



NUNTII GRANICAE

ISSUE 23 • OCTOBER 2022



PRINCIPAL'S WELCOME

Dr Philip Hills

THE GRANGE ACADEMY NEWSLETTER

A PUBLICATION FOR
PARENTS AND CARERS OF STUDENTS
AT THE GRANGE ACADEMY

It's been a whirlwind few weeks and so much has happened. We have been delighted to welcome record numbers to The Grange in Year 7 and Year 12. There has been a real buzz at all of our Open Events and word seems to be spreading that there is something special happening here.

Sport continues to go from strength to strength, with The Grange winning all four of our fixtures last Thursday in football and netball. Harrison and Reece can be especially proud of their selection for the Watford District Football Teams. There are a huge number of clubs and activities on offer at lunchtime and after school, so do please encourage your son or daughter to get involved!

Many of us enjoyed the precocious feats of memory on display at the Spanish Spelling Bee last week. The standard was really high and the gasps of the audience contributed to a fantastic contest. Improving literacy remains a daily focus and we have started the Accelerated Reader Programme. There are books for all tastes and abilities and just 20 minutes a day can lead to very rapid progress.

It was great to see the enthusiasm of the Year 9s after their trip to Oxford University. We are really hoping that more of our pupils will follow in the footsteps of Bhavini Patel and others. Talking of which, we have our Sixth Form Open Evening on 10 November. Do encourage your friends' children to come along and see what we have to offer – our Sixth Form has a great track record!

Stay safe and enjoy the half-term with your families and a good book or two! We look forward to welcoming everyone back on Monday 7 November.

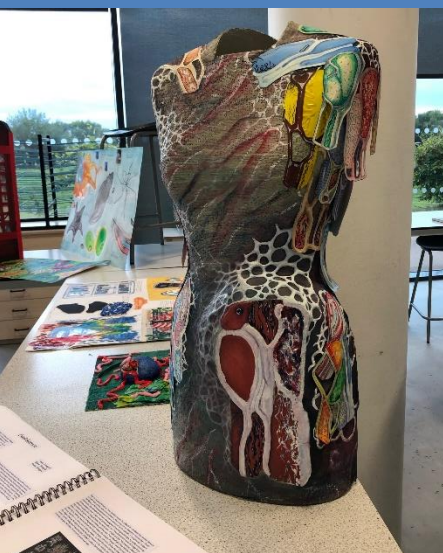
@thegrangebushey



Open Events at The Grange

It has been a pleasure to open the doors to the academy and welcome lots of Year 6 students and parents to our open events. Remember, the admissions deadline for your application to HCC is 31 October 2022. If you have any questions, please contact us.

admissions@thegrange.futureacademies.org



HOUSE EVENTS

Well done to all the students who either participated or supported our first House competition of the term, the MFL Spelling Bee.

1st Place: Athena

2nd Place: Apollo

3rd Place: Hera

4th place: Zeus

The top four students were Rithwik, Vivaan, Susan (Y7) and Lewis.

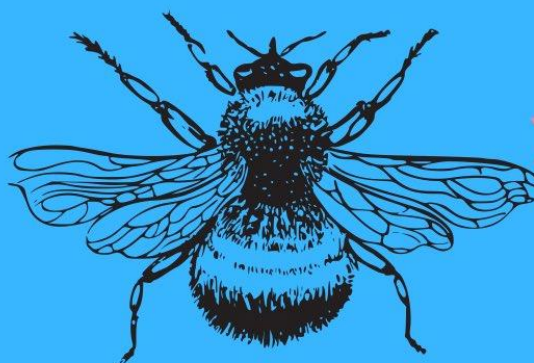
**Brilliant fun, well
done everyone that
took part!**



THE GRANGE ACADEMY

SPELLING BEE

IN SPANISH!



OUR WINNING HOUSE FOR 2022 IS..... ATHENA!

@thegrangebushy



SPORT UPDATE



Future Academies Hertfordshire Tournament.

The Year 9 Football team were unlucky playing in the first ever Future Academies Hertfordshire Tournament. Out of the four schools we came 3rd in our group. We started the tournament off with a 1-0 loss to Futures Watford. We made this also a league fixture adding extra pressure. Last season we lost 0-7 so we knew it was going to be a tough game. We managed to hold them off playing great defensive football for most of the game. Unfortunately a good header at the back post by Futures made it 1-0. Man of the match was Wesley with a great performance man marking their best player to limited touches. Moving into the second game we knew it would be tricky as Laureate Academy had beaten Future Academies Watford earlier on.

We knew we had to try and win this game, but we fell behind quickly and they managed to increase their lead to get goals very early on. This woke the boys up and we managed to get one beautiful goal in from Myran who was our man of the match. It was a team goal, with great possession and a nice finish from Myran. The team played really well today and are up for next week.

Sonny, Supporter to Reporter, Y9

Four out of four !

On Thursday 13th October The Grange Academy won all four of its school fixtures.

The Year 9 Boys Football team won 4-2 v Reach Free school, making up for our loss last year. Goals by Reece (2), Wesley and Myran. Player of the match was Kalem who was also named Vice Captain.

The Year 9 Netball team gained the first netball victory of the year with a narrow 19-18 win over Westfield. Player of the Match was Ella.

The Year 7 boys football team produced a fantastic performance to win 3-0 and obtain their first league victory versus Reach Free. Goals by Rauf (2) and Mitchel. Player of the match was Marco.

To round up our successful day, the Year 8 Netball team won 14-1 v Westfield. Player of the match was Lanie.

**Remember, training is open to all pupils.
More new clubs are starting after half term.
Just turn up, change into kit and join in the fun.**

The Grange vs Goffs

This was the new Year 7's first ever football fixture at The Grange. There was great attacking and defending plays from both sides but it sadly ended with a 5-0 defeat to the home team against Goffs school. The man of the match was Mason who made some amazing saves.

Ashton, Supporter to Reporter, Y7



SPORT UPDATE

The Grange vs Bushey Meads

The game started with a bang when Scott launched in a corner which landed with Harry slotting it home. 5 minutes later, Harry played a long free kick to Jake, who slotted another one home. The game went quiet for 10 minutes, until they scored which led to Norbert coming on. Then they got another soon after. Zak and Oliver both came on and battled well. They got one more amazing chip just before half-time, with them leading 3-2. Ten minutes into the second half, Bushey Meads got their fourth. We did not give up and we pulled a goal back. Harry had one last chance to draw the match late on, but their goalie produced a fine save. Bushey Meads 4, The Grange Academy 3. Goals from Jake, Harry and Finley. Leonidas (GK) as MOTM.

Zak, Supporter to Reporter, Y10

Sport	Vs	Result	Star of the Match	Scorers
Year 11 Boys Football	St Clement Danes	Lost 2-3	Casey	Casey, Richard
Year 10 Girls Netball	St Michael's	Lost	Emily	
Year 9 Girls Netball	St Michael's	Lost	Mia	
Year 9 Boys Football	Future Academies Watford	Lost 0-1	Wesley	
Year 9 Boys Football	Laureate Academy	Lost 1-4	Myran	Myran
Year 7 Boys Football	Goffs	Lost 0-5	Mason	
U15 Girls Football	Reach Free	Lost 0-7	Mia	
Year 10 Boys Football	Bushey Meads	Lost 3-4	Leonidas	Finley, Jake, Harry
Year 8 Boys Football	St Edmunds	Lost 4-6	Micah	Harrison x2, Micah, Alfie
U15 Girls Football	District 6 a side Tournament	5th	Ella	
Year 7 Boys Football	Westfield	2-2	Rauf	Rauf x2, Stanley
Year 11 Boys Football	Hertswood	3-3	Edourado	Jordan, Jackson
U13 Girls Football	Reach Free	Lost 0-5	Lucia	
Senior Boys Football	Reach Free	Won 1-0	Obed	Calum
Year 8 Boys Football	Rickmansworth	Lost 0-2	Alfie	
Year 7 Girls Netball	St Michael's	Lost 12-15	Layla	
Year 8 Girls Netball	St Michael's	Lost 14-16	Cherysis	
Year 7B boys football	Bushey Meads	Lost 0-6	Kyri	
Year 9 Boys Football	Reach Free	Won 4-2	Kalem	Reece x2, Wesley, Myran
Year 9 Girls Netball	Westfield	Won 19-18	Ella	
Year 7 Boys Football	Reach Free	Won 3-0	Marco	Rauf x2, Mitchell
Year 8 Girls Netball	Westfield	Won 14-1	Lanie	
U13 Girls Football	Chancellor's	Won 3-2	Kaila	Lanie x2, Kaila

Watford District Football Trials

On the 8th of September Mr Putman and Mr Mack made the short trip to Parmiters School with five students from Years 8 and 9 for the Watford District Football Trials. All schools throughout the district were represented by their most skilled and committed players. Out of over 70 pupils, two Grange Academy boys were selected to represent the district in the upcoming season. Harrison for Year 8. and Reece for Year 9.

We're incredibly proud of all of the boys' achievements and wish Harrison and Reece the best of luck for their forthcoming fixtures.

LITERACY UPDATE

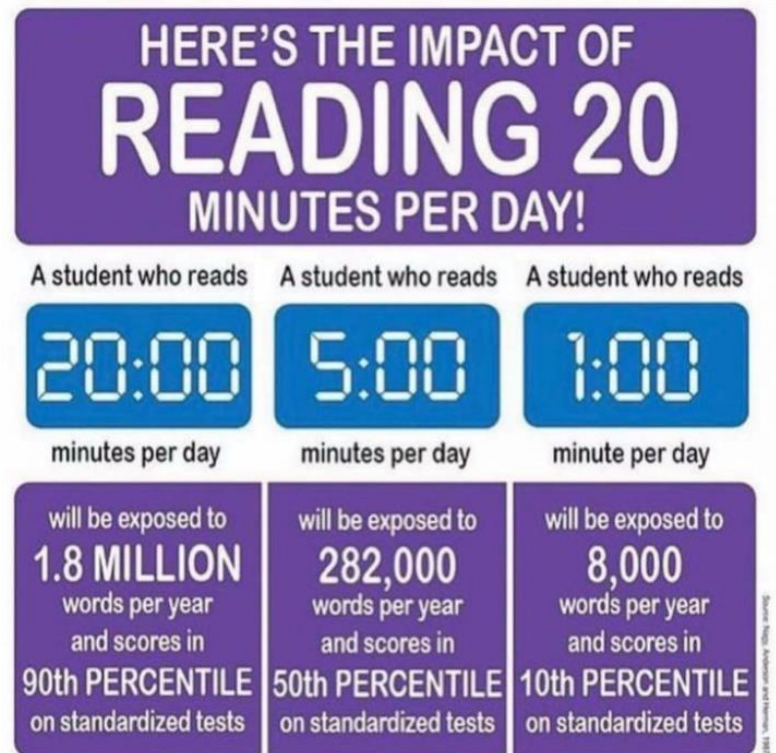
Improving literacy continues to be a focus for us across the academy.

We encourage all students to have a reading book in their bag, and this year we have a reading programme taking place in form time which enables students to read and discuss news articles.

If your child is in Year 7, 8 or 9, they are taking part in the Accelerated Reader Programme this year. This is an online programme which measures and tracks students' reading abilities. It recommends books to students which are at the right level for them to improve their reading skills. At the end of each book, students complete an online quiz and get points for completing it.

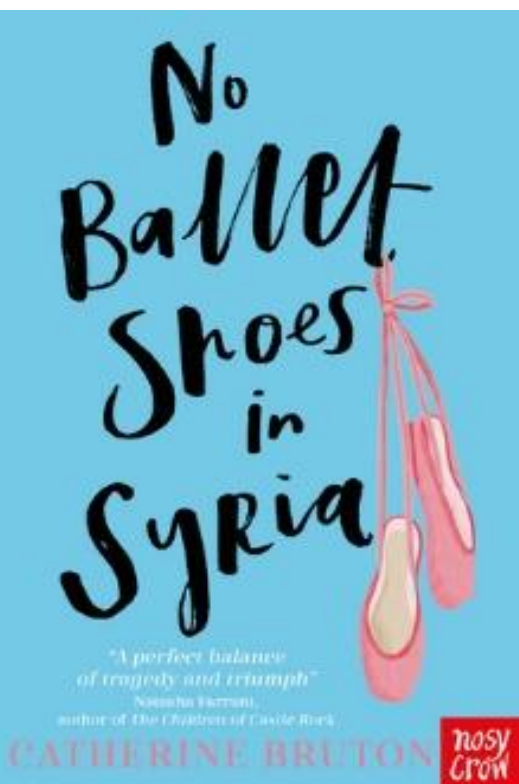
To support this programme, Please encourage your child to read at home, **just 20 minutes a day makes a huge difference**. They can complete the quizzes at home or at school.

During the year we will be celebrating all the great achievements of our students in the Accelerated Reader Programme so watch this space!



The Grange Reads

Every issue will include a review of a book available to borrow in our fantastic Learning Resource Centre (LRC). New books are available from different genres of fiction - here is our top recommendation.



No Ballet Shoes in Syria by Catherine Bruton

Aya is eleven years old and has just arrived in Britain with her mum and baby brother, seeking asylum from war in Syria.

When Aya stumbles across a local ballet class, the formidable dance teacher spots her exceptional talent and believes that Aya has the potential to earn a prestigious ballet scholarship.

But at the same time, Aya and her family must fight to be allowed to remain in the country, to make a home for themselves, and to find Aya's father – separated from the rest of the family during the journey from Syria.

Remember, the LRC is open before and after school and during break and lunch if you need a place to complete your homework.

@thegrangebushy



ENRICHMENT UPDATE

The new school year brings new enrichment opportunities for our students.

We have lunchtime clubs on offer for the first time! Students can try activities as diverse as Dungeons & Dragons and Mythology Club. Students also have the opportunity to write for, edit and publish a school newspaper! Our after school programme is packed with choices - sports clubs including Netball, Football and Rugby. New for this year is our Model United Nations - a simulation of the UN General Assembly where students perform an ambassador role while debating topics such as gender equality, climate action, global health, and more. We also have an after school homework club that is open to all year groups. There are many more options, as detailed on the schedule circulated with this newsletter. Students that are interested should attend a club session and register with the staff member in charge to secure their place.



Y9 Balliol College Oxford visit - 17th October ↑

On Tuesday 17th October, 25 Year 9 students alongside Mrs Ponsford, Ms Abbott and Mr Simmons visited Balliol College Oxford. After an hour or so on the coach we arrived in the city of Oxford. We were met by Jack, a member of the Balliol college staff, who took us through the mediaeval style door way into the pristine and colourful gardens of Balliol College. Students were given a tour of the college, taking in the "hall", where students and staff go to eat, the student common room and the chapel. Balliol is one of oldest of Oxford's colleges having been founded in 1263 but has a relaxed and welcoming atmosphere. After the tour, Jack gave us a presentation about the university and the application process including insight on the interview process. Lunch was taken in the "hall", a very atmospheric venue with a high vaulted ceiling and paintings along its walls. We then walked to Oxford's Natural History Museum where students were given the VIP treatment with a hands on exhibits session. It was a truly memorable day for students and staff and, perhaps, has given some students the incentive to aim for a place at Oxford in the future.

← Y8 Enrichment Day - 11th October



Our Y8 cohort experienced the first enrichment day of the new academic year on Tuesday 11th October. The day started with team games in the cold autumn air - members of the Watford YMCA delivered a choice of sports ranging from volleyball to rounders with some cricket thrown in too. The second session of the day was hosted by My Bnk. Their experts helped to build our students' money knowledge, skills, and mindsets with a focus on 'survival' money skills for independent living. Two members of the Hertfordshire Police service spoke with the students in an interactive talk on personal safety and gave an insight into how the law works to protect the public. Gareth Tyler from Soundbox Music Academy rounded off proceedings in style with music, expert drumming solos and a chat about mental health and resilience. I am sure Gareth's memorable session was a student highlight of the day.

SAFEGUARDING UPDATE

We are very proud to involve our students in all aspects of Safeguarding.

Recently students have worked very hard to refine their own 'Child on Child Abuse Charter' as shown below.

The Student Voice Team designed this with contributions from all tutor groups - we believe this is a robust and clearly written charter and we are proud to promote this to all concerned.

THE GRANGE ACADEMY - CHILD ON CHILD ABUSE CHARTER

AS STUDENTS OF THE GRANGE ACADEMY, WE BELIEVE THAT ALL STUDENTS SHOULD BE SAFE, HEALTHY, AND BE ABLE TO FLOURISH. WE HAVE DESIGNED THIS CHARTER FOLLOWING PRESENTATIONS, DISCUSSIONS, AND CONSULTATION:

- 1/ EVERY STUDENT HAS THE RIGHT TO FEEL SAFE AT SCHOOL AND THEREFORE STUDENTS SHOULD FEEL CONFIDENT TALKING ABOUT AND REPORTING PEER ON PEER ABUSE IMMEDIATELY
- 2/ STUDENTS SHOULD AND WILL HAVE A TRUSTED ADULT TO TALK ABOUT CHILD ON CHILD ABUSE AT SCHOOL
- 3/ STUDENTS WILL BE EDUCATED TO KNOW WHAT CHILD ON CHILD ABUSE CAN LOOK LIKE
- 4/ DISCRIMINATORY COMMENTS ARE NOT WANTED AND WILL NOT BE ACCEPTED AT OUR SCHOOL
- 5/ THE PERSON REPORTING THE ABUSE SHOULD BE SUPPORTED AT ALL TIMES
- 6/ CHILD ON CHILD ABUSE SHOULD BE DEALT WITH IMMEDIATELY
- 7/ ALL STUDENTS WILL BE LISTENED TO WHEN DISCUSSING INCIDENTS OF CHILD ON CHILD ABUSE
- 8/ RECORDS OF INCIDENTS WILL BE KEPT TO IDENTIFY PATTERNS AND ENSURE THAT EDUCATION AND STRONG SANCTIONS ARE GIVEN TO THOSE WHO PERPETUATE THE ABUSE
- 9/ STUDENTS SHOULD BE TAUGHT HOW TO BE KIND AND RESPECT OTHERS THOUGHTS AND FEELINGS
- 10/ AT THE GRANGE ACADEMY WE WILL NOT TOLERATE OR ACCEPT ANY FORMS OF CHILD ON CHILD ABUSE INCLUDING PHYSICAL, SEXUAL, VERBAL, RACIST, EMOTIONAL, AND CYBER ABUSE



Knowledge, Aspiration, Respect

Helping students to Report Bullying and Concerns

Please note that this term we have launched a new communication method for students to report bullying and concerns that they might have for themselves or their peers.

This is an anonymous email address:

icanreport@thegrange.futureacademies.org

We would encourage students to use this communication during the holidays as well as term time should they want to report issues without speaking to an adult face to face.

@thegrangebushey





During the last academic year our attendance was 2% above the National Average. This year our current attendance is 92.8% - our target this year is 94%. Why? Because, students with attendance over 94% have a 40% greater chance of passing their GCSE exams compared to students with attendance less than 90%. So, some requests to parents:

- If your child is ill they can still come to school on most occasions - we are happy to hold medication to help get them through the day.
- If your child needs to take a day off school, please minimise this to 1 day - most students are okay to return after 24 hours.
- Students testing positive for COVID do not need to isolate - they should return when they start to feel better. For most this is within 2-3 days.
- More students are absent on Mondays and Fridays - statistically people do not catch more illnesses on these days so please do not keep your child off at the start or end of the week.

If your child's attendance drops below 90% the school will contact you to offer support - if it continues to drop and these absences are unauthorised you will receive a Fixed Penalty Warning and a fine and potential court hearing if there is not a dramatic improvement.

We do not like to take this route so please do contact us if you require help.

Traffic Congestion

At The Grange we are lucky to have a large car park. At the end of the school day the car park is very busy - we appreciate your patience at this time of the day and want to help improve the speed at which you leave the site. In order to do this we will be implementing a "**left only exit**" onto London Road between 3.00-3.20pm - this will allow cars and vehicles to leave the site quicker.

Can we also ask that you do not wait for your children or park your car in any of the follow areas whilst waiting to collect them:

- Do not use disabled bays in the school car park without a blue badge
- Do not use the coach parking areas in the school car park
- Do not park on the pavement adjacent to the school in London Road
- Do not park in the church car park opposite the school entrance

We would like to thank you in advance for your cooperation with these measures to make the process of leaving the school site quicker and safer.

House Points Update



1st - Athena 13,350

2nd - Hera 12,992

3rd - Apollo 12,053

4th - Zeus - 11,609



We are delighted that students have settled into the academic year so positively and have received over 50,000 Achievement Points.

This is fantastic and in our overall house competition Athena are currently in the lead.

Individually, students are aiming to achieve 350 Achievement points by the end of the academic year to earn their place on the Rewards Trips - please check with your child their current total.





THE GRANGE ACADEMY SIXTH FORM OPEN EVENING



SIXTH FORM OPEN EVENING: SIXTH FORM ENTRY 2023

THURSDAY 10TH NOVEMBER | 5:00 PM – 7:30 PM

THE GRANGE ACADEMY HAS A THRIVING AND POPULAR SIXTH FORM SERVING THE BUSHEY, WATFORD COMMUNITY AND ITS SURROUNDING AREAS. COME AND SEE FOR YOURSELF WHAT WE HAVE TO OFFER.

OUR EVENT IS TO GIVE PROSPECTIVE SIXTH FORMERS AND PARENTS/CARERS AN INSIGHT TO OUR FANTASTIC FACILITIES AND SUBJECTS OFFERED.

THE GRANGE ACADEMY, LONDON ROAD, BUSHEY, WD23 3AA
www.thegrange.futureacademies.org | T: 020 8950 9502

Dates for your diary

24 October to
4 November

Half Term (two weeks)

Monday 7
November

Term starts for all students

Thursday 10
November

Sixth Form Open Evening

Friday 16 December

Last day of term

Monday 19
December to
Monday 2 January

Christmas Holidays

Tuesday 3 January

INSET DAY

Wednesday 4
January

Term starts for all students

Medical Update



If a student becomes unwell during the school day, they are not permitted to leave the school site without permission and neither should they use their mobile phone to call home themselves. If your child becomes unwell during the day, please be assured that the medical team will assess your child and make contact with you directly if they believe your child is too ill to remain at school.

Please also see the useful info at the end of the newsletter from the Public Health Nursing Team

STEPS

Everyday, No Excuses.

We always use.....

S Sir/Miss

T Thank You

E Excuse Me

P Please

S Smile

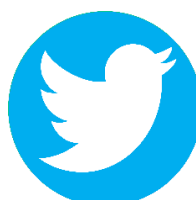


It's who we are, It's what we do at The Grange Academy

CONNECT

@thegrangebushy

@GrangeAcademyPE



THEGRANGEBUSHEY

@thegrangebushy





Hertfordshire
Family Centre
Service

School Nursing

NHS
Hertfordshire Community
NHS Trust
Autumn 2022

Public Health Nursing 5-19 Team Newsletter

Welcome back!

We hope you had a relaxing summer break! We are looking forward to supporting children and young people throughout the new school term.

Please see our Workshop link, with lots of advice and support on your child's emotional health, returning to school and more:

<http://ow.ly/U01750KHYQk>

Ways to contact us:

Our school nurse duty number is:
0300 123 7572 (Mon-Fri 9am-5pm)

Our website has information about our service:

www.hct.nhs.uk/our-services/school-nursing

HEALTH4TEENS

www.healthforteens.co.uk

A great website, with information and advice for young people aged 11-19.

Referrals

We offer advice and support to children and young people attending Hertfordshire mainstream schools, their parents/carers and schools.

The following areas are suitable topics which we can help with:

- Advice and information for general health issues
- Low level emotional and mental health issues; including self esteem, anxiety, low mood, anger
- Sleep
- Healthy eating and diet management
- Wetting/Soiling & Constipation

For more information please contact our school nurse duty line, or find further professional information on the FCS website with this link:

<http://ow.ly/AWoG50KHZGg>

Topic of the Term: Sleep

Sleep is especially important and helps development.

Lack of sleep can lead to reduced concentration, increased behaviour difficulties and irritability.

Did you know that young people need around 8.5-9hours sleep at night?

Tips for better sleep:

- Plenty of fresh air and exercise during the day.
- Avoid electronics and devices at least one hour before bed.
- A relaxing activity before bed, such as reading and listening to calming music
- Have a good routine at bedtime and keep regular sleep and wake times.

Have a look at our website for more great advice:

www.healthforkids.co.uk
www.healthforteens.co.uk



Relaxation Exercise

Try out this 5,4,3,2,1 exercise to help aid relaxation in a difficult situation:

Exercise Five: 5,4,3,2,1

Work through the five senses to calm you in difficult or stressful situations



Look

What five things can you see? Say them out loud, for example, 'I see a phone', 'I can see a pen'

Listen

What four things can you hear? It could be birds singing outside or your parents talking



Feel

Pay attention to your body and think about three things you can touch or feel. For example, 'I can feel a cold drink in my water bottle'

Smell

What two things can you smell? This could be your dinner cooking in the kitchen or freshly cut grass outside



Taste

What one thing can you taste, or would love to taste right now? It could be something you're eating now or your favourite food

Take a deep breath

Notice what is around you right now and how different it is from the difficult or stressful situation

Chat Health

Chat Health is a text messaging service for young people aged 11-19 years that runs between 9am-5pm, Monday to Friday and gives the opportunity to contact a School Nurse for support and advice.

Young people can ask for help and advice on a range of issues such as:

- Weight and exercise
- Healthy eating
- Stress and anxiety
- Relationships and sexual health

If you contact Chat Health after 5pm or on weekends and bank holidays, you will receive a bounce back message explaining where you can access support.

Not sure how to start off a conversation? Just say hello!



07480 635050

Did you know?

School nursing is also on Instagram, Facebook and Twitter!

We post up to date information, support and advice available for young people and parents.

Follow us!



@hct_schoolnursing
@teenhealth.hct



@HCT_SchoolNurse



🔍 Hct SchoolNursing



Hertfordshire
**Family Centre
Service**



Want to know more about the Public Health School Nursing team in Hertfordshire?

Check out our platforms:



[https://www.hertsfamilycentres.org/info-and-advice/
parents-and-mums-to-be/school-nurses.aspx#](https://www.hertsfamilycentres.org/info-and-advice/parents-and-mums-to-be/school-nurses.aspx#)

www.hct.nhs.uk/our-services/school-nursing



07480 635 050

Confidential text message service ran by the school nursing team
for 11-19 year olds. Text in any health and wellbeing concerns



@hct_schoolnursing

@teenhealth.hct



@HCT_SchoolNurse



🔍 Hct SchoolNursing



www.healthforkids.co.uk/hertfordshire



www.healthforteens.co.uk/hertfordshire



School nursing duty number

0300 123 7572

9am – 5pm Monday to Friday
(excluding bank holidays)