



FEBRUARY HALF TERM NEWSLETTER

Exciting Highlights from Spring Term 1

PRINCIPAL'S UPDATE

Welcome to the latest edition of our Academy newsletter! We're thrilled to share updates, achievements, and upcoming events about our vibrant school community.

A highlight of this term was our exciting SMART day. Pupils engaged in hands-on activities and collaborative projects extending their learning beyond the classroom. The enthusiasm and curiosity displayed by our pupils was truly inspiring, reflecting the success of our commitment to holistic education. Year 7 pupils stepped back in time with the opportunity to explore Lancaster Castle, a symbol of centuries-old history and heritage. Guided by knowledgeable tour guides, they delved into the castle's storied past, learning about its role in shaping the region's history, from medieval times to the present day. From the imposing architecture to the fascinating tales of imprisonment and justice, our pupils gained a deeper understanding of the rich cultural heritage of Lancaster. Year 11 pupils had a thought-provoking workshop with staff from HumanUtopia. This unique experience provided our pupils with the opportunity to reflect on their values and aspirations, and collaborate on creating a vision for a positive future.

This term saw the launch of the Girls in Tech project at TalkTalk Offices in Manchester, the groundbreaking initiative aimed at empowering and inspiring our young female pupils to explore the limitless possibilities in the world of technology. This program cultivates innovation and creativity, fostering a diverse and inclusive environment for our tech enthusiasts.

On the 25th and 26th January we commemorated Holocaust Memorial Day, to reflect on the profound significance of this solemn occasion and why it holds such importance in our hearts and minds. We were deeply honoured to be able to educate our pupils about Holocaust Memorial Day through a touching workshop delivered by Judith Rhodes. The Little Suitcase, tells the story of her mother Ursula Michel, Ursula was just 15 when she left her hometown of Ludwigshafen am Rhein on one of the final Kindertransports to leave Germany. It's essential for our pupils to understand the significance of this day and reflect on its lessons. At our school, we believe in the power of education to cultivate empathy, understanding, and a commitment to justice. By participating in Holocaust Memorial Day, we honour the memory of the millions of lives lost during one of the darkest chapters in human history.

On Tuesday 6th February, we joined millions worldwide in celebrating Safer Internet Day, an initiative aimed at promoting a safer and more responsible use of digital technology, especially among children and young people. Guided discussions allowed students to share their experiences, concerns, and strategies for staying safe online in a supportive environment.

I would like to offer a gentle reminder that pupils are allowed to wear only one pair of studs and a watch, pupils are also not permitted to wear false eyelashes or false nails. There are a number of pupils who are also missing ties, please can these be replaced over the half term break.

Finally, a reminder that holidays during term time will not be authorised. Any leave of absence requests should be submitted using the leave of absence form, available from the attendance office.

We wish everyone a wonderful half term break and quality time with loved ones. Thank you for your continued support and partnership in your child's education journey. As we embark on the remainder of the spring term, let's continue to celebrate the achievements and potential of every pupil. A strong collaboration between school and home is key to a child's success.

Mr A Galbraith - Principal

WE CARE WE CHALLENGE WE COMMIT



PE THIS TERM

YEAR 7 INDOOR ATHLETICS

At the beginning of the term, a group of Year 7 pupils represented the Academy at the Preston Schools Indoor Athletics Competition. The event was held at Preston College and pupils took part in a variety of running, throwing and jumping events. The boys were triumphant in their 4 x 100m relay race and all pupils displayed high levels of commitment and dedication throughout the competition. Well done to all the pupils who took part.

The Year 7 basketball team have done amazingly well this half term, winning their last game 20 - 4. Each week they have committed to training after school and dedicated their time to travelling to away fixtures to represent the Academy. Amazing effort boys!

YEAR 8 INDOOR ATHLETICS

On Wednesday 24th January 12 year 8 pupils took part in the Preston Schools indoor athletics event at Preston College. The pupils involved took part in a variety of events including an obstacle course, jumping, sprinting and endurance running. All of our pupils did us proud, working together as a team and also demonstrating some outstanding individual performances. Well done to both teams and the boy's team for finishing 2nd overall.

UNIVERSITY OF CENTRAL LANCASHIRE TRIP

On Monday 29th January our year 11 Health and Fitness class were given the fantastic opportunity to visit the Sports faculty at ULCAN. The aim of this day was to give all pupils the opportunity to gain more information and ideas for their upcoming synoptic project. Pupils took part in a theory lesson in the morning, then a practical session both of which were focused specifically on the synoptic project topics. Pupils experienced lunch in the University food court followed by a tour of the campus, finishing the day with a presentation from some Student ambassadors on what to expect from student life. A great experience for our pupils and some invaluable information provided to help them in their synoptic projects.

YOUNG LEADERS IN PE

This half term our Year 10 Health and Fitness pupils helped to support a KS2 SEND Multi-skills event. Pupils independently led activities, organising and encouraging KS2 pupils throughout the afternoon. Each rose to the challenge displaying a responsible and caring attitude throughout the event. Well done to all the pupils involved.

LANCASHIRE SCHOOL CUP

It has been another great half term of football for our girls. The under 14 team (11-a-side) and the under 13 team (7-a-side) are both still in the competitions for their age categories in the Lancashire Cup, after victories in the previous rounds against Cardinal Allen and All Hallows. The under 14 team are due to play Longridge High School in the next round and will progress to the quarter finals if they are victorious. The under 13 team are still awaiting the results of the previous round to see who they will face, winning their next game will see this team through to finals day of the competition. Well done to all the girls!



SUBJECT FOCUS



MFL

Our year 7 pupils have enjoyed learning how to talk about school in Spanish. Pupils can describe the school subjects they like, and dislike and they can also give their opinion on their teachers. Year 7 pupils are showing a real commitment to home learning.

Our year 8 pupils are learning how to talk about how they use mobile technology and their opinions on music and television. In addition they are putting their Spanish knowledge to the test by being able to talk in the past tense about their free time.

Year 9 pupils are learning how to talk about jobs they would like to do in the future and why. It has been a great opportunity for our pupils to consider what personality they are and focus on what strengths they have in order to be able to speak about their future plans.

Year 10 pupils have been preparing general conversation questions relating to the topic of Identity and Culture. The work that pupils have been doing in class will enable them to speak about themselves and others to native Spanish speakers as well as allow them to perform well in their GCSE speaking exam.

Year 11 French pupils have been preparing general conversation questions relating to Global, National and International areas of interest. Year 11 Spanish pupils have been committed to preparing general conversation questions relating to the topic of identity and culture. All MFL Pupils need to make use of intervention sessions to practise their general conversation, role play and photo cards with their teacher.

Food Technology

Pupils from year 8 displayed our core value of 'Care' this term assisting and supporting Year 5 visitors from Queens Drive Primary in making some amazing gingerbread people.

Key stage 3 have been developing their cooking skills with practical lessons including French Toast, Spaghetti Carbonara and Blueberry muffins. Well done everyone!

In Key Stage 4, our Year 11 Hospitality and Catering successfully navigated their practical mock examination in preparation for going onto their final practical exam later in February.

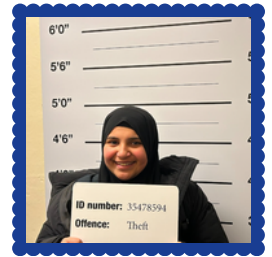


SMART DAY

Year 7 pupils explored **Lancaster Castle** and what a wonderful experience it was! In groups we toured three separate sites of the castle and learned of it's historical and cultural significance locally, nationally and indeed as we discovered internationally. In the castle itself we learned how Lancaster dealt with all manner of 'criminals' through the ages, from debtors through to witches.

The pupils were given an insight into the development of 'crime and punishment' touring a section of the category C wing of Lancaster prison, seeing actual cells, artifacts and stories behind the development of policing, and forensics in Lancashire.

Pupils exhibited all of our core values of 'We Care, We Challenge, We Commit' throughout the day. Their behaviour was outstanding, they were actively engaged with discussions, constantly asking questions and were eager to join in with all the activities available to them. Well done Year 7!



Year 8: A Day of Creative Recycling: Year 8 pupils embraced creativity with a unique focus on recycling. Art, Textiles, Food, Drama, and Music seamlessly combined, providing alternative activities that nurtured their creative growth. It was a day filled with innovative exploration.

Year 9: Personal Development and Sex Education: Year 9 pupils engaged in vital personal development sessions, emphasising sex education. Topics covered included safe sex, contraception, sexually transmitted infections, pregnancy, abortion, and adoption. We are committed to equipping our pupils with knowledge for a healthy future.

Year 10: Shaping Futures: Year 10 pupils participated in crucial personal development sessions centered around careers, finance, and wellbeing. These discussions were aimed at empowering them with essential life skills as they approach significant decisions for their futures.

Year 11: Building Resilience with Humanutopia: Year 11 had an inspiring day with Humanutopia, focusing on building resilience and providing support that will prove invaluable in the final stretch at Fulwood Academy. The positive feedback from our pupils reflects the success of this impactful session. We are immensely proud of our pupils for their active participation and commitment to their personal growth during this SMART day. Thank you for your continued support in nurturing well-rounded individuals at Fulwood Academy.

Holocaust Memorial Day

On Saturday 26th January the annual Holocaust memorial was held in countries around the world. As part of this remembrance Fulwood were visited by Judith Rhodes who came to the academy to talk to our pupils about the story of her mother, Ursula Michel. Ursula was the daughter of a Jewish father and Protestant mother and when the Nuremburg laws were passed, the whole family, including Ursula's sister Lilli were in danger. Her parents made the decision to send Ursula on a Kindertransport train to England, knowing they would likely never see their daughter again.

Judith shared her mother's journey and showed the tiny suitcase and other personal items which accompanied her from Germany to Britain. During her visit, Judith ran workshops with Year 9 and 10 as well as with our Year 6 visitors from Fulwood and Cadley Primary School. Sharing the letters from her mother to her sister and parents (who very sadly are believed to have perished in a concentration camp in 1942). Pupils participated in question-and-answer sessions on the subject, leaving sombre, thoughtful and much more aware of the importance and meaning of holocaust memorial.

GIRLS IN TEC#!

GIRLS IN TECH

This term the Girls in Tech project was launched to our Year 9 pupils and following the application process, 38 participants were selected.

This exciting project will provide an insight into the amazing careers available to women in the technology industry.



At the end of the day the pupils presented their vision boards to the rest of the group explaining what the combination of words and images represented.

This was a wonderfully eye opening experience into the world of technology provided by TalkTalk and the Tech girls and we are really looking forward to moving on to the next activity in the Girls in Tech Project, a visit to Google Head Offices in London.



PASTORAL

ATTENDANCE

This half term the attendance team have focused on reducing lateness to school. I would like to thank parents and carers for your continued support as we have seen a great improvement in pupil punctuality.

During the winter months we understand that your child may be more prone to picking up sniffles and colds, however, we strongly urge them to still attend school. In doing so pupils can build resilience by self managing common bugs and it is proven that pupils feel much better as the day progresses.

Next term we will be challenging attendance concerns and home visits will continue to be made to pupils who are absent from the Academy without a valid reason, these will be done by our welfare team.

Please contact Miss McQueenie; Attendance Manager (d.mcqueenie@fulwoodacademy.co.uk) if you require any support.

REWARDS

We are thrilled to share some exciting news about the incredible accomplishments of our pupils this half term. Over 200 children have earned the opportunity to enjoy an unforgettable in-school cinema experience! Their hard work and dedication has paid off, and we are so proud of their achievements and fantastic school attendance. Alongside this reward, we have also celebrated with special reward assemblies where pupils have received praise and certificates for their efforts. In addition to this amazing celebration, we have awarded over 50,000 achievement points this half term. These points are a testament to the exceptional effort and commitment that our pupils have demonstrated in their academic and extracurricular pursuits. Each achievement point represents a commendation for a job well done and serves as a reminder of the importance of setting goals and striving for excellence. We would like to extend our heartfelt congratulations to all the pupils who have qualified for the in-school cinema experience and have collected achievement points this half term. Your accomplishments deserve to be recognised and celebrated. Keep up the outstanding work, and let's continue to reach new heights together!

YEAR 11 HALF TERM INTERVENTIONS

IN SCHOOL

Monday 12th Feb

10am - 12pm - Science

12.30pm - 2.30pm - Geography

Tuesday 13th Feb

10am - 12pm - Health & Fitness

Wednesday 14th Feb

10am - 2.30pm - Photography

10am - 2.30pm - Hospitality & Catering

Thursday 15th Feb

10.00am - 2.30pm - Art & Design

ONLINE via TEAMS

Monday 12th Feb

6.30pm - 7.15pm - English Literature

7.30pm - 8.15pm - Spanish

8.15pm - 9.00pm - French

Tuesday 13th Feb

12.30pm - 1.15pm - Spanish

7.30pm - 8.15pm - English Literature

Thursday 15th Feb

6.15pm - 7.00pm - Maths

Friday 16th Feb

10.30am - 11.30am - Maths

7.30pm - 8.15pm - Religious Studies

SPRING TERM IMPORTANT DATES

- Monday 19th February - School starts 8:40am
- Tuesday 20th February - Year 9 Vaccinations
- Thursday 29th February - Year 7 Parents Evening
- W/C 4th March - National Careers Week
- Thursday 7th March - World Book Day
- Friday 8th March - International Women's Day
- Wednesday 13th March - Year 9 'Girls in Tech' London Trip
- Thursday 21st March - Year 10 Parents Evening
- Thursday 28th March - Break up for Easter Holidays



ASSESSMENT UPDATES

- W/C 19/02 YR 11 Mock Exams Continue
- W/C 19/02 YR 9 & 10 AP2 Assessment
- W/C 04/03 YR 7 & 8 AP2 Assessment

Extra-curricular Timetable

Monday	Tuesday	Wednesday	Thursday	Friday
Years 7-8 Boys Basketball Practice 3.05pm-4.05pm CMA	All Years Badminton and Table Tennis 3.05pm-4.05pm KBY	Years 9-10 Basketball 3.05pm-4.05pm JAU	Staff Meeting Night	Dance intervention studio/IT room (lunchtime)
Dance Intervention Studio / IT room	Girls Lancashire cup fixtures KBY/LTU	Years 7 & 8 Boys Football Practice 3.05pm-4.05pm LJO/MCA		
	Dance Intervention Studio / IT room	Girls - Non team football training Girls Lancashire cup fixtures KBY/LTU		
	Health and Fitness Intervention Room IT2			

SAFEGUARDING

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During the half-term holidays your child might spend more time on social media sites such as TikTok. With that in mind, here are 10 security tips to help keep your children safe whilst using TikTok.

- **Make sure your child's account is private:** On the discoverability page of your child's TikTok account, make sure you set the page to private. This ensures that anyone who doesn't know your child won't be able to see their content.
- **Set time limits for your child's TikTok usage:** The "Digital Wellbeing" feature allows you to limit the time they can use their account. Simply go to Digital Wellbeing, then screen time management where you can set a time limit for the app's use.
- **Use restricted mode:** Set your child's TikTok app to restricted mode, which blocks mature content, so your child won't accidentally stumble upon something that is too graphically violent or sexual for them. You can lock this setting with your own passcode so your child can't change it.
- **Set up family pairing:** With family pairing, all of your family's accounts are linked. This gives you the ability to totally control their settings as well as manage their usage of the app.
- **Explore the app together:** Spend time on TikTok together. By using TikTok together, you can help your child learn how to use app safely.
- **Teach your child how to report users:** Teach them how to click "Report a Problem," which lets TikTok know about the issue.
- **Talk about what is safe to share on TikTok:** Talk to your child about what is appropriate to share on the app. Remind them to never give out identifying or private information like their full name, address, or date of birth. Also, remind them to keep their content appropriate. Content posted on the Internet can live forever—even if they delete it, so remind them to never post anything they regret sharing with a digital community.
- **Speak with them about the dangers of connecting with strangers on the Internet:** Teach your children to only connect with friends on TikTok. Remind them that it is easy for someone to be dishonest over the Internet and even though a person may appear one way in videos and pictures, that doesn't mean it's actually them in real life. This minimizes the risk of them connecting with someone who is out to harm children.
- **Warn them about connecting with people from TikTok on other platforms:** If your child has made a "friend" or found another user they connect with on TikTok, encourage them to keep the connection on that app. This will avoid your child to moving their communication to another app that is more private that you cannot monitor and will discourage them from making plans to meet a stranger in real life, since it's impossible to know who that person might really be.
- **Make yourself an ally:** There are many, many security risks that your child can encounter using TikTok, or any other app. The best way to keep your child safe is by being their ally. Let them know that you are only there to protect them and keep them safe and that they can come to you with any fears or concerns that come up for them when using TikTok.

IMPORTANT!
INFORMATION

USEFUL NUMBERS & INFORMATION

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](https://www.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 **85258**

Chair's Lunch

In the Dunstone Education Trust, the Chair's Lunch has evolved into a valued tradition, bringing together the Sponsor, Chair, and pupils. This initiative, introduced five years ago, aims to reward pupils who embody the Trust's core values: We Care, We Challenge, We Commit.

Pupils selected for the Chair's Lunch are nominated by teachers based on their exemplary demonstration of the trust's values. These include behaviours such as displaying kindness towards others, working to improve academic performance, and maintaining regular attendance at school. It's worth noting there has been a commendable rise in the number of students achieving 100% attendance—an achievement deserving of celebration. The Chair's Lunch not only acknowledges academic effort but also emphasises the significance of character, effort, and commitment within the school community.

The informal setting of the Chair's Lunch fosters a warm and relaxed environment where meaningful conversations flourish. Discussions cover many topics, including, favourite foods, hobbies, and aspirations. But beyond the surface, the Chair's Lunch serves a crucial purpose in providing a platform for Fulwood pupils to express their thoughts and opinions directly to the Sponsor and Chair. It is an invaluable opportunity for the Trust to glean insights first-hand from our pupils. We hold the thoughts and opinions of our pupils in high regard, recognising the importance of their perspectives. When appropriate, we give this feedback to the Principal, demonstrating our commitment to ensuring that pupils not only feel heard but also witness actions taken in response to their input.

Sir Charles Dunstone, the Sponsor of our Trust, has been a steadfast supporter of the Chair's Lunch, attending whenever his packed calendar permits. Remarkably, he has attended over 70% of these lunches, underscoring the significance he attaches to meeting our pupils. Of the Chair's Lunches he said, 'these occasions are wonderful opportunities for me to speak to our pupils and hear what they have to say. I am often quizzed on my business career and hope my experiences are helpful to our young people now and in the future.'

I am looking forward to the next lunch in March, where I will have the pleasure of meeting the next group of diligent pupils who demonstrate our values: We Care, We Challenge, We Commit.



Joan Dean

Chair, Dunstone Education Trust

