



**TREVIGLAS**  
A C A D E M Y

**WEEKLY BULLETIN**  
**Friday 12 May 2023**

**This Week's Treviglas Focus – Leadership**

**1. A Message from the Headteacher**

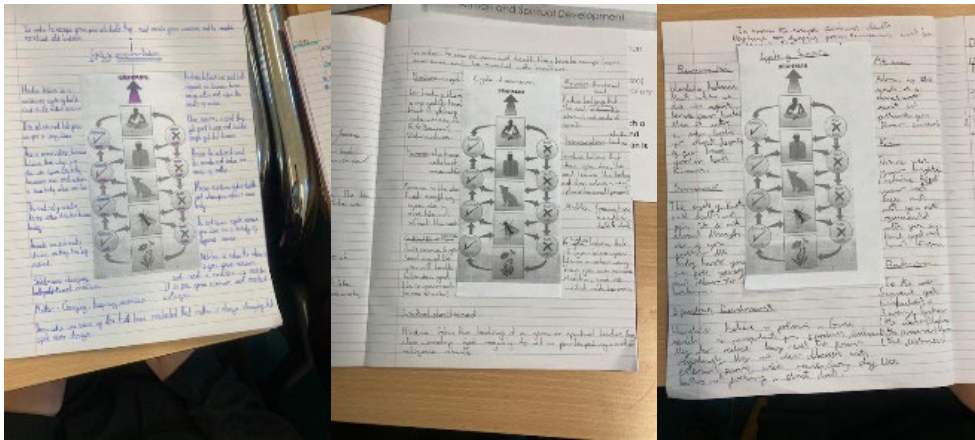
All staff in a school are leaders all day. We lead by example in the way we act, speak and behave. The leadership considerations of all staff involved in education are grounded in their desire to improve the quality of life for all students. In Treviglas we must all view leadership as a collaborative effort, a coming together with others to promote development, growth, and the improvement of life chances for our students.

**2. Mrs Drake – Teaching and Learning**

Classroom routines are central to establishing a calm, positive and purposeful learning environment. In a classroom environment, where students know what to expect and when, cognitive load can be reduced, making learning more effective, as well as helping to remove disadvantage. At staff briefing on Wednesday, Mr Challis spoke through the learning routines that we will be adopting at Treviglas. When we want silent attention from students, we will use the routine: 3,2,1, Focus. To check understanding, for example, through questioning or the use of Show Me Boards, we will use the routine: 1, 2, 3, Show Me/Student name. Please begin to use these signals with your Year 7 and 8 students over the coming week to support the consistent use of language in our learning routines across the school. The following Walkthrus are useful to support this process: establish your expectations, rehearse routines.

**3. Mr Senese – Humanities**

Students in Year 7 have been studying about Hinduism in their most recent Religious Studies lessons and this week there has been a focus on the belief around the cycle of Samsara; which is about the cycle of birth, death and rebirth (Samsara). In Mr Senese's lessons the students have had to annotate around a central image of the cycle of Samsara explaining the key parts of it and what it means to those who identify as Hindus. Students have produced some excellent work and have shown a very good understanding of what Hinduism means to those who follow it. Below is an example of some of the work produced.



#### 4. Miss Dandy – Geography

Year 7 Geography students are currently exploring rivers. Within this vast topic, students have explored flood risk. As part of their understanding, students braved the rain this week, and completed an infiltration experiment. Working in pairs, they measured the infiltration rates of different ground surfaces around the school site. Students then returned to the classroom to write up their methodology, conclusion and evaluation. The Year 7 Geographers would like to repeat the experiment when it hasn't been raining, to compare the differences in infiltration rates. Next in lessons, students will explore the Boscastle flood of 2004 and use their knowledge of infiltration to highlight the human and physical causes of the flash flood.



#### 5. Mr Wells – Sport

Treviglas Sharks U14 Basketball Development Team travelled to Truro School to play their U16. With our Year 9s not reaching the national playoffs we were looking at giving them an experience of playing next year in the National League U16s.

The game as expected was going to be a test, especially as two of the Sharks squad had not played a competitive game, but all these boys had shown a great willingness to learn in training. The first quarter Truro took an early lead with the Sharks not scoring, it took a bit of a tactical change and the boys to be aware that they could not dominate in ways they usually did. Passes had to be spot on and to use their speed and skills keeping the ball moving. In the second third and fourth quarter the boys scored well getting to the basket through a tight defence of some size making shots, scoring layups and scoring two 3 pointers as well. Although in the end we lost to Truro all the boys developed during this game and our offence especially had to work harder than they have previously.

We also took a couple of our stronger Year 8s, who did not look out of place, as they are soon to be playing the South West Regional Finals where they will be playing against more physical teams, with boys of greater height and size than they play locally at their age group. With loads more competitive and friendly games to come in the summer term, and an interhouse festival, there is lots of basketball at Treviglas this summer term to look forward to.



## 6. Mrs Suttle – English

Students in ks3 are getting ready for their descriptive writing assessments presently which is a lovely creative way to round off this half term. Year 11 have their first literature exam next Wednesday and over 50 students have signed up for the night before 2 1/2 hour revision session between 3-5:30. Letters for current Year 8 will be going out shortly for their Woman in Black theatre trip in Year 9. All Year 8 tutors please remind students next week to give the letters to parents and fill in the reply slips promptly.

## 7. Mr Tamlyn

Climbing new heights at Treviglas Academy

This week we were visited by The Tide Climbing Centre. Centre owners, Sam and Sophie Rearden, delivered an assembly to all of year 7 where they introduced the sport of climbing. They discussed the origins of the sport and how it can have a significantly positive impact on our physical and emotional health. Climbing is a great way to get fit, make new friends and ease stress. It can also be a wonderful way of exploring the natural world and experiencing new locations that previously seemed out of reach.

We are delighted to share that all Treviglas students have been warmly invited to climb at the Tide Climbing Centre for half price if they visit by the end of July. No prior experience is needed.

## 8. Wellbeing

# 5 Ways to Wellbeing

There are 5 steps that you can take to improve your **mental health and wellbeing**. Trying these things could help you to feel more positive and to be to embrace *'living life to the full'*.

				
<p><b>Talk and listen.</b> Be there for people. Feel connected, listening carefully.</p>	<p><b>Move your mood.</b> Find active things that you enjoy. Enjoy the endorphins.</p>	<p>Remember the simple things that make you smile. Pay attention to the present moment.</p>	<p>Embrace new experiences. Seek opportunities. Find out new information.</p>	<p>Give your time. Give your words. Give your presence. Acts of kindness.</p>
<p>Good relationships with people are important for your mental wellbeing. They give you chance to share positives and provide support when it's needed.</p>	<p>Being active is not only great for your physical health, but improves mental wellbeing too. It raises self-esteem as well as releasing hormones which improve your mood.</p>	<p>Listen to your thoughts and feelings and be aware of the world around you. This can help you to approach situations more positively in life.</p>	<p>Learning new skills boosts wellbeing by building self-confidence and self-esteem. This can include things such as cooking something new at home or trying a new hobby.</p>	<p>Giving and acts of kindness support mental wellbeing by creating positive feelings and purpose. Giving also helps you connect to others too.</p>

## TREVIGLAS ACADEMY CALENDAR

### Monday 15 May 2023

3.15 pm – 3.30 pm All Staff Briefing  
3.30 pm – 4.00 pm Departmental Meeting

### Tuesday 16 May 2023

4.00 pm – 6.00 pm Senior Leadership Team Meeting

### Wednesday 17 May 2023

3.15 pm – 3.30 pm Pastoral Briefing in Main Hall

### Thursday 18 May 2023

### Friday 19 May 2023

Date	Forthcoming Events – (some may be subject to change)
Friday 26 May	Last Day of Half Term

<b>Monday 5 June</b>	<b>First Day back after Half Term</b>
Monday 19 June	3.00 pm – 7.30 pm Year 7 Subject Evening
Friday 23 June	All Day – Immunisations
Monday 26 June	10.00 am – 2.30 pm Year 5 Taster Day for selected schools
Tuesday 27 June	8.30 am – 3.00 pm Sports Day Years 7 & 9
Wednesday 28 June	8.30 am – 2.00 pm Sports Day for Years 8 & 10
Wednesday 28 June	9.00 am – 3.00 pm Welcome Year 7 day
Thursday 29 June	9.00 am – 10.15 am Year 5 & 6 Open Morning
Thursday 29 June	5.00 pm – 7.00 pm Year 6 Parents Welcome Evening
Monday 3 July	3.45 pm – 5.45 pm Transition Activity Sessions Year 6 PE, science
Tuesday 4 July	9.00 am – 3.00 pm Year 10 Geography Fieldwork
Wednesday 5 July	8.30 am – 3.00 pm Year 10 Geography Fieldwork
Thursday 6 July	9.00 am – 3.30 pm Year 10 Geography Fieldwork
Thursday 6 July	3.45 pm – 5.45 pm Transition Activity Sessions Year 6 Geography, DT
Monday 10 July	9.00 am – 4.00 pm University Visit Year 9
Monday 10 July	9.00 am – 10.30 am Years 5 & 6 Open Morning
Tuesday 11 July	9.00 am – 3.30 pm University Visit Year 9
Tuesday 11 July	3.45 pm – 5.45 pm Transition Activity Sessions Year 6 NFL, ICT
Wednesday 12 July	3.45 pm – 5.45 pm Transition Activity Sessions Year 6 music, food with a meet and greet the Senior Leadership Team from 5.15 to 5.45 for parents
Thursday 13 & Friday 14 July	Sports Day contingency dates both days
Monday 17 to Wednesday 19 July	Silver Duke of Edinburgh Expedition Bodmin Moor 3 days
Thursday 20 and Friday 21 July	Duke of Edinburgh Bronze Catch Up Expedition Both days
<b>Friday 21 July</b>	<b>Last Day of Summer Term</b>
<b>Monday 4 September</b>	<b>Inset Day</b>
<b>Tuesday 5 September</b>	<b>First Day of Autumn Term for Students</b>
Friday 15 September	9.00 am – 10.15 am Years 5 & 6 Open Morning
Tuesday 26 September	4.30 pm – 7.00 pm Years 5 & 6 Open Evening
Wednesday 11 October	9.00 am – 10.15 am Years 5 & 6 Open Morning
<b>Monday 23 October to Friday 27 October</b>	<b>Autumn Half Term</b>
<b>Tuesday 19 December</b>	<b>Last Day of Autumn Term</b>
<b>Thursday 4 January</b>	<b>First Day of Spring Term</b>

## USEFUL INFORMATION

<b>School Day Timings</b>	
<b>Tutor Time</b>	<b>8.30 am – 8.50 am</b>
<b>Lesson 1</b>	<b>8.50 am – 10.00 am</b>
<b>Lesson 2</b>	<b>10.00 am – 11.00 am</b>

<b>Break</b>	<b>11.00 am – 11.30 am</b>
<b>Lesson 3</b>	<b>11.30 am – 12.30 pm</b>
<b>Lunch</b>	<b>12.30 pm – 1.00 pm</b>
<b>Lesson 4</b>	<b>1.00 pm – 2.00 pm</b>
<b>Lesson 5</b>	<b>2.00 pm – 3.00 pm</b>

### **eXtra@ programme**

Please take a look at our eXtra' Programme and thank you to all staff that contribute to it. Do share these opportunities with our students. Tutors should look out for those students who they feel will benefit from attending an aspect of this programme and support them to find out how to do this.



Extra @ Programme  
Summer 23 (4).docx

If you are unable to open the link from this Bulletin please go to the Treviglas website where you will find the information under the "Personal Development" tab.