

#IceniAcademy



July 23



@IceniAcademy

PROUDLY
SHARING
OUR NEWS

Aim High

Work Hard

Be Kind

Modern Foreign Languages

Our wonderful language ambassadors have finished off this academic year by preparing and teaching a German masterclass to Year 7 students. Year 8 ambassadors (Logan, Dylan, Elyse and Ayana) prepared lessons to teach numbers, colours and greetings. The Year 9 ambassadors (Rose, Molly and Amber) prepared a lesson on food and drink. A huge thank you to them all for doing this, they were confident in their delivery, and I think we might even have some budding teachers in the future!! A big thank you also to the other ambassadors who worked behind the scenes or supported those delivering lessons: Seb, Chloe, Sophie, Megan and Jack.

This summer, alongside our French and German GCSE students we also had students sitting exams in their home language. Two students sat their Chinese GCSE and one student sat their Polish GCSE. Next year, we have a larger cohort sitting their Polish exams, alongside Afrikaans and Spanish, so I'd like to wish them lots of luck!

From me, it is now time for me to say goodbye to students and families at Icení. After 10 years working at Icení Academy, it is time for me to move on. I have loved my time working here and working with such fantastic young people and colleagues. My most memorable times would have to be the trips to France and Germany that I led across the years. I wish all my students lots of success for their futures and look forward to hearing great things about them.

We would also like to say goodbye to Mr Boudiba, who leaves us this summer. Mr Boudiba joined us in 2021 and has been a fantastic member of the department over the past two years. So, we would like to wish him lots of luck and say thank you for everything that he has done for our students.

As a department, we'd like to wish you all a wonderful summer break.

Miss Pawsey

Science Fair & Year 8

This term gardening club has made a start on renovating the pond. We have also made a start on planting bulbs ready for next spring.

Friday the 14th July was our annual Science Fair event. We had many entries this year and Mr. Rushton had the pleasure of judging the presentations.

With 2 days to go of this academic year, I would like to say well done to all Year 8 students for being great students this year. I hope the message we passed with form tutors about being respectful and taking responsibility for their actions besides the values of our school is something they will remember when they come back in Year 9.

This week it was fantastic to see so many Year 8 smiley faces in Pleasurewood Hills as a reward to their continuous hard work.

We will also celebrate at the start of Year 9, 5 Top Year 8 students! One student got 405 positive points throughout the whole academic year and 4 students got 350 and more positive points, and I would like to say a special well done to these students.

I wish all Year 8 students a fantastic summer holiday and a good rest before coming back in great shape for Year 9.

Miss Agoudjil



Physical education

Headlines

This half term has seen KS3 pupils being taught cricket, tennis or rounders, as we focus on the value of responsibility. Year 10 have continued their carousel of summer sports: Athletics, Cricket, Tennis and Rounders, with the value focus of determination in Athletics.

I write this ahead of two of our favourite PE events: Sports Days and Sports Celebration Assembly. The final week of term will see pupils represent their communities, competing in a day of games: football, rounders and basketball, with a second day of track athletics to follow. We will conclude the final week of term with a Sports Celebration Assembly. All of those who have represented the Academy will receive an invitation to attend. With three fixtures remaining, we are extremely proud to say that around 250 pupils from Years 7-10 will receive an invite having represented school at least once this Academic year. I would like to take this opportunity to thank my staff for all the time they have devoted to this, and to you, the parents, for supporting these events.

Our final headline is one we are also very excited about. Having previously run several residential within the department before Covid, we are delighted to announce Mr Spurgeon has successfully launched a Skit Trip to Italy. Further updates to follow.



Fixture News



Year 8 and 9 have represented the Academy extremely well in their Athletics competitions with TNHA. Year 7 have our last remaining Thursday afternoon fixture this week. The big fixture news is the Rounders League final for Year 8 and 10. We send them all the very best for this competition – a great achievement already.

Special Mentions

Of course, the Year 8 and 10 Rounders team as pictured (again). A special mention to A. Howes who made it to the second trial stage of the girls County Football team. Good luck to the boys trialling later in the summer. Unfortunately, we can not name any more specific pupils in this newsletter addition as these are being saved ahead of Sports Celebration Assembly and Victor and Victrix Ludorum awards.

Thank you to all pupils, parents and staff for all your contributions to PE and School Sport this year.

Mr Taylor

Year 10

It is quite frightening to write at the end of Year 10 with the year seemingly being a complete blur and suddenly, the pupils are ready to start Year 11 in the Autumn! I am once again delighted to give you an update on the Year 10 cohort and it has been a very busy term indeed with the end of year progress assessments taking centre stage and many trips to get involved with, for which many pupils have shown great resilience, hard work and maturity in giving their best in class and displaying high expectations out of school. Very well done to all those who engaged with the progress assessments. I am amazed to observe so many pupils receiving positive achievement points, bringing the year total to a fantastic 13013 points collectively.

Yr10 College of West Anglia Trip Post-16 visit

The majority of Yr10 pupils attended this fantastic opportunity on 20 June and were able to sample various college level courses ranging from car maintenance, creative dance and Public Protective services. I was utterly impressed with how the year 10 pupils showed excellent maturity by engaging with the college staff and by getting involved with other pupils from around the county.



History trip to World War 1 Battlefields

On 6th and 7th July the Year 10 and Year 9 pupils attended the Battlefields trip overseas to reflect and develop knowledge around the war. The Year 10 pupils were exemplary in their attitude and behaviour throughout the trip. They visited many locations relating to their history class work.

University of East Anglia taster package

As I write this letter, Year 10 have 5 pupils who have met specific criteria allowing them to attend a residential trip during 12 –14 July at the University of East Anglia. They will attend, be accommodated and sample university life helping to inspire them to work towards this goal in education.

Other trips with Year 10 involvement

It has been a great term for Year 10 pupils many of whom attended various extra curriculum trips additional to those mentioned already.

7th July – English trip to the Globe Theatre in London.

17th July – Rewards trip to pleasure wood hills for pupils who have displayed the highest of expectations throughout the year.

Year 10 individual success

I am delighted to congratulate Archie French who has recently achieved a bronze medal at the world Jujitsu competition, which is an outstanding result. He will be training hard for the European Championships in the Autumn, and I wish him the best of luck!



I would like to also congratulate Ellie MacDonald for outstanding effort in completing her studies this year alongside attending the British Horse-Riding School. Juggling her workload around her timetable, she has displayed amazing resilience and effort to continue to be successful in both areas.

Tutor Team

The end term for all schools is a time of change in relation to staff. I would like to thank all the Year 10 tutors who have worked incredibly hard, but especially Mrs Bhadrinath-Falder who is sadly leaving to seek new challenges, and I wish her the best of luck for the next part of her career. Thanks also goes to Mr Sol-loway who is leaving the Year 10 tutor group for new pastures and again I thank him for the support he has shown.

Mental Health Support

During the summer break I would like to remind on the importance to keep working hard to monitor and improve the mental health and resilience of our young people. As included before in my newsletters, please make use of the Just One Norfolk website to support a vast range of issues.

[Health Advice & Support for Children - Just One Norfolk](#)

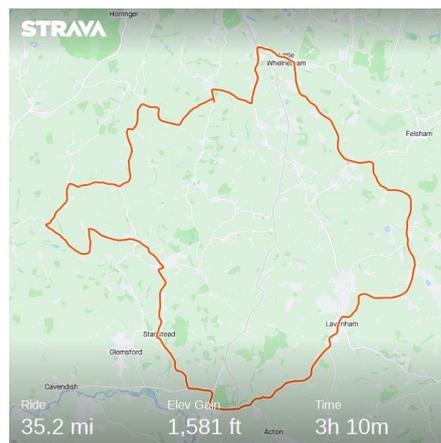
Sadly, I write this article as my last one as Head of Year. For personal family reasons I am moving much closer to where I live. I am entirely grateful for all those parents who have been so engaged and supportive with Year 10 this term, and apologies if I did not quite get it right at times! The support from parents has allowed me to support the pupils much more effectively. I have held a hand over meeting with the new Head of Year, and I know she is looking forward to starting in September. Once again, thank you and I hope all enjoy the summer break where possible.

Mr D Magee

Charity bike ride

A big well done to Mrs Preece, Mrs Walker, and Miss Turner who all completed a 35 miles cycle route in aid of St Nicholas Hospice. A worth while charity that offers support for families of those affected by cancer.

Thank you to everyone who donated.



Battlefields Trip

What a trip!

Our Year 9 & 10 students met at the academy bleary eyed at 4:30am on Thursday morning, all ready for an action-packed tour of the WW1 battlefields. We set off with both coaches loaded to face battle with the port of Dover. Our adversaries at Dover were no challenge at all and we made good time on the ferry to Calais. First stop on the tour was Lijssenthoek Military Cemetery which was the site of a major casualty clearing station where students had their first glimpse of the war graves from WW1. This site gave students an insight into the gruesome reality of the brutality of war, with over 10,000 graves. From Lijssenthoek we set off for the vast Flanders Fields museum in Ypres where students came face to face with artefacts, images, and real-life stories from WW1. To appreciate the conditions in which soldiers fought in WW1, students visited the site of Sanctuary Wood, which allowed them to experience the extensive preserved network of tunnels and trenches on the front line. To follow this up students visited the largest Commonwealth war cemetery in the world, Tyne Cot which has almost 12,000 burials, many from the Battle of Passchendaele. The day was rounded off with the Last Post ceremony held at the Menin Gate in Ypres. Students stood together in silence as the last post was played and wreaths were laid by visiting regiments from armed forces from the Netherlands and Australia. Students and staff alike were stunned by the rendition of "*I vow to thee my country*" played by the visiting flute band from Northern Ireland. The final stop of the day was just a short walk from the Menin Gate to *Chocolaterie Peter De Groot*e which gave students the chance to indulge in some of the finest chocolate in Belgium and purchase some for family and friends at home... although I don't believe much remained after the journey home!

The second day of the trip promised to be as action packed as the first as we were up with the lark to set off for Lochnagar Crater, the site where the Royal Engineers detonated 27 tonnes of ammonal explosive on the first day of the Battle of the Somme to weaken the German front line. From there we had a short drive to the Thiepval Memorial to the Missing of the Somme, which bears the names of more than 72,000 officers and men of the United Kingdom and South African forces who died in the Somme sector before 20th March 1918 and have no known grave. As we were visiting only one week after the 107th anniversary of the start of the battle, the memorial still bore many of the wreaths laid by dignitaries and military personnel for students to inspect. Our final stops of the trip followed the same battle as we headed to Newfoundland park to walk the front line into no man's land. The site was designated as a Canadian National Historic Site and is managed by young Canadian volunteers who gave our students an introduction, before we were permitted to head into the trenches. Students walked the allied trenches where they came across "Danger tree", the point at which live fire could kill from the enemy lines, before walking towards the German trenches. Just a short distance from Newfoundland Park was the magnificent memorial of Vimy Ridge, the site of the Canadian victory over the entrenched German soldiers who held this very strategic location. The site had been held so successfully by the Germans that almost 150,000 soldiers from France and Britain had lost their lives attempting to take it. This memorial was the site of our group photograph and a remarkable way to finish off the trip. Students and staff feeling humbled, inspired and exhausted then set off for Calais, and home!

Mr Boyd

Trip Leader



Dive Project—May 2023



www.padi.com



Way back in January 2022, we entered a competition to win a trip to Cornwall to take part in a scuba diving trip where 20 students would have the opportunity to achieve their PADI scuba diving award. We were one of 400 schools who entered the competition to win one of the 20 trips up for grabs. Never did we imagine that that we would be lucky enough to win, but at least we would be able to educate some of the students about the ocean along the way, particularly as Norfolk has a large coastline. Our entry was based around single use plastic alongside a video about the Norfolk coastline and how it differs from that in other parts of the UK.

...And guess what? **WE WON!!**

Try Dives!

Next it was time for as many students as possible to experience a 'try dive' at Crystal Seas in Norwich. Over the next few months around 80 of our students had the opportunity to take part in a try dive and for those selected to be on the trip to get some practice in before the dive trip to Cornwall. This involved gaining an understanding of the kit, how to set it up safely as well as being able to experience a scuba diving session.

Fundraising for Dive Project Cornwall

Alongside the above, we as a school also wanted to raise as much money as possible for Dive Project Cornwall because without fundraising, these types of opportunities won't continue because it is a non-profit organisation, with the project lead, Andy Forster wanting to give as many young people the chance to learn about, experience and protect the environment, particularly the Ocean. The aims of the Dive Project are below and as you read about our experience in Cornwall, you will really see how the week encompasses these three aims!



EDUCATION

INFORM | AWARENESS | UNDERSTAND

INFORM hundreds of thousands of young people and millions of adults as to the importance of our oceans.

Raise **AWARENESS** of the impact that the ocean has on human life itself and how our very own existence depends on it.

UNDERSTAND that by supporting conservation everyone can all help to save the planet, wherever they live.



ENVIRONMENT

PROTECT | SUSTAINABLE | ELIMINATE

PROTECT all marine wildlife and the natural habitat of our oceans for many future generations to enjoy and cherish.

Create a **future-proof** marine environment where all ocean-related life can thrive and prosper safely in a **SUSTAINABLE** way.

ELIMINATE plastic and gain an insight to the affects of such pollution on our marine wildlife and us as human beings.



EXPERIENCE

OPPORTUNITY | LEARN | INSPIRE

Give the **OPPORTUNITY** of a lifetime to experience the ocean and venture under the waves to become an 'Ocean Influencer'.

LEARN about the marine world; the wildlife and the various industries that contribute to and affect the survival of our planet.

INSPIRE 400 lucky teenagers to passionately spread our vital message to inspire, engage and motivate future generations.



In total we raised £1600 through bake sales, a non-uniform day, and individual sponsorship, which is a fantastic amount. Dive Project Cornwall were very grateful for our contribution. Thank you to everyone who was involved in this.

The Dive Trip 21st – 26th May 2023

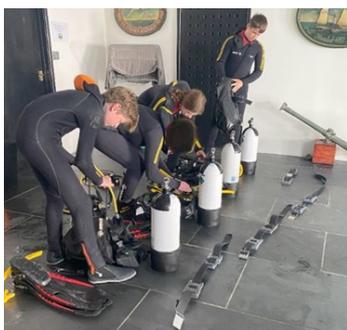
On the 21st May 16 students and 4 staff made the long journey down to Porthkerris, Cornwall. The journey took 10.5 hours but when we arrived at basecamp the view made it all worth it.

We got ourselves sorted in our tents and prepared for the week ahead. This was to involve some scuba diving skill work in the pool before students ventured into the sea. Alongside this was some important learning about the ocean, marine life and how we all have a part to play in protecting it.



Students all spent at least six hours in the pool mastering the scuba diving skills needed to keep them safe when in the ocean. Here they learnt how to equalize so the pressure in their head didn't cause pain, how to empty their mask whilst under the water (a skill even the instructors find difficult as it involves removing the mask, replacing it and emptying it whilst being at least 9m below the surface) and how to share oxygen, should a fellow diver ever get into difficulty. Again, this skill is vital and involved having their oxygen tank turned off so this skill was especially important to master.

The knowledge our students had from their try dives certainly helped them progress quickly during these sessions. It was quite something being able to observe the students get their kits sorted, check their oxygen tanks and ensure their dive partners kit was safe and spending long periods of time under the water as they increased their depths whilst demonstrating their knowledge and understanding.



When students were not in the water, they were taking part in some valuable educational work to which they would all eventually become 'Ocean Influencers' and take on the role of educating others. During this time, we walked down a little coastal path to a tiny cove called Porthallow – the view as we came out of the trees was quite something, and the clear blue sea was quite a surprise for some of our students. Here students undertook some rock pooling, exploring, and learning about the marine life that happened to be there at time, remembering that as the tide comes in and out, the pools can often contain different species so it is ever changing. Students were able to touch and hold marine they had never seen before. This activity was noted by many as being one of their favourite parts of the trip. Johan, who was our chef for the week, also works for the Marine Conservation Society so his knowledge was invaluable here. Alongside rock pooling there was also an opportunity for a stone skipping competition. I believe Leon currently holds the record of 8 skips of a stone into the water.



The final full day was all about scuba diving, snorkeling and try dives in the sea at the Porthkerris Dive Centre. This gave students the opportunity to see the marine life they had been learning about in the ocean. Students saw fish, crabs, sea urchins and star fish to name a few. Lunch on this day was a Cornish Pasty delivered to the beach...a tradition and not one for our students to miss.



 **Get Help**

Samaritans
116 123

Lily
01553 616200

Wellbeing Service
0300 123 1503



Family Lives Helpline
0808 800 2222

ECFS (ages 0-5)
0344 800 8020

Parentline Text
07520 631590



Just One Norfolk
0300 300 0123

NHS 111 Online
111

Change Grow Live
01603 514096



West Norfolk Carers
01553 768155

Carers Matter
0800 083 1148

Short Breaks
0344 800 8020



 **Safety**
Worried about a child's safety?
Children's Services 0344 800 8020
or NSPCC 0808 800 5000
In an emergency 999

 **Food Banks**

King's Lynn
07582 558143

Hunstanton
07795 491154

Downham Market
07707 191674

 **Money Matters**

Money Advice Hub
0333 305 7648

Norfolk Assistance Scheme
0344 800 8020

Christian's Against Poverty
0800 328 006

 **Housing Advice**

West Norfolk Housing
01553 616200

Shelter (King's Lynn)
0344 515 1860

 **Relationships**

Norfolk Family Mediation
01603 620588

Norfolk Community Law Service
01603 496623

National Domestic Abuse Helpline
0808 2000 247