



**MOMENTS
MATTER,
ATTENDANCE
COUNTS.**

25th October 2024

**MOMENTS
MATTER,
ATTENDANCE
COUNTS.**

**# This week
@SAW**

Welcome to this week's Parental Bulletin which gives you a summary of Academy Events, Sporting achievements, important information and weekly Student Nominations from staff. If you've missed checking our socials, it's all here for you.

#WhereStarsAreBorn



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General Academy News



We're now on Instagram!



You can now follow us on Instagram using the QR code opposite or search our handle:



@siriusacademywest



@Sirius Academy West



@siriusacademy

Homework

Reminder of homework completion check days for each year group. Students must have completed all set SPARX and SENECA in Year 7, 8 and 9 as well as GCSE Pod and any Option subject homework in Years 10 and 11.

Year 7 - Thursday

Year 8 - Monday

Year 9 - Tuesday

Year 10 - Wednesday

Year 11 - Friday



Sparx Maths

gcsepod
education on demand

Please ensure you try to support your child in setting effective routines in when to complete homework. ICT access is available before, during and after school in the Learning Resource Centre.

There is a space at the front of the student planner for students to write usernames for log-in.

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RESPECT for Community- General Academy News

Half-Term Break

After a long eight-week half-term, we enter our first break of the academic year. Please note that no homework will be set over the break with the first assignments set in Week 1 ready for completion in Week 2.

Over the break we will have Year 11 revision sessions running in preparation for the mock exam period in Half-Term 2.

All students in Year 7, 8 and 9 will begin completing their assessments in WB- 2nd December therefore revision techniques and opportunities will be shared with them upon returning.

Parent / Carer Evening Dates

The dates for the academic year for Parent / Carer Evenings are listed below. These dates are crucial for parental attendance, as the opportunity to meet teachers and discuss progress is vital.

Year 10 Evening- Thursday 28th November 2024.

Year 11 Evening- Thursday 9th January 2025 (Please note that mock exam results will be shared on this evening).

Year 8 Evening- 13th February 2025.

Year 9 Evening- 20th March 2025 (Please note this will coincide with information on GCSE 'Choices').

Year 7 Evening- Thursday 8th May 2025.

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Homework

Homework expectations are now clear to all with students given numerous opportunities to solve password and log-in detail issues. Any missed homework from now will trigger a detention.

Reminder the expectation is minimum 70% correct on both SPARX and SENECA. SPARX allows students to substitute questions if they are struggling and SENECA also allows each subject to be passed if the student has spent 10 minutes attempting the set questions.

Each year group will have its own check day, and any students who have not completed their homework by this day will be placed into a homework detention on that evening. The year group check days are:

Year 7- Thursday

Year 8- Monday

Year 9- Tuesday

Year 10- Wednesday

Year 11- Friday

Please ensure you try to support your child in setting effective routines in when to complete homework. ICT access is available before, during and after school in the Learning Resource Centre. **There is a space at the front of the student planner for students to write usernames for log-in.**

RESPECT FOR Education- Lesson 1 Content

This week the students have completed the following tasks in their Lesson 1 lessons. Please discuss with them as we continue to develop the knowledge of our students:

Votes for Schools Topic (Key Stage 3 students only- This is a debate topic with pre-prepared materials)

This week the students discussed the topic of 'Are elections just a popularity contest?'

Character Education

Character Education is a time-tabled lesson within our Lesson 1 curriculum in which students focus on skills and traits which will allow them to be successful in not only their academic studies but also in other aspects of their life.

All students will focus this half-term on goal setting for the year ahead and ensuring they understand why this is important for them. Lessons are year group specific and focus on the evidence behind goal setting and benefits it gives individuals.

Goal-setting grids can be found in the student planner on Page 20. Please discuss over the coming weeks with your child and be aware of their targets.

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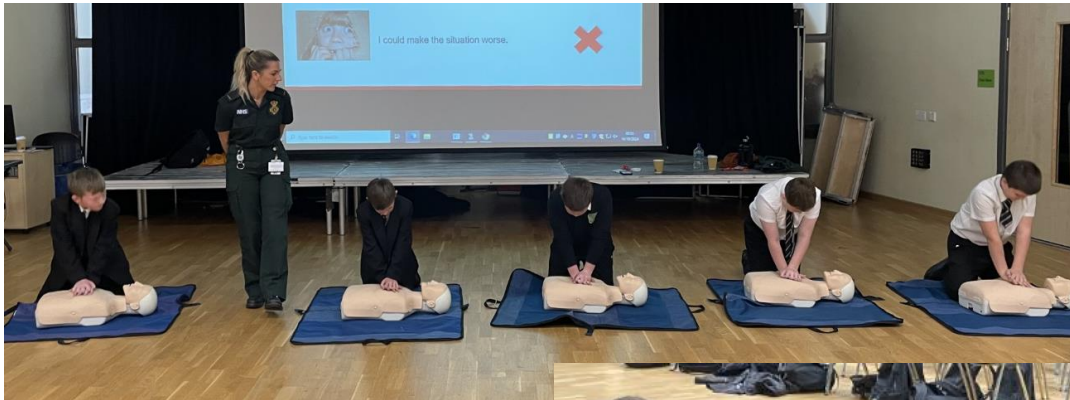
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Restart a Heart Day
All of our Year 7s took part in the Restart a Heart Day last week.



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CHEERLEADING CLUB

THURSDAY
3.05 - 4.15pm
SPORTS HALL

All students welcome, no
experience necessary.
Led by fully qualified coaches
from
IMPERIAL STORM

No need to sign up, just turn
up and have fun!!

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Year 7 Disco!

It was great to see our Year 7s having fun at this week's disco.

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Year 10 BTEC Sport

Year 10 BTEC Sport students have been visiting the Humber Bridge Country Park as part of the current unit.

They have been completing the Orienteering course as they develop an understanding of Outdoor Adventurous Activities and the provision available in the local area.

Well done to Harvey, Corey and Clinton for finding all of the controls in a record time!

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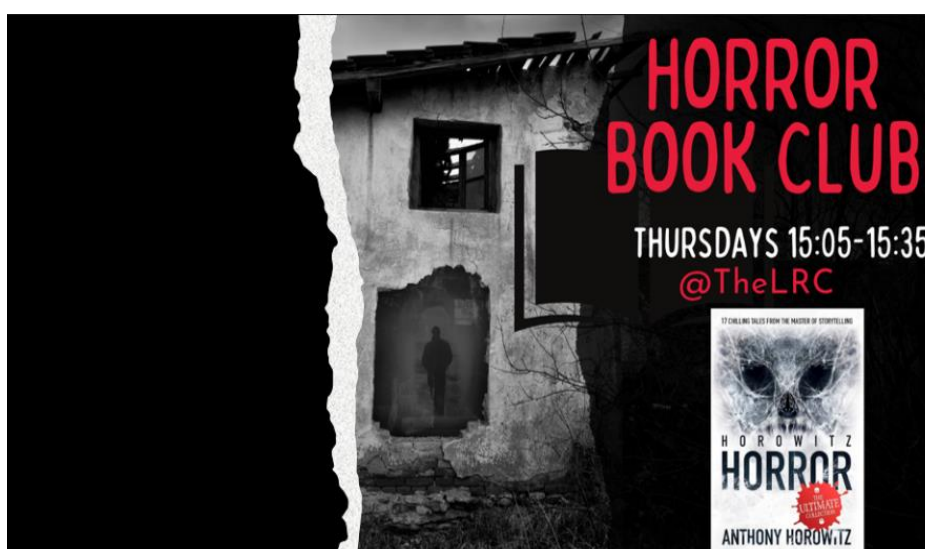
Do you love graphic novels?

The National Literacy Trust are running a competition where you get the chance to design your own graphic novel!

If you are interested in getting involved, please come to the library at 3:05pm on Wednesday 6th November with Mrs Rhodes.



[The World of Graphic Novels | Reading challenge for schools | National Literacy Trust](#)



HORROR BOOK CLUB

THURSDAYS 15:05-15:35
@TheLRC

IT CHILLS YOU FROM THE MASTER OF STORYTELLING

HOROWITZ
HORROR
ANTHONY HOROWITZ

Horror Book Club

After half term this book club will run on Thursdays after school - hot chocolates will also be provided! Please could students register their interest in the LRC in the first week back. The club will begin running from the second week.

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10 Top Tips for Parents and Educators

SUPPORTING YOUNG PEOPLE TO BUILD EMOTIONAL RESILIENCE

With increasing societal pressures, many children struggle with managing emotions, facing challenges and processing failure in a healthy way. This is why building emotional resilience in young people is vital for their mental health and personal success. This guide provides practical strategies for parents and educators to help children develop resilience and foster confidence, adaptability and a positive mindset.

- 1 ENCOURAGE OPEN COMMUNICATION**
 Regularly engaging children in open dialogue fosters trust and emotional expression. Encourage them to share their thoughts and feelings freely without judgement. Set aside time daily, perhaps during dinner, to ask open-ended questions such as, "How do you feel about your day?" This encourages children to express themselves openly.
- 2 MODEL POSITIVE BEHAVIOUR**
 Children often learn how to manage emotions by observing adults. By exhibiting calm and positive responses to challenges, you can teach them valuable emotional management skills. If you've had a difficult day, mention how you're feeling and how you plan to make it through it. This is not about you, but it's going for a walk to clear my mind."
- 3 TEACH PROBLEM SOLVING SKILLS**
 Helping children break down challenges into manageable steps encourages a growth mindset. Explain that every problem has a solution, even if it's not immediately obvious. For example, if a child is stuck on a homework assignment, suggest taking a break to think about the problem, trying to get the "aha" moment on your own first, and then asking for help.
- 4 FOSTER A GROWTH MINDSET**
 Encourage young people to view mistakes as learning opportunities. A growth mindset helps them see setbacks as part of the process, rather than something to be afraid of. When a child faces a challenge or performs poorly on a task, sit alongside them and discuss what they've learned from the experience. This reinforces the idea that effort and perseverance lead to success.
- 5 PROMOTE SELF-CARE PRACTICES**
 Teaching children about self-care helps them understand the importance of balancing work with relaxation to maintain emotional wellbeing. Parents and carers could start a screen-free hour before bedtime where the family engages in relaxing activities like reading, listening to music or the child for their favourite.
- 6 BUILD HEALTHY RELATIONSHIPS**
 Making meaningful connections with peers and adults provides a support system that enhances resilience. Encourage positive, respectful interactions to develop social skills. Peer support or group activities can be instrumental in learning how to resolve conflicts and resolve by listening and practicing calm communication.
- 7 SUPPORT EMOTIONAL AWARENESS**
 Helping children to identify and name their emotions allows them to manage those feelings more effectively. When a child's upset, encourage them to talk to you about what they're feeling in an environment that's supportive and safe. Ask them why they might be experiencing these emotions.
- 8 ENCOURAGE INDEPENDENCE**
 Giving children opportunities to make their own decisions builds confidence and problem-solving skills. A good example of this would be letting children choose and pack their own lunches for school, guiding them with options but allowing them to assume responsibility for the task to help them take ownership.
- 9 DEVELOP COPING STRATEGIES**
 Teaching children techniques like mindfulness, deep breathing or journaling can help them to manage stress. Show them how to perform breathing exercises when they're feeling anxious, and practice this regularly. Encouraging this behaviour in young people will make it easier for them to use these techniques of their own accord during stressful moments.
- 10 CELEBRATE SMALL WINS**
 Recognising effort, no matter how small, reinforces perseverance and encourages children to keep going. When a child completes a difficult task, make progress on a project or reaches another type of personal goal, praise their efforts. Highlight the hard work they've put in and be sure to let them know how proud you are!

Meet Our Expert
 Adam Elliot is Associate Vice Principal for Personal Development at Positive Provision in Dubai and works on environment one day a week for Middle Ahead, which works with schools on improving their mental health provision.

#WakeUpWednesday The National College

@wake_up_weds | www.thenationalcollege | @wake.up.wednesday | @wake.up.weds

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Humberside Fire and Rescue

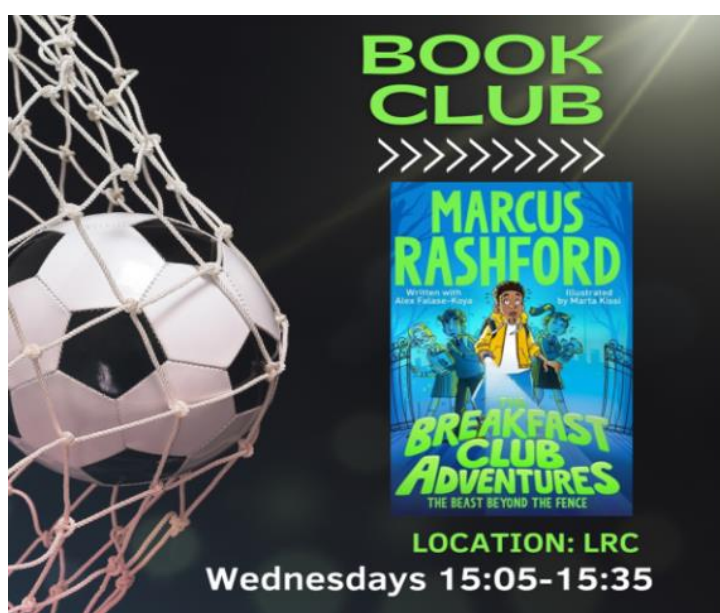
Humberside Fire and Rescue have been into our Academy delivering Road Safety assemblies last week to ensure students are prepared for the darker mornings / nights ahead.

Football themed book club

We will be reading Marcus Rashford's Breakfast Club Adventure's: The Beast Beyond The Fence.

The club will be taking place in the LRC starting the 2nd week back on Wednesday's after school.

Students need to register their interest in the LRC in the first week back. There will also be hot chocolates provided



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Waves of Wonder – Ferens Art Gallery
Saturday saw the launch of the 'Young Maritime Creatives' *Waves of Wonder* exhibition at Ferens Art Gallery featuring a sculpture created by Year 8 students at Sirius West. The exhibition is running until January 2025 in Gallery 4.

[Waves of Wonder: An Exhibition by Hull's Young Maritime Creatives – Hull Museums and Galleries](#)



Waves of Wonder: An Exhibition by Hull's Young Maritime Creatives

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Hull Philharmonic Orchestra
PRESENTS
A FAMILY CONCERT
HEROES AND VILLAINS
SUNDAY 24TH NOVEMBER, 4PM
HULL CITY HALL

FEATURING
THE GOOD, THE BAD AND THE UGLY - MORRICONE
DRACULA - KILAR
BILLY THE KID - COPLAND
HYMN TO THE FALLEN - WILLIAMS
SUPERMAN - WILLIAMS
AND MUCH MORE

HCH HULL CITY HALL
TICKETS: £10 - £28 CHILDREN UNDER 16yrs: £5
WWW.HULLTHEATRES.CO.UK BOX OFFICE: 01482 300306
WWW.HULLPHILHARMONIC.ORG

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Microscopic Monsters

Well done to all the Year 5 and Year 6 Scientists that attended our Microscopic Monsters event last week.

We'll be in touch with updates from your agar plates!

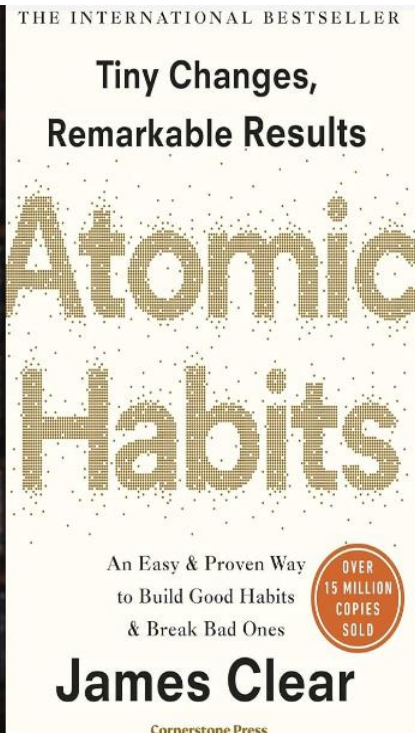
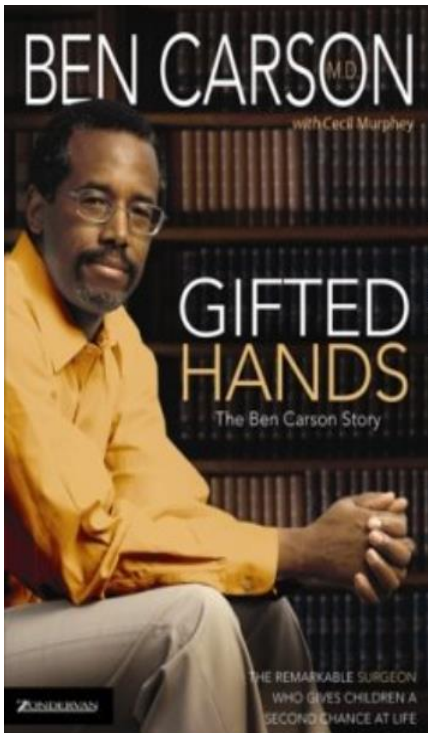
Reminder that for more information regarding Transition and enrolling at the academy, please contact west-transition@siriusacademy.org.uk.





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Drop Everything And Read
Our students really engaged with our Drop Everything And Read event this week and enjoyed the texts chosen.



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Will you find a
GOLDEN
ticket in your sandwich?



- Promotion starts after October half term, 6th November and runs up to Christmas!
- Twice a month a small golden ticket is put in a sandwich from the range for any of our schools.
- Find a ticket and you get a gift!

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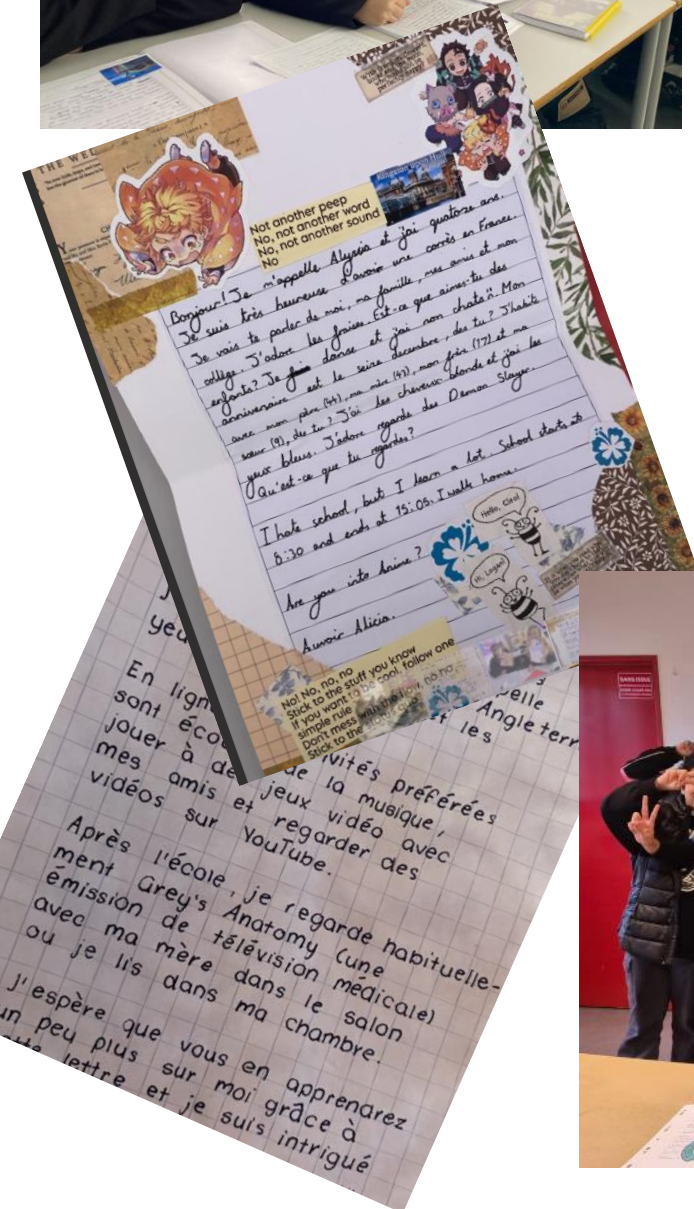
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Year 10 French

Here are our Year 10's writing to their French pen pals in Paris. The photograph below shows our French pen pals writing to us!



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Sporting Success



U13s National Cup

Sirius Academy West 10-0 Ormiston Maritime Academy

U13s Girls came away victorious in their first fixture as a team in the National Cup away to Ormiston Maritime Academy in Grimsby.

They played really well as a team, scored some wonderful goals and managed to get a clean sheet too.

Goals:

Poppy R – 3, Brooke B – 3, Alice K – 1, Evie J- 1, Charlotte F – 1, Issy B - 1

Their behaviour and attitude were exemplary!

Team managers- Mr Smith, Miss Mead.

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Sporting Success



STEVE PRESCOTT MBE

MAN OF STEEL

MIKEY LEWIS



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Sporting Success



Year 10 Boys Rugby Archbishop Sentamu 18 Sirius Academy West 30

Our Year 10 Boys have finished top seed of the Hull Schools Super League by beating Archbishop Sentamu 30 - 18.

Sirius didn't have it all their own way, lacking concentration in the first minute of the game and finding themselves 6 - 0 down. The response from the Sirius side was immediate as Isaac L collected the loose ball from the kick off and raced over 40 metres to score. Sirius extended their lead when Ashdon O hit a great line and went 60 metres to touch down for 12 - 6. The score was extended further when a high bomb from Jacob L wasn't taken by the Archbishop fullback, and chasing half back Clinton T collected the bouncing ball to go over for 18 - 6. Archbishop got one back before halftime to make it 18 - 10.

Sirius started the second half brightly with Ronnie H hitting the gap from close range to make it 24 - 10, but again, some poor defending let Archbishop in to make it 24 - 14. The next try was crucial, and it was Sirius who got over the whitewash, another fine ball from Jacob L to Ashdon O, who went over untouched to put the game to bed at 30 - 14. Harvey K, Sonny B, Alfie C and Jake W all came on for their Academy debut. Archbishop got a consolation try in the corner to make the final score 30 - 18. Sirius knew they were not at their best, but got the job done, and always looked in control. They now go through to the Yorkshire Cup stages as the top seed from Hull.

Special thanks to the parents who came to support.

Please congratulate the squad on their victory:- Billy S, Ethan L, Ollie B, Bradley L, Ashdon O, Isaac L, Jacob L, Noah B, Jake F, Oliver C, Ronnie H, Enes O, Cole O, Logan S, Harvey K, Sonny B, Corey W, Alfie C and Sonny B

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Sporting Success



Sporting Aptitude Tests

Well done to all the pupils that participated in this weekend's Sporting Aptitude Testing. Record numbers applying. Results will be collated and we will be sending letters out next week. Good luck!

For more transition information, please continue to contact west-transition@siriusacademy.org.uk.

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Sporting Success



Year 7 Football
Holderness Academy 0 - Sirius Academy West 5

After four weeks of trials and training, the time had come to select the 13 students to represent the academy in our first Year 7 football fixture of the season. Travelling to Holderness Academy last Thursday evening in the National Cup, the squad impressed from the staff. Awaiting the arrival of the referee, they quickly organised themselves into a warm-up and a series of practice drills. Marshalled by Oliver M, Noah H and Charlie M, the team settled well and looked solid in the early stages.

The breakthrough came after 15mins when a quick free-kick from Benedict L allowed George S to drive the ball through a packed defence to make it 1-0.

The team then paid no attention to Mr Gordon and Mr Walter's instructions to play safe on an unreliable surface by putting together a sequence of passes starting from the back that resembled Barcelona in their prime.

Almost the full team contributing to the move before Lee made the final pass to the onrushing Jake S who fired his first-time shot into the bottom corner for 2-0.

Riley P came on in the second-half and his enthusiasm and constant running allowed the team to continue to exert pressure on the Holderness goal.

Oliver S's goal direct from a corner and Skelly's inventive header from an inviting Stephenson cross made it 4-0.

There was still time for Mason W to score his first goal for the academy from the penalty spot when Shaw was tripped in the last minute. 5-0.

First game. First win. Into the next round of the National Cup.

Player of the match to both Stephenson, for his tireless running, and Skelly, for his impact.

Noah H awarded the honour of captaining the side for the season at the end of the game for his outstanding attitude and influence on the team.

Thanks to Mr Lightfoot for his support with the team in the sessions prior to the game and Mr Walters for travelling to Holderness with the team for the game.

Squad: Dylan F, Charlie M, Oliver M, Albie C, Noah H, George S, Mason W, Benedict L, Kai S, Jake S, Riley P and Oscar S.

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Sporting Success



Sirius Academy West 40 Kelvin Hall 12

After beating Longcroft High School a few weeks ago, it was between Kelvin Hall and Sirius Academy West to see who would go through to the Yorkshire Cup Stages of the competition. The Year 7 Boys had trained well the night before and had full confidence after their performance at Longcroft. A few new faces were brought into the squad after impressing in their PE lessons. Sirius started the brightest as they completed their set of six and on the last tackle captain George S saw the gap and rather than kicking, he jinxed his was over, showing real vision and skill, 4 - 0. Sirius continued to dominate in possession and scored another try shortly after, this time it was Jake S who showed his speed and strength as he went over to extend the lead to 10 - 0. Another try from George S under the sticks made it 16 - 0. Credit to Kingswood, they managed to scoot over from close range to make the halftime score 16 - 6. The Sirius team talked about areas of improvement to make the game more comfortable in the second half, and the response was immediate, as they scored on their first set of six with a well worked team try that saw Mason Purdy go through the gap and under the sticks for 22 - 6. Max W was looking dangerous from the acting half back position and scooting at the right times, making some good yards forward for the team. Lenny K made it 28 - 6 with a fine individual try, before Isaac H went over to make it 34 - 6. George S rounded off a fine individual performance with his third try of the match. But again, Kingswood never gave up and got a consolation try to make the final score 40 - 12. The team performance was absolutely outstanding, the boys can be extremely proud of themselves. We now await our seeding for the Yorkshire Cup stages of the competition, but on the last two performances we should certainly be looking at going through as a higher ranked team in Hull. We look an extremely balanced team, with real skill, strength and speed on show. Please congratulate the boys on their performance, teamwork and commitment:- Archie B, Riley P, Kye S, Oliver J, Lucas F, George S, Mason P, Isaac H, Max W, Jack K, Jake S, Emsen W, Lenny K, Noah H, Roscoe J, Ronnie H, Charlie M, Finley B and Albie C. Player of the match went to George S, not only for his outstanding hat-trick of tries, but for his organisational skill and toughness in defence. Thank you to all the parents / carers and other students that came to support, it was much appreciated.

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Sporting Success



Well done to our ex-student Cristian who was crowned National Boxing Champion over the weekend, representing Vulcan Boxing Club.

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Sporting Success

Rugby dates after half term

Wednesday 6th November

Year 8 Boys at HOME v Winifred Holtby (Yorkshire Cup Play-Off game), 3pm KO. Students to leave lessons at 2:15pm.

Thursday 7th November

Year 9 Boys Rugby Training after school.

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Sporting Success



U13 Girls Football

The U13s Girls Football Team won their 2nd round National Cup fixture on Tuesday 4-1 vs a very strong Goole side.

It was 1-1 for a long period of the game and we managed to secure the tie with some well worked late goals. A huge well done to the girls for their character and determination throughout.

Well done Girls! On to the next round!

Goals: Evie, Brooke x2, Poppy

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Students of the Week

Congratulations!

9XMa4

This class demonstrated resilience when working on probability in Maths.

8Y6 Spanish

David L, George H, Harley T, Zachary d, Jake M, Paigton S, Jessie H, Abudullah S, Lillie S and Leon K - all students had to do a reading aloud task in Spanish. All worked amazing well!

English

Ava H Y10

Working really hard - she's completing every task, including the challenge tasks. She's showing a fantastic attitude to learning.

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Students of the Week

Congratulations!

English

Reece C Y11

Working really hard and really focused. Consistently has a great ATL.

English

Reece C Y11

Working really hard and really focused. Consistently has a great ATL.

English

Karrina L Y7

Really thoughtful and considered answers to difficult questions, far beyond expectations for Year 7.

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Students of the Week

Congratulations!

English

Dario O Y8

Massively improved attitude to learning, with a clear and focused desire to do well in English.

English

Darin M Y9

Wonderfully curious approach to the subject, always trying for that extra step.

English

Abdullahi S Y8

Excellent attitude to learning throughout the half term, always volunteering to read in class and completing all task (including challenge tasks).

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Students of the Week

Congratulations!

English

Maiya P Y8

Excellent attitude to learning throughout the half term.
Maiya always completes all tasks and challenge tasks.

English

Riley O Y11

Excellent attitude to learning throughout
the half term.

English

Riley O Y11

Excellent attitude to learning throughout
the half term.

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Students of the Week

Congratulations!

MFL

Alexa P, Ruby H Y7

Excellent effort and engagement in Spanish lessons.

MFL

Kai F, Kaan Y9

Excellent effort and engagement in Spanish lessons.

MFL

Elsie D Y11, Evie P, Queen A, Lexie A Y11

Attendance to lunchtime intervention sessions in French and Spanish.

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Students of the Week

Congratulations!

MFL

Sam H Y7

Excellent effort and engagement in French lessons.

Health & Social Care

Winnefred C Y10

Detailed research into the functions of health care services.

PSHE

Anastasija B Y9

Remembering what was learnt last week and making fantastic contributions to class discussions.

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Students of the Week

Congratulations!

PSHE

Mia A Y9

Contributions to class discussions.

PSHE

Bobby L, Annie B Y7

Excellent points made when discussing bullying and banter.

BTEC Sport

Harvey M, Clinton T, Corey W Y10

Outstanding attitude and contribution to the Humber Bridge Country Park Orienteering session.

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Students of the Week

Congratulations!

BTEC Sport

Aidan R, Ewan D Y8

Excellent Half-Term in PE. Mature attitude and approach in all lessons. Well done!

BTEC Sport

Hennley B Y8

Brilliant contribution to the reading task in his PE lesson and a positive influence in the class.

BTEC Sport

Leonidas K Y8

Excellent Half-Term in PE. Making lots of progress. Pleasure to teach. Well done!

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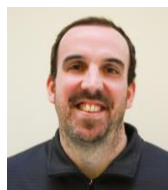
Final Thought



**MOMENTS
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COUNTS.**



“Sometimes the best therapy is a break from routine.”



Mr A Kay
Assistant Head Teacher - Pastoral and Attitudes to Learning

The next parental bulletin will go live on Friday 8th November. Enjoy the half-term ahead!

Key Dates

Please see parents evening dates in this bulletin



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