

BIWEEKLY BULLETIN

The official news bulletin of Holyrood Academy



DEAR PARENT/CARER,

Happy New Year! I hope that you and your family had a wonderful break and that your child has had a great start to the new calendar year at school.

I have been extremely impressed by how positive the start to the new term has been and in particular, how well-behaved and polite the students have been. There has been a real sense of business and focus in the lessons I have visited which I hope will continue over the coming weeks and months.

Year 11 have just completed their first set of mock exams and are 'hard at it' as far as revision is concerned. I have included a copy of the timetable of revision classes that are being offered after school for them, below, so that you can have it to hand. Please remember that it is Year 11 subject evening on Thursday of this week (11th), so please do attend if it is at all possible.

HOLYROOD
ACADEMY

FEATURED THIS WEEK:

- **Careers at Holyrood**
- **Wise Up Workshops**
- **Holyrood Happy Hour**
- **Request for Toys**
- **Town Treasure Hunt**

CONTINUED.....



CONTINUED.....

You may have seen via our social media that we are currently working with our friends across Blackdown Education Partnership on the 'Big Exercise Promise'. This involves each school choosing a way of encouraging their community to get active this January. We have chosen to do the 'Holyrood Hike', which involves students, staff and their families walking, running, cycling, swimming, horse riding or otherwise travelling (!!) as far as they can throughout the month of January.

Please check out our Instagram and Facebook accounts for more details on how to log your exercise activities and how to donate to our fundraising efforts. We will be raising money to provide each baby born in Chard with a high-quality reading book per month for the first year of their life through Dolly Parton's Imagination Library. This costs £26 per baby, per year. We hope to then support Chard Community Hub to provide opportunities for babies and parents to read together using the books. Please support us if you can!

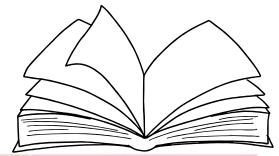
I wish you all a very happy and successful 2024 and I look forward to working with you this year.

Best Wishes
MR. DAVE MACCORMICK
 Headteacher



HOLYROOD
 ACADEMY

YEAR 11 REVISION



SUBJECTS	Monday	Tuesday	Wednesday	Thursday	Friday
English			A7 - A9		
Maths		L Block			
Biology		Week B - Mr Lowry - S7 Mrs Sebright - F2	Mr Ayles - S6	Week A - Mrs Harding Mrs Sebright - F2	Miss Brammeld - G5 Science Drop-in
Chemistry		Week A - Dr Devonish - F8 Week B - Mr Pearce - F6	Miss Brammeld - G5		Miss Brammeld - G5 Science Drop-in
Physics		Week B - Mrs Contreas - S1	Miss Mansfield - F7		Miss Brammeld - G5 Science Drop-in
French			M6		
German					
Spanish					
History		B3			
Geography	Week A - E1				
Media			A3		
Computer Science			C5		
Technology	Invite Only	Invite Only	Invite Only	Invite Only	Invite Only
Art		GCSE - E Block - Art Rooms	GCSE - E Block - Art Rooms	GCSE - E Block - Art Rooms	
Drama			GCSE - Drama - DM1		
Health & Social Care				F4	
RPE		B3			

A TASTE OF HOME



A Taste of Home – Friday 12th January 2024

We are inviting everybody in our community to take part in our Taste of Home evening. At this time, we are asking people to bring their favourite winter dish that represents their home, wherever that may be, to share with others.

There are 2 options for taking part in this event.

Option 1

Come along at **7pm**, try a range of delicious home cooking and enjoy the huge range of different cuisines being cooked in our community every night.

Option 2

Come along at 6.45 pm and bring your favourite home-made dish to share with others. Can you also bring along any unusual spices or ingredients that you use in this dish, in the raw form.

We will be able to reimburse ingredients cost up to £10 if you can provide a receipt.

If you would like to offer this second option, please feel free to call me on 01460 260100 or contact me by email on: sdavison1@holyroad.bep.ac

THE HOLYROOD HIKE

OUR
BIG
EXERCISE
PROMISE

We have a plan to get fit together!

We are raising money to pay for every newborn baby in Chard to have a free reading book per month through Dolly Parton's Imagination Library. It costs £29 per child, per year, and we hope to raise £4000 through our Hike!

 BLACKDOWN
EDUCATION
PARTNERSHIP
BELIEF IN EVERY CHILD



 **The Castle School**
ACHIEVE | BELONG | PARTICIPATE



HOLYROOD
ACADEMY




QUIZ NIGHT

**26th January 2024
6:30PM**

This is open to all members of the community.
Tables of six: Adults £2.50 | Children £1.50
Bar, refreshments and raffle.

Please book your place by calling Sarah on
07821 448902, or by contacting the
holyroodptfa@gmail.com, or by messaging Holyrood
Academy PTFA on facebook. Or just turn up!





SHREK

THE MUSICAL



Music by

Jeanine Tesori

Book and Lyrics

by

David Lindsay-Abaire



Holyrood Academy
Upper Site Hall

**Wednesday 21st , Thursday 22nd,
and Friday 23rd February 2024
7:00pm doors open 6:30pm**

Based on the Dreamworks Animation Motion Picture and the book by William Steig
Originally produced on Broadway by DreamWorks Theatricals and Neal Street Productions

This amateur production is presented by arrangement with Music Theatre International All
authorised performance materials are also supplied by MTI

www.mtishows.co.uk

#CAREERS@HOLYROOD #CAREERS@HOLYROOD #CAREERS@HOLYROOD

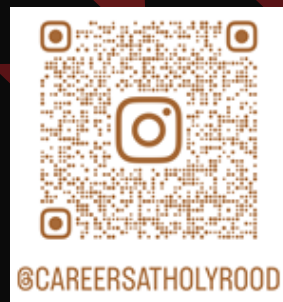
HOLYROOD
ACADEMY

CAREERS

We have launched a Careers Instagram account to provide parents and carers with more information and support regarding next steps and careers options for their children. Our Instagram is Careersatholyrood and there is a helpful LinkTree on the profile that includes links to apply for Post 16 & 18 options as well as the Work Experience database and apprenticeship search tools.

LinkTree: <https://linktr.ee/careersatholyrood>

Instagram: Careersatholyrood



@HOLYROOD #CAREERS@HOLYROOD #CAREERS@HOLYROOD #CAREERS@HOLYROOD #CA



We would like to remind all Year 11 parents and carers that applications for Sixth Form are now open. Application forms can be found on the website under the Sixth Form section, interviews will start in January.

#WHY
STUDY
ANYWHERE
ELSE

CAMHS SPA & EI Anxiety Workshops For Parents and Carers

Many young people struggle with anxious feelings, and for some, this anxiety can become difficult to manage. This workshop was designed for parents/carers of anxious children & young people (under 18), so that they can learn practical tools for supporting their child/young person. This is a four-week workshop based on Cognitive Behavioural Therapy (CBT) principles.

During these sessions we will be covering:

- Understanding childhood anxiety
- How to respond to and manage physical symptoms of anxiety
- How we can challenge unhelpful negative thoughts
- How to cope with anxious behaviours

This workshop would be appropriate for parents/carers of children and young people who are currently on the waiting list for an early intervention service or who have recently been treated for low to moderate anxiety. Please note, these sessions are for parents and carers only, we cannot accommodate children and young people.

Eligibility criteria

1. Young person is under 18.
2. Young person has mild to moderate anxiety and is waiting for or currently receiving support from an early intervention service to treat this.
3. Young person has a Somerset GP
4. Young person does not have significant mental health risk (self-injury/suicidal ideation)

As this workshop uses CBT skills, it would **not** be effective for those who are experiencing or have experienced:

- Trauma (current or historical if this is a significant contributor to the anxiety)
- Eating disorders
- Complex family relationships
- Grief/bereavement

This workshop is not suitable for young people presenting with higher-risk behaviours such as significant self-injury or suicidal ideation. Please refer to CAMHS SPA in these instances (www.somersetft.nhs.uk/camhs/spa/).

When and Where?

Thursday 11th, 18th, 25th January
& 1st February, 5.30-7pm.

At the Horizon Centre,
Swingbridge, Bathpool, Taunton,
TA2 8BY

Monday 29th January, 5th, 19th &
26th February, 5.30-7pm.

At the Balidon Centre,
Summerlands, Preston Rd, Yeovil
BA20 2BX

Tuesday 5th, 12th,
19th & 26th March,

12-1pm.
ONLINE via
MICROSOFT TEAMS

To refer a parent/carer for this workshop, please share this information with them and complete a specific anxiety workshop referral form (attached). Please note this is a separate process to the normal CAMHS Referrals. By completing the referral form you are referring the parents/carers to the workshop only.

Please email the form to camhsspa@somersetft.nhs.uk. If you would like to ask a question please ring CAMHS spa & early intervention on 0300 124 5012

FREE COFFEE AFTERNOONS



The Holyrood Youth Council would like to invite you all to our free coffee afternoons at the Guildhall.

These will run from 3.30 – 4.30.

All members of the community are invited on:

JANUARY 11th & 25th
FEBRUARY 8th

This café will be run by our D of E volunteers, financed by the prefect's fundraising and is with kind permission of the mayor to use the hall.

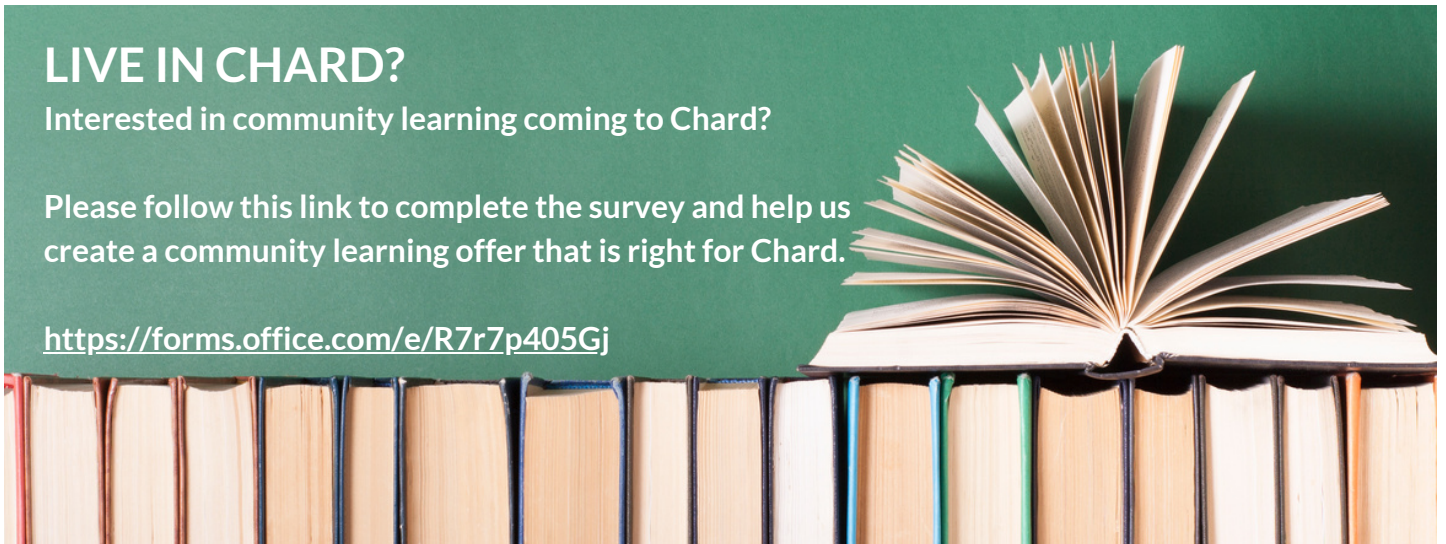
COMMUNITY EDUCATION IN CHARD

LIVE IN CHARD?

Interested in community learning coming to Chard?

Please follow this link to complete the survey and help us create a community learning offer that is right for Chard.

<https://forms.office.com/e/R7r7p405Gj>



SPRING SPORTS CLUBS 2024



Spring 2024

SPORTS CLUBS

Monday	Tuesday	Wednesday	Thursday	Friday
LUNCH TIME 1:30 - 2:10				
Year 7 & 8 Basketball Mrs Druce - Sports Hall 		All Years Gym Miss, Armstrong - Lifestyle Fitness All Years Dance Club Mrs. Druce - Lifestyle Fitness All Years Badminton Mr Harding - Sports Hall	All Years Gym Mr Easton - Lifestyle Fitness All Years Handball Mrs Preston - Sports Hall 	All Years Basketball Mrs Druce - Sports Hall All Years Gym Mr Jenkins - Lifestyle Fitness 
AFTER SCHOOL 3:15 - 4:15				
All Years Girls Football Mrs Druce - ATP 	Years 7,8,9,10 Girls Netball Mrs Druce, Mrs Preston, Miss Armstrong & Mrs Bowker - Courts Year 10 & 11 Boys Football Mr Barker - ATP 	All Years Girls Indoor Cricket Mrs Preston - Sports Hall Year 9 Boys Football Mr Jenkins - ATP 	All Years Girls Rugby Miss Armstrong - Field Year 7 Boys Football Mr Jenkins - Astro Year 8 Boys Football Mr Easton - Field 	

SCHOOL CALENDAR

For a direct link to our school calendar and all that is happening please click here:

[CLICK HERE](#)

STUDENT BULLETIN

For a direct link to our student bulletin please click here:

[CLICK HERE](#)

UP AND COMING TRIPS

Please note these are subject to change and cancellation. Some trips are in the process of having details confirmed. Specific details will come from trip leaders when they are ready.

March 6th	Year 8	Geography Trip - Plymouth Aquarium
March 7th	Year 8	Geography Trip - Plymouth Aquarium

Enviro Prefects need your help!

We are looking for donations for Ferne Animal Sanctuary! We are looking for many items including:

- | | |
|--|--|
| <ul style="list-style-type: none">● Kitten food● Cat food● Dog food● Cat toys● Dog toys | <ul style="list-style-type: none">● Blankets● Old towels● Food/water bowls● Leads● Collars |
|--|--|

Bring donations
to
Mrs Davison's
Office anytime



FERNE
ANIMAL SANCTUARY

*Poetry Club
with
Mr. Webber
Monday lunchtimes in A11*

POETRY
IS THE
RHYTHMICAL
CREATION OF
BEAUTY IN
WORDS

*Discover the 'spontaneous overflow of powerful feelings recollected
in tranquility'.*

Tap into your inner Romantic poet.

Write original poems, then read them to others.

Become a performance poet!

TUNING IN TO TEENS PARENTING PROGRAMME

Dear Parent/Guardian,

You are invited to take part in a free programme that aims to help you and your adolescent manage the many emotional challenges of this stage of life. Tuning in to Teens is a six-week parenting programme. The programme will teach you how to manage your own and your adolescents' emotions in ways that help you to remain close and keep communicating. By learning these skills, you are less likely to have as much conflict within your family and your teen is more likely to talk to you about the challenging issues they face. These are factors that have been found to reduce the risk of mental health and substance abuse problems.

What is Emotional intelligence?

The programme is based on the concept of Emotional Intelligence. Emotional Intelligence (EQ) is about using your emotions to guide you through the world. It is about being able to use your own knowledge of emotions to make decisions, to calm yourself down, to manage anger and conflict, to help you in your relationships with people, to know what is happening in social situations, and to assist you in many aspects of life where you or another person are involved.

Why is Emotional Intelligence important?

Research has shown that teens with greater emotional intelligence:

- are more aware, assertive and strong in situations of peer pressure
- have greater success with making friends and are more able to manage conflict with peers
- are more able to cope when upset or angry
- have fewer mental health and substance abuse difficulties
- have more stable and satisfying relationships as adults
- have greater career success. Emotional Intelligence may be a better predictor of academic and career success than IQ.

When parents focus on helping their teen learn about emotions, the young person is more likely to have higher emotional intelligence. In this parenting programme we will teach parents what to do to help these skills develop, and in doing so we expect teens to manage adolescence better.



TUNING IN TO TEENS PARENTING PROGRAMME

To confirm your participation in this parenting programme, please send an email to Caroline Markham at cmarkham@holyrood.bep.ac.

The dates for this course are as follows:

Tuesday 30th January 2024
Tuesday 6th February 2024
Tuesday 13th February 2024
Tuesday 20st February 2024
Tuesday 27th February 2024
Tuesday 5th March 2024

Lovely written comments from parents, who attended the previous Tuning into Teens course:

“Helped me to understand my kids and see where I went wrong during arguments”

“I can see a considerable change at home from all of us and better behaviour...”

“A well explained course, made fun & interesting....”

“Things much calmer at home”.

“I feel everyone should do the course...”

“Well taught, talked through on how to implement approaches...”

“Sad to end the course – more sessions would be nice“

The time for this will be **5.30pm - 7.30pm** and will be at Holyrood Academy - please report to the main reception a few minutes before the start time; refreshments provided.

If you have any questions, please feel free to contact me.

Kind Regards

Caroline Markham (Parent & Family Support Advisor)

