

WESTBOURNE LIFE





**Welcome to the second edition of
Westbourne LIFE, our digital magazine!**

We will be sharing news and photos of all the great stuff that has happened at Westbourne each term. This academic year sees the launch of new termly House competitions, the winners of which will be announced in our July whole school assembly.

On our website, you can find more detailed information, as well as additional photos on our Galleries page.

Mr M Bouckley - Principal

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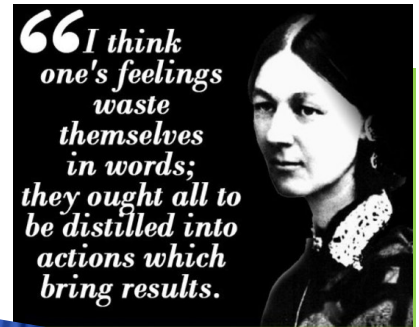
Term Dates 2022-24

Contributor: Mrs E Pepper - Executive Administrator

Charity ...

In September, the academy held its traditional House cake sale for students and staff in support of MacMillan Cancer Support which raised the record sum of £768.21.

Florence Nightingale (1820—1910)



WESTBOURNE ACADEMY

DATE: SEPTEMBER 2022 12-34-56 987654321

BANK OF WESTBOURNE

PAY: **MACMILLAN CANCER SUPPORT** WORLD'S BIGGEST COFFEE MORNING

£768.21

Signed: Mr Bouckley
Principal
Westbourne Academy

SEVEN HUNDRED & SIXTY EIGHT POUNDS - 21p

Sort code: 12-34-56 account number: 987654321

Ashton Fulcher in Year 9 donated £100 that he had raised through his own fundraising, and this was very generously matched by Pluming Trade Supplies, Ipswich.

Congratulations to Churchill, who raised the most money from the bake sale and were awarded 4 points towards the House Trophy total, for the year.



Show Racism the Red Card

On the last day of half term in October 2022, we were invited to wear something red to school for Wear Red Day, to raise awareness and encourage young people to challenge racism in society and break down barriers. The sum raised through donations was £620.60.

Founded in 1996 by Newcastle United goalkeeper, Shaka Hislop, Show Racism the Red Card are a charity that deliver educational workshops to young people and adults in schools, workplaces and football stadium events.

Across the UK, SRtRC works with more than 50,000 individuals a year and, as of January 2023, it is fast approaching the 1 million mark of the number of people reached.

The money raised in schools across the country will help the charity continue in their efforts to educate against racism.



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BANK OF WESTBOURNE

PAY: Show Racism the Red Card

£620.60

Six hundred and twenty pounds 60p

Signed: Mr Bouckley
PRINCIPAL

Sort code: 12-34-56 account number: 987654321

Christmas Jumper Day 2022



Save the Children
CHRISTMAS JUMPER DAY

Once again, students and staff wore their festive jumpers to school for the day on Wednesday 14 December in support of Save the Children. This was the same day that our food hall colleagues served over 300 Christmas meals at lunchtime.



12-34-56 987654321

BANK OF WESTBOURNE

PAY:



£257.11

Two hundred and fifty seven pounds 11p

Signed:

Mr Bouckley

PRINCIPAL

Sort code: 12-34-56 account number: 987654321



A grand total of £1645.92 has been raised for charitable causes by our staff, students and their families since September 2022.



The Class of 2022 Presentation Evening ...



It was a privilege to welcome back the 'Class of 2022' and their families at our presentation evening on Wednesday 16 November.

It was an important milestone and, despite the significant challenges that our young people faced over the last couple of years, they showed great resilience and determination to achieve their very best.

There were some great success stories, as well as strong progress for some students across a wide range of subjects. Well done to everyone who received a subject award for Most Progress or Significant Attainment.

Congratulations to Joshua Lamb who won the award for Best Overall Attainment and to Laurynas Kaptielovas for being awarded Best Overall Progress and Achievement.

These young people have begun the next stage of their lives and it was wonderful to

hear about their experiences so far and how they are getting along with their post-16 choices. We are very proud of them and wish them all the very best in their future endeavours.



Head of House Awards

Ramsey – Mr Payne	Agata Simkowska & Brandon Ling
Ennis – Mr Arrow	Alex Ursu & Dinoja Pakkayarajah
Nightingale – Mr Durrant	Elen Emmanuel & Charlie King
Churchill – Mr Agate	Ellesha Potter & Reuben Dunn

Progress and Attainment

Subject Award	Most Progress	Significant Attainment
Art & Design	Lochlan MacAulay	Ais Castillo
Business	Matilde Ramalho	Jayden Griss
Computer Science	Simon Kapustinas	Joshua Lamb
Creative iMedia	Przemyslaw Danilczyk	Joshua Lamb
3D Art & Design	Alex Ursu	Ellesha Potter
Design Technology	Charlie Britton	Sophie Dolden
Drama	Matilde Ramalho	Kailan Welham
English	Poppy Gundry	Amy Willis
Enterprise	Vali Diaconu	Laurynas Kaptielovas
Finance	Charlie King	Chanel Hamafaraj
Geography	Anna Rybicka	Kayla Chappel
Health & Social Care	Matilde Ramalho	Sydney-Rose Draper
History	Laurynas Kaptielovas	Elen Emmanuel
Hospitality & Catering	Ellie-Mae Caswell	Tilly Biggs
Maths	Charlie Britton	Daniel Latham
Music	Loicia Lassus-Harbord	Joshua Lamb
PE	Matilde Ramalho	Morgan Reddington
Photography	Poppy Gundry	Imogen Bacon
Religious Studies	Ovidijus Banuskevicius	Ryan Hicks
Science	Laurynas Kaptielovas	Lilwen Colville
Spanish	Daisy Wills	Chanel Hamafaraj
Best Overall for Attainment	Joshua Lamb	
Best Overall for Progress & Achievement	Laurynas Kaptielovas	

Sports News ...



We are excited to share with you some great news about the success of our sports teams at Westbourne Academy. So far this year we have had tremendous success with our teams achieving great results in various competitions.

We have been competitive in a range of sports, including football, netball, basketball, futsal, cross-country and sportshall athletics. Success has been seen across the age range and across boys and girls teams.

All of our boys and girls football teams successfully navigated the early rounds of the County Cup. The U15s are the only team to remain in the competition, with a recent nail-biting win over East Bergholt High, that went to penalties. They await to see who their opponents are in the semi-finals.

Our U12 boys and U13 girls were winners of their Futsal rounds and look forward to competing in the Ipswich and District finals later in March.

For the first time, Westbourne has been able to field an U16 boys basketball team as a result of their enthusiasm and commitment to attending an after school club.





They represented the academy at a recent tournament, coming away with huge credit by only just being beaten by teams that have played together for years.

In addition, our U13 boys sportshall athletics team qualified for the County finals in Newmarket. The level of competition was extremely high, with the boys coming away keen to improve and go one better next year.

These successes are a testament to the hard work and dedication of our student-athletes. We are proud of our teams for their achievements, but we are even more proud of the values and principles they have demonstrated on and off the field.

We look forward to competing in further competitions over the next half term, including U13 & U15 girls indoor cricket, U12 girls football, U14 & U16 trampolining and U13 boys basketball.

#AsONE #GoWA

Clubs & Activities ...



WESTBOURNE
ACADEMY

Extra Curricular Programme SPORTS IN BLUE SPRING TERM 2023

Day	Club or Activity	Venue	Period	Times	Year Group	Staff in Charge
MON	Fitness Suite	Fitness Suite	Lunchtime	1.10pm - 1.50pm	All Years	Mr Moore
	KS4 Sports Hall Activities	Sports Hall	Lunchtime	1.10pm - 1.50pm	Year 10 & 11	Mr Payne
	Library / Home Learning	Library	Lunchtime	1.10pm - 1.50pm	All Years	Supervised by staff
	Samba Club	All music rooms	Lunchtime	1.10pm - 1.50pm	All Years	Mr Damigella & Mr Wilmot
	GCSE Art Club	S21	Lunchtime	1.10pm - 1.50pm	Year 11	Mrs Roche
	Samba Drumming	Music Room 2	Lunchtime	1.10pm - 1.50pm	All Years	Mr Wilmot
	Netball	Sports Hall	After School	2.50pm - 3.50pm	Year 9,10 & 11	Miss Annandale
	Trampoline (subject to fixtures)	Gym	After School	2.50pm - 3.50pm	All Years	Mr Moore
TUE	Fitness Suite	Fitness Suite	Lunchtime	1.10pm - 1.50pm	All Years	Mr Moore
	KS3 Sports Hall Activities	Sports Hall	Lunchtime	1.10pm - 1.50pm	Year 7, 8 & 9	Mr Arrow
	Wired	B6	Lunchtime	1.10pm - 1.50pm	All Years	Mr Burrows
	Library / Home Learning	Library	Lunchtime	1.10pm - 1.50pm	All Years	Supervised by staff
	Guitar Club	Music Room 1	Lunchtime	1.10pm - 1.50pm	All Years	Mr Cheal
	3D Design Club	B7	After School	2.50pm - 4.00pm	Y10 & 11	Mrs Brown & Mr Brown
	Science Club	C9	After School	2.50pm - 3.30pm	Year 7, 8 & 9	Mrs Feakes & Mr Yeo
	Book Club	Library	After School	2.50pm - 3.50pm	Year 7, 8 & 9	Mrs Rehbein
	Netball	Sports Hall	After School	2.50pm - 3.50pm	Year 7 & 8	Miss Annandale
BTEC Catch Up	B26	After School	2.50pm - 3.50pm	Year 11	Mr Arrow	
WED	KS4 Sports Hall Activities	Sports Hall	Lunchtime	12.50pm - 1.30pm	Year 10 & 11	Mr Payne
	Fitness Suite	Fitness Suite	Lunchtime	12.50pm - 1.30pm	All Years	Mr Moore
	History Club (Week 1 Only)	C25	Lunchtime	12.50pm - 1.30pm	Year 7, 8 & 9	Mr Day
	Library / Home Learning	Library	Lunchtime	1.10pm - 1.50pm	All Years	Supervised by staff
	Music Club	All music rooms	Lunchtime	12.50pm - 1.30pm	All Years	Mr Damigella
	Library / Home Learning	Library	Lunchtime	12.50pm - 1.30pm	All Years	Supervised by staff
THUR	Fitness Suite	Fitness Suite	Lunchtime	1.10pm - 1.50pm	All Years	Mr Strutt
	KS3 Sports Hall Activities	Sports Hall	Lunchtime	1.10pm - 1.50pm	Year 7, 8 & 9	Mr Arrow
	Wired	B6	Lunchtime	1.10pm - 1.50pm	All Years	Mr Burrows
	Library / Home Learning	Library	Lunchtime	1.10pm - 1.50pm	All Years	Supervised by staff
	Ukulele Club	Music Room 1	Lunchtime	1.10pm - 1.50pm	All Years	Mr Damigella
	GCSE Art Club	S21	Lunchtime	1.10pm - 1.50pm	Year 11	Mrs Roche
	Book Club	Library	After School	3.00pm - 3.50pm	Year 10 & 11	Mrs Rehbein
	Latin Club	A7	After School	2.50pm - 3.50pm	Year 7, 8 & 9	Mrs Woodhouse & Miss Picciau
	Sewing Club	B22	After School	2.50pm - 3.50pm	All Years	Mrs Ingate
Basketball	Sports Hall	After School	2.50pm - 3.50pm	All Years	Mr Moore	
FRI	Fitness Suite	Fitness Suite	Lunchtime	1.10pm - 1.50pm	All Years	Mr Arrow
	KS4 Sports Hall Activities	Sports Hall	Lunchtime	1.10pm - 1.50pm	Year 10 & 11	Mr Payne
	Chess Club	Library	Lunchtime	1.10pm - 1.50pm	All Years	Mr Pashler
	Library / Home Learning	Library	Lunchtime	1.10pm - 1.50pm	All Years	Supervised by staff
	Voice Squad - Musical Theatre / Pop Choir	Music Room 1	Lunchtime	1.10pm - 1.50pm	All Years	Mr Damigella
	Rubiks Cube Club	Library	After School	3.00pm - 3.30pm	All Years	Mr Bouckley
	Badminton	Sports Hall	After School	2.50pm - 3.50pm	All Years	Miss Annandale

Winter Concert ...

What an incredible evening! Mr Damigella and his team, including Mr Cheal, Mr Davis and Mr Archer gave us a really special concert with students involved from all year groups. The talent on show and growing confidence of our students was something to behold. Matilda the Musical in March promises to be something really special. Thank you to those involved in making the Winter Concert such a success.

Wed 7 December 2022



I'm wanting to send a very big thank you and a huge congratulations to everyone involved in last night's performance.

The audience was filled with extremely proud parents and carers watching the sheer amount of talent within Westbourne academy.

Its so nice to be able to go back into schools and see just how nurtured and supported our children are and witness for ourselves how much their talents have developed!!

There were lots of spectators last night chatting about how nice it would be to see all these incredible students regularly if that's something the staff and students would be able or willing to do? We were so impressed that some of us were even discussing the possibility of paid tickets to support the school or individual departments. There's enough talent between the staff and students that they could put on a gig or two a year!

Thank you so much again for letting us come along to enjoy seeing all the awesome students and staff displaying their talents. We're very much looking forward to the next one ... let's hope its not too far away!!

Kind regards - Emma Cracknell (Parent)



WESTBOURNE
ACADEMY

presents



Roald Dahl's

Matilda

The Musical

Show dates: Tue 21 March 2023
Wed 22 March 2023
Thu 23 March 2023

Time: 7.30pm
with raffle and refreshments

Tickets on sale from the
Finance Office
Adults £7
Children £5
Family ticket 2ad+2ch £22

Main Hall, Westbourne Academy,
Marlow Road, Ipswich IP1 5JN

Contributors: Ms M Abbott - SENDCO & Miss O Degville—Teaching Assistant

Community Hub ...

WA Community Hub events take place each half term between 15:00 – 17:00 in the main hall.

All are welcome to come along for hot drinks and refreshments. There will be an opportunity to access advice, purchase pre-loved uniform and stationery packs; pick up any sanitary products and, for £2 in cash, collect a bag of food. There will also be opportunities to pick up an assortment of donated books, games, toys, clothing and bedding. All purchases of pre-loved uniform and stationery packs will need to be in cash only, not card. You will also be able to swap uniform items for other sizes if your child has outgrown them.



The WA Community Hub is reliant on donations from local organisations and from the local community, so we would be really grateful for any donations of unwanted items which you may have at home. Donations can be dropped off at Reception between 09:00 - 15:15 weekdays in term time.

We would like to say a big **THANK YOU** to Morrisons Ipswich for supporting our community hub with top up food donations. We couldn't help as many families without donations from everyone who donates or contributes instore, we are truly touched by all your kindness.



**Westbourne
Community Hub Events
15:00 - 17:00
in the Main Hall
Tuesday 28 March
Monday 24 April
Monday 22 May
Monday 26 June**

Contributor: Mr D Payne - CEIAG Coordinator

Careers Fair ...



As part of our continuing commitment to raising aspirations, Westbourne Academy students in Years 10 and 11 were all invited to attend a Careers and Information Fair in the main hall on Friday 9 December 2022.

The aim of the event was to provide our students with information on various careers and employment opportunities within our region and the various pathways into them.

It was an extremely busy and productive day and my thanks and gratitude not only go to my colleagues, Mrs Bell and Mrs Pepper for their part behind the scenes, but also to the following exhibitors for giving up their valuable time in making the day such a success.

**FRED OLSEN TRAVEL, ASSOCIATED
BRITISH PORTS, BRITISH TELECOM,
NHS, NEACO, SUFFOLK ONE, SUFFOLK
NEW COLLEGE, SUEZ RECYCLING,
NEEDHAM FC, CEPHAS CARE HOMES,
THE BRITISH ARMY, NAVY,
ROYAL MARINES, IPSWICH TOWN FC,
MORGAN SINDALL CONSTRUCTION,
DANCE EAST
& APPRENTICESHIPS SUFFOLK**



Contributor: Mr D Payne - CEIAG Coordinator

NHS Careers Showcase ...

Hosted by Colchester United, at the Jobserve Community Stadium, a group of fifteen Year 10 Health and Social Care students were invited to attend an exhibition designed to showcase the numerous occupations available within our National Health Service.



A completely interactive event, amongst other things, students were able to take control of a 'virtual operating theatre', eradicate cancer cells, complete a primary First Aid assessment and even deliver a baby.

Sofie Hedges-Quinn (Year 10 Health and Social Care student) commented, *"The number of opportunities available are incredible, it was a fantastic experience."*

Thanks to Kay Pilkington-Blacker (NHS) and Paul Strutt (Team Leader for Health and Social Care) for their organisation.



Contributor: Mr D Day - Team Leader/History

Year 9 History Trip ...



On Thursday 2 February, sixty-five Year 9 history students departed Westbourne Academy at 7.15am to travel to the Imperial War Museum in London. Despite being a six-hour round trip, students were pleased to see many of London's landmarks on the journey. These included locations they had learned about in their history lessons such as the Tower of London, the Houses of Parliament and even a coach ride on the Embankment above Joseph Bazalgette's world renowned sewer system!

On arrival at the museum students were split into two groups. Each group was able to visit the World War One, World War Two and Cold War displays in the museum, as well as to take part in a self-guided tour of the Holocaust Gallery.

In the main museum, students were able to look at different vehicles, weapons and objects used in warfare across the twentieth and twenty-first centuries. Highlights included a reconstruction of a World War One trench and the impressive atrium which contained exhibits ranging from a British Spitfire and a Japanese Kamikaze aircraft, both suspended from the ceiling, to a V2 rocket and the remains of a Baghdad car bomb. The exhibits also brought home to students the brutality and devastation of war.



IWM IMPERIAL WAR MUSEUMS

The most moving part of the day was the visit to the Holocaust Gallery. After a learning session with museum facilitators, students were given a tablet which prompted them with a series of questions so they could engage more deeply with the items in the exhibition. As student Sadia Ahmed from Ramsey House noted, *'the postcards and letters that were displayed were really emotional because some were never delivered and found. It reminded me that people would write letters from the camps, hoping to one day be reunited with their families but never were.'* After visiting the gallery everyone was asked to reflect on what they had learned and the museum's educators were impressed with the quality of discussion provided by Westbourne students.

Thank you to Mr Archer, Miss Chetty, Mr Gowing and Mr Fulford, who contributed to making the trip so successful and rewarding for all involved.

Find out more about IWM London here:

[Visit IWM London - Plan Your Visit | Imperial War Museums](#)



Culture Capital ...



“A golden thread, woven through everything you do to teach children well”
(Ofsted Chief inspector Amanda Spielman called cultural capital)

So what is it? It is the “learned experience of the child: formal, informal, within the classroom and beyond.” Culture Capital is about exposing students to a large variety of subject areas and arts; promoting character-building qualities that lead to creating well-rounded, global citizens, and of course the more typical expectation of education, which is to provide young people with recognised and meaningful qualifications that will open up doors to paths in later life. Basically, the more culture capital students are exposed to, the more powerful they become!

What should that learned experience be? First and foremost, a broad, balanced and carefully planned curriculum. It is about during discrete lessons, VT themed discussions and assemblies, celebrating all types of diversity; to prepare students for life in modern Britain; learning about different cultures within our community and those communities students have no prior experience of, so they will learn to value each other’s cultures and those they will encounter in society as well as their own.

How is culture capital integrated into student life at Westbourne? Each week in tutor time, a specific topic is identified for discussion based on current affairs, world events or awareness days. In assemblies throughout the year students hear about a range of topics such as loyalty, resilience, Remembrance Day, Harmful Sexual Behaviour and Safeguarding, Positive Mindset and why healthy choices are important. As a community we also mark various worldwide and nationwide awareness weeks such as Road Safety Week, Mental Health Awareness Week, Young Carers, Heroes, World Poetry Week, School Diversity Week and Hello Yellow Day.

Our community support for charitable causes is also another great way in which students and staff have come together throughout the year to do something positive for those less fortunate than themselves: MacMillan Cake Sale, Rainbow Friday, Christmas Jumper Day, the Big Litter Pick, Show Racism the Red Card Day, The Big Hoot and in 2022, the DEC Appeal for Ukraine.

What is the value of extra-curricular experiences and trips? Giving students the opportunity to join in with extra-curricular clubs, sports events, House competitions and go on trips out of school adds to their cultural experiences. Through our core values of STAR and LORIC, students develop their character, learn about social norms, recognise that as young adults they need to sometimes show leadership skills, be well organised, be resilient to challenge and change, be independent and also communicate well.

Contributor: Mr J Pashler - Teacher of Science & CCF Contingent Commander

CCF Field Day ...



On Thursday 6 December, Westbourne CCF headed out for their first field day of the academic year at STANTA training area, Thetford. The freshly recruited Year 9 Platoon were nervous of what to expect, but eager and keen to see what a field day had in store.

After an eventful bus ride, we made our base of operations in an aircraft hanger on the area, which gave a great backdrop to training.

The training gave us an opportunity to brush up on those basic skills with 9 Platoon and 10 Platoon looking at camouflage and concealment, led by the more experienced 11 platoon. As always, there were some “interesting” interpretations of camouflage! During the stalk, there were some noble efforts at sneaking up on the eagle-eyed adults, with some cadets getting very close indeed.

11 Platoon then proceeded to practice their pairs fire and manoeuvre – the very core of attacking and defending against enemy positions. We used magazine fed paintball guns in order for them to see their fire and add to the excitement.





10 Platoon looked at patrolling – how soldiers move with their weapons and the formations they utilise, depending on terrain and other factors. Their explorations also landed them onto some ruined military vehicles, which they had great fun exploring.

Meanwhile, the newest cadets were learning how to build their shelters – a vital skill, especially in anticipation of an overnight field day in the future.

Finally, we all came together for another group stalk. The opportunity to sneak up on their teachers is always very much enjoyed!

Overall it was another productive and tiring day, which continues to enable our cadet force to go from strength to strength. I look forward to sharing with you more adventures coming soon!



Contributor: Miss A Rehbein—Library Manager

Word Book Day 2023 ...

	VALID FROM 16 FEBRUARY – 26 MARCH 2023	SPONSORED BY NATIONAL BOOK tokens	YOUNG PEOPLE AND FAMILIES: Participating retailers undertake to redeem this token as described, subject to the terms and conditions: worldbookday.com/terms-conditions Find your nearest participating bookseller at worldbookday.com/participating-retailers RETAILERS: Retailer's full terms and conditions: worldbookday.com/resources/booksellers PROMOTER: World Book Day is co-ordinated by World Book Day Ltd, registered charity 1079257 (England and Wales), registered company 03763095 (UK).	
THIS IS YOUR £1 BOOK TOKEN				
			Take me to a bookshop. Choose your £1 book for FREE. OR use me to get £1 off any book or audiobook worth £2.99 or more or more in participating booksellers only, subject to stock availability.	
Changing lives through a love of books and reading			#WORLDBOOKDAY	

To celebrate World Book Day at Westbourne on Thursday 2 March, we have organised a range of fun activities and photography competitions such as Guess the Shelfie, Reading in Unusual Places and a lunchtime quiz in the library, as well as bookmark making, book making and writing book reviews.

This year the WBD token is digital and can be redeemed between 16 February and 26 March at participating local booksellers and supermarkets. Some of the £1 books that you can purchase are shown over the page.



“Reading for pleasure is the single biggest factor in success later in life, outside of an education. Study after study has shown that those students who read for pleasure are the ones who are most likely to fulfil their ambitions. If your child reads, they will succeed – it’s that simple.

– Bali Rai

The library is open every lunch time to students in all year groups.

WORLD
BOOK
DAY

2 MARCH 2023

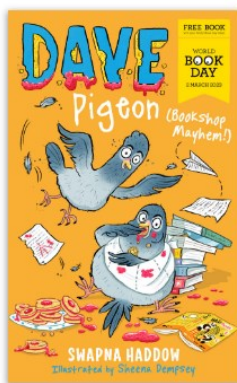
WORLD BOOK DAY®

Changing lives through a love of books and reading.

SPONSORED BY
NATIONAL
BOOK
tokens

<https://www.worldbookday.com/books/>

Early



Dave Pigeon: Bookshop Mayhem

Swapna Haddow
Sheena Dempsey
Faber

Early



Marvel Spider-Man the Amazing Pocket Guide

Catherine Saunders
DK

Fluent



The Boy with Wings: Attack of the Rampaging Robot

Lenny Henry
Keenon Ferrell
Macmillan Children's Books

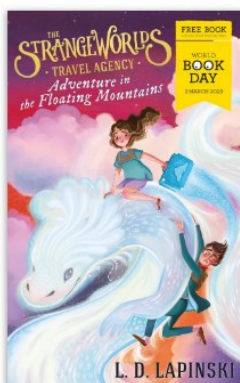
Fluent



A Dragon Realm Adventure

Katie & Kevin Tsang
Simon & Schuster Children's Books

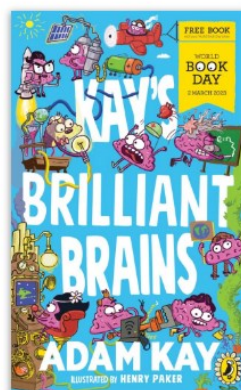
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The Strangeworlds Travel Agency: Adventure in the Floating Mountains

L.D. Lapinski
Hachette Children's Group

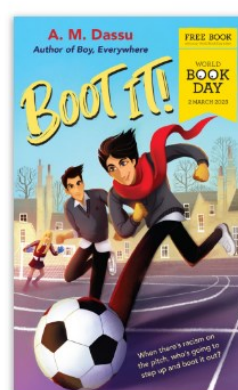
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Kay's Brilliant Brains

Adam Kay
Henry Paker
Puffin (Penguin Random House Children's)

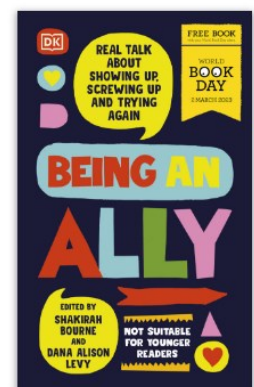
Independent



Boot It!

A. M. Dassu
Zainab 'Daby' Faidhi
Old Barn Books

Independent



Being an Ally: Real Talk About Showing Up, Screwing Up, and Trying Again

Shakirah Bourne (she/her)
Dana Alison Levy (she/her) (Co-editors)
DK

Year 11 Rewards Trips ...



On Wednesday 14 December, 100 Year 11 students had a great day out, either Christmas shopping at Lakeside or paintballing in Thetford forest. Students who were eligible for these reward trips met the criteria for attendance, behaviour, punctuality and commitment to their studies in the autumn term.

The criteria is reset for the spring term as they look forward to a part-subsidised trip to Thorpe Park and the Class of 2023 Prom in the summer.

Contributor: Mr J McClean—Teacher of Science

House Competition ...

In the second half of the autumn term, students were invited to take part in an interhouse photography competition on the theme of 'Winter'. All of the entries were reviewed and judged by Ms Thorpe, Mr Payne, Mr Abbott and Mr McLean. The winning photos were announced and the winners presented with their prizes at the whole school end of term assembly on Friday 16 December.

Congratulations to the winners of the House photography competition:

Jaycee O'Halloran (1st)

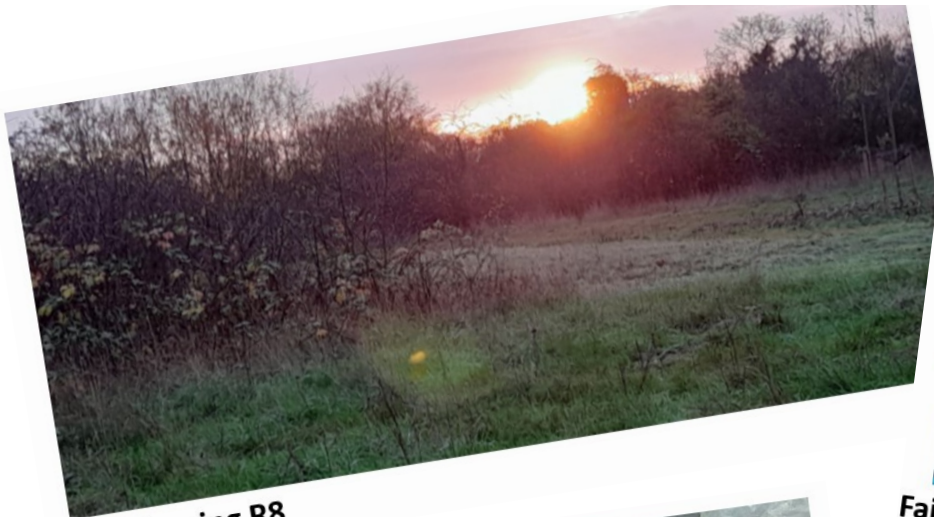
Willow Birkin-Steed (2nd)

Jana Gabelyte (3rd)



Well done to everyone who entered the competition! As you can see over the page, there were some very imaginative entries.





Ellie Canning R8



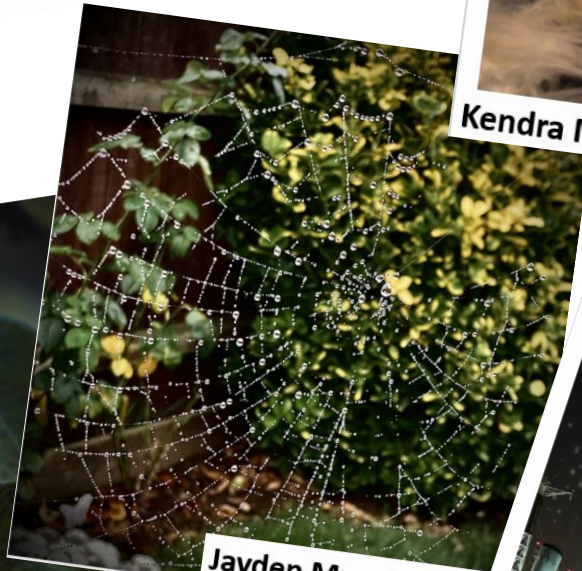
Faith Brundell R10



Ian Silverwood E9



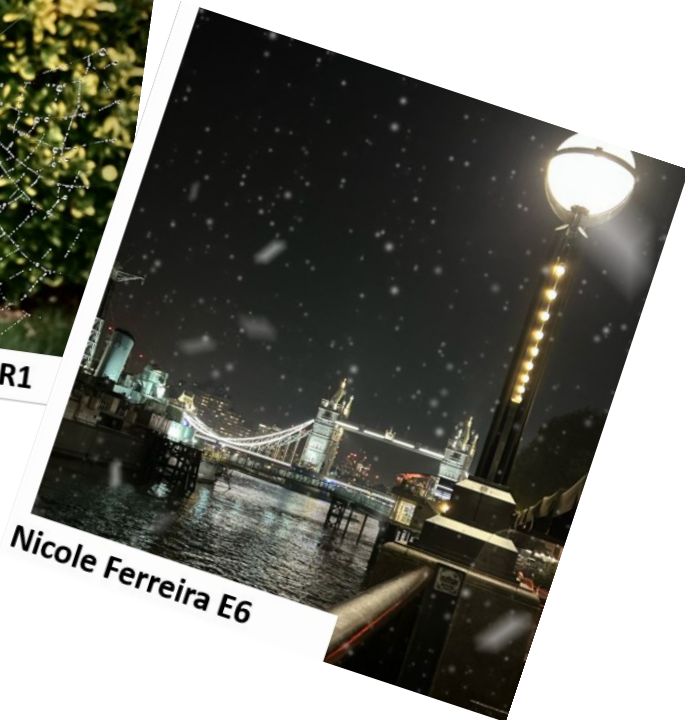
Kendra McCoy R6



Jayden Murphy R1



Alex Shimmon Davies R1



Nicole Ferreira E6

Contributor: Mr A Smith - Assistant Principal

100% Club ...

This academic year, following lots of student voice feedback, we are aiming to ensure that we are rewarding our students in as many different ways as we can when they exhibit the academy core and aspirational values of STAR and LORIC.

One such example has been the introduction of our '100% Club'. The 'club' meets every half term and in order to become a member you need to have had both 100% attendance to school for the last half term period, in addition to also displaying 100% positive behaviour.

In October, 230 students were eligible to attend our first meeting and they were treated to a Friday afternoon of Dominos pizza, donuts and drink in the hall to celebrate their great achievement.

In December, 180 students from across the five year groups were eligible to attend for half term two and, despite the cold weather and various illnesses doing the rounds in early 2023, 170 students will be attending the third meeting of the 100% Club next week.

Every half term the count starts again, so each and every student has six chances a year to be eligible for the reward. Congratulations to all of our 100% Club members so far, particularly those who have attended on multiple occasions.

Should you have any further ideas/feedback on how we can develop our praise and rewards programme at Westbourne, Mr Smith would be delighted to hear from you!



Contributor: Mr A Smith - Assistant Principal

Year 7 Theatre Trip ...

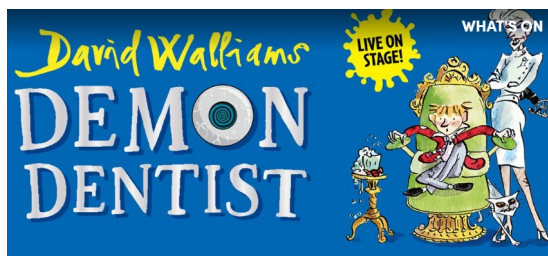
The start of this academic year has seen the introduction of our 'Westbourne Advantage' programme, which aims to ensure that each and every student at the academy gets the chance to participate in cultural experiences and opportunities that may not ordinarily be easily accessible to them.

The first such experience for our new Year 7 cohort was nearly 200 of them making their way to London in December to see a live theatrical performance of the David Walliams book, 'The Demon Dentist'.

The day started early as we left from Ipswich before 7.00am and four coaches made their way down to the capital. Before we even got to the theatre, students got to do a little sightseeing of some famous landmarks, such as The Tower of London and the Houses of Parliament, and all from the comfort of their seat on the coach!

Despite some minor hiccups en-route in terms of travel delays on both legs of the journey, the trip and the show were hopefully a really enjoyable and memorable experience for those who attended, particularly those students who may have been visiting a theatre or London for the very first time.

Having now been to "see the stars", the Westbourne Advantage experience for this cohort next year will be a camping trip and a chance to "sleep under the stars" – watch this space for our next update!



BLOOMSBURY
THEATRE



"What an amazing show! It's such a thrill to see my story brought to life in such a brilliant way. I love it!" **David Walliams**

Staff Update ...



Good Luck & Goodbye!

At Christmas, in our whole school assembly, we said thank you and goodbye to the following members of staff who left the academy for pastures new:

- Mrs L Turner-Smith (Library Manager) and Miss S Bennai (Attendance Lead)
- Mrs Z McKane (PE Teacher) and Miss A Khetarpal (Maths Teacher)
- Mrs C Kent (Receptionist)

Miss Mazur and Mrs Davies both began their maternity leave at Christmas and we are pleased to announce the safe arrival of their respective 'bundles of joy' in February.

Hello and Welcome!

We are pleased to introduce you to the following new members of staff of who have joined the academy this term:

- Mrs J Fison (PE Teacher) and Miss G Kelly (Geography Team Leader)
- Mr P Dadzie (Maths Teacher) and Mr W Melton (Computing Team Leader)
- Miss E Hutchison (Receptionist) and Miss A Rehbein (Library Manager)
- Mrs E Yellen (DT Technician) and Mr H Nunn Griffin (Science Technician)
- Mrs D Mullan and Ms S Gyoury (Teaching Assistants)
- Ms R Dookhee (DT Teacher) and Mrs J Wright (Attendance Officer)

After 28 years at Westbourne, Mrs C Cook, Assistant Principal and Designated Safeguarding Lead, chose to resign. She is taking up a leadership role with CF Social Work, leading their Education department, in providing education for vulnerable young people, who are struggling to access or are not accessing mainstream education.

Needless to say, Mrs Cook has made a huge positive impact on the academy in her time here and we wish her all the very best for the future and in her new role.



Safer Schools ...

The online world can be a bit overwhelming at times but it is important we understand what our children are doing online so we can help make them safer. The Safer Schools App aims to help with this.

We are delighted to invite you to download our new Safer Schools App provided by our school insurance provider, Zurich Municipal.

The App is designed to support and protect children by educating and empowering them both at school and at home. Through their student log-in, your children gain access to information that is relevant to them and, with the parent version, you will receive tips and advice on how to keep them safer online. The log-in for parents and carers is different than the one for students. The image shown here is for students.

Log in instructions for parents and students can be found on our website here:

[Safer Schools App - Westbourne Academy](https://www.attrust.org.uk)

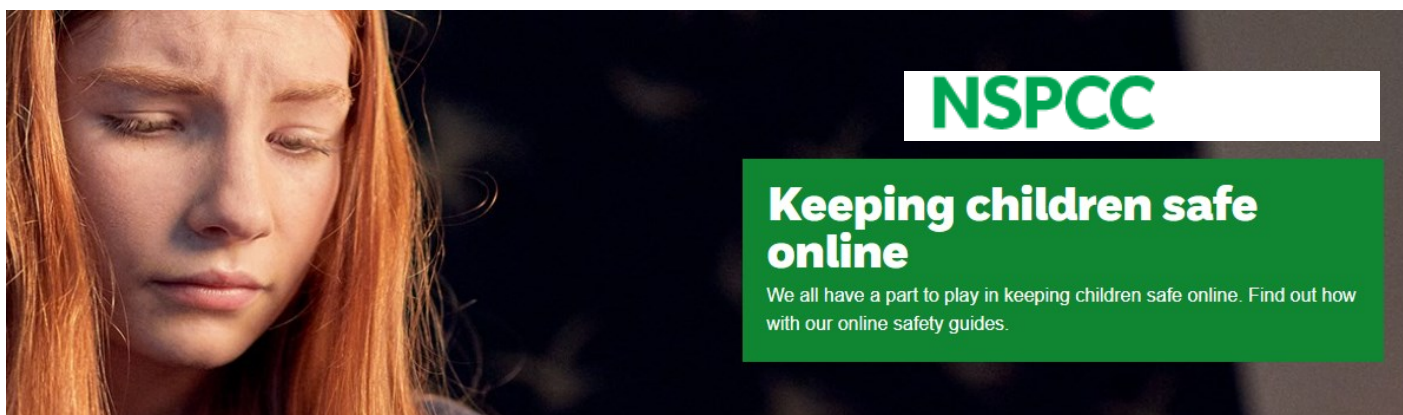
[attrust.org.uk](https://www.attrust.org.uk)



Excited? Ready to be safer? Download the Safer Schools App now!

Make sure to enable push notifications to keep up-to-date with tips, advice and guidance on how to make you safer online.

Online Safety ...



“Talking to your child about online safety. Online life and offline life is just life – if you are worried, then advice and support is available from the NSPCC.

For many of us, we see our online lives and offline lives as different, but children are growing up with technology and the internet and for them there isn't a difference; online life and offline life is just life.

Technology can move at an extraordinarily fast pace and it can be difficult to know how to start talking to your child about what they're doing online, who they might be speaking to or discussing the potential risks and issues.”

As well as conversation starters, tips and resources for parents, there is lots more information available for free on the NSPCC website here:

https://www.nspcc.org.uk/keeping-children-safe/online-safety/talking-child-online-safety/?utm_source=Adestra&utm_medium=email&utm_content=Talking%20to%20your%20child&utm_campaign=2022_Mar_CSO-newsletter

You can sign up online with the NSPCC to get to online safety news and advice straight to your inbox as well as latest online safety advice, tips and campaign news.

Need to talk to someone?

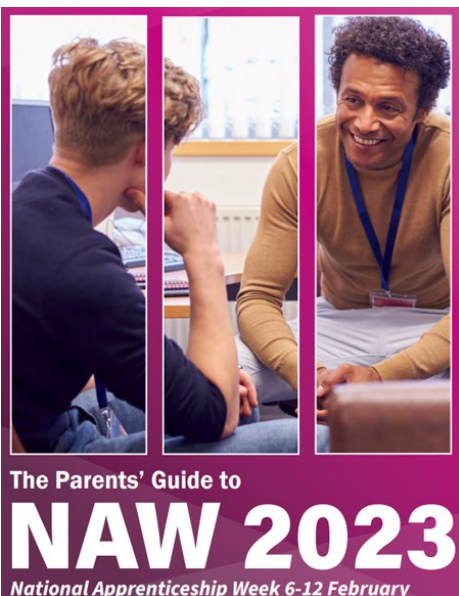
Call them on 0808 800 5000 or email help@nspcc.org.uk to get advice and support from safeguarding experts.

National Apprenticeship Week 2023 ... Skills for Life

National Apprenticeship Week takes place annually in February. Parents tend to be less familiar with the apprenticeship route to careers, so below is a link to [The Parents' Guide to National Apprenticeships Week 2023](#).

This handy guide, explains why apprenticeships could be a first rate career-path for teens and includes information from:

- ⇒ **The Parents' Guide to Amazing Apprenticeships**
- ⇒ **HM Government's – Get The Jump**
- ⇒ **National Apprenticeship Events**



[The Parents' Guide](#) exists for parents of teenagers, to provide them with the information needed to guide children towards happy and successful futures by making the best choices at 16 and 18 years old.

The clear, unbiased online guides explain everything there is to know about options after GCSE and sixth form – all in one place!

It covers a range of topics including: post 16 and post 18 options, studying for exams at KS4 and KS5, personal growth and development and health and wellbeing.

Free download on our website here:

[National Apprenticeship Week 2023 – Skills for Life - Westbourne Academy \(atrust.org.uk\)](#)



Get free help and support

Call 08000 150 400

Email nationalhelpdesk@apprenticeships.gov.uk

Skills for Life ...

**You don't need to know
where you're going
to get going**

Whether you know where you're headed in the future or not, knowing the work and study choices available to you is a great place to start.



In May and June, Year 11 students will be taking their final exams. To help them to take their next step, the [Get the Jump Skills for Life hub](#) on the National Careers Service has everything young people need to know about their options, including key information on resits, clearing, appeals, and more. Pupils can also chat to an expert careers adviser for free, impartial support to help them choose the option that's right for them.

The National Careers Service has launched a new tool for young people, teachers, parents and carers where you can explore career choices as well as find out about:

- Apprenticeships
- T Levels
- Traineeships
- Vocational Technical Qualifications (VTQs)
- Higher Technical Qualifications (HTQs)
- A Levels
- Higher Education
- Supported Internships
- School Leaver Schemes

You can also chat to one of their careers advisers by webchat or calling 0800 100 900 (8am—8pm Monday to Friday).

Key Dates ...

March 2023

Mon 6	HPV2 vaccination catch-ups Years 8, 9, 10 & 11
Fri 10	SENDIASS coffee morning 11:30 -13:30
Fri 10	100% Club Student Rewards P5
Tue 21	Opening night for Matilda the Musical 19:30
Wed 22	Second night for Matilda the Musical 19:30
Thu 23	Final night for Matilda the Musical 19:30
Fri 24	Year 11 panoramic photo P5 13:50 - 14:50
Mon 27	Year 9 PSHE Workshop: Crime Awareness
Tue 28	WA Community Hub 15:00 - 17:00
Fri 31	Year 9 MENACWY+DTP vaccinations

April 2023

Mon 3	1st day of Easter holidays
Mon 17	1st day back for students for summer term
Thu 20	Year 10 Parent Evening 16:00 -19:00
Mon 24	WA Community Hub 15:00 - 7:00
Thu 27	Vaccines & year group to be advised by NHS

Click here to view more key dates on our website:

[Academy Calendar and Term Dates - Westbourne Academy
\(attrust.org.uk\)](https://www.attrust.org.uk)

Term Dates ...

Term Dates & PD Days 2022/23 [Website]

September 2022						
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 Suffolk CC School Holidays

 Staff Training (Non-Pupil Days)
Thu 1st & Fri 2nd Sep, Tue 3 Jan, Fri 10 Feb, Fri 30 Jun

 Bank Holidays UK

Term Dates ...

Confirmed Term Dates & PD Days 2023/24

September 2023						
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August 2024						
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 Suffolk CC School Holidays

 Staff Training (Non-Pupil Days)

 Bank Holidays UK

Fri 1st Sep, Wed 3 Jan, Fri 9 Feb, Fri 12 April & Fri 28 June

Youth MHFA



Two Day

Mental Health First Aid to support young people

Learn more at mhfaengland.org



What is Mental Health First Aid?

Mental Health First Aid (MHFA) is an internationally recognised training course, designed to teach people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis.

At MHFA England we offer a range of courses tailored for people who teach, work, live with and care for young people aged 8 to 18. The courses can be attended by anyone from age 16 upwards. Each and every MHFA England course is delivered by a quality assured instructor.

Youth MHFA Two Day course

Completing our two day course qualifies you as a **Youth Mental Health First Aider**. Youth Mental Health First Aiders have:

- An in depth understanding of young people's mental health and factors that affect wellbeing
- Practical skills to spot the triggers and signs of mental health issues
- Confidence to reassure and support a young person in distress
- Enhanced interpersonal skills such as non-judgemental listening
- Knowledge to help a young person recover their health by guiding them to further support – whether that's through self-help sites, their place of learning, the NHS, or a mix – engaging with parents, carers and external agencies where appropriate
- Ability to support a young person with a long term mental health issue or disability to thrive
- Tools to look after your own mental wellbeing

The course is delivered in four manageable chunks:

- About mental health
- Depression and anxiety
- Suicide and psychosis
- Self-harm and eating disorders

It focuses on the issues faced by young people today, such as cyber bullying and substance misuse, and teaches how to promote protective factors and good parenting.

Everyone who completes the course gets a Youth MHFA manual to refer to whenever they need it, and a certificate to say they are a Youth Mental Health First Aider.

Book onto a Youth MHFA Two Day course:

Instructors: Bec & Clare

For PACT parents in Suffolk

Stowmarket Feb 11th & 25th

Ipswich March 4th & 11th

This training is fully subsidised and includes all training, materials, certification & refreshments.

Both days must be completed to receive certification to become a Youth Mental Health First Aider

Other Youth MHFA courses

In addition to the Youth MHFA Two Day course, we also offer shorter awareness courses. To learn more about training options, visit mhfaengland.org.



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50%

Around 50% of children will have a sleep issue at some point*

Does your child suffer with sleep issues?

Do you struggle with your child's bedtime?

Will your child not sleep in their own bed?

WE CAN HELP

03303 530 541

Sunday - Tuesday & Thursday 7pm - 9pm
Wednesday 9am - 11am

WHAT IS THE NATIONAL SLEEP HELPLINE?

In partnership with Furniture Village, The Sleep Charity has launched a brand new National Sleep Helpline to ensure that everyone has access to high quality, evidence-based advice.

HOW CAN THE NATIONAL SLEEP HELPLINE HELP YOU?

- Run by a team of specialist trained sleep advisors
- Offer you some practical strategies and recommend services that could help
- Ensuring you understand how sleep plays an important part in your child's mental health and wellbeing
- Listen without judgement and help you decide what next steps are right for you
- Empower you with sleep knowledge so you can understand why your child might not be sleeping well and how that can change

03303 530 541

Sunday - Tuesday & Thursday 7pm - 9pm
Wednesday 9am - 11am



Copyright © 2022 The Sleep Charity. All rights reserved. The Sleep Charity, a charitable incorporated organisation registered with the Charity Commission under registration number 1160585.
*Survey of 2,000 adults by OnePoll, Aug 2021

Contact Details ...

Admissions: wes-admissions@attrust.org.uk or 01473 466136

Attendance/Absence: wes-attendance@attrust.org.uk or 01473 466145

Complaints: wes-complaints@attrust.org.uk or 01473 466136

Exams: anna.fulcher@attrust.org.uk or 01473 466108

General queries: wes-office@attrust.org.uk or 01473 742315

Safeguarding concerns: carol.clarke@attrust.org.uk or 01473 466156

School Money and data information: wes-data@attrust.org.uk or 01473 466115

VISION & VALUES:

Westbourne is an inclusive academy. We support all students, regardless of starting point, to achieve their potential and develop the skills necessary for employment and life.

Westbourne Academy, Marlow Road, Ipswich, Suffolk. IP1 5JN

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Principal: Mr M Bouckley Chair of Governors: Miss C Rayner

Suffolk Family Carers
Living Fuller Lives

BRITISH COUNCIL
INTERNATIONAL SCHOOL AWARD

Teach First

SCITT
DEVELOPING TEACHERS OF THE FUTURE

Computing at School



EMPLOYER RECOGNITION SCHEME
GOLD AWARD 2011
Proudly serving those who serve.

PIXL
Partners in excellence

thrive
The Product of the Spirit

TEACHER DEVELOPMENT TRUST

Academy Transformation Trust