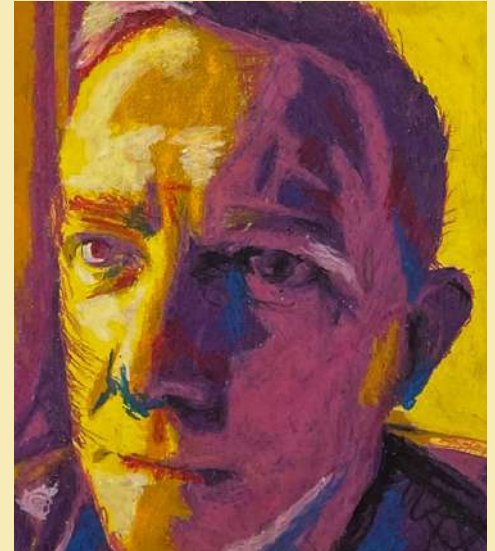


AIXEMINSTR

Axe Valley Academy Newsletter



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WELCOME TO ISSUE 6

Headteacher's Message

This edition is very special to us at AVA because it really does represent just how much our community has achieved in such a challenging year. What we are particularly proud of is how the students at AVA have thrown themselves wholeheartedly back into lessons, clubs, sport, music, art and performances without question and it has felt like a very special school to be a part of.

As we reach the beginning of the summer break I want to take the opportunity to thank the staff at AVA for their relentless pursuit of making AVA the best it can possibly be to serve our community.

CONTINUED P. 2



Headteacher's Message continued

It is hard to explain just how dedicated the staff team has been throughout a turbulent year but the devotion to your children has been evident. On that note an enormous thank you has to also go to our parents. We cannot thank you enough for your support of our school and we have been grateful for the overwhelming messages of thanks, support and the kindness shown to us across this year. And finally a thank you to our students. Time and time again when I walk around school with visitors and parents they talk about our kind, welcoming, hardworking students and what a credit they are to us all. They make us very proud.

We'd also like to give our thanks to Jane Boulton and Axminster Power Tools and Machinery. The ongoing support that we are given by the company is amazing and along with an incredible range of support and opportunities they have even agreed to make our House Championship Cup. The launch of the House System has been so much fun and this offer was generous and we will treasure it as a school.

I have had so many highlights this year but Sports Day, the Art Exhibition and Prize Days have been particularly lovely. Congratulations to all students who were nominated for awards and a particular mention to those who won. To be picked amongst an entire year group for any award should be celebrated!

Throughout this edition you'll see the House System running through. You can meet all of our new House Captains and the Vice House Captains, see how the competitive element really has taken over across the school and of course see the big reveal as to who will be reigning champions moving into the new academic year! Whether you are Team Anning, Team Chudleigh or Team Coram congratulations on an absolutely fantastic year.

I hope you enjoy your summer break and stay safe, have fun and enjoy some time with family and friends. Please do take a look at the summer safeguarding section of the newsletter that will make sure you can access any help you might need across the holidays.

Thank you again and we cannot wait to see you in September!

Laura Jenkins.

A WARM WELCOME TO OUR NEW TEACHING STAFF

We are delighted to welcome some fantastic new teachers to AVA in September. Below are the new teachers who will be joining us. Please do look out for them in September and give them a very warm welcome!



Mrs Moran
Music



Ms Broome
English



Miss Roberts
Art



Mr Bates
Computer Science



Mr Bugler
French and Spanish



HOUSE SPORTS DAY 2021



The school had an amazing (and hot!) sports day this year. The students performed brilliantly with several school records broken:

Innes Fitzgerald - Year 10 - 1500m & 800m

Bailey Galloway - Year 8 - 100m

Rachel Derrick - Year 7 - Shotput

Mr Owen wants to thank all those involved in making it such a special day - particularly to the site team for giving us a fantastic new Triple Jump Pit.



Special mention must also be given to Mr Horn and Mr Carr for putting in a great performance in the staff relay. To quote Todd Yeates, "Sir, how is it that a history teacher can be that much faster than a PE teacher?"

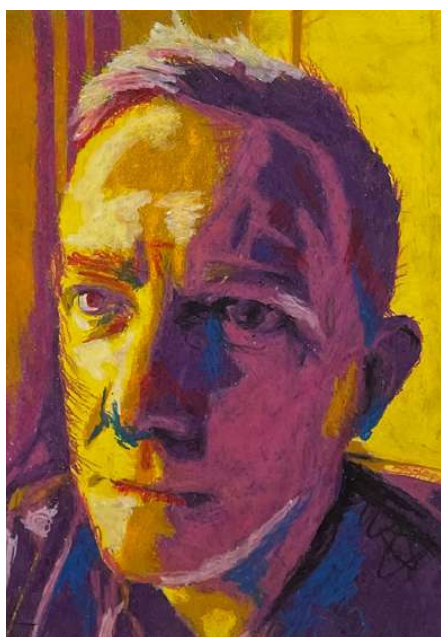
High praise indeed!



VIRTUAL END OF YEAR ART

All of AVA's art students were featured in our virtual End of Year Art Exhibition. Drawing, painting, printmaking and sculpture all demonstrate the exceptional talent within the school. Over lockdown many students managed to develop their own styles and gain a confidence beyond their years. The results speak for themselves - just amazing!

Mr Petty.



Larissa



Jasmine



Talia



Talia



Ami



Gemma



Summer



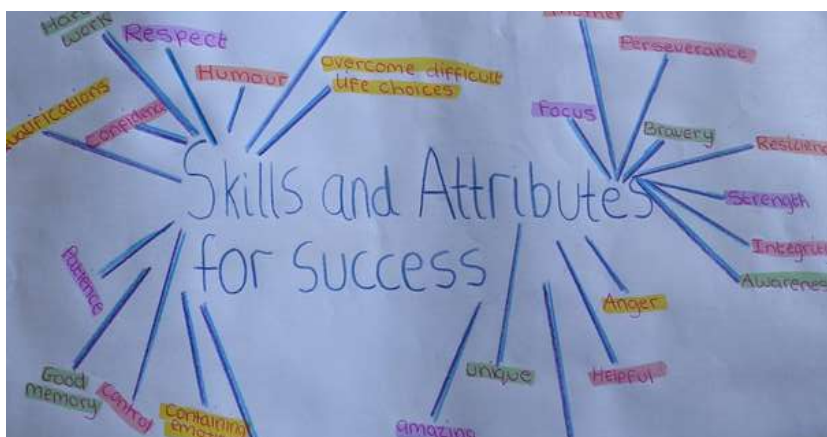
Freya

NO LABELS NO LIMITS

Local business women are ready to inspire the next generation

We are embarking on an exciting pilot project for Years 7, 8, 9 and 10 girls. This initiative is working with Devon Careers Hub and Axminster Tools as well as an incredible pool of local successful business women. These women are offering their time to visit school and give inspirational talks to our students.

So far, we have gathered the girls together to hear their opinions about how we may best support their learning journey towards success.



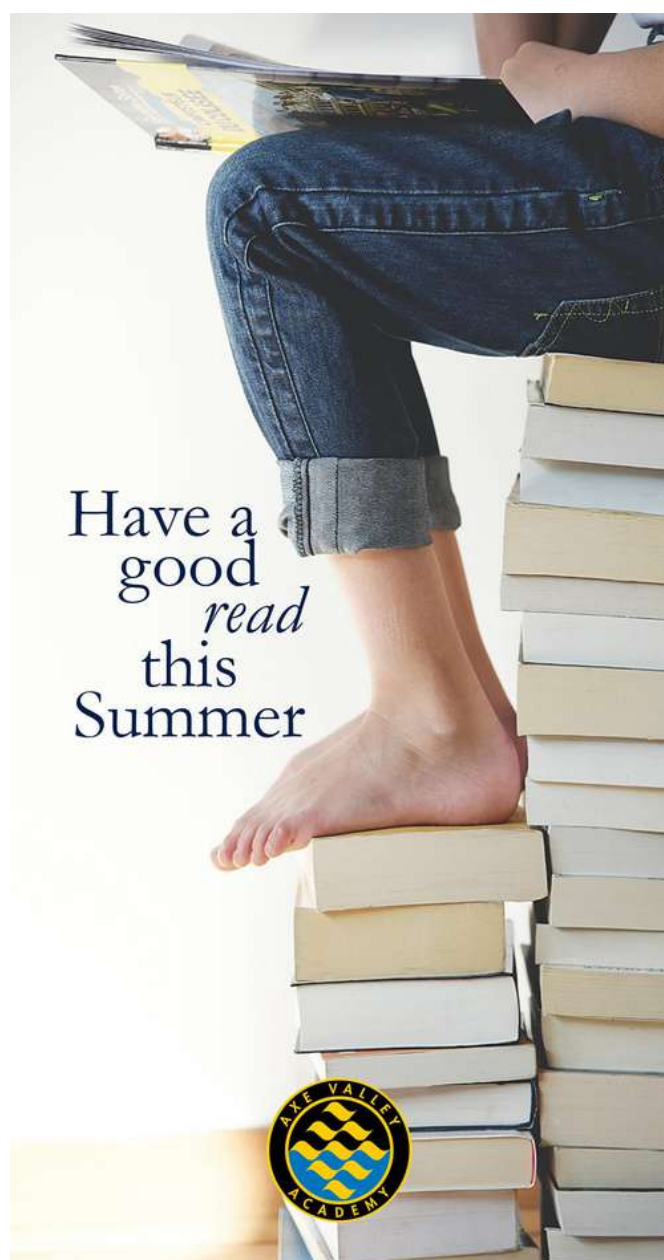
Next year, we shall be running clubs for the students to join such as Vision Board Club and Career Focus Club. As this is a new project the clubs will grow in the direction the students wish them to. Watch this space for an update next term!

Mrs Marchant


WE'RE SAYING GOODBYE TO CLASSCHARTS

Mr Cumming explains...

After introducing Classcharts to students and parents in September 2017 it quickly became an important means by which students and parents kept up-to-date with their achievements, homework and behaviour incidents. During both lockdowns it was a vital means by which staff, students and parents could keep on track with the remote learning that was set daily. I am not sure how we would have managed without it and I am grateful that ClassCharts was so reliable during these times. However, the time has come to move on to an alternative product which will bring together more information and features than ClassCharts currently offers. Some examples of the new features are details of assessments, reports, payment for trips and events, exam timetables and parents' evening bookings. All of these will be hosted on a user-friendly app for parents. Over the Summer we will be setting up this new system so that in September we will be announcing details of this new application with login details for both parents and students.



MR BROWN, OUR FABULOUS LIBRARIAN, RECOMMENDS THESE SUMMER READS:




2021
SEPT 23
6 - 8 PM THURS

OPEN EVENING
THURSDAY 23 SEPTEMBER 2021
6 - 8 PM

COME AND TELL US WHAT YOU THINK ABOUT THE BOOKS WE'VE ENCOURAGED YOU TO READ.
An aspirational curriculum with exceptional facilities is right here at Axe Valley Academy.

Follow us on Facebook and Twitter to keep in touch with the wonderful things we do here.
Facebook: @AxeAcademy
Twitter: @AxeAcademy
Instagram: study@axevalleyacademy

WE LOOK FORWARD TO MEETING YOU.



WELL DONE TO OUR NEW HOUSE CAPTAINS!

MARY ANNING 1799 – 1847	LADY MARY CHUDLEIGH 1656 – 1718	THOMAS CORAM 1668 – 1751
		
		
STEPHEN JOHNS HOUSE CAPTAIN	INNES FITZGERALD HOUSE CAPTAIN	JASON MARGETT'S HOUSE CAPTAIN
		
CHIRATHI NANAYAKKARA HOUSE CAPTAIN	JAMES WATTS HOUSE CAPTAIN	LYDIA TRIGG HOUSE CAPTAIN
		
GEORGE CAWLEY VICE CAPTAIN	MADDIE HALE VICE CAPTAIN	LEWIS GORMAN VICE CAPTAIN
		
LYDIA-ROSE JOSKO VICE CAPTAIN	JACOB JENKIN VICE CAPTAIN	CATY HERON VICE CAPTAIN
ANNING	CHUDLEIGH	CORAM

AVA has recently introduced a House system within the school. Every student, staff member and Governor has become a member of one of our three new Houses. Each house is named after an important local historical figure - Thomas Coram, Mary Anning and Lady Mary Chudleigh.

In the new system, all students will be awarded House points for their achievements. Students will strive to achieve their bronze, silver, gold and platinum badges and their points will contribute toward their Houses' success. In addition to this, there will also be a range of competitions that students can participate in including the Curriculum Cup, Reading Cup, Sports Cup and Community Cup throughout the year. All of these individual House Points and points won for participating in House competitions will add up to contribute to the overall House Championship trophy awarded at the end of each year. We know all of our students at Axe Valley are the best but each year one House will be able to claim the title of House Champions and will therefore be the best of the best!

We believe the House system allows students and staff to really build on the sense of community within AVA and make sure that everyone who is a part of this community feels like they belong to something bigger.

Students were invited to put themselves forward to become House Captains and Vice-House Captains. The votes have been counted and the winners are below. Well done all!

FAREWELL FROM NABI

A powerful message of farewell from an exceptional AVA student

I joined AVA at the end of Year 8. This was the first proper school I had ever attended, so many subjects were new to me and I had to start from the beginning. I also did not speak English. I knew a few words or phrases, but just imagine being shown the Periodic Table when you didn't even know what the subject was about? It was very hard and I struggled a lot.



Luckily the teachers seemed to like playing sport with me and we got to know each other through that - this broke down barriers. Also my year group were great - and they still are. I made good friends and they always looked out for me to check that I was doing okay.

The teachers always used to say to me "if you don't understand something - ask". So I did. Every single lesson I wanted to have things explained. Sometimes a teaching assistant would be in the lesson and help me with my maths. That was a big help because I knew that one of the teachers would be there if I needed help. I really improved a lot over the next three years. I passed my English Literature exam in Year 10 and by Year 11 I was confident at maths, as well as getting good marks in Geography and RE. I have had the opportunity to compete in Sports and have done well at cricket and running at County level.

So what next? I am going to Exeter College to do A-Levels and hope to go on to University to Study International Politics. Axe Valley Academy has given me so many opportunities. I have been supported and encouraged at every step and I feel emotional thinking about how much the teachers have helped me. They are fantastic teachers. Never let them down, because they will never let you down

Thank you best wishes, Nabi.

¡APRENDER ESPAÑOL EN AVA!

Exciting news from the Modern Foreign Languages Department

We are thrilled to announce that next academic year we will be introducing Spanish into our curriculum alongside French and German. Madame Flynn is already fluent in Spanish (as well as French!) and we have a new French and Spanish teacher, Mr Bugler, joining us in September too. Our students taking GCSE German will continue to benefit from Frau Sheen's teaching.

In years 7, 8 and 9, students will learn Spanish as well as French, giving them a greater knowledge of major world languages. Knowing multiple languages is known to be highly beneficial for an individual: it improves communication skills in general; students become more accomplished in grammar, with each language learned complimenting the others; knowing multiple languages makes students better able to cope with travel abroad, and gives them highly marketable skills when they leave school. Furthermore, learning languages improves cultural awareness and sensitivity. There's even some evidence that people with multiple languages are more resistant to cognitive decline in old age!

AXMINSTER TOOLS CAREERS



The HR Director of Axminster Tools has some sound advice

Who wants to think about a job and a career path with all the pressures of School, friends and extra curricular activities?

Times are very much changing, it is quoted that school leavers of today will most probably have 3 career changes in their working lives. It is therefore really important that when you start to think about what you want to do after school, you look at what careers align with your values, interests and skills. Concentrating solely on what job you want can be very stressful! Career development is long-term, constantly changing and full of possibility -- a marathon, not a sprint!

I mentioned in my last article about what is important to us which forms our values, this will help guide you on the right path. There is no point going after a career that does not fit your values as you will become very unhappy! Over the holidays, note down what you think your values are, what is important to you in life and then narrow them down to maybe 5 that truly resonate with you. This will help you define who you are and who you want to be, giving you a better idea of a career path you may want to take.

Have you thought about anyone that inspires you? It is never too early to start building networks - research how they became who they are. It may be someone who has given you valuable food for thought over the years. Mentors are really good people to have; they will be able to share their career journeys and life experiences with you to help you understand what is right for you and what isn't. Even very experienced professionals have mentors and coaches to encourage them to continue their development of learning and to become the best version of themselves. It is so important to network in today's business world; it is so key to learn from others to help bring back ideas into your own organisations. The more you do now the easier it becomes!

Here at Axminster, we are very much looking forward to the coming academic year to start working with you all again and hopefully we will be able to bring you lots of different ideas about what you might like to do when you leave school, whether that is going onto University, College or getting an apprenticeship. You have the whole world at your feet to explore and the world is a very exciting place.

Inspiring words from former AVA pupil Lydia Burrough

What are your favourite memories of school?

My favourite memories at school are making the same group of friends that I have today! I was lucky that my time at school was a positive experience and I came out of it with a great set of friends.

What were the steps you took after school that led you to where you are now?

The main step I took to lead me here today was to go to the apprenticeship fair at Westpoint and meet local employers. I remember feeling lost as all my friends had accepted university placements and it felt like everyone else had their future sorted. I was lucky enough to meet Jane at the fair and working with her led me to find my apprenticeship.



CONTINUED P. 4

An interview with former AVA pupil Lydia Burrough:

What made you decide this career path?

Instead of focusing on careers as a whole, I took a step back and reviewed what I had enjoyed at school and instead looked at careers around that. I had always enjoyed Maths and numbers, so a career in accountancy fit seamlessly into that.

What are the challenges you are facing in your job?

My job is challenging but rewarding, the challenges keep it interesting and ensure that I am constantly learning. I am working alongside taking my qualifications in accounting and this can be challenging particularly around exam time, as quite often this can fall within a busy period at work, but as long as I communicate with my manager and colleagues, they never fail to support me.

What advice would you give yourself as a 15 year old now?

The main advice I would give my 15 year old self would be to not panic, it can feel like a massive worry to not have your future mapped out, but everything will fall into place. Educate yourself on all options; university, apprenticeships, jobs etc and use every bit of support that you can.

What are your career ambitions for the future?

My career ambitions for the future would be to qualify as a CIMA Chartered Management Accountant and use these qualifications to further my career at Axminster Tools.

DESIGN AND TECHNOLOGY UPDATE

From carpentry and joinery to acrylic pens - the amazing Mr Collard has shown yet again that AVA pupils can make anything!



LEAVERS' DAY 2021

Mrs Ward says goodbye to our wonderful Year 11's



Friday 28th May saw our Year 11 leavers' day. This year group were my 4th year group and this leavers' day was the best event yet. They have had significant disruption to their last two years at AVA with us. They have faced everything head on and kept smiling and the leavers' celebration was a real reflection of this.

Students signed shirts and took pictures with each other and members of staff in the morning. We then had an emotional roller coaster of a final assembly.

Mr Ward made everyone cry and looking back at year 7 photographs had the whole year group laughing! Students left the hall to a whole school guard of honour as they were clapped out onto the field for their final celebration. Marie in the canteen put on a delicious barbecue and students were surprised with an ice cream van; it proved very popular!

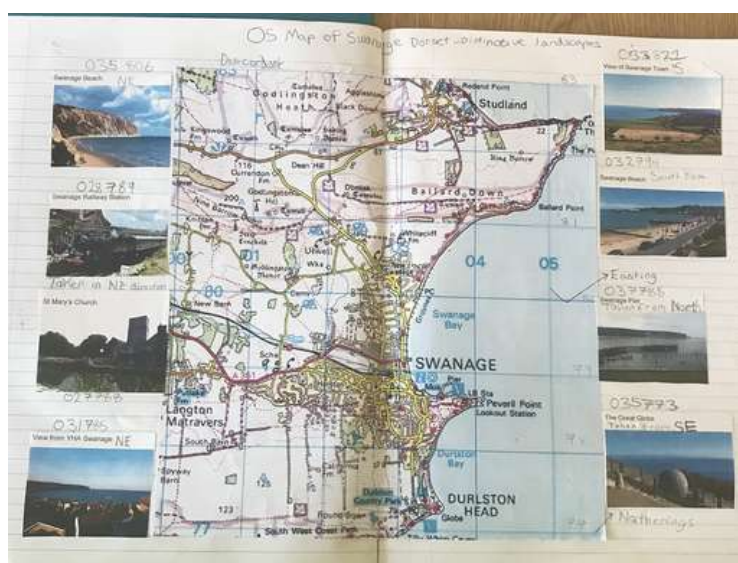
We are so proud of this exceptional year group and cannot wait to hear about the achievements they go on to next.

Best of luck class of 2021, we will miss you!

GEOGRAPHY UPDATE

A fascinating term for Mr Perks' Year 9 students

Year 9 have been working on their GCSE unit 'Distinctive Landscapes'. They have studied rivers and coasts and how physical processes such as erosion have created landscapes in the UK. Use of Ordnance Survey maps is an essential skill for geographers, so the students were tasked with finding where on the map the photographs were taken. Using 6 figure grid references and compass points they located the place on the map and the direction the photo was taken. Reading landscapes using a map and creating a visual representation of what that part of the map looks like is a challenging skill. The Year 9 geographers were, as you can see, up to the task and now have a better appreciation of maps, landscapes, and the geomorphological processes that shape coasts as a result.





AN EVENING WITH... AVA'S MUSICAL TALENT

This week saw some of our music students put on a live performance 'An Evening With' to a family audience. This brilliant event showcased the talent of our students and their peripatetic music teachers who work so hard to develop their talents.



Organised by Mr Selby, we had performances from Jazz Band to Rock Band to classical solos and the atmosphere was electric. Everyone got involved singing and dancing with the final encore of 'I Feel Good' with lead singer Stephen Johns bringing the house down!



SCIENCE & FLIPBOARD CLUB

The first person to work out what's going on can feel very smug indeed.



YEAR 11 LEAVERS' PROM 2021

Dancing the night away in style

We said a beautiful farewell to our very special Year 11 students at their Prom held at the Hornsbury Mill, Chard this week. Year 11 sang and danced the night away at this beautiful venue and looked stunning. Congratulations to Prom Queen Sapphire and Prom King Freddie who took a turn on the dance floor to 'Sweet Caroline' (the students choice!)



PRIZE DAY SUMMER 2021



Esme - Year 7
Art



Luca - Year 7
Drama



Madeline - Year 8
Design Technology



Dee- Year 8
Computing



Yasmine - Year 9
Maths



Thomas - Year 9
Art



Evie - Year 10
Sports Science



Jake- Year 10
English

This academic year has seen so many wonderful achievements by students in all year groups.

There were too many awards given out to include everyone - it would have filled the entire newsletter.

Here are a few randomly selected high achievers.

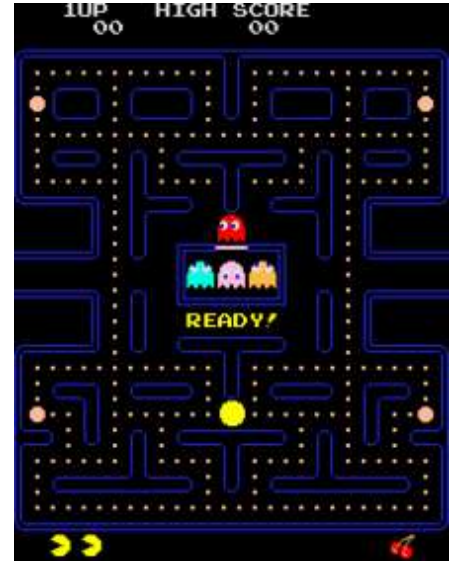
Well done everyone!

COMPUTING UPDATE - SHERLOCK HOLMES AND PAC-MAN!

During this last term of the school year we have been looking at databases and animation at KS3, and had a focus on PPEs and programing design for our GCSE Computer Science students.

Our Year 7 students were asked to channel their inner Sherlock Holmes and become detectives to solve a spate of crimes that had taken place. Using witness statements they had to identify the clues and create a query to find their suspect.

In Year 8 we have been looking at animation, and in our most recent lessons, students have been creating a Pacman animation using Flash (I was amazed that I didn't have to explain to students what Pacman was). They created their own Pacman, making it move across the screen at first and moved on to Pacman eating the dots whilst changing direction!



Across both Key Stages in Computing we have used Idea (idea.org.uk) to give students a wider understanding of how technology is used in every day life. They can achieve Bronze, Silver and Gold awards, and to do so must complete badges within each award. So far the AVA community has completed 2691 badges with 14 students achieving their Bronze Award (and Mr Cumming!).

GOODBYE FROM MR BROOKMAN

I would like to thank the whole AVA community, students, teachers and parents for their support. I have loved my seven years at the school, and I have learnt so much over that time. The school has given me so many wonderful opportunities that I am so grateful for and will never forget.

Good luck to everyone for the future,

Mr Brookman

A FAREWELL MESSAGE TO SOME SPECIAL STAFF

As we come to the end of the academic year we have to say a sad farewell to some very special teachers who are moving on to new roles in September.

Students have been able to say goodbye in the end of year assembly but we want to reach out and say thank you to Mr Brookman, Mr Collard and Mrs Barker for their hard work across Computing, Technology and Art and wish them good luck for the next stages of their careers. We are also saying goodbye to three members of our site team Tim Cross, Dee Davis and Hilary Ebdon. They have been incredible during their time here and we are very sad to say goodbye and wanted to say a heartfelt thank you for helping to keep our site safe.

In particular we wanted to thank Hilary for her dedication to this community as she retires after 40 years of dedicated service.



Mr Collard's finest moment - his delicious Dutch Apple Cake!

YEAR 6 TRANSITION & YEAR 5 STEM DAYS

A positive time of meeting and greeting our students of the future.

We are enormously grateful to all the local primary schools for the flexibility they showed in helping us get Year 6's onto site for their transition days. Covid regulations meant that we couldn't have a single transition day this year so we ended up having ten separate events spread over a week! It was such a positive experience meeting the new students who make up our new Year 7 cohort and I can't wait to introduce them to each other and the rest of the school. The students were full of positive, kind and polite - qualities that we value at AVA. I think they have the potential to go on and do really well here. Please look out for them in September and give them a big welcome!

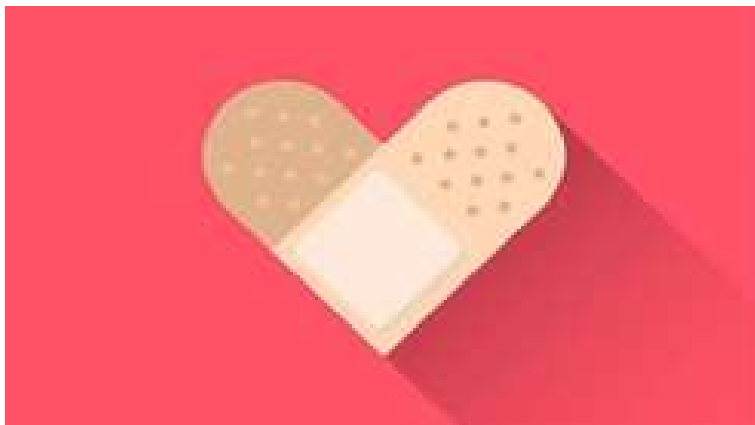
A huge thank you to Mrs Bishop, Mrs Mimpriss, Mrs Burns and Miss Waller for putting together a superb STEM day on the theme of Sports Science for two Year 5 groups last week. Groups from Seaton and Axminster primary schools explored what it takes to become an elite sportsperson from the perspectives of exercise, biology and nutrition. Our big question was 'how do ordinary people go on to do extraordinary things?' and I was hugely impressed by the standard of the ideas and discussions. Students tested their ideas in the science labs, food technology rooms and the sports hall. It was really positive day and again I am so grateful to the primary schools for their flexibility which allowed us to get the students onto site.

Special thanks must be given to all the staff in the canteen for looking after the students (and staff) so well as always!

Mr Carr

EMOTIONAL FIRST AID KIT ADVICE

Make your own Emotional First Aid Kit It is important to take care of your mental health every day. Just like with your physical health, you should practise a variety of good habits: getting enough sleep, exercising, eating nutritious food, spending time with your family and friends, practising relaxation techniques and doing things that you enjoy and make you feel good. All these activities affect the feel-good biochemicals in your brain and will help you develop a sense of calm and well-being.



Sometimes, however, you may have an emotional emergency. Just like responding to a physical emergency, having the right Emotional First Aid Kit can help. This article will give you ideas about some tools you can use when you are feeling especially sad, anxious or low, particularly if you feel you are going to do something that will cause you harm.

You can create your own personal Emotional First Aid Kit from the list below. Keep the items together where you can access them when you need them.

This could be in an old shoe box, a biscuit tin or just a large ziplock bag. Or you can create a digital Emotional First Aid Kit with tools on your smart phone or tablet. The important thing is to have these tools and techniques in easy reach in case you experience an emotional emergency. Begin by checking off the tools you think would be helpful to keep in your Emotional First Aid Kit. Then gather your items together and put them in your box. Make sure that you keep your kit with you at times when you anticipate you will be stressed or upset.

Make sure you include something for all the senses and something to do. Here are some examples:

- Taste - Chocolate
- Smell - Perfume, essential oils
- Touch - Soft toy, tangle
- Sight - Photo of favourite place or person
- Hearing - Music
- To do - Colouring, bubbles

- A grounding object such as a small ball or stone. Just squeezing this object, and paying attention to your physical reaction, can help calm your emotions.

- A list of people you can call. This list should include 3 or 4 people who are emotionally supportive. If you can't reach them, write down what you want to say, but don't send them an email or text. Wait until you can actually talk to the people on this list to ask for support.

- A journal to write down your feelings or to draw and doodle. You can do this digitally or the classic way with a notebook and pen or pencil.



- Positive photographs. Have a few photographs or videos easily accessible. These could be of people, pets or special places. Looking at these pictures should stimulate positive feelings and happy memories.

- Water. Sitting and relaxing with a drink of water can have an immediate effect on your mood. Don't gulp it down, but rather sip, relax, and be 'mindful' of how you are feeling.

- Inspirational reading. Many people find comfort in reading poems, prayers or inspirational stories.

- Funny videos. If you can, find something to make you smile or laugh on YouTube, or another similar platform. There are dozens of websites that are designed to lighten up your day. No matter what your mood, a favourite video can help.

- Chewing gum. Many people don't realise that chewing gum has a calming effect on the brain. This is because the repetitive chewing motion produces serotonin (a chemical in your brain that helps to control your mood.)

- A relaxing audio. There are hundreds of guided imagery soundtracks you can download to your smartphone or tablet, as well as meditation audios, and other forms of music designed to help you relax. Don't listen to sad songs, or songs that remind you of a difficult time in your life.

- A list of activities you can do to improve your mood. What usually helps you feel better? For some people it's taking a walk whereas for other people it's doing a hobby or a craft. Make sure that this list contains activities that get you moving, preferably in the company of others. You could also try to do some activities outside in the daylight, to help you connect to the world around you.



SUPPORT AVAILABLE DURING THE SUMMER

Out of hours CAMHS

If a child or young person (under 18) is experiencing a mental health crisis, you can now access CAMHS 24/7. Please contact 03300 245 321 during normal hours (8am-5pm, Mon to Fri) or 0300 555 5000 outside these hours.



Young Minds

There is a 24 hour service from Young Minds for young people. They can send a text to 85252 with the message YM and they can have telephone support. Parents can also call for free Mon-Fri from 9.30am to 4pm on 0808 802 5544 for advice and support.



Young Devon

0808 281 0155 (freephone) For those young people who feel they need face-to-face counselling, or are steered towards personal contact through online counselling, Young Devon's trained counsellors are available in safe settings across the county. www.youngdevon.org



Kooth.com

Young people aged 11 to 18 years have access to online advice, self-help tools and counselling through Kooth.com. This is available 365 days a year and interactive counselling is available until 10pm every night. www.kooth.com



SHOUT

24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. Text 85258.



ChatHealth

07520 631 722 - ChatHealth is a text service for young people aged 13-19. You can use the service to reach out to the School Nurse team for confidential advice on a wide range of issues such as bullying, emotional health and wellbeing, sexual health as well as illnesses.



ChildLine

0800 1111 (freephone) Childline is a free and confidential service. It offers children and young people a safe way to explore their worries however big or small. Support is available by phone or online any time day or night plus there is lots of information and advice on their website on a wide range of issues. www.childline.org.uk



The Mix

0808 808 4994 (freephone) Safe and confidential group chat and discussion boards, plus a messaging support service and telephone counselling for young people under 25. You can use their 24/7 crisis support text service if you need help immediately. Text THEMIX to 85258 or visit: www.themix.org.uk



Papyrus HopeLine

0800 068 41 41 (freephone) or 07860 039 967 Support and advice for young people thinking about suicide. www.papyrus.org.uk



Child Bereavement - UK Helpline

0800 02 888 40 Support for children and young people who have had someone close to them die. They also have a free app. www.childbereavementuk.org

