

# Term 6 Newsletter – 23rd July 2024

Dear Parents and Carers,

Thank you so much to all our WHA community for contributing to such a great year in school. We are incredibly proud of all of our students and their achievements across the year. Term 6 has been a busy one and it is lovely to be able to share some of the events and updates with you. I hope you have a restful summer. We look forward to welcoming our students back in September when we will be a full school for the first time.

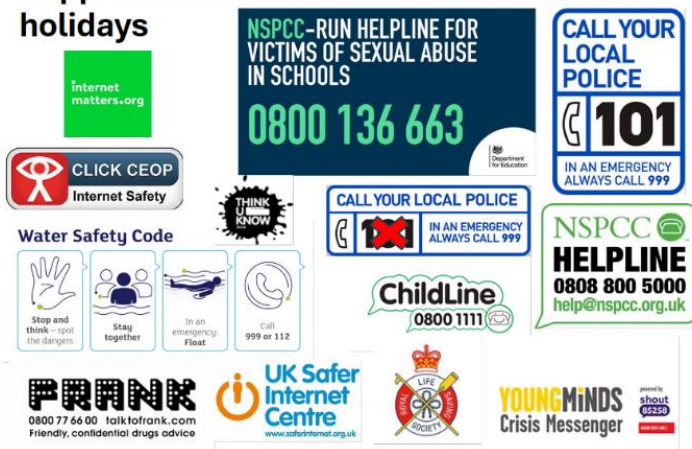
*-Matt Randle, Principal*

### Keeping safe over the summer holidays

Tutor time activities have been educating students on how to stay safe over the holidays and signposting them to helplines and websites such as these below. If you feel that your child needs support over the holidays, then these websites are a great way to support them.



### Support services available over the school holidays



If these helplines aren't enough and you need to contact the WHA safeguarding team over the holidays, please contact [ShoutOut@wha.cfb.uk](mailto:ShoutOut@wha.cfb.uk) and this email address will be monitored over the break.

Families need to access a foodbank, please email [ShoutOut@wha.cfb.uk](mailto:ShoutOut@wha.cfb.uk) and we can support with issuing a foodbank voucher for your local foodbank. Details of the local foodbank will be included with the voucher.

Local free holiday activities and support with things such as food can be found <https://n-somerset.gov.uk/my-services/benefits-support/other-benefits-support/holiday-activities-food-haf-programme/how-book-haf-activities>

*-Safeguarding Team*

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## Period Products

Parents and students are welcome to come to reception and ask for free supplies at any time. Products are available to students at all times during the year, from reception and heads of house.



**-Pastoral Team**

## Duke of Edinburgh

47 Bronze students battled the elements and completed their expedition (2 days, 1 night) earlier this term. All students successfully navigated their own planned routes across the Mendips with some students showing some very impressive map reading skills indeed! The wet and windy weather made setting up camp and cooking a little bit tricky, but our fantastic students were resilient and determined to have fun regardless! It was lovely to see them playing games, telling stories and supporting each other.



17 Silver students enjoyed a very sunny expedition (3 days 2 nights) in the Quantocks and were able to relax around a campfire, toast marshmallows and tell spooky stories in between walks. It was wonderful to see their improved confidence, maturity and independence tackling more challenging terrain and longer routes.



Well done to all students and a big thank you to all staff who supported these events. **-Mr. Papworth/Mrs. O'Connor**

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**Post 16 prom** was an incredible success! Held on June 21st at the beautifully decorated South Sands Hotel, the evening was a magical blend of elegance, excitement, and unforgettable moments. Our students truly embraced the evening, arriving in an array of stunning gowns and sharp suits. From classic elegance to modern chic, we witnessed an impressive variety of styles, showcasing the unique personalities and tastes of our students.



Thank you all for making Prom 2024 a night to remember, bringing us together and creating lasting memories.

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## Year 13 leavers assembly

We bid a farewell to our Year 13's, we are incredibly proud of all that you have accomplished and excited for all that lies ahead. Congratulations and best wishes for a bright and successful future! We extend our deepest gratitude to the teachers, staff, and families who have supported them throughout their journey. Your guidance and encouragement have been invaluable.



**-Post 16 Team**

## Year 7 PSHE

As part of National Smile Month, Year 7 students learnt about the importance of good dental hygiene, effective toothbrushing and the consequences of not looking after our teeth in their PSHE lessons. Dentaïd's Brightbites scheme provided toothbrushes and toothpaste for students to practise their toothbrushing skills, and created factfiles and posters to raise awareness in our community.

<h3>Dental Care!</h3> <p><b>How to correctly brush your teeth!</b></p> <p>It is actually surprising how many people don't know how to correctly brush their teeth.</p> <ul style="list-style-type: none"> <li>• First of all, you must brush your teeth twice a day for two minutes.</li> <li>• You should always clean all your teeth on the inside, outside and chomping area.</li> <li>• You should always use a fluoride toothpaste and spit do not rinse.</li> <li>• Also, you should brush at a 45 degree angle</li> </ul>		<p><b>What happens when we don't brush our teeth...</b></p> <p>When we don't brush our teeth, our dental health will rapidly decline. This can cause many things including...</p> <ul style="list-style-type: none"> <li>• Bad breath</li> <li>• Dirty teeth</li> <li>• Plaque</li> <li>• Cavities</li> <li>• Teeth being removed</li> <li>• Teeth falling out</li> <li>• Black / Brown teeth</li> </ul> <p><b>This shows that you should always brush your teeth!</b></p>	<p><b>Why we brush our teeth!</b></p> <p>We brush our teeth to make sure we don't get things like cavities, plaque, and dirty teeth. Remember, our teeth don't come back!</p>
<p><b>Foods to AVOID!</b></p> <p>In general, there are some foods we want to avoid. This includes mostly sugary and acidic foods and drinks like sweets and cola. We can have these things but we must limit the amount we do.</p>	<p><b>When to see a dentist!</b></p> <p>The NHS used to advise that you see a dentist every 6 months for a check - up. However due to lack of dentists, they advise now every 6 months to a year based on your dental health</p>		<p><b>Toothpaste and brushes</b></p> <p>One thing about toothbrushes is that you should replace them every three months so the bristles aren't ruined and toothpaste should always contain fluoride!</p>

Reagan P.

	<p><b>TOP TIPS FOR GOOD DENTAL HEALTH!</b> Don't drink Cocktails, Fruit Juice, wine, coffee</p> <p>Brush your teeth twice a day</p> <p>floss between your teeth</p> <p>Have regular dental check-ups</p> <p>Straighten crooked teeth with braces</p>	
<p>Get children into a teeth-cleaning routine</p> <p>Have regular dental check up</p>	<ol style="list-style-type: none"> <li>1. Use the right toothbrush. For most people, a soft-bristled toothbrush will be the safest choice.</li> <li>2. Replace old toothbrushes.</li> <li>3. Use the right toothpaste</li> <li>4. Use the correct technique</li> <li>5. Be gentle</li> <li>6. Brush for long enough</li> <li>7. Brush your tongue</li> <li>8. Hold at a 45 degree angle</li> </ol>	
<p>Avoiding citrus fruits, sticky candies, and soda, as well as consuming more high-fibre foods, sugar-free gum, and water, can also help promote good teeth health</p>	<p>Bacteria and plaque can build up in our mouths, which can cause tooth decay, gum disease, and bad breath</p> <p>Soda. Soda is not only bad for your health and waistline, but it's also filled with sugar and acids that rot away at your teeth</p> <p>Energy Drinks. The most popular drinks that are awful for your teeth fall into the category of energy and sports drinks</p>	<p>citrus fruits, sticky candies, and soft drinks</p>

Andy H.

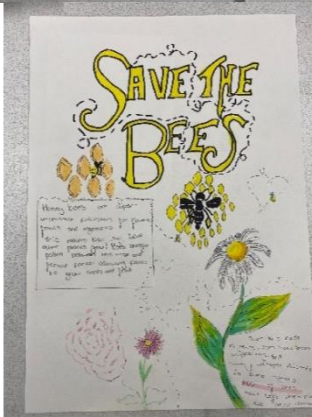
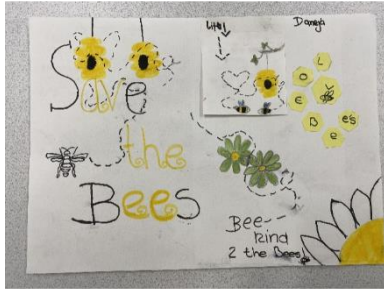
<h2>DENTAL HEALTH</h2> <p><b>How to brush your teeth</b></p> <p>Step 1: start with the outer surfaces of your teeth . Take your time! Gently brush upper and then lower teeth .</p> <p>Step 2: tilt your brush at a 45 degree angle . Brush against the gumline to get rid of any trapped plaque or food debris . Gently move the brush back and forth .</p> <p>Step 3: brush the inner surface of your teeth because the insides of your teeth are not as visible . Always brush your tongue for fresher breath</p>	<p><b>Dental Care!</b></p> <p><b>WHY WE NEED TO BRUSH OUR TEETH!</b></p> <p>When we brush , we remove food and plaque off our teeth . Plaque is a sticky white film that forms on teeth . After you eat a meal or snack with sugar in it , the bacteria in plaque that make acids that attack tooth enamel .</p>	<p><b>FOODS TO AVOID</b></p> <p>When keeping clean teeth you should avoid caffeine , soft drinks and acid fruit juices</p> <p><b>What happens when we don't look after our teeth</b></p> <p>Good oral hygiene is essential for not only maintaining a healthy mouth but also for your overall health</p> <p><b>How often we need to see a dentist</b></p> <p>We need to see a dentist around about every 6 months to maintain healthy teeth</p>
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Lola H.

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## Art at Winterstoke

Year 7 have produced a range of 'Save the Bees' posters as part of their latest assessment. There was a fantastic response through typography and their observational skills have improved since September.



## Year 8 have explored the theme of the 'Environment':



Year 9 were given an empty box to represent their identity:



-Art dept.

Music lessons

It is wonderful to see so many students signing up for individual or shared music lessons at WHA with our fantastic team of teachers from Taunton Music Service. Mrs. Evans has been collaborating with Sharon from the service to confirm the timetables and these will be sent out very soon along with the invoices. For new students, please come and find Mrs. Evans in September and she will show you where to go for your lessons. To parents/carers, please could you help your child prepare by organising a folder for them to keep their music in. Mrs. Evans will provide them with a practice diary for communication between the teacher, you and your child.

I look forward to popping in and hearing what is being learnt, and I will be on the hunt for performances for our Winter Performing Arts Showcase! **-Mrs. Evans (Music Teacher)**

Performing Arts

Alongside other Performing Arts Showcases planned in the winter and summer terms next year, we will be launching our next whole school production in term 1. We Will Rock You this year was a huge success and we look forward to growing the cast and making the next show even bigger and better again! If you enjoy singing, acting, dancing, making props, helping backstage, we would love for you to be involved! But what will the show be?! All will be revealed in late September!



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## Design Technology

What a busy final term we've had in DT designing and manufacturing a range of different products.

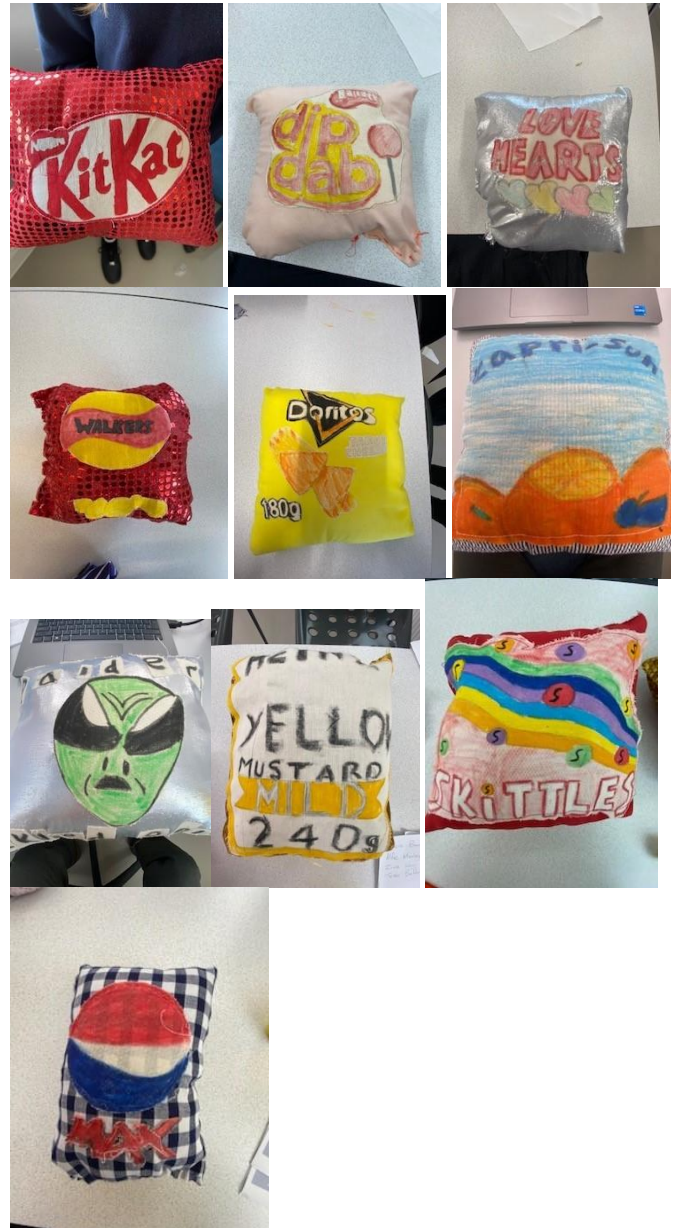
### Year 7 DT

In year 7 the sweet dispensers have been superb with lots of accurate measuring and cutting ensuring that the rotary mechanism can move sweets easily.



### Year 8 DT

Year 8 have been making these supermarket stitch themed cushions. Key skills included using fabric pens, applique, setting up and safely using a sewing machine and creating seams.



## Year 9 DT

Here are some examples of this terms Culture themed pencil cases. Students using a vinyk cutter, fabric pens to design a culture themed design for their pencil case. They carefully used the sewing machines to attach a zip and turn it into a pencil case.

Our last group of lamps have been manufactured using vacuum forming, laser cutting, soldering and many lessons of computer aided design to create their lamp shade.



-DT Dept

## Winterstoke students accepted into prestigious Exeter Scholars programme (ERo)



Three outstanding Year 10 pupils at Winterstoke Hundred Academy have been accepted into the esteemed Exeter Scholars programme. This achievement highlights dedication and potential of Max, Victoria, and Oliwia, as they embark on an exciting educational journey.

Exeter Scholars is a free programme aimed at students in the South West from Year 9, and nationally from Year 10, through to Year 13, giving young people from across the country the opportunity to find out more about university, develop a passion for a chosen subject and gain first-hand experience of student life.

As part of the Exeter Scholars programme, Max, Victoria, and Oliwia will participate in a 'pathway to university' initiative. This will include attending lectures, engaging in application workshops, and experiencing a summer school at the University of Exeter. These activities are designed to prepare them for future academic success and inspire them to pursue higher education.

Emily Robinson, Head of Year 10, said: "We are thrilled that Max, Victoria, and Oliwia have been accepted into the Exeter Scholars programme. Their acceptance into this prestigious programme is a testament to their hard work and determination.

"We look forward to supporting them throughout their journey and are confident they will make the most of this incredible opportunity."

The entire Winterstoke Hundred Academy community congratulates Max, Victoria, and Oliwia on their acceptance into the Exeter Scholars programme and wishes them continued success in their educational pursuits. – **Head of Year 10**



## Governance Update



My name is Tricia Brabham and I am the Deputy Head of Governance for CLF. Along with my colleagues Liz Tincknell (Head of Governance), Will Lamb (Information Governance Coordinator), and Jackie Friday (Governance Administrator), we work closely with the Trust Board and Academy Councils (the name we give to our Local Governing Boards), on all areas of governance.

Our Academy Councils are made up of volunteers from the local community, as well as parents and staff and they have an important role in providing appropriate challenge and support to the Principal to provide the best educational experience for all students. The Academy Council meets 6 times a year, with the Principal and members of the Senior Leadership Team, in addition individual councillors may link to a particular area of school to be able to provide strategic oversight to the Academy Council on the work taking place in this area. On occasion they may also sit on panels to consider exclusions or complaints.

We have vacancies across our Trust for Academy Councillors - you don't need a background in education, but be willing and able to commit time to the role, to ask questions, and to analyse data. We provide training for our councillors, and they have the support of a clerk and the wider governance team to help them in their role.

If you are interested in finding out more about the role please complete this form and we will be in touch.

## Future Mathematicians Day- Wednesday 17 July

A group of our Year 9 students took part in a Future Mathematicians event alongside Hans Price and Monkton Wood academies. The event aimed to widen students' awareness of where maths is used beyond school, and to give them an experience of further study of maths. The students did some work on data visualisation inspired by Florence Nightingale, looked at the probabilities behind medical screening, and asked questions to a panel of professionals who use maths every day. Well done to everyone who took part.



*-Head of Maths*

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## Quilting and Japanese Sashiko Club News

We have been busy with various creations throughout the year. WHA have been invited to a few national events with Craft4Crafters in Bath and Exeter.

Our biggest challenge was preparing a quilt for the International Quilt Competition at NEC Birmingham August 2024, under the secondary school category. The theme for this year is 'Precious'. Students have worked carefully in the last 5 months to complete the piece.

The quilt is named 'Precious' and the heart anatomy is our symbolic representation. Materials used were recycled curtain and scraps of fabrics donated by the Weston Quilters. We are very proud of what we have achieved. Huge well done to all students involved particularly Hannah and Grace alongside others; Kiana, Summer, Freija, Eva, Charlotte.

Other projects have included a Christmas table piece, a Valentine heart mat, an Easter bag, and Sashiko patches.

Here is the link if you would like to visit the International Festival in Birmingham August 1st -4th 2024.

<https://www.thefestivalofquilts.co.uk>



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## Young Carers Update

At WHA, we look after our young carers. Early this year, WHA Young Carers attended University of West England for the Young Carers Development Trust Conference. Students were involved in various workshops and meeting university's young carers.

WHA has been chosen to pilot the first YCDT mentoring programme through National Lottery Funding. The programme focuses on young carers from year 9-11. We are privileged to be working with YCDT.



*-Mrs. McKinen*



*-Louise Birtles (PTFA Chair)*

## WHA PTFA Summer update

We have had a busy summer supporting as many school events as possible, including The Post 16 Dance Show, Year 7 Parents Evening, School Summer Disco and Sports Day. We are slowly making small amounts of money for the school but would really like to raise larger sums to support the school with extra supplies and facilities that would benefit the whole school. This could include leavers' hoodies for year 11, a school prom, and other fun activities. If you have any suggestions big or small, we would love to hear them or if you would like to join our small but dedicated PTFA team, please get in touch. We are a friendly group of school parents always happy to welcome newbies into the group! Thank you for all your support this year, Louise (PTFA Chair)  
louise.birtles@clf.uk