

Nottingham Secondary Academy Newsletter

Publisher Mrs L Chapman

Dear All,

Welcome to Nottingham Secondary Academy's Easter Newsletter, I hope you enjoy reading all the activities and celebrations we have had over the past term, we have much to celebrate!

I have been immensely proud of our family of students and staff embracing our fundamental core values of Respect, Aspiration and Pride. It has been overwhelming to see our pupils demonstrate how mature, responsible, respectful and inclusive they are. This term alone, 18 pupils won my £50 Good Citizen Prizes.

It is lovely to see the tremendous number of enrichment opportunities that have been provided to our pupils from our dedicated staff, which you will read about in this newsletter.

We are wishing our Year 11 and Year 13 pupils the very best for their exams, which will commence from 8 May, and we wish them luck!

Wishing you all a wonderful and safe Easter break with your families and we look forward to welcoming you back on Tuesday 22 April 2025.

Mrs J Elbaz

Executive Principal



We are very keen to work with you and maintain regular communication.

If you have any queries, please get in touch with the relevant year team. We are pleased to announce that we have coordinated year group emails to ensure the relationship and communication between the home/school and your child, is monitored and actioned daily.

Year7Team@nottinghamacademy.org

Year8Team@nottinghamacademy.org

Year9Team@nottinghamacademy.org

Year10Team@nottinghamacademy.org

Year11Team@nottinghamacademy.org

Thank you for your continued support!



NOTTINGHAM ACADEMY



RESPECT



ASPIRATION



PRIDE

Lead learning to transform lives and enable communities; at Nottingham Academy we will achieve this by providing an exceptional provision for exceptional learners.

GREENWOOD ACADEMIES TRUST



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BEHAVIOUR FOR LEARNING

At Nottingham Secondary Academy our expectations for student conduct are clear and our standards exceedingly high. A full policy can be found on our website, please take time to discuss this with your child and familiarise yourself with this document.

We support our young people to conduct themselves in a positive manner: to be respectful of themselves, each other and their environment.

We demand that the behaviour demonstrated in lessons enhances the learning experience for all and that our pupils contribute fully to the life of the Academy.

NOTTINGHAM ACADEMY



RESPECT



ASPIRATION



PRIDE

*Lead learning to transform lives and enable communities;
at Nottingham Academy we will achieve this by providing
an exceptional provision for exceptional learners.*

We demonstrate honesty and Integrity in all aspects of our lives. We take pride in being responsible aspirational and ambitious. We make a positive contribution to our own learning, our academy and our community.

We treat others as we would expect to be treated ourselves. We are always polite, kind, thoughtful and caring. We communicate in a positive way, in person and in the digital world. We work with others to enhance learning and make a positive contribution to our academy and our community.

We ensure Nottingham Secondary Academy is a safe, welcoming and inspirational place to work and learn. We value our learning environment and are committed to collaborating with local partners to enhance our community.

ATTENDANCE AND PUNCTUALITY

At Nottingham Secondary Academy we expect our pupils to attend the Academy ready to learn, on time, every day. This obligation ensures pupils have the greatest opportunity to achieve and to go on to future success. We reward pupils who achieve 100% attendance, and our attendance team work hard to support those who are not meeting this standard.

Pastoral and safeguarding support

If you are concerned about the safety of child over the holidays you can access support via the NSPCC Free Helpline **0808 800 5000**. If you believe that a child is at immediate risk and in need of protection then you should call the Police - **999** immediately.

A member of the safeguarding team will also be on duty on weekdays throughout the holidays and can be contacted on safeguarding@nottinghamacademy.org

There are also other sources of support on the safeguarding section of our web-site <https://www.nottinghamacademy.org/safeguarding/safeguarding-resources-and-advice>

As always, in the new term it will be important to continue with the positive attitude displayed by so many mentioned above. We will start Term 3 with our re-boot assemblies and as always, our 6 Everyday Expectations and NAC Uniform Standards will be prominent in presentations. These help to ensure our environment is one that enables a positive learning climate. We thank you all for your continued support in helping to promote the below standards and expectations.

NOTTINGHAM ACADEMY

UNIFORM STANDARDS

At Nottingham Academy we expect our pupils to be ready for learning. The high uniform standards we expect from our pupils enables a positive learning environment.

- SMART & SHARP**
Blazers on at all times. No exceptions. Shirts to be tucked in at all times and ties to be worn correctly.
- FULL TABLE SERVICE**
Full table service, including a school bag and planner, must be visible in lessons.
- DRINKS**
No fizzy drinks at all. Water is allowed on desks if the teacher permits.
- OUTER CLOTHING**
No hoodies, sports sweatshirts or jumpers. No denim jackets. No cardigans. No leggings and no cycling shorts.
- TECHNOLOGY**
No mobile phones to be seen or heard. No ear pods.
- FOOTWEAR**
No colour on footwear. Should be all black.
- CHEWING**
No chewing gum.
- NAILS**
No false or extended nails. No bright colours on nails.
- MAKE-UP**
No excessive make up, including lashes.
- JEWELLERY**
No accessories (chains, bracelets, smart watches, rings, No rings, bracelets or pendants at any time).

All pupils are encouraged to wear their uniform every day. Pupils who do not wear their uniform will be asked to change into their school uniform at the start of the lesson.

6 Everyday Expectations

At Nottingham Academy our students follow our Everyday Expectations. These are powerful habits which will support students to become successful in life. These Everyday Expectations are a framework to ensure that our core values of respect for yourself, respect for each other and respect for your community and environment are embedded within our daily practice and routines. Our Everyday Expectations are:

- In School On Time**
We expect all of our students to arrive to school on time. This is an expectation of our academy but also the world of work.
- Smart & Sharp**
We expect all our students to wear perfect uniform. You only get one chance to make a first impression.
- Full Table Service**
Students who want to achieve their full potential always bring the right equipment to the academy every day.
- Respect The School Environment**
Respect and encourage others to respect the school environment.
- First Time Every Time**
Nottingham Academy students do not answer back. Students trust that teachers' instructions are to help them be successful.
- Right Place, Right Time, Doing the Right Thing**
Nottingham Academy students are always in the right place at the right time doing the right thing in every lesson and behave in a purposeful manner outside of lessons.

During this final week of term, the school has transitioned from using ClassCharts to using Arbor for all behaviour incidents. Year 8 Parents and Guardians will already know that all future progress evenings will also be coordinated on Arbor. Currently, Arbor is used for attendance, behaviour, progress evenings and academic report production. It will soon also be used as a tool for setting home learning tasks on. If you have not already done so, please sign in to the parent portal using information that will be sent again on Friday 4 April. Support on how to sign in and then download the App can be found [by clicking here](#).



To promote sign up, we have chosen 5 random people that have signed in already to win a £50 prize. **The guardians of the following 5 pupils have been selected. Daniella P, Sala-huddin H, Micah S, Erinda B, Andre F**

You will begin to receive emails and notifications regarding high tariff positive behaviour logs and detention alerts. To provide a summary of negative behaviour detention sanctions:

Removal from lesson = 30 minutes after-school detention.

Red Line Truancy = 60 minute after-school detention.

Any other Red Line = under investigation. This could be an after-school detention, a place in the BRC, a Friday 90-minute detention or a fixed-term suspension.

Arkwright Scholarship

The mathematics department are overjoyed to announce that one of our most dedicated students is the first at Nottingham Academy to be awarded the Arkwright Engineering Scholarship. The Arkwright Engineering Scholarship programme is the most esteemed scholarship of its type in the UK. Historically around 200 scholarships are awarded each year with thousands of applications submitted. The scholarship supports students through their A Levels and helps students to pursue Engineering, Computing, Mathematics or Technical Design at university and future careers in the field. The Arkwright scholarship recognises, and rewards innate curiosity and determination and they found just that in Mohamed A.

“The Arkwright Scholarship is a valuable qualification that required hard work and dedication to achieve. I am looking forward to many industrial experiences of engineering at a higher level which will develop my skills further to better prepare me for my future education and career ”

Congratulations to Mohamed A for securing himself an Arkwright Engineering Scholarship, we know that the benefits will last you a lifetime.



Eid Celebrations

Eid Celebrations at Nottingham Academy

As the holy month of Ramadan draws to a close, the Muslim community at Nottingham Academy and around the world eagerly awaits the celebration of **Eid al-Fitr**, a joyous occasion that marks the end of a month of fasting, prayer, and self-reflection. Eid is a time of gratitude, unity, and giving, and it holds great spiritual and cultural significance for our Muslim students and their families.

Eid al-Fitr, also known as the "Festival of Breaking the Fast," is celebrated with heartfelt prayers, special meals, and gatherings with loved ones. The day typically begins with Muslims attending the Eid prayer at the mosque, where they express their gratitude and seek blessings. It is also a time for giving, as many take part in charitable acts by donating to those in need, ensuring that the joy of Eid is shared by all. Families come together to enjoy festive meals, exchange gifts, and embrace the values of kindness, generosity, and community.

At Nottingham Academy, we embrace this joyful occasion and recognise the importance of celebrating diversity within our school. We encourage our Muslim students to come in their **beautiful Eid clothes** on the school day following Eid, allowing them to share their happiness with friends and teachers. It is always a pleasure to see the vibrant colours, elegant attire, and the pride our students take in their traditions.

Eid is more than just a celebration, it is a time of togetherness, compassion, and gratitude. As a school community, we stand in solidarity with our Muslim students, acknowledging the dedication and discipline they have shown throughout Ramadan. Nottingham Academy is a place where all students, regardless of background, are valued and respected, and we take pride in fostering an environment where everyone's culture and traditions are appreciated.

To all our students, staff, and families celebrating, we wish you a heartfelt **Eid Mubarak!** May this special time be filled with peace, joy, and prosperity.

Nottingham Academy

Year 7

As we approach the end of HT5 and head towards Easter, we felt it would be a great chance to reflect on some of the amazing things our Year 7 Students have done over the past half term. This half term has been full of celebrations, the year group have all got involved in house competitions, pupil parliament, fundraiser and special guest assemblies!

Pupil Parliament: This half term has seen a number of our role model students be selected for the Junior Leadership Team and join as members of the Year 7 Pupil Parliament. Well done to Ollie R, Hannah M, Krish C and Derry M! These students went through an application process to determine who would be best suitable for the role and passed with flying colours. The job they have involves listening to students within the year group and gathering possible suggestions for future changes within the school.

World Book Day: World book day was a fantastic day! The year group really showed their enthusiasm and motivation for events like this. The year group loved dressing up as a character from a favourite book and as you can see from the photo they really engaged with this and made it a day to remember.



Comic Relief: This year we really wanted to try and raise as much money as possible for comic relief. Planning for this started a few weeks before with students suggesting possible games they would like to take part in to firstly donate, but if they were crowned champion to receive a prize. As it was Red Nose Day students were tasked with wearing something Red for the day and the incentive was in order to be in non school uniform they must bring a donation to raise money for the charity comic relief. During the day a cake sale took place at break and there were various activities at lunch, the year group along with the help of our amazing sixth form students managed to raise a whopping £495.66! A huge shoutout to all staff and students involved!



Year 7

House Competitions: This half term we have introduced a new initiative rewarding students with good behaviour by letting them take part in weekly house competitions! Each of our tutor groups are assigned to one of our houses. The competitions have ranged from Football, Dodgeball, Basketball and Table Tennis competitions, at times these are mixed groups with boys and girls. This has been a huge success and adds to the team culture that has been built within the year group.



Special guest: Joel Foster: On Wednesday 2 April a special guest delivered a first class assembly to our students. This included a live singing performance, talks around mental health and bullying and a live Q&A for students to ask questions to Joel. In order to do this we needed to raise the money. Once again the students got involved and raised the money to ensure we could have Joel come along to visit and perform to the entire year.



We would like to wish you a Happy Easter and look forward to welcoming our amazing year 7 students back for the beginning of half term 5 !

The Year 7 Team

Year 8

Celebrating Outstanding Achievements at Nottingham Academy of our Year 's

We are thrilled to highlight some remarkable achievements at our school so far this year. Our Year 8 students continue to demonstrate exceptional commitment to their learning, participation, and growth. Here's a roundup of some of the standout accomplishments:

100% Attendance – A Fantastic Achievement!

A huge congratulations to the students for their dedication and commitment to perfect attendance. There are too many to name. These students have shown incredible responsibility by being present for every school day so far this year.

Your dedication is truly inspiring, and we commend you for your consistent hard work!

Top Year 8 Positives Points – A Round of Applause!

We are excited to celebrate our Year 8 students who have earned outstanding positive points for their efforts this year. Leading the pack is **Thywill S**, who has accumulated an impressive **16,381 positive points** – the highest in Year 8! Right behind her are **Diamond S**, with **15,951 points**, and **Maya K-W**, with **15,950 points**. These students have exemplified excellent behaviour, hard work, and dedication in and out of the classroom.

Keep up the fantastic work, you make us immensely proud, and we can't wait to see what the rest of the year brings!

Leon J's Incredible Achievement in Piano

We are incredibly proud of **Leon J**, who has gone above and beyond in his musical journey. After starting piano lessons after school this year, Leon skipped both the preparatory grade and Grade 1 to take his Grade 2 exam. Not only did he excel in his exam, but he also achieved a **distinction** – an outstanding result for someone who has been learning for such a short time!

This achievement speaks volumes about Leon's commitment, natural talent, and determination. Excellent work, Leon – we are so proud of you!

Looking Ahead

As we continue through the year, we are excited to see even more of our students achieving greatness in every area of school life. Whether it's through academic achievements, extracurricular activities, or personal growth, we are consistently amazed by the hard work, enthusiasm, and resilience our students demonstrate.

Thank you to all students, staff and parents for their continued support in helping our school community thrive.

Keep up the great work, everyone!

Mr Kuffour & Ms Buttler

Year 9

This half term has proven to be instrumental for the Year 9s in their academic journeys. It's been wonderful to see our young people seriously considering their futures when deciding their options. We received many thought-provoking questions from them which helped them to choose subjects tailored to their best interests.

We've also witnessed a plethora of sporting greatness with our boys' football team reaching the Semi-Finals of the County Cup and coming 3rd in the inter-Nottingham schools competition, and our basketball teams sharing successes in the inter-Nottingham schools competition. Students represented the academy with excellence!

Further to our sporting successes, our Year 9s have demonstrated amazing commitment to exploring the wider world with a Drop Down Day dedicated to employability skills, CV writing, team building, leadership and peer influences. This day was capped off by a guest speaker, Julian Kelly who discussed the realities of the Criminal Justice System with our young people. It was also inspiring to see our young people engaged with the Careers Fair. A wide variety of visitors (from the civil servant sector and the armed forces to colleges, universities and Nottingham Forest!) were kept busy with the attention of our Year 9s. Students behaved perfectly - especially around the European Cup trophy!!

It was also a pleasure to celebrate the successes of our young people in our Celebration Assembly. Our Year 9 students are always eager to praise their peers!

We hope you have a wonderful 2 week break! If you're celebrating Easter then please have a joyous Holy Week.

We look forward to a fruitful Summer Term in which our students will engage in Law, Order and Government within Personal Development; the Duke of Edinburgh excursions; some of their GCSE options, as taster sessions; and the much anticipated Alton Towers trip! Furthermore, if your child is partaking in any extra-curricular activities outside of school, we'd love to hear about them! If you'd like to share their experiences, please email : year9team@nottinghamacademy.org.

Mr Woolley & Ms Banister

Year 10

Highlights of the term- Some very beneficial assemblies which all students responded very well to. For example, we have had an external speakers talking about toxic masculinity, Universities talking about careers and future aspirations, religious groups talking about religious festivals and youth mentor talking about making positive choices in the community.

We also had a brilliant Year 10 Progress Evening. It was fantastic to see so many parents talking to teachers about how their children can achieve great things in their GCSEs.

Star Students- Ashley R. Ashley has had a brilliant term. She has received the highest number of positives in the whole of Year 10, zero negatives and 100% attendance. Ashley is an inspiration to other students, keep up the hard work Ashley, the Year 10 team are sure you will achieve great things in your upcoming mocks and GCSEs.

Upcoming Events – Year 10 will be starting their 2 week mock exam period Monday 16 June.

We will be celebrating all our hard work with a day at Alton Towers on Monday 30 June.

Happy Easter!

Mr Clarke & Mrs Iwanejko

Year 11

Year 11 Updates: A Busy and Successful Half Term

This half term has been a productive and inspiring period for our Year 11 students, with numerous activities and milestones as they prepare for their final exams and beyond. We are incredibly proud of the dedication and hard work they have shown, and we are excited to see them put their knowledge and skills to the test in their upcoming exams.

Mohamed A Wins Arkwright Scholarship

A huge congratulations to Mohamed A for being awarded the prestigious Arkwright Scholarship! This highly competitive award supports young students with exceptional potential in engineering, providing invaluable mentorship, funding, and opportunities to help them excel in the field. This is a fantastic achievement, and we are incredibly proud of Mohamed's hard work and dedication. His success is an inspiration to his peers, and we are excited to see what the future holds for him!

Year 11 Boys' Football Team Shines in Premier League Tournaments

A huge congratulations to the Year 11 boys' football team, who recently participated in two Premier League tournaments, showcasing their skill, determination, and teamwork. The team put in a fantastic performance, winning two matches and drawing two. A special mention goes to Lamin and Connor for their excellent goal-scoring abilities, helping the team secure some impressive results. Beyond the scores, the boys demonstrated outstanding sportsmanship and teamwork throughout the tournaments, representing the school with pride. Well done to all involved, we are incredibly proud of you!

Careers Fair & 1-1 Careers Meetings

Year 11 students had the opportunity to attend the Careers Fair facilitated by external providers, offering valuable insights into various career paths, apprenticeships, and post-16 education options. The event was a fantastic chance for students to explore potential career opportunities and gain expert advice on how to achieve their aspirations. Additionally, students have continued their one-on-one careers meetings, ensuring they receive tailored guidance to support their future ambitions.

Period 6 Lessons: Maximizing Exam Readiness

The commitment shown by students attending Period 6 lessons has been outstanding. These extra sessions have played a crucial role in reinforcing key concepts, refining exam techniques, and building confidence ahead of the final assessments. Students have been engaged, motivated, and eager to improve, demonstrating their determination to succeed. These lessons are an invaluable opportunity for students to consolidate their learning and ensure they are fully prepared for their exams.

Year 11

PPE Success & Exam Preparations

The second round of Pre-Public Examinations (PPEs) was a great success, with many students showing significant improvement across all of their grades. It has been wonderful to see their efforts paying off, and we are truly impressed by the progress they have made. The PPEs have provided students with a valuable insight into the real exam experience, helping them identify areas for further improvement and fine-tune their revision strategies. With the final exams just around the corner, we encourage students to stay focused, maintain their momentum, and keep pushing themselves to achieve their best.

Upcoming Exams

The official summer exam season is quickly approaching, and we are confident that our students are well-prepared to tackle the challenges ahead. Key dates include:

- **W/C 31st March**—Languages speaking exams
- **8th May**—First exam for some students (Psychology/Turkish)
- **12th May**—English Literature (All students)
- **16th June**—Last exam for most students (Physics)
- **17th June**—Final exam for Spanish students
- **19th June**—Final exams for Greek and Arabic students

Students will not be required to attend school after completing their final exam. We know that all their hard work will pay off, and we look forward to celebrating their achievements in the summer on exam results day; Thursday 21st August. Further information about results day will follow during the summer term.

Easter Revision Sessions

To further support our students, the school will be open over the Easter holidays for teacher-led revision sessions as well as independent study in the library. This is a fantastic opportunity for students to get additional support, ask any last-minute questions, and reinforce their understanding before the exams begin. The library will also be open for independent study daily. All sessions will run from **10:00am – 12:00pm** and **12:30pm – 2:30pm** every day [excluding Good Friday]. Students are reminded to bring their own lunch, or money to purchase food from the Greenwood Coffee Stop if staying for both sessions.

Year 11

Prom Tickets Still Available!

Year 11 students can still purchase tickets for the much-anticipated Prom Night via ParentPay. This is a wonderful opportunity for students to celebrate their hard work and achievements with friends and teachers. Details are as follows:

- **Date:** Thursday 3rd July
- **Venue:** Colwick Hall
- **Time:** 7:00pm

Exciting prizes will be awarded before Prom for students who regularly attend intervention sessions. These include:

- 20 free Prom tickets
- A Rolls Royce Phantom to transport you and a friend from home to the Prom
- 3 x £100 Slaters Menswear Vouchers
- 3 x Vouchers for professional hair & makeup services on the day of the prom

This promises to be an unforgettable evening, and we encourage all students to secure their tickets soon!

We are incredibly proud of everything Year 11 have accomplished so far, and we are confident that their hard work will pay off in their final exams. The finish line is in sight, and we encourage all students to stay focused, make the most of their remaining revision opportunities, and finish the year on a high note. Best of luck to everyone—we believe in you!

Best wishes,

Ms Geary, Mrs Cooke, Ms Smikle and Ms Lewis

Year 11 Team



Year 11 Half Term Intervention

Week 1

10:00 - 12:00 - AM sessions
12:00 - 12:30 - Lunch
12:30 - 14:30 - PM sessions

Monday					
3 day first aider:		SGO		10am to 2:30pm	
Back up first aider					
Independent learning Room		HCH			
Year Group	Teacher	Subject	Room	Time	
11C	LPT	Child Develop	A180	10:00 - 12:00	
11B	LPT	Child Develop	A180	12:30 - 2:30	
11B/Ar2	HBR	Art	B115	10:00 - 12:00	
11B/Ar2	HBR	Art	B115	12:30 - 14:30	
11B//AR1	RNO	Art	B115	10:00 - 12:00	
11B/AR1	RNO	Art	B115	12:30 - 14:30	
11B/Ar1	ANE	Art	B115	10:00-12:00	
11B/Ar1	ANE	Art	B115	12:30-14:30	
Yr13	SMW	Maths	B105	10:00-1:00pm	
11x4	VST	English lang	B126	10:00-12:00	
11C/SP2	LCP	Sport	B157	10:00-12:00	
11C/SP2	LCP	Sport	B157	12:30-2:00	
Y11	BMA	Photography	A179	10:-2:30	
Y11	IDA	Enterprise	B117	10:00 - 2:30	
Y11	AAG	Maths	B164	10:00 - 2:30	

Tuesday 8th April					
3 day first aider:		SCO		10am to 2:30pm	
Back up first aider					
Independent learning Room		TBE			
Year Group	Teacher	Subject	Room	Time	
13	LSM	Psych	B5	10:00 - 12:00	
11	LSM	Psych	A173	12:30 - 2:30	
11	IHA	RS	A142	10-12:30	
11B/Ar2	HBR	Art	B115	10:00 - 12:00	
11B/Ar2	HBR	Art	B115	12:30 - 14:30	
11B//AR1	RNO	Art	B115	10:00 - 12:00	
11B/AR1	RNO	Art	B115	12:30 - 14:30	
11B/Ar1	ANE	Art	B115	10:00 - 12:00	
11B/Ar1	ANE	Art	B115	12:30 - 2:30	
Yr13	SMW	Maths	B105	10:00-1:00pm	
11X4	VST	English Lit	B126	10:00-12:00	
11CSP2	LCP	Sport	B157	10:00-12:00	
11CSP2	LCP	Sport	B157	12:30-2:30	

Week 1

10:00 - 12:00 - AM sessions
12:00 - 12:30 - Lunch
12:30 - 14:30 - PM sessions

Wednesday					
3 day first aider:		SCO		10am to 2:30pm	
Back up first aider					
Independent learning Room		LGE			
Year Group	Teacher	Subject	Room	Time	
11	TBE	Eng Lang	B154	10-2.30	
11	MLE	Maths F	B165	10 - 1pm	
11	LFE	HISTORY	A141	10-2PM	

Thursday					
3 day first aider:		SCO		10am to 2:30pm	
Back up first aider					
Independent learning Room		LGE			
Year Group	Teacher	Subject	Room	Time	
11	TBE	Eng Lit	B154	10-2.30	
11	TBU	Maths	A152	12:30-14:30	

Friday					
3 day first aider:		SGO		10am to 2:30pm	
Back up first aider					
Independent learning Room		LGE			
Year Group	Teacher	Subject	Room	Time	
11Agg1/11Agg2	Ms R Smith	Geography- glaciation	A182	10:30am to 12	
11Agg1/11Agg2	Ms R Smith	Geography- changing economic world UK	A182	12:30-2	

Week 2

10:00 - 12:00 - AM sessions
12:00 - 12:30 - Lunch
12:30 - 14:30 - PM sessions

Monday 14th April					
3 day first aider:		CIW		10am to 2:30pm	
Back up first aider					
Independent learning Room		TBU			
Year Group	Teacher	Subject	Room	Time	
11B/Ar2	HBR	Art	B115	10:00 - 12:00	
11B/Ar2	HBR	Art	B115	12:30 - 14:30	
?	MXO	Science	?	?	

Tuesday 15th April					
3 day first aider:		SCO		10am to 2:30pm	
Back up first aider					
Independent learning Room		LMI			
Year Group	Teacher	Subject	Room	Time	
11A/agg1 & 11A/agg2	LBA	Geography	A181	10-2:30	
Y11	MLE	Maths F	B165	10 - 1pm	
?	MXO	Science	?	?	

Wednesday 16th April					
3 day first aider:		SCO		10am to 2:30pm	
Back up first aider					
Independent learning Room		TBU			
Year Group	Teacher	Subject	Room	Time	
Y11	MTO	Spanish	A172	10-12/12:30-14:30	
Y11	ABW	English	B131	10-2:30	

Thursday 17th April					
3 day first aider:		SGO		10am to 2:30pm	
Back up first aider					
Independent learning Room		TBU			
Year Group	Teacher	Subject	Room	Time	
11	MTO	Spanish	A172	10-12/12:30-14:30	
11	DLO	History	10-02:30		

Sixth Form

Sixth Form Newsletter – Spring Term Update

As we approach the end of another busy and productive term, I wanted to take a moment to reflect on the incredible achievements and events that have taken place in our Sixth Form over the past few months.

Academic Success and University Applications

The term started with a hectic but exciting return for our students. Many spent the first two weeks sitting official vocational examinations, demonstrating their dedication and hard work.

We are incredibly proud that 91% of our Year 13 students have successfully submitted university applications, taking a significant step toward their future aspirations. A special congratulations goes to two of our talented female basketball athletes, who have received full scholarship offers—Sammy M, has received an offer from an NCAA Division school in Lake Michigan and Alina R to an NAIA school in Missouri. We are excited to see more of our students receive offers from UK universities in the coming months.

GCSE Re-Sit Success

In January, some of our re-sit students achieved great success, passing their GCSE Maths and English re-sit exams. Well done to all!

Paired Reading Programme Relaunch

We relaunched our Paired Reading programme on 14th January, where our Year 12 students partnered with Year 7 readers. This initiative not only supports literacy development but also strengthens the bond between younger and older students. The first session involved welcome activities, book selections, and the start of what we hope will be a rewarding mentorship experience.

Exciting Events and Visits

- **Tuesday 28th January** – The **Greenwood Trust Basketball Tournament** was a fantastic event, with our Sixth Form elite players stepping up as coaches and referees, setting a great example for younger students.
- **Friday 31st January** – Our **Year 12 Art students** visited Nottingham Lakeside to attend an exhibition and take part in a masterclass.
- **Tuesday 4th February** – Our **IT and Business students** enjoyed a visit from **Wilmington Plc**, where they learned about career opportunities in the business sector.
- **Thursday 6th February** – We held our **Year 12 and Year 13 Progress Evening**, allowing parents and guardians to discuss their child's progress with teachers.

Basketball Success & Wildcats Senior Day

One of the highlights of this term was the Wildcats Senior Day celebrations on 26th February, where our Year 13 female basketball players – Kaydi, Alina, Momo, Dawn, Sammy, and Aliyah – were recognised for their dedication both in the classroom and on the court.

Congratulations also to Kosi A and Tiarna D-C (Year 12), who have been selected for the GB U18 Basketball Squad! They are part of a group of 18 attending selection camp, from which 12 will go on to compete in the European Basketball Championships. We are extremely proud of them!

Sixth Form

Preparation for the Future

- **W/C 24th February** – Our Year 13 students sat their Pre-Public Examinations, an essential step in preparing for their final exams.
- **Friday 28th February** – 40 Year 12 students visited the University of Nottingham, where they explored the campus, met current students, and gained insight into university life.
- **Monday 10th March** – The University of Nottingham delivered an assembly to Year 13 students on student finance, covering budgeting and financial planning for university.
- **Wednesday 20th March** – Our Year 12 students attended the Nottingham Academy Career Fair, exploring career and university pathways.
- **Monday 24th March** – Year 13 students took part in a budgeting session with Into University, equipping them with essential financial skills for independent living.

Looking Ahead

We are looking forward to ending the term with a Spring Celebration Assembly, where we will celebrate the outstanding achievements of our Sixth Form students.

Thank you for your continued support. We are incredibly proud of our students and look forward to seeing them finish the year strong!

Ms Merrill

Library

Recently we've added the new Hunger Games book, Sunrise on the Reaping, to the library it's already been popular and has been checked out twice in the last week!

All pupils have been sent details to their school email so they can login to the library dashboard to browse the catalogue, write reviews and reserve books.

And then this term the big event was celebrating World Book Day at the beginning of March It was amazing to see everyone dressed up sparking conversations about which book characters they were dressed as.

We also had a book quiz in tutor and these were the winning tutor groups in each year:

- 7T8 Mr Hallett
- 8T7 Ms Herbert
- 9T9 Ms Binz
- 10T8 Mr Jayia
- 11T8 Ms Khandakar-Uddin
- 13Tu1 Mrs Brown

Total number of books checked out since September:

- Year 7 1418
- Year 8 863
- Year 9 295
- Year 10 190
- Year 11 177

I was very impressed with the book knowledge of our winning teams!

Ms Young - Librarian

World Book Day Winners

These were our winners in the costume competition:

Hayya and Zemaye Year 8



Ashley Year 7



Rawand Year 7



Misha Year 11



World Book Day GC1



World Book Day GC2





10/05/25

NOTTINGHAM ACADEMY

10 AM - 2PM

MAKERS MARKET

STALLHOLDER OPPORTUNITY!

SATURDAY 10TH MAY 2025
NOTTINGHAM ACADEMY, 10AM - 2PM

kconlon@nottinghamacademy.org

REGULAR STALL - £20
MEDIUM STALL - £30

IF YOU ARE INTERESTED IN RUNNING A STALL, PLEASE CONTACT KATY CONLON FOR MORE INFO!



MAKER'S MARKET

SATURDAY, 10TH MAY 2025 10:00AM-2:00PM

NOTTINGHAM ACADEMY, NG3 7EB

Information

Duke Of Edinburgh

- Bronze Residential Training - Saturday 3rd May - Sunday 4th May 2025
- Bronze Qualifying Expedition - Saturday 28th June - Sunday 29th June 2025
- Silver Practice Expedition - Friday 27th June - Sunday 29th June 2025
- Silver Qualifying Expedition - Friday 11th July - Sunday 13th July 2025

Red Nose Day 2025

As a school we raised a fantastic amount of £949.76 for Red Nose Day.

Massive Thank you to everyone who took part in the day.



CHILDREN IN RECEIPT OF FREE SCHOOL MEALS

Nottingham Secondary Academy will send Supermarket E-Vouchers for the value of £30 per child to parents via email. Please check with reception that your E-mail address is up to date and correct otherwise unfortunately we will be unable to send these out. Any queries please contact Mrs Clulow on :

cclulow@nottinghamacademy.org

If you think your child may be entitled to FSM but currently do not receive them please enquire at: Pupil.Benefits@nottinghamcity.gov.uk or visit the Nottingham City Council website for more information.

For further information see the below contact details.

If you, or a young person you support are struggling, please don't hesitate to get in touch.

Call: 0115 883 3540 – Day time

Email: playandyouth@nottinghamcity.gov.uk

For further information and details of activities, please go to:

www.earlyhelpnottingham.org.uk

www.nottinghamcity.gov.uk/playandyouth

www.nottinghamcity.gov.uk/childrenscentres

Attendance Matters

We are fortunate to work with the overwhelming support of parents who ensure that their children come to school every day and we thank-you for your support.

Absences Procedure

If your child is ill and unable to attend school, a parent/carer must notify the attendance team before **8:15am, on every day of absence**. The absence line is: 0115 74834380 opt 1 or email attendance@nottinghamacademy.org

Daily Absence Check

Each day registers will be thoroughly checked and if a student is absent and no communication has been received from yourself, then a phone call will follow from our attendance team. Please note all contact numbers that have been provided to the school will be used and a message will be left where necessary. We request that you return any calls/texts as soon as possible to ensure we are able to safeguard all students at all times.

Welfare checks

A member of the attendance team may call at your home to discuss your child's absence if we have received no contact, if there is concern regarding attendance or the reason given for absence is not acceptable. This visit may be carried out unannounced.

Persistent Absence

Punctuality

All students must arrive in school for 8:30am. Our morning registers open at 8:40am and will close at 9:10am. **If students arrive after 9:10am they will receive a U Code.** This is an unauthorised absence for the morning session and will impact on overall attendance.

A student will be classed as a persistent absentee if they are absent for 10% of the time. This equates to 19 days over an academic year.

We review student attendance on a weekly basis, whether it be authorised or unauthorised absence. Early interventions will be put into place to support parents/carers and students so that school attendance improves. Our intention will always be to work in partnership with parents to support them to get their child to attend.

There is evidence which suggests that children who miss days 2, 3 or 4 days of the new term for unauthorised reasons have a predicted overall attendance for the year of only 55%. We want to reduce the chance of this happening by working with you and your child to remove any barriers that they might face. Please alert you're the year team as early as possible if you are struggling to get your child into school.

Attendance Matters

Penalty Notices

Changes to the national threshold for Penalty Notices will come into force in September 2024. A summary of all the changes are included on the next page.

In summary, if a student is absent from school for 10 unauthorised sessions, over a rolling 10 school week period, a Penalty Notice can be issued. A school day is made of 2 sessions - am and pm. Or in other words: 1 day of absence = 2 sessions of absence. That means 5 days of unauthorised absence in a 10-week period could result in a penalty notice. It is also important to note that being late to school in the morning (after falls under the unauthorised absence category and will be recorded as 1 session of absence.

Please note.

- Penalty Notices are a fine of £160 if paid within 28 days, £80 if paid within 21 days.
- Any second Penalty Notice issued to the same parent for the same child within a rolling 3-year period will be charged at the higher rate of £160 with no option for this second offence to be discharged at the lower rate of £80.
- There is a national limit of 2 penalty notices to be issued to a parent for the same child within a rolling 3-year period, so at the 3rd, or subsequent offences, another tool will need to be considered such as prosecution or another attendance legal intervention.
- Fines are paid to the local authority – the academy does not receive that money.

Family Holiday

Along with the government, we are trying to reduce the amount of school missed due to holidays and we hope that you will continue to support us by not planning a leave of absence during term time. **Leave will not be granted for family holidays unless under exceptional circumstances.** When a leave of absence has not been authorised, and if the absence exceeds a certain number of days, a referral will be made to Nottingham City Council for a Fixed Penalty Notice to be issued.

Any referrals to the Education division, Education Welfare & EOTAS service for consideration of further action could result in a Penalty Notice, payable direct to the Local Authority. If the Penalty Notice is not paid within 28 days, the Local Authority may instigate legal proceedings under section 444 (1) of the Education Act 1996. If found guilty of an offence under this Act, parents will receive a criminal record and could be fined up to £1000.

Attendance Matters

Improving Attendance

There are things you can do to improve your child's attendance:

- Talk to your child about the importance of them being in school and let them know how important you feel it is.

If your child is unwell, try giving them medication before they leave for school. The following NHS guidance gives some advice on whether your child is too ill to attend <https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/>

- Avoid taking any holidays during term time. Family holidays in term time are not allowed in law and are unlikely to be authorised.
- Family emergencies also need careful consideration. It is not always appropriate or in the best interests of the child to miss school for emergencies which are being dealt with by adult family members.
- Avoid medical appointments during school hours. If this is unavoidable ensure your child attends school either before or after the appointment.

If you are worried about your child/children's attendance and require further support, please contact the school's attendance team

The Attendance Team

Ms N Brown – Deputy Principal Student Care

Mrs M Bradshaw – Attendance Officer (years 7 and 8)

Mrs K Winfield – Attendance Officer (years 9, 10 and 11)

Celebration and Rewards

Celebration and Rewards

It has been an amazing second term with lots of examples of pupils displaying our core values of respect, pride and aspirations. Since December, we have had **over 508 pupils that have received 0 negative logs** on ClassCharts. This is a superb achievement as it shows how pupils are always ready to learn, are in the right place at the right time and are contributing positively to the Academy.

Every Term, Mrs Elbaz presents 17 pupils with a £50 prize for contributing positively to the community of Nottingham Academy. This could be a pupil that always smiles and says hello to a pupil that has represented the Academy in an exemplary fashion when in the community. These amazing Nottingham Academy Citizens are nominated by their Head of Year and Mrs Elbaz selects based on the justification given. The winners for this term are listed below:



Each term we also announce our Campus Pupils of the Term. These pupils have 100% attendance, 0 lates, 0 negatives and the most points. Our Term 2 Campus Pupils are:

Campus Pupils of the Half-Term

Bridge Campus Pupil of The Term:
(100% attendance, 0 lates, Most points)

**Muhammad A
7T31**

GC1 Campus Pupil of The Term:
(100% attendance, 0 lates, Most points)

Thywill S 8T5



Celebration and Rewards



In September we launched our House System. All points awarded on Class-Charts, and now Arbor, contribute towards the House Cup, presented after Sports Day in the Summer Term. This term we have had Science Projects, Dragons Den, Geography in The News, Spirited Arts Competition, table tennis and football tournaments. A particular highlight was an English competition where pupils were encouraged to write an article about change in their community. Aisha A wrote a thought-provoking piece about the behaviour systems in school. In addition to this, the Wicked Writers competition provided great opportunities to amass many House Points. Kobi (Year 8), Talia and Eva (Year 9) were able to score 1500 House points for Wollaton. Stacious (year 8) added 500 for Newstead and Taibah (year 10) added 500 for Colwick.

At the end of Term 2, we can announce that Colwick House are still leading the way! Well done to Colwick pupils.

Colwick	7782
Newstead	7678
Rufford	7645
Hardwick	7182
Wollaton	7004

**Please note the score is an average point tally per pupil in the House.*

Celebration and Rewards

Each House has a year group champion as well:

<i>Newstead</i>	Year 7	Mohammad
<i>Newstead</i>	Year 9	Aj
<i>Newstead</i>	Year 10	Riley
<i>Newstead</i>	Year 8	Stacious
<i>Newstead</i>	Year 11	Meya
<i>Hardwick</i>	Year 7	Ivanilson
<i>Hardwick</i>	Year 9	Tyler-James
<i>Hardwick</i>	Year 8	Jeremiah
<i>Hardwick</i>	Year 10	Daniel
<i>Hardwick</i>	Year 11	Haleema
<i>Colwick</i>	Year 9	Bhavesh
<i>Colwick</i>	Year 7	Erlind
<i>Colwick</i>	Year 8	Anuska
<i>Colwick</i>	Year 11	Domonic
<i>Colwick</i>	Year 10	Isabel
<i>Rufford</i>	Year 7	Shoaib
<i>Rufford</i>	Year 8	Thywill
<i>Rufford</i>	Year 9	Nicolas
<i>Rufford</i>	Year 11	Ja'nia
<i>Rufford</i>	Year 10	Kebba
<i>Wollaton</i>	Year 7	Sanaa
<i>Wollaton</i>	Year 9	Shantel
<i>Wollaton</i>	Year 8	Savannah-Mae
<i>Wollaton</i>	Year 11	Bilal
<i>Wollaton</i>		Lovevictory
<i>Wollaton</i>	Year 10	Osamede

Celebration and Rewards

Golden Ticket Leaderboard

Every lesson, our pupils have the chance to win 3 golden tickets. These can be awarded for any positive contributions to the learning environment in lesson. The current leaderboard is:

Name	Form	Count
Harvey	8T10	135
Laisa	7T2	129
Aliyah	11T9	114
Zainab	8T10	109
Sameia	9T7	104
Leon	8T6	102
Shuja	8T8	101
Shantel	9T2	99
Noman	7T3	98
Taylon	9T7	97
Gino	8T10	97
Kaiden	9T7	94
Daniel	9T7	91



Sports at Nottingham Academy

Nottingham Academy Sports News – Easter Term

Round-Up

This term has been action-packed for Nottingham Academy sport, with success, determination, and teamwork on show across every event!

🏓 Table Tennis Triumphs 🏓

A huge congratulations to our Year 10/11 table tennis teams, who impressed at the Nottingham Schools Competition, coming home with silver and bronze medals! Not to be outdone, our Year 9 boys also shone, taking 1st and 3rd place in their tournament – an amazing achievement!



(Year 10/11 boys and Year 9 boys table tennis)

Sports at Nottingham Academy



Basketball Brilliance



Our basketball teams have had an incredible season. The Year 8 girls showed resilience and skill, qualifying for the Nottingham Schools Finals and securing silver medals! The Greenwood Academies Trust Basketball Tournament was a real highlight, with the boys going unbeaten to claim first place and the girls placing third — helping NAC to finish 2nd overall out of seven schools. The success continued with the Y8/9 girls' team winning both of their matches in an exciting double game week! The Year 7 girls played their first games and finished third overall in the Nottingham Schools tournament—a fantastic debut!



(Year 8 Girls, Year 8/9 Girls and Y9 Boys & Girls Basketballers)

Sports at Nottingham Academy



Football Highlights



Our footballers have been unstoppable this term. The Y9 boys team made it to the league finals and took home bronze medals in the Nottingham Schools Premier League, while also preparing for their County Cup Semi Final! They put in an incredible performance to reach the semi-finals of the County Cup and, despite a tough loss, should be really proud of their achievement in getting that far. The Y11 boys rounded off their last league season with a win, a draw, and a loss, showing great commitment and spirit. A special mention to the Y9 vs Y10 football game, where both teams showed maturity and sportsmanship, with the Y9s taking a 6-4 victory. The Y10 boys football team performed exceptionally well in the Nottingham Schools Premier League tournament, losing only one game and securing 2nd place overall. The Y7 boys football team also competed in the Nottingham Schools tournament but were unfortunate not to progress to the next round. Finally, the Y8 girls football team showed fantastic resilience, finishing third in their tournament despite having only a partial team!



(Y8 Girls and Y11 Boys Footballers)



(Y7 and Y10 Boys Footballers)



Sports at Nottingham Academy

Athletics Excellence

Year 7 athletes made us proud at the Sports Hall Athletics events, with the girls qualifying for the Grand Final and the boys making the Shield Final. In the finals, they supported each other brilliantly, with the girls earning silver and the boys bronze. An amazing team effort all around!



(Y7 Girls and Y7 Boys Indoor athletics)

Dance

Thirty KS3 students participated in an inspiring FABRIC dance workshop, showcasing fantastic enthusiasm and energy — they represented Nottingham Academy perfectly.



Sports at Nottingham Academy

🏆 GAT Sports Festival Success 🏆

Our students also excelled at the Greenwood Academies Trust Sports Festival, with stand-out performances from Ishmael, who won the Y8 boys cross country, and Aaryan and Ashher who placed second in badminton.



Sports at Nottingham Academy

More Sporting Highlights

- The Y8 girls dodgeball team displayed incredible progress and came away with silver medals.
- Our KS4 handball players demonstrated fantastic teamwork and sportsmanship at their competition.
- Additionally, ten Y9 girls have joined the NAC Girls Active Team, working on exciting plans to boost girls' participation in sport after attending workshops with ex-professional tennis player Jade Windley and an inspiring day at Nottingham Trent University.



(Y8 Girls dodgeball and Girls Active event)

As this term comes to an end, we are so proud of every student who has represented Nottingham Academy. Your hard work, dedication, and team spirit have been outstanding. We can't wait to see what next term brings!



We All Need A Little Support

If you are struggling, please reach out.

Here are some support networks you can access anytime .

Sources of Support

- **Nott Alone** - <https://nottalone.org.uk/> Local mental health advice and help for young people in Nottingham and Nottinghamshire. Contains links to a range of Nottingham based services and online support videos
- **Kooth** <https://www.kooth.com/> Mental health support for Young People
- **Young Minds** <https://www.youngminds.org.uk/> Mental health support for young people and parents
- **Cruse** <https://www.cruse.org.uk/> Bereavement support
- **Harmless** <https://harmless.org.uk/> Support for self harm
- **CGL** <https://www.changegrowlive.org/> support and advice around drug use

Other sources of support

- Mind -0300 1233393
- Samaritans – 116 123
- Shout – Text ‘SHOUT’ to 85258
- Papyrus – 0800 0684141 (suicide support)
- CAHMS Crisis – 0800 1707055
- Refuge (domestic abuse helpline) 0808 20005000
- Trussel Trust (food bank)
- To get a food voucher while school is closed you can contact:
- The Carlton Hub
- 03030401110
- Nottinghamshire Mental health Helpline:
- 0300 303 0165

The Nottingham Academy Safeguarding team can be contacted on safeguarding@nottinghamacademy.org

If you believe that a child is at immediate risk and in need of protection then you should call the Police - **999** immediately.

For out of School Hours contact Children's Social Care (if the child or young person lives in Nottingham city) **0115 876 4800 (operational Monday to Friday at 8:30 am to 5:00 pm)**

<https://www.nottinghamcity.gov.uk/information-for-residents/children-and-families/nottingham-city-safeguarding-children-board/worried-about-a-child/>

NSPCC Free Helpline **0808 800 5000**

What Parents & Educators Need to Know about MENTAL HEALTH & WELLBEING APPS

WHAT ARE THE RISKS?

When looking at options for supporting a child's mental health, the sheer volume can be overwhelming. There are many wellbeing apps available, but unfortunately not all are trustworthy. It's important to evaluate which resources are suitable, reliable and effective. This guide lets you know what to consider before installing such an app, to determine just how useful it's going to be.

QUALITY & RELIABILITY

Mental health apps can be a useful starting point when looking for wellbeing advice and strategies and can be a useful extension to the 24-hour services available. However, they aren't a substitute. Information on the quality of some of these apps is scarce. They may look cute and child-friendly, but have they been developed by a mental health professional? Furthermore, do they have research to back up their content?

PLACE RESPONSIBILITY ON CHILDREN

Some apps add the words 'kids' or 'children' to their title or use cartoon icons to make them more appealing to young people. When signing up for some of these apps, some will speak to the parent directly, saying something along the lines of "your child is great to go. Let them be it from here". It's important to remain involved in the child's mental health journey, or require check-ins via email or text.

DISREGARDING APPROPRIATE SUPPORT

Young people who had autism and have trouble sleeping may download a mindfulness app to help. While this is a good strategy initially, it's not addressing the root of the problem. A child could simply try managing these symptoms themselves (as opposed to speaking out and seeking professional help), which could potentially worsen their anxiety in the long run.

LACK OF PERSONALISATION

Mental health or wellbeing apps are useful tools for the short term, teaching users several helpful habits to manage their condition – such as keeping an illness diary, improving nutrition and practicing mindfulness exercises. As every person is unique – and children especially will grow and develop in different ways – these apps struggle to tailor themselves to users' individual needs. For example, many apps don't distinguish between the ages of users and can offer extremely generic advice.

DATA SECURITY

As with any other app – not just those for mental health and wellbeing – it's wise to check out the privacy policy before downloading it. Some of these applications may store data with third parties for numerous reasons (such as targeted advertisements), and if a user is sharing personal and sensitive information with the app, they probably don't want it ending up elsewhere without their consent.

IN-APP PURCHASES

Many apps will provide their most basic features for free but will require you to pay for other aspects – such as it more to extend experience or access to additional resources. This could be a one-off fee or a regular subscription. Consider whether this is actually required, is it benefiting the child, or could they receive the same support from a medical professional?

Advice for Parents & Educators

CHECK THE CREDIBILITY OF THE APP

Before you download a mental health and wellbeing app, investigate the developers. Have they consulted with qualified mental health professionals to create their resource? Also check whether the app is affiliated with any government or mental health organisations, as these are solid indicators of legitimacy. Reviews can also be a useful signpost to the app's quality. There are many good apps out there, but there are just as many that miss the mark.

SEEK PROFESSIONAL SUPPORT

Trusted mental health and wellbeing apps designed by qualified, reputable organisations can be used alongside the professional advice and support of fully trained professionals. These apps should never be considered a substitute for counselling or other to mental health help. If you have real concerns about a child's mental wellbeing, you should seek appropriate advice from a suitable source, such as their GP – or children, who can be contacted by calling 0800 1111.

READ THE PRIVACY POLICY

Look into the app's terms of service – especially its privacy policy. Do so by yourself first, then go over it with the child who is considering using the app, to ensure they know what data will be collected and how exactly it will be used. Use all of this information to make an educated decision on whether or not to download that particular app.

ENCOURAGE OPEN COMMUNICATION

Mental health and wellbeing apps can be useful for writing down feelings, tracking your own health and other such activities. These can help if the problem is short-term and temporary – such as a child getting stressed about approaching exams – or if you're currently waiting for professional support. Nevertheless, it's important that children aren't solely reliant on the app and have a safe space to talk about their feelings and experiences in the real world.

Meet Our Expert

Dr Claire Bathford is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and surfing behaviour of young people in the UK, USA and Australia.



The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/mental-health-apps>

X @wake_up_weds

f /www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of review: 04.11.2024

If you feel that you need some support, there are lots of websites and services that can help. **You are Not Alone!**

NottAlone

Are you worried about your own, or someone else's mental health?



is here!

Want to find trusted information, advice and local services that can help?

This website has local mental health advice and help for young people in Nottingham and Nottinghamshire, all in one place.

Website

Be U Notts

Support when you need it!

Be U Notts offers free mental health and emotional wellbeing support and is available to anyone **aged 25 or under**, living in Nottingham and Nottinghamshire (excluding Bassetlaw) who is registered with a local GP.

Website



For great tips and positive messages follow **Young Minds** on Instagram:

Instagram page



Shout is a free, confidential and 24/7 text messaging service for anyone in the UK who needs support. If you are struggling to cope and need to talk, our trained Shout Volunteers are here for you.

Text SHOUT to 85258

Website

Anna Freud National Centre for Children and Families

shout

**In crisis?
Need support?**

24
7
hours a day

Text AFC to 85258

Text the free, anonymous crisis textline

All texts are answered by trained volunteers, with support from experienced clinical specialists

Mental health advice for young Muslims

Check out faith-friendly information, shaped by the voices of young Muslims and created in partnership with Muslim Youth Helpline.

Young Minds



Are you a Young Carer?



A young carer is someone aged 25 and under who cares for a friend or family member who, due to illness, disability, a mental health problem or an addiction, cannot cope without their support. Find out more about what support is available in Nottingham:

[Young Carers Notts](#)

What's on in Nottingham? Holiday Activities

To find out about activities in your area over the Christmas holidays go to Ask Lion:

[Ask Lion](#)



thriving
NOTTINGHAM

Gloji teens

Healthy lifestyle & weight management programme

The perfect opportunity for you to build healthy habits and have fun, whilst making sustainable, positive changes to your lifestyle

Workshops

Over 12-weeks, we'll explore practical strategies for making positive, healthy lifestyle changes. Through discussions and activities, we aim to equip you with the tools, self belief and confidence to take control of your health and well-being!

Topics include:

- Goal setting and habits
- Finding the balance; keeping full & energised
- Anxiety, body image and self confidence
- Discovering what works for you (portion sizes, environment & exercise)
- Inside our food (sugars, sweeteners & ultra processed foods)
- Diet culture & myth busting
- Hunger, fullness & emotional eating
- Sleep & screentime
- Healthy hydration
- Eating out, socialising & takeaways
- Self management, boundaries & managing setbacks

Group activities

Whether it's boxing, gym sessions, dance, yoga, or cooking, you'll discover new ways to stay active and energised whilst having a great time in a supportive environment.

0115 6485724

hello@thrivingnottingham.org.uk
www.thrivingnottingham.org.uk

Want to find out more? Get in touch...

Where to go for sexual health services in Nottingham

SH:24

Sexual health 24 hours a day - free, discreet, confidential

[Website](#)

Sexual Health Services Nottingham and Nottinghamshire - Under 25s

Sexual Health Services Nottingham and Nottinghamshire

Under 25s

MON TO THU
2 - 7PM

VICTORIA HEALTH CENTRE
GLASSHOUSE STREET

CONTACT US
T: 0300 131 7010
WWW.SEXUALHEALTHNS.CO.UK

[Website](#)

Free Condoms - an update

Recently the C Card scheme in Nottingham has ended. To ensure young people can continue to access free condoms in Nottingham City, the Children's Public Health 0-19 Nursing Service will be restarting the MyCard scheme. This works in a similar way to C Card where young people aged 13 - 19 years can sign up via their school nurse. You will go through a registration process and following that, you can pick up condoms during your school drop-in or request to pick up using the Texthealth service (see page 1).



my
CARD

If you would like more information about our service or when our nurse drop-in is in your school, please go to our website [Website](#)

Contact Nottingham Secondary Academy

Executive Principal: *Mrs J Elbaz*

Email: jelbaz@nottinghamacademy.org

SEN Coordinator: *Mrs B Morrison*

Email: bmorrison@nottinghamacademy.org

Designated Safeguarding Lead: *Miss N Brown*

Email: nbrown@nottinghamacademy.org

PA to Executive Principal : *Mrs T Goldby* Email: tgoldby@nottinghamacademy.org

Main site (KS3 & KS4)

Nottingham Academy

Greenwood Road

Nottingham

NG3 7EB

The Bridge (KS3 & KS5)

Nottingham Academy

Sneinton Boulevard

Nottingham

NG2 4GL

Stay up to date

Our website is regularly updated with key contact and safeguarding information. ClassCharts is also available to every parent. Please contact reception for you login details.

Contact Information

It is vital that the information we hold is kept up to date. In an emergency, we need to be able to get hold of you. Please ensure Reception is informed should any of your details change.



Key Dates

Monday 7th April	Easter Break
Tuesday 22nd April	First day back after Easter Break
Tuesday 24th April	Y8 Progress Evening
Thursday 8th May	GCSE Examinations 2025 begin
Monday 12th May	A Level Examinations 2025 begin
Monday 26th May	May Half Term
Monday 16th June	Year 10 & Year 12 PPE's
Tuesday 17th June	GCSE Exams End
Friday 20th June	Year 11 Alton Towers
Friday 20th June	A Level Exams End
Tuesday 24th June	Year 7 & Sixth Forum Alton Towers
Tuesday 26th June	Year 10 Alton Towers
Tuesday 26th June	Year 8 PSHE Drop Down Day
Monday 21st July	Year 10 Careers Day
Tuesday 22nd July	Year 9 Alton Towers
Wednesday 23rd July	Year 8 Alton Towers
Friday 25th July	Summer Holidays begin—2pm Finish

Wishing you all a safe and wonderful Easter Break!

