



Washington
Academy

Enriching Lives, Inspiring Ambitions

Washington Academy Parental Bulletin

Week Commencing Monday 9th October 2023

Bus Strikes

We are aware that a series of strikes at Go North East may go ahead which are likely to bring bus services to a halt on the following dates:

- Saturday 14th October - Friday 20th October inclusive

We do not want our students' education affected by this. Students who travel to the academy by bus should allow extra time for travel, we would like to remind you that our site is open from 8am for students who wish to attend breakfast club, which is free should parents need to drop children off earlier in response to the strikes. If anyone will struggle to get their child in on these days, can you please contact school so we can plan to prevent our students missing out should the strikes go ahead.

Weekly 100% Attendance Challenge

Every week students will be given a ticket if they have been in school every day.

The students can then choose which box to place their ticket in for the chance to win the following £30 gift vouchers at the end of the half term. The choices this half term are for: Asda, Amazon and JD Sports. Got to be in to win!



Uniform Updates

Students are welcome to wear black socks with their uniform however the socks must worn below the knee and not have any ribbons on the top.

Late Detentions

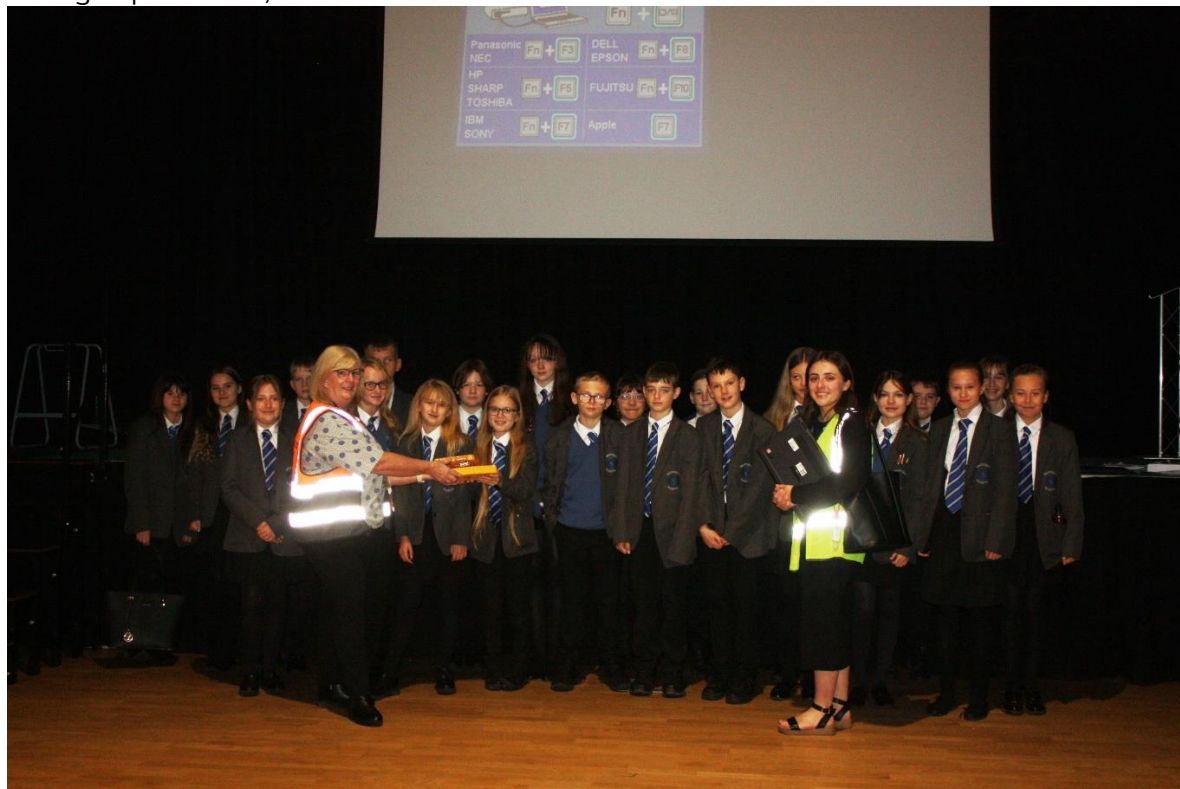
Starting Monday, students who are late to school or who arrive late to lessons during the day will be issued with a 30-minute detention after school. Please can you speak to your child over the weekend and stress the importance of arriving to school and lessons on time.

Computer Science Updates

- Computer Science enrichment runs for students in both Years 10 & 11 each Monday between 2:45pm and 3:45pm
- Creative iMedia enrichment runs for students in Year 11 each Friday between 2:45pm and 3:45pm

Form Group Success

A huge well done to 7TDO who won biscuits for the last two weeks for having the highest attendance of any tutor group in Year 7, a massive well done to them all.



Personal Development Updates

Parent/carer RSHE Evening

We would like to invite all parents to come along to our annual RSHE (Relationships, sex and health education) event at the end of October. This is to give you information and the chance to ask questions about what your child will be taught in their PD lessons. We will share what the law says about how it needs to be taught and what approach we take. To make sure we get as many parents there as possible, please use this feedback form line below to indicate if you would prefer this event to be in person or online. Mrs Oakland

<https://docs.google.com/forms/d/1mVDeiGr4fBtmhvC3iwe1zjz1QZewn-rRyGssJZJHh3s/edit>

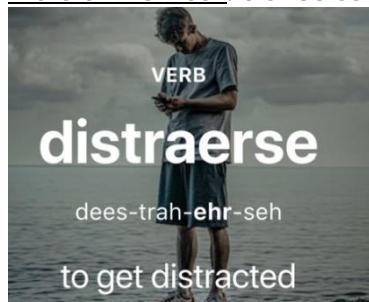


Year 8 - BAE Systems event

As part of our extensive careers programme here at the academy. BAE Systems will be coming into school on Monday 9th October for all year 8 students. This is an education programme roadshow in partnership with the RAF and Royal Navy. The programme is to raise awareness of STEM based subjects.

MFL Updates

Word of the week: distraerse – to get distracted



School Duolingo League: www.duolingo.com/classroom/cbxpju - Well done to Marley for top XP this week with 205!

News story of the week: [Hijos únicos: qué dice la ciencia realmente sobre el impacto que tiene en los niños no tener hermanos - BBC News Mundo](https://www.bbc.com/news/world-latin-america-55888888)

World Mental Health Day – 10th October

Students will take part in assemblies next week around World Mental Health Day. Support is available from many organisations both locally and nationally. We will share more information through our social media channels throughout the week.

World Mental Health Day - Help and Support

PAPYRUS Prevention of Young Suicide is the UK charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people.

<https://www.papyrus-uk.org/>



SHOUT text shout to 85258- giveusashout.org
Confidential 24/7 crisis text support when you need immediate assistance

If you're under 19 you can confidentially call, chat online or email about any problem big or small.

Sign up for a free to use their 1-2-1 counsellor chat and email support service.

Hosts online message boards where you can share your experiences, have fun and get support.

Opening times: 24/7 0800 11 11



Offers online information as well as helpline support to under-25s about anything that's troubling them. Email support is available via their online contact form. Free 1-2-1 webchat service and telephone helpline available. Opening times: 4pm - 11pm, seven days a week
0808 808 4994

BEAT YOUTHLINE 08088010711

Provides support for children and young people with an eating disorder



SUNDERLAND MIND 01915657218 - Provides support for individuals, carers and families experiencing emotional or mental health problems



Stop Breathe Think

Check in with how you are feeling and try short activities tuned to your emotions



Smiling Mind

A meditation program developed by psychologists and educators to help bring mindfulness into your life



Mindshift

A free app designed to help teens and young adults to cope with anxiety