



# City Academy Whitehawk

Headteacher's Newsletter 6  
November 17th 2023





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17th November 2023

Dear City Academy Whitehawk Families,

Happy Children In Need Day! Thank you to all the families who have shown our celebrations such support – children looked fantastic at school in their spots and mufti.

I'd like to offer a huge thank you to the families who responded to the Aurora survey about your children's experience of attending City Academy Whitehawk. These surveys will be open until later this evening if you haven't had a chance let but would like to share your views with us. Check your emails from me to find the links.

We have had a busy fortnight since I wrote to you last with open evenings and tours for prospective families, staff training, Year 5 have been to Roedean, many children from Year 6 have competed in the Brighton and Hove cross country event, Year 4 have been to Whitehawk library and we've all got our rehearsals underway for our family engagement events in the last week of term. On top of all of these excellent enrichment events, we're proud to have had a superb anti-bullying week here at school, focussing on being 'upstanders' not 'bystanders' and wearing our odd socks to celebrate inclusion and individuality. I've been proud to showcase children's hard working attitudes to prospective families touring the school, who have all left mightily impressed by the learning on display. Lots to be proud of as usual!

As ever, please give each page of our newsletter a good read and have a good look at the dates for Christmas performances!

# Children in Need

**It was so wonderful to celebrate Children in Need, with the City Academy Whitehawk students having the option of wearing non-uniform today!**

**If you would like to make a voluntary donation to this great cause, you may do so through your Arbor Pay account.**

**A big, big thank you from Pudsey and Blush!**





## Christmas Lunch Thursday 14th December

Our Christmas lunch will be served on Thursday 14th December and is available for all children in Reception to Year 6.

You will be sent a form to complete via the Arbor App, please note that if this form is not completed, we will assume your child will bring their own packed lunch on Thursday 14th December

Children are welcome to wear Christmas Jumpers.

## Celebrate Christmas

Thursday 14th December

Traditional Roast Turkey with Pigs in Blankets, Roast Potatoes and Gravy

or

Vegetarian Quorn Roast with Vegetarian Cocktail Sausage, Roast Potatoes and Gravy

Served with Brussell Sprouts, Steamed Carrots and Garden Peas.

### Dessert

Festive Christmas Biscuit with Ice Cream  
(Gluten/Dairy free available)

**HARRISON**  
food with thought





# 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**  
Jackdawes  
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.

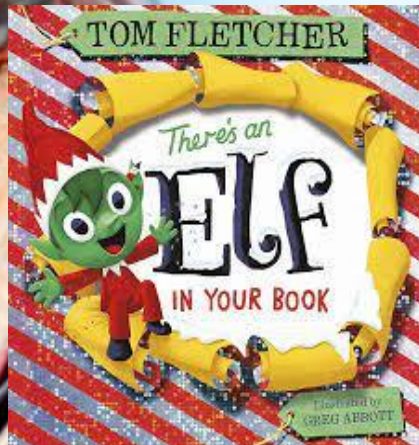
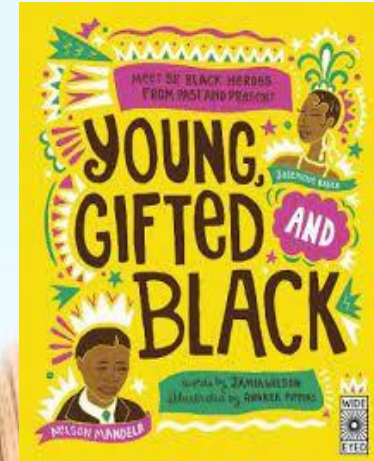
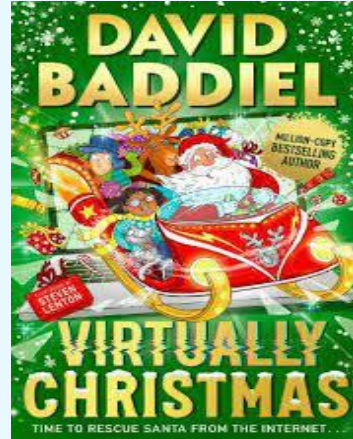
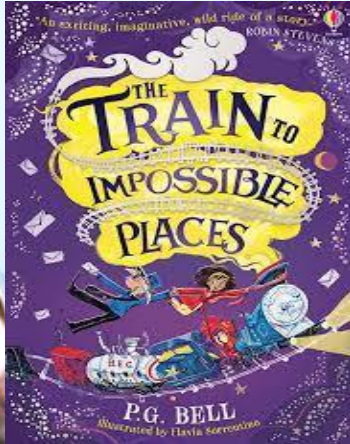
## Please wear PE kit into school on these days:

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

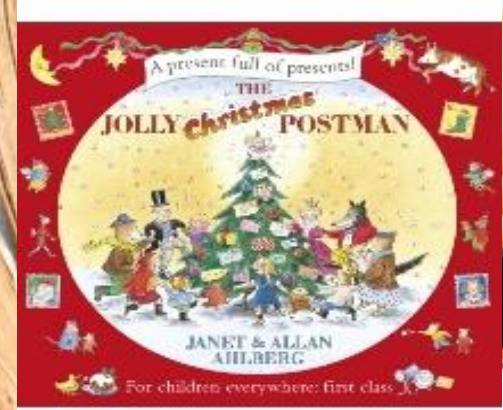
Here's RR2 Prizes!



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!





# Attendance and Punctuality

We would like to thank all families for making sure that all children are at school every single day unless the absence is absolutely unavoidable!

Most children at City Academy have excellent attendance but sadly our absence rates overall are still quite high compared to other schools in the city.

We know that this time of year can bring lots of sniffles and other illnesses – the nhs have produced this useful page for parents which might be useful if you are unsure whether your child is well enough to come in:

<https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/>

**Please speak to Mrs Storey in the school office at any time if you would like to chat about your child's attendance 😊**



# House Points

Here are the most recent Learning Ticket House Scores. Congratulations to Fire House who have edged into the lead. 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.

<b>C</b>	<b>Collaboration</b>	
<b>A</b>	<b>Aspiration</b>	
<b>R</b>	<b>Resilience</b>	
<b>E</b>	<b>Effort</b>	
<b>E</b>	<b>Excellence</b>	
<b>R</b>	<b>Respect</b>	

**1874 Air  
points**

**1863 Earth  
points**



**2038 Fire  
points**

**2018 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
Week 1	Kestrels	Magpies
Week 2	Woodpeckers	Herons

## Autumn 2 Week 4 CAW Quality of the Week: EFFORT

C

Collaboration



A

Aspiration



R

Resilience



E

Effort



E

Excellence



R

Respect



[What happened on 9/11 2001?](#)  
[\(Newsround\)](#)

### CAW Significant Figure of the Week

**Rick Rescorla (1939-2001)**

*Soldier, police officer and educator*

Born in Cornwall in 1939, Rick Rescorla went on to serve in the British and American military and as a police officer. He later studied creative writing and taught at a university. During the terrorist attack on the Twin Towers in New York on 11<sup>th</sup> September 2001, Rick was responsible for saving the lives of thousands of people thanks to the evacuation plan he had put in place. He sacrificed his life in helping people escape from the buildings before they collapsed.

How can we recycle at school?



**Our City,  
Our World**



# EFFORT

## AWARDED TO

Name:

It could be you!

Class:

Years 1-6

- Jump in!
- Try hard
- Grow your brain
- Be brave
- Learn from mistakes
- Be excited to try new things

### Teacher's Comments

Next week, our CAW Quality of the Week will be  
**EFFORT/HAVE A GO HORSE.**

How can you make sure you give 100% in your  
learning?



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

## Autumn 2 Week 3 CAW Quality of the Week: RESILIENCE



**CAW Significant Figure of the Week**

**Millie Bobby Brown**

*Actor and campaigner*

Born in 2004, Millie Bobby Brown is a world-famous actor, known for playing Eleven and Enola Holmes. Beyond her career as an actor, Millie has campaigned to raise awareness of the dangers of social media, and was the youngest every person appointed as a UNICEF Goodwill Ambassador (at the age of only 14!). She has shown real resilience and perseverance to promote such important causes.

UNICEF  
Ambassador

How many  
pets does  
Millie Bobby  
Brown have?  
(Newsround)

UNICEF  
speech to the  
UN about  
cyber bullying  
(for older  
children)

**How are recycled  
materials used?**



**Our City,  
Our World**



# RESILIENCE

## AWARDED TO

Name:

It could be you!

Class:

Years 1-6

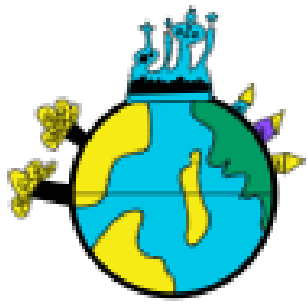
- Try hard
- Practise lots
- Keep going
- Try new strategies
- Ask for help
- Start again
- Take a brain break

### Teacher's Comments

We'll be awarding certificates for  
**RESILIENCE/PERSEVERING PENGUIN** qualities in the  
next assembly.

**RESILIENCE** means keeping going, even when you are tired or tasks  
are difficult. Keep believing in yourself: you can do it!





# 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!



## **INTOfilm Festival**



**Year 6 had a great visit to Cineworld where we participated in the INTOfilm Festival. This festival develop a love for cinema and encourages children to get involved in the arts!**

**We were lucky enough to see a “fin”tastic film called RUBY GILLMAN: TEENAGE KRACKEN. This film linked really well with our secondary school transition work and made us think carefully about some of the challenges and opportunities that are upcoming!**



A massive well done to all the Year 6 children that took part in the Cross-Country event on November 15<sup>th</sup>! We took 27 children, and they all represented the school brilliantly! Our best finish of the day was Isabelle who placed 81<sup>st</sup> out of 270 runners! Well done Isabelle!

**Congrats to: Sophia C, Miriam D, Scarlett D, Aidan K, Ava M, Lola P, Clark P, Lola R, Max S, Mubarak, Summaya, Isabelle, Amelia B, Ruby C, Isaac D, Keeley F, Freddie N, Oscar T, Esmanur, Maha G, Khaleel M, Isla , Faelan S, Alfie W, Kenley C, Josh Gunn**



## **Cross-Country – Year 6**

# 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 8000000 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/1WwF0Gmtdk4>

# 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 page]

**Thursday 14<sup>th</sup> December:** School Christmas Dinner

**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.

Enjoy a great weekend with your loved ones and I will be looking forward to celebrating EFFORT with children when we come back together on Monday morning.

Thomas McMorris  
Headteacher

