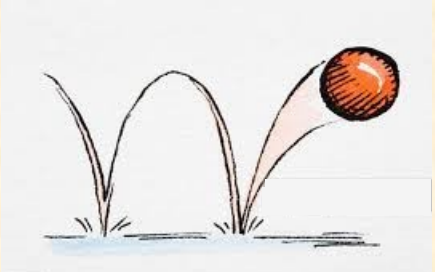
Transition Times

15 July 2022 (6th Edition)

RESILIENCE



Our ability to "bounce back" from challenging situations is one of the most important parts of our character to develop.

Starting secondary school certainly qualifies as a challenging time, which means now, more than ever, we need to find our resilience and the ability to bounce forward in our lives.

Resilience is tied up in how we think. Look at the two different ways of thinking below and decide which one shows a resilient response.

"This is too much and I want to just give up and not bother with anything. Why has this happened to me? It's not fair!"

"This is a lot to deal with but I am not going to become a victim of it. I am not going to worry about the things I can't change but I am going to take control of what I can and make the most of the situation!"

What do you think? Yes, the second one shows resilience.

The first view shows someone who has given up and isn't even trying to move forward with their life. The second one accepts that things are difficult, but is determined to do what they can to improve things for themselves.

At The Highcrest Academy we value students who show resilience and will support you if finding your resilience is proving difficult. Look at the **5-a-day** suggestions on page 2 as well as the Resilience Calendar on page 3 and work on them over the summer so you have done all you can to develop your own resilience.

We are very much looking forward to getting to know you in September. Enjoy your summer and take care of yourself.

This is the last Transition Times before the summer. Have a look back on the issues we have sent for lots of activities to do during the holiday. Don't forget to look at the videos we sent to you for Transition Day and the map of the school in Issue 1 of Transition Times.

Look after yourselves, be kind to others and enjoy your summer.

See you in September.

Miss C To
Assistant Headteacher

Young People's 5-a-day For Resilience & Mental Health

To help young people to think about their mental health in this way a '5 a day' programme for mental health and resilience has been developed that captures the top five things young people can do to develop their resilience and promote their mental health. This '5 a day' programme is based on research evidence on how best to promote resilience and mental health. You may find it useful to photocopy the '5-a-Day for Mental Health and Resilience' hand out and give it to young people you work with.

ACCEPT	Accept yourself. Find ways to develop your self-esteem. Accept positive feedback from others. Don't be hard on yourself. Do things that make you feel good about yourself.
CONNECT	Stay connected with your family and friends. Connect with places in your community where you feel valued and accepted. Make sure you have one adult in your life who you can trust and can turn to for support. Join groups where you can meet like-minded people who share your interests. Reach out for help if you need it.
CONTRIBUTE	Get involved with something you care about. Find ways to help people in your life. Find ways to use your talents. Offer support to others.
BE HEALTHY	Eat well by making healthy food choices. Get active; do at least 30 minutes of physical activity every day. Sleep well; aim for 9 hours unbroken sleep a night. Look after yourself. Take time out and learn ways to relax.
BE AWARE OF YOUR FEELINGS	Notice how your thoughts affect how you feel. Don't treat your thoughts as though they are facts. Find ways to balance critical and negative thoughts with more helpful ways of thinking. Keep an open mind.

SUMMER READING CHALLENGE

During the summer holidays, whilst you are enjoying a well-deserved break from school, links below are some reading challenges to keep you going. Complete as many of these challenges as possible over the summer, hand them in (information in each challenge) and help Highcrest's Learning Resource Centre celebrate books and stories. With hundreds of new novels, graphic novels, and audiobooks being released over the summer, there is a story for every single one of you! There's even a book log to help you show off your reading. Check out the Highcrest 'Reading for Pleasure' lists, found on the LRC page, for a starting place. Happy reading!

- Summer Reading Challenge
- Book Report
- Book Log
- Fan Art Challenge
- Book Bingo
- General Information

Jump Back Up July 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 Take a small step to help overcome a problem or worry	2 Adopt a growth mindset. Change "I can't" into "I can't...yet"	3 Be willing to ask for help when you need it
4 Find something to look forward to today	5 Get the basics right: eat well, exercise and go to bed on time	6 Pause, breathe and feel your feet firmly on the ground	Shift your mood by doing something you really enjoy	8 Avoid saying "must" or "should" to yourself today	9 Put a problem in perspective by seeing the bigger picture	10 Reach out to someone you trust and share your feelings with them
11 Look for something positive in a difficult situation	12 Write your worries down and save them for a specific 'worry time'	13 Challenge negative thoughts. Find an alternative interpretation	14 Get outside and move to help clear your head	15 Set yourself an achievable goal and take the first step	16 Find fun ways to distract yourself from unhelpful thoughts	17 Use one of your strengths to overcome a challenge today
18 Let go of the small stuff and focus on the things that matter	19 If you can't change it, change the way you think about it	20 When things go wrong, pause and be kind to yourself	21 Identify what helped you get through a tough time in your life	22 Find 3 things you feel hopeful about and write them down	23 Remember that all feelings and situations pass in time	24 Choose to see something good about what has gone wrong
25 Notice when you are feeling judgmental and be kind instead	26 Catch yourself over-reacting and take a deep breath	27 Write down 3 things you're grateful for (even if today was hard)	28 Think about what you can learn from a recent problem	29 Be a realistic optimist. Focus on what could go right	30 Reach out to a friend, family member or colleague for support	31 Remember we all struggle at times - it's part of being human

ACTION FOR HAPPINESS Happier · Kinder · Together

Welcome to the Learning Resource Centre (LRC)

At Highcrest we have a purpose-built Learning Resource Centre (LRC) which houses both a large range of fiction and non-fiction books, as well as access to desktop computers and iPads.

You will be able to use the LRC before school, during break and lunchtime, and after school. We are usually open from 8am until 3.30pm each school day, sometimes later. You can also use the LRC to complete homework, read quietly, or study outside of lessons.

You will be able to borrow one book for up to two weeks. All books can be renewed if they are not required by another student.

Our stock of over 8,000 books is regularly updated and we welcome recommendations from students as to what they would like to read. We aim to stock the widest possible variety of authors and new books for our students to experience. The LRC also subscribes to the Bucks Schools Library Service which gives us access to specialist expertise and additional resources. The LRC staff are constantly in contact with other librarians and are aware of popular trends in the reading community.

We also recommend that you join your local Public Library as membership gives you access to a great range of printed and online resources beyond what can be offered at Highcrest.

Alongside the English department, the LRC staff run the Accelerated Reader Programme for Years 7 and 8. All Year 7 and 8 students have a library lesson every two weeks during which students are encouraged to pick a book within their reading range, complete quizzes on them and continue to grow in their reading. Competitions (including the popular "Read a Million Words" challenge) are run to encourage students to read regularly and to take part in the quizzes. Click here to find out more about the Accelerated Reading Programme.

Once a week, there is a popular Year 7 Reading Club after school run by LRC staff. Here students are encouraged to share their personal reading and discuss book-related topics.

The Highcrest LRC also has its own online library, giving access to an exciting range of books for students. You will be given a username and password to log onto the library, and you can borrow one book for two weeks. You will be able to access this ePlatform when you start in September. There are over 1400 free books available to download onto a desktop, laptop, tablet, a Kindle Fire or even your phone.

The LRC uses several non-fiction texts, including First News, to help students explore the world around them and understand news. There is always a physical copy of the weekly newspaper within the library or click here to find out more: https://live.firstnews.co.uk/

The LRC is currently staffed by three members who are able to offer support and guidance to students, both in their reading journey and finding resources to support their studies.

Catering Services at The Highcrest Academy

Caterlink are delighted to be working in Partnership with The Highcrest Academy and would like to tell you a bit about us and your catering services.

We love food and hope you will love what we provide for you at your school.

We embrace natural ingredients, love seasonal produce, and develop ethical trading with many of our suppliers. Our meat, fruit & vegetables and bakery is all sourced from suppliers as near to the school as we can. Our menu meets the SILVER Food for Life Standard.

Our menus are refreshed every term to ensure we reflect the changing seasons and trends from the high street. 95% of all our food is freshly prepared from scratch on site by our team, so if you have a fantastic recipe you would like us to consider, come and talk to us!

Look out for our special offers and promotions throughout the year! We are also proud to say all our meals are nutritionally compliant with the Government Standards for Food Served in Schools.

You can find out more about us on our website www.caterlinkltd.co.uk

Please Get in touch...
We love to talk about food and service and hear your views and ideas, your feedback is important.

Please feel free to contact our friendly team, Our Chef Manager will be happy to answer any questions you may have.

If you would prefer to email then please contact Chef Manager on caterlink53@caterlinkmail.co.uk

The Price is Right...

We believe in keeping prices as low as we possibly can so always ask about our meal deals and loyalty schemes to ensure you get the best value you can for your school meals.....all our meal deals are currently £2.65 and look out for our loyalty schemes and special offers! We also do lots of our "grab n go" offers in half sizes so your child can choose a mix and match of items throughout the service periods.

Item	Price
2 course meal deal, pasta / jacket deal or packed lunch deal with dessert or drink	£2.65
Hot Snacks at Break	From £1.35 to £2.50
Dessert & Fruit Pots Fresh Fruit	£1.00 60p
Cakes and Tray Bakes	£1.20

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Turn over for more info.....

Catering Services at The Highcrest Academy

Lots of New Menu Specials...

Throughout the year we will run our Marketing Calendar with new and fun things to attract your child to join us for lunch. We will have Destination Days, taking trips to the culinary delights of far flung places with authentic dishes from around the world; "Discovery" and "Did You Know Days" "Food Facts" and "Food Hero Specials" highlighting the fresh seasonal produce available on the menu.

DESTINATION DAYS

FOOD FACTS

DISCOVERY DAYS

DID YOU KNOW? DAYS

New Ideas..

We are always developing new ideas for our menu, why not let us have your suggestions?..

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Just some of our great food offers that are available every day...

CHEFS KITCHEN

Our core "Chefs Kitchen" menu is available from the dining room every day at lunchtime with a range of chefs homemade dishes plus a range of hot and cold snacks at break.

SOUP STATION

Pasta Bar

Pasta & jackets will also be available as an additional option from the Street Food Counter at lunchtime.

QUIRKY BIRD

MAC & Cheese

To add interest and high street variety we feature our range of food concepts, Quirky Bird, Mac & Cheese and Mexican Kitchen, Curry Corner and Lebanese Street Food.

THE MEXICAN KITCHEN

LEBANESE STREET FOOD

Fish & Chips

CURRY CORNER

There will always be a choice for everyone to enjoy.

Is your child entitled to a free school meal?

If you are in receipt of certain benefits your child may be eligible for a free school meal; please contact the school for advice on submitting a claim.

If you have successfully claimed already, please remind your child to claim their meal; we have a number of students who maybe missing out on this great benefit by not visiting the dining room each day.

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Tips on Preparing your Child for Transition

We understand that moving to secondary school may give you as parents/carers mixed feelings; excitement as your child has reached this milestone, but some anxiety for the change they will experience too. Here are a few examples of ways you can help to prepare your child for this new start.

- **Practice the walk to school?**

We are encouraged to go out for walks and exercise, perhaps you could add the walk to Highcrest to your daily exercise and time how long the walk takes? You can use the opportunity to discuss road safety skills; there is likely to be more traffic about once school commences. Find a map and research/plan the route to school.

- **Will your child need to catch a bus at some point?**

With your child, look up bus timetables. Find your nearest appropriate bus stop. Familiarise yourselves with the route the bus will take. Make contingency plans for scenarios such as; missing the bus, cancelled bus. Has your child got emergency contact numbers in their phone? Is there an alternative bus route for emergencies?

- **Has your child got the right equipment?**

School has an equipment list, it will be sent out to everyone. Purchase items in plenty of time. Does the pencil case fit the school bag? Are all items named?

- **Does it take your child a long time to get ready?**

Set practise days for getting ready for school. Encourage your child to set an alarm and practice getting up at the required time to arrive at school on time. Ask them to time themselves to see how long it takes. Don't forget to include eating breakfast and packing the school bag into the practice.

- **Does your child know anyone else at The Highcrest Academy?**

Perhaps you could arrange for the children to call each other? They can discuss any concerns they may have together. Perhaps you could arrange for them to travel together on the first day or meet near school and walk in together.

We would like to share with you some of the activities that appear in our Parent Bulletin. Life is best when we have balance, so try some of these activities in between school work.

WEEKLY WELLBEING FOCUS

DON'T BE PASSIVE – BE ACTIVE

How learning something new enhances your wellbeing...

We all need to understand that if we don't use our brains by actively seeking out learning experiences, we will always fall short of fully discovering our potential.

The more you sit in front of a screen, passively accepting what is fed to you, the less likely you are to build an interesting life for yourself.

Follow the links below to find out more about the importance of learning new things.

https://5waystowellbeing.org.au/5-ways/keep-learning/

https://www.thegoodlifecentre.co.uk/10-reasons-to-learn-something-new-everyday/

Arts & Crafts Project

Make a Snow Globe

Snow Globes are not as hard as you might think to create, and they make great gifts for your friends and family.

Snow globes materials:

* water resistant glue
* glitter
* an old jar with a lid preferably one with smooth sides
* a small figure
* water
* baby oil

Step 1: Glue the figure to the centre of the lid
Step 2: Cover the bottom of the jar with glitter
Step 3: Add one to two drops of baby oil
Step 4: Fill the jar with water
Step 5: Glue the sides of the lid to the top of the jar and screw it onto the jar
Step 6: Tighten the lid
Step 7: Shake the jar and let it snow!

Being online is an integral part of all our lives.

Applications	Downloads	Email	Messaging
News	Online Gaming	Online Shopping	Privacy
Research	Security	Social Media	Websites

The Highcrest Academy is committed to ensuring all parents and students are equipped with the best advice and knowledge when it comes to staying safe online and ensuring good ICT security at home.

Ensuring a good online reputation while at the same time looking after yourself online is critical in this day and age when going about your daily life.

For more information, as well as various home activity packs, please visit the following websites:

[Your guide to social networks]

[Digital Safety – Staying safe online]

[Internet Matters – Keeping children safe]

[Thames Valley Police – Cyber crime]

[Think U Know – Home Activity Packs]

Throughout the coming weeks and months, we will be providing various tips, suggestions of our own that will keep you safe online, ensure good ICT security and apply a better online etiquette.

We would also like to hear from you through various surveys that will also be released throughout the term.

Visit our E-Safety page on our website:

[E-Safety and staying safe online]

ASPIRE & ACHIEVE

Our Motto

'Aspire & Achieve'

Our Vision

We work together, in a happy, caring and inclusive community, providing for students of all abilities, backgrounds and cultures, supporting their well-being and developing their characters, giving them every opportunity to aspire and achieve their unique academic and personal ambitions.

Our Virtues

We embody, role-model and teach our A-S-P-I-R-E virtues at every suitable opportunity, helping us to promote happiness and instill a culture of excellence that runs throughout every strand of our academy

Ambition	**S**ensitivity	**P**urpose	**I**ntegrity	**R**esilience	**E**loquence
To have a strong desire to achieve success	To have an appreciation of others' feelings	To work with determination and resolve	To be honest and have strong moral principles	To show strength of character with an ability to recover quickly	To be fluent and persuasive when speaking or writing

Our Core Aims

To help our students 'Aspire' to and 'Achieve' their ultimate ambitions, our aim is to provide ….

Quality of Education	Behaviour and Attitudes	Personal Development	Culture, Leadership & Management
An acutely personalised inclusive curriculum for students of all abilities that creates independent and autonomous learners who are physically, digitally and academically literate.	An environment in which students work in harmony, respecting each other's rights and supporting one another in times of need, forging positive relationships and celebrating successes together.	Cohesive systems that support self-discovery and the development of character that ensures our students become healthy, confident and responsible citizens that make a valuable contribution to society.	A diverse, safe and happy community, where staff love to work, students love to learn and all are given the opportunity to develop.

If you do these things … if you Aspire …

then you can, and you will, Achieve