

Friday 3rd March 2023

Parent/Carer Appointments

Please be aware that we are often unable to accommodate meetings with school staff without a prior appointment. Our staff, including support staff, are often in pre-booked meetings, on or off site, and therefore cannot usually take a meeting with a parent without previous warning.

In order to avoid disappointment, if you wish to book a meeting with a member of teaching or support staff, please call our main reception on 01536 418844 or email to arrange this.

Contact details can be found by following this link: [Academy Staff Contact Details](#). Thank you for your support.

Key Stage 3 Reports

Please follow this link: [KS3 Reports Letter](#) which will take you to a letter on our website regarding changes to the way in which we report on students in Year 7 to Year 9.

Year 11 After School Revision Sessions

Our comprehensive after school revision programme continues, with sessions taking place each week. There has been a slight alteration to the timetable, shown below. The slot straight after school from 3.00pm to 4.00pm will focus on core subjects, with some option subject sessions following after these.

Day	Monday	Tuesday	Wednesday	Thursday	Friday
3.00pm to 4.00pm	English	Maths	Science	History or Geography	French
4.00pm to 5.00pm		Dance	Drama		

Please follow this link: [Year 11 Information Letter](#) which will take you to a letter on our website containing additional information.

Year 9 Parents/Carers

Our Year 9 Options Information Evening will take place on Thursday 30th March. Further information will be available in due course.

PSHE Information

KS3 have continued to reflect on unhealthy substances. Year 9 in particular are exploring the law on substances and possession, in addition to the harmful physical and mental effects. KS4 have moved on to 'Healthy Me' this week, including topics such as:

- Relaxation and managing stress (exam focused before mocks)
- Hygiene and health
- Under pressure
- Pregnancy and choice
- Staying safe in sexual relationships

With the trial examinations starting for Year 11, we hope that students are able to use some of the relaxation techniques at home.

ERA Rewards

We are delighted to announce that we have a number of students who have now earned their ERA pin for achieving 300 ERA points. Well done everyone and keep up the good work.

ERA Badge Winners

Emmie V Year 7, Charlie C Year 7 and Oliver H Year 7

Sienna H Year 9 and Jessica H Year 9

Mason M Year 7, Imogen C Year 7, Neil T Year 7 and Martyna K Year 7

Marley P Year 8, Lorena C Year 10, Danila P Year 8, Nadim H Year 10 and Callum G Year 8

PATHFINDER SCHOOLS
Inspiring greatness

Forthcoming Dates for your Diary

Monday 6th March: Year 11 trial examinations commence (until Friday 17th March).

Wednesday 8th March: Year 12 and Year 13 Parents' Evening 3.45pm to 6.30pm. This will take place online.

Please follow this link: [Sixth Form Parents' Evening](#) which will take you to a letter on our website where you will find full details.

Thursday 9th March:

- A-level art and photography trip to Berlin.
- Year 9 immunisations (teenage booster).

Monday 20th March: Year 13 trial examinations commence (until Friday 31st March).

Thursday 30th March: Year 9 Options Evening. Further details to follow.

Friday 31st March: School closes at 3.00pm for the two week holiday.

Action for Happiness: Mindful March

Mindful March 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1. If you find yourself rushing, make an effort to slow down

2. Take three calm breaths at regular intervals during your day

3. Set an intention to live with awareness and kindness

4. Notice three things you find beautiful in the outside world

5. Start today by appreciating your body and that you're alive

6. Notice how you speak to yourself and choose to use kind words

7. Bring to mind people you care about and send love to them

8. Pause to watch the sky or clouds for a few minutes today

9. Eat mindfully. Appreciate the taste, texture and smell of your food

10. Take a full breath in and out before you reply to others

11. Get outside and notice how the weather feels on your face

12. Stay fully present while drinking your cup of tea or coffee

13. Listen deeply to someone and really hear what they are saying

14. Focus on what makes you and others happy today

15. Find ways to enjoy any chores or tasks that you do

16. Stop, Breathe, Notice. Repeat regularly

17. Get really absorbed with an interesting or creative activity

18. Look around and spot three things you find unusual or pleasant

19. Have a 'no plans' day and notice how that feels

20. Cultivate a feeling of loving-kindness towards others today

21. Appreciate nature around you, wherever you are

22. Listen to a piece of music without doing anything else

23. Notice something that is going well, even if today feels difficult

24. Tune into your feelings, without judging or trying to change them

25. Appreciate your hands and all the things they enable you to do

26. Focus your attention on the good things you take for granted

27. Choose to spend less time looking at screens today

28. Appreciate nature around you, wherever you are

29. Notice when you're tired and take a break as soon as possible

30. Choose a different route today and see what you notice

31. Mentally scan your body and notice what it is feeling

32. Discover the joy in the simple things of life

ACTION FOR HAPPINESS

Happier · Kinder · Together

Safeguarding

Safeguarding our students is always our priority. If you have any safeguarding concerns, regarding any of our children, please contact us in confidence via concern@montsaye.northants.sch.uk. Alternatively, you can contact one of our Student Welfare Officers: Mrs Walters-Morgan (Year 7), Mrs King (Year 8), Mrs Baker (Year 9), Mrs Summers (Year 10) or Mrs Long (Year 11) or click [here](#) for more information.

Social Media

Much of our news and successes are celebrated on social media. Make sure that you are involved by liking and following us on Facebook, Twitter and Instagram:

Facebook page: Montsaye Academy

Twitter feeds: @Montsaye, @montsayepe and @MontsayeSF

Instagram: montsayeacademyofficial

