

Parent e-Bulletin

Friday 18th March 2016

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 fortnightly Parent e-Bulletin, the best place to be informed about upcoming key events, important changes to the previously published schedule, general notices and news updates.

Please see the below summary of upcoming dates to mark in the calendar for this Half Term. **In green are new dates/events which have been added.**

Also included is a brief summary of just some of the many activities and headlines that have taken place at the Academy recently.

Important Upcoming Dates and Events

Friday 18th March – Sports Relief

See page two for more details. We are kindly requesting a £1 donation for all staff and students or a £2 donation for students to wear their PE Kit for the day. Note: this is not a non-uniform day. For more information please see notices on page 2.

Friday 18th March – Big Bang Fair (Science week)

This is an action packed external science event being hosted at the Academy throughout the normal Academy day.

Monday 21st – Thursday 24th March – FINAL week

Please note the timing changes for the final week

Tuesday 22nd March – Founders Day celebrations

Students will be celebrating Founders Day with a full school assembly and an early finish (see letter from Mrs Davies and the Changes to timings in the final week on page 2)

Friday 25th March 2016 – Easter Holidays Start

General Notices

Changes to Timings in the Final Week

Please note the changes to timings of the final week before the Easter Break:

	Foundation, Level 1 and Level 1+		Level 2		Level 3, Level 3+	
	Start	Finish	Start	Finish	Start	Finish
Monday 21st March	830	1535	0830	1630	0925	As per individual timetable
Tuesday 22nd March	0830	1400	0830	1400	0925	1400
Wednesday 23rd March	1000	1535	1000	1630	1000	As per individual timetable
Thursday 24th March	0830	1230	0830	1230	0925	1230

Sports Relief – Friday 18th March

As per the letter sent home this students this week (follow the link to view electronically <http://bit.ly/1prpszO>), the whole Academy will be taking part in Sport Relief. All staff and students will be completing a mile during the day and we ask for a donation of £1 to raise money for this important cause.

Students can choose to wear their PE Kit for the day (for a £2 donation)

The day will involve:

- Normal UCL Academy uniform (**note: this is not a non-uniform day**)
- Normal day of taught lessons
- At appointed times staff and students will be called to complete the quickest mile on foot or bike

Changes to the end of Summer Term 2016

Governors have agreed to additional planning time for staff to support new GCSE and A level syllabus planning. **The term will end for students on Friday 15th July 2016 at 1230.**

SRE day – Monday 21st March 2016

(Sex and relationships education) sessions will be taking place on Monday for Foundation, L1, L1+ and Level 2. Students whose parents have previously requested that their child be exempt from this will be given additional personal study sessions. If you haven't previously communicated that you wish your child to be exempt then contact us at enquiries@uclacademy.co.uk.

What's Been Happening at the Academy?

Just a brief list of key headlines at the Academy:

- Inspired by Computer Science teacher, Mr McCurdy, our Level 1+ girls have impressed a panel of investors, taking the grand prize at the latest AcornHack
- Special assemblies have been held to prepare students for our Big Bang event and Sports Relief on Friday
- We have been following the news from our level 3 students who have enjoyed a sensational trip to Fukushima in Japan
- Celebrated Enaya Ali's article about mindfulness in Psychologies Magazine. Enaya has once again done the Academy proud, with her honest and authentic account of her personal experience of learning how to use mindfulness.
- Nominations have been made for our inaugural 'golden lanyards' staff awards to be awarded next week
- National Citizenship service presented to our Level 3s on their summer opportunities
- Level 3 students welcomed Suzi Woolfson, Head of Private Business at PwC, who ran a careers workshop in professional services, providing tips on interview techniques and presentation skills.
- Welcomed parents of Foundation students to their first parent consultation evening
- UCL undergraduate mentors visited their mentees for the fourth part of the mentoring program
- More-able students visited the Your Universe exhibit at UCL and were introduced to some fascinating aspects of astronomy and high-level physics by post-graduates. During their visit they modelled the warped fabric of space-time using a sheet and a melon, made refractor telescopes with just two lenses and a stick, and were introduced to the crazy world of subatomic particles and their weird names; muon, gluon, strange quark (actually what they are called).
- Parents and students have been invited to complete surveys on how to further support the development of the Academy – students to bring these home for completion with parents.

Please do follow our Twitter Account and Facebook page to keep further updated.

Mindfulness Training 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 © 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 14th April, 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.

Time: 6:15pm – 7:30pm

Location: The UCL Academy (via reception)

Work Experience: Can you help us?

Thank you so much for all the volunteers so far. We will be touch soon to move forward!

We have 180 students in Level 2 who will be doing work experience in Summer Term, 2016. We request your assistance in two ways:

- Would you like to be part of a parent work link group? This will be a role to help organise parents to provide work experience to students.
- Would you or your company / job be able to offer work experience to a 15 year old for a week next year?

If either of these are the case please email the school at careers@uclacademy.co.uk with your name and the level of engagement you would like to commit to.

We also have 100 students in Level 3 that will be going on work experience in July 2016.

These students are 17 years old on average. If this is an age group that may suit your company more, it would be great to hear from you.

Thank you in advance,
Mr Molloy
Assistant Principal

Working With Our Sponsor, UCL

After the great success of last term's UCL Lectures, the program continues:

- UCL Lecture series: Thursday, 21st April 2016, Professor Lucie Green

GCSE Revision and Study Skills

We have provided a text book to all students that we hope they will use effectively to help guide them through their journey at Level 2/2+.

We also recommend you read it so you can support them in their first external exam period.

A session for parents will take place later in the term that will give practical advice to help with the upcoming exam seasons.

Camden Notices

Apply for a Camden Scholarship today

Is your son or daughter applying to UCAS this year? Are you worried about the debt they will incur at the end of their course?

Camden Council is working in partnership with Anglia Ruskin University and HULT International Business School to offer Camden school children a range of part and fully-funded scholarships to help our young people realise their full potential without the burden of debt on their shoulders.

With tuition fees increasing, the scholarships provide a once-in-a-lifetime opportunity to transform your child's career prospects without getting into debt. (The Hult undergraduate scholarship is worth £90,000). Read our case studies to find out more.

The offer includes part-time options for some courses and the opportunity to study overseas. The scholarships are offered from Year 12 upwards but are also available to residents of any age with minimum B/CC A level grades or BTEC equivalent.

To apply, visit: www.camden.gov.uk/camdenscholarships

Deadline: 4th April 2016

General Housekeeping

The Academy in the Local Community

Local groups, businesses, and organisations are making increasing use of facilities at the Academy. This is very much in line with our desire to be at the heart of the local community. While the majority of our students represent the Academy superbly on the way to and home from school, we would ask all parents and carers to remind their children of the following:

- Guidance from PC Sweeney and Metropolitan Police: Parents and students should remain aware that any toys that could be misconstrued as weapons are completely banned from the Academy. We urge parents and students to hand any such inappropriate toys to the Police. These include objects such as laser pens, BB guns or any replica weapons. **We have a no tolerance approach to any student bringing in objects that may be seen as a weapon.**
- Students should wear their uniform as per the expectations set until they are home or well out of sight of the Academy.
- We continue to work with Camden Council in regards to the traffic challenges and road crossings around the Academy. Our students in the main are exemplary in terms of how they cross the roads and use public transport. They must though always be vigilant, careful and respectful of others. This is something we have made very clear at the Academy and confirmation of this from home can only help us keep our students safe.

The UCL Academy's Digital Citizens

Our children are the first generation to grow up in a completely digital age. We work constantly to ensure students remain safe online and understand how to act ethically and thoughtfully online. Parents and Teachers must work in partnership. From now on every parent bulletin will include links, ideas and suggestions to help parents remain up to speed on what can be a difficult area to keep up with your children with!

- <http://ceop.police.uk/> - an ideal place to start for all parents, carers and guardians with easy-to-understand guidance for the challenges of keeping children safe online.
- <https://www.common sense media.org/social-media> - US based website that outlines the key areas of social media that your children may be surprised to know you know about.

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.

Student Absences

Please be reminded that the correct procedure for reporting your child's absence is by calling 020 7449 3080 and pressing option 1 (student absence) where you will be directed to the Attendance Officer.

Punctuality in the Morning

The majority of our students are consistently punctual to The Academy, ready to learn every morning. To maintain these high standards and to ensure that all students understand the importance of arriving to school punctually, we have begun sanctioning students who are consistently late over a one or two week period. This sanction runs from 15:35-16:00pm for Foundation, Level 1 and Level 1 + and 16:30pm-1700pm for other students on a Friday. Students who arrive at school without a note (or a phone-call) from a parent or carer to explain lateness, **more than once in a week** will be given a 30 min ACS on the Friday after school. Students whose punctuality **does not improve** may receive a 60 min ACS. Parents will be asked to give

permission for their child to attend this ACS. We thank you as ever for your on-going support in ensuring students understand the value and importance of the high standards of behaviour and attitude to learning.

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

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

Students final day 1230 15th July - Governors have agreed to additional planning time for staff to support new GCSE and A level syllabus planning.

Monday 11th April to Friday 15th 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

Term Dates and Holidays 2016/17*

Autumn Term 2016

Thursday 1st September to Friday 16th December 2016

Staggered Start Times:

Thursday 1st September – Staff Planning Day (non-student)

Friday 2nd September – Foundation and Level 3 new starters

Monday 5th September – All other students (Level 1/1+, Level 2/2+, Level 3+)

Half-term: Monday 24th October to Friday 28th October 2016

Christmas break: Monday 19th December 2016 to Monday 2nd January 2017

Spring Term 2017

Tuesday 3rd January to Friday 7th April 2017

Half-term: Monday 13th February to Friday 17th February 2017

Spring holiday: Monday 10th April to Friday 21st April

Summer Term 2017

Monday 24th April to Friday 21st July 2017

Half-term: Monday 29th May to Friday 2nd June 2017

*Staff planning days to be confirmed at a later date