

# City Academy Whitehawk

An aerial photograph showing the City Academy Whitehawk building, a large brick structure with a red roof and a central tower, surrounded by a dense residential area of houses with brown roofs. The school is situated in a green area with trees and a parking lot. The background shows a green hill under a blue sky.

**Headteacher's Newsletter 5**  
**November 3<sup>rd</sup> 2023**





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3<sup>rd</sup> November 2023

Dear City Academy Whitehawk Families,

Welcome to the first of our fortnightly newsletters for families for this half term. We've got off to a brilliant start and it was a windy one! Thank you so much to everyone who braved the elements.

We were thrilled to hold our first SEND Drop In session for families this week – Miss. Gosztanyi are very grateful for your participation and support. We're incredibly proud of the improvements we're making to our SEND systems and look forward to providing you with further updates in our next newsletter!

We had some special visitors this week who came to experience how the school runs and I couldn't have been more proud of what we were able to show them. We were thrilled to see children working incredibly hard, demonstrating all of their CAW Qualities and going from strength to strength with their learning.

At the start of next week you'll receive an email from James Freeston. Mr. Freeston is the CEO of Aurora Academies Trust. He'll send you a link for a survey to complete to share your views on your children's life at City Academy Whitehawk. This survey won't take you long and it's really important that you're able to share your opinion! This is separate from the survey we sent you about Family/Teacher Consultation evening so I'll be incredibly grateful for another huge turn out from the CAW families.

As ever, please give each page of our newsletter a good read. Give the dates page a particularly good read and please note that school is closed for staff training on Friday 10<sup>th</sup> November.

# Children in Need

**Friday 17<sup>th</sup> November 2023**



Join us in helping raise awareness for the brilliant work **Children in Need** do to help support children and families across the country.

We will be having a **NON-UNIFORM DAY** on Friday 17<sup>th</sup> November. If children would like to wear a spotty theme that would be lovely, but not a requirement!

If families would like to, you can make a voluntary donation to Children in Need through **Arbor Pay**.

# Winter Performances

CAW CHRISTMAS PERFORMANCE TIMETABLE 2023		
Tuesday 12 <sup>th</sup>	9:15 Year 6	2:15 Year 5
Wednesday 13 <sup>th</sup>	9:15 Reception & Nursery	2:15 Year 3
Thursday 14 <sup>th</sup>	9:15 Year 1	2:15 Year 2
Friday 15 <sup>th</sup>	9:15 Year 4	

So that all children get a chance to be celebrated by their families, please note that we are encouraging no more than 2 family members to attend these events. Doors will open at 9:00 and 2:00 for the shows. Please use the 'Disco Door' entrance via main car park.



# CAW AUTUMN TERM CLUBS 2023

IF YOUR CHILD WOULD LIKE TO JOIN ONE OF THESE CLUBS,  
PLEASE REGISTER ON ARBOR APP

	Year 1 & 2	Year 3 & 4	Year 5 & 6
Monday		Street Dance 3.10 – 4.10 Hall Dance hub	Street Dance 3.10 – 4.10 Hall Dance hub
Tuesday	Lego 3.10 – 4.10 Miss Linehan Hall	Lego 3.10 – 4.10 Miss Linehan Hall	Football 3.10 – 4.10 BHA South Playground
Wednesday	Art 3.10 – 4.10 Year 4 classrooms Mr Newbatt and Miss Reynolds	Art 3.10 – 4.10 Year 4 classrooms Mr Newbatt and Miss Reynolds	Cricket 3.10 – 4.10 Sussex Cricket South Playground
Thursday	Gardening 3.10 – 4.10 Mrs Fogden Wellsbourne Garden (Untill half term)	Gardening 3.10 – 4.10 Mrs Fogden Wellsbourne Garden (Untill half term)	Tennis 3.10 – 4.10 Mr Issacs Gym/South playground
Friday	Karate 3.10 – 4.10 Hall SAMA (charged)	Chess 3.10 – 4.10 Mr Wood Y2 Classroom	Book club 3.10 – 4.10 Mr McMorrin Mr McMorrin's office

Please click [here](#) for an update about what your children are up to this term!



**Nursery**  
Hatchlings



**Year Three**  
Kites  
Kestrels



**Reception**  
Robins



**Year Four**  
Jackdaws  
Magpies



**Year One**  
Puffins  
Woodpeckers



**Year Five**  
Barn Owls  
Hérons



**Year Two**  
Goldfinches  
Greenfinches



**Year Six**  
Eagles  
Falcons

# PE Kits

For Autumn 1, we will continue to ask that children come to school in their PE kits on their PE days. Please remember, as ever, that it is fine to wear trackies and school jumpers in colder weather but that these should be worn in line with our uniform policy. Children cannot participate in our PE lessons safely unless they are wearing trainers – not crocs.

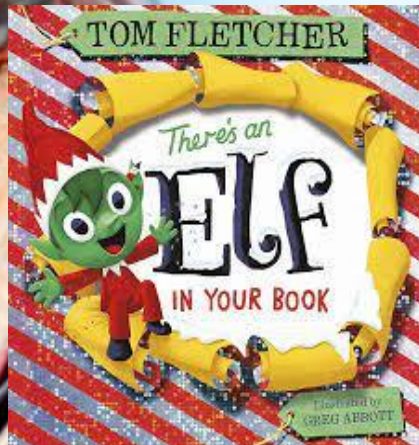
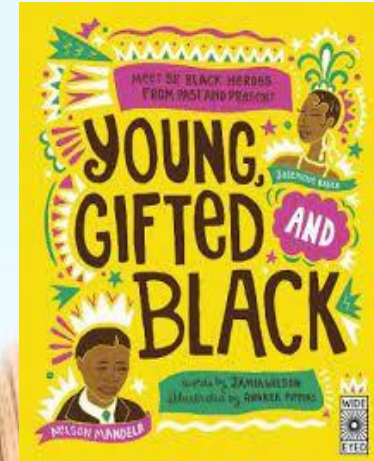
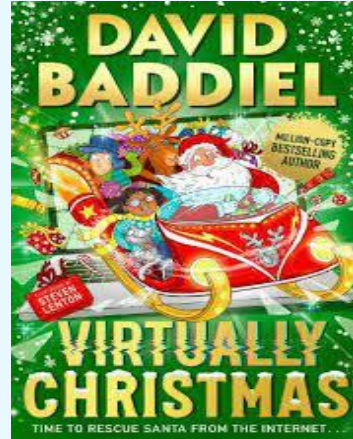
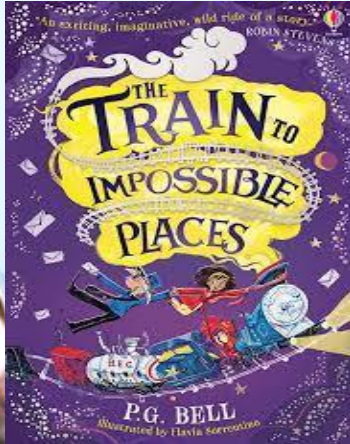
## Please wear PE kit into school on these days:

YG	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Day	Fridays (from Oct)	Tues	Mon	Weds	Weds	Tue	Tue
		Thurs	Thurs	Fri	Thurs	Fri	Thurs



# Reading Raffle 2

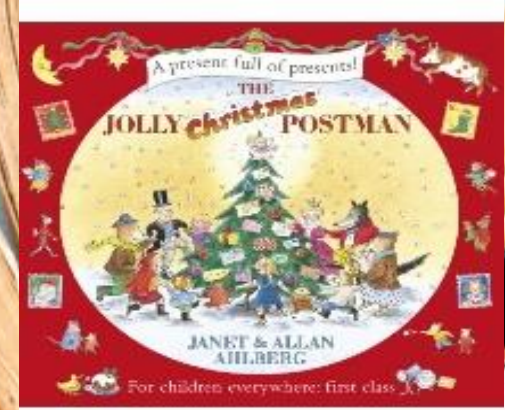
Here's RR2 Prizes!



Choose your  
own book!



If you win this prize, you will get to sit  
down with Miss Delaney or Miss  
Scozzafava who will help you choose the  
perfect book and order it just for you!





# House Points

A new half term means that the Learning Ticket scores have reset and every has started from the same point. Remember that **EVERY TICKET COUNTS!** It's great to be able to reward children for demonstrating the City Academy Whitehawk Qualities in every part of their school life.



**1218 Air  
points**

**1153 Earth  
points**

**1214 Fire  
points**

**1309 Water  
points**



Each week there are two classes who win a Class Celebration. Congratulations to our previous winners:

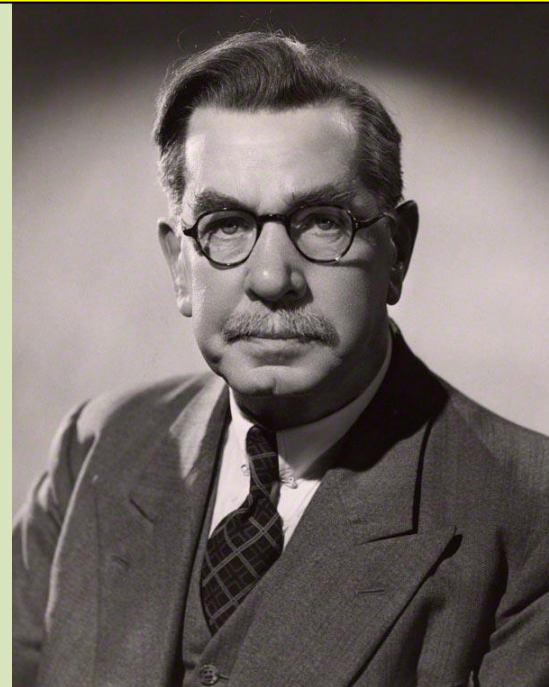
	Year 1 to 3	Years 4 to 6
Autumn 1 Week 7	Goldfinches	Herons
Autumn 2 Week 1	Kestrels	Magpies

# Autumn 1 Water House Celebration!

Water House took part in a very well-earned House Celebration event this afternoon, enjoying some autumnal themed activities to get ready for Firework Night. Pumpkin Bowls was a particular highlight!





**C****Collaboration****A****Aspiration****R****Resilience****E****Effort****E****Excellence****R****Respect****Autumn 2 Week 2 CAW Quality of the Week: COLLABORATION**

[Remembrance:](#)  
[What is it and why](#)  
[is it important?](#)  
[Newsround](#)

[Remembrance Day](#)  
[\(CBeebies\)](#)

[In Flanders](#)  
[Field \(John](#)  
[McRae, 1915\)](#)

**CAW Significant Figure of the Week****Walter Ayles (1879 – 1953)**

*Conscientious objector and Member of Parliament*

Born in London, Walter Ayles was a *conscientious objector* during World War I. This meant he chose not to take part. Do you think people should have the right to not take part in a war their country is involved in?

**Remembrance Day (Saturday 11<sup>th</sup> November 2023)**

This is an incredibly important day where we choose to remember people who have lost their lives during war.

**What can be recycled,  
and what can't?**



**Our City,  
Our World**

# COLLABORATION

## AWARDED TO

Name:

It could be you!

Class:

Years 1-6

- Be positive
- Listen to each other
- Everybody has a job to do
- Accept feedback from others
- Care about the team's success

Teacher's Comments

Next week, our CAW Quality of the Week will be  
**COLLABORATION/TEAMWORK TERMITE.**

How can you work together with your peers and the  
staff in the school to help your learning?



CITY ACADEMY WHITEHAWK

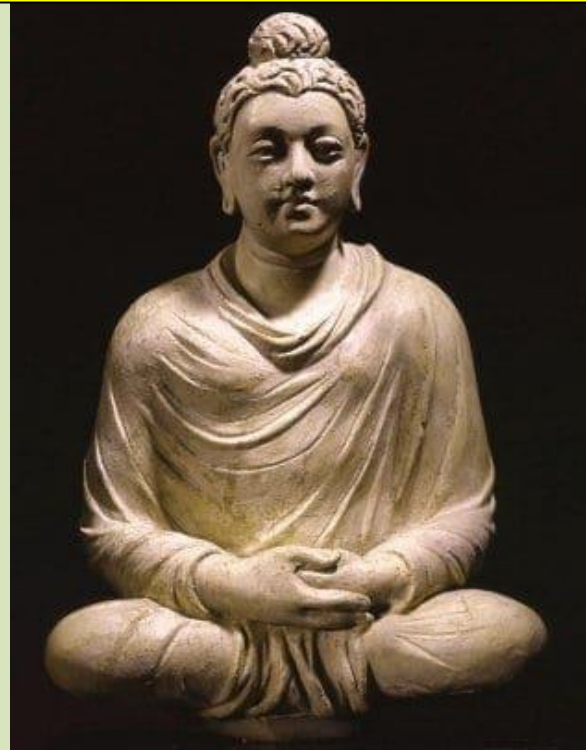




**C****Collaboration****A****Aspiration****R****Resilience****E****Effort****E****Excellence****R****Respect**

## Autumn 2 Week 1 CAW Quality of the Week: RESPECT

[What is Vesak](#)  
[\(the celebration](#)  
[of The Buddha's](#)  
[birthday\)](#)  
[Newsround](#)



[BBC Bitesize](#)  
[Key Stage 1](#)  
[Links about](#)  
[Buddhism](#)

[BBC Bitesize](#)  
[Key Stage 2](#)  
[Links about](#)  
[Buddhism](#)

## CAW Significant Figure of the Week

**Siddhartha Gautama**

*The Buddha*

Born in South Asia in the 5<sup>th</sup> or 6<sup>th</sup> Century BCE (around 2500 years ago), Siddhartha Gautama was the founder of the Buddhist religion. He was a wandering teacher who strived for spiritual enlightenment. His teaching continues to inspire tens of millions of people to this day, and his ideas about kindness towards others are the epitome of **RESPECT**.

What is recycling?



**Our City,  
Our World**

# RESPECT

## AWARDED TO

Name:

It could be you!

Class:

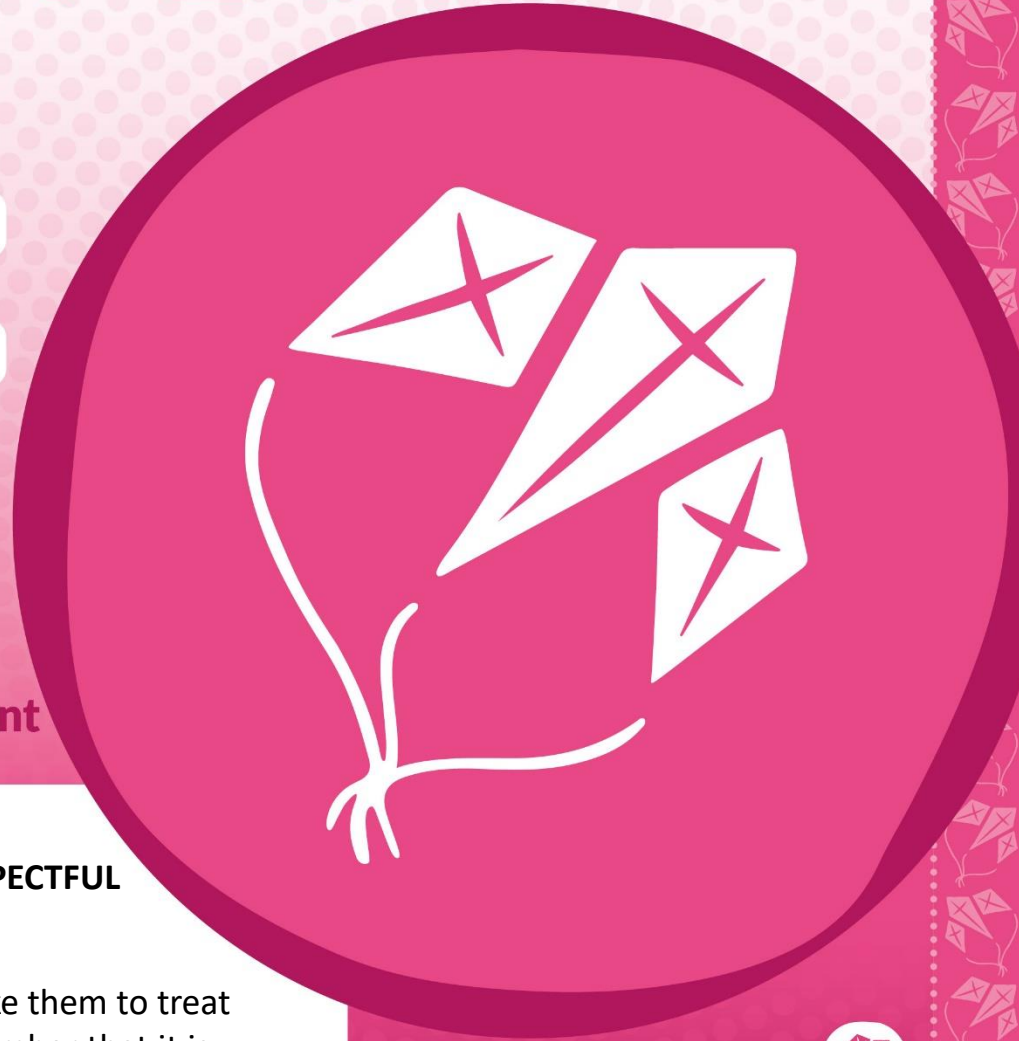
Years 1-6

- Listen to others
- Be kind when you disagree
- Explain things to help others
- Be tolerant
- Take care of the school environment

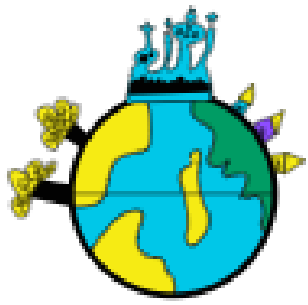
### Teacher's Comments

We'll be awarding certificates for **RESPECT/RESPECTFUL RABBIT** qualities in the next assembly.

**RESPECT** means treating others as you would like them to treat you. Empathy will help you achieve this! Remember that it is important to treat yourself with **RESPECT** too.







# Our City, Our World



We are proud to announce that we have launched a **WHOLE SCHOOL INITIATIVE** to join other schools across Brighton and Hove to help build a just and sustainable city.

Our aims at City Academy Whitehawk are to:

1. Raise awareness of environmental issues through weekly class assemblies
2. 'Green' the curriculum by adding environmental learning to our studies
3. Implement school-wide sustainable operations and systems to reduce waste
4. Create opportunities for children to connect with nature

Please ask your children about their weekly **OUR CITY, OUR WORLD** class assemblies, and check the website for more information:

**<https://www.ourcityyourworld.co.uk/>**

We welcome any ideas that families may have to support this important work! Please send any suggestions to Mr. Wood at: **[cawadmin@auroraacademies.org](mailto:cawadmin@auroraacademies.org)**

# Autumn Crown Competition

A big THANK YOU to the City Academy Whitehawk PTA for organising the recent Autumn Crown competition. It was so lovely to see all of the amazing entries, and to know that children had been out and about in nature. There were so many wonderful entries, and the PTA had a very difficult time choosing the winners! Every child who took part has earnt a Learning Ticket, and the seven winners (amazing crowns shown in the photo below) earnt THREE Learning Tickets.

Well done to everyone who was involved in this event!





# Coffee Morning

Friday 24<sup>th</sup> November

08:45-10:30

## Mental Health and Wellbeing Focus

Meet your Education Mental Health Worker's, Family Support Worker, and Welfare Manager.

Find out more about the support available for your children.

Gain wellbeing advice.

Have your say about what coffee mornings and workshops you would like to see at City Academy Whitehawk!

See you there!

Amy Mayes, Amanda Nippard and Fiona Escott



# MHST WORKSHOPS 2023-2024

**ONE-OFF PARENT VIRTUAL WORKSHOPS 12:30PM-1:30PM**

## SLEEP

This workshop is aimed at parents and carers of children in the stated key stage. We will be looking at common difficulties children have with sleep, the recommended amount of sleep for children of different ages, and ways to support children with getting enough sleep. We will be looking at strategies around bedtime routines, the sleeping environment, life-style factors which may influence sleep, and supporting children with anxiety or worries which might be affecting their sleep.

**Primary** 2<sup>nd</sup> February 2024 [Supporting your child with sleep 800000 Tickets. Thu 26 Feb 2024 at 12:30 | Eventbrite](#)

**Primary** 4<sup>th</sup> July 2024 [Sleep Workshop for parents/carers of PSHMHS age children Tickets. Thu 4 Jul 2024 at 12:30 | Eventbrite](#)

This workshop is aimed at parents and carers of children in the stated key stage. We will be using a cognitive-behavioural model to understand how thoughts, feelings and behaviours are linked and form unhelpful patterns that can lead in to a downward spiral of persistent low mood. We look at ways you might be able to help your child, including addressing your child's sleep, routine, exercise and eating patterns. We will also touch on ways you as a parent might be able to support your young person's negative thoughts or unhelpful behaviour patterns.

## LOW MOOD

**Secondary** 23<sup>rd</sup> November 2023 [Helping young people with low mood - secondary age children Tickets. Thu 23 Nov 2023 at 12:30 | Eventbrite](#)

**Primary** 1<sup>st</sup> February 2024 [Low Mood Workshop for parents/carers of PSHMHS age children Tickets. Thu 1 Feb 2024 at 12:30 | Eventbrite](#)

**Secondary** 16<sup>th</sup> May 2024 [Supporting your child with low mood \(SECONDARY age children\) Tickets. Thu 16 May 2024 at 12:30 | Eventbrite](#)

## ANXIETY

This workshop is aimed at parents and carers of children in the stated key stage. We will look at what anxiety is exactly, where it comes from, and what keeps children feeling anxious. We aim to help you get a better understanding of your child's anxiety by looking at how your children feel, think, and respond to triggers or situations that make them feel anxious. We will then introduce strategies that can help, both in the short term, such as breathing and distraction techniques, as well as longer-term strategies including helping your child face their fears and build up their confidence through supportive conversations.

**Secondary** 9<sup>th</sup> November 2023 [Anxiety Workshop for parental carers of SECONDARY age children Tickets. Thu 9 Nov 2023 at 12:30 | Eventbrite](#)

**Primary** 18<sup>th</sup> January 2024 [Supporting your child with anxiety \(PRIMARY age children\) Tickets. Thu 18 Jan 2024 at 12:30 | Eventbrite](#)

**Secondary** 21<sup>st</sup> March 2024 (exam stress focus) [How to help your child with exam stress. Tickets. Thu 21 Mar 2024 at 12:30 | Eventbrite](#)



# MHST WORKSHOPS 2022-2023

**ONE-OFF PARENT VIRTUAL WORKSHOPS 12:30PM-1:30PM**

## TRANSITION

This workshop is for parents/carers of young people starting Y7 at Secondary School in September 2023. The workshop will cover what anxiety is and how it's maintained, how to talk to your child about their anxieties about their new school and some practical advice on how to help your child manage their worry using a CBT approach. We will also look at how to encourage young people to become independent problem solvers.

8<sup>th</sup> June 2024 [How to help your child transition to year 7 Tickets. Thu 8 Jun 2024 at 12:30 | Eventbrite](#)

This workshop aims to support parents/ carers in understanding and responding to their children's strong emotions. These strong feelings might present as anger or disruptive behaviour. Within this 1-hour workshop, we hope to support parents in understanding what might be underlying children's behaviour, understanding what might be contributing to these big feelings, consider how adults can respond to support alternative behaviours, and learn general emotional regulation strategies for children.

## EMOTIONAL REGULATION

**Primary** 07<sup>th</sup> December 2023 [Emotional Regulation Workshop for parents/carers of PSHMHS age children Tickets. Thu 7 Dec 2023 at 12:30 | Eventbrite](#)

**ONGOING PARENT SESSIONS (4 WEEKS)**

## ANXIETY

This group is aimed at parents and carers of children in the stated age group. This programme will guide parents how to use cognitive-behavioural techniques to help their children overcome fears and worries. The programme includes learning how anxiety develops and is maintained, that is to say what keeps children's anxiety going and prevents them getting over their fears. We will then move on to exploring what your child needs to learn to overcome their fears or worries and how to implement strategies to encourage your child to become more independent. The programme will run over 4 weeks and will be a combination of 4 one-hour group sessions, reading tasks before sessions and some in between session work such as practising techniques learned during the sessions.

There are not currently set dates for this programme. If you feel you would like to explore this option please speak to the SENCO at your child's school to refer to our service. It may be that we can offer this as a direct intervention or, if we receive appropriate referrals we will run as a group.

To learn more about our service offer please watch our video: <https://youtu.be/1WwF0Gm6t44>



# 2020-2021 Term Dates for your Diary

Our term dates for are online: [click here to see them](#).

**Thursday 9<sup>th</sup> November:** Open Evening for New Families

**Friday 10<sup>th</sup> November:** INSET Day

**Friday 24<sup>th</sup> November:** Mental Health and Wellbeing Coffee Morning

**Wb Monday 11<sup>th</sup> December:** Christmas Performances [See separate page]

**Friday 15<sup>th</sup> December 13:00:** End of Autumn Term 2

**Tuesday 2<sup>nd</sup> January:** INSET

**Wednesday 3<sup>rd</sup> January:** Start of Spring 1 for children

I hope this letter has provided you with all the information you need but please do not hesitate to get in touch or check through [previous newsletters](#) catalogued on our website.

We've had a fantastic first week back and are looking forward to more of the same in Week 2! We'll see you on the gates on Monday morning!

Thomas McMorris  
Headteacher

