



#AVBProud



From our Principal, Mrs Dyer

As we approach the end of the Spring term, I would like to thank students, staff, parents and friends of Avonbourne for their continued support. We are #AVBProud of all of our students, especially those who showcased their incredible talents in our Spring Concert Showcase at Avonwood last week.

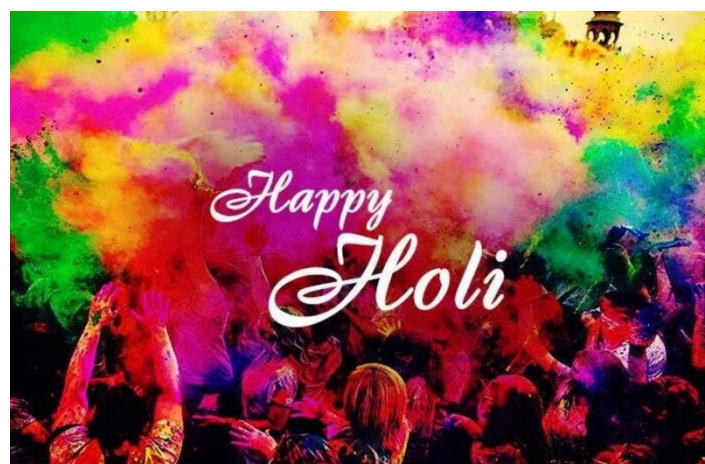
Looking ahead to the Summer term, we have been informed that a date for the BCP KS2-3 transition day has been confirmed for Friday 28th June. We look forward to welcoming our new Year 6 students to the Academies. Confirmation of this date does mean that we have had to make a change to our previously advertised INSET day. INSET will no longer take place on Friday 28th June and will be moved to Friday 5th July instead.

Please continue to keep an eye on the Academies' website so you are kept fully updated about the latest events and activities taking place or follow us on social media. Term will finish at the normal end of day times on Thursday 28th March. I wish everyone a relaxing Easter break and look forward to seeing all students back on Monday 15th April. Best wishes,



Michelle Dyer

**Wishing all of our
Avonbourne community
Ramadan Mubarak 2024
and a Happy Holi 2024!**





Eco-Committee update

Eco Update: Avonbourne's Sustainable Travel Success Story!

We have a growing awareness of how much global impact each and every car makes during the school run, leading to long term health problems such as asthma; a decrease in flora and fauna from being polluted or petrified; and increasing the particulate matter in the air which creates that blistery bile colour in the horizon. To take action, Avonbourne participated in Sustrans' 15th annual Big Walk and Wheel, which encouraged students to choose more sustainable travel methods into school, regardless of the weather. From the 11th through to the 22nd March, Avonbourne Academy recorded over 8,000 walk or wheel journeys into school! Despite having some wet weather, students took control of climate change. On one of the wettest and windiest mornings during this challenge, Avonbourne recorded over 800 sustainable journeys into school – nearly half the school! A pair of Y7 students proudly shared, "It was so much quicker and easier to walk than to sit in traffic at the Cooper Dean Roundabout!" To reward our school's sustainable efforts, Sustrans awarded us with a series of discount codes for fleet purchases towards sustainable travel, which the Eco Committee has supported to have selected. Buddy up with your classmates to catch these deals:

From <https://www.micro-scooters.co.uk/> you can qualify for 20-30% discount with these codes:
SUSTRANSMINI20 or **SUSTRANSMAXI20** 4 x Mini/Maxi Micro Scooter Foldable w/ Light up Wheels

SUSTRANSSPRITE20 or **SUSTRANSCRUISER20** 4 x any Sprite/Cruiser Micro Scooter

SUSTRANSMINI30 or **SUSTRANSMAXI30** 8 x Mini/Maxi Micro Scooter Foldable w/ Light up Wheels

SUSTRANSSPRITE30 or **SUSTRANSCRUISER30** 8 x any Sprite/Cruiser Micro Scooter

From Sustrans Big Walk and Wheel 2024

(frogbikes.co.uk) you can get 25% discount off Frog Bikes!

From [Eco Chic Reusable bags and accessories for you and the planet – Eco Chic Retail Ltd \(eco-chic.shop\)](#), using the code **BIGWALKANDWHEEL20**, you can get 20% discount until the 15th April!

Eco Tip: Walk your woes away!

Continuing our conscious momentum towards sustainable travel, just as the days are getting longer and warmer, take a walk to clear your mind, connect with nature and plan your next steps! [Dorset in Mind's YP Eco in Mind](#) page states that being outdoors can benefit both your mental and physical wellbeing. It can:

- Improve your mood, reduce stress and anger;
- Help you take time-out and feel relaxed;
- Improve your physical health;
- Improve your confidence and self-esteem.





Mayflower Trip

Mrs Dadson and Mrs Ramdharry recently took a small group of dancers to see the fantastic 'New Adventures' Dance Company perform their touring production of Edward Scissorhands at the Southampton Mayflower. Matthew Bourne is one of the practitioners studied in A Level Dance and it was a fantastic experience for our students to see one of his works live. The students were amazed by the talented dancers and Bourne's amazing story telling. We can't wait for our theatre next trip!



Bronze:

It's been excellent to see all the amazing activities our Bronze participants have been getting up to this half term! From volunteering in libraries and radio stations to learning new languages and doing gymnastics, students are trying new things and getting involved in the community. I've also seen some excellent cakes being baked this half-term!

Students have been excellent at uploading their activities to eDofE! Please look out on the daily message board if you still need to upload activities.

As we prepare to go out on expeditions next half term, please do start getting kit together, using the kit list sent out, and let Miss Pittwood know if you need anything from the kit cupboard.

Silver:

Year 10 students have been very proactive at submitting their activities and getting on with these. Keep up the great work!

I hope they're all looking forward to getting out on expedition next half-term. Please look out for further information which will be sent out before Easter.



HOMework HIGHLIGHTS

At Avonbourne Academies, we believe homework plays a vital role in providing an excellent education for all our students, bringing out the best in them and fostering independent learning. The homework programme we have developed has been carefully structured with a focus on retrieval practice that will support your son/daughter to achieve more fluent recall and mastery of their work. This academic year we are utilising a variety of online platforms, including Sparx Reader, Bedrock Vocabulary, Sparx Maths and SENECA.

Our students have worked incredibly hard over the Spring term to submit their homework on time and complete it to a high standard. We are very proud of all their efforts across all year groups and all homework platforms!

Homework clubs at break and lunch have been extremely well-attended every day and have supported our students to complete their homework to the best of their ability. Our after-school subject homework clubs on a Wednesday and Thursday have also been extremely popular and have provided students with the space and support to complete their homework successfully.

Sparx Reader

So many of our Y7 students are mastering reading and are consistently making improvements each week as they engage with their homework. Y7 are continuing to develop their positive routines and independence with ensuring their homework is completed each week.

To date, Avonbourne Boys' Academy have completed 1541 hours across 308 books; whereas the Girls' Academy have completed a whopping 2079 hours across 300 books.

Congratulations - Gold reader status for March has been gained by:

Louise P	Harrison B
Aaradhy M	Issac G
Stan B	Lisa B
Bella C	Jed S
Henry	Zara S
Xavi W	Poppy M
Carlotta G	Kusha S
Mia N	Tolu A
Lyla B	Harry P
Umrah S	Kristjan S
Poppy R	

Bedrock

Y8 and Y9 reached the halfway point of their year and they have demonstrated extreme resilience and an ability to keep achieving and attaining as they prepare for their next ROA.

The increase of engagement and progress in Bedrock will continue to support student's achievements and instil their confidence with new vocabulary and grammatical structures. A reminder that students should be achieving 30 points or completing 1 hour of work on Bedrock. Reach points are added and postcards are being sent home each week for those students who meet and exceed these targets.

Sparx Maths

I need to reiterate the importance of completing homework regularly in order to achieve improvements in Maths subject knowledge. We have great news to communicate on our improvement journey in homework completion of our students:

This week's Sparx Maths homework completion in the girls' school has increased from an overall completion of 62.1% to a 72%. We have also seen an improvement in the boys' school, from 59.8% to 67.6% A **9% increase** in the number of girls and a **7.7% increase** in the number of boys who are getting into the routine of completing their homework. This is a step forward to their success in Maths. Well done and keep it up!

We have high expectations on our students and are hoping to achieve an overall completion rate of 80%. We need all your help and support to guide students towards their success.

A reminder that all students should complete their **Compulsory homework at 100%**. Students have access to computers during break and lunch so that we can help them complete those questions when they are struggling. **We are always there for them offering our help and support.**

Well done to these students, who are doing great efforts in Sparx Maths to excel in Maths.

Top Students Year to Date (by XP Points Achieved) 31st August 2023- 20th March 2024					
Zara	Year 10	29,886	Madhav	Year 8	50,872
Ayesha	Year 10	28,867	Enzo	Year 7	41,216
Sorina	Year 7	26,352	Tharun	Year 10	26,018
Chidalu	Year 9	25,003	Nauman	Year 9	24,612
Iris	Year 10	23,627	Kushal Sujay	Year 7	24,392
Olivia	Year 10	23,528	Eddie	Year 7	24,010
Maxine	Year 7	23,230	Jason	Year 7	24,005
Georgie	Year 8	23,051	Fabian	Year 9	23,574
Solomiia	Year 7	22,866	Samheil	Year 7	23,160
Matilda	Year 10	22,443	Harrison	Year 7	23,114

SENECA

Science:

Year 7

Students have really got into the swing of doing their HW this half-term. Students in Year 7 have been working on Seneca tasks based on the topics they have studied this half term: Reproduction and chemical reactions. Keep up the great work!

Top students by study time		Top students by average score	
Nelysia R	6.77	Tamara H	100%
Raifah R	4.59	Ayanda M	100%
Caragh W	3.23	Noel J	100%
Elayne A	3.03	Ethan M	100%
Kushal C	2.89	Salam K	100%

Year 8

Thank you to all students for signing up to their new Seneca classes. Students in Year 8 have been working on Seneca tasks based on the topics they have studied this half term: Materials and the Earth. Keep up the great work!

Top students by study time		Top students by average score	
Robiat A	5.00	Reuben P	99%
Jonathan B	4.29	Diego E	99%
Jake R	4.21	Lili O	98%
Caitlin S	4.05	Theodore H	98%
Matin A	3.97	Archie R	97%

Year 9

Thank you to all students for signing up to their new Seneca classes. Students in Year 9 have been completing Seneca tasks based on their schoolwork on 'Biological processes' as well as being set revision tasks to support their retrieval. Keep up the great work!

Leaderboard:

Top students by study time		Top students by average score	
Samuel I	6.03	Zahra A	100%
Aditi S	5.14	Aidan D	100%
Jasmine D	3.75	Sophie B	100%
Nadia W	3.25	Alessia T	100%
Lexi S	3.07	Aleema R	100%

Year 10 -

Year 10 students this half-term have completed C3 Quantitative Chemistry and B4 Bioenergetics. Students should expect H/W based on their current topic as well as some revision tasks based on GCSE topics they have already covered. Keep up the great work!

Top students by study time (hours)		Top students by average score	
Daisy F	7.17	Ioana A	100%
Anna A	7.09	Enian D	100%
Jack R	6.20	Deeyem A	98%
Rejoice C	6.11	Hollie J	96%
Khadijah G	5.85	Soorya A	95%



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Ramadan at Avonbourne

In accordance with tradition, this year again, during break and lunch, alongside the prayer room we opened two rooms for the students who were observing Ramadan. The students used the provided space to rest, complete activities about Ramadan, do mindful colouring or have a meaningful discussion. Upon returning from the half term, we will be celebrating Eid-al-Fitr which is one of the most important festivals in the Islamic calendar. It is also known as 'The Feast of Breaking the Fast' and is celebrated by Muslims to mark the end of Ramadan. As always, our wonderful catering team will join us in celebration and will prepare traditional food shared at Eid.



DIVERSITY at AVONBOURNE

#AVBproud

Thank you to all students who submitted applications to be part of our Diversity committee. Mrs Karapetyan cannot wait to read them over the Easter holidays. The new committee will be announced after Easter!

INDIAN HOLI - 2024

Holi is the Hindu festival of colours and signifies the changing of winter to spring, celebrating rebirth and new beginnings. It also represents the triumph of good over evil and is meant to be a joyous celebration. Dancing, music and color-throwing are all part of the celebratory nature of the holiday.

At Avonbourne we designed our own colourful T-shirts with a beautiful array of colours. What a bright way of welcoming spring! Happy Holi to our Indian community!





Careers at Avonbourne celebrated National Careers Week 2024 at the beginning of March.

As part of the week, staff were invited to complete a poster highlighting their career paths. Teachers and students were able to have some excellent discussions about their career paths and the skills that they developed along the way.

Each day the National Careers Week website opened a virtual careers fair that celebrated a vast array of jobs including healthcare, banking and those within STEM. We are excited that so many of our year 10 students have managed to secure their work experience placement which will take place in June. We look forward to these being excellent experiences in which students can gain valuable work-related skills.

In the Summer term, Careers at Avonbourne will be working with JP Morgan volunteers to run our Year 9 employer meet and greet event.



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Follow us on Instagram [@avonbourneacademy](https://www.instagram.com/avonbourneacademy)

Geography

On a rainy Tuesday in March, the Year 12 Geography students went on their first fieldtrip to Wimborne St. Giles and Westbourne, Bournemouth. The aim of the trip was to compare how the population structure can influence the characteristics of a place. On arrival in Wimborne St. Giles the students noted the 'fresh' air, wildlife and lack of services - apart from the flowers and vegetable stalls! We were taken pity on as the rain started to get harder and the Church Warden let us into the local church and gave us a talk about the Earl's of Shaftesbury. As we stepped out of the church the rain had cleared and stayed away for the remainder of the day.

The trip involved them learning and practising a range of data collection techniques which are often used in geographical investigations. As part of the new Geography A Level course, students are required to understand and apply a range of techniques to their independent investigation which forms 20% of their final grade in Year 13. This will be achieved in three fieldtrip days. As well as helping students to prepare for their investigation the trip also provided them with a valuable opportunity to develop their teamwork skills.



Technology

It's been a busy half term in the Technology department. At KS3, students have been working on their projects in Textiles, Graphics and Food ready to take their pieces home at Easter. At KS4, it has been all go with NEA projects and Hospitality and Catering exams. Deadlines are fast approaching and students are working hard to meet them.

On 8th March, four groups of students from Years 10 and 12 went to Bournemouth Collegiate School to compete in the annual Rotary Technology Competition. 48 teams from local schools took part and while we did not place in the top three teams, the students had a fantastic day designing and making a survival box delivery system that had to travel across a ravine, using their knowledge of pulleys, gears and motors!

Year 8 House Ambassadors had a fantastic opportunity to visit Avonwood Year 2 to help them with their DT project. They have been studying the Great Fire of London and as part of this were making bread. Our Year 8's arrived in the morning ready to help the children with weighing, mixing, kneading and shaping their bread before taking it back to Avonbourne to bake. We then returned in the afternoon to hand out the tasty bakes to the Year 2 students who were ecstatic to receive their rolls! After this, we were treated to a performance from Year 2 of some wonderful Tudor dancing and a rendition of "London's Burning". We really enjoy helping out our next-door neighbours with their DT projects, and can't wait to come back again for more!





Spring Concert

On Wednesday 20th March we had our Spring Showcase performed at Avonwood Primary School. The students performed incredibly well, and the programme consisted of performances from extracurricular and curriculum work across the Dance, Drama and Music Departments. Acts included piano solos, contemporary dance ensembles, upbeat vocal pieces, and extracts from Blood Brothers. Avonwood Year 5 and 6 students watched the dress rehearsal in the afternoon before the main performance in the evening.



Performing to a large audience requires weeks of rehearsals, commitment and dedication that goes above and beyond. Mrs Dyer extended her congratulations and admiration to the students at the end. We are always in awe at the incredible array of talent we have at Avonbourne and look forward to our Summer Concert later on next term.





DORSET & WILTSHIRE FIRE AND RESCUE

A 12-week consultation has been launched for Dorset & Wiltshire Fire and Rescue Authority's proposed new Community Safety Plan.

The plan sets out the priorities and challenges for Dorset & Wiltshire Fire and Rescue Service from now until 2028, covering areas such as prevention, protection, response, governance and people.

Chief Fire Officer Ben Ansell said: "The plan details how we intend to continue working, but also what we intend to review and do differently to meet and reduce the risks we face as an organisation. Public sector finances are under extreme pressure, so it is vital that we look at all parts of the Service to ensure that we are working as efficiently and as effectively as possible."

The consultation runs from 9am on Friday 9 February until 9am on Friday 3 May. Dorset & Wiltshire Fire and Rescue Authority will then consider the consultation responses and the final plan at its meeting in June.

Cllr Rebecca Knox, Chair of the Authority, said: "The Community Safety Plan is our 'roadmap' for the coming years, so the views of people from across our communities are essential. Whether you are a resident, a local business, a partner, a voluntary group or a charity, we would very much like to hear from you."

A copy of the draft plan, a summary video and details on how to give your views – including an online form – can be found at www.dwfire.org.uk/draft-csp-2024-28-consultation



Safeguarding & Online Safety

Advice for parents and carers

Meet the team

Designated Safeguarding Leads:

Natasha England
Oliver Maund

Deputy Designated Safeguarding Leads:

Jacob McKay – Education Social Worker
Coralie Crisell

Main email address for the safeguarding team:

safeguarding@avonbourneacademy.org.uk

Designated Teacher for Looked After Children:

Natasha England
natasha.England@avonbourneacademy.org.uk

Managing Screen time from Internet Matters

Are you worried your child has too much screentime or would like more advice on how to support your child in managing their screen time? Internet Matters have a wealth of information on their website to help support you.

This first link discusses how to get the most out of screen time and how to talk to your child about screen time based on their age:

<https://www.internetmatters.org/issues/screentime/protect-your-child>

This second link provides advice on how to tackle too much screen time and what the signs of too much screen time might be:

<https://www.internetmatters.org/issues/screentime/deal-with-it/>

This final link provides a guide on how to balance screen time:

<https://www.internetmatters.org/resources/creating-a-balanced-digital-diet-with-screen-time-tip>

CEOP Child Exploitation

If you're concerned about your child and need information or help and support, information is available on the link below:

<https://www.thinkuknow.co.uk/parents/Concerned-about-your-child/>

Make a report to one of CEOP's Child Protection Advisors:

<https://www.ceop.police.uk/safety-centre/>

Do you need help managing your child's device?

You can use **Google Family Link** or **Apple Family Sharing** to help you depending on your child's device.

Google Family Link This is a parental control app from Google that lets you:

- See activity reports showing how long they spend on each app.
- Approve or block new app downloads.
- Set screen time limits.
- Find their location (using their device). You will need to download an app and then decide appropriate settings.

<https://families.google.com/familylink>

Apple Family Sharing You can set up Family Sharing in the settings of your device. Family Sharing allows you to:

- Share Apple subscriptions.
- Share purchases from the App Store.
- Approve what children purchase/download.
- Limit screen time.
- Share locations and find devices.

<https://www.apple.com/uk/familysharing/>

Monitoring Apps (paid for) In addition, there are apps that you can pay for that you may find provides a better solution for you. Whilst we cannot recommend a specific product, these are some examples that you could review and test using a free trial:

Norton Family:

<https://uk.norton.com/products/norton-family>

Qustodio: <https://www.qustodio.com/en/>

Family Time: <https://familytime.io/>

Snapchat: new controls

You will probably know that Instagram is used to post photos and videos, but did you know that it can also be used to message, voice/video call and send disappearing messages? Users can also upload to 'Stories' (which disappear after 24 hours), broadcast live and upload reels (short videos).

You must be over 13 years of age to set up an account. To create an account, you must enter a date of birth (but it is not verified). *When you set up an account for users under 16 years old, the account is set to Private. This is the recommended setting so that your child approves who follows them and sees their content.* Even if your child's profile is private, their bio (at the top of their profile) can still be seen by everyone. Check they have not included personal information here e.g. they should not be wearing their school uniform in their photo.

Instagram includes several privacy settings, so go through these with your child and ensure they are set appropriately. Settings include:

- Messages/Group chats – set who can message you/add you to groups.
- Story replies – you can turn this off or choose who can message you.
- Hidden words – turn this option on to hide comments/messages that may be offensive. You can also add your own custom words or emojis.

Make sure your child understands that there is a risk that content they upload can be shared with others without their permission as other users can screenshot it.

Supervision

You can set up supervision on your child's (aged 13-17) Instagram account. This gives you access to a set of tools including the ability to see who they follow/who follows them, how much time they are spending on Instagram, set a time limit and view accounts your child has blocked. Your child can also share when they have reported anything to Instagram with you. Learn more here: <https://help.instagram.com/658522825492278>

Safety Features

Ensure your child knows how to report posts and people, how to unfollow and block people, delete and turn off comments. View here: <https://help.instagram.com/269765046710559>

Quiet mode

Your child can activate quiet mode, so they do not receive notifications (to provide less distraction whilst studying and at night time).

How can I keep my child safe on Instagram?

The NSPCC have published a blog with everything that you need to know:

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/onlinesafety-blog/keeping-children-safe-on-instagram/>

More information

EE Learn

EE Learn EE Learn includes an array of information and guidance on how to keep your child safe online, for example tips on how to help your child when they are online. Find out more here:

<https://ee.co.uk/do-more-with-ee/lea>



Avonbourne Boys' & Girls' Academies
The best in everyone™
Part of United Learning

10 Top Tips for Parents and Educators

DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



The National College

HOUSE UPDATES



Chesil – As a House, Chesil managed to raise £89.81 at our most recent bake sale for Strongmen and Comic Relief. Chesil also teamed up with Durdle to run the first ever human Chess event which saw students from every year compete combining Drama and Chess. Finally, we helped organise and run the Spring Concert which took place at Avonwood on 20th March where Drama, Music and Dance performers were held for the Parents and Carers of our Avonbourne Students.

Lulworth – As a House, Lulworth managed to raise a whopping £93.57 at our most recent bake sale for Strongmen and Comic Relief. Lulworth also organised a basketball league that saw students from each year competing to be the best team. Coming soon, Lulworth is going to be organising a Bag2School event which is going to be encouraging students to recycle unwanted clothes from home to earn reach points for their House.

Brownsea – As a House, Brownsea managed to raise a substantial amount of money at our most recent bake sale for Strongmen and Comic Relief. Brownsea was also in charge of the organisation of the Strongmen assemblies for our Boys' school, educating them on the importance of discussing mental health and who you can talk to. It also educated them about discussing things like grief and showing the boys that it is an okay topic to talk about.

Purbeck – As a House, Purbeck managed to raise £46.98 at our most recent bake sale. Purbeck also rallied together and is helping maintain the current recycling challenges that our aimed as each House's students. It encourages students to recycle their used crisp packets as there is a large misconception nationally that crisp packets cannot be recycled. Whilst it is true that they cannot be thrown in your household recycling bins, there are special areas located at recycling points around Bournemouth so as a school we are collecting these to dispose of them responsibly. The House with the most boxes full of crisp packets at the end of the term earns bonus Reach points for their House.

Durdle – As a House, Durdle managed to raise £54.61 at our most recent bake sale for Strongmen and Comic Relief. Durdle also hosted a recent Paper Aeroplane throwing competition, where students were encouraged to design paper aeroplanes and whichever House managed to throw their plane the furthest were declared the winners. Durdle also teamed up with Chesil to run the first ever human Chess event which saw students from every year compete combining Drama and Chess.

FOAA

(Friends of Avonbourne Academies)

Thank you to the FOAA and all the staff support at our recent Year 7 Disco! The students had an absolute blast dancing under the UV lights and enjoying the range of sweets and drinks on sale by the FOAA. We can't wait for the next one!



DATE OF NEXT MEETING

Wednesday 24TH APRIL

6:30PM SCHOOL LIBRARY

ALL WELCOME



Projects we have funded 22/23

Gardening Equipment

Equipment & plants to support the Mindful garden project

PROMS

A donation was given to support the Year 11 & Year 13 proms

UNO cards

Packs of UNO cards to enable House competitions

PE equipment

Spare PE kits and a selection of rackets provided to enable full participation in clubs and lessons

Art Course

Specialist art course to encourage school engagement and attendance

Benches

Outdoor seating provided for the playground.

HOW CAN YOU SUPPORT THE FOAA?

We are always on the lookout for helpers at events or for more parents to join our committee. If you don't have the time to help, you can still support us in other ways:

1. Make a donation – regular or one-off donations can be made via this link www.stewardship.org.uk/partners/20477530
2. Buy lottery tickets via this link [Support Friends of Avonbourne Academies when you play Your School Lottery - Your School Lottery](#)
3. Use easyfundraising for all your online shopping. Sign up via <https://www.easyfundraising.org.uk/causes/avonbourneacademies>
4. Donate a raffle prize to our next event 'Bingo Night' more info coming soon

PE and STUDENT SPORTING ACHIEVEMENTS

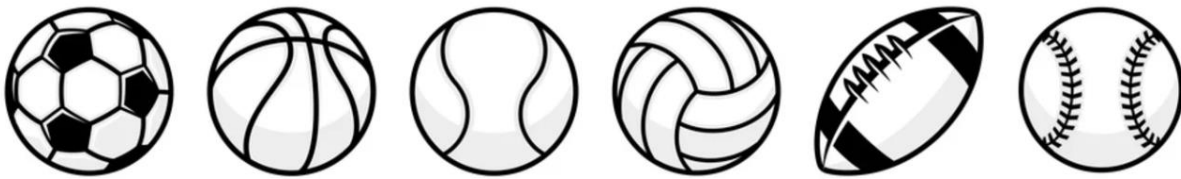
From Mr Goldsmith (Head of PE)

What a fantastic term it has been.

Within PE lessons students have been following the Fit to Lead, Perform and Life strands and have already learnt so much through Football, Rugby and Gymnastics. Staff were also excited to introduce Yr7 to our new Leadership awards in Volleyball and Table Tennis. We look forward to celebrating this in assemblies and awarding certificates.

As we move into the Summer term, students will develop their performance and knowledge through Tennis, Badminton, Athletics, Softball, Rounders, Cricket and O.A.A.. Please ensure students are prepared for these warmer months with suitable PE uniform (guidance on the Academy website). Students have already expressed their interest in starting on these new activities.

We look forward to welcoming students back in April!



Clubs and Events (Boys)- Mr Brown

With large numbers of students attending clubs, we have been able to compete in a number of fixtures throughout the term and have seen a high level of success across multiple teams. All years have been competing in this year's Football Bournemouth Town Cup.

Our Year 10's secured a win against The Bishop of Winchester, Year 9's also beat The Bishop of Winchester, Year 8's drew to The Bishop of Winchester 3-3 and the Year 7's qualified for the semifinals where they play Highcliffe next week hoping to book a spot in the finals for after Easter. Good Luck to all who have played for the Year 7 Team.

Rugby has also seen similar success with our Year 7, 8 and 9 teams placing all within the top 3 at the recent 7's tournaments. Our year 10/11 teams have also been doing very well recently in their friendly fixtures with both Glenmoor and Winton and St Peters.

A further well done to all the boys who represented the Boys' Academy at the Cross-Country events, everyone did extremely well and a special shout out to Archie GK, Liam and Jack H.



Clubs and Events (Girls)- Miss Slaughter

The girls of Avonbourne Academy have had a fantastic start to the Spring term. Netball and football clubs have been super popular, building strong teams within each sport for most years. Lots of girls have also been attending multi-sports club, volleyball club and racket club, it's fantastic to see so many students there each week. Within lessons, students have visited Football, Rugby, Gymnastics and Volleyball and have applied their fit to lead, fit for life or fit to perform strands in lessons at extra-curricular clubs.

The football teams have battled with the weather this term, with many games rained off or played in difficult terrain. Despite this, all teams have powered through and sit in great positions in the league table. U12s are currently 3rd in their pool and u14s sit 2nd in theirs.

The Year 8 netball team have followed on from last year with their excellent form. They have won all of their after school fixtures and performed superbly in the Area and County Tournament. Alongside the Year 8 students, Ivy S, Poppy M and Ava R H from year 7 have also played a part in the area and County teams.

In the Area tournament, the team placed second overall, winning all but one game, where they narrowly lost by one goal to Talbot Heath. This put us into the third place play off where we convincingly beat Bournemouth School for Girls. The top three teams from the Area Tournament go through to the County Championship. Avonbourne were the only non-selective school at the Championships, all other schools were selective Grammars or fee paying so that in itself was a fantastic achievement. My proudest moment however came off the court, when collectively the Umpires and other members of staff commented on what a fantastic team I had and what lovely girls they were. They all conducted themselves beautifully and it was noticed by all. It seems unfair to select one or two of the girls for a special mention as they all played a major part. Many Congratulations must go to all: Natalie W, Olivia B, Izzy B, Sienna P, Amelia G, Ava R H, Sienna P and Nuala S



Interhouse

Over the last half term, we have had several inter house competitions, one of which was our inter house Basketball Lunchtime Competition. It was great to see as many as 40 boys take part over a lunch time in this competition each week. All those who took part really displayed our REACH values and it was a great competition to be a part of.

We are currently halfway through our Futsal Lunchtime League; this has been particularly popular with the boys. We have seen as many as 14 teams in year 7 enter the competition and we are only a few weeks away from crowning our champions. All years have been highly competitive, and it is too close to call who will come out on top before that final week!

Club Numbers

Since the Christmas break, we have seen temperatures drop, rain pour down, and winds batter us here at Avonbourne, however we have still seen great numbers of attendance at our after-school clubs.

Overall, our most popular still remains the Friday racket club, with a total of 437 visits this term.

For the Year 7 boys, football club has remained the most popular choice, with 251 total visits this term. Attendance at rugby club and REACH multisport were the next most popular at 109 and 107 visits. Well done to Eddie H for visiting the most clubs this term!

Year 7 girls have been big into their team sports this term, with 144 visits to netball club this term and 170 visits to football club. Well done to Amber L for visiting the most clubs this term!

Year 8 boys have seen football club remain the most popular club with 189 visits. Rugby has held strong with 90 visits, despite a busy fixture schedule. Well done to Diego for visiting the most clubs this term!

Year 8 girls have seen the largest attendance at racket club with 133 visits, very closely followed by the netball club with 130 visits. Well done to Maura for visiting the most clubs.

Year 9 boys have seen good numbers at racket club this term with just under 150 visits. Year 9 football club has seen a steady stream of students each week, with 162 visits this term. Well done to Matthew for visiting the most clubs this term.

Year 9 girls, like the year 8's have seen the largest attendance at racket club, with the largest proportion of the girls at the club coming from this year group, with a total of 141 visits. The second most popular sport for year 9 girls with 91 visits. Well done to Zahra for attending the most clubs.

In KS4 we have seen a solid number of the boys attending rugby club each week, with a mixture of Y10 & Y11 representing the academies in many fixtures since January. We also had the Year 10 boys representing the academy in the football town cup. Racket club still holds strong in Year 10 with a total of 143 visits this term from the girls and the boys in the year group. Well done to Reece and Iris for attending the most clubs in KS4.



Sporting Success

If you have a sporting story for the next Newsletter, please email Mr Goldsmith (ross.goldsmith@avonbourneacademy.org.uk)

Norah: Year 7 BMX

Norah has been riding her BMX for just over two years. Currently Norah races for the Bournemouth BMX club and Team Mind at a National level.

Last year was her first year of national racing and she finished the season in 11th place for her age group. This means she qualified to represent her country at the world championships in South Carolina. However, Norah has decided to have another year of racing experience before aiming to enter 2025 world championships in Denmark.



Sophie: Year 8 BMX

Sophie has been competing for Bournemouth BMX club for the last 3 years,

She has gone from taking part in regional races and qualifying to take part in the British championships.

Sophie is starting to compete in the National series of competitions with the aim of coming in the top 14 to qualify for the World series next year.

Lilly: Year 11

Lily has been doing gymnastics for 9 years now and has progressed to national level and is currently working towards her performance 3 grade.

Recently she competed at the Mademoiselle Quatro competition, and placed 10th over all. She came 5th on floor and 5th on beam.

Her best achievement to date were her grades last year where she placed 6th overall which resulted in her being a reserve on the south west team and she's hoping to achieve the same this year.



Albert: Year 7

Albert's karate journey began at the young age of six. He is a member of TKFGB Traditional Karate-Do Federation of Great Britain, a federation focused on building character, self-esteem, and good health through karate discipline. Albert attends regular trainings at the TKC Okami Bournemouth Karate Club in Poole. He's a dedicated competitor, participating in tournaments across the UK and internationally.

Last weekend, Albert represented the UK at the prestigious "IX International Krakow Cup" in Poland. 1,056 athletes from over 70 clubs and 10 countries competed, making it a high-level sporting event. Albert impressed, reaching the final eight out of more than 50 participants in his category.

He's now setting his sights on the upcoming "5th London Cup" in London. Best of luck to Albert in his next competition!



Ski Trip – Mr Plunkett

On the final day of the Spring one term, 37 excited students from year 10 embarked on the mammoth journey to Austria by coach and ferry with skiing on their minds! The Hotel Schmiedhof was the chosen destination for close access to the superb Zillertal Arena resort.

After an evening's rest, the group were up early to collect skis, boots and poles so we were ready to hit the slopes. Audible gasps were heard as the mountains came in to view from the gondola car at Hochzillertal on our way to ski school. The group quickly struck up great relationships with their respective ski instructors. Consequently, all students were soon at the top of the mountain and accessing a range of runs.

It was fantastic to see our experienced skiers honing their ability, whilst beginners were developing a new life skill!

Away from the slopes, there was much fun had though the evening entertainment programme, with swimming and pizza night were the highlights!

A huge thank you to Mr Goldsmith, Ms Slaughter, Mrs Thomson, Mr Brown, and parents for making the trip possible, and not forgetting the students who were a credit to the academies throughout the whole trip.

We look forward to the next one...!



Human Chess!

A big thank you to Mr Newham and Mr Stokes-Carter for organising our first 'Human Chess' tournament.

It was a great success with students getting into the characters of the pieces and playing a high-quality game of Chess. The match ended as a draw as nothing could separate the Houses. All students involved will receive REACH points towards their House.



OPEN MORNINGS

Avonbourne is one of the only local Academies to offer weekly Open Mornings. Prospective parents and students are invited to look around our Academies with a student tour followed by Q&A with members of our Leadership team. Please scan the bar code below to get booked on in the Summer Term.

Avonbourne Boys' and Girls' Academy Open Mornings - Summer Term 2024



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Heads of Year



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Mrs Thomson – Head of Year 7 (Class of 2030)

It is that time of year again when we get to look over the previous 5 weeks to celebrate all that year 7 have achieved. As always, teachers have been pleased with the effort and conduct of year 7 students both inside and outside the classroom. Lots of REACH points have been awarded and the year 7 leader board is constantly changing due to many students striving to achieve as many points as they can. Big shout out to Samheil J and Lamar H for topping the leaderboards this term.

As always, year 7 have thrown themselves into the extra-curricular programme, specifically when it comes to helping/earning points for their House. Students have spent their lunchtimes playing futsal, throwing paper aeroplanes (made by the tutor group to see how far it would travel), selling and buying cakes at the Comic Relief and Strongman cake sale. Thank you so much to all the students who got baking for this event, it could not have happened without you. This half term also saw the first event, the Disco. It was such a lovely evening, lots of fun with plenty of smiles. I hope everyone who attended had a wonderful time.

Next term is the Summer term when the sun shines and exams begin. Please be aware that the next round of ROA's start at the beginning of June. There is still lots of time to get prepared but as I am sure you will agree, weeks fly by, and June will be here before we know it.

I hope you all have a happy Easter break, rest up, have fun, and I will look forward to seeing you next term.

Mrs Thomson and the year 7 team

Mr Taylor – Head of Year 8 (Class of 2029)

As we look back and celebrate on the achievements of year 8 students of yet another busy term here at the academy, it has yet again flown by, and we are almost in the Summer term where hopefully we see some sunshine and blue skies.

First up, I found myself watching in awe of the talent on show at our recent Spring concert with year 8s leading the way, whether that be dancing, acting, or singing they were all extremely inspirational. Honourable mentions go to Hollie, Enzo, Jessica, Sienna, Lily-may, Grace, Evie, Mia, Evie, Georgie, Julita, Aneeta, Cleo, Alex, Abigail, Siana, Eliana.

We have also had a busy term for sporting fixtures and extra-curricular activities, firstly a massive well done to our year 8 netball girls who went to the county competition and came away only losing 1 game against the best schools in the county and ending up finishing 3rd which is a fantastic achievement by Sienna, Sienna, Olivia, Amelia, Izzy, Natalie and Nuala. There was a lot of praise with their conduct on the day from the umpires and other schools which is fantastic to hear. The boys have been busy with both football and rugby fixtures which they have performed fantastically well in some difficult conditions at times. Their commitment and attitude to turning up week on week is fantastic and something as an academy we love to see.

Moving on, we have had a busy term with hundreds of students within the year group taking part in an array of events being held by our Head of Houses. They buy in to contribute to their House in sporting activities and bake sales, with raising over £250 during our bake sale with the Carmichael's Durdle cake being my favourite on the day.

This term has seen a change in streams for pupils in year 8s based on their performance in the ROA's after Christmas and it has been fantastic to see how well pupils have settled in with the change, the motivation it has provided pupils and the continued approach for hard work and determination within lessons around the academy. I look forward to seeing the hard work that goes into their preparation for their summer ROA's ensuring that students are in a position they deserve come year 9 (which is crazy to think we are almost there).

Lastly, I would just like to say a massive thank you and well done for the hard work in and out of lessons for the students in year 8 that creates an enjoyable, passionate year group to oversee. I wish that both you and your sons/daughters have a fantastic and well-deserved break, ready to do it all again in the Summer term where hopefully we see a little bit more sun.

Kind regards, Mr Taylor

Miss Jupe – Head of Year 9 (Class of 2028)

The year 9 team continues to be extremely proud of the progress, maturity, and hard work of the year 9 students during this term. This term has seen our year 9 students continue to represent the academy at club level, fixtures, and concerts. The year 9 team were also extremely impressed with the high turnout for the year 9 options evening. It was lovely seeing students having mature and detailed conversations regarding their options. Well done to Olivia O from Purbeck who has the highest REACH points for this term for AGA and Nikki P who has the highest REACH points for this term for ABA. I would like to continue to thank parents for ensuring students are in school every day, fully equipped and supporting the school's measures. Wishing everyone a wonderful half term break from Miss Jupe and Miss Fisher.

Mr Ryan – Head of Year 10 (Class of 2027)

We have come to the end of our second term of GCSE. Realistically, we are close to halfway through the GCSE content. The Year 11 exams start 3 weeks into next half term, which means for Year 10, we are close to 12 months away.

On Monday 18th March we had Efrem Brynin, CEO & Co-Founder of Strong Men, a charity determined to support men through bereavement, talk with the boys within the cohort about support dealing with loss in the family. The talk, although difficult to hear, will hopefully help to break down the bravado stigma that can be associated with young men and emotions.



On Wednesday 20th March I was fortunate enough to see some of our Year 10s showcase their dance, theatre and music talents at the Spring concert at Avonwood. It was fantastic to see the efforts of the performances that have been working tirelessly in lessons and out of school hours to put together, it was a great night of talent. Well done to all involved, both staff and students.



I wish everyone a safe, enjoyable and restful break. It comes at the end of a long term, but at least the hours of sunlight and the weather is starting to improve. I encourage everyone in the cohort to use the two weeks to unwind and reflect on what has been achieved so far this year. Also use it to set goals and plan for the upcoming final term of Year 10, the third of your GCSE journey.

Mr Nash – Head of Year 11 (Class of 2026)

As you are aware, we are now heading for the final push before the summer GCSE season and revision should now be well under way. The students have worked incredibly hard and we are very proud of them. They are coming to the boil at just the right time! We have our Easter revision sessions over the next two weeks, letters were emailed home regarding these. They provide an excellent method of extra revision for the student before the exams begin in May.

The summer exam timetable is still being compiled by the exam boards, however it is approximately 18 school days until the first summer exam. These will be finalised over the break and will be handed to the students when we return.

As per the mock exams, the canteen will be open at 07:30am for breakfast on the mornings of exams and then there will be revision sessions before we all meet in the hall.

Hopefully you have all now seen the letters regarding the Prom and leavers hoodies. Please remember to complete the attached form which was included in the Prom letter as we will need the allergen information for the hotel who will be preparing the food. The Prom is an amazing opportunity to witness the "Mr Nash and Mr Ryan dance off!"

Please have a restful April and I look forward to making the final race of the year and, for some of you, your child's final few weeks at Avonbourne.



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Wishing all our Avonbourne community a wonderful Easter Break!
We look forward to seeing all year groups on Monday 15th April at 8:30 am.



www.avonbourneacademy.org.uk

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