

Fulwood academy

EASTER NEWSLETTER



PRINCIPAL'S UPDATE

As we bid farewell to the spring term, we reflect on the myriad of achievements and experiences that have enriched our school community. It has been a term filled with enthusiasm, dedication, and outstanding accomplishments from our pupils and staff alike. It's important we take a moment to celebrate our successes together.

We celebrated the magic of literature and storytelling on World Book Day, immersing ourselves in the wonders of imagination. Our pupils showcased their creativity through story writing and engaging activities, fostering a love for reading that will hopefully last a lifetime. Year 7 pupils had a fantastic time in their book swap. I hope they enjoy reading these new books over Easter.

Empowering and inspiring, that was the theme of International Women's Day, this provided a platform for our pupils to recognise the achievements and contributions of women around the world. 'Innovate Her' delivered an inspiring assembly to all girls in school and our female pupils took part in a celebration event to highlight the importance of gender equality and celebrate the remarkable women who shape our lives.

Preparing our pupils for the future is a cornerstone of our educational philosophy. National Careers Week offered invaluable insights and opportunities for our pupils to explore their aspirations, gain career guidance, and discover the multitude of pathways available to them. School was buzzing with so many employment partners inspiring our pupils about the next steps of their career. Our collaboration with Future U epitomises our commitment to preparing our pupils for success in their future careers. Through tailored guidance, mentorship, and opportunities, we equip our pupils with the skills and knowledge they need to thrive in a rapidly evolving world.

Our Girls in Tech project continues to empower our female pupils to explore the dynamic world of technology. This half term they embarked on an enriching trip to London, immersing themselves in innovation and inspiration at Google headquarters, gaining firsthand experience and insights into the possibilities that await them in the tech industry.

We have been addressing critical societal issues, our partnership with the 'No More Knives Tour' provided our pupils with vital knowledge and awareness about the consequences of knife crime. Through education and advocacy, we strive to create safer communities and empower our pupils to make informed choices.

Igniting curiosity and discovery, Science Week sparked scientific inquiry among our pupils. Through hands-on experiments, interactive demonstrations, and engaging workshops, we fostered a deeper understanding and appreciation for the wonders of the natural world. It was great to see so many pupils engaged and developing a thirst for Science.

We were delighted to host the Primary School Dance Festival, and welcome so many primary pupils to Fulwood. It was a joyous celebration of movement and expression, reinforcing the importance of the arts in our school community.

We are delighted to announce that our school remains oversubscribed for next year, a testament to the exceptional reputation and dedication of our staff and pupils. As we look ahead to the summer term, we anticipate even greater achievements and moments of triumph.

With so many exciting activities taken place, I hope the pupils have a well earned rest over the Easter holidays. In case you get fed up of hearing 'I'm bored', the Children and Family well-being hub have laid on lots of exciting events this Easter. We have shared these on our Facebook page, search 'Fulwood Academy' and hit like to keep up to date with announcements and help us celebrate our wonderful pupil achievements.

Thank you for your unwavering support and commitment to our school community. Together, we continue to inspire, educate, and empower our students to reach their fullest potential. A reminder that school opens on Monday 15th April at 8.35am.

I wish you a peaceful and restful Easter break.

Mr A Galbraith - Principal



PE THIS TERM

Young leaders in PE

This half term our **Year 10** Health and Fitness pupils helped to support the local community by providing assistance and support at the local primary school sports event organised by Mr Birkenshaw from Queens Drive primary school. Our sports leaders helped lead events, record scores and encourage pupils taking part. They were excellent ambassadors for Fulwood Academy. Well done!



Girls Football

It has been another great half term of football for our girls. The under 14 team (11 aside) and the under 13 team (7 aside) are both still in the Lancashire Cup competition after victories in the previous rounds against Fleetwood and Longridge High school.

The under 14 team are due to play Parklands High School in the quarter finals and the Under 13 team have successfully made it through to finals day, being held at Darwen Football Club on Tuesday 16 June. Congratulations to all the girls involved.

A special mention to the Under 14 team who made it through to the semi finals of the Preston schools cup. They beat Corpus Christi 8-1 to progress through to the next round, which will take place after half term.

Also our **Year 7 girls** team were in action in the Preston cup, they all played brilliantly in their match against St Cecilia's and although they were narrowly defeated on this occasion, it was great to see how much they have improved over the last few months.



Boys Football

Our **Year 7 boys** football teams have been in action this half term in the Preston cup, they were victorious over St Cecilia's High School to move into the next round. Great work boys!

Basketball

The **Year 7 boys** basketball team have played several league matches during this half term. They are developing as a team and showcased some excellent skills recently, beating Longridge High School 8-6. Keep up the practice and good work boys.

Netball

The **Year 7 & 8** netball teams were in action against the other Preston schools at the annual tournament this half term. Both teams played some excellent netball, working well as a team, some particularly pleasing results from the year 7 team, who were victorious in 2 of their 4 matches. Well done to girls involved.



Finally congratulations to our pupils who are excelling in their chosen sports outside of the Academy. We are following your journeys with great pride and excitement!

SUBJECT FOCUS

Music



This term has been a busy one in Music!

Year 7 have been learning about Popular music and have been exploring our learning platform "Focus on Sound". Our **Year 8** pupils have worked on our Musical Futures project, working as a band on our chosen song, '3 Little Birds'. In **Year 9** pupils are just starting to learn about EDM, following on from our module on Dance Music.

Instrumental lessons are going well, especially drums and guitar, our new keyboard/piano teacher joins us after Easter. Anyone wishing to start lessons (on instrument or voice) should see Mrs Holding, or contact her via email for further information; r.holding@fulwoodacademy.co.uk

Following hot on the heels of a busy Christmas Season in the Music & Performing Arts Dept, we've held auditions for our school production of "School of Rock". The talent on show was phenomenal and we count ourselves incredibly lucky to have so many talented young people at Fulwood. Rehearsals are in full swing, with acting and singing taking place every week. It won't be long now before its "lights, (no camera) and action!" Tickets will be available soon for the performances which taking place on the 8, 9 and 10 July.



SCIENCE

Science Week 2024

We have been celebrating British Science Week this term, and this years theme is Time! We have looked at the concept of time and applied time to make marble rollercoasters and a timeline of our lives and of the universe. The pupils have been on a roll with the rollercoasters, and have some brilliant designs.

Pupils had lots of fun designing and making the roller coasters, they completed an orienteering activity searching the school for famous scientists and came up with some fantastic drawings of scientists. Year 7 in particular have been amazing collecting quirky facts about scientists.

Other activities included a number of competitions including a Minecraft Education lesson in science!



THE QUEENS COLLEGE OXFORD

Inspiring pupils about their next steps is a vital part of our education. We were delighted to take a group of Year 10 pupils to explore the historic and traditional Queens College, Oxford. The trip offered a glimpse into the world of higher education, allowing pupils to experience first hand a taste of university life.

Our pupils were treated to a behind the scene's tour of the campus taking in the architectural grandeur of the centuries-old buildings including the Library, study rooms, student common rooms and the chapel.

Pupils took part in seminars in Physics & Humanities, led by Professors of the University. It was fantastic to observe our pupils contributing and asking interesting and challenging questions on chosen topics. They also enjoyed lunch in the majestic college hall amidst the company of Oxford students and faculty.

The trip to Queens College, Oxford provided pupils with a unique opportunity to ask first hand what it takes to get into Oxford, uncover the grants and bursaries available to support them and to gain a true insight in to this world famous University. The pupils were fantastic ambassadors for the academy displaying exemplary behaviour throughout the day.



International Women's Day

The International Women's Day event was a powerful, and inspirational celebration of empowerment, featuring an array of inspiring guest speakers, a captivating choir and energetic dancers. The event encapsulated the spirit of unity, advocacy, inclusion and progress.

Guest speakers from diverse backgrounds shared stories, experiences, and insights, offering valuable perspectives on the importance of gender equality and the advancement of women's rights globally. Their words resonated deeply with the students, sparking thought-provoking discussions and igniting a passion for positive change.

The inclusion of the choir and dancers added an enchanting and dynamic element to the event, showcasing the beauty and strength of artistic expression in advocating for women's rights. Their performances not only entertained, but also served as a poignant reminder of the resilience and creativity of women everywhere.

Overall, the International Women's Day event was a resounding success, leaving pupils feeling inspired, empowered, and motivated to continue advocating for gender equality in their communities and beyond. It served as a reminder of the progress made but also the work still yet to be done in the ongoing pursuit of a more equitable and inclusive world for all.

"Here's to strong women. May we know them. May we be them. May we raise them"



TRIPS & EVENTS

WORLD BOOK WEEK

World Book Week took Fulwood Academy by storm in March leaving in its wake a genuine love and appreciation for all types of books. Throughout the week, various activities and events unfolded, each quietly celebrating the joy of reading and storytelling.

On Monday, staff unveiled their doors, decorated with the covers of their favorite novels, adding a subtle touch of literary charm to the school. This sparked conversations among pupils, who approached staff, eager to learn more about their favourite texts.

On Tuesday, author Lizzie Huxley-Jones arrived, offering pupils a glimpse into the world of writing through thoughtful discussions and 're-writing myths' workshops. The attentive engagement displayed by the pupils during these sessions underpinned their appreciation for the craft of storytelling.

On Wednesday, our first ever 'book swap' event took place, allowing our pupils to exchange pre-loved books with their peers.

On Thursday, the deadline for the World Book Day competitions ended. The artistic talents of our pupils were celebrated during the book cover competition, as they submitted a collection of beautiful designs that reflected their love for literature. Similarly, the short story competition showcased the literary talents of our pupils.

Year 7 embarked on a 'blind date with a book', selecting their brand-new books based solely on the opening lines. The pupils' excitement that followed as pupils unwrapped their mystery books showed us the true magic of reading.

The week ended with the Golden Ticket competition, adding a touch of quiet excitement as pupils searched for hidden tickets around the school. The opportunity to win a brand-new book had pupils in a (quiet) frenzy!

Future U

Throughout this half term, Year 10 pupils have actively engaged in workshops facilitated by UCLAN's Future U Writing and Communication Programme, aimed at enhancing their speaking, listening, and communication abilities.

Particularly noteworthy was the public speaking workshop conducted by 'Talk the Talk,' where pupils had the opportunity to enhance their confidence and address the daunting challenge of public speaking. Congratulations to Year 10 for demonstrating remarkable determination and resilience throughout these sessions.



PROJECTS



This term our Girls in Tech project group embraced our core value of 'We Challenge' as they headed to London for an unforgettable trip which included a quick tour of some of the city's key landmarks, a magical evening in the West End, watching the hit musical 'Wicked' before enjoying a truly inspiring day at Google headquarters.

At Google the girls were given the opportunity to explore cutting edge technology in a day which included interactive workshops, insightful discussions and a behind the scenes tour of all that the Google Building has to offer.



A big thank you goes to Google for opening their doors and affording the girls this unforgettable experience, something which will stay with them for a long time and hopefully fill them with inspiration and creativity for their final project work.



AI Project

This year a select group of year 9 pupils have been focusing on using AI to support pupil's learning. Pupils were given 1 of 4 key ideas to develop using AI, from supporting pupils with CBT, supporting revision timetables, to EAL and even helping teachers with their marking.

The learning journey included a trip to London, collaborating with NEWSUK and a visit to the Lion King Musical!

Pupils received training on delivering presentations, generative AI, Prompt engineering, User interface, Chat GPT and more and are hoping to present their project and final App to Sir Charles Dunstone on the 22 April.



Textiles Club

We're bursting with pride to announce that two of our incredible pupils have entered the esteemed '**Graduate Fashion Week Foundation Competition!**'

Their hard work, dedication and creative designs truly shone through, earning them a well-deserved spot amongst the talented participants.

Huge congratulations to the girls for showcasing their remarkable talents on such a prestigious platform. Their passion for fashion and relentless commitment to the craft are truly inspiring.

We will be following this journey with great excitement.





ATTENDANCE

We are delighted to inform you that Fulwood Academy's attendance has been fantastic this half term.

We have also received an award from FFT Aspire for the top 25% National Attendance. Well done everyone, keep up the great work.

Polite reminder if your child is absent you are required to call the attendance office before 08:30am **each day** your child is absent. After the half term our welfare team we will be conducting home visits as part of our attendance initiative, if no contact has been made.



REWARDS

Over 300 pupils enjoyed the end of term bowling trip that ran for our pupils this half term. This special occasion was exclusively for those children who demonstrated outstanding behaviour and achieved a remarkable record of 100% attendance throughout the term.

All pupils who participated in this trip truly excelled with their conduct, and it was a pleasure to witness their exemplary behaviour throughout the outing. The positive attitude and good manners on show were commendable, both on the journey to the bowling alley and during the activities.

It is important to acknowledge the efforts made by these pupils. Their dedication to attending school every day and consistently displaying exemplary behaviour serve as a shining example to their peers. Their positive attitudes and commitment to their studies have not gone unnoticed. This well-earned reward is a testament to their hard work and perseverance.

YEAR 11 EASTER INTERVENTIONS IN SCHOOL

Tue 2nd April: 10am - History / 12.30pm History

Wed 3rd April: 9.30am - Core Science / 2.00pm Health & Fitness & BTEC Dance

Thur 4th April: 10am - Chemistry Triple / 12.30pm Geography

Fri 5th April: 10am - English / 12.30pm Religious Studies

Mon 8th April: 10am - Art & Design

Tue 9th April: 10am - Health & Fitness / BTEC Dance / 12.30pm Art & Design

Wed 10th April: 10am - Photography

Thu 11th April: 10am - Photography / IT

Fri 12th April: LUSoM Easter School Maths & Physics
Online - Microsoft Teams

Tue 2nd April: 7.30pm - Spanish & French

Wed 3rd April: 7.00pm - Maths Foundation/Higher

Mon 8th April: 7.30pm - English Jekyll & Hyde

Wed 10th April: 7.00pm - Maths Foundation/Higher

Sat 13th April: 7.30pm - Religious Studies

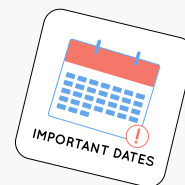
Sun 14th April: 7.30pm - Spanish

Extra-curricular Timetable

Monday	Tuesday	Wednesday	Thursday	Friday
Years 7-8 Badminton Practice 3.05pm-4.05pm CMA	Years 9-10 Badminton Practice 3.05pm-4.05pm KBY/LTU	Years 9-10 Basketball Practice 3.05pm-4.05pm JAU	Health and Fitness Intervention ITS 3.05pm-4.05pm CMA	
Dance Intervention Studio / IT room KYB	Years 9-10 Boys Football Practice 3.05pm-4.05pm MCA/CMA	Years 7-8 Boys/Girls Football Practice 3.05pm-4.05pm MCA	Dance Intervention Studio / IT room KYB	
	Health and Fitness Intervention 8am IT2 CMA	All Years Girls Football Fixtures LTU		
		Dance Intervention Studio / IT room KYB		

IMPORTANT DATES

- 15th April - School re-opens
- 6th May - May Day school closed
- 9th May - GCSE exams starts
- 16th May - Y8 Parents Evening
- 24th May - Break up for Half Term



ASSESSMENT UPDATES

29/04/24 - MFL Speaking Exams Start
09/05/24 - GCSE Exams Start
13/05/24 - Year 7 & 8 AP3
23/05/24 - Year 10 AP3
03/06/24 - Year 9 AP3



SAFEGUARDING

There have been a number of media stories recently about trends on Tik Tok which can be potentially life threatening. Here are three of the controversial trends that have been circulated and some advice on how to combat them:

Chroming

Although the concept of Chroming isn't a new thing – the act of inhaling the fumes from a toxic source, such as an aerosol can or spray deodorant – the trend has recently become popular amongst a new generation who have been using the hashtag “WhipTok” when posting videos on the social media platform

Chroming can create a temporary ‘high’, similar to the effects of alcohol. However it can also result in deadly side effects including heart attack, permanent organ damage, seizures, suffocation, coma, choking, and can cause fatal injury.

In March 2023, a 13-year old girl in Australia died from chemical exposure while at a sleepover, and more recently, this month, an 11 year old boy from Lancaster also tragically lost his life instantly after trying the trend at a sleepover.

Blackout Challenge

There have been several recorded deaths of children, including a 10-year-old girl, as a result of the viral Blackout Challenge, which encourages users to hold their breath or choke themselves to the point of losing consciousness. The trend has been around for some time, before TikTok, but has seen a noticeable resurgence in popularity on the app. Warning signs that a child may be participating in this trend are bloodshot eyes, marks on the neck and severe headaches.

Fake piercings with magnets

In this trend, children are using small magnetic balls, commonly sold as creative toys, as fake facial and tongue piercings. It can be extremely dangerous if these magnets are accidentally swallowed, as ingesting more than one means that they'll be forced together, squeezing the intestines and bowels and restricting blood flow.

Parents are encouraged to monitor your child's online presence, educate them about the potential dangers on social media, and use the safety features on the app (such as ‘restricted mode’ to reduce mature content, or ‘family safety mode’ to pair your child's accounts with your own. Also, teach them how to use the ‘report and block’ features on the app, so that they can report any inappropriate content and block users who may be harmful.

Unfortunately, the above is only a snapshot when it comes to dangerous online trends. If you would like any further information please contact the Designated Safeguarding Lead, Mrs Walker, at r.walker@fulwoodacademy.co.uk



**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**

Girls in Tech update

Welcome to the Easter Newsletter, I'm Becki Smith one of the Dunstone Trustees. One of my focus areas within the Trust is working with Fulwood on the Girls in Tech programme.

Girls in Tech aims to teach Year 9 girls about all the different careers available in technology which might be open to them in the future. It is a programme designed to inspire the next generation of females, in an already very heavily male dominated field, the Tech industry. This is a pioneer project, now in it's 3rd year and we are about half way through the 2024 programme.

As part of the programme the girls learn a variety of skills by taking part in a number of workshops to support them in their key programme project. The key programme project is to design a mobile phone app that will make money and want investors to back the product. The best mobile app design will be chosen based on its innovation and creativeness in the vast world of mobile apps but also which mobile app has the greatest potential to be a big hit in that highly competitive market. The programme culminates in a day of presentations from all groups to Sir Charles Dunstone and the Principal, Mr Galbraith, a nerve-wracking but character building experience for the girls!

During the programme, the girls get to visit technology businesses across the UK, taking part in workshops led by industry leaders. The girls went to TalkTalk in Manchester for the programme launch and their latest visit took them to the Google UK head office in London. The girls met many of the amazing women who work at Google, in particular the Google apprentices who shared their journeys to a career at Google. They were also lucky enough to take in a West End show, Wicked!

The girls now only have 6 more weeks before they present their final products to Sir Charles Dunstone and Mr Galbraith, in previous years the competition has been very strong and this year already shows signs of some amazing new mobile app ideas. Good luck girls!

Becki Smith
Trustee

