



The Aylesbury Vale Academy

RESPECT | ASPIRATION | RESILIENCE

PARENT BULLETIN No. 78

3rd February 2023

Welcome...

I would like to thank all parents for your cooperation this week due to the industrial action. I appreciate that this caused inconvenience but, as you know, this was a dispute between teaching unions and the Government and not the school. More industrial action is planned for Wednesday 1 March and I will aim to give you as much notice as possible about whether we can open or not.

Recently we have seen a rise in students vaping inside and outside of school. This is extremely worrying as some vapes contain up to 50 times the amount of nicotine as a cigarette and sadly, it seems young people are able to get their hands on these quite easily. To prevent this as much as possible we will have to issue severe sanctions, which may include internal isolations and suspensions. We will also conduct random searches to address this problem. I would be grateful if you could emphasise this message with your child.

To end on a more positive note I want to share with you some feedback I received from a member of the community who got in touch with me this week. She and her two friends had a gate held open for them by three AVA Year 7 students on the new Buckingham Park cycle path. The correspondent felt compelled to contact me to share this “really lovely polite behaviour”, going on to say “they are a credit to the school.”

This type of respectful behaviour is exactly what we will be rewarding with the launch of our **Respect** postcards this week (see below), and hopefully you can look forward to your children arriving home with these in their hands. It is so important to recognise when they do well.

Gavin Gibson
Academy Principal



Contacting the School:

Year 7: year7enquiries@theacademy.me

Year 8: year8enquiries@theacademy.me

Year 9: year9enquiries@theacademy.me

Year 10: year10enquiries@theacademy.me

Year 11: year11enquiries@theacademy.me

Post 16: post16@theacademy.me

Key Links:

[Secondary website](#)

[Parents' evenings](#)

[EduLink One](#)

[Trips/Lunch money](#)





AVA'bury Festival 2023

We're excited to announce the upcoming AVA'bury Festival, which will take place on Saturday 24 June from 1pm to 7pm.

We invite you to 'save the date' ahead of the event, with more details due to be confirmed in the coming months. Please see the attached flyer for full details.

If you are a local band, food vendor, bouncy castle company or a small business looking to promote your company, please get in touch at avafestival@theacademy.me

GCSE History Berlin Trip

The trip to Berlin got off to a quick start, and there was no sign of any let-up as the trip progressed. Within hours of getting off the plane, our students had visited the Reichstag and the Brandenburg Gate, followed by an emotive visit to the Sachsenhausen Concentration Camp on Thursday.



Respect Postcards

This week members staff at AVA will be handing out **Respect** postcards to students who demonstrate our school value of **Respect**.

There are many ways that our students show respect, and staff will be on the lookout for students who are polite to each other, hold open doors, wear their uniform correctly, put litter in the bin or any other demonstration of **Respect** for each other, staff and the school.

Parent View

Thank you to those of you who have responded to our Parent View survey. You can still respond [here](#).

Parent View

Children's Mental Health Week 2023

[Children's Mental Health Week 2023](#) will take place from **Monday 6 February to Thursday 12 February 2023**. This year's theme is 'Let's Connect'.

Let's Connect is about making meaningful connections. People thrive in communities, and this connection is vital for our wellbeing. When we have healthy connections – to family, friends and others – this can support our mental health and our sense of wellbeing, so we're encouraging people to connect with others in healthy, rewarding and meaningful ways.

Children should not have to face mental health problems alone.

If you are concerned about your child's mental health in school please complete [this form](#).

[Place2Be](#) is a children's mental health charity with over 25 years' experience working with pupils, families and staff in UK schools.

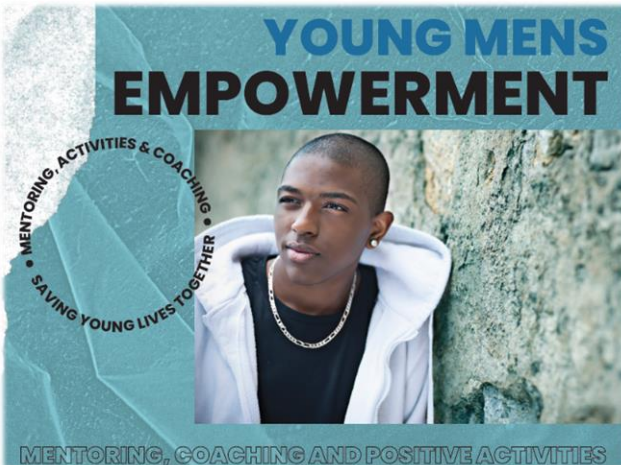
They provide mental health support in schools through one-to-one and group counselling using tried and tested methods backed by research. They also offer expert training and professional qualifications.



The Empowerment Project for Young Males

Mentoring, Coaching and Positive Activities

Community Youth Ventures in partnership with the 'Saving Lives Fund' - a charitable fund held and managed by Heart of Bucks and Buckinghamshire Council' would like to offer young people in Chesham, Aylesbury, and High Wycombe the opportunity to attend the Empowerment Project, a project for young males between the ages of 11-18.



Each young person attending the programme will have access to:

- One to one mentoring and coaching
- Weekly activities involving sports, healthy living, music production, cooking, life skills and social events.
- Positive activities in the school holidays which include a summer residential and days out
- Signposting to other services
- Preventative workshops on staying safe, personal safety, managing emotions and anger, reducing negative behaviours, relationships, exploitation, and reframing the mind.

What makes The Empowerment Project unique is that we use different methods of youth work, from detached,

outreach, youth club sessions, school-based education and one to one support.

All services are free of charge.

If you know a young person that would benefit from this intervention please email cyv.cic@gmail.com and one of the team will get back to you.

The Empowerment programme covers Chesham, High Wycombe, and Aylesbury.



Subject Superstar

This week's **History Heroes** is **Doae J** in Year 7. Doae demonstrates great resilience towards her learning and is always confident to ask for help when she is unsure.

PE News

Basketball

Our year 9 Basketball team had a fantastic victory on Tuesday. So proud of the way the boys played, our boys have been performing really well in both the local league and junior NBA games, just wanted share our success with you. **Mark T** and **Samuel I** have proven to be our MVPs in recent games. Go Kings!

Football

Our year 11's Boys Football team had their first game of the season this week and secured a 2-0 against St. Michael's with goals From **KK B** and **Aaron A**. Their attitude was fantastic and worked extremely hard for each other. Man of the Match performances from both **Riley NW** and **Jack R**. It was great to see them back on the pitch, especially in their final year at AVA. We look forward to seeing their future results.



Spectators at AVA

Just a reminder that unfortunately for the time being, **spectators are not allowed** for fixtures at AVA. Due to the need for spectators to be escorted to the area of the fixture by a member of staff, and our PE team all having clubs/fixtures until gone 4pm, this is not viable at this time. We are working on a solution to this and will keep you updated.

HPV Immunisations

The Buckinghamshire Immunisations Team are visiting your school on 13th March 2023 to deliver the second dose of the HPV Immunisation to the Year 9 pupils.

Most of the students would have already consented to this vaccination last Year, although Parents can still consent to the vaccination if their child missed the first dose whilst they were in Year 8.

PLEASE ONLY COMPLETE THE ONLINE FORM IF YOUR CHILD DID NOT RECEIVE THE VACCINATION IN YR 8.

If you have any queries regarding online consenting, the HPV vaccine, or if you feel that your child may have missed any previously offered immunisations, please contact the Buckinghamshire Immunisation Team on 01296 567860 or by email on buc-tr.BucksChildImms@nhs.net.

Careers

Calling all medics

For students aged 14-18 considering careers in medicine, we've got a few work experience projects they can get involved with. Each one can help them decide if a career in medicine is the right choice and provide some stand out work experience for applications to med school.

[Medicine Work Experience Week In London February 12 - 18](#). 1 week in person course including accommodation, meals and teacher supervision. Students visit different hospitals in London for work experience.

[Virtual Medicine Work Experience Week February 20 - 24](#). 1 week online course where hundreds of students take part, gaining work experience through different activities each day, hosted by our team of practising UK NHS doctors.

[Online Radiology Work Experience Saturday 4 March](#) - Another free session we are running for all budding medics. Interactive day where students can get involved in diagnosing patients with our NHS doctors. Simply join through the link, we've 1,500 places available.



National Apprenticeship Week

On Monday 6 February we start to look at Apprenticeships in more details as we celebrate National Apprenticeship Week. A lot of activities will be sent home for you to go over with your child. Please look out for further details in next week's parent bulletin.



Mrs Weedon says... It's been a great week for Year 7. They have all be working hard and it is fantastic to see so many students reaching 100 achievement points.

Mrs Haynes is running a PGL trip for Year 7s, if you are interested please collect a letter from the PE office. It is first come first served, so it's important to grab your place before they are all taken up. This will be a great opportunity for students to try something new and build on their teamwork skills.

Well done to year 7 netball team has had an amazing run, they have won all their games with other local school, except for one. They have been committed and enthusiastic in every game. The PE department have been very impressed with how they have been progressing in netball, they get better every week.

Students must make sure to write their timetables in their planners, so they have a spare copy if they lose it or have left it at home. It is very important that all students arrive to lessons on time to make a prompt start to their learning. PE kit must be brought in when they have PE lessons.

This week in tutor time Year 7 continued with literacy and their personal development booklets. This is in addition to looking at the word of the week, where they get achievement points if they can use the word in a sentence throughout the day. They also completed part of their career's booklet, look at the skills they want to improve for future job prospects. This week's community assembly was delivered by Ms Lutchi and the Student Parliament. They discussed the importance of getting involved in the school community and what opportunities are available at the Academy. A few year 11 prefects talked about their time at AVA and how they have gained.



Dates for you Diaries:

W/C Monday 27 February Bring your Parent to School Day

Thursday 4 May Parents' Evening

Friday 19 May PGL Liddington

Weekly Form Competition

Form Achievement Points:

1. Faraday 2
2. Faraday 3
3. Nobel 3

Form Attendance (%):

1. Franklin 2
2. Faraday 1
3. Nobel 1

Individual Achievement Points:

1. Weronika S
2. Madina K
3. Joseph C

Honourable Mentions:

Year 7's Student Parliament Members for their hard work in the school community

Year 7 Academy Values Awards

respect

Haider S
Emilija S
Humna Q
Judith A
Dylan H
Souhayla S
Emily B
Sophie K
Maddie M
Luqman Q
Angie S

aspiration

Megan P
Lily G
Aeshah M
Kayla S
Emma B
Izabella I
Matei R
Emmie T
Sophie K
Chloe W
Tianna H
Calleigh C
Sharon G

resilience

Imaan J
Ingrid CS
Willow K
Alistair G
Effie D
Tom E
Lucas B
Jake C
Conor M
Anya V
Miley P
Matthew L
Mariam C

Any enquiries, please contact year7enquiries@theacademy.me

Mrs Weedon and the Year 7 Team



Ms Dutson says... Year 8 welcomed Frederick Addo, Technical Analyst at Sky on Monday afternoon. Frederick spoke about his role at Sky, and the opportunities he has had to work abroad, and why studying a language can be a positive for potential employers and improve someone's employability.

Monday's assembly was led by Mrs Pykett and focussed on treating others fairly. Students in Year 8 explored the damage that unkindness can do, and were advised that if their words towards others are not useful, helpful or kind they should not be said.

Students were also made aware that no one is an innocent bystander and if they witness students using language towards another student that is not acceptable, they should call it out by reporting to an member of the Team.

GCSE Options

Options letters have been shared via Edulink, and Our Key Stage 4 Options Evening will take place on **Thursday 2 March** from **5pm - 7pm**. During the evening you will be introduced to the options process and given advice on how to access our options information on the website. Our Curriculum Leaders will present their subjects so you can explore subject content, ask questions and investigate further education and career pathways with your child.



GCSE Options



We will also have representatives from Aylesbury College, Adviza (Careers) and Aim Higher who can advise further on post 16 pathways including further education, apprenticeships and career routes. Our Options Handbook will soon be available on our website, and your child will be provided with a hard copy next week.



PGL Liddington Residential

The PE department are running a two-night residential trip to PGL Liddington from Friday 19 May. Students will have the opportunity to take part in adventurous outdoor activities, as well as learn and develop new skills. There are 50 spaces and these will be allocated on a 'first come, first served' basis. If your child is interested please do encourage them to collect a letter from the PE Department as soon as possible.

Dates for you Diaries:

W/C Monday 6 February Options Handbook handed out; Options Assemblies.

W/C Tuesday 21 February Options Assemblies

Thursday 2 March Options Evening; Online Options Meetings with the Options Team/Curriculum Leaders begin.

Friday 10 March Options selection web portal closes

Friday 10 March – Friday 21 April 1-2-1 Options Meetings with selected students.

Early May Options confirmed to parents and students

Year 8 Academy Values Awards

respect

Oliver S
Olivia U
Rupert W
Daniel T
Alyssa T

aspiration

Aqdas B
Jack B
Cameron C
Ethan C
Carrick E

resilience

Ewan B
Elysia G
Theo H
Komal I
Ivan K

Weekly Form Competition

Form Achievement Points:

Nobel 3

Individual Achievement Points:

1. **Lizzie S**
2. **Lily P**
3. **Ellina S**

Form Attendance (%):

1. **Nobel 2**
2. **Franklin 2**
3. **Faraday 3**

Honourable Mentions:

The whole of Year 8 for their impeccable behaviour in Monday afternoon's presentation

Any enquiries, please contact year8enquiries@theacademy.me
Ms Dutson and the Year 8 Team



Mr Hawley says... As we fast approach half term, Year 9 are still holding up well, especially as assessments are coming up as the break approaches. I hope the students on the Berlin trip enjoy!

A big 'well done' to all the students who went on the Action 4 Youth trip on Wednesday - I hope you enjoyed the canoeing and boating. And huge congratulations to **Louis C**, who not only succeeded in securing a trial for London Wasps, but sailing through it with flying colours. **Aspiration** in action! Good luck to **Lewis B-W** in his upcoming boxing match - remember the uppercut!

Well done also to the Year 9 basketball team who beat Buckingham School 56-14! What is even better than the comprehensive nature of the victory, is that the boys were so quick to acknowledge the fantastic input of the year 8 boys who also played and helped them get the win.

If a student hasn't got a timetable, please check Edulink, we had a fair queue outside pastoral.

Parents evening is the 16th March. Please sign up on school cloud and if you have any issues please let me know. So far year 11 hold the record for most parents attended. But of course, year 9 can beat that record.

Year 9 got a fantastic assembly from the prefects about looking after their school. To see how these students have turned their **Aspiration** to be role models and leaders within the school in to action is inspiring.

Dates for you Diaries:

Thursday 16 March Year 9 Parents' Evening. Book here:
<https://aylesburyvaleacademy.schoolcloud.co.uk/>



Year 9 Academy Values Awards



Dexter C for being the model of respect on the canoeing trip. He led the way with the paddle boat, and was helpful to staff.



Emmanuel A for his fantastic efforts in history, and the part he played in the all-star Year 9 basketball team.



Callum T for showing such resilience. I am very proud of the effort you have put in this year to overcome any challenge that raises it head.

Weekly Form Competition

Form Achievement Points:

1. Nobel 1
2. Franklin 2
3. Faraday 3

Individual Achievement Points:

1. Haider A
2. Ella H
3. Megan W

Any enquiries, please contact year9enquiries@theacademy.me
Mr Hawley and the Year 9 Team



Mr O'Leary says... The Year 10's have had a positive week with their lessons and period 6's. As a year group with have continued to promote work experience and help the students with their CV writing during tutor time this week.

Just a reminder the students have been given a couple of deadlines. They need to secure a work experience placement by **Monday 20 February** and to complete their placement tool on Unifrog by **Wednesday 22 February**. If any students need any support, please ask them to speak to Mr O'Leary, Miss Porter and Mrs Marina.

Geography Field Trips

As part of the GCSE course, our Year 10 Geography students take part in 2 fieldtrips: Oxford and the River Chess. Students will be bringing home a letter with the details of these trips. Please can the reply slip and parental consent form be returned to their Geography teacher, and the Parent Pay contribution made, by **Friday 3 February 2023**. Please contact Mrs Smyth (asmith@theacademy.me) with any questions.



PE Lunch Club Timetable	
Monday	Gym (ORO/MLO)
Tuesday	Futsal (NWK/ORO)
Wednesday	Gym (KMO)
Thursday	Basketball (JSM)
Friday	Gym (KMO)

Assemblies:

Assemblies are on Tuesday and Friday, students are back in the main hall for assemblies, they need to line up outside in the main hall in their tutor groups.

Careers

Year 10's during tutor time were looking at careers. The year group have been looking at CV writing by using a template from the Unifrog website. We have also managed to secure further study higher mentoring sessions for the year group, which will run until April.

PE Kit

Please can we ensure students have their PE kits for the correct days.

Dates for you Diaries:

Monday 24 – Friday 28 April Work Experience Week. Letters have been sent home with students and emailed via EduLink.

Weekly Form Competition

Form Achievement Points:

1. Faraday 1
2. Franklin 2
3. Franklin 2

Individual Achievement Points:

1. Max C
2. Callum W
3. Ines D-D

Form Attendance (%):

1. Faraday 1
2. Franklin 1
3. Faraday 3

Honourable Mentions:

Morgan B, Theo D and **Jamie L** for always demonstrating our Academy Values

Year 10 Academy Values Awards

respect

Lauren B
Jessica B
Harvey W
Summer U
Hannah S
Tyler W
Evan H
Jamie O
Marko G
Callum W

aspiration

Aimee B
Maciej F
Sabah K
Viktoria R
Musa K
Krystain N
Haleena P
Aarion R
Ines D
Robert E
Sanna F
Taylor F

resilience

Myra Z
Ayesha A
Max C
Ben G
Alice K
Mya-Ruby L-L
Elijah P
Hope P
Sienna P
Joshua B
Jamie L

Year 10 Rewards

We have introduced a new way to reward our Year 10s. This week's students were choosing based on them having 0 behaviour points since the start of the school year. Every box contains a prize, including achievement points, stationery, sweets, rewards cards and postcards home. This will continue throughout the year using different selection criteria in the hope that everyone in the year group will have a turn.

This week's winners are: [Hasan H](#), [Nicholas T](#), [Ocean J](#), [Summer C](#), [Chloe T](#), [Humayl K](#), [Dayaan K](#), [Amira N](#), [Ben B](#), [Markus O](#), [Ameen K](#), [Afser-Jehan A](#), and [Abdelali R](#)



Any enquiries, please contact year10enquiries@theacademy.me
Mr O'Leary and the Year 10 Team



Mrs Leach says... A number of Year 11 students have sat an 'official' exam this week. Morale has been high and students have taken it all in their stride.

Keeping active during Revision

Research shows that physically active students have more active brains - even walking for just 20 minutes can significantly increase activity in the brain. Exercise helps to oxygenate the brain and release tension, helping students to keep calm, mentally relax and study more efficiently.

This means that it is really important for students to take regular breaks in their learning. Exercise can improve cognitive brain function, increase students' ability to focus for longer periods, reduce stress levels, and improve memory retention.

What can you do?

- Support your child to take regular breaks so they are less likely to get distracted whilst revising. It's much better to spend 60 minutes revising well and 10 minutes on a break than for your child to spend longer half revising and half playing with their phone!
- Suggest to your child that they take breaks every 60-90 minutes when revising.
- Encourage your child to do something active with their break, such as getting some fresh air, playing sport, going for a walk or a run, or doing housework. Remind them that exercise doesn't have to last for hours to count.
- Work with your child to help them work efficiently and find a routine that works for them.

We are here to support you with your child's revision and preparation for their exams. Please do get in touch with us if you need any advice or support.

Year 11 Revision Evening

We would like to invite you and your child to our Year 11 Revision Evening at AVA on **Thursday 9 March** from **6pm to 7.30pm**. The aim of the session is to give guidance to you and your child in planning their revision and using revision strategies in preparation for the summer exam period.

We appreciate that as the exam session approaches you may feel like you want to know how to support your child, providing them with effective revision strategies, and research has proven that supportive parents can make a difference at this crucial time.

If you would like to attend, please complete this short form: <https://forms.office.com/e/4MEbMGbsR>

Half-term revision sessions

Ahead Tuition are running exam and revision workshops over February half term, in Chesham. If you would be happy to, I have included a poster with the details to share with your year 11 groups.

We are also offering any student a 10% discount if they book and mention that they received the information from school.

Year 11 Prom

Prom payment is now open on Parent Pay. You can pay for the Prom ticket in instalments or in full. A £10 deposit is required to secure your child's place. We appreciate that Prom can be a costly event for parents/carers, so we have offered you all a payment plan for the ticket.

Year 11 Leavers Hoodies

We are excited to announce that Leavers Hoodies are available to order now via the PL Schoolwear website: www.plschoolwear.co.uk

Once on the website, click Aylesbury Vale Academy School Uniform. You will then see the leavers hoodies, please select the size, colour and add the name you would like printed on the back. Colours to choose from are: Navy, black, green, purple, grey, pink. Hoodies cost £24.50 and will be available for students at the Leavers Assembly in May.

AHEAD TUITION
GCSE FEB HALF TERM COURSES

MON 13TH GCSE MATHS
TUES 14TH GCSE BIOLOGY
WED 15TH GCSE CHEMISTRY
THUR 16TH GCSE PHYSICS

10:00AM - 1:00PM
CHILTERN HILLS ACADEMY

BOOK NOW
01494 416110

Year 11 Academy Values Awards



Declan K
Jack R
Tobias T



Daisy W
Charlotte J
Connie M



Mare P
Tegan H
Mark O

Weekly Form Competition

Form Achievement Points: <ol style="list-style-type: none">1. Nobel 22. Franklin 23. Franklin 3	Individual Achievement Points: <ol style="list-style-type: none">1. Ini M2. Dylan B3. Katie T
Form Attendance (%): <ol style="list-style-type: none">1. Franklin 12. Faraday 33. Franklin 2	Honourable Mentions: <ol style="list-style-type: none">1. Riley NW2. Jake W3. Fiza N

Any enquiries, please contact year11enquiries@theacademy.me

Mrs Leach and the Year 11 Team

Thank you for all your support

