

## Droylsden Academy is a good school

### IN THE NEWS THIS WEEK

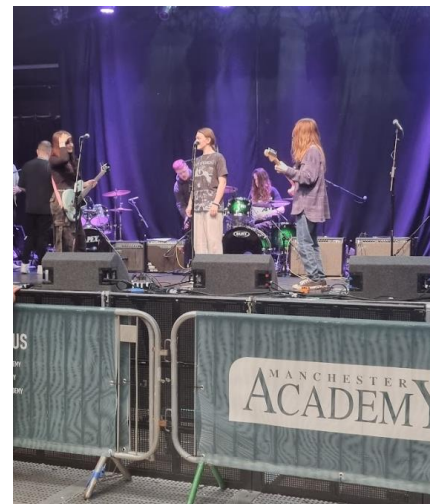
#### Battle of the Bands

Congratulations to Sonda who played a fantastic set at the regional final of 'Battle of the Bands' at Academy 2 in Manchester last weekend. You may remember that the band, made up of **Jasmine Beckwith** on Bass Guitar, **Evie Quinlan** on Vocals, **Logan Latchford** on Lead Guitar and **Harry Chambers** on Drums, had won the first round and were representing Tameside against other up and coming bands from across Greater Manchester. Although Sonda didn't win the competition, they had an amazing experience and received some glowing feedback from Andy Stott, Head of Popular Music at the Royal Northern College of Music and the Judge on the evening, who made the following comments:

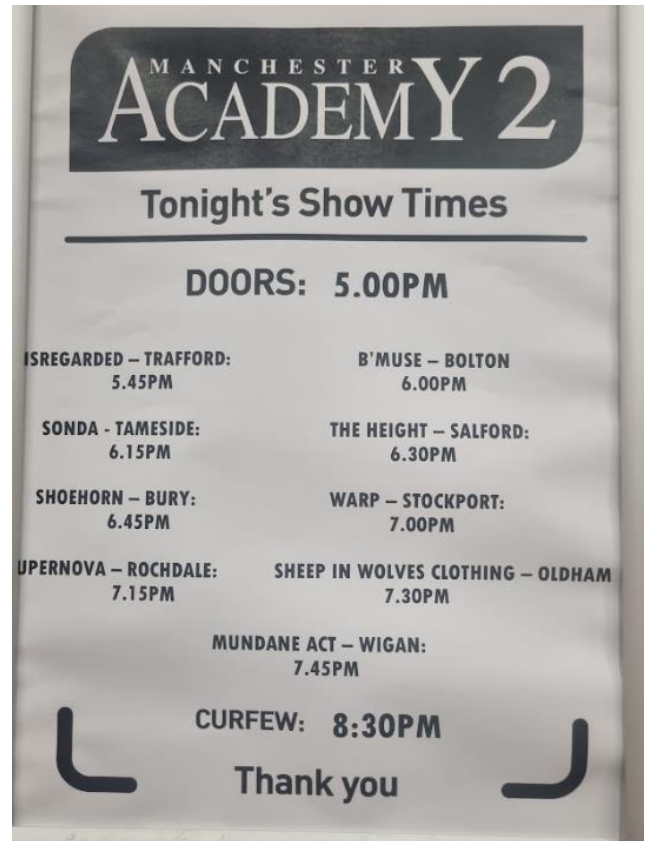
- Great energy and engagement with the audience, you guys really rock out;
- A convincing lead vocal;
- Creative arrangements and original material;
- Good use of guitar effects to fill the space;
- Solid rhythm section;
- Impressive guitar solos; and
- The bass player is a Rock Star!

You can watch Sonda perform their set through the link below:

[https://drive.google.com/file/d/16DKrHjOGtJzzg5vh8nIX1eNs-GtHT\\_pj/view?usp=sharing](https://drive.google.com/file/d/16DKrHjOGtJzzg5vh8nIX1eNs-GtHT_pj/view?usp=sharing)



Great learning through politeness, honesty and hard work



Hopefully Battle of the Bands has been the start of a great adventure for Sonda and a taste of things to come; watch this space!

### Rewards Lunch

Congratulations to our Year 9 'Zero Heroes', **Marvin Chukwuma, Freddie Wagstaff, George-Iulian Huzu, Dylan Gillespie, Tia Hart, Oheneba Bonsu, Lucy Turner, Evie Killick and Tadhg Loftus**, 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!



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## Partner Primary Maths Battle!

Thank you to Mr Tiley for organising and hosting the latest Primary School Maths Battle between St Mary's and Manchester Road. All our 'Mathletes' really enjoyed the event and are looking forward to the next challenge!



## World Pi Day continued.....

Regular readers of Newsflash will know that we celebrated World Pi Day last week. The 'magical' mathematical constant Pi, or  $\pi$  as it is written, represents the ratio of a circle's circumference to its diameter and is an infinite number that goes on forever and ever and ever!



Following on from World Pi Day, members of the Origami Club produced a 'Paper Chain of Pi' using different colours for each number and, in just 50 minutes, produced a chain representing the first 151 digits! We're hoping for at least 152 next year!

3.1415926535897932384626433832795028841971693993751058209749445923078164062862  
08998628034825342117067982148086513282306647093844609550582231725359408128!



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## This week, the Co-curricular Spotlight shines on the 'Droylsden Voices'

This week, **Evie Quinlan**, Captain of Victoria House, shines the Co-curricular Spotlight on the 'Droylsden Voices'.

The Droylsden Voices, also known as the Droylsden Choir, was set up originally by Mr Jones, a peripatetic singing teacher who came in to teach students at the Academy. It is now run by Miss Burgess and is open to students from all year groups irrespective of their singing ability! We regularly take part in events such as the Droylsden Schools Vocal Partnership Evenings, the Christmas Concert and the Year 7 Elective Summer Show. We sing songs from a range of genres but we mainly sing Musical Theatre songs or Pop songs. Droylsden Voices runs on a Monday lunchtime in the Music Room (P4). We take our singing seriously but anyone who enjoys singing is encouraged to join us. Please see Miss Burgess in P4 for more details!



## This week's brightest Sparx!

Congratulations to **Thomas Harrington, Hannah Pong, Katie-Louise Cosgrove, Laura-Elena Herscovici** and **Jai Rui Fang** who were the brightest Sparx for last week, having attempted the most questions on the interactive Maths website.

## This week's brightest sparx

Year 7	Thomas Harrington	2,075 XP
Year 8	Hannah Pong	11,219 XP
Year 9	Katie-Louise Cosgrove	2,088 XP
Year 10	Laura-Elena Herscovici	2,796 XP
Year 11	Jia Rui Fang	2,578 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.

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## We're off to Wembley! Well maybe not Wembley but....

A huge congratulations to the Year 7 Girls' Football Team who have reached the Tameside Cup Final after a thrilling penalty shoot-out win over Alder Community High School!

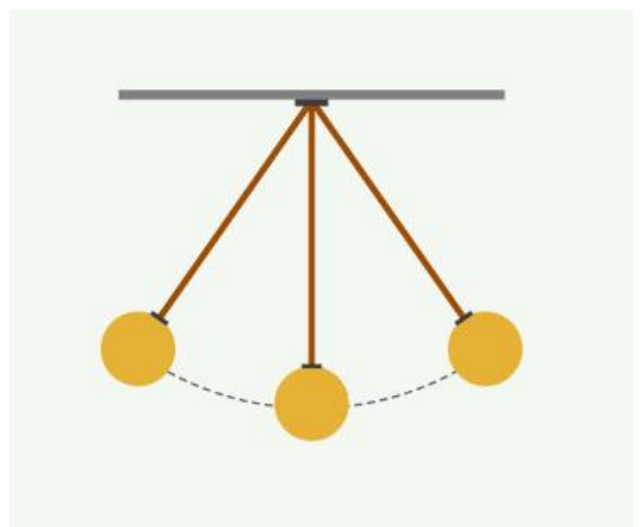
With the scores tied at 3-3 at full time, with Droylsden's goals coming from **Annie Banks** and **Jessica Pass** (2), and then at 4-4 in the shoot-out, **Lilly Pollit** calmly stepped up to score the winning penalty and book our place in the final! Well done to the whole team and, fingers crossed, you will top off a great first season with a cup final win!



The members of the team were **Summer Atkinson**, **Jessica Pass**, **Olivia Cunningham Clarke**, **Annie Banks**, **Scarlett Owens**, **Eva Walklett**, **Mollie Clarke**, **Lilly Pollitt**, **Marley Wild** and **Hayley Tomkinson**.

## Science

Meanwhile, in Science, members of the Einstein Club were investigating pendulums and the science behind how they operate clocks and measure time. Did you know that in space, a pendulum would keep swinging and never stop? If you didn't, then you had better get along to Einstein Club!



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## STUDENT OF THE WEEK

Congratulations to **Faith Nicholls** from Year 7, **Lily Hall** from Year 9 and **Andrew Deakin Dixon** from Year 11 who have all been nominated as Student of the Week.



Faith has been nominated by the English Department as she has shown an expert understanding of the Gothic Literature Unit which her group has been studying over the last few weeks; she recognises the key features of the genre and has shown a clear understanding of the stories. Faith has also demonstrated smart predictive and great comprehension skills. Well done Faith and keep it up!

Lily has been nominated by the Science Department as she consistently works really hard and is always willing and ready to challenge herself. Lily also contributes well in lessons and is keen to offer her views and opinions in class discussions. It was also really pleasing to see that Lily's hard work and determination have been rewarded with her latest T2 assessment result demonstrating that she is making very good progress. Well done Lily!

Andrew has been nominated by the Maths Department for the effort and commitment he has shown in recent weeks both in lessons and at home. This has not gone unnoticed Andrew; maintain your positive attitude, and keep up the hard work, and you will be rewarded in the summer when you meet and exceed your target grade.

## GCSE COUNTDOWN

**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 can be found over the page. Attendance at each session is by invitation only as the work being covered is targeted at particular students or groups of students. If you have been invited, it is really important that you attend.



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	<b>Morning</b>	<b>Afternoon</b>
<b>Tuesday 2<sup>nd</sup> April</b>	Geography (Mr Jackson) 9.30 to 12.00 Geography (Mrs Banks) 9.30 to 12.00	
<b>Wednesday 3<sup>rd</sup> April</b>	Maths (Mrs Egan) 10.00 to 12.00 Maths (Mr Kerwin) 10.00 to 12.00	
<b>Thursday 4<sup>th</sup> April</b>	R.S. (Miss Worsley) 9.30 to 12.00 Art GCSE Catch up 10.00 to 2.00	Art GCSE Catch up 10.00 to 2.00
<b>Wednesday 10<sup>th</sup> April</b>	Spanish (Mr Bambridge) Students have been invited to a 2 hour session from 9.00 to 11.00 or 11.00 to 1.00	Spanish (Mr Bambridge) Students have been invited to a 2 hour session from 1.30 to 3.30
<b>Thursday 11<sup>th</sup> April</b>	Further Maths (Mrs Lloyd) 10.00 to 12.00 Spanish (Mr Bambridge) Students have been invited to a 2 hour session from 9.00 to 11.00 or 11.00 to 1.00	Spanish (Mr Bambridge) Students have been invited to a 2 hour session from 1.30 to 3.30
<b>Friday 12<sup>th</sup> April</b>	History (Miss Naylor) 10.00 to 12.00 History (Mrs McCallum) 10.00 to 12.00	

### UPDATE FROM THE CATERING TEAM

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

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Meat Option</b>	Fishcake, Potatoes & Beans	Burrito, Wedges & Salad	Roast Dinner	Sausage Plait, Mash & Beans	Fillet of Fish in a Bun & Chips
<b>Vegetarian Option</b>	Veggie Pizza and Potatoes	Frittata with Potatoes	Veggie Roast Dinner	Vegetable Tagine or Stuffed Pepper	Veggie Sausage Chips & Peas
<b>Lighter Bites</b>	Jacket Potato & Filling	Jacket Potato & Filling	Jacket Potato & Filling	Jacket Potato & Filling	Jacket Potato & Filling

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


Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Madras & Rice	Pasta & Meatballs	Spicy Beef Tacos & Wedges	Jerk Chicken & Rice	Chinese Chicken & Rice

Top Tips from Tina and the Community Nutrition Team!


## Physical activity for children and young people (5–18 Years)




BUILDS  
CONFIDENCE &  
SOCIAL SKILLS




STRENGTHENS  
MUSCLES  
& BONES




MAINTAINS  
HEALTHY  
WEIGHT




DEVELOPS  
CO-ORDINATION




STRENGTHENS  
MUSCLES  
& BONES




IMPROVES  
SLEEP



IMPROVES  
CONCENTRATION  
& LEARNING



IMPROVES  
HEALTH  
& FITNESS




MAKES  
YOU FEEL  
GOOD

### Be physically active


Spread activity  
throughout  
the day

Aim for an  
average of at least  
**60**  
minutes per day  
across week

All activities  
should make you  
breathe faster  
& feel warmer




PLAY




RUN/WALK




BIKE



ACTIVE TRAVEL




SWIM




SKATE


Activities to develop  
movement  
skills, and  
muscle and  
bone strength  
**ACROSS  
WEEK**




SPORT




PE




SKIP



CLIMB




WORKOUT



DANCE

**Get strong**



INACTIVITY

**Move more**

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Top Tips for Parents and Educators!

# 10 Top Tips for Parents and Educators ENCOURAGING OPEN CONVERSATIONS AT HOME

With tricky topics and occasional clashes of opinion, it can be challenging to maintain an environment where children feel able to talk candidly and honestly. However, encouraging such conversations helps to develop trust – making it easier to unpack even sensitive subjects as children get older. Here are our top tips for promoting open conversations at home.

## 1 CREATE A SAFE SPACE

Criticism, blaming or shaming can all prevent children from feeling emotionally safe – while showing affection, positive attention and an interest in what a child has to say builds their sense of security. These formative years are when children's opinions and values begin to take shape, so it's important to provide a non-judgmental environment in which to discuss them – especially if their opinions differ from your own.

## 2 CONSIDER OTHER OUTLETS

Some children may find it easier to talk while they're participating in another activity such as drawing, writing, walking or sport. If it's possible, taking part in these activities together presents you with an opportunity to communicate while doing something side by side. A child may feel less pressure that way and can be more inclined to open up of their own accord.

## 3 NORMALISE CHATS ABOUT FEELINGS

Incorporate mental health and emotional wellbeing into everyday conversations, using age-appropriate language and examples to help children understand their emotions. Ask questions like "How are you feeling today?", "What was the best and worst part of your day?", "If you could start today again, what would you do differently?" and "Is there anything you want to talk about?"

## 4 LISTEN ACTIVELY

When children express themselves, make it obvious that you're listening closely and giving them your full attention. Maintain eye contact and validate their feelings without immediately trying to solve the problem. It's not helpful to dismiss their issues as childish or 'teenage angst' – or to assume that they'll simply 'get over' whatever they're feeling. Children don't have your life experience; their resilience is still developing as they learn to push through difficulties and handle problems.

## 5 ASK OPEN QUESTIONS

Encourage children to share their thoughts by asking open questions about their feelings and experiences. Closed questions (such as "Did you enjoy school today?") are more likely to elicit a simple "yes" or "no" response. Instead, you could ask things like "Who did you spend time with at break?" or "Who did you sit with at lunchtime?"

## 6 RESPECT THEIR BOUNDARIES

If a child isn't ready to talk to about something yet, respect their boundaries: this reinforces that their feelings are important and worthy of consideration. Ideally, you're aiming to let them know you care without smothering them, so just make it clear that you're there for them whenever they're ready to chat. Gentle, regular check-ins can sometimes be the best form of progress.

## 7 LEAD BY EXAMPLE

Model open, honest and healthy communication in front of children and young people. Try to demonstrate kindness when talking about others and yourself, because if children hear adults being overly harsh, critical or judgmental, or see them having unrealistic expectations of themselves, it makes them more likely to adopt and repeat this behaviour themselves as they grow.

## 8 HAVE REGULAR CHECK-INS

Check in with children periodically to discuss how they're feeling and what's going on in their lives. This could be a weekly or monthly conversation, where the child has an opportunity to share whatever's on their mind. For parents and carers, getting away from the house and other distractions might be productive here: you could consider regular trips to a coffee shop or a café, or just a weekly walk.

## 9 PROVIDE RESOURCES

It's often beneficial to let children know about other support that's available to them if they're struggling to talk to you specifically. Encourage them to talk to school counsellors, trusted adults or even a therapist, if necessary – while normalising this route and dispelling the harmful stigma around asking for help. Older children could engage with resources such as Kooth or YoungMinds.

## 10 CELEBRATE EMOTIONAL EXPRESSION

It's beneficial to praise children for expressing their feelings honestly – emphasising how important it is to talk about their emotions and how proud you are of them for doing so. This can be especially pivotal for boys, who often experience more of a stigma around talking frankly about their feelings and their mental health – a barrier that can be overcome, with enough love and support.

Great learning through politeness, honesty and hard work

## 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!



## DATES FOR YOUR DIARY

The Year 11 GCSE Geography Residential to the East Yorkshire Coast will be held over the weekend of Friday 22<sup>nd</sup> to Sunday 24<sup>th</sup> March.

We will be breaking up for the Easter Holiday on Thursday 28<sup>th</sup> March at 12.00 noon.