



Alde Valley Academy

Aspire and Achieve. Lead with Kindness. Stronger Together.

NEWSLETTER - 24TH APRIL 2026

YEAR 6 TRANSITION GREAT TO MEET OUR NEW STUDENTS

We were delighted to welcome our incoming Year 6 students and their families to our recent Transition Evening, which proved to be a highly successful and positive event.

The evening gave pupils and parents the opportunity to visit the school and begin building important relationships ahead of September. Families were invited to meet members of our Senior Leadership Team, Pastoral Team, and Office Team, all of whom were on hand to offer a warm welcome and answer any questions.

Throughout the evening, we were able to gather important information about each child, helping us to ensure that every student is fully supported as they begin their transition to secondary school. These conversations also provided a valuable opportunity for parents and carers to raise any concerns or queries, allowing us to start building strong, open lines of communication from the outset.

It was wonderful to see so many families engaging positively with staff and taking the time to explore how we can work together to support a successful start in Year 7.

We would like to thank everyone who attended for their time, enthusiasm and engagement. We are very much looking forward to welcoming our new Year 7 cohort fully into the school community in the coming months.





A FRESH START: THE LUNCHTIME COMPANY LAUNCH

We are absolutely delighted to share that last Tuesday, 14th April, marked the official grand launch of Lunchtime Company at Alde Valley Academy!

It was a proud moment for our team to see the dining hall transformed into a vibrant purple hub of energy and activity. Our goal was to create an environment as exciting as the food itself, and seeing the students and staff dive into our new offerings made for a truly fantastic start to the term.

Lunchtime Company is committed to making sure every student enjoys a delicious meal. Our daily menus feature a variety of options tailored to specific dietary needs, including Gluten-Free, Dairy-Free, and Vegetarian, dishes. If you have any questions or need help navigating the menu, please just ask our friendly servers for guidance—they're here to help you find the perfect plate!

This partnership marks the beginning of an exciting new chapter. At Lunchtime Company, we are dedicated to ensuring that every pupil has access to the high-quality, delicious fuel they need to thrive in the classroom and beyond.

We are so grateful for the warm welcome from Alde Valley Academy, and we look forward to serving up many more mouth-watering dishes in the weeks and months to come!

Highlights from the Launch

Fresh & Nutritious: We served an array of exciting new dishes designed to be both healthy and delicious. All menus have been shared by the school with parents, please ask if you require an additional copy.

Presentation Matters: From our beautifully plated hot meals to our revamped grab-and-go selection, every dish was crafted to impress.

The Hatch is Back: We are thrilled to announce the daily re-opening of The Hatch, featuring a brand-new offer specifically designed for quick, tasty, and convenient service.

Positive Feedback: The response from the school community has been overwhelmingly positive, which is the best reward we could ask for.



INK FESTIVAL TRIP

On Monday, our Year 9 and 10 students embarked on a memorable trip to the INK Festival in Halesworth. The students were buzzing with excitement as they settled in to watch a captivating range of performances. Each performance offered a unique exploration of themes and styles, showcasing the incredible versatility of writing and drama.

It was heart warming to see our students fully engaged, some even sharing their thoughts and insights during discussions afterward. Their enthusiasm for the arts shone through, and they truly made the most of this opportunity. A huge shout-out to everyone involved for making this trip possible—our students left inspired and eager for more!



LEISTON BOOK FESTIVAL
Sat 19 Sept 2026

Creative writing competition

1ST PLACE - £75

2ND PLACE - £50

3RD PLACE - £25

Entries from
April 13th
to May 22nd

Years 7-10 (Each year judged separately)

Up to 300 words (1 entry per person)

Write about a landscape;
countryside, seaside, city etc.
The entry can be fiction or
non-fiction.

See Ms Smith in En4 if interested.

Sizewell Creative

SAFEGUARDING UPDATE

Supporting Year 11 Students Through Exam Stress

As GCSE exams approach, it is very common for Year 11 students to feel anxious, worried, or under pressure. The NHS explains that exam stress is a normal response to challenging situations, and it can affect young people both emotionally and physically. You can read more guidance here:

<https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/help-your-child-beat-exam-stress/>

One of the most helpful messages parents can give is that feeling anxious is completely normal. Many students assume that anxiety means something is “wrong” or that they are not coping, but in fact it is the body’s natural response to stress. Reassuring your child that these feelings are expected can help reduce fear and stop anxiety from escalating.

You can also support your child to recognise and manage these feelings in the moment. Encourage them to notice when they are starting to feel overwhelmed and gently remind themselves: “It’s okay to feel like this. This is normal, and it will pass.” Simple self-talk like this can help them regain a sense of control and prevent anxious thoughts from building up.

Listening without judgement is also key. Giving your child space to talk about worries can reduce pressure and help them feel understood. Try to keep perspective by reminding them that exams are important, but they do not define their worth or future.

Practical support also matters: a steady routine, regular breaks, good sleep, and time away from screens and revision can improve focus and wellbeing. Physical activity and time outdoors can further reduce stress levels.

With calm reassurance, structure, and encouragement, you can help your child feel more confident in managing exam stress and recognising that anxiety is a normal part of the process.

Quick Tips

- Name it: Remind yourself, “This is anxiety. It’s normal before exams and it will pass.”
- Breathe slowly: Try simple breathing — in for 4 seconds, hold for 4, out for 6. Repeat a few times to calm your body.
- Ground yourself: Look around and name 5 things you can see, 4 you can feel, 3 you can hear — this helps bring your mind back to the present.
- Take a short reset: Step away for 5–10 minutes, stretch, get a drink, or go outside.
- Talk it out: Share how you’re feeling with a parent, friend, or teacher instead of keeping it inside.
- Be kind to yourself: Replace “I can’t do this” with “I’m finding this hard, but I can take it step by step”

The impact of ATTENDANCE on your grades and future earnings

95-100% attendance
x2
DOUBLES your chances of getting a Grade 5 in English/Maths

10
days off school in Year 11
 reduces your chance of a Grade 5 in English and Maths by a **HUGE 50%**.

£772
 New government research shows that for every day of school absence, you are knocking £772 off of your future earnings, on average.

Average Yearly Salary at Age 28 in 2024 based on Attendance Bands

99-100% - £32,200	90-100% - £29,800
50-100% - £19,500	Under 10% - £10,100

Don't believe us? It's all from 2025 government research!

https://assets.publishing.service.gov.uk/media/67d2c984702a0cd2251c0ae/The_impact_of_school_absence_on_lifetime_earnings.pdf

https://assets.publishing.service.gov.uk/media/67c9647d908a2d1334c02ed/The_link_between_attendance_and_achievement_in_an_assessment_year_-_March_2025.pdf

ATTENDANCE THIS WEEK

Target = 94%

Yr7	Yr8	Yr9	Yr10	Yr11
				
88.2 %	86.8 %	89.3 %	89.7 %	80.9 %

Well done
Year 10

NOTICES FOR YEAR 8 PARENTS

Year 8 Parents' Evening Reminder
Thursday 30th April | 4.30pm – 7.30pm

A reminder to all parents and carers that Year 8 Parents' Evening will take place next Thursday. This is an important opportunity to meet teachers and discuss your child's progress.

Languages Option for Year 9

Parents and carers have already received a letter, and students have attended an assembly about choosing their language for next year. Please support your child in selecting French or Spanish via the MCAS app.

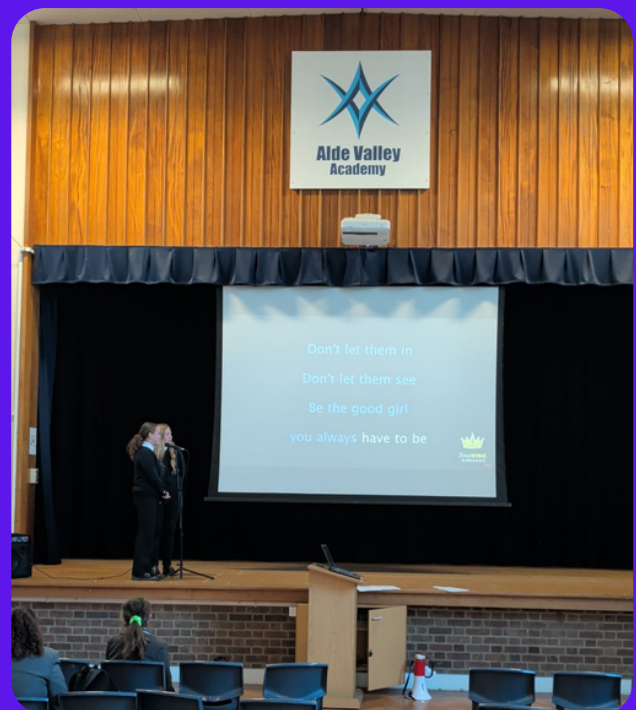
We look forward to seeing you there.

FRIDAY FIESTA – KARAOKE

Today's Friday Fiesta was a fantastic way to celebrate the students who have shown great commitment by attending all week. At lunchtime, everyone came together to enjoy a lively karaoke session filled with laughter, music, and plenty of enthusiasm.

Students confidently took to the microphone, singing their favourite songs and cheering each other on. The room was full of energy, smiles, and a wonderful sense of community. We really are *Stronger Together*.

It was a fun and memorable celebration to recognise the hard work and dedication of our students throughout the week. Well done to everyone who took part and made today such a success!



Step into Summer!

Summer Attendance Prizes

How does it work?

- Attend every day in a block and you will be entered into the raffle,
- The raffle will be drawn live on that Friday.
- If you attended every day in the block, you have a chance of winning!
- If your name is drawn in the raffle, you can choose one of our fabulous prizes!

Block 1 April 14th to May 1st / Prize Draw on Friday May 1st

Block 2 May 4th to May 22nd / Prize Draw on Friday May 22nd

Block 3 June 1st to June 19th / Prize Draw on Friday 19th June

Block 4 June 22nd to July 17th / Prize Draw on Friday 17th July

Awesome Prizes!

Home Cinema Projector



Hook your phone up to watch TV, films and videos on your wall or ceiling!
RRP £199.99

Nintendo Switch Lite

Play your favourite games at home or on the go!

RRP £199.99



Beats Pill Portable Speaker

Blast your favourite tunes wherever you go!
Water-resistant with 24-hour battery.
Great for those summer beach days!
RRP £149.99



Galaxy Tab A11 Tablet

The latest Galaxy tablet computer with over 64GB of storage!
That's loads of memory space for all your homework!

RRP £149.00



PE NEWS

Handball

A huge congratulations to our Handball teams, who recently competed in a tournament at Hartismere. The Year 7 boys delivered an excellent performance to finish in 2nd place, while the Year 7 girls also represented the school brilliantly, finishing 4th overall. Well done to all players involved for their teamwork, effort and sportsmanship.

Upcoming Fixtures

We have another busy week of sport ahead:

Tuesday 28th April – Year 9 & 10 Rounders Tournaments at Thomas Mills

Wednesday 29th April – Year 8 & 10 Boys Handball Tournaments at Hartismere

We wish all teams the very best of luck in their upcoming competitions.

Summer Term PE Clubs

PE clubs are now fully up and running for the summer term. There is something for everyone, so please come along, get involved and make the most of the opportunities available.

Important Notice – 3G Pitch Update

Our new 3G pitch is nearing completion, which is very exciting news for the school. To use the pitch safely, all students will need to have studded football boots. Please aim to have a pair ready for after half term, and certainly by September, so we can make full use of this fantastic new facility within our PE curriculum.

