



NOTTINGHAM UNIVERSITY
SAMWORTH ACADEMY

WC: 13/03/23

Dear Parents/Carer's,

At NUSA this week:

Another great week at NUSA this week.

On Friday night our students performed a play called 'Is this good enough?' in front of family and friends in our lecture theatre. The students and staff have worked incredibly hard on this and we are really proud that they will get the opportunity to perform again at the Playhouse in Nottingham during the Easter holidays.

With two days of strike action, we have obviously had fewer students in the building and therefore, we wanted to bring our whole school community together for a 'reset' assembly with Mr. James this morning. During the assembly, Mr. James reminded us all of the importance of looking smart. Please remember that if you are struggling to purchase any items of school uniform, do let us know so that we can try and help. I will be writing to you with more details on our new school skirt next week but we have allowed the children to have a look at the sample skirt today if they wish.

This week we have celebrated 'Deaf Awareness week' at NUSA. We are so very lucky to have a Focused Provision unit at NUSA. The students have completed a number of activities throughout each school day to raise awareness of Deafness. Thank you to our FPU team for all of the excellent work on setting this up.

We welcomed the CEO of our Trust this week to NUSA. He really enjoyed his visit and was really complimentary about all of the children he met and the lessons he saw. We are really proud.

Year 11:

RE: Upcoming webinar for parents: Exam Room Skills - Minimising Stress and Maximising Marks

We're excited to announce that Elevate Education's last free webinar of the Spring Term will be taking place on Tuesday 21st March.

Elevate Education works with our students, delivering high impact workshops on study skills, motivation, wellbeing, and exam preparation. By tuning into their webinar series you will learn how you can help better support your children at home through reinforcing the skills they learn at school:

Tuesday 21st March (6-7pm)

Exam Room Skills - Minimising Stress and Maximising Marks

[Click here to register for free](#)

Here's what Elevate will be covering:

- ☒ What to do in the final days before any test or assessment
- ☒ How to establish a good routine for the night before

[Click here to register for free](#)

Coming up at NUSA:

Ramadan is due to start next week and we will be helping to support our students and staff through the period leading up to Eid. We will be sharing a plan with students on Monday during tutor briefing regarding access to prayer rooms and the plans for Eid celebrations.

SEND drop ins – Please contact reception for dates and times if you wish to discuss your child's SEND needs

Pathways Evening for Year 9 – Wednesday 22nd March

Year 11's last day is on Thursday 22nd June

Year 11 Prom is on Friday 30th June

Safeguarding corner:

This week's safeguarding corner is from IMARA. IMARA are a therapy service for children and young people in Nottinghamshire.



We are a therapy service for children and young people in Nottinghamshire



Registered charity number 1170331

Domestic abuse includes a wide variety of coercive and controlling behaviour which includes the following:

- physical abuse,
- sexual abuse,
- emotional abuse,
- psychological abuse
- financial/ economic abuse.

Domestic abuse can affect anyone no matter your age, gender, religion, ethnicity, sexuality, or disability.

Growing up around domestic abuse can be really difficult.

We believe every child and young person should have the time, space and support to safely express their feelings and make sense of their experiences.

We offer judgement free and inclusive support which is reflective of the individual.



What to expect from our support



We begin with an initial meeting where you get the chance to meet a therapist in a space you feel comfortable.

During this meeting we can talk about what therapy is and what you might want to get out of therapy.

We offer 8 creative art therapy sessions to start. This is your time to talk about whatever you want. If however, you do not want to talk, that's ok too. You can choose to express yourself creatively.



Whatever you choose, your therapist will not judge or pressure you and will go at a pace you are comfortable with.

We understand that you may be going through a lot of changes, and that a lot may be going on. You may be feeling overwhelmed. The therapy sessions are a private space where you can express your feelings and experiences freely.

Helpful resources

You can find helpful resources on our website:



www.imara.org.uk

And on our YouTube channel:



@ImaraNottingham

Have a lovely weekend,

Emma Howard