

## Droylsden Academy is a good school

### IN THE NEWS THIS WEEK

#### U.Dance!

Congratulations to our Dance Academy who performed their choreographed piece 'Our Way' at U.Dance's regional Dance Festival which was held at the Lowry Theatre last Saturday! U.Dance is a national festival that celebrates Youth Dance across the UK, with each region hosting a weekend of workshops, led by industry professionals, dance activities and an evening performance to showcase the talent from that area.

During the day, our students took part in a workshop with the 'Coalesce Dance Theatre', worked with undergraduate dance students from Salford University, competed in an array of dance challenges and 'jammed' with other performers from across the region, before kicking off the evening's showcase as the first performers on stage!

'NorthWestDance', who attended the event, really enjoyed the performance of 'Our Way', commenting that the routine was a great example of 'dance in a school setting' and congratulating the girls on a 'very well drilled and sleek performance'. They were also very impressed by the group's commitment and the level of their performance skills.

A huge thank you and well done from Miss Shorrocks to all the members of the Droylsden Dance Academy on your hard work, commitment and positivity throughout the hours of rehearsals, your creativity and professionalism, your infectious energy throughout the day and, of course, on your incredible performance on the evening itself. She is so, so, so, so proud of you!



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The members of the Droylsden Dance Academy are **Taali Allikmaa, Mariama Balde, Caitlin Connor-Lowe, Olivia Deakin, Isabella Edwards, Alyssa Evans, Megan Evans, Layla Francis, Chloe Glover, Neesee Ama Jamera, Kara Meadowcroft, Jessica Nelson, Lacie Nevins, Lily-Mae Nicholls, Daisy Morris, Rayah Norris, Mia Pearce, Emma Petrova, Hannah Phillips, Cate Roberts, Faridat Salami, Stephanie Sargaco, Eva Walklett, Dottie Siddall, Isabella Sinclair and Holly Taylor.**

**#LetGirlsPlay**

As part of the celebrations for International Women’s Day, a group of students took part in a National ‘#LetGirlsPlay’ Football Session. Students from all years attended the event and took part in drills and matches as a celebration of Women’s Football. The group were also treated to a football freestyle performance and masterclass from multiple world record holder, Ash Randall!

Although it was a cold evening, the girls braved the conditions and had a great time! Well done to everyone who took part.



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## Rewards Lunch

Congratulations to our Year 7 'Zero Heroes', **Miracle Agho, Daisy Benson, Tia Ferris, Billie Fox, Millie Hurley, Alfie Malseed, Lily Martin, Freddie Mather, Matthew Millington** and **Faridat Salami**, who were all invited to last Friday's Rewards Lunch. Zero Heroes are students who not only work hard and make a wonderful contribution to the school, but also have no Behaviour Points, no absences and no late marks!



## Y11 Parent Teacher Evening

The Academy would like to thank those parents and carers who attended last week's Year 11 Parent Teacher Evening; we hope that meeting your child's teachers was useful and informative.

Thank you also to **Chau Hoang, Anna Nwanze** and **Zach Devlin** who staffed Reception throughout the evening.



We were pleased that, of the parents who filled in an Academy questionnaire:

- 98% of them agreed that their child was happy at school;
- 98% felt that their child feels safe at school;
- 98% felt that the school ensures student behaviour is good;

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- 95% agreed that the Academy made them aware of what their child would be learning throughout the year;
- 100% agreed that the Academy had high expectations of their child;
- 100% felt that their child was doing well;
- 95% agreed that the Academy lets them know how their child is doing;
- 100% felt that there was a good range of subjects for their child to study;
- 96% agreed that their child can take part in clubs and activities;
- 95% felt that the Academy supports their child's wider personal development; and
- 98% would recommend the Academy to another parent.

### And on the sporting front...

Well done to our Year 8 Boys' and Year 8 Girls' Indoor Athletics Teams who both came in fourth place overall in their respective competitions in last week's Tameside Championships.

The members of the teams were **Ryan Asamoah, Zaine Metz, Mateen Acgeampong, Mohoba Doe Ncha, Thierno Barry, Mamadou Samb Gueye, Mason Postill-Bowker, Olly Marshall, Deborah Ajayi, Bethany Mawocha, Olamide Awosanya, Anaya Littlewood, Gracie-Mae Holland, Darcie Jennings, Emma Petrova and Brooke Bowden.**



Congratulations also go to the Year 8 Girl's Football Team who won 3-1 against All Saints last week with a hat trick from **Mylee Dunbar**. It was a really good team performance with **Mylee** and **Annie Banks** picking up the Players of the Match Awards as nominated by the opposing team. A big thank you also goes to **Daisy Wagstaff** from Year 11 who refereed the game in a professional manner, remaining fair and impartial throughout the match.

The members of the team were **Mylee Dunbar, Annie Banks, Jasmine Lockie, Caitlyn Shaw, Lily Pollitt, Hayley Tomkinson, Molly Chadwick, Olivia Cunningham-Clarke and Scarlett Owens.**

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## This week's brightest **sparx**

### This week's brightest Sparx!

Congratulations to **Eva Walklett, Hayley-Jane McGeever, Hassan Alesmaail, Kwan Lor** and **Jai Rui Fang** who were the brightest Sparx for last week, having attempted the most questions on the interactive Maths website.

Year 7	Eva Walklett	17,896 XP
Year 8	Hayley-Jane McGeever	8,216 XP
Year 9	Hassan Alesmaail	2,942 XP
Year 10	Kwan Lor	7,760 XP
Year 11	Jia Rui Fang	2,165 XP

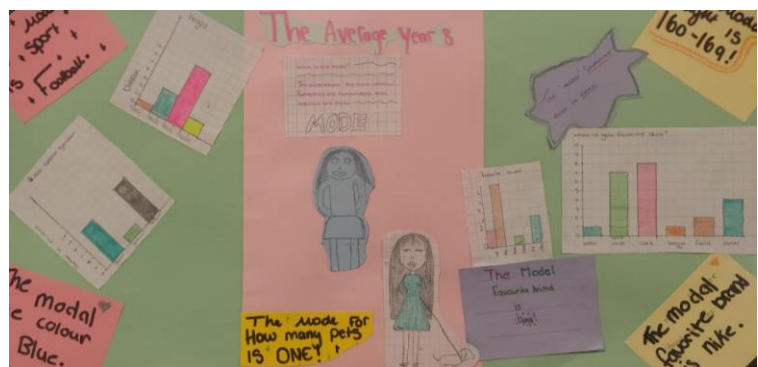
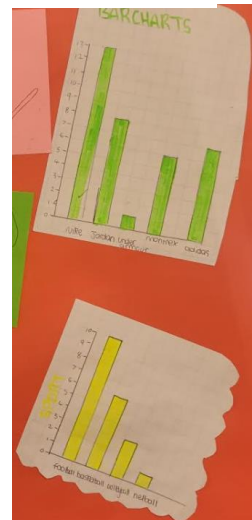


As Parents and Carers will be aware, Sparx is an online Maths resource which students can log onto at any time to practise and reinforce or develop their understanding of a topic, revise and complete homework tasks. Parents and Carers can receive Sparx updates for their child by email and we hope that they will encourage their child to use this brilliant resource regularly at home.

### Data, data, data!

Last week, students in Year 8 were tasked with finding out about the 'average student' for their year group and designed and carried out a range of data collecting investigations to survey their peers, before presenting their findings to the class.

Although we all appreciate that the 'average student' doesn't exist, and we will always celebrate our differences, it was still really good fun and there were some amazing results! Did you know that the average student in Year 8 supports Manchester City, enjoys 'Fortnite' and horror movies and has a pet dog? They are also between 160cm and 170cm tall, have brown/black hair and in the future want to visit New York and drive a BMW!



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## World Pi Day!

3.141592653589793238462643383279502884197.....

or 3.14 to you and me!

Maths enthusiasts around the world celebrate World Pi Day on March 31<sup>st</sup> every year. Pi or  $\pi$  as it is written is an infinite number and is the constant which represents the ratio of a circle's circumference to its diameter! Here at the Academy we celebrated World Pi Day too, with a number of activities in the Maths Open Zone, a Treasure Hunt around school and, of course, lots of Pie!



## From World Pi Day to World Book Day!

As with last year, we celebrated World Book Day with another competition to create an artefact that represented the title or story of a book and again, as last year, we received some outstanding entries demonstrating a real creativity and imagination!

And the decision of the judges?

In first place, congratulations go to **Olivia Dennerley** for this wonderful representation of 'Alice in Wonderland' by Lewis Carroll.



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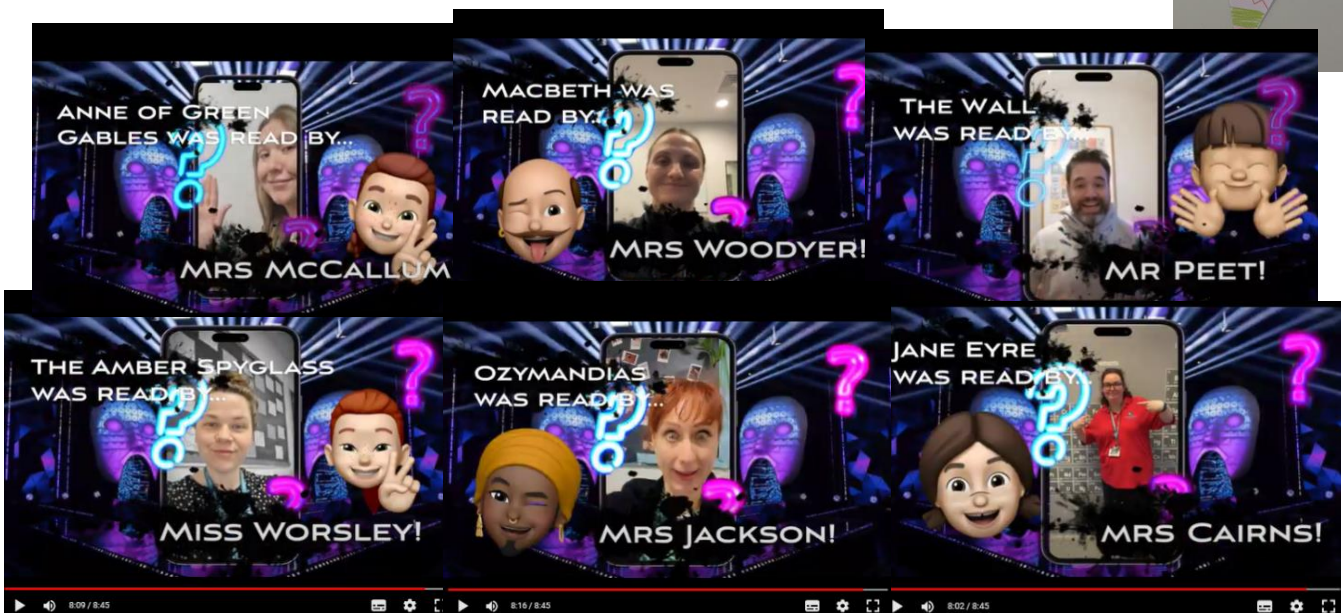
In second place, congratulations go to **Annie Banks** for her scene from Narnia from 'The Lion, The Witch and The Wardrobe', by C. S. Lewis, and, in joint third place, congratulations go to **Alex Kendall** for his representation of 'Iron Man', from Marvel Comics, and **Sophia Faherty** for her representation of Violet Beauregarde from 'Charlie and the Chocolate Factory' by Roald Dahl.



Thank you to everyone who took part and, in particular, to the following students who received commendations from the Judges Panel:

**Jaicob Riley, Billie Fox, Lucy Deakin-Dickson, Eva Walklett, Owen Boardman, Riley Preece, Daniel Kelly, Samuel Hopwood, Skyla Canty, Ella Housieh, Emmie Parker, Skyla Murphy, Daisy Mae Gaunt, Dottie Siddall, Layla Sharkey, Megan Evans, Kara Meadowcroft and Freddie Mather.**

Thank you, also, to those students who designed themed bunting to put up around the Academy and to the staff who volunteered to take part in the 'Masked Reader'! How many did you get right?

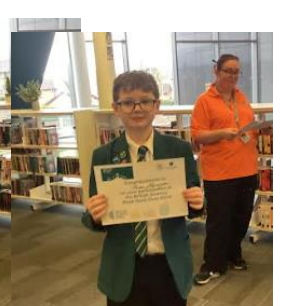
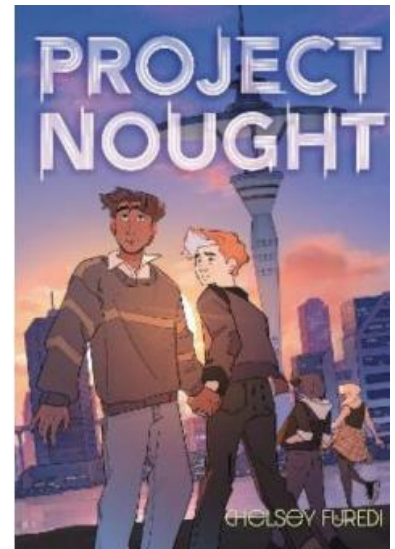


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## Book Review for British Science Week

You may remember from last week's edition of Newsflash that students from Droylsden and Mossley Hollins were taking part in a 'Book Review' to mark British Science Week and its theme of 'Time'. The book chosen for the Review was 'Project Nought', by Chelsea Furedi, a fictional novel set in 2122, where Tech Conglomerate 'Chronotech' sponsor a time-travel programme enabling students to study history for real by travelling back in time!

All the reviews were well written and informative and, after a lot of deliberation, the winner was announced as **Alisha Maryam** with a special commendation given to **Kate Hammersley**. Well done Alisha, Kate and to the other students who took part, the judges were very impressed!



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**This week, the Co-curricular Spotlight shines on the...**

This week Zahraa Suleman, Charity Ambassador for Oakfield House, shines the Co-curricular Spotlight on the 'Connect Club'.

The Connect Club is open to all year groups and offers a variety of activities such as listening to LGBTQ+ artists, watching short animated films, writing poetry, playing games or simply socialising and chatting with friends. Anya from Year 8 is a regular attendee of the club and goes there because it is a safe space where students can be open with each other. Anya also said that the club is a place where you can confide in friends and meet and interact with different people who you may not normally have come across.

Connect club runs every Wednesday lunchtime in I14 with Miss Fitzpatrick.

**Poem of the Week**

This week's poem is 'Don't Quit' by Edgar A. Guest

When things go wrong, as they sometimes will,  
When the road you're trudging seems all uphill,  
When the funds are low but the debts are high,  
And you want to smile but you have to sigh,  
When care is pressing you down a bit,  
Rest if you must, but don't you quit.

Life is strange with its twists and turns,  
As every one of us sometimes learns,  
And many failures turn about  
When we might have won had we stuck it out.  
Don't give up though the pace seems slow –  
You may succeed with another blow.

Success is failure turned inside out –  
The silver tint of the clouds of doubt,  
You can never tell how close you are,  
It may be near when it seems so far;  
So stick to the fight when you're hardest hit –  
It's when things seem worst that you must not quit.

**JUST  
DON'T  
QUIT.**

**DON'T  
QUIT**

**DON'T  
QUIT**

**DON'T  
QUIT**

**JUST  
DON'T  
QUIT.**

**DON'T  
QUIT**

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## STUDENT OF THE WEEK

Congratulations to **Roman Jones** from Year 7 and **Kate Hammersley** from Year 8 who have both been nominated as Student of the Week.



Roman has been nominated by the English Department as he consistently gives 100% in class, whether it is reading out loud to his peers or sharing his ideas in group discussions. His use of Gothic conventions in his own creative writing is also really spooky and builds the tension well! Well done Roman, Miss Eato enjoys reading your work and you are an asset to the class!

Kate has been nominated by the Science Department as she is always polite, honest, hardworking and willing and ready to challenge herself. Similarly, Kate contributes well in lessons and is keen to offer her views and opinions in class discussions. It was also really pleasing to see that Kate's hard work and determination have been reflected in her latest T2 assessment result which has shown that she is making very good progress. Finally, Kate is a keen member of STEM club (Science, Technology, Engineering and Maths); she regularly attends meetings and always gets involved in all of the projects. Well done Kate and keep up the good work!

Congratulations also go to our three Star Humanitarians of the Week, **Jessica Nelson** and **Alex Kendall** from Year 7 and **Jack Morgan** from Year 9.

Jessica has been nominated by the Religious Studies Department for her phenomenal attitude and in-depth knowledge and understanding of the subject, Alex been nominated by the Geography Department for consistent hard work and his great answers in class and Jack has been nominated by the History department for an excellent T2 Assessment Result!



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**Year 11, there are only 6 school weeks left, just 30 days in school, until your first GCSE exam.**

There will be a revision programme at the Academy during the Easter Holiday, further information on subjects, dates and times will be published in Newsflash in due course.



### UPDATE FROM THE CATERING TEAM

**Top Tips from Tina and the Community Nutrition Team!**

Here are our top tips for some of the best **produce in season in March:**

Lots of green veggies are in season including broccoli, kale, Brussels sprouts, and cabbage. These leafy greens are packed full of vitamins and minerals like Vitamin A, B6, C, K, folate, calcium, magnesium, potassium, iron, fibre and antioxidants. Why not try them in a stir-fry with your other favourite veggies?



Carrots are in season in the UK in March too. Carrots contain lots of beta-carotene which our bodies turn into vitamin A, needed to keep our eyes healthy. So they really do help us see better in the dark! Did you know that carrots come in different colours too? Yellow, orange, purple and red. The darker the colour, the more beta-carotene they contain!

For something sweet, apples and pears are in season in March. Did you know in the UK, there are over 2,500 varieties of apples (of the 7,000 that exist worldwide). This means you could eat a different UK variety every day for over 6 years!!



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Next week, the Catering Team will be serving...

	Monday	Tuesday	Wednesday	Thursday	Friday
Meat Option	Chinese Chicken & Broccoli Stir Fry	Sausage, Mash & Peas or Beans	Roast Dinner	Honey BBQ Chicken & Rice	Fish Fingers on a Bun & Chips
Vegetarian Option	Cheese and Onion Pasty & Potatoes	Mac'N'Cheese	Veggie Roast Dinner	Cheese and Onion Pie & Mash	Veggie Burger, Chips & Beans
Lighter Bites	Jacket Potato & Filling	Jacket Potato & Filling	Jacket Potato & Filling	Jacket Potato & Filling	Jacket Potato & Filling



We also have a 'Grab & Go' Menu. The Menu for next week is:

Monday	Tuesday	Wednesday	Thursday	Friday
BBQ Pasta Bake	Chicken Curry & Rice	Spicy Beef Tacos & Wedges	Jerk Chicken & Rice	Chinese Chicken & Chips

## REMINDERS AND MESSAGES

### Attend, attend, attend!

Good attendance at school is absolutely crucial if you are to achieve your potential but unfortunately, post-COVID, attendance rates across the country are down. As at all schools, we are working hard at re-establishing and embedding all those good habits, including regular attendance and good punctuality, to ensure all our students succeed.

As an added incentive to attend every day, we are holding a Prize Draw which will run over the remaining four weeks of this term. Each week that a student has 100% attendance, their name will be put into the Draw, so 100% attendance over the remaining four weeks will mean that they have four entries in the Draw and four chances to win!

And the prizes? A First Prize of £100 at an online Retailer of choice, a Second Prize of £50 and a Third Prize of £25! Well worth winning!



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## A Good Night's Sleep!

# 10 Top Tips for Parents and Educators DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

### 1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

### 2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

### 3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

### 4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

### 5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

### 6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

### 7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

### 8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

### 9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

### 10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

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## Information, Advice and Expressing Your Views

The Parent Carer Panel wants to get the views of parents, carers and families **about your experiences of accessing mental health support**. The information you share will be used to shape and develop services for local families through Tameside's Family Hubs”



**Survey link:** <https://www.surveymonkey.com/r/TMBCParentCarerSurvey>

**Survey Deadline:** Friday 22 March (with a chance to win a £20 Amazon voucher)

A campaign graphic for domestic abuse awareness. On the left, a yellow box contains the text 'DOES THAT SIT RIGHT WITH YOU?' and '#SittingRightWithYou'. To the right is a photograph of a yellow sofa on a concrete ledge by a canal, with a sign above it that reads 'I FEEL SCARED OF A MEMBER OF MY OWN FAMILY'. Below the photo, text reads 'Anyone, of any age, gender and background, can experience domestic abuse. Does that sit right with you?'. At the bottom, a dark grey box contains a yellow speech bubble with 'DOMESTIC ABUSE AWARENESS', followed by the text 'If you're worried about yourself, or someone you know visit [www.tameside.gov.uk/domesticabuse](http://www.tameside.gov.uk/domesticabuse) or call 0800 328 0967. It's time to talk about it.'

If you are **16-24** and need talk to someone about finances, training, work or health, just drop in and talk to one the team at the Young Persons Drop in. The drop-in takes place every Wednesday, from 1pm – 4pm at Ashton Library.

A recruitment graphic for Tameside Futures. The background is teal. On the left, white text asks 'FROM TAMESIDE? AGED 16-18? NOT IN WORK OR COLLEGE? LET'S TALK...'. On the right is the 'TAMESIDE FUTURES' logo, which features a stylized 'TF' in a circle with a rainbow gradient. At the bottom, there are logos for 'Funded by UK Government', 'Greater Manchester', 'LEVELLING UP', and 'Tameside', along with the website 'www.tameside.gov.uk/tamesidefutures'.

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## LGBTQ+ survey for neurodivergent young people

The GM Autism LGBTQ+ working group are planning to develop a resource for neurodivergent LGBTQ+ young people, aged 13-25, and would like your views on what the resource should include.

You can give your views and ideas by completing the 10 minute survey through the link below.

<https://forms.office.com/e/9Wk0SDEPNN>

EVER THOUGHT ABOUT A CAREER IN TEACHING?



**TAME RIVER**  
EDUCATIONAL TRUST  
TEACHING & CURRICULUM  
INSTITUTE



If so, why not **'Train to Teach'** with us here at **The Tame River Teaching & Curriculum Institute** through School Direct in partnership with the everyonelearning@ Hawthorns Kingfisher , Tame River Teaching and Curriculum Institute.

We are currently recruiting for **Biology, Chemistry, Physics, English, Geography, History, Maths, PE with Ebacc, Art, RE, Computer Science and MFL.**

School Direct allows Trusts and schools to request training places directly, select the ITE (Initial Teacher Education) provider of teacher training they want to work with and agree the content and focus of the training, in line with national standards for teachers.

Our new Trust, Tame River Educational Trust, plays host to training and placements in very strong schools (Mossley Hollins High School, Ofsted Good, and Droylsden Academy, Ofsted Good) and we are working in partnership with other schools in Tameside. Bursaries are available!

For further information please contact [e.duggan@tret.org.uk](mailto:e.duggan@tret.org.uk)

<https://getintoteaching.education.gov.uk/explore-my-options>

Apply here <https://www.gov.uk/apply-for-teacher-training> Course Provider Code 2A1

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