



# Weekly Round-Up

10<sup>th</sup> Issue  
June 2021



## June is Pride Month

We would just like to draw your attention to the fact that June is Pride month.

Pride Month is a time when millions of people come together in support of the LGBTQ community. This year, many celebrations across the globe will resume as COVID-19 restrictions are lifted and more people are vaccinated.

There are plenty of ways to show your support from home. We've listed several to get you started.

- Hang a Pride flag outside your home.
- Place a Pride sticker on your car.
- Host your own Pride-themed movie night.
- Wear some Pride clothing.
- Join virtual events.
- Be an ally to your LGBTQ colleagues, friends and family members.
- Support LGBTQ organisations in schools.
- Support businesses that support the LGBTQ community.

In a world where you can be anything, be kind....

## Attendance Update

*An important message from Mr Tucker*



Since I last wrote in the newsletter about attendance I am pleased to report an improving picture at Castle View. Before the half-term break, we had the second-highest attendance in the city for most of the half term. This is great and shows that our message to parents is getting through.

The most important thing you can do to support your child is to make sure they attend school every day. We are also continuing to work with the Local Authority on making sure that we carry out our legal obligations to support children into school. This has unfortunately meant we have had to submit cases to the Local Authority for them to consider if a fine or prosecution is warranted.

Parents must understand that 5 days of unauthorised absence is enough for this referral to happen. This may not seem like a lot but 5 missed days of school over a year is 20 missed lessons which would have a significant impact on a child's learning and confidence. I am pleased that our new online absence reporting is working well and this must be completed by 8:15 for every day a child is not in. Any child not in school without a reason being given will be marked as Unauthorised.

I also need to make clear that where a child has repeated bouts of illness for things such as migraines, stomach aches, etc, these may be marked as unauthorised unless medical evidence is provided that the child is not fit to be in school. This could be a note from a doctor saying that they are unable to be in class however evidence of just a doctor's appointment for these ailments is insufficient. More than 2 days of this type of illness in a half-term would usually mean the evidence is required.

Our attendance team of Wayne Fewings and Deborah Lines, or Tracy Houghton, who is working with us from the Local Authority, may contact you about an illness to make sure parents are fully aware of how their child's attendance is being recorded by the academy. Where a student has a booked medical appointment from the hospital, such as for a fracture clinic or to see a consultant, these letters should be reported to us so that this absence can be recorded correctly.

I would urge all parents to have a goal of 100% attendance for their child between now and the summer holiday. Making sure they are in every day is the best way to catch up on what has been lost in the last year.

Mr A Tucker  
Vice-Principal



Here at Castle View Academy we take pride in the achievements of our students. Our Professional Studies department have been working exceptionally hard ensuring our students valuable learning in the creative fields.

# Year 11 Leavers Assembly

## Castle View Academy

### PE LESSONS THIS WEEK

#### WEEK A

MON	TUES	WED	THURS	FRI
10HE C	10HE A	10HE C	8PE 3	10HE A
9PE 3	7PE 3	7PE 1	8PE 4	9PE 1
9PE 4	7PE 4	7PE 2	8PE 1	9PE 2
7PE 7	10PE 1	7PE 5	8PE 2	8PE 1
	10PE2	9PE 1	10PE 3	8PE 2
		9PE 2	10PE 4	

#HaveYouPackedYourPEKit?

## Castle View Academy

### PE LESSONS THIS WEEK

#### WEEK B

MON	TUES	WED	THURS	FRI
8PE 2	7PE 3	9PE 1	7PE 6	7PE 3
8PE 1	7PE 4	9PE 2	10HE A	7PE 4
10HE C	10HE A	7PE 3	8PE 3	8PE 3
7PE 2	9PE 3	7PE 4	8PE 4	8PE 4
7PE 1	9PE 4	9PE 3	10PE 3	10HE C
		9PE 4	10PE 4	8PE 1
		7PE1		8PE 2
		7PE 2		

#HaveYouPackedYourPEKit?

A reminder to parents and students of the expectations around PE kit. All students are expected to have full PE kit for their lessons as detailed below. If a student is not participating practically in the lesson they will still be expected to get changed into full kit as they will take on a referee/umpire role. We thank you in advance for your support with this.

## Table Tennis at CVA

We are very excited to announce that we have two brand new table tennis tables for students to use during their break and lunch times.

Please be aware that students need to bring their own paddles and balls if they wish to take.

We also have a Table Tennis club on a Tuesday afternoon from 3:15 ran by Mr. Reeve and Mr. Lee.



On Friday, 28th June, the Year 11's celebrated their last day at Castle View Academy.

They enjoyed the assembly with Mr. Holden as they looked back at memories from the last five years. We decorated the atrium with '2021' balloons and gift bags. This is where they were able to enjoy a selection of pizza and donuts, many of them also took the time to sign each other's shirts and said their last goodbyes.

A short message from Mr. Holden;

Dear Year 11,

It has been a privilege seeing you all grow and develop over the last five years. You have gone from being fresh-faced Year 7s to being the most mature students in the school.

Over the last three years, I have thoroughly enjoyed being your Head of Year and I am so sad to see you all leave. However, all good things must come to an end, and so on behalf of all the members of staff in the school, we wish you all the best for the future.

You will always be part of Castle View Academy'



# hegartymaths

## sparx

### Our Monthly Top Performers

#### sparx Year 7 May

First Name	XP Last Month	Total XP
Lucy	15,625	37,088
Poppy	4,918	29,323
Micah	3,508	20,949
Marta	3,260	15,945
Jarell	3,098	14,477
Archie	3,002	12,515
Phoebe	2,995	14,577
Rhys	2,809	13,138
Izabel	2,693	14,265
George	2,625	4,047

#### hegartymaths Year 8 May

First Name	No. of unique skills completed	No. of skills with scores of 100%	No. of skills with scores of 70-99%	No. of skills with scores of 0-69%	Questions answered	Total learning (hrs)
Tilly-May	11	5	3	9	116	4.6
Owen	14	8	6	0	158	3.9
Kyla	13	3	3	7	106	3.8
Ruqayah	5	5	0	0	104	3.6
Matt	7	4	3	0	88	3.5
Lily	8	3	2	9	113	3
Ellie	5	2	2	1	58	2.9
Abigail	11	5	3	3	98	2.8
Evie	13	4	8	1	168	2.8
Summer-Louise	11	6	4	1	106	2.7

#### hegartymaths Year 9 May

First Name	No. of unique skills completed	No. of skills with scores of 100%	No. of skills with scores of 70-99%	No. of skills with scores of 0-69%	Questions answered	Total learning (hrs)
Grace	12	8	4	0	123	6.4
Chloe	9	4	4	1	96	5.1
Dylan	9	5	2	2	73	4.5
Amelia-Rose	6	2	3	1	61	4.5
Tallulah	8	1	5	2	66	4.3
Ollie	7	2	5	0	80	4
Triniti	8	2	5	3	67	4
Riley	7	1	4	2	141	3.5
Grace	13	9	4	0	173	3.5
Awa Nuha	8	3	1	4	87	3.3

#### hegartymaths Year 10 May

First Name	No. of unique skills completed	No. of skills with scores of 100%	No. of skills with scores of 70-99%	No. of skills with scores of 0-69%	Questions answered	Total learning (hrs)
Grace	11	6	5	0	129	7.4
Bobbi-Lee	12	7	5	0	128	4.2
Jake	12	4	5	3	88	3.6
Daisie	13	10	3	0	170	3.2
Khadija	15	12	3	0	166	3.1
Abby-Lou	22	14	8	0	193	3
Luke	18	15	3	0	177	2.9
Cameron	12	10	2	0	126	2.8
Harry	14	7	7	0	127	2.8
Sinead	25	19	4	2	226	2.8



## enmity

(noun)

Enmity is a feeling of hatred towards someone that lasts for a long time.

Use this word correctly in your work in any subject this week for a **class charls point**.

#### Synonyms

- Hostility
- Hatred
- Animosity

#### Antonyms

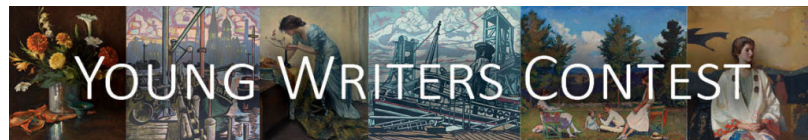
- Friendship
- Kindness
- Goodwill

#### Sentences containing the noun 'enmity'

- They have clearly not forgiven each other because the **enmity** between them is obvious.
- There continued to be **enmity** between the divorced couple after the court settlement.

This week the English department have chosen 'enmity' as their word of the week, meaning 'a feeling of hatred towards someone that lasts for a long time'.

## Portsmouth Historical Society Young Writers Contest 2021



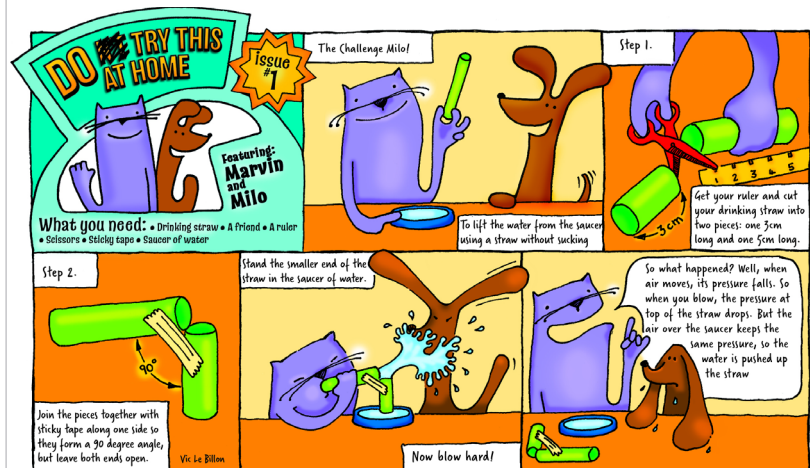
Visit Portsmouth Historical Society and check out the art on display in the Twilight of American Impressionism or Don Gorvett: Working Waterfronts exhibitions.

Get inspired by your surroundings and select one work of art and write! You may write a poem, story, essay, play/dialogue, newspaper article, or in any other style you would like. You must relate your writing to the artwork you selected.

A panel of judges will read and evaluate the entry based on its content, creativity, expression, clarity, quality, and connection to the original artwork. All entries must be submitted by **midnight on Wednesday, 23<sup>rd</sup> August 2021**. Winners will be announced at the Discover Portsmouth Welcome Center at 5:00 pm on Friday, September 3, 2021.

For more information on how to get involved visit:

<https://portsmouthhistory.org/exhibitions/young-writers/>



# Five ways to Wellbeing



## Connect

There is strong evidence that indicates that feeling close to, and valued by, other people is a fundamental human need and one that contributes to functioning well in the world.

It's clear that social relationships are critical for promoting wellbeing and for acting as a buffer against mental ill health for people of all ages. With this in mind, try to do something different today and make a connection.

- Talk to someone instead of sending an email
- Speak to someone new
- Ask how someone's weekend was and really listen when they tell you
- Put five minutes aside to find out how someone really is
- Give a colleague a lift to work or share the journey home with them.

## Be active

Regular physical activity is associated with lower rates of depression and anxiety across all age groups. Exercise is essential for slowing age-related cognitive decline and for promoting wellbeing.

Today, why not get physical? Here are a few ideas:

- Take the stairs not the lift
- Go for a walk at lunchtime
- Walk into work - perhaps with a colleague - so you can 'connect' as well
- Get off the bus one stop earlier than usual and walk the final part of your journey to work
- Organise a work sporting activity
- Have a kick-about in a local park
- Do some 'easy exercise', like stretching, before you leave for work in the morning
- Walk to someone's desk instead of calling or emailing.

## Take notice

Reminding yourself to 'take notice' can strengthen and broaden awareness. Studies have shown that being aware of what is taking place in the present directly enhances your well-being and savouring 'the moment' can help to reaffirm your life priorities. Heightened awareness also enhances your self-understanding and allows you to make positive choices based on your own values and motivations.

Take some time to enjoy the moment and the environment around you. Here are a few ideas:

- Get a plant for your workspace
- Have a 'clear the clutter' day
- Take notice of how your colleagues are feeling or acting
- Take a different route on your journey to or from work
- Visit a new place for lunch.

## Learn

Continued learning through life enhances self-esteem and encourages social interaction and a more active life.

Anecdotal evidence suggests that the opportunity to engage in work or educational activities particularly helps to lift older people out of depression.

The practice of setting goals, which is related to adult learning in particular, has been strongly associated with higher levels of wellbeing.

Why not learn something new today? Here are a few more ideas:

- Find out something about your colleagues
- Sign up for a class
- Read the news or a book
- Set up a book club
- Do a crossword or Sudoku
- Research something you've always wondered about
- Learn a new word.

## Give

Participation in social and community life has attracted a lot of attention in the field of wellbeing research. Individuals who report a greater interest in helping others are more likely to rate themselves as happy.

Research into actions for promoting happiness has shown that committing an act of kindness once a week over a six-week period is associated with an increase in wellbeing.

## Year 10 Update - A message from Ms. Cole

The return to school has seen the Year 10 students complete their ROA's and many have taken the opportunity to come in and have breakfast to complete revision with their teachers. They have demonstrated maturity and resilience through a very tiring week of exams.

I hope that students maintain this positive working attitude throughout the rest of this term and apply themselves in all lessons. Keep up the good work Year 10!



**Castle View Academy**  
The best in everyone™  
Part of United Learning

# EXTRA CURRICULAR CLUBS

## MONDAY

CVA DANCE COMPANY - DANCE STUDIO - MISS NUTLAND  
KS3 DRAMA COMPANY - DRAMA STUDIO - MISS CROFT  
YEAR 7 BAKING CLUB - FOOD ROOM - MRS NUTLAND  
CVA CHOIR - OUTSIDE PERFORMANCE SPACE - MISS HODGE  
TENNIS - TENNIS COURTS - MR ELDRED  
VOLLEYBALL - SPORTS HALL - MISS TOWLER

## TUESDAY

KS3 DANCE CLUB - DANCE STUDIO - MISS CROFT  
KS3 ROCK BAND - MUSIC ROOM - MR BARR  
TABLE TENNIS CLUB - SPORTS HALL - MR REEVE & MR LEE  
DEBATING CLUB - EN1 - MISS LOREN  
CVA POST JOURNALISM CLUB - EN5 - MISS RYALL

## THURSDAY

ATHLETICS - SPORTS FIELD - MISS PAINTER

**3.10PM - 4PM**