



Banbury Aspirations Campus Newsletter

February 2024

Welcome to our second campus newsletter which will be published termly.

It has been a very busy term with so many highlights some of which we have shared with you in the following pages.

It is always such a pleasure to see so many of our students taking part in our school productions and Matilda didn't disappoint! It was also wonderful to see so much support from parents, families and friends with each night sold out! We would like to congratulate all involved on such a spectacular production and thank all the staff that gave up so much time to put on this event. We hope those of you who came along enjoyed it all as much as we and the students did. Congratulations to all involved!

Other highlights this term include a week long visit to our school from students from China and our students were wonderful hosts making long lasting friendships. On an international theme our annual Futures Institute Trip abroad has just returned from Munich in Germany, whilst some of our sixth formers are out in America visiting NASA! More to follow on these in our next edition.

We continue to work as a school on our offer of extra curricular clubs and leadership opportunities which are open to all students. Please encourage your children to take part and try something new.

Along with all other schools nationally we are working hard to improve our attendance to school and to support families and children with this we have secured funding to launch a breakfast club for all students both at Wykham Park and Futures Institute which will run daily from 8am. This is in addition to the existing nurture breakfast clubs that currently run. We continue to ask for your support in sending your children to school every day and our team are here to work with you if there are any barriers preventing this.

Finally we would like to take this opportunity to introduce you to a few new faces on our Senior Team. Mrs Rawlinson joins us as Vice Principal, Mr O'Keeffe and Mr Chilvers as Assistant Principals and Mr Sterland and Mrs Jones as Associate Assistant Principals.

We wish you a restful half term and look forward to students returning to school on Monday 19th February

Julia Ingham and Carly Berry
Principals



Follow for news!

A reminder that you can find the latest news and information about school events at our Facebook page:
<https://www.facebook.com/futuresbanbury>
<https://www.facebook.com/wykhampark>
Like and follow us!



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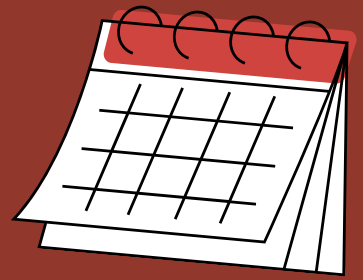
Contact: office@futures-aspirations.org - Tel: 01295 257942 / office@wykhampark-aspirations.org - 01295 251451



Upcoming dates and events

Important dates:

- Year 12 Parents evening - 8th February
- Year 7 Parents evening - 14th March
- Year 10 Parents evening - 16th May
- Year 8 Parents evening - 13th June
- Y6 transition meeting 1st July



Term dates 2023-2024

TERM THREE

TERM TIME: Tuesday 9th January – Friday 9th February 2024

Monday 8th January – INSET day (no students in school)

HOLIDAYS: Monday 12th February – Friday 16th February 2024

TERM FOUR

TERM TIME: Monday 19th February – Thursday 28th March 2024

HOLIDAYS: Friday 29th March – Friday 12th April 2024

TERM FIVE

TERM TIME: Monday 15th April – Friday 24th May 2024

Monday 6th May – May Bank Holiday (school closed)

HOLIDAYS: Monday 27th May – Friday 31st May

TERM SIX

TERM TIME: Monday 3rd June – Wednesday 24th July

Friday 28th June – INSET day (no students in school)

NEXT ACADEMIC YEAR The School Year - Term Dates 2024-2025

Please note: dates may be subject to change.

Term 1

INSET days - Monday 2nd September and Tuesday 3rd September 2024 - (no students in school)
Wednesday 4th September – Friday 25th October 2024

Holiday: Monday 28th October – Friday 1st November 2024

Term 2

Monday 4th November – Friday 20th December 2024
Friday 29th November INSET Day (no students in school)

Holiday: Monday 23rd December 2024 – Friday 3rd January 2025 Term 3

TERM TIME Tuesday 7th January – Friday 14th February 2025 Monday 6th January INSET DAY (no students in school)

Holiday: Monday 17th February – Friday 21st February 2025

Term 4

TERM TIME Monday 17th February – Friday 4th April 2025

Holiday: Monday 7th April to Monday 21st April 2025 Term 5

TERM TIME Tuesday 22nd April – Friday 23rd May 2025

Monday 5th May - May Bank Holiday (School Closed)

Holiday: Monday 26th May – Friday 30th May 2025 Term 6

TERM TIME: Monday 2nd June – Tuesday 22nd July 2025

Friday 27th June INSET DAY (no students in school)

PLEASE REMEMBER TO CHECK THE SCHOOL WEBSITE FOR ANY CHANGES

Equipment

Students should arrive to school ready to learn. This not only means the positive attitude that they sustain throughout the day, but also ensuring that they have the correct equipment. All students are expected to have a pencil case which includes the following items:

Highlighter, Pens (Green, Black & Blue), Compass, Protractor, Ruler, Pencil, Eraser and Pencil Sharpener.

Most items can be purchased at student services and these can be paid for on the school gateway.
<https://www.wykhampark-aspirations.org/information/equipment-list/>



Got a worry or a question?

We are here to help and always welcome communication with home.

Your first contact is your son/daughter's mentor.

For more serious issues please contact the Head of college or the college behaviour/attendance co-ordinators.

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Matilda! Revolting Children, Certainly Not!

Matilda Jr has been a thoroughly enjoyable experience from start to finish.

The search for the cast to tell this fascinating story of a little girl who through courage and resilience conquers her bullies began in July 2023.

Many students from current year 8, 9 and 10 sang their way through Revolting Children and acted out many roles as part of the audition process. Year 6 for the final session of their transition day then learnt the same song so they could be fully prepared for their formal audition in September.

The choreographers Alex O'Connor and Lewis Ulla-Thomas started work over the summer planning the dances so that we would be ready to go as soon as term started. The new year 7 arrived and we were spoiled for choice. The standard of commitment and performance from them was so impressive that it made it abundantly clear to me that we would need more than one Matilda.

Rehearsals began in earnest and our first public work in progress performance was in October as part of our Open Evening. This was an ideal opportunity to have a long intensive rehearsal, but to also share the amazing work the students do here with prospective students and parents. It was quite magical and strangely joyous hearing Revolting Children echoing across the campus.

The students were utterly committed to the show. We had three or sometimes four rehearsals a week especially for our Matildas and Miss Honey. Lee Spencer the Musical Director worked tirelessly with the students week in week out ensuring those delightful melodies were heard. The cast juggled their school work, other extra-curricular activities and family lives with learning lines, lyrics and complex dances. Over the five months they came to four Sunday rehearsals, with one of those being in the Christmas holidays in order to perfect their performances.



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Matilda! Revolting Children, Certainly Not!

This show is incredibly special for a number of reasons. Firstly, the majority of the cast were in year 7. They showed a superb level of professionalism and devotion to the show. Secondly the camaraderie amongst the cast was infectious. We all had lots of fun but we worked very hard. Some of the more demanding sections were the lifts and I am impressed with the focus and sheer teamwork to make those elements a success. The whole process was collaborative with students pitching in their ideas and helping one another. The collective goal was to make the show a success. Thirdly, the story is just wonderful. The power of books and the imagination to empower you to help people, even if it is in a slightly unorthodox manner, is a message we can all learn from. As well as being bold enough to be an upstander and not a bystander.

As January approached everything became tremendously exciting. We had broken all previous school records for advanced bookings for a school show in the last 5 years. Costumes and the set were created, props acquired, lighting and sound were set up and we prepared for our first primary school performances on Monday 15th January. Year 5 were enthusiastic audiences and we are grateful to all those staff who accompanied them.

The excitement and atmosphere generated around Matilda was tremendous. We played to full houses and the response from the audience was phenomenal. I am particularly proud of the Matildas Suki and Gracie. The support they have given one another has been wonderful to watch as has the impact they have had on the audiences. The sixth form were also such fantastic role models for the cast. It is so lovely that cross year friendships are formed through enterprises such as these.

After over 20 years of directing, this cast in particular has made me change my approach to directing a show. I learnt from them each day. I have also been impressed with the crew. Some of them have never done anything like this before. They have coped so well with complex demands of the show in a short amount of time.

As a director I have much to be grateful for because the students drive me and inspire me. It is gratifying that the students place so much trust in us as a team.

Thank you to everyone who made it possible from members of staff to parents. Your support has been invaluable.

I have so much pride for the show we have created and shared with so many of you. I feel we have shown the very best of Wykham Park and Futures Institute.

We have also proved beyond doubt that even if you're little you can do a lot.

Elise de Lancy Green
Director Matilda Jr 2024.

Photo credits Jacky Smith.

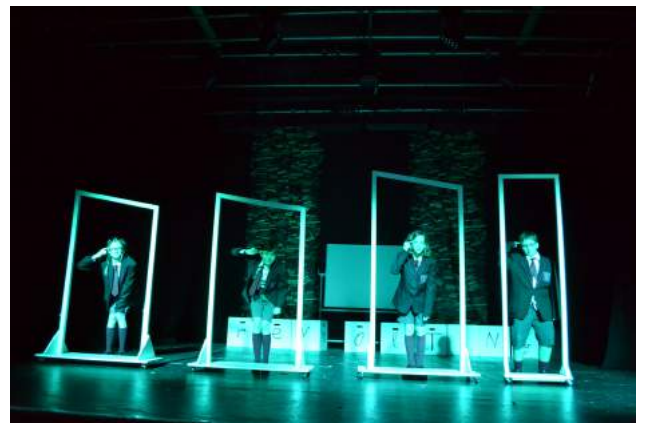


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Matilda! Gallery & Drama news



Year 9, 10 and 12 students from Wykham Park and Futures will be performing in the premiere of *Orchestra* by Charlie Josephine as part of the National Theatre Connections programme. On Wednesday 13th March 2024 a director from the National Theatre will come to Wykham Theatre and give us feedback on our performance. This is prior to the cast taking the performance to The Royal and Derngate in Northampton on Thursday 18th April. They will spend the day in workshops and rehearsals with industry professionals before they share their work with the public on a professional stage. More information to follow.



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School Organisation and contact details

Mentor Groups & Email Contacts 2023/2024

College:
Assistant Principal/Head of College:
Behaviour:
Attendance:

CHARLECOTE
Philippa Newland pnewland@wykhampark-aspiration.org
Riz Shires rshires@wykhampark-aspirations.org
Jodie Draper jdraper@wykhampark-aspirations.org

Mentor Name	Staff name	Email
C1	Lee Spencer	lspencer@wykhampark-aspirations.org
C2	Ian Barker	ibarker@wykhampark-aspirations.org
C3	Mark Smith	msmith@wykhampark-aspirations.org
C4	Madison Cook	mcook@wykhampark-aspirations.org
C5	Zelmira Grover & Shanekah Stewart-Thomas	zgrover@wykhampark-aspirations.org / ssewart-thomas@wykhampark-aspirations.org
C6	Samantha Ferguson	sferguson@wykhampark-aspirations.org
C7	Jacky Smith	jsmith@wykhampark-aspirations.org
C8	Courtney Burke	cburke@wykhampark-aspirations.org

College:
Assistant Principal/Head of College:
Behaviour:
Attendance:

NEWARK
Carine Foster (cfoster@wykhampark-aspirations.org)
Sophie Ross (ssoss@wykhampark-aspirations.org)
Frances Edwards (fedwards@wykhampark-aspirations.org)

Mentor Name	Staff name	Email
N1	Caleb Green-Wilson	cgreen-wilson@wykhampark-aspirations.org
N2	Chris Newell	cnewell@wykhampark-aspirations.org
N3	Ashlee Horton	ahorton@wykhampark-aspirations.org
N4	Frank Walters	fwalters@wykhampark-aspirations.org
N5	Liz Atherton	eatherton@wykhampark-aspirations.org
N6	Lize Joubert	ljoubert@wykhampark-aspirations.org
N7	James Towey	jtowey@wykhampark-aspirations.org
N8	John Chilvers / Sophie Ross	jchilvers@wykhampark-aspirations.org / ssoss@wykhampark-aspirations.org

College:
Assistant Principal/Head of College:
Behaviour:
Attendance:

DYRHAM
Chris Colville (ccolville@wykhampark-aspirations.org)
Sophie Duncan (sduncan@wykhampark-aspirations.org)
Katherine Maree (kmaree@wykhampark-aspirations.org)

Mentor Name	Staff name	Email
D1	Collete Selepe	cselepe@wykhampark-aspirations.org
D2	Lacy Somerville	lsomerville@wykhampark-aspirations.org
D3	Sophie Nimmo	snimmo@wykhampark-aspirations.org
D4	Sasheka Wright	swright@wykhampark-aspirations.org
D5	Jon Bent	jbent@wykhampark-aspirations.org
D6	Sophia Guarasci	sguarasci@wykhampark-aspirations.org
D7	Myles Sullivan	msullivan@wykhampark-aspirations.org

College:
Assistant Principal/Head of College:
Behaviour:
Attendance:

YEAR 11
Jayne Jones (jajones@wykhampark-aspirations.org)
Catherine Graver (cgraver@wykhampark-aspirations.org)
Lewis Pratt (lpratt@wykhampark-aspirations.org)

Mentor Name	Staff name	Email
Euler	Tom Greevy	tgreevy@wykhampark-aspirations.org
Turing	Ewan Puran	epuran@wykhampark-aspirations.org
Lovelace	Reece Sheppard	rsheppard@wykhampark-aspirations.org
Mirzakhani	Sidonie Williams	swilliams@wykhampark-aspirations.org
Ramanujan	Steven Lilley	slilley@wykhampark-aspirations.org

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Mentor Name	Staff name	Email
SF2 (Yr 13)	Kirsty Michell	kmichell@wykhampark-aspirations.org
SF3 (Yr 12)	Kemika Campbell	kcampbell@wykhampark-aspirations.org
SF4 (Yr 12)	Martin Bird	mbird@wykhampark-aspirations.org
SF5 (Yr 12)	Elise de Lancy Green	edelancyg@wykhampark-aspirations.org
SF6 (Yr 12)	Frances Edwards	fedwards@wykhampark-aspirations.org

Senior Leadership Team:

Role	Staff name	Email
Co Principals	Julia Ingham / Carly Berry	jingham@futures-aspirations.org / cberry@wykhampark-aspirations.org
Vice Principal	Sarah Rawlinson	srawlinson@wykhampark-aspirations.org
Assistant Principal	Joseph Chilvers	josephchilvers@wykhampark-aspirations.org
	Chris Colville	ccolville@wykhampark-aspirations.org
	Carine Foster	cfoster@wykhampark-aspirations.org
	Phillipa Newland	pnewland@wykhampark-aspirations.org
	Antony O'Keefe	aokeefe@wykhampark-aspirations.org
Assistant Associate Principals	Jayne Jones	ajones@wykhampark-aspirations.org
	Simon Sterland	sserland@wykhampark-aspirations.org

Other Contacts

Role	Staff name	Email
Attendance Officer	Jill Radini	jradini@wykhampark-aspirations.org
SENCo	Amy Bird	abird@wykhampark-aspirations.org
Welfare	Elaine King	eking@wykhampark-aspirations.org
PA to the Co Principals	Tina Timms	ttimms@wykhampark-aspirations.org

Futures Institute:

Head of Key Stage 3 & Pastoral / SEN Lead: **Barbara Kinsella (bkinsella@wykhampark-aspirations.org)**
Head of Key Stage 4 & Director of Futures Institute: **Ian Griffiths (igriffiths@wykhampark-aspirations.org)**
Reception: **Clare Smart (office@futures-aspirations.org)**

Mentor Name	Staff name	Email
FIB7	Catherine Pickup and Tom Crawley	cpickup@futures-aspirations.org / tcrawley@wykhampark-aspirations.org
FIB8	Harry Radley	hradley@wykhampark-aspirations.org
FIB9	Katy Barber	kbarber@wykhampark-aspirations.org
FIB10Y	Tom Walton	twalton@wykhampark-aspirations.org
FIB10Z	Sneha Pal	spal@wykhampark-aspirations.org
FIB11Y	Georgia Pomfrett	gpomfrett@wykhampark-aspirations.org
FIB11Z	Martyn Stowe	mstowe@wykhampark-aspirations.org

Rewards

Following the new rewards and recognition programme we implemented in January we have been amazed by the efforts of our students. Our new ACE Awards have been a real hit and students are being recognized in huge numbers for effort, attitude and contribution they are making around school. We have no doubt this will continue with many students close to achieving their Ruby level certificates which are awarded for 50 Achievement Points.

The headline figures include:

Over 500 ACE Awards awarded this term

Over 8000 positive behaviours recorded across campus

Every year group being recognised this year more than any other term

A higher distribution of achievements awarded across our KS4 groups



Congratulations to our top ACE AWARD WINNERS:

HUDSON B, CASSEY S, NINA C, CHARLIE D, JESSICA G, EDWIN J, RITA L, ABI M, HARRISON M

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Clubs, Trips and experiences

Current Clubs offered in school

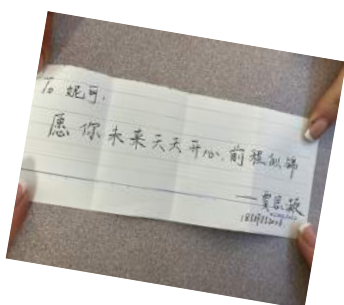
- School Production (Mrs de Lancy)
- Girls Netball (Mrs Hanson)
- Coding Club (Miss Barber)
- Creative Writing Club (Mrs Michell)
- Dungeons and Dragons (Mrs Michell)
- Dungeons and Dragons (Mrs Michell)
- Books and biscuits (Mrs Michell)
- Basketball club (Mr Pratt)
- Lunch Club WP (Nurture)
- Maths intervention WP (Mr Stowe)
- Breakfast club (Nurture)
- DofE - expedition group (Mr Sullivan)
- Touch rugby club (Mr Pratt)
- Sports leadership (Mr Pratt)
- Sports Reps (Mr Pratt)
- Yr11 Intervention (Mrs Jones)
- VR Club - Futures (Miss Barber)

We have a growing number of free school clubs for students to attend before, after school and during breaks and lunchtimes! If you are interested in attending of these, please see the lead teacher for more details! If there are clubs that you would like to be added, please see Mrs Foster to discuss.



Munich (Germany) Trip

Students from Futures Institute have not long returned from the school trip to Munich (Germany)! Students and staff had a fantastic time! Including guided tour of Allianz arena, museums, visiting the Alps. Please check out our Facebook pages to see photos and what we got up to each day.



Chinese students in school



We are excited to announce that a group of Chinese students came to visit our school last week as part of one of our cultural exchange programmes. The students joined us from Tianjin in northern China.

They participated in fun activities, attended lessons with our students, and even learnt how to make delicious scones. This visit was an excellent opportunity for sharing culture and making friends from different countries. We were thrilled to host them and can't wait to do it again soon!

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Follow for news!

A reminder that you can find the latest news and information about school events at our Facebook page:

<https://www.facebook.com/futuresbanbury>

<https://www.facebook.com/wykhampark>

Like and follow us!

Library News

24 in 2024

At the start of the term we launched our "24 in 2024" challenge. Students and staff are being challenged to read 24 books of their choice in 2024. Staff will be sharing their reads on posters on their office and classroom doors. Students can pick up a special bookmark from the library and for each book they read they can get it stamped in the library and receive an achievement point. There will also be a prize draw at the end of each term, which everyone who reads a book for the challenge will be entered into to win some literary prizes. Students can read any book they like whether that is one from home or one from our library or the public library. It can be non-fiction, fiction, a graphic novel, an ebook or even an audio book.



Year 9 Library Lessons

In our Year 9 library lessons this term we have been learning about the different features of graphic novels and then using this knowledge to have a go at designing our own. We have also marked Holocaust Memorial Day by learning about different genocides that have occurred around the world and what leads to these happening.

World Book Day

We will be marking World Book Day on the 7th March with a free book fair. We are looking for donations of unwanted books to help this happen. Students who bring in any books will get a ticket to allow them first entry into the fair. Please bring any books that you would like to donate to Mrs Michell in the library. We will also be sending home the World Book Day vouchers which can be used to buy a World Book Day book or be used to get £1 off any book of your choice.



Host families wanted!

We are currently looking for families within our school community who would be interested in working with Ardmore Education Limited to host international students attending our school. The Ardmore Group are an organisation who provide guardianship to allow students from across the globe to experience education and life in the UK community. Further information about Ardmore can be found here:

www.theardmoregroup.com.

If you are interested in this opportunity, please contact: diana@theardmoregroup.com

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The mock examination period will start on the 26th February and last for 3 weeks. Individual timetables have been provided to students and an overview sent to parents/guardians

Students should make sure they arrive at their exams with the correct equipment which should be stored in a clear pencil case. Water needs to in a clear bottle and phones should be switched off and in their bags

To help students prepare for these exams subject areas have provided revision support sheets and place resources on the Google classroom. Students should use this final mock examination period to develop effective study skills

Below are links to a variety of websites that will help your son/daughter revise for their GCSES.

<https://collins.co.uk/pages/revision-gcse-ages-14-16-collins-gcse-revision-and-practice-flashcards>

<https://www.bbc.co.uk/bitesize/levels/z98jmp3>

<https://www.gcsepod.com/>:

<https://getrevising.co.uk/> :

<https://revisionworld.com/gcse-revision>

<https://www.mathsgenie.co.uk/>:

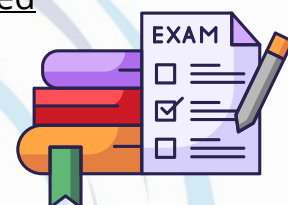
<https://genius.com/Aqa-gsce-english-literature-poetry-anthology-annotated>

<https://www.examsolutions.net/> :

http://www.coolgeography.co.uk/gcsen/physiscal_landscapes.php :

<https://senecalearning.com/en-GB/> :

<https://quizlet.com/en-gb> : .



Exams are a very stressful time for our students and it is important that we support them during this time. Below are links to a variety of websites that offer advice and support on how to deal with exam stress:

<https://www.gcse.co.uk/teenagers-gcse-exam-p pressures-and-coping-with-stress/>

<https://www.youngminds.org.uk/young-person/blog/how-to-look-after-your-mental-health-during-revision-and-exams/>

<https://www.mind.org.uk/for-young-people/feelings-and-experiences/exam-stress/>

<https://www.kooth.com/>

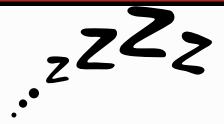
If your son/daughter needs to speak to someone in school they should speak to their Mentor or their College Lead and they will be able to direct them to the appropriate person to talk to.



Tips and support

Why is sleep important for exam success?

Good quality sleep is associated with better grades, recall, mood and health, and when students don't get enough shut-eye, they miss out on REM sleep, which is vital for cognitive performance and what's needed the most when it comes to exam revision.



Can food improve your exam performance?



According to Dr Alex Richardson When you're faced with a pile of revision, feeding your body as well as your brain may be the last thing on your mind. But can you give yourself an advantage simply by eating certain foods? And does drinking plenty of water really increase your chances of getting good grades?

Whether you're a student or the parent of a child sitting school exams, there are quick and easy food tips to help maintain those all-important energy levels and improve concentration and memory.

The link below will take you to BBC food and what you should eat and drink during the exam season.

https://www.bbc.co.uk/food/articles/food_exam_performance#:~:text=Add%20a%20protein%20fo,od%2C%20such,to%20have%20brain%2Dboosting%20properties



Period 6

Targeted period 6 sessions run Monday through to Thursday and cover a wide range of subjects. These sessions provide invaluable support to students in helping them to improve exam performance. Please encourage your son/daughter to attend them.

Key members of staff

Jayne Jones: Head of Year 11 at Wykham Park, Associate Assistant Principal:

jajones@wykhampark-aspirations.org

Catherine Graver: Behaviour co-ordinator for Year 11 at Wykham Park:

cgraver@wykhampark-aspirations.org

Ian Griffiths: Director of Future Institution: igriffths@wykhampark-aspirations.org



PROM

The year 11 prom has been booked for Thursday 27th June at the Cotswold Hotel and Spa in Chipping North. To be eligible to attend the prom students need a minimum of 95% attendance and fewer than 15 behaviour points (measured from January). Tickets are £40 and must be purchase by the 29th February

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COOLEST PROJECTS

Coollest Projects

Coollest Project is a technology showcase for young creators. Whether it's big or small, we would love to showcase your technical skills and any masterpieces that you create. Last year there were over 5000 entries from children all over the country. They made everything from platformer games to robotic arms, and built projects to help their communities, protect the environment, or just for fun. Miss Barber would love to hear from you if you're working on a project and need some help, or whether you've made something that's already working. Whether it's a game you've built in Scratch, a coded project or you've simply got an idea and want to see if it could work, come and see Miss Barber and let's get entered. Projects must be digital and must be unique in some form. Registration is open until 17th April. Once you've entered your project will be judged. Judges review projects based on the criteria of Coolness, Complexity, Presentation and Communication, and Design and Usability. Every participant will receive a personalised certificate and feedback on their project. Those who make it through to the showcase will be invited to an in person event!



If you're interested in entering, come and see Miss Barber over at Futures or drop an email to kbarber@wykhampark-aspirations.org.

Futures Students watch inaugural Livingstone Lecture

Year 9 and 10 students at Futures Institute were given the opportunity to listen into the inaugural Livingstone Lecture this afternoon. Sir Ian Livingstone, an entrepreneur in the Games Industry and key figure behind the Livingstone Academy in Bournemouth delivered the lecture entitled 'The Power of Play'. Sir Ian spoke about his success within the industry, talking about how he helped to create the now billion pound Games Workshop and shared advice and guidance to the students on the importance of being resilient and persevering. Year 10 student Lysander sent a question in for Sir Ian to answer to find out a little more about the selling of Games Workshop and the reported valuation of the company!

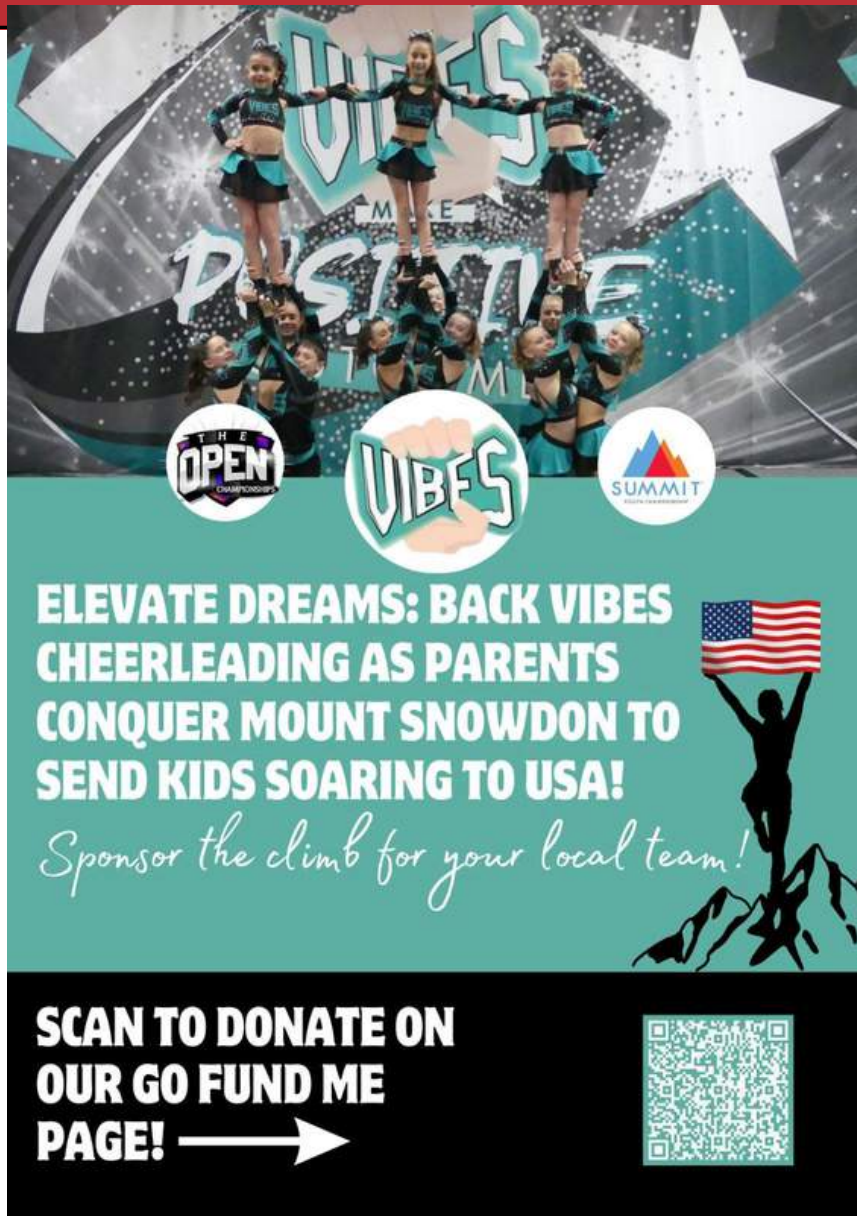


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Celebrating and supporting our students!



ELEVATE DREAMS: BACK VIBES CHEERLEADING AS PARENTS CONQUER MOUNT SNOWDON TO SEND KIDS SOARING TO USA!

Sponsor the climb for your local team!

SCAN TO DONATE ON OUR GO FUND ME PAGE! →



<https://banburyfm.com/news/banbury-cheerleading-squad-set-to-fly-the-flag-for-the-uk/>



<https://www.gofundme.com/f/joyful-are-going-to-the-youth-summit-in-florida>

Tulisa joined Wykham Park at the beginning of this academic year. She is a lovely and active young lady who enjoys many different sporting disciplines and she is part of a local Cheerleading U12's International team who has most recently competed at two competitions so far this season. Arthur in year 7 is a Futures student and is also in the squad! The first being Paris whereby they were given a Bid to compete at the first International Youth Summit being held in Florida and the second a Bid to compete at another competition at the Open Championships. This is also being held in Florida a few days apart. As you can imagine this is an amazing achievement for Tulisa and her team and a great opportunity for her to compete as a UK athlete in a country like the USA

The team and parents are taking part in various fundraising events to help raise some funds to help with some of the costs, such as travelling, accommodation and training. The next event taking place in a couple of weeks, where some of the parents are tackling Mount Snowdon.

On behalf of the team and parents we'd be most grateful for donations and support for the squad!

Thank you for taking the time to read.

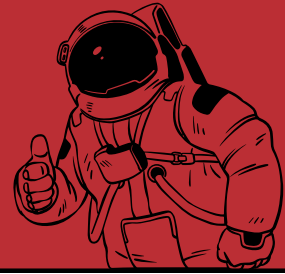
Kind Regards,

Kerry Lally (Tulisa's mum)

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On Saturday 3rd February the NASA trip launched to Florida. Once again two of our A level students joined up with 10 other students from our Trust academies to board a plane to Orlando Florida. They are visiting the Kennedy Space Centre as VIP guests on the NASA Base. The trip also involves visits to elementary and high schools in Florida. They will be dining with NASA engineers and employees each evening.

Some quotes from previous trips:

"This trip was absolutely amazing! It held aspects of exploration, communication, leadership, teamwork, and skills building. Our days were full of new and interesting information, all of which provided every single one of us with a new and improved insight of spaceflight."

"This trip showed me that there was more to NASA and the space industry than engineers and astronauts. We also were able to learn about all the work and people that are behind NASA and the space industry."

This trip has not only opened my eyes to the wide world of STEM, but also motivated me to carry on with my passions. Being on this trip proved that I was capable of things that I didn't originally feel like I could. Because of this, I will continue to exit my comfort zone."

The Aspirations NASA trip provides a focal point for our educational ethos and underpins our key values of self worth, engagement and purpose. Providing our students with real life experience of using and developing further their skills and competences.

We look forward to telling you all about our experience in the next Newsletter.



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Student leadership & Council

During the first week of the Spring Term, 23 students from Wykham Park and Futures took part in a Sports Leadership Award Level 1 opportunity which was split into two sessions. During the first session, students were completing some theory work, where they learnt what makes a successful sports leader through discussions with a member of the trust, fellow students and watching videos.

The following day, students took part in session two, which was practical based. Within this session, students were learning and playing fun games and activities which could be used when leading sessions themselves.

To achieve the Level 1 Award, students would have to apply what they have learnt and take a leadership role, either in school or outside of school. It has been great to see some students working towards this award by asking their PE teacher if they are able to lead a lesson warm-up, or lead a small group in the lesson. Well done to all students involved.



Futures Institute Student Council

Futures Student Council have had a busy half term, working with Mr David and Miss Barber to establish our working responsibilities, structure and the role that Student Council play.

In this terms meeting we organised members into sub-groups who were responsible for different actions that needed to be delivered this half term. Some students were working on updating our notice board in the Futures foyer, others were involved in creating content for the school website and led by our Trust Student Council representatives, another group are busy working on a presentation to be shared at our upcoming Student Voice conference.

Over the past couple of weeks all students across the campus have been completing their Student Voice survey. This is a fantastic opportunity for students at Futures to share their thoughts and opinions on school, with a view to us all being able to work together to develop shared objectives and inspire meaningful improvements within our Academy.

Next half term Student Council will be reviewing the results of the Student Voice survey to see what we can do to make Futures even better. When we come back after Half term, our school representatives will be coming together with other representatives from other schools and taking part in the Student Council Conference; a fantastic opportunity to start discussions around what actions we can take following the Student Voice survey.

Wykham Park Student Council

It's been a great half term as we have begun to establish a working Student Council here at Banbury Aspirations Campus. Every mentor group has nominated a representative and these students have worked with Mr David and Ms Newland to consider the structure to ensure that every student's voice matters and is heard.

This term Mentor Reps have been key in helping to collect genuine student feedback through the Student Survey; they have supported with interviews of new staff to the school; helped with open evenings and parents evenings, and have been superb at voicing ways things can change to make the school even better.

Next half term, the new process will begin for Colleges to collect feedback about the things that are going well and things that could be better. We want clear lines of communication where we can openly discuss what our young people are seeing, hearing and feeling. It is everyone working honestly together, focusing on solutions, that will drive our school to be the best it can be.

We are a great community – let's work together!

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PE Termly Newsletter



Another fantastic term within the PE department which has seen our biggest ever turnout in students wanting to represent the school in our various fixtures. The highlight has been our Year 7 and 10 Girls teams going undefeated so far in the fixtures they have had while the Boys teams have also been highly competitive and places for a spot on the teams has been fiercely competitive with over 20 students across each year group playing each week. Next term we have some really exciting events to keep an eye out for with student leadership opportunities coming each week. In March we are also delighted to say that we have been given the chance to take our Year 7 Touch Rugby side to a national event which will be held at Twickenham - the home of English Rugby. This will no doubt make memories to last our students a lifetime and an event we are extremely proud to have been asked to attend following our commitment to the RFU's pilot scheme to introduce more girls to Rugby.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
W/B 15TH JANUARY		FOOTBALL CLUBALL YEARS BOYS AND GIRLS	MULTISPORTS – ALL YEARS	ALL YEARS - NETBALL	
		GIRL'S FOOTBALLALL YEARS		SPORTS STUDIES SUPPORT SESSIONSYEAR 11 AND YEAR 10	
LUNCHTIME	BADMINTON CLUB 6TH FORM ONLY				BADMINTON CLUB 6TH FORM ONLY
	VARIOUS SCHOOL FIXTURES	VARIOUS SCHOOL FIXTURES	VARIOUS SCHOOL FIXTURES	VARIOUS SCHOOL FIXTURES	
STAFF		MCO, MSM, SRO, LPR,	MCO, MSM, SRO, LPR,	MCO, MSM, SRO, LPR,	



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Why is student attendance important?

We know that sometimes our pupils cannot come to school because they are really unwell - and that's the right thing to do for them and other students. Medical advice is clear however that children with mild illness will often be well enough to attend - for example if they have a cough, or cold, without a temperature. The NHS guidance *Is my child too ill for school?* - NHS (www.nhs.uk) is designed to support parents in their decision making about mild illness.

What YOU must do:

Try to telephone the school before 8.30am each day of your child's absence.

Tell the school in advance of any medical appointments and bring in appointment cards/letters.

If you are not sure whether your child is well enough to attend school, send them in anyway as they often perk up on arrival.

Have a backup plan for if your child misses transport, call on a family member, neighbour or friend.

If you and your child are experiencing difficulties with school attendance then talk to us as a first step so we can help!

What WE will do:

Check your child's attendance every day.

Phone home to discuss your child's attendance with you.

Invite you into school for attendance meetings if we are concerned.

If we cannot establish a reason for absence, then we may make a welfare home visit.

'Pupils with no absence are over twice as likely to achieve 5 grade 5s and above in their GCSEs'

'There is a clear link between poor attendance at school and lower academic achievement.'

Students who have very good attendance are more likely to gain 5 or more Level 4 or above GCSEs or equivalent qualifications.

90% of young people with absence rates below 85% fail to achieve five or more good grades of GCSE and around one third achieve no GCSEs!!!

Our target for school attendance is

96%

ATTENDANCE

WHY IS IT IMPORTANT?

ABSENCE FROM SCHOOL

Children are required by law to attend school 100% from age 5 until 16. The Government expects that every pupil's attendance should be at least 96%.

How do YOU measure up?

Absence %	Days Absent	Weeks Absent	Lessons Missed
95%	9 Days	2 Weeks	30 Lessons
90%	19 Days	4 Weeks	100 Lessons
85%	29 Days	6 Weeks	150 Lessons
80%	38 Days	8 Weeks	200 Lessons
75%	48 Days	10 Weeks	250 Lessons
70%	57 Days	13.5 Weeks	300 Lessons
65%	67 Days	15.5 Weeks	340 Lessons

89% & Below
Drastic effect on academic achievement

95%-90%
Cause for concern

100%-96%
Excellent



Kindness, Inclusivity,
Community

The greater your attendance,

The greater your achievement.

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Managing Stress

Stress is an uncomfortable experience of pressure or worry caused by problems in your life. Stress can cause many different symptoms and may affect how we feel physically, mentally, how we behave and make choices. It is not always easy to recognise when stress is the reason you are feeling or acting differently.

This guide will give you some top tips so that you can take action to reduce the symptoms of stress in your life.

1. WARNING SIGNS, PART 1

Warning signs of stress include emotional symptoms such as anxiety, fear or loss of confidence and cognitive symptoms such as poor concentration, poor memory or repetitive thoughts.



2. WARNING SIGNS, PART 2

Warning signs also include physical symptoms such as excessive sweating, racing heart rate, headaches and muscle tension. Behavioural symptoms might include, poor sleep, irritability, drinking excessive amounts of coffee or alcohol or losing your temper.



3. UNDERSTAND YOUR TRIGGERS

Take time to reflect on situations which may be causing stress. Once you know what they are, you can begin to reduce your exposure to the stressors and/or manage the causes.



10. PRIORITISE WELLBEING

As a way of preventing stress, you should prioritise your wellbeing and be consistent about it. A one-off activity will have some impact, but it won't help you manage stress or maintain wellbeing in the long term.

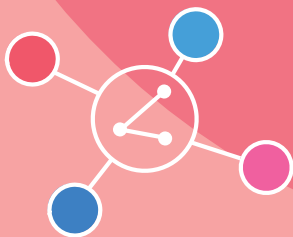
9. MANAGE YOUR TIME

Prioritising tasks, including emails and wellbeing activities, will be a crucial first step to change and taking control. Get someone to help you to keep on track with the change.



8. CHANGE YOUR PERSPECTIVE

Amend your thinking and expectations of what is possible or doable. Reduce the pressure on yourself by reframing the problem or accepting that not everything will be finished or perfect. Most of the time, good enough is ok.



7. USE YOUR SOCIAL NETWORK

Plan opportunities for fun and enjoyment with people you care about and who care about you. This could be sharing a new experience or an activity you enjoy doing together. Share and talk about your feelings too, sometimes that is all that is needed to cope.

4. TAKE CONTROL

Often stress symptoms are caused by feeling out of control. Not doing anything about the stress triggers or symptoms will make things worse, so start by understanding what you can and what you can't control.

5. MAKE HEALTHY CHOICES

Plan regular, healthy activities which will reduce stress symptoms. These will be a non-negotiable part of your week and a regular antidote to stress.

6. INDUCE CALM

Activities known to help induce calm range from deep breathing, meditation and mindfulness to walking, outdoor exercise or gardening.



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This guide is part of
The National College
staffroom poster series
A collection of information
posters for your school
staffroom.



Meet the Expert: Anna Bateman

Anna Bateman, subject matter expert on mental health & wellbeing and school improvement adviser

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SUPPORTING CHILDREN'S MENTAL HEALTH

10 Conversation Starters for Parents

Talking about mental health to children is sometimes hard. To the point that we can put off raising the subject, not wanting to unearth problems or raise overwhelming subjects that we perceive our child is too young or not ready for. But rather than keeping children in the dark, this guide is designed to help you confidently talk about mental health, so they feel

comfortable talking about their own worries and end any stigma before it begins.

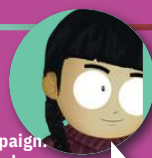


1 LISTEN

This sounds obvious, but it is not something we are always great at. Active listening is where we listen without interrupting or making judgements and shows interest in what is being said. If your child feels listened to in the 'smallest of problems' they will become confident that you will listen when the 'biggest of problems' arise.

2 ASK TWICE

The campaign from time to change is great. <https://www.time-to-change.org.uk/support-ask-twice-campaign>. Be tenacious about your child's wellbeing. Children instinctively know when your questions and support come from a place of wanting to help and care.



6 TALK ABOUT MENTAL HEALTH NATURALLY

Speak about mental health as part of everyday life, so that talking about our feelings and those of others is normalised. If the usual 'are you ok?' is not creating an opportunity for dialogue then say something like 'I know when something like that has happened to me I felt like this... is that how you are feeling or are you feeling something else?'

7 EMPATHISE

'It makes sense that you would feel this way, it is understandable'. Children often worry about things that we, as adults, might see as trivial or silly. However, for them at their age and stage it is a big concern and they need our kindness and care when they show their vulnerability and share their worries.



3 THERE IS NO SUCH THING AS A STUPID QUESTION

This advice also relates to the first point. If your child can ask you any questions about the smallest of things and you listen and answer without shaming or belittling, they will have more confidence to ask the biggest of questions.



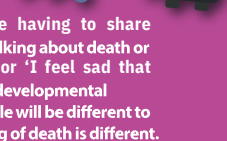
8 HELP YOUR CHILD FEEL SAFE

Teens particularly feel that by talking about their worries or concerns that this will make things worse. Reassure your child that you will discuss a plan of action together and what may or may not need to happen next. If they are a younger child, it is likely you will need to lead the conversation and explain next steps.



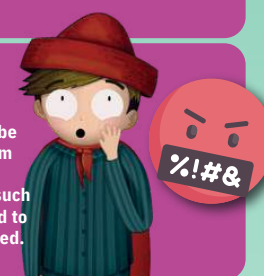
4 BE OPEN AND HONEST

Children appreciate honesty, particularly if you are having to share or talk about a difficult subject. For example, you may be talking about death or information loss; 'It's very sad that Nana has died' or 'I feel sad that talk about a subject will differ depending on their age and developmental stage. Talking about death to a younger child for example will be different to that of an older teen, as their experience and understanding of death is different.



9 MIND YOUR LANGUAGE

Be mindful of the language you use at home to describe and talk about mental health. Stigma often arises from misconceptions and a choice of language which is harmful. Using the word 'mental', 'man-up' or other such words in a derogatory way won't encourage your child to talk about their mental health for fear of being belittled.



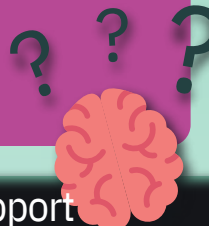
5 KNOW WHEN TO SEEK HELP

Assess the severity of the mental health difficulty you are noticing. Is the difficulty making it hard for your child to function regularly throughout everyday life? How frequently is your child affected, how long does it last and how persistent is it? Are they having problems controlling the difficulty? Talk to your child about your concerns and that it is likely they will need further support beyond family and friends.



10 IT IS OK TO SAY 'I DON'T KNOW WHAT TO DO NEXT'

Adults do not have all the answers but often children think they do. It is ok to acknowledge that what your child is experiencing is not something you have come across before or know anything about, but that you will work it out together and seek help together.



Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.



Sources of Information and Support

Your GP
Young Minds <https://youngminds.org.uk/v>
<https://www.nhs.uk/conditions/stress-anxiety-depression/>
<https://www.actionforchildren.org.uk/news-and-blogs/parenting-tips/2016/november/a-simple-guide-to-active-listening-for-parents/>
<https://www.themix.org.uk/mental-health>

