

### STAND UP! EDUCATION AGAINST DISCRIMINATION

All our Year 9 students had the fantastic opportunity to work with Stand Up! Education Against Discrimination last Thursday and what a really good day it was.

Students tackled the dangers of stereotypes and misconceptions as well as the problems of conspiracy theories. Antisemitism and Islamophobia were explored at length. Students valued the input and time taken by the educators. A really good day.



### FOCUS ON STAYING SAFE AND POSITIVE WELLBEING SUPPORT FOR EXAM STRESS

We are aware that exams have the potential to exacerbate feelings of anxiety and stress amongst young people. That is why it's important that whilst pupils should be encouraged to work hard, this should not be at the expense of their wellbeing.

There is a range of advice and guidance for students and parents to help alleviate or lessen the anxiety they have about sitting exams, including:

- [NHS Help your child beat exam stress](#)
- [Anna Freud: How to identify the signs of academic stress, and ways to help](#)
- [Student Minds – resources, tips and blogs about exam stress](#)
- [Ofqual: Coping with exam pressure – a guide for students](#)
- [YoungMinds - young person support](#)
- [Young Minds - parent/carer support](#)

### ASTHMA FRIENDLY SCHOOL

We are pleased to announce that we have been awarded recognition as an asthma friendly school. To give you a flavour as to what we do to support asthma in our academy... As an academy we all undergo the annual Asthma awareness training and have an Asthma Policy. We purchase and stock emergency Salbutamol inhalers in various locations around the site to ensure if there is an emergency we could act quickly as we recognise the dangers of Asthma.

Each student diagnosed with Asthma has a care plan and emergency consent for Salbutamol which is then added to the Asthma register. Care plans are currently being updated and being sent out via the new program we use - Medical tracker. If this applies to you - please check your emails.



### FISH HEROES

Huge thank you to FishHeroes for another fish delivery! This time for gorgeous and nutritious canned salmon. Year 10 enjoyed using this amazing free product to create something different to the norm - salmon filled ravioli with homemade pasta. They have really shown off their food skills! Thank you to @AlaskaSeafoodUK & @dfdsgroup. The end result was absolutely amazing and tasted as good as it smelt!

