



Parent e-Bulletin – Wednesday 16th September 2015

Mindful Thought of the Fortnight

“Mindfulness means paying attention in a particular way; On purpose, in the present moment, and nonjudgmentally.” – Jon Kabat-Zinn

Welcome to the first edition of The UCL Academy e-bulletin for the 2015/16 Academic year. The purpose of this fortnightly e-bulletin is to keep parents, carers and guardians informed about upcoming key events, important changes to the previously published schedule, general notices and news updates.

This week you will receive a Letter from the Principal which will include a complete almanac of key dates across all year levels and guide to the structure of the Academy day. In the meantime, please see the below summary of upcoming dates to mark in the calendar for this Half Term.

Important Upcoming Dates and Events

Tuesday 22nd September 2015 - Foundation Athletics day

This is for Foundation students only and will take place during the Academy day. Students need to have their full PE kit. See letter for more information:

<http://bit.ly/1KmTMOor>

Thursday 8th October 2015 – UAPA coffee morning

8:45am – 10:00am. All parents, carers and guardians are invited to the Academy for the UAPA (UCL Academy Parents' Association) coffee morning. You can contact the UAPA by email at parents.association@uclacademy.co.uk.

Monday 12th October – Senior Leadership Drop-in for Parents and Guardians

4.30pm – 6:00pm. Parents, carers and guardians with any general queries are invited to drop in for an informal discussion with a member of the Senior Leadership Team.

Thursday 15th October 2015 – Staff Planning Day (non-student day)

Due to a scheduled staff planning day, the Academy will be closed to all students on this day.

Tuesday 20th October 2015 – Level 3+ Parent Consultation Evening

4:00pm – 6:00pm. More information to follow.

Monday 26th October 2015 – Half term Break

General Notices

Timings of the Academy Day

Please note that you can find the structure for the Academy day based on year level here: <http://www.uclacademy.co.uk/The-Academy-Day>

This includes start and finish times for each year level.

Breakfast Club

Breakfast Club starts back up on Monday 14th September and will run every day from 8am – 8.25am in Orion Canteen.

- Porridge - £0.50
- Toast and Jam - £0.60
- Croissant - £0.80
- Chocolate Croissant - £1.00
- Semi-skim milk - £0.60
- Juice - £0.55

Mindfulness for Parents

What is Mindfulness?

“Mindfulness means paying attention in a particular way; On purpose, in the present moment, and nonjudgmentally.” Jon Kabat-Zinn

Simply, it is about living in the NOW. Something that becomes more difficult with age, stress and conditioning. It is a form of meditation practiced to develop a greater awareness of the present moment. If we keep living in the past and planning for the future we miss what is

going on in our lives moment by moment. A lack of awareness can often lead us to miss out on the small things that can really make us feel happier more regularly.

.b Foundations ©

This is an 8-week training course for adults who wish to learn the foundations of mindfulness. It is especially appropriate for parents and teachers of young people taking part in the .b mindfulness course. Since being devised by [Mindfulness in Schools Project](#) in 2012, the curriculum has been trialled and proven effective in over fifty schools worldwide.

[.b Foundations](#) is based on the core mindfulness principles found within Mindfulness-based Stress Reduction (MBSR) and Mindfulness-based Cognitive Therapy (MBCT) courses. However it differs in that it has been designed with school staff and parents in mind. The course sessions and recommended home practices are shorter than MBSR/MBCT and designed to be accessible, yet still effective.

By the end of the course, participants may find their mindfulness practice supports them to feel happier, calmer and more fulfilled, get on better with others, work more effectively, and have increased resilience in the face of stress and difficulties.

Taster Session

There will be a free taster session on Thursday 24th September, all are welcome to come along and find out more about the .b foundations course for parents. You will be able to sign up for the course on this date. Numbers are limited to 15 people per course. If you would like to attend please contact Paula Kearney by email at p.kearney@uclacademy.co.uk

Time: 4.00pm – 5.30pm

Location: The UCL Academy

Mandarin Notice

We are currently taking part in a collaborative programme with a Chinese School, Tsinghua High School, Fengtai, as part of the British Council International Link School Programme.

We are looking for any Lower School parents interested in hosting a 13-14 year-old Chinese Exchange student in February 2016 for 12 days.

Please forward any Expressions of Interest to Haiyan Yin, Curriculum Leader for Mandarin, by email at h.yin@uclacademy.co.uk

Student Absences

Please be reminded that the correct procedure for reporting your child's absence is by calling 02074493080 and pressing option 1 (student absence) where you will be directed to the Attendance Officer.

Guidance on Mobile Phones

Please be aware of the procedure on confiscated phones:

At the Academy, we absolutely understand that mobile phones are an important method of communication between parent and child which can enhance student safety. If a student wishes to bring a mobile phone to the Academy, they must ensure that it is kept in their locker and that they are not seen at all in the learning spaces, corridors or in the communal areas. Mobile phones seen or heard by staff inside the Academy will be confiscated, unless a member of staff has given explicit instruction that it can be used. A student's mobile device is their own responsibility. We do not take responsibility for students' losing mobile devices. This information is clearly printed in your child's planner.

If your child's mobile phone is seen by a member of staff when permission has not been given, it will be confiscated. A member of staff will then contact you to inform you. **We ask that you please collect the mobile phone from reception between 4:30pm – 6:30pm.** Confiscated phones will be kept in the school safe and can only be collected by a parent or guardian unless special dispensation has been given by a member of the Senior Leadership Team.

There is absolutely no reason for any student to have their mobile phone out and visible without permission whilst on Academy premises. Should they need to contact a parent or guardian urgently, students must speak to a member of Academy staff.

Social Media

We share our day to day activities and news on Twitter so please follow us @UCL_Academy. We also regularly update Facebook with news stories and photos. For those who do not use Facebook and Twitter you can still view all of the content through our [SOCIAL MEDIA WALL](#) – click link. Link also on the website home page.

Twitter: https://twitter.com/UCL_Academy

Facebook: <https://www.facebook.com/theuclacademy> where our news and photos are also published.

Term Dates and Holidays 2015/16

Autumn term 2015

Wednesday 2nd September to Friday 18th December 2015

Half-term: Monday 26th October to Friday 30th October 2015

Christmas break: Monday 21st December 2015 to Friday 1st January 2016

Staff Planning Days:

Thursday 15th October 2015 & Tuesday 1st December 2015

Spring term 2016

Monday 4th January to Thursday 24th March 2016

Half-term: Monday 15th February to Friday 19th February 2016

Easter / spring holiday: Friday 25th March to Friday 8th April 2016

Staff Planning Days:

Monday 4th January 2016, Friday 5th February 2016 & Monday 14th March 2016

Summer term 2016

Monday 11th April to Wednesday 20th July 2016

Spring Bank Holiday: 2nd May 2016

Half-term: Monday 30th May to Friday 3rd June 2016

Staff Planning Days:

Thursday 19th May 2016 & Wednesday 6th July 2016