



Alde Valley Academy

Aspire and Achieve. Lead with Kindness. Stronger Together.

Weekly Newsletter

3rd July 2026

With the summer holidays tantalizingly close, you might expect energy levels to dip—but our students are doing quite the opposite! We are incredibly proud of how hard everyone is working as we approach the end of the term. Walking through the corridors, it is fantastic to see lessons going so well, packed with high focus and brilliant energy. Thank you to all our students and staff for keeping the momentum going right up to the final whistle!

Last Day of School Arrangements

- **Date:** Friday 17th July
- **Dismissal Time:** School will close early at **1:00 PM**.
- **Transport Warning:** Please note that the usual school buses will NOT be running at this early dismissal time.

Parents and carers must arrange alternative transport for their children to ensure they can find their own way home safely at 1:00 PM.

Welcome Back: September Start Times

We are looking forward to welcoming everyone back for the new school year! Please note the staggered start dates for our students this September:

- Thursday 3rd September: **Year 7 and Year 11** students only.
- Friday 4th September: **All year groups** return to school.

Daily Arrival Timings

Normal start times apply for all students upon their return:

- **08:20** – School gates and Breakfast Club open.
- **08:40** – Student line-ups begin.

PE News

Year 10 - House rounders results

1st - Waveney 10V

2nd - Deben 10D

3rd - Blyth 10L

4th - Orwell 10E

5th - Alde 10A

Year 8 House rounders results

1st - Blyth 8L

2nd - Waveney 8V

Joint 3rd = Deben 8D, Orwell 8E, Alde 8A



Year 9 House rounders results

1st = 9V Waveney

2nd = 9E Orwell

Joint 3rd = 9A Alde + 9L Blyth

5th = 9D Deben

Our Year 9 Sports Leaders helped with the sports day at Coldfair Green Primary School. They did a fantastic job and were super ambassadors for the school.



Final reminder - Sports Day is on Tuesday 7th July. All students are to arrive in school in PE kit, ready to take part in sports activities all day.

Please note - There will be no more PE clubs for the rest of this term.

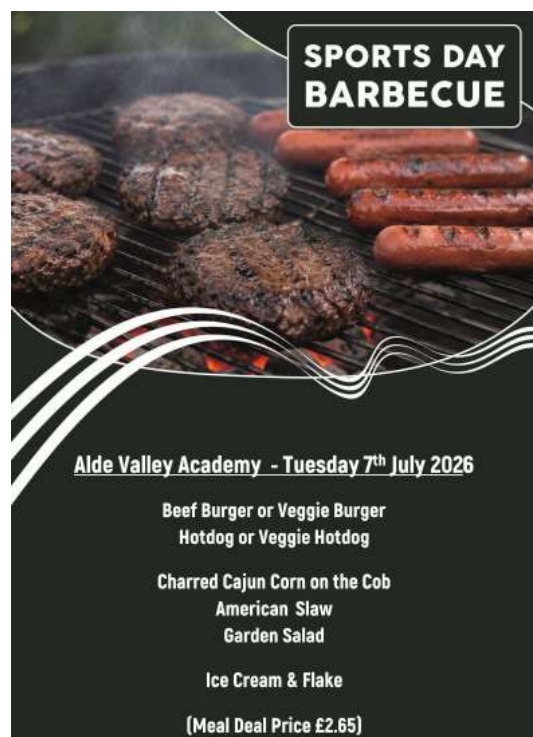
Sports Day BBQ

We are excited to offer a summer BBQ on sports day this year! The BBQ will be set up outside the breakfast club room.

Students will need to purchase a BBQ ticket the day before, Monday 6th July from the canteen.

There will also be a till outside the breakfast club room during lunchtime for any last minute purchases of the BBQ or for drinks.

There will be a limited offer in the canteen at lunchtime, they will have burger/hotdogs, jackets, pasta, sandwiches, baguettes, poke bowls etc.



Creative Showcase Evening

Alde Valley Academy is thrilled to announce its upcoming **Creative Showcase Evening**, a vibrant celebration of the exceptional artistic, technical, and performance talents of its students. Taking place on **Thursday 9th July from 5:00pm to 7:30pm**, this free-to-attend community event promises an inspiring night out for families, residents, and art lovers alike.

The Creative Showcase Evening serves as the grand finale to an incredible academic year, offering the public a firsthand look at the immense creativity thriving within the school's walls. Attendees will be treated to a multi-sensory experience spanning visual arts, live performance, innovative engineering, and culinary delights.

A Feast for the Eyes and the Mind

The Academy's **Art Department** will host a stunning exhibition featuring a brilliant range of Key Stage 3 and 4 work. Visitors can browse a diverse collection of student paintings, intricate prints, and expressive ceramics.

Alongside the fine art displays, the **Design & Technology and Graphics** pupils from Year 11 will proudly showcase the culmination of their GCSE portfolios. This exhibition will highlight both their final manufactured products and the rigorous, brilliant design coursework that underpins their creations—offering a fascinating insight into the next generation of British designers and engineers.

Show-Stopping Live Performances

The evening's entertainment will be amplified by live acts from the school's performing arts sectors. The **Drama Department** is set to captivate the audience with a series of powerful excerpts from a variety of sources. A major highlight of the night will include highly anticipated performances from the school's recent, incredible production of *Matilda*.

Complementing the theatrical talent, the **Music Department** will fill the venue with melody, presenting a curated selection of musical highlights performed by Alde Valley Academy's most talented instrumentalists and vocalists.

Artisan Hospitality

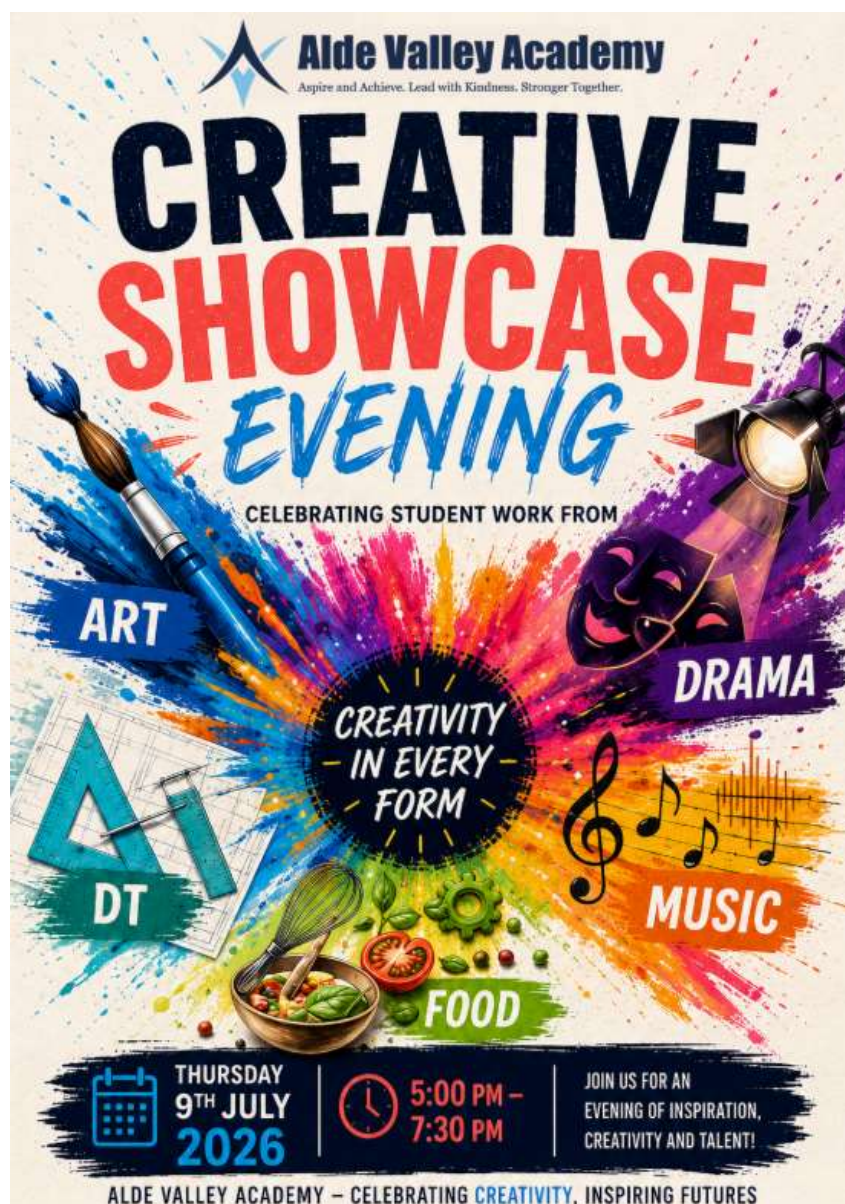
No celebration is complete without refreshments, and Alde Valley's **Food Technology** students are stepping up to the plate. Pupils have designed and prepared an incredible selection of gourmet canapés, finger-foods, and sweet treats. Guests will be able to sample these delicious creations throughout the evening, showcasing the high-level culinary skills fostered at the academy.

Join the Celebration

"This evening is a testament to the hard work, resilience, and pure talent of our students," said Deputy Head Teacher Samuel Fox. "We are incredibly proud of what they have achieved this year across the arts and technology sectors. We warmly invite our local community to come, explore, and join us in celebrating an amazing creative year."

Doors open at 5:00pm on Thursday 9th July. Admission is free, and all members of the public, prospective students, and families are welcome to attend.

Come support local youth talent and experience a brilliant evening of culture and creativity.



Next steps

Helping Young People to take their Next Step Post 16 – Webinar for Parents & Carers, 14th July, at 5.30pm:

Does a young person know what they want to do after Year 11? More importantly, do you know what options are available to them?

With so many pathways to choose from - including sixth forms, colleges, apprenticeships, training and employment - it can be difficult to know how best to support young people as they make decisions about their future.

That's why "Form the Future and the Norfolk and Suffolk Careers Hub" are inviting parents and carers to a free online webinar on **Tuesday 14 July 2026, at 5:30pm**, designed to help you understand the choices available and feel more confident supporting young people through this important transition. Book your place by scanning the QR code below.



HELPING A YOUNG PERSON TAKE THEIR NEXT STEP AFTER YEAR 11

Tuesday 14 July 2026 | 5:30pm - 6:15pm



Does a young person know what they want to do after Year 11? More importantly, do you know what options are available to them?

Form the Future and the Norfolk & Suffolk Careers Hub are here to help by providing a free online webinar for parents and carers across the region.

We'll walk you through the choices available to young people and how you can support them to make the right decisions for them.

WE'LL COVER:

- The different routes after Year 11
- Local places to study or train in Norfolk and Suffolk
- What work experience looks like today and why meeting employers early matters
- Where to find local careers information and advice
- How to have conversations with young people about their future choices

Quesadillas



Our highly talented year eights have been making Quesadillas this week!

They are a fantastic and quick treat, budget friendly and ideal for busy evenings!

QUESADILLAS

Ingredients

Tortillas

250g plain flour

150ml of warm water

2 tbsp oil

½ tsp of salt

Quesadilla

80g cheese



Method

1. Combine the flour, vegetable oil and salt in a bowl.
2. Pour in 150ml warm water and knead to bring the mixture together.
3. Remove from the bowl and knead on a lightly floured work surface for around 5 mins until you make a soft, smooth ball of dough.
4. Cut the dough into 6 equal pieces (about 75g each). Roll out each ball of dough as thinly as possible on a floured work surface.
5. Heat a large frying pan over a medium heat. Cook the tortillas for 1-2 mins on each side until golden brown and toasted.
6. Grate the cheese into a bowl.
7. Place one tortilla back into the frying pan on a low heat.
8. Sprinkle the cheese over the tortilla.
9. Once the cheese starts to melt, fold the tortilla in half and press firmly on the top to seal the sides together.

Attendance Matters

Is my child too ill for school?

Does your child have a high temperature (38°C or more)?	YES Keep them off school until it goes away.	NO Follow the guidance below.
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Your child can usually go to school with a mild cough or cold if they are otherwise well. If you do keep your child at home, it's important to phone the school or nursery on the first day and give them the reason.

Should go in	Should go in (let the school know)	Seek treatment before returning to school	Keep them off (at first)
A cough, cold or sore throat Fine with slight cough or common cold symptoms, such as a runny nose, sore throat or headache, as long as they're otherwise well and do not have a high temperature.	Cold sores Encourage them not to touch the blister or kiss anyone while they have the cold sore, or to share things like cups and towels. Conjunctivitis Fine unless they are feeling very unwell. Seek advice from your pharmacist. Encourage your child not to rub their eyes and to wash their hands regularly.	Impetigo They'll need treatment from a pharmacist or GP, often with antibiotics. Keep them off school until all the sores have crusted over and healed, or for 48 hours after they start antibiotic treatment. Encourage your child to wash their hands regularly and not to share things like towels and cups with other children at school.	Ear infection If your child has an ear infection and a high temperature or severe earache, keep them off school until they're feeling better or their high temperature goes away. Measles They'll need to see a GP. Call the GP surgery before you go in, as measles can spread to others easily. Keep your child off school for at least 4 days from when the rash first appears. They should also avoid close contact with babies and anyone who is pregnant or has a weakened immune system.
Threadworms Speak to your pharmacist, who can recommend a treatment.	Head lice & nits You can treat head lice and nits without seeing a GP. Hand, foot & mouth disease If they seem well enough to go to school, there's no need to keep them off. Encourage your child to throw away any used tissues straight away and to wash their hands regularly. Slapped cheek syndrome Once the rash appears, they're no longer infectious. Let the school or teacher know if you think your child has slapped cheek syndrome.	Ringworm See your pharmacist unless it's on their scalp, in which case you should see a GP. It's fine for your child to go to school once they have started treatment. Scarlet fever They'll need treatment with antibiotics from a GP. Otherwise they'll be infectious for 2 to 3 weeks. Your child can go back to school 24 hours after starting antibiotics. Chickenpox Keep them off school until all the spots have crusted over. This is usually about 5 days after the spots first appeared.	Vomiting & diarrhoea Stay away from school until they have not been sick or had diarrhoea due to illness for at least 2 days (48 hours).

Feeling worried or anxious: It's normal for any of us to feel worried sometimes. We may get a tummy ache or headache, or have problems eating or sleeping. Avoiding school can sometimes make a child's worries about going to school worse. If your child is struggling, please speak to school as soon as possible to explore available help. If your child is still struggling and it's affecting their everyday life, you should contact GP or school nurse.

To find out more, search www.nhs.uk for the specific illness or infection, or 'Is my child too ill for school?'

Safeguarding Update

This week, WhatsApp announced a big shift in how the app works, and it's exactly the kind of change that's easy to miss until your child mentions it in passing or a message from someone you've never heard of turns up.



What's Actually Changing?

Up until now, your phone number has been your identity on WhatsApp. If someone wanted to message you, they needed your number first. That's been true since the app launched.

That's changing. WhatsApp is rolling out usernames, a unique handle, a bit like an Instagram or Snapchat username, that people can use to message each other instead of a phone number. Starting this week, all three billion WhatsApp users can reserve their username ahead of the feature's proper launch later in the year.

Once it's fully live, two people will be able to start chatting just by knowing each other's username. No phone number ever needs to change hands.

Why Is WhatsApp Doing This?

On the surface, this is a privacy feature, and to be fair, it is that. A phone number is personal; it's tied to your bank, your other accounts, and, in the wrong hands, it can be used to learn a lot more about you than you'd like.

WhatsApp says there's no public directory and no "suggested users", so someone can't just search for your child by name and find them. You have to already know someone's exact username to message them. There's also an optional extra "key" that people can set, meaning a new contact needs both the username and the key to get through.

Worth Considering

A few things are worth grasping and understanding before this rolls out fully to your child's account.

- **Username**s are easier to share than numbers. That's the whole point of the feature, but it goes both ways. A phone number being "a big step to hand over," as WhatsApp puts it, was actually doing a bit of natural friction work. A username is lower-stakes to give out, which also means it's lower-stakes for your child to hand to someone they've just met online, not just a classmate at school.
- **It's still owned by Meta.** WhatsApp still collects a lot of metadata about who your child talks to, how often, and when. Hiding the phone number doesn't change what's happening behind the scenes.
- **Username**s can still be guessed, leaked, or shared around. A username that gets posted in a group chat, a gaming Discord, or screenshotted and passed on works exactly like a phone number, except your child may not think of it as something private in the same way they would their number.
- **It doesn't replace having the conversation.** Blocking and reporting are still there, which is good. But no setting replaces sitting down and having those all-important conversations around privacy and the importance of being careful with whom you share information with.

Steps to take now

This isn't a feature to panic about; it's a feature to get out in front of. Here's some helpful guidance.;

Have a quick chat now, before it really rolls out. Ask your child if they've heard about it. Most won't have, which makes it the perfect moment for you to explain it, rather than playing catch-up.

Treat a username like a phone number, not like an Instagram handle. The whole value of this feature disappears if a username is shared as freely as a social media tag. Worth saying that out loud to your child directly.

Use the username key if your child sets one up. It's optional, but it's the closest thing to a second lock on the door, and for a younger or more impressionable child, it's worth switching on.

As ever, the technology itself isn't the issue. It's whether the conversation about it happens before or after something's gone wrong.

Writing Competition Success

We had a very successful afternoon on Monday with the awards for the Writing Competition. Students were tasked to write about our natural environment and local landscape and we had a myriad of descriptions, stories and poems to read.

Some of our judges presented the awards and they were very impressed with our students. They gave written and verbal feedback to every student who entered. Thank you to our judges and our local author, Robert Ashton, who runs our Creative Writing Club, and to our sponsors at Leiston Book Festival and Sizewell Creative. A big well done to all who entered.

Our winners were:

Year 7

- 1 Freya B
- 2 Connie B
- 3 Lily D



Year 8

- 1 Faith G
- 2 Joann J
- 3 Leo S



Year 9

- 1 Freya P
- 2 Yovi A
- 3 April B



Year 10

- 1 Lydia J
- 2 Merran F
- 3 Alice S

