



ORMISTON SIX VILLAGES ACADEMY



15th March 2024

Dear Parents and Carers

Please find this week's notices below.

Parent Forum – Tuesday 26th March, 6pm

I will be holding a forum on the above date with a focus on the following:

- to work together to continue to improve behaviour for learning; parents and carers will be invited to review behaviour sanctions and the recording and reporting of behaviours to parents and carers
- to discuss ways to improve communication
- to share how Six Villages develops the whole child
- parents and carers will also have an opportunity to raise other topics.

I really do value your views so please save the Parent Forum date above and can I make a plea to please share your views [here](#). You will be asked to register if you are not already registered. Our postcode is PO20 3UE. Thank you in advance for taking the time to share your views. This is really important to us and I look forward to seeing as many of you as possible on 26th March.

Year 10 Mock Exams: 29th April – 8th May

Please find below the timetable for the mock exams. Dates are currently being scheduled for practical exams and MFL speaking exams.

	Monday 29 th April	Tuesday 30 th April	Wednesday 1 st May	Thursday 2 nd May	Friday 3 rd May	Tuesday 7 th May	Wednesday 8 th May
AM Exam 08:45am	English Language (1h45mins)	Maths Non-Calculator (1h30mins)	History (1h45mins)	Maths Calculator (1h30mins)	French and Spanish Writing (1h15mins) Music (1h30mins) Hospitality and Catering (1h30mins)	French and Spanish Listening (1h15mins) Drama (1h30mins)	Business Studies (1h30mins)
12.10pm Early lunch for students taking afternoon exams							
PM Exam 12:50pm	Computer Science (90mins) GCSE PE (1h15mins) Health and Fitness (1h30mins) Philosophy (1h45mins)	Science Trilogy and Triple (1h15/ 1h45mins)	Science Trilogy and Triple Science (1h15/1h45mins)	Geography (1h30mins) Design Technology (2h)	Music mop up exam for students with an exam clash in the morning	English Literature (1h30mins)	

Exam Equipment

Please ensure your Year 10 student is equipped with a scientific calculator, pen, pencil, ruler, protractor and a pair of compasses. We aim to familiarise Year 10 with exam regulations and therefore all exams will be conducted in exam conditions. Equipment must be in a clear pencil case; a bottle of water may be taken into the exam but must not have a label on it. Students will need to leave their mobiles, air pods and any electronic device including any kind of watch in their school bags, which will be securely stored in the Wyatt Studio. Mr Case will be familiarising students with all exam procedures in advance of the exams.

PE Fixtures

Week commencing	Tuesday	Wednesday	Thursday
18 th March	Y9 Football @ Selsey <i>Collection time: 4.45pm</i>	Y9 Netball @ The Regis <i>Collection time: 5.45pm</i>	Y7 Girls Football @ FCC <i>Collection time: 5pm</i>
25 th March	U13s Girl rugby festival @ OSVA <i>Collection time: 4.30pm</i>	Y7 Netball @ The Regis <i>Collection time: 5.45pm</i>	Y7 Girls Football @ OSVA against SPH <i>Collection time: 4.30pm</i>

Tutee of the Week

7O	Lily B	8O	Owen R	9O	Lily H	10O	Toby B	11O	Archie W
7R	Demi S	8R	Joshua W	9R	Madi P	10R	Karl H	11R	Chantelle B
7M	Zofia B	8M	Jaydon W	9M	Dominika F	10S	Lola T	11M	Lydia F
7S	Ivie W	8S	Josh L	9S	Brooke S	10T	Chloe R	11S	Oliver B
7T	Sebastian F	8T	Demi Mai S	9T	Katherine B			11T	Ruby T

Sparx Superstars

Congratulations to this week's superstars who have achieved the highest number of XP points.

Patrick S	Morgan K	Kyle B	Oliver C	Laura Z
Lillie B	Tiana EKM	Molly S	Tilly P	Rihanna B

Top Tips for parents and carers for developing healthy sleep patterns

For children and young people, low-quality sleep can become a serious issue. It has been theorised that poor sleep can have a significant impact on children's brain development, affecting them for the rest of their lives. A healthy – and consistent – sleeping pattern, therefore, is incredibly important for children and young people's wellbeing.

With the stresses and distractions that can present themselves to youngsters, it can be tricky to ensure they're in the best mindset to wind down in the evenings for the rejuvenating rest that they need. The right approach, however, can give them a better chance of cultivating a healthy sleeping pattern. This week's guide has some practical tips on helping them to achieve exactly that.

- Mindful tech use: encourage a balanced approach to screen time
- Effective sleep practices: practical advice on reinforcing habits that have a positive influence on sleeping patterns
- Hydration habits: drink plenty of water through the day, limit drinks close to bedtime to prevent disruptions during the night
- Consistent bedtime schedule: develop routines that tell the body it's time to wind down and promote a more relaxed state
- Optimal sleep environment: ensure the bedroom is comfortable, dark and free from distractions; we advise keeping devices out of the bedroom at night-time
- Relaxing evening activities: consider activities that have a calming effect on the mind
- Prioritising adequate sleep: emphasise the crucial role of sleep in maintaining physical and emotional wellbeing
- Nutritional balance: highlight the significance of a healthy balanced diet with plenty of fruit and vegetables

Key dates 2024

28 th March	Deadline for submission of option choices and last day of spring term
29 th March-14 th April	Easter break
15 th April	First day of summer term
25 th April	Year 8 Parents' Consultation
29 th April-8 th May	Year 10 mock exams
3 rd May	Year 11 Travel and Tourism exam (actual)
6 th May	Bank Holiday
9 th May	Main GCSE exam season begins
16 th May	Year 7 Parents' Consultation
27 th May-31 st May	Half term
13 th June	Year 10 Parents' Consultation
19 th June	Governor Day – Parent drop in 3pm
21 st June	Year 11 Prom
26 th -27 th June	Summer drama production
1 st -5 th July	Year 10 work experience week
3 rd July	Countywide Transition Day
3 rd July, 6.30pm	Year 6 parents and carers meeting
12 th July	Sports Day

19th July
22nd August

Last day of summer term
Year 11 GCSE Results Day

2nd September

INSET day

3rd September

INSET day

4th September

First day of term – Year 7 and Year 11

5th September

All years in school

Yours sincerely

A handwritten signature in blue ink, appearing to read 'Paul Slaughter', with a long horizontal stroke extending to the right.

Paul Slaughter
Principal