



Ms Quinton's Weekly Message



This term, students in Years 7 to 11 will be developing their understanding of health and well-being through their PSHCE sessions. They will explore the importance of looking after their physical and mental health, including healthy lifestyles, managing emotions, and recognising when and how to seek support. Depending on their age, they will learn about a range of topics such as mental health, puberty, diet, exercise, pornography, pregnancy, infertility, sleep, drugs, alcohol, screen time, road safety, knives and gangs. We want our students to be wise and to understand the need to learn from appropriate sources. We also ensure students are signposted in every session to professional support. In PSHCE sessions, students will discuss with their form tutors strategies for building resilience, making positive choices, avoiding peer pressure and maintaining a healthy balance in their everyday lives. Through discussions and activities, they are encouraged to reflect on their own well-being and consider practical ways to support themselves and others. We have speakers, organisations and medical professionals visit to work with our children and yesterday the Arc Theatre group came to do a workshop with our Y7 students learning about the health risks of vaping. I was very impressed with how maturely and enthusiastically our Y7s engaged with the session and their thoughtful questions. They have made a great start to this five year journey in personal development. Do always let me know if you have any questions about our PSHCE curriculum and more importantly, do ask your child what they have been learning about each week on a Wednesday or Friday morning! Have a lovely weekend.

Ms. Quinton

Free School Meals

In line with changes to free school meal eligibility, you may now be eligible even if you have not qualified previously. Please use the link below to check your eligibility and apply for free school meals - this will be the application route moving forward.'

<https://www.cloudforedu.org.uk/ofsm/thehurlinghamacademy>



Attendance

Did you know?

- **Missing just one day every two weeks can add up to around 19 days of school missed over a year.**
- **That's almost four full weeks of learning, friendships, routines and opportunities.**
- **Every day can make a difference.** Regular attendance helps children stay connected with their learning, teachers and friends, and supports them to feel part of what is happening in school.

We understand that coming to school is not always easy, can be even harder for some children with additional needs, and there may be many different reasons why attendance becomes difficult. Every family's circumstances are different.

If anything is making it harder for your child to come to school, please talk to us. We are here to listen, understand what may be getting in the way and work with you to find the right support.

Email Attendance@thehurlinghamacademy.org.uk for further support



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Open Events



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Ofsted
Outstanding

Open Evening 2026

Tuesday 29th September, 4:30pm - 7.30pm.

Principal's talk at 6.00pm

Open Mornings 2026

Time: 9:00am - 12:30pm

5th - 9th October • 12th, 14th, 16th, 19th & 21st October

If you would like to know more, do come and see us for yourself.
You do not need to make an appointment – just turn up!



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Smart Phone Free Initiative

Now that the new academic year is fully underway, we would like to remind families that all students in Years 7, 8 and 9 are part of our smartphone-free initiative. This means that smartphones are not permitted on the school site for students in these year groups.

We recognise that smartphones have become a common part of everyday life and that many families choose to provide them for communication and safety reasons outside school. However, we believe that the early secondary years are a crucial time for young people to develop healthy habits, positive friendships and routines that support their learning, wellbeing and personal growth.

This decision reflects growing national concern about the impact of smartphones and social media on children and young people. Schools increasingly encounter issues associated with smartphone use, including cyberbullying, exposure to inappropriate content, friendship difficulties, distraction from learning, sleep disruption, and the effects of constant connectivity on mental health and wellbeing.

As educators, we have a responsibility to create an environment where students can focus on their education, build positive relationships and enjoy school free from these distractions and risks.

We fully respect that decisions about smartphone ownership are matters for individual families, and this policy is not intended to influence what happens at home. Rather, we hope it provides reassurance and support to parents who wish to delay providing a smartphone or reduce their child's reliance on one. We know that many families feel pressure because "everyone else has one", and we believe schools can play an important role in supporting parents to make decisions that are right for their children.

Parents who would like to learn more may find the Smartphone Free Childhood movement helpful. It offers research, practical advice and support for families navigating decisions about smartphones and social media.

What does this mean?

- Students in Years 7, 8 and 9 must not bring smartphones onto the school site.
- If a smartphone is brought onto the school site and is seen or heard, it will be confiscated and retained by the school for two weeks.
- The device must then be collected by a parent or carer from the school.
- For students in Years 10 and 11, the school's 'no phones seen' policy continues to apply. If a phone is seen or used on the school site during the school day, it will be confiscated in accordance with the school's behaviour policy.
- Smart watches remain prohibited for students in all year groups and should not be brought onto the school site.



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We appreciate that this represents a significant change for some families. However, we are confident that it will make a positive contribution to students' wellbeing, safety, concentration and overall experience at school.

Open Evening Timings

Please note that on Tuesday 29th September we are holding our annual open evening. On this day school will be closing at 14:30 for all pupils. We will also be starting at the slightly later time of 9:30am on Wednesday 30th September.

Key Dates for upcoming weeks

Description	Date	Time
Whole school assembly	Monday 28 th September	8:30-9:00
Open evening	Tuesday 29 th September	16:30-19:30
Late start- school starts at 9:30am for all pupils	Wednesday 30 th September	9:30am start
Open mornings	Monday 5 th – Friday 9 th October	9:00-12:30
Welcome to GCSE evening	Thursday 8 th October	17:00- 18:30



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