

NEWSLETTER

OCTOBER 2026

Dear Parents, Carers and Families,

As we approach the end of our first half term for 2026-27, I want to reflect on the many achievements of our academy community. It has been a busy and positive start to the year, with pupils benefiting from high-quality teaching, an increasingly ambitious curriculum and a wide range of opportunities beyond the classroom.



At the heart of everything we do is our commitment to providing an excellent education for every pupil. The significant improvements we have made in teaching, curriculum delivery and pupil outcomes reflect the hard work of our staff and the growing ambition of our pupils. We remain determined to build on this success, ensuring every child receives the education, support and opportunities they deserve.

Our values of **We Care, We Challenge, We Commit** continue to shape academy life. We have welcomed our new Year 7 pupils, celebrated sporting achievements and enjoyed a fantastic range of extracurricular activities. Events including our Macmillan Coffee Morning, World Mental Health Week and National Hate Crime Awareness Week have reinforced the importance of kindness, respect, inclusion and belonging within our community.

I am particularly pleased that our overall attendance currently stands at 95%, building on last year's nationally recognised achievements. Regular attendance is fundamental to educational success, helping pupils develop knowledge, build friendships and make the most of every opportunity. Attendance remains an important part of our rewards programme, and I thank families for their continued support.

As half term approaches, I want to thank our pupils for their efforts, our staff for their continued dedication and our families for the important role you play in supporting learning and maintaining high expectations.

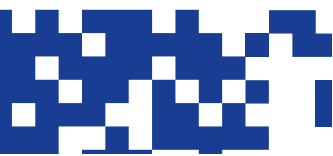
Our success is built on this shared commitment, and I look forward to seeing what we can achieve together throughout the year.

I hope everyone enjoys a well-earned opportunity to rest and recharge. Please encourage your child to complete any home learning that has been set so they return ready to learn.

We look forward to welcoming all pupils back on **Monday 2nd November at 8.35am.**

Wishing you and your families a restful and enjoyable half-term break.

Mr A Galbraith
Principal



EXTRA CURRICULAR

It has been wonderful to see so many pupils attending our extracurricular clubs this half term. There really is something for everyone, these clubs offer a chance to explore new interests, develop skills and build friendships across year groups.

We are proud of the enthusiasm pupils have shown and grateful to the staff who give their time to make these opportunities possible.

If your child has yet to join a club, please encourage them to take a look at what is available and give something new a try.




Dyslexia Awareness Week 5–11 October 2026

We were proud to support Dyslexia Awareness Week. At Fulwood Academy we recognise that pupils learn and process information in different ways.

Our differences are strengths, and the right support and adjustments help every pupil to participate, learn and show what they can do.



💚💫 WORLD MENTAL HEALTH WEEK 2026! 💫💚

We had a great week celebrating mental health, positivity, kindness and wellbeing across our school!

🌈💛🧠 Mirror, Mirror on the Wall... Our mirror has been filled with wonderful positive messages from students celebrating the things they love about themselves! 🧡🧠

A huge thank you to **Compass Bloom & Lancashire Mind** for joining us and delivering a fantastic range of mental health and wellbeing activities!

✉️ **Kindness Postbox** – Pupils have been spreading kindness by sending lovely compliments and positive messages to fellow students and staff! 💖

🎫 **Golden Tickets** – Our hidden golden tickets brought lots of excitement around school, with lucky students finding them and claiming a little wellbeing treat!

☀️ It was wonderful to see everyone getting involved, enjoying the activities and supporting one another! **Remember, wellbeing isn't just for one week – it matters every day!**

💚 Thank you to everyone who took part. Let's keep up those supportive, kind and caring ways and continue making our school a place where everyone feels valued and supported! 💚





☕️💚 A huge thank you to all who supported our Annual Macmillan Coffee Morning.

We are so proud of all the donations received for such a worthy cause.

Your kindness and generosity is greatly appreciated. 💚



We took part in National Hate Crime Awareness Week.

At Fulwood Academy we are clear that everyone has the right to feel safe, respected and valued. Hate, prejudice and discrimination have no place in our school or our wider community.

We all have a responsibility to challenge them and look out for one another.

As part of this week, pupils were asked to wear RED to show their support!



AP1 Year 11 October Half Term Revision Timetable

Morning Session: 10.00am - 12.00pm

Lunch - 12.00pm - 12.30pm (Pupils need to bring lunch, refreshments will be provided in the library)

Afternoon Session: 12.30pm to 2.30pm

Weekend Session: Online via MS Teams, details of individual sessions listed below

Day	Morning Session 10am to 12pm - Subject, Staff, Room	Afternoon Session 12.30pm to 2.30pm - Subject, Staff, Room	Online Subject & Time
Saturday			•
Sunday			•
Monday 26.10.26	- Statistics (SGR) – Full Cohort - Science Triple - Chemistry (NBT)	Statistics (SGR) – Full Cohort	•
Tuesday 27.10.26	- Drama (HOR) In drama studio - English (LMC)		•
Wednesday 28.10.26	Photography (CWH) AR2 All Day	Photography (CWH) AR2 All Day	•
Thursday 29.10.26	Maths Higher & Foundation (FHA, LWE and DIO)		•
Friday 30.10.27	- Spanish Higher Tier (KSM) - Art & Design (CHU) AR1 All Day	- Spanish Foundation Tier (KSM) - Art & Design (CHU) AR1 All Day	•
Saturday			•
Sunday			- History (MPL) 6.30pm - Maths (MHA) 7.30pm

Exams & Emotional Wellbeing

A small amount of stress around exams is normal. However, some young people may feel overwhelmed.

Signs your child may need extra support:

- Difficulty sleeping
- Panic or high anxiety
- Feeling hopeless or overly negative

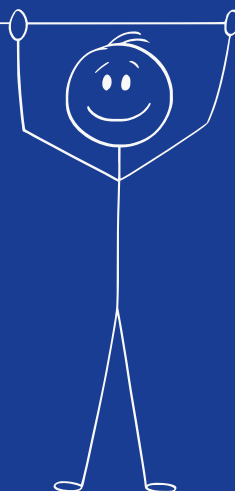
How you can help:

- Encourage regular breaks and good sleep routines
- Focus on effort, not just outcomes
- Remind them that their wellbeing matters more than results

If you are concerned, please do get in touch with us for help and support for your child.

EXAMS!!

YOU CAN DO IT



INFORMATION



FFT National
Attendance Award

**MOMENTS
MATTER,
ATTENDANCE
COUNTS.**

**We are extremely proud to have been
recognised for our pupils' attendance
during the last academic year.**

As you know, **every day in school matters**, helping pupils build knowledge, grow in confidence and make the most of opportunities for their future.

Thank you for your continued support in making attendance a priority and encouraging your child to aim for 100% attendance.



National School Attendance Award

2025/26 Academic Year



Fulwood Academy

Top 10% of all FFT Secondary Schools in England



National School Attendance Award

2025/26 Academic Year



Fulwood Academy

Top 10% of similar FFT Secondary Schools in England

As we begin Autumn Term 2, please remember that school starts at **8.35am**. Pupils should arrive ready for the start of the school day, as anyone arriving after this time will receive a late mark.

With winter approaching and coughs and colds becoming more common, please encourage your child to attend, especially if they have only mild symptoms and are otherwise well enough to take part in normal school activities. We often feel better as the day gets going and we settle into our usual routine.

Thank you for your continued support with attendance and punctuality.

Uniform & Equipment Expectations

A reminder that pupils must adhere to the school uniform policy at all times. All pupils must bring a bag to school every day, pupils are to wear school shoes with full uniform (not trainers) and they may wear only one pair of stud earrings and a watch.

False eyelashes, false nails and blemish patches are not permitted. For pupils without ties, these are available from the equipment shop for £6.50 and should be replaced as soon as possible. Day loans are available if forgotten.

As winter approaches, please make sure that your child is wearing appropriate warm clothing when leaving the house or travelling too and from school. **We have a number of coats available in our Lost Property, if these would help anyone, please get in touch.**



HALLOWEEN & BONFIRE NIGHT

A PARENT & CARER SAFEGUARDING GUIDE

They're getting older. The risks haven't disappeared.

Have fun. Be responsible. Look out for each other.

BEFORE THEY HEAD OUT

A FEW SIMPLE CONVERSATIONS CAN HELP KEEP THEM SAFER.

- Agree where they're going, who they're with and when they'll be home.
- Make sure their phone is charged.
- Agree check-in times and a plan for getting home.
- Encourage them to stay with friends and avoid isolated shortcuts.
- Talk about alcohol, vapes, substances and the pressure they might feel from others.
- Remind them that if plans change, they can contact you without fear of an immediate argument.

HALLOWEEN: FREEDOM + BOUNDARIES

- Respect houses that are not taking part.
- Don't enter a stranger's home.
- Avoid behaviour that could frighten, intimidate or cause damage.
- Be visible near roads, especially in dark clothing.
- Keep an eye on friends and make sure nobody is left alone or vulnerable.

No lecture needed – a two-minute safety conversation can make a difference.

FIREWORKS: KNOW THE LAW

- 18** Under-18s cannot buy adult fireworks.
- It is illegal for under-18s to possess fireworks in a public place.
- Nobody may set off or throw fireworks, including sparklers, in a street or other public place.
- Fireworks are generally prohibited between 11pm and 7am, with an exception on Bonfire Night when the cut-off is midnight.

LANCASHIRE FIRE & RESCUE SERVICE ADVICE

THE SAFEST OPTION IS A PROFESSIONAL ORGANISED DISPLAY.

FIREWORK SAFETY

- Never return to a lit firework.
- Never throw fireworks or carry them in a pocket.
- Supervise young people.
- Keep pets indoors.
- Never mix handling fireworks with alcohol.

BONFIRE SAFETY

- Keep people at least 5 metres away from a lit bonfire.
- Never use petrol, paraffin or other accelerants.
- Keep the bonfire well away from fences, sheds, buildings and trees.
- Make sure the bonfire is out completely before leaving it.

SPARKLERS

Sparklers can burn at up to 2,000°C – that's much hotter than a cooking oven.

- Only one sparkler at a time.
- Always have adult supervision.
- Wear gloves and hold at arm's length.
- When the sparkler has finished, put it straight into a bucket of water – it can still be hot.

IF SOMETHING GOES WRONG

Call 999

for immediate danger, a serious injury or an uncontrolled fire.

NHS 111

For urgent medical advice when it is not a 999 emergency.

BURNS FIRST AID

- Cool the burn under cool or lukewarm running water for 20 minutes.
- Remove clothing or jewellery near the burn unless it is stuck.
- Do not use ice or creams.
- Seek medical help.

A USEFUL CONVERSATION BEFORE THEY GO

- "Who are you with?"
- "How are you getting home?"
- "What will you do if plans change?"
- "Can you call me if you need an exit?"
- "Look after your mates – and let someone know if something isn't right."

Have fun. Make safer choices. Look out for each other.

Safeguarding children together.

If you're worried about your child's safety, speak to school or another trusted professional.

USEFUL NUMBERS

Preston Safeguarding Hub: 0300 123 6720 or out of hours 0300 123 6722 (5pm - 8am)

Food banks: Salvation Army - 01772 555425, Luv Preston - 01772 298107 Noor Food Bank - 07921 887383 or 07764 432643

Kooth is an anonymous site which helps children and young people to feel safe and confident in exploring their concerns and seeking professional support. Log on to Kooth.com

Childline - Get help and advice about a wide range of issues, call us on 0800 1111, talk to a counsellor online

Shout offers confidential crisis support 24/7. Text SHOUT to 8525

Trustee Update

It has been lovely to see pupils settle into a new academic year at Fulwood Academy. During my visits, I have been particularly pleased to see Year 7 growing in confidence and embracing our core values: **We Care, We Challenge, We Commit.**

Likewise, I am delighted to see Year 11 rising to the challenges of this important year. Parents and carers play a vital role in supporting this commitment to learning, and I ask for your continued help in ensuring that pupils make the most of every additional learning opportunity available to them.

As a Trust, we were extremely proud of the superb GCSE results achieved this summer and, above all, the improvement they represent. Behind those results are the hard work and determination of our pupils, the dedication of our staff and the support of our families. We remain committed to securing the best possible outcomes for every pupil, so that each leaves Fulwood Academy equipped for a successful future.

Education has the power to transform lives, and this year's results have brought more of our young people closer to the futures they deserve. That ambition remains at the heart of everything we do. Well done!

Joan Dean

Chair of Trustees

Dunstone Education Trust

