



WC: 02/10/2023

Dear Parent/Carer,

This week at NUSA:

A great week for our students at NUSA this week. Our assemblies focused on 'Grit' and looked at diversity at NUSA and its importance to us. We are really proud to serve such a diverse community.

We want to really ensure that our students look smart and presentable in their uniform at all times. As a result, where students wear their uniform with pride, they will automatically be awarded positive points each week on Kickboard. Where students do not wear their uniform correctly, they will be deducted points.

If you are having any difficulty getting items of uniform due to cost, please contact us so we can help.

We are seeing a little trend for sunglasses at the moment. It is not sunny outside and it is definitely not sunny inside! Whilst I am sure they make a great fashion accessory outside of school, they are not school wear so please ensure that all sunglasses are left at home.

Y11 Mocks 9th – 20th October

All students will be sitting 3 science exams and an English language paper. Some students will be sitting additional papers based on their performance in summer. Students have been emailed with the timetables and the exams they will be sitting.

The timetable is as follows:

Week 1	9/10/2023	10/10/2023	11/10/2023		12/10/2023	13/10/2023
	Mon	Tue	Wed		Thur	Fri
SB						
1	Statistics (16)	Spanish L & R (8)	English Language (all)		History (36)	Spanish Writing (8)
2						
3						
4						
5		Biology (all)	Computer Science (16)	Psychology (28)		Maths Paper 1 (69)
6						
Week 2	16/10/23	17/10/23	18/10/23	19/10/23	20/10/23	
	Mon	Tue	Wed	Thur	Fri	
1		Geography (34)		Catering Theory (25)		Art (31)
2						
3			Physics (all)		Engineering (17)	
4						
5	Chemistry (all)	Maths Paper 2 (69)				
6						

How you can help your children:

- Help them develop a study routine, we suggest at least an hour a night on week days in KS4.
- Make sure they are sleeping and eating well, learning is much harder if they don't.

They can use websites such as

- <https://sparxmaths.com/>
- <https://www.gcsepod.com/>
- <https://senecalearning.com/en-GB/>
- <https://www.bbc.co.uk/bitesize/levels/z98jmp3>

Revision guides:

If your child is currently studying for GCSE exams (year 10 or 11) and would like to purchase revision guides at a reduced cost, they can do so by completing the order form and taking it, along with the correct amount of money to Vera in A119. Order forms can be collected from tutors, Mrs Huskisson-Moore or Vera. Revision guides are available for a range of subjects including maths, English, Science, drama, Spanish, sport, history, geography, psychology and catering and are an invaluable tool to support students maximising their progress.

SEND Drop ins:

We offer a number of 'SEND drop ins' throughout the year for parents/carers. These are open to any parent/carer who may want to discuss their child's SEND needs further or parents/carers who have concerns that their children may have SEND needs that are yet to be diagnosed. If you wish to book an appointment in one of the slots below, please contact reception.

Wednesday SEND Drop in dates:
11/10/2023
25/10/2023

Coming up at NUSA:

Date	Event
16/10/2023	Community CPR & Defib Training - Ticket Only (information above)
17/10/2023	Community CPR & Defib Training - Ticket Only (information above)
19/10/2023	Nusa Sixth Form Open Evening

Safeguarding corner:

This week, safeguarding corner provides you with information about the current campaign to get families talking about mental health at home:

How can I open up to friends and family?

It can sometimes be really difficult to talk about your feelings with friends or family. It's common to feel worried about upsetting people you care about, and feel nervous about what people will think, or how it might affect your relationships.

You may feel more comfortable opening up to friends or family than professionals, or you may find it easier to approach a professional (such as your doctor) first. There's no right or wrong way round. But the people closest to us can often be a valuable source of support.

Whenever you feel ready, these tips might help you start the conversation:

- Find a method of communication that feels right for you. This might be a face-to-face conversation, or you might find it easier to talk on the phone or write down how you feel in a letter.
- Find a suitable time and place. There may not be a 'good' time, but it can help if you're somewhere quiet and comfortable, and are unlikely to be disturbed for a while.
- Practice what you want to say. You could do this in your head or make some notes. Phrases such as "I've not been feeling like myself lately" or "I'm finding it hard to cope at the moment" might provide a starting point.
- Offer them relevant information and examples. If you've found a useful description in a book or online, or seen someone on television or in a film saying something that feels right to you, you could use this to help explain what you're experiencing.
- Be honest and open. It can sometimes feel uncomfortable sharing something so personal, but explaining how your feelings are affecting your life may help others to understand.
- Suggest things they could do to help. This might just be listening and offering emotional support – or there may be practical help you need (see examples in our page on helping someone else seek help).
- Don't expect too much from one conversation. Understanding mental health problems can take time, and some people may be shocked or react badly at first. It's important to give them some time to process what you've told them. But if possible, plan to come back to the conversation with them again, to give you more opportunities to explain what you're going through.

Have a wonderful weekend

Emma Howard
Headteacher