy. There are no manuals for it, and previous generations may not be able to provide the insight you're looking for. The family unit is more dispersed than ever, with some families existing hundreds of miles from what may be called a 'core unit'. The rapid pace of societal change in the UK rapidly outstrips the knowledge of the immediate past. The result is that many parents may find themselves lost in a maelstrom of contradictory advice. For adults, time has never been more compacted. Family Lives has produced a series of online parenting courses, to make this challenge a little easier. If interested please follow the link below:

[Family Lives - How we can help/online parenting courses](#)

Family Lives offers a confidential and free* helpline service for families in England and Wales (previously known as Parentline). They can be contacted on 0808 800 2222 for emotional support, information, advice and guidance on any aspect of parenting and family life. Their website is also a rich source of useful support and advice.

(* Free from landlines and most mobiles)

Mrs E Phipp

Senior Safeguarding Assistant Principal – Inclusion & Student Wellbeing

Safeguarding

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators

SUPPORTING YOUNG PEOPLE TO BUILD EMOTIONAL RESILIENCE

With increasing societal pressures, many children struggle with managing emotions, facing challenges and processing failure in a healthy way. This is why building emotional resilience in young people is vital for their mental health and personal success. This guide provides practical strategies for parents and educators to help children develop resilience and foster confidence, adaptability and a positive mindset.

- ### 1 ENCOURAGE OPEN COMMUNICATION

Regularly engaging children in open dialogue fosters trust and emotional expression. Encourage them to share their thoughts and feelings freely without judgment. Set aside time daily, perhaps during dinner, to ask open-ended questions such as, "What's made you happy today?". This encourages children to express themselves openly.
- ### 2 MODEL POSITIVE BEHAVIOUR

Children often learn how to manage emotions by observing adults. By modelling calm and positive responses to challenges, you can teach them valuable emotional management skills. If you've had a difficult day, verbalise how you're feeling and explain how you plan to handle it, such as "I'm a bit worked-up, so I'm going for a walk to clear my mind."
- ### 3 TEACH PROBLEM SOLVING SKILLS

Helping children break down challenges into manageable steps encourages a proactive mindset. Explain that every problem has a solution, even if it's not immediately obvious. For example, if a child is stuck on homework, support them in breaking the task into smaller steps, saying things like "Let's focus on just this first question for now."
- ### 4 FOSTER A GROWTH MINDSET

Encourage young people to view mistakes as learning opportunities. A growth mindset helps them see setbacks as part of the process, rather than something to be upset about. After a child loses a game or performs poorly on a test, for example, ask them what they've learned from the experience. This reinforces the idea that effort – and even failure – leads to improvement.
- ### 5 PROMOTE SELF-CARE PRACTICES

Teaching children about self-care helps them understand the importance of balancing work with relaxation to maintain emotional wellbeing. Parents and carers could start a screen-free hour before bedtime where the family engages in relaxing activities like reading, setting an example to the child for how to unwind.
- ### 6 BUILD HEALTHY RELATIONSHIPS

Strong relationships with peers and adults provide a support system that enhances resilience. Encourage positive, respectful interactions to develop social skills. Playdates or group activities can be instrumental in teaching children how to resolve conflicts with friends by modelling and practicing calm communication.
- ### 7 SUPPORT EMOTIONAL AWARENESS

Helping children to identify and name their emotions allows them to manage those feelings more effectively. When a child's upset, encourage them to talk to you about what they're feeling in an empathetic and supportive manner, and ask them why they might be experiencing these emotions.
- ### 8 ENCOURAGE INDEPENDENCE

Giving children opportunities to make their own decisions boosts confidence and problem-solving skills. A good example of this would be letting children choose and pack their own lunches for school, guiding them with options but allowing them to assume responsibility for the task to help them take ownership.
- ### 9 DEVELOP COPING STRATEGIES

Teaching children techniques like mindfulness, deep breathing or journaling can help them to manage stress. Show them how to perform breathing exercises when they're feeling anxious, and practise this regularly. Reinforcing this behaviour in young people will make it easier for them to use these techniques of their own accord during stressful moments.
- ### 10 CELEBRATE SMALL WINS

Recognising effort, no matter how small, reinforces perseverance and encourages children to keep trying. After a child completes a difficult task, makes progress on a project or reaches another type of personal goal, praise their efforts. Emphasise the hard work they've put in and be sure to let them know how proud you are!

Meet Our Expert
 Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provisions.

#WakeUpWednesday The National College

[@wake_up_weds](https://www.facebook.com/wake_up_weds)
[@wake.up.wednesday](https://www.instagram.com/wake.up.wednesday)
[@wake.up.weds](https://www.youtube.com/channel/UC...)

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Future Skills Questionnaire

Students in Years 7, 8, 10, and 12 have been sent links to complete the 'Future Skills Questionnaire'. Please see below information students have been provided. Please encourage your child to participate.

Thank you for your support.

The Future Skills Questionnaire is a set of questions that have been designed for young people in schools and colleges to help you think about your skills, strengths and what you might like to do in the future.

Completing the questionnaire and answering the questions is really easy to do. It isn't a test or anything, there's no right or wrong answer. Just take your time, go through each question and pick the right answer for you.

Thousands of young people like you, all over the country, have done the Future Skills Questionnaire. This helps to make sure young people are supported to make the right choices about their next step after school or college.

Miss P Hunt

Director of Careers

EPQ Coordinator and Enrichment Lead

Guilborough Success Stories

Congratulations to Emily Rose in Year 12 for her outstanding achievement in passing her Grade 6 Classical Guitar exam with Distinction!

Well done, Emily!

Educational Visits Update

GCSE Beliefs and Ethics Trip to Northampton Churches and Northampton Central Mosque

The Year 11 and Year 10 GCSE Beliefs and Ethics classes visited Broadmead Community Church, Northampton Central Mosque and Guilborough Parish Church on Wednesday 16th October. The trip was led by Mr Ditchburn with Mr Flanagan and Miss Buiuc.

Mason, in Year 10 has written the following write-up:

Broadmead Community Church is a large church in Northampton. It has moved into a new purpose-built building in the last 5 years which the church members have paid for. Here we had a talk from senior pastor Adam Eakins and learned about the church works with the community. We also were able to ask some challenging questions and get answers about the ways in which the church is responding to moral issues in society.

At Northampton Central Mosque, we were shown around and taught by Imam Mosani about the five daily prayers, the making of the first human and the history of the jinn. After removing our shoes, Imam Mosani led us into the prayer hall and started explaining the daily prayers:

1. Fajr (prayed at dawn)
2. Dhuhur (prayed at midday)
3. Asr (prayed in the afternoon)
4. Maghrib (prayed at sunset)
5. Isha (prayed at night)

He explained that it is important to Muslims to be punctual and not to miss the prayers even though you can make them up by doing the prayers you missed by yourself. They do this to teach themselves self-discipline and to keep in close contact with Allah. Next, he explained how Muslims believe the first man Adam was created, he told us that Adam was built from the earth in Paradise one of the levels of Jannah, the Islamic version of heaven. Then Imam Mosani explained the history of the jinn. The jinn are spiritual beings created before humans, made from fire, that still exist today.

Finally we visited Guilsborough Parish Church, a much older Church of England place of worship in Guilsborough. Here Rev. Allison Twigg talked us through the different historical features of the building, which is over 700 years old. We learned how the different parts of the building are used and what they mean to people as they pray to God.

I found the trip very useful and think it will be helpful in my GCSE years.



Year 11 Geography Trip to Birmingham

On Tuesday, 22nd October 2024, our Year 11 students embarked on a Geography field trip to Birmingham City Centre.

This excursion, an essential part of their GCSE Geography coursework, focused on urban regeneration and transport improvements. Students efficiently collected data at various city locations to support their fieldwork analysis, which will play a key role in their Paper 3 examination.

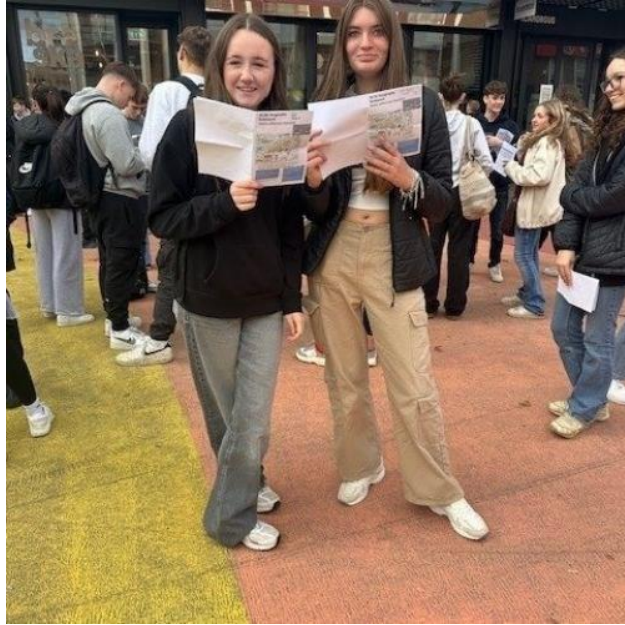
Trip leader, Mrs. Shiels, Head of Geography, said:

"The students behaved impeccably and collected their data efficiently. It was a great opportunity for them to engage with the city and see first-hand how regeneration projects have transformed Birmingham."

A particular highlight of the trip was the visit to Birmingham Library's secret garden, offering a serene space amid the bustling city for students to relax and reflect.

Overall, the trip was a valuable educational experience, combining practical fieldwork with an opportunity to explore one of Birmingham's hidden gems. We look forward to seeing the students apply their findings in their coursework!





Cummings Engineering

On the 23rd October, seven Year 10 girls went on a trip to Cummins Engineering factory in Daventry.

We started the day off with an introduction before receiving a tour of the factory, where we had the opportunity to see and observe the production and the testing of engines. We finished the day with a chance to see how VR could be used in engineering in the afternoon.

We had a lovely time and are excited to return in November.

By Eleanor A and Emily B





The National School & College Leaver Festival 2024

On Tuesday 12th November, our Director of Careers, Miss Hunt, took 100 of our Year 11-13 students on an exciting journey to The National School & College Leaver Festival at the NEC in Birmingham.

This fantastic event offers a wealth of information, with a wide range of employers, apprenticeship providers, and universities all in one place. It was a brilliant opportunity to inspire our students about their future possibilities and help them explore potential career paths.

Throughout the day, we experienced students eagerly exploring their options, chatting with representatives, and gathering resources to bring home. It's evidently clear that students found the festival inspiring - several students came back waving leaflets and enthusiastically sharing their plans to apply for opportunities they'd discovered!

A huge thank you to Miss Hunt for organising and other staff members for supporting this valuable experience. Events like these help our students get a head start on their future career endeavours, by showing them the many paths available after school.

For more information on the event, visit The National School & College Leaver Festival website.





Innovate Serves Up A 'Viva Mexico' Feast!



[READ MORE](#)

Community News



Students come together to
LITTER PICK
in the community.



Monday 21st October
14.15pm - 15.00pm
Guilsborough Village

PLEASE TELL US WHERE ELSE WE CAN HELP!
Contact Mr K Woolridge
(woolridge@guilsborough.northants.sch.uk)

What's on

Items can be passed onto Dr F Sheldrick. Thank you.



A FESTIVE FREE FOR ALL

COME AND GET SOME FREE STUFF - IT'S THAT SIMPLE!

CLOTHES | TOYS | DECORATIONS | MENDING SERVICE
POP-UP CAFÉ

Refresh your winter wardrobe for free, find some gifts for the kids and even pick up some festive decorations. All whilst saving items from landfill!

MENDING SERVICE: Have clothing you'd like to keep but needs mending? Bring it along and we'll fix it at no cost.

SUNDAY 1ST DECEMBER 2024
10:30-15:00 @ WELFORD YOUTH & COMMUNITY CENTRE

ITEMS NEEDED: TOYS, KIDS' AND ADULTS' CLOTHING IN EXCELLENT CONDITION INCLUDING CHRISTMAS JUMPERS AND DECORATIONS. PLEASE ONLY DONATE ITEMS YOU'D BE HAPPY TO TAKE YOURSELF. NO HOLES, STAINS OR BROKEN/INCOMPLETE TOYS.

DROP OFF LOCATIONS: 1 MILLERS ROAD & 1 BROWNS MEADOW

DROP OFF BETWEEN 25TH AND 29TH NOVEMBER - WE CANNOT ACCEPT ANY DONATIONS ON THE DAY ITSELF

School Space available for hire!

The advertisement for School Space features a blue background. At the top, it says 'Quiltsborough Academy is available for hire!'. On the left, there is a QR code with the text 'Book your space today' and the website 'www.school-space.org'. In the center, there are three circular images: the first shows an indoor sports hall, the second shows an outdoor sports field, and the third shows an indoor sports hall. On the right, there is a circular logo with the text 'SCHOOL SPACE' and a quote: 'With excellent communication and a desire to help, the team at School Space helps us provide reliable and consistent venues for our classes.' followed by 'Dan McAteer, MF Martial Arts'.

Sport News

Rugby fixture

The Year 8 team played their first game of the academic year against Moulton last week. Despite the opposition being very physical and with a handful of Year 7 students in our team,

we put in a strong performance that the boys can be proud of. Although they lost by a number of try's, the team built from strength to strength in the game, taking on board feedback and showed great progress from the first to the second half.

Well done to all that played and special mention to Oli, Callum, Dexter and George who played up a year.

The Year 10 team attended the Northants Schools 10's tournament this week. Winning 3 out of 4 pool games and drawing the other (Moulton, Latimer, Parker Academy and Malcolm Arnold), this allowed them to progress to the final against a strong Bishop Stopford squad.

The team played well and were within 30 seconds of winning the final, only to concede a last play of the game try to end up drawing.

A fair result for both teams but a great squad effort.

Mr K Woolridge Assistant Principal



Year 7 Rugby Team

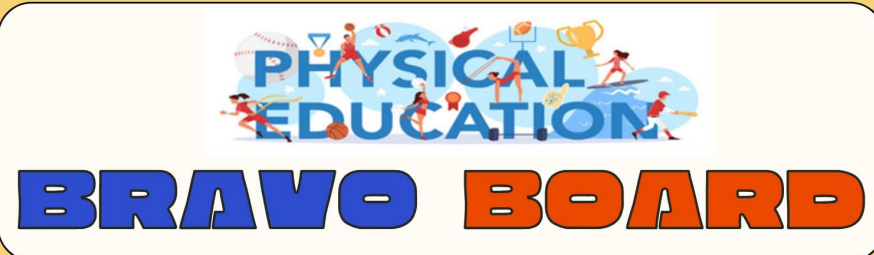
The Year 7 rugby team played their first game of the season against The Parker Academy in Daventry. In a strong performance, they won convincingly by 5 tries. Every player contributed well, and we look forward to the next game against Caroline Chisholm School in a few weeks.

Well done to all who played.

Mr K Woolridge

Assistant Principal

PE Department Bravo Board Update - Term 2



PHYSICAL EDUCATION

BRAVO BOARD

Congratulations to all the students who made it onto the PE Bravo Board this term.

The PE Bravo Board helps recognise those students who, each term, work really hard in PE either by being a good role model, making excellent progress towards their targets in PE or working with continued effort and enthusiasm in lessons.

PE staff select their top three students from across KS3 and KS4 and once nominated the students receive a special praise award worth 25 achievement points and a phone call, email or postcard home. The new display recognising their achievements can be found outside of E Block near the double doors to PE.

The nominations this term are as follows...

MR CHARLTON George Phipps Eddie Gent Noah Burns	MRS DEAN Isabelle Collier Charlotte Allcott Poppy Hickling	MISS EASTON Bella Selley Beaux White Verity Finch
MR FLANAGAN Fin Marsh Rex Jones Rajan Singh-Forbear	MR HARVEY Sharnelle Cavallier Olivia Passchier Betsy Bryans	MR JEFFERIES Dylan Francis Monty Croft Roman Stockwin
MR WOOLRIDGE Oliver Evitts Aiden Crawford Light Finley Aslett		

