



Weekly bulletin: Secondary

Upcoming dates:

Friday 29.03.2024	Good Friday - First day of the Easter Break
Monday 15.04.2024	First day back for all students following Easter Break

Key messages:

Easter Holiday Food Vouchers

All families with children who are eligible for free school meals will receive £15 per week per eligible child. These vouchers will be emailed to all families in the final week of term. Any questions please contact Miss Higgs at the main office (office@livingstone-aspirations.org)

Apply for free school meals

Anyone who thinks they could be eligible for their child to receive free school meals and other financial support such as uniform grant and trip subsidies please follow the advice on the following link: [Free school meals | BCP](#)

Parent guide to supporting your child with sleep patterns

Quality sleep is essential for overall well being, affecting cognitive function, emotional balance, and overall health. A study by the World Health Organisation found that 44% of young people have trouble sleeping, which can impact mood, concentration, and the immune system. The guide below provides expert tips to help children develop healthy sleep habits.



At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators

DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night. It's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives; during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



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ASPIRATIONS



REPEAT MESSAGES / REMINDERS:

Pastoral Care

We are pleased to have added resources to our website that can direct you to external organisations that can help with topics such as bereavement, finances and mental health. You can also find a list of apps and books for parents and children of a range of ages. They can be found on our website [here](#).

Parent Survey <https://forms.gle/jecJrrlw2b1a5MPZ7>

Please complete this short parent survey so that we can constantly evaluate our practice and respond to your feedback. If you ever have a more pressing or specific concern, we would always urge you to communicate directly with us so that we can resolve it effectively.

Food Vouchers

If any families are struggling to put food on the table, please contact our Safeguarding Team in confidence. We may be able to help for example with the issuing of food vouchers.

safeguardingteam@livingstone-aspirations.org

Cost of Living Support

- Please visit the website - <https://www.bcpCouncil.gov.uk/costofliving>
- Household Support Fund - Citizens Advice Bournemouth Christchurch & Poole (citizensadvicebcp.org.uk)
- Ridgewater Energy provides advice and assistance to any of our residents in fuel poverty. They can assess your eligibility for various schemes and grants, and can help you with expert energy saving advice to help lower your energy bills, insulation grants and free energy saving products.
- Warm welcome spaces - Find friendly, welcome spaces in your local community where you can meet others, take part in activities, get a warm drink or meal, find out about cost of living support services or spend some quiet time away from your home. We have produced a map of local welcome spaces, including places of worship, community centres, libraries and cafes.
<https://www.bcpCouncil.gov.uk/costofliving>





Star of the Week: 15.03.24

Year 7	Year 8	Year 9
D Dominik D	A Angelica O-G	A Oscar-George O
R Stefan-Nicolae S	C Lorena P	S Muriel S
I Olivia K	T Katerina K	P Antoni A
V Isabella D	I Ailton S	I Liwia C
E Dzhan H	O Ayo F	R Darius D
	N Rihanna M	E Cheila A



Weekly Attendance: w.b. 11.03.2024

Year 7:	D 2nd	R 5th	I 3rd	V 1st	E 4th	
Year 8:	A 1st	C 5th	T 4th	I 6th	O 2nd	N 3rd
Year 9:	A 2nd	S 4th	P 5th	I 6th	R 3rd	E 1st

LAB Secondary Attendance this Year: 93.3%

LAB Secondary Attendance Target: 97%

National comparison (Secondary): 92%



Achievement Points: w.b. 11.03.2024

This week	691	670	672	638
Total this year	17,162	17,872	17,978	17,170
Top contributors this week	<ol style="list-style-type: none"> Valentina G Jack W George A Isaque AJ Amira E 	<ol style="list-style-type: none"> Thomas S Aaradhya P Amy F Yasmin M Valbona A 	<ol style="list-style-type: none"> Luana S Amelia S Diego BG Harper C Amelie D 	<ol style="list-style-type: none"> Amira KP Malwina O Dominik W Mariana M Adela K
Top contributors this year	<ol style="list-style-type: none"> Jack W George A Amira E Isaque AJ Raven F 	<ol style="list-style-type: none"> Aaradhya P Dominik Wi Valbona A Thomas S Yasmin M 	<ol style="list-style-type: none"> Luana S Amelie D Oliver S Amelia S Diego BG 	<ol style="list-style-type: none"> Rafferty H Mariana M Amira KP Malwina O Dominik Wa

<u>Achievement Level</u>	<u>Points Tariff</u>
Bronze	100
Silver	200
Gold	300
These achievement levels are ongoing for each academic year	



Home Learning Champions w.b. 11.03.2024

Sparx Reader

Academy League Table

1. Nicole G C
2. Chinedum U
3. Aamal E
4. Yasmeen L
5. Anastazja P
6. William M
7. Weronika B
8. Zuzanna D
9. Liwia C
10. Aaradhya P

Sparx Maths

Academy League Table

1. Zuzanna D
2. Ibukunoluwa O
3. Nicole G C
4. Ania A
5. Davi Jave J
6. Enzo M
7. Fawwaz A
8. Kuzey A
9. Maja S
10. Tegan B

Readers of the week

Year 7

1. Louisa C
2. Aaradhya P
3. Marziya O
4. Tonye O
5. Louisa A

Mathematicians of the week

Year 7

1. Ana d F S d S
2. Kuzey A
3. Konrad C
4. Dateo K
5. Anastazja P

Year 8

1. Metta F
2. Ramzy A
3. Adrian E
4. Enzo M
5. Davi Jave J

Year 8

1. Anja T
2. Muhamed T
3. Ian Z
4. Tegan B
5. Davi Jave J

Year 9

1. Aamal E
2. Blessing M
3. Poppy O
4. Chinedum U
5. Muriel S

Year 9

1. Muriel S
2. Blessing M
3. Iustina-Elena H
4. Chinedum U
5. Hannah G



Tassomai Scientists	Tassomai English
<p>Academy League Table</p> <ol style="list-style-type: none">1. Deniz K2. Chinedum U3. Maciej L4. Fawwaz A5. Ibukunoluwa O6. Aamal E7. Ania A8. Davi Jave J9. Tegan B10. Maya S	<p>Academy League Table</p> <ol style="list-style-type: none">1. Deniz K2. Aamal E3. Maciej L4. Fawwaz A5. Chinedum U6. Ania A7. Maya S8. Happiness S9. Oscar- George O10. Tegan B
Scientists of the week	Linguists of the week
<p>Year 7</p> <ol style="list-style-type: none">1. Deniz K2. Maciej L3. Isabella D4. Anthony d'A P5. Alexander F	<p>Year 7</p> <ol style="list-style-type: none">1. Deniz K2. Maciej L3. Isabella D4. Olivia K5. Hiral S
<p>Year 8</p> <ol style="list-style-type: none">1. Ania A2. Ibukunoluwa O3. Darius U4. Davi Jave J5. Happiness S	<p>Year 8</p> <ol style="list-style-type: none">1. Ania A2. Darius U3. Happiness S4. Davi Jave J5. Cosmina T
<p>Year 9</p> <ol style="list-style-type: none">1. Nicole G C2. Chinedum U3. Fawwaz A4. Maya S5. Oscar-George O	<p>Year 9</p> <ol style="list-style-type: none">1. Aamal E2. Fawwaz A3. Chinedum U4. Maya S5. Oscar-George O



PROUD

Every Thursday, pupils bring the work they are proud of to show to the leadership team. They receive a treat and a stamp on their loyalty card, which will enable them to achieve a reward.

PROUD: 14.03.2024

Divyansh C, Fawwaz A, Cain S, Ayanna A, Blessing M, Muriel S, Stephanie M, Aliah S, Silin A E

The following collected their 5th stamp and received a prize

Ikram T, Caslin T, Aaradhya P, Aamal E, Amira W-M, Hiral S

