



Principals Newsletter

BOWER PARK ACADEMY

Friday 21st June 2024

Dear Parent/Carer,

Farewell Class of 2024

For our Year 11 students, this week marked the end their studies at Bower Park Academy and the end of Year 11. Year 11 celebrated this momentous occasion on Thursday at their Leavers Day where students were able to sign shirts and say farewell to their Peers and Teachers. I hope that they achieve their potential when they receive their results on Results Day on Thursday 22nd August and I have every belief that they will grow and blossom into amazing young people. With all endings come brand new beginnings and as our Year 11 students venture into higher Education opportunities or apprenticeships, never forget you will always be part of the Bower Park Academy Alumni.

Parent Coffee Morning

Our final Parent Coffee morning of the academic year took place on Tuesday with the focus of the session being parents of children with English as an Additional Language (EAL) coming together. Thank you to all of the Parents/ Carers who attended.

We are aware that many of our Parents/ Carers would like to attend our Parent Coffee mornings but are unable to due to work commitments. Therefore, from September, we will be offering Parent coffee afternoons from 4pm-4:30pm. More information will follow next academic year but we hope to see many more of you there.

Year 7 Progress Evening

Thank you to all of the Parents/ Carers who attended the Year 7 Progress evening on Wednesday 19th June. It was great to see so many Parents/ Carers attend and discuss students' progress. Thank you also to our student helpers who represented our Academy and helped to make the event run smoothly.

Walton Trip

On Thursday, Year 10 students took part in an educational visit to Walton-on-the-Naze as part of their Geography GCSE. The Trip was designed to consolidate and extend their knowledge of coastal environments and the impact of coastal erosion. Students' behaviour was impeccable and pupils really enjoyed the day. My thanks to the Geography Department for coordinating the event.

INSET Day- 1st July school closure

This is a reminder that Bower Park Academy will be closed to students on Monday 1st July for a staff INSET Day.

Yours faithfully,



Mr E Aylett
Principal

10 Top Tips for Parents and Educators

PROMOTING PHYSICAL WELLBEING

Physical activity isn't only beneficial for our bodies; it also plays a role in promoting mental wellbeing. With both the Euros and the Olympics this summer, it's an opportunity to engage young people in regular exercise which can reduce stress, improve mood and boost self-esteem. Despite these benefits, many children face barriers to participating in physical activity.

1 MAKE IT FUN



Incorporate activities that children enjoy, such as playing games or dancing. Encourage participation in team sports or group activities to foster social connections and a sense of belonging.

2 MIX MOVEMENT WITH LEARNING



Educational settings can incorporate movement breaks and physical activities to enhance focus, concentration and cognitive function. Embedding exercise into the curriculum can also reinforce learning and stimulate creativity. 'Revision walks' with podcasts and flashcards can benefit older learners.

3 CREATE OPPORTUNITIES

Provide clear chances for physical activity throughout the day, both indoors and outdoors. Schools can encourage active play during breaks and at lunchtimes, while limiting screen time at home can help keep children up and about.

4 PROVIDE POSITIVE REINFORCEMENT



Praise and encourage children for their efforts and achievements in physical activity. Recognise their progress and celebrate their successes to reinforce positive behaviours. Educators could do this in several ways, such as applauding their efforts at assemblies or celebrating their accomplishments in newsletters.

5 VARIETY IS KEY



Introduce a selection of physical activities to keep children engaged and prevent boredom. From swimming and cycling to yoga and martial arts, trying different types of exercise can help children to discover what they enjoy most.

6 ENJOYMENT OVER COMPETITION



Encourage children to focus on the enjoyment of physical activity rather than winning or achieving perfection. Emphasise effort, improvement and having fun rather than outcomes, to minimise the amount of stress that children can sometimes associate with sports and other competitions.

7 SET REALISTIC GOALS



Help children set achievable physical activity targets based on their interests, abilities and preferences. Celebrate their progress and successes to maintain motivation and enthusiasm.

8 MAKE IT ACCESSIBLE



Ensure that children have access to safe, suitable spaces for exercise at home, at school and in the community. Advocate for inclusive environments which accommodate diverse needs and abilities. Be a change maker in your community if facilities aren't already available.

9 LEAD BY EXAMPLE



Parents and carers can be positive role models by prioritising their own exercise and involving children in their fitness routines. Gentle walks, bike rides or sports activities can be wonderful opportunities for bonding and staying active together.

10 ENCOURAGE PERSISTENCE



Help children develop resilience and perseverance by encouraging them to overcome challenges and setbacks in physical activity. Teach them the importance of perseverance and the value of effort in achieving their goals.

Meet Our Expert

Adam Gillett is a learning and development specialist who, as well as working for Minds Ahead, is associate vice principal for personal development at a large secondary school in Barnsley. He was asked to be part of an expert research group for the Department for Education, one of only three school leaders to be asked to do so.



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FRIENDS OF BOWER PARK



'Friends of Bower Park' is a newly formed Parent Teacher Association, and we need your help.

Our aim is to hold fun events and opportunities to fundraise for the pupils at Bower Park Academy.

If you would like to join or for more information, please email us at BowerParkPTA@gmail.com

If you are a local business and could sponsor one of our events, offer your services or offer raffle prizes please email us at BowerParkPTA@gmail.com

FREE BOXING COLLIER ROW



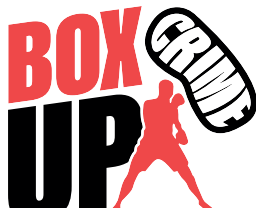
LEARN HOW TO BOX IN A FUN, SAFE & PROFESSIONAL ENVIRONMENT

CONTACT US TODAY

FREE BOXING SESSIONS EVERY MONDAY
STARTING 3RD JUNE 2024

CHILDREN AGED 11-13 | 17:00 - 18:00
YOUTH AGED 14-19 | 18:00 - 19:00

SAPPHIRE JUBILEE CENTRE, BOLBERRY ROAD, COLLIER ROW, RMS 3BW



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