



13<sup>th</sup> January 2023

## Congratulations!



Staff and pupils at Thornhill wish to congratulate Mr Ali and this fantastic recognition of his help and support for people within the local community.

[Sunderland teacher Syed receives an MBE for his work making education accessible to the Bengali community | Sunderland Echo](#)

## Parent/Carer Voice Council Thursday 9<sup>th</sup> February 4pm

At Thornhill we feel it is of the greatest importance to work in partnership with all of our community. Parents and Carers are a voice we want to hear from. As a result, we will be hosting half termly parent/carers voice councils. Within this forum we will focus on working together to cover all aspects of student welfare such as mental health and wellbeing, progress, SEND, Anti Bullying, Health, safeguarding, Healthy Relationships and all other areas of student welfare. There will also be an opportunity for parents to highlight any important work they feel the Academy can develop further.

If you would like to join the parent/carers voice council a link will be sent out week commencing 16<sup>th</sup> January to express your interest in attending. Any questions, please contact Miss Leigh Coates - Head of safeguarding and Wellbeing - [leigh.coates@consilium-at.com](mailto:leigh.coates@consilium-at.com)

## Wellbeing Weekly

We are excited to introduce our Wellbeing Weekly section of our parental bulletin. Every week we will be sharing thoughts, tips and advice to support student, parent and staff wellbeing. The first focus is advice around a weekly check in. If you feel you need further advice and support from the Academy around your child's mental health and wellbeing, please contact Miss Leigh Coates Head of safeguarding and wellbeing.

**WEEKLY WELLBEING CHECK-UP** #ADDRESS YOUR STRESS

Try using this list each week to check in with your mental health



**Where's my mental health today?**

How do I feel today?

Mentally? \_\_\_\_\_

Physically? \_\_\_\_\_



**Looking after my wellbeing**

Am I drinking enough water and eating a balanced diet?

How did I sleep last night?

Did I feel rested when I woke up?

Is there anything I can improve?



**How's my thinking today?**

How are my thoughts making me feel?

Am I having unhelpful thoughts?

For free resources on spotting and challenging unhelpful thoughts, visit [getselfhelp.co.uk](http://getselfhelp.co.uk) or [moodgym.com.au](http://moodgym.com.au)



**My Stress Container**

How full is my container?

Am I using helpful coping strategies?

Are they working?

Learn about your Stress Container at [mhfaengland.org/mhfa-centre/campaigns/mhaw2018](http://mhfaengland.org/mhfa-centre/campaigns/mhaw2018)

MHFA England There are simple steps you can take to #AddressYourStress. Check out our resources at [mhfaengland.org](http://mhfaengland.org)

## Spotlight on Safeguarding

Every week we will be highlighting, sharing and signposting families and students to support around local and national safeguarding concerns so that parents and the Academy can equip our community to keep themselves safe. The first focus of this is sharing the times, dates and locations of the 'Wear Here for you' bus from together for children. The bus provides support from a number of targeted 0-19 services. We have attached the poster for further information. If you can any concerns in relation to safeguarding, please contact Miss Leigh Coates Head of Safeguarding and Wellbeing.



## Year 9 Options Evening

Year 9 options evening will take place on Thursday 9<sup>th</sup> February 2023. This is an opportunity to visit the school with your child and to explore the choices available to them to enable them to choose their GCSE options. It would be very beneficial if you could attend and the perfect opportunity to meet the staff and ask any questions which you may have.



## Exercise and Wellbeing

This week our students have been learning the importance of keeping themselves active both inside and outside of school during morning assemblies. Mr Haley spoke about the health benefits exercise can have to the body, but also how it can link into school life, and how exercise can support upcoming exams, and help relieve stress. Government guidelines advise 60 minutes of exercise per day, this is achieved through our P.E lessons, extra curriculum activities, and also activities outside of school. Pupils are now aware of a range of sporting facilities available to them in the local area and different exercises they can do which they will find fun and engaging!

Wear  
**HERE** 4  
YOU

The **Wear Here 4 You** prevention bus is back on the road and in the community in 2023!

**Tuesday 14 February to Thursday 16 March**

Tuesday | Princess Anne Park

Thursday | Sulgrave

**Tuesday 18 April to Thursday 18 May**

Tuesday | Downhill or Redhouse

Thursday | Hylton Castle

**Tuesday 23 May to Thursday 22 June**

Tuesday | Houghton Skate Park

Thursday | Hetton Lyons Country Park

# VISIT *Liverpool*

## JOIN HISTORY AND MUSIC ON A DAY TRIP TO LIVERPOOL

### *International Slavery museum*

Hear the untold stories of enslaved people and learn about historical and contemporary slavery.

### *British Music Experience*

From the Beatles, The Rolling Stones and Bowie to The Spice Girls, Oasis, Adele and X-Factor, the BME boasts an unrivalled collection of memorabilia, stage outfits, instruments, images and footage. It charts the beginnings, rise and influence of British pop from 1945 to the present day.

### *Mersey Ferry Tour*

Enjoy a 50-minute River Explorer Cruise on the world famous Mersey Ferry, and see incredible views of Liverpool's world-famous waterfront.

Our on board commentary highlights the River Mersey's key landmarks as well as their history, so the cruise is the perfect mix of fun and education.

*More information next week*

# Coming Soon

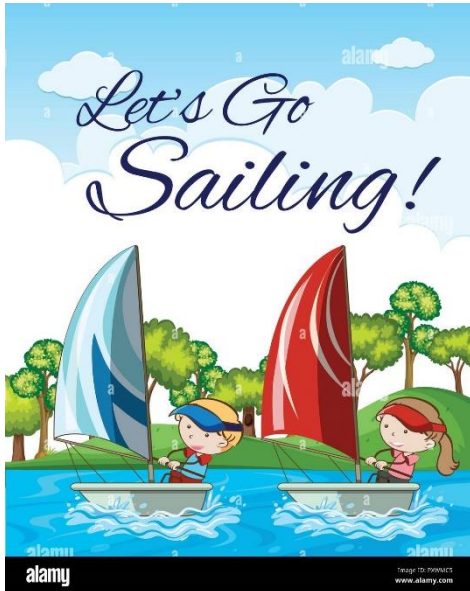


## Breakfast Club

A reminder that all students are required on site for 8.20 am and Breakfast club is available from 8am **FOR ALL STUDENTS**, whether they are eligible for free school meals or not.



## All Aboard!!



You may have seen through our social media streams, an amazing opportunity for our current Year 9 cohort next year. Setting sail from Royal Quays Marina, North Shields on Monday 15<sup>th</sup> May 2023, 12 students will be selected to spend 5 days and 4 nights aboard a fantastic fully funded sailboat, travelling up and down the northeast coast, stopping off at local ports to spend days on the beaches and going on fantastic adventures!

If this is something your child in would be interested in, they can apply for a place by completing an application for explaining the reason why they should be chosen for this once in a lifetime experience. applications should be no more than one side of A4 and can be handwritten or

typed. If you have any further questions, you can visit the organisations page via the link: <http://www.oynorth.org.uk/> or contact Mr Haley- Head of Year 9.

## Sunderland AFC



As a school, we use a teacher supply agency, AK Teaching, who are also one of the main sponsors for Sunderland AFC. As a result, we have secured 12 tickets to the home game on Sunday 22<sup>nd</sup> January Sunderland Vs Middlesborough! Out of the 12

tickets, six pupils will have the chance to be on the pitch as flag bearers, when the players walk out on to the pitch prior to kick-off. This is open to current Year 7 & 8 pupils. To be eligible to be chosen, your child must have 100% attendance and excellent behaviour between the dates of 5<sup>th</sup>-13<sup>th</sup> January 2023.

## Safeguarding

Can we all please use the streets opposite school, or other safe parking spaces outside of school, to drop children off on a morning and collect in the afternoon. Students can then use the crossing to safely cross the road.

**There must be no children getting out of cars on the main road especially on the zigzag lines, even if stopped at the crossing, as this is extremely dangerous.**

*Rule 191 of the highway code states*

*'You **MUST NOT** park on a crossing or in the area covered by the zig-zag lines.'*



## School Uniform Donations

Do you have any school uniform items which you no longer use, which could be given to other families? They are probably taking up space and would be greatly appreciated by families who could utilise them.

## ParentView Questionnaire

We would love to hear your views on our school. Please take a moment to register via email and complete the 2-minute questionnaire about Thornhill Academy using the link below.

<https://parentview.ofsted.gov.uk/login?destination=give-your-views>

## Parent App

We are encouraging all parents/carers to sign up to the SIMS Parent App.

The App enables us to communicate easily with you and allows you to keep your child's information up to date.

Once signed up, please check the data collection sheet as this shows the details that we hold for you and your child.

At the end of the process, you will be required to review the changes and submit to the school for us to process your changes.

If there are no changes, please ensure you click on the confirm no changes button on the page.

We have included below the parent guide on how to register for the App.



## **SIMS PARENT APP**

### **QUICK SETUP GUIDE**

The SIMS Parent app allows us to easily communicate with you, the parent/carer. Whether it's sharing information such as attendance, termly assessments, conduct, school reports and sending messages to or from the school. The app also allows you to keep your child's information up to date! All of the information is easily accessible from the convenience of your smart phone, tablet or PC.

We can now easily send automated alerts and notifications directly to your phone! By sharing information with you on attendance, termly assessments, timetables or school reports and conduct, you can stay on top of your child's progress. A clear dashboard gives you an overview of your child's school life and the data collection functionality within the app and website lets you easily update your contact information too.



**Follow the steps below to setup and install the SIMS Parent App.**

## STEP #1: Receive the Activation Email

1. We will send you an activation email. Simply click on the link inside the email from your tablet, PC or smartphone to activate your account.
2. After clicking on the link in the email you will now be asked to login using your Facebook, Twitter, Google or Microsoft (including Office 365) account username and password. Don't have one of those accounts then click on More for the option to create a Microsoft account.
3. You will be asked the date of birth for one of your children at the school.
4. Click Verify and complete your registration.

**Now you just need to download the app!**

*\*The email will be from [noreply@sims.co.uk](mailto:noreply@sims.co.uk) so please check your SPAM or JUNK folder if you cannot find it. If you still cannot find it then please contact the school on [thr-enquires@consilium-at.com](mailto:thr-enquires@consilium-at.com) to confirm that we have the correct information for you.*

## STEP #2: Download SIMS Parent App & Login

The app is free to download and can be used on both iPhone and Android devices.

1. Open the Apple store or Google Play store on your mobile device.
2. Search 'SIMS Parent app' and select SIMS Parent by Capita PLC.
3. Click install to download the app
4. Once installed, open the app on your device.
5. You will be asked 'Have you received an invitation from your school and completed registration?' Click yes
6. Login using the account you signed up with.

Alternatively, you can login in via the website: [www.SIMS-PARENT.co.uk](http://www.SIMS-PARENT.co.uk)

### Vacancies

We are looking for friendly professional people to join our team, please see our website for further details.



## Attendance

A massive thank you to all the parents who are continuing to support the increase in attendance for their child by sending children into school. We are seeing excellent progress in attendance and student knowledge.



Parents must be aware that their child will receive a U code if they arrive to school after 9.10am. This means they will have 0% attendance for the morning. This is massively impacting on student's attendance and can easily be improved.

## Uniform

Thank you for your ongoing support with the standards and expectations around your child's jacket inside of the school building and the type of jacket they must wear to school. Please be reminded that body warmers, sports jackets and hoodies are all unacceptable pieces of uniform for Thornhill.

## School Contact Details

Telephone: 0191 5007981

Email: [thr-enquiries@consilium-at.com](mailto:thr-enquiries@consilium-at.com)

Website: <http://thornhillschool.org.uk>

Twitter: @thornhill\_uk

Facebook: Thornhill Academy