

15th December 2023

Supported by the Normanton Freeston Foundation

## FOCUS ON STAYING SAFE AND POSITIVE WELLBEING GET INTO SWIMMING - BE SAFE IN WATER

Swimming is a good all-round activity because it:

- builds endurance, muscle strength and cardiovascular fitness
- helps you maintain a healthy weight, healthy heart and lungs
- tones muscles and builds strength
- provides an all-over body workout, as nearly all of your muscles are used during swimming.

Swimming has many other benefits including:

- being a relaxing and peaceful form of exercise
- alleviating stress
- improving coordination, balance and posture
- providing good low-impact therapy for some injuries and conditions



**So why not improve your swimming, it could save a life one day.**  
Normanton Swimming Pool Opening Times - [click here for more information](#)

## RUGBY SUPERSTARS

The Year 8 rugby team have this week won away 18-4 in the Yorkshire Cup group stage to qualify for the last 8 knockout stages after Christmas. This is despite 10 of the first team players missing!

Man of the match was Jacob who worked his socks off. Tahi from Yr7 was a close 2nd. Amazing well done to all involved - we know you are aiming to be in that Yorkshire Cup final!

## SPANISH FOCUS WEEK

Our Year 9 students have this week started their Guided Pathway process looking at what subjects to study at GCSE. Following an Assembly by Mrs Marsh, all materials are now available on their Classroom.

Our parent and carer event will be on Tuesday 16th January from 5-6.30pm. This week we have been focussing on the importance of studying another language.

## Spanish



The Importance of Languages  
Events Week

Week Commencing  
Monday 11th December 2023

- ★ Y9 Tutor Time Assembly (streamed live into tutor rooms on Monday 11th)
- ★ All staff meet and greet in Spanish
- ★ Spanish GCSE 'Options Information' in lesson time
- ★ **Spanish Breakfast Food**  
In the Social Area (near Drama) 8:00am to 8:30 am (Thu & Fri)
- ★ 'Why choose Spanish?' Movie Trailer streamed into year group classroom

*Language is communication, Language is culture,  
Language is CONNECTION*

## THE PRINCE'S TRUST

The Prince's Trust came into the Academy on Wednesday 13th December to hold an Enterprise event with Year 9 students. It was a very competitive day, with students having to create their own business idea and then pitch it in front of the rest of the group, and visitors from The Prince's Trust. Wednesday saw Belgium tutor group take on Chile, with lots of outstanding performances from the teams, but with the Kandulars team from Belgium winning overall!

The Prince's Trust are returning for a further 3 days, with all other tutor groups in Year 9 taking part. On Friday 14th December we have China taking on Denmark, then on Monday 18th December there is Malaysia v Mexico, then we finish off on Wednesday 20th December with Nigeria against South Africa. The winning teams have a chance of progressing through to the regional final for the North of England, so we all have our fingers crossed for this!!!

Thank you to The Prince's Trust - Year 9 have had an amazing time!



Prince's Trust

YOUTH  
CAN  
DO IT