



Alde Valley Academy

Aspire and Achieve. Lead with Kindness. Stronger Together.

Weekly Newsletter

26th June 2026

As the summer temperatures have soared recently, we want to take a moment to celebrate our incredible students. Despite the hot weather, they have been absolutely fantastic—maintaining their focus, showing great resilience, and working exceptionally hard across all their classes.

We also want to extend a huge thank you to you, our parents and carers, for your unwavering support. Whether it is ensuring the students arrive ready with their water bottles or continually encouraging them from home, your partnership makes all the difference as we navigate these warmer days together.

We are looking forward to celebrating the incredible achievements, hard work, and excellent behavior of our students. Please see the schedule below for the End of Year Rewards Assemblies:

Tuesday 14th July - Year 7;

Wednesday 15th July - Year 8 and 10;

Friday 17th July - Year 9.

Important Notice: Last Day of School Arrangements

Please take note of the crucial arrangements for the final day of term:

- **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.

PE News

Last week, the year 8 mixed cricket team had a great day at the Suffolk state schools tournament. They developed as the tournament went on and finished the day with the closest score, just 5 runs in it!



Year 9 students conquer the Duke of Edinburgh Bronze expedition

Another year, another successful expedition. Students from year 9 once again headed out of the classroom and into the beautiful Waveney Valley, completing a 34km walk as part of their Duke of Edinburgh bronze award.

After spending 6 months training and preparing for their expedition, students overcame physical exhaustion and pushed themselves over the 2-days, showing good pace and demonstrating good teamwork.

Naturally, on occasion, teams got lost. Nevertheless, they were able to make their way back en-route, with everyone reaching the campsite in good order. Staff were impressed with the student's care at the campsite, the place was immaculately tidy, with everyone getting on with their tents and food, with no fuss.

Staff were presented with pasta concoctions of all varieties, a range of proteins and vegetables, that made our mouths water. It was clear however that everyone was very tired, so after a nice sit down and game of cards, we all settled in for an early night.

Students awoke on Saturday morning, bright and early, ready to start walking in record time. The navigation demonstrated by the groups was impressive, with little to no occasions of teams being off track.

The weather could not have been nicer to us over the 2-days, with no sign of rain and a fair overcast of cloud, keeping us cool. A welcome relief, as the students crossed the finish line.

We are all very proud of our cohort for taking on and completing this challenge. A big thank you to Dr Green, Mr Hume and Mr Connell-Smith for their help, moral support and monitoring.

Also, a big thank you to the year 9 parents, for your communication and supporting your children all the way through.

I look forward to seeing who will take on the challenge next year!

Mr Creed
Duke of Edinburgh Coordinator

Young Carers Award

Alde Valley Academy has been awarded the **Young Carers Schools Platinum Award!**



Suffolk Family Carers (who presented us with the award) said:

Huge congratulations to everyone at Alde Valley Academy! Achieving the Young Carers Schools Platinum Award is a massive milestone. What makes this even more impressive is the incredible momentum your school has built—moving from the Gold Award just six months ago in December 2025 straight to Platinum today is a stellar achievement.

It takes an immense amount of dedication to build a school environment where young carers feel seen, valued, and supported. A huge shout out must go to the staff leading the charge—like Mrs. Dawes and the Young Carer Ambassadors, and, most importantly, the young carers themselves who balance so much every single day.

Suffolk Family Carers set an incredibly high bar for their Platinum standard, so being one of only a handful of schools in the county to reach it is something the entire Leiston community should be incredibly proud of.

A well deserved congratulations to Mrs Dawes and all of our young carers here at Alde Valley.

Celebrating Reading Success

This week, we were delighted to celebrate the achievements of our Reading Plus and Thinking Reading students with a special celebratory breakfast.



Forty students were treated to a special breakfast of croissants, doughnuts and juice, in recognition of their commitment and achievement with the programmes.

Well done to our students – your commitment to Reading is truly inspiring!

Both programmes help students build the key skills of fluency, comprehension and vocabulary. Improvements in these areas not only enhance reading confidence, but also have a powerful impact across all subjects. Stronger reading skills support students' ability to access the curriculum, contribute to better exam outcomes, and equip them with essential skills for later life.



If you would like to learn more about the Reading Plus and Thinking Reading Programmes, please feel free to contact Mr. S. Smith.

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.

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. Threadworms Speak to your pharmacist, who can recommend a treatment.	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. 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.	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. 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.	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. 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?'



Whole School Enrichment Day

A huge thank you to all those that have signed up for the enrichment day on the 16th July.

More information will be coming to you next week about the activities you have signed up for and any payment plans that may be needed.

There are still spaces left for lots of activities, so please sign up to avoid disappointment!

Book your tickets now, before it's too late!

Tickets are selling fast, so don't wait! Check out the poster for all the performance dates and times, and secure your seats before they're gone.



Cheese Scones

Our awesome Year 7s have been making delicious Cheese Scones this week, which have been a big hit with both students and staff.

These are an ideal budget friendly snack to throw in lunchboxes or for a summer picnic!!

CHEESE SCONES	
Ingredients 250g self raising flour 40g butter or baking fat/block 75g hard cheese 125ml semi-skimmed milk	Method 1. Preheat the oven to 220°C or gas mark 7. 2. Line a baking tray. 3. Sift the flour into the bowl. 4. Rub the fat into the flour until it resembles breadcrumbs. 5. Grate the cheese. 6. Stir in the cheese. 7. Make a well in the middle of the flour and carefully pour in the milk. 8. Mix to form a soft dough. 9. Place the dough on a lightly floured work surface. 10. Roll out the dough to about 1½ cm thick. 11. Shape the scones using a cutter. 12. Place the scones on a baking tray and brush each top with a little milk. 13. Bake for 12 – 15 minutes, until golden brown. 14. Allow to cool on a cooling rack.



Safeguarding Update

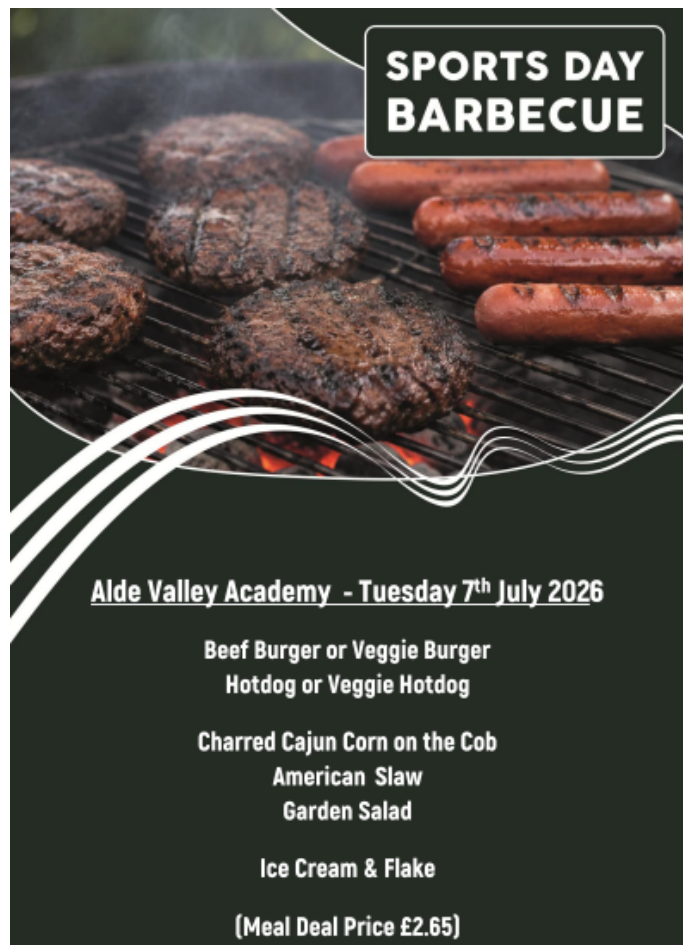
Summer has officially arrived. While we love seeing young people playing outside in the sunshine, staying safe in the heat is a priority for any parent/carer. As temperatures climb, please take a moment to review the UK Health Security Agency's essential heatwave coping strategies to ensure our children stay happy, healthy, and hydrated throughout the heatwave.

<https://ukhsa.blog.gov.uk/2026/06/23/how-to-keep-cool-and-stay-well-during-hot-weather/>

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.



Greek Food Day

On Wednesday this week we had our Greek inspired food day in the canteen. Students (and staff!) very much enjoyed the range of food available. We look forward to the next themed food event!



General notices

Parental Returnship Programme



Ready to restart your career?

A supported return-to-work programme designed for parents who have been out of work due to parental responsibilities.

This programme is for parents who:

- ✓ Have been out of paid employment for 2+ years
- ✓ Took a career break due to parental responsibilities
- ✓ Are looking to return to work



28th Sep - 18th Dec



25 hours per week



Development sessions



Supportive environment

Go to our careers page to apply

www.careers.suffolk.gov.uk/home/parental-returns



Contact the Early Careers team for more information rising.high@suffolk.gov.uk



SAVE THE DATE

**SIR JOHN LEMAN
SIXTH FORM**

OPEN EVENING

24TH SEPTEMBER 2026



Ringsfield Road -
Beccles - Suffolk
- NR34 9PG



01502 719948



sixthform@sirjohnleman.co.uk



Leiston Primary School

NEEDS YOU!

(or someone you know)

**Become a school governor
- help shape our future**

We welcome volunteer parents and community members of all ages, backgrounds, identities and life experiences.

No previous experience or any qualifications are needed—training and support are provided. Just bring your enthusiasm and your commitment to supporting our pupils.



**3-4 hours
a month
(including
meetings,
training
and school
visits)**



**Connect
with a
school and
learn new
skills**



**Provide
challenge
and
support**



**Make a
positive
difference**



**Want to
know more?**



**Please email East
Anglian Schools
Trust for more
information
mail@eastmat.org**

A governing board is stronger when it reflects our whole community