



ICENI ACADEMY NEWSLETTER

APRIL 2025

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- Sporting successes
- Online safety update
- Attendance information
- News from the SEND team
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Principal's Post

Dear Parents/Carers,

As we approach the end of term and the Easter break, I would like to take a moment to reflect on the progress we have made together during this first term of 2025. From January through to the end of March, we have seen our students grow and thrive, both academically and personally, as they adapt to the changing seasons and the challenges they bring.

In particular, our Year 11 students have shown incredible dedication and resilience as they prepare for their upcoming exams. They have been working hard, and we are confident that their continued focus and effort will set them up for success in the months ahead. Please continue to support them during this busy and sometimes stressful period—your encouragement makes all the difference.

Meanwhile, our Year 9 students have been busy making important decisions about their futures by choosing their option subjects. This process is an exciting one, as they begin to shape the direction of their education. We are proud of how thoughtfully and enthusiastically they are engaging with these decisions and we look forward to seeing them flourish in their chosen subjects.

Following on from our recent Ofsted report, in the classroom we have been focusing on embedding evidence-based research into our teaching practices. This initiative is designed to improve the quality of education for all students, ensuring that we are delivering the best possible learning experiences. There has been exciting progress in this area, and we are seeing positive results as we continue to refine and adapt our approach.

Thank you to all those that took the time to complete the parent survey, your feedback helps us evaluate the effectiveness of our academy. We are incredibly grateful for your ongoing support. It is a vital part of what makes our school community so special, and we could not achieve the success we do without it. As we look ahead to the spring break, we hope that you and your families have the opportunity to rest and recharge.

On behalf of the whole school, I would like to wish you a very happy Easter. We look forward to welcoming the students back after the holiday, ready to take on the new challenges and opportunities that the next term will bring.

Thank you once again for your continued support.

Warm regards,
Mr Rushton



Chair of Governors Post

As we approach the Easter break and with the clocks going forward, it truly feels like spring is here, bringing with it a sense of renewal and optimism.

Each time I am in the academy I continue to be impressed with the attitude and behaviour of the students I speak to, and the academy continues to feel a positive place.

Over the last term, the governors and I have had regular catch-ups in the academy, focusing on key areas such as Pupil Premium, attendance, SEND, safeguarding, and overall leadership with Mr. Rushton. These sessions have been incredibly productive and have reinforced our commitment to providing the best possible education and support for our students.

A significant amount of effort is being dedicated to our Year 11 students, with additional revision classes, targeted interventions, and sessions over the Easter break. These initiatives aim to position our students for success in their upcoming GCSEs. Miss Staniforth is leading these efforts, supported by a whole-school approach that ensures every teacher maximises lesson time. This particular area was highlighted during the recent OFSTED visit, and I know the SLT and all staff are working hard to ensure the students receive the most impactful and high-quality teaching possible. Year 9 students have been making their GCSE choices, a pivotal moment for both students and parents. Despite a slightly reduced range of subjects this year, the remaining subjects will be taught by specialised teachers, allowing students to focus on core areas essential for their development.

Mr. Morris continues to lead efforts to maintain and elevate standards and behaviour, which remain very positive, and the progress is clear to see. We appreciate the support of parents in upholding our high standards for example those around uniform standards, as reinforcing these messages at home makes school life smoother for everyone and helps avoid unnecessary sanctions.

Attendance remains a crucial focus. If your children are not in school, or importantly in lessons, they will not be learning. It is vital that students are in school all the time and engaging with lessons to give them the best opportunity to meet their full potential.

I wish you all a wonderful Easter break and hope the weather is kind to us all!

Simon Conner

Chair of Governors for Iceni & The Nicholas Hamond Academies



Year Team Updates

Year 8

It's been tiring, yet fantastic term for Year 8, and I am sure that many of us are now looking forward to the coming (and very well deserved!) break.

This term has been about really focusing on the positive strengths and unsung heroes within the year group, whilst making a continued push to get the very best out of everyone. You will hopefully have noticed that your child's reward points have increased significantly as tutors have been issuing daily rewards for uniform and organised Ready To Learn packs - something which we will continue to support everyone to be independent in, ensuring their organisation and correct presentation for their day-to-day responsibilities in school - and for life beyond Iceni.

It has been the most gratifying experience this term to continue to observe the Year 8s grow and develop while also seeing the Year 8 community bonds strengthen. This couldn't have been as successful as it has been without the fantastic addition of Mrs Conner to the Year Team as our SSO.

I would like to wish pupils and parents alike a wonderful Easter break, and I look forward to "picking up the baton" when we return to school on 23rd April.

Mr McAllister

Highlights from social media



Iceni Secondary Academy

17h • 🌐

A packed house for tonight's Easter bingo! Thank you all so much for joining us, and well done to all the winners!



Year 9

And just like that, it is nearly Easter!

As I write this piece, we have a just over a week remaining until the end of term. Year 9 reported a significantly high amount of positive points last week, but equally impressively, one of their lowest negative point totals for the entire year. I feel the positive shift in Year 9 continue, which was perhaps summed up best by the Year 9 boys football team, who battled back to equalise 4-4 in the dying seconds of their recent league game, with great togetherness and resilience. Even better, was the raucous collective celebration shared amongst the team.

As ever, I look forward to the weekly awarding of VIP passes for our high achievers. Over thirty pupils have won a VIP since I last wrote, with around 10 of these being multiple winners of top positive points, a sign of continued effort and excellence, well done to all! It was also lovely to see many Year 9s attend the reward Movie Night in the hall with sweets and popcorn. One of the key factors to achievement is attendance. Everyday counts, especially as pupils close in on the start of their GCSEs. Thank you for your continued support to ensure high attendance.

Of course, the big focus of this term has been the options decision process. Extended thank you to Year 11 students, who spoke superbly in assembly and the University of East Anglia for their insightful assembly into GCSEs forming the first stepping stone of a future career. I was grateful to see so many pupils and parents at both the options evening and progress evening. I hope all of this gave your son/daughter the information to make appropriate decisions on the subjects they will choose to take. With the choices process now closed (31st March), pupils should find out late June/early July what options they have been placed in. Further to this, the October half term of Year 10 is the final time to change courses if a pupil regrets a course they have chosen.

As already mentioned, Year 9 continue to contribute to the extra-curricular side of the school. It has been great to see both boys and girls football, dodgeball and rugby fixtures take place, as well as Year 9s taking part in both drama and music club.

With the clocks now changed and Spring well underway, I wish you all a wonderful Easter break.

Mr Luke Taylor



Year 10

What a term it has been for the Year 10 students! We first celebrated the success of our students of the first term with a bowling trip which the students enjoyed very much: so much fun! Some Year 10 students also took part in a theatre trip which was organised by Ms Cross, and they were able to go and see "An Inspector Calls" in Norwich.

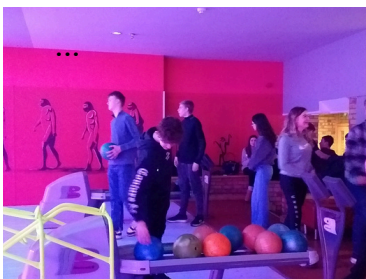
Our current top 10 students who have received the highest number of positives points this term are: Aimee R., Tyler R., Bailey M., Jack S., Leo C., Max K., Amelia R., Caral S., Alice W. and Elektra C. Congratulations to all of these students and to everyone in the year group as all of them have contributed to our collective number of positive points! This term we have achieved 2244 positive points. Our Year 10 students have completed some great work, and I am very much looking forward to seeing how the Year 10 students will be getting on in their last term as Year 10.

Next term the students will be looking at doing their work experience and we have also invited different speakers from Sixth Forms and colleges to come and talk to the students about their future studies.

I would also like to thank all the parents who have supported me as well as the form tutors. When visiting classes, it is still a pleasure to see the hard work and engagement that Year 10 students are showing in their studies.

I would like to wish our Year 10 students and their families a restful and enjoyable Easter holiday.

Miss F. Agoudjil



Year 11

As we approach Easter, I am well aware of the vital countdown that we now enter. Important GCSEs loom and many have already sat practical exams such as Food. Your dedication and hard work was very impressive in those practicals. As the main food teacher over seeing those exams, I was proud of you all on how you performed and showed what you are capable of. Many teachers came in and supported those food practical's and all fed back to me with some wonderful comments on what a great bunch of year 11s you are and it's amazing what you can achieve when you put your mind to it.

I will totally back that last comment up-Year 11 you are all capable of great things, you all have post 16 destinations to work towards and I believe that if we all tackle these last few weeks with hard work and dedication then the results will pay off.

Many revision sessions are happening over Easter which hopefully you will take advantage of as staff give up their value time to support you. Please, whatever you do over Easter, balance it with revision and some well-being.

Stay positive, work hard and make it happen. Have a lovely Easter. Stay safe and be good.

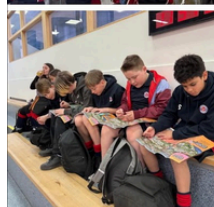
Miss Tooze



Iceni Secondary Academy

24 Mar • 🌐

Today, our Year 7 'Future Stars' cohort went to the [University of East Anglia \(UEA\)](#) to see what life at university is really like. Students got to try out the various activities on offer at the Sports Park and participated in a creative writing workshop from the Carnegie nominated author, Ashley Hickson-Lovence. They even managed to persuade Mr. Pryke to join them in a game of Pickle Ball! A great day was had by all and the opportunity to talk with university students was invaluable. Well done, Year 7!



Highlights from social media



SEND News

Another busy term in the SEND department with lots of interventions being delivered and staff being upskilled to enhance our offer.

Congratulations to Mrs Griggs and Miss Holmes who are now fully qualified ELSA practitioners. Miss Beadle and Miss Norton also qualified as Lego Therapy practitioners and many of our students have benefitted from the skills they have learnt, and this alongside Draw and Talk and Lego Therapy has enhanced our Social, Emotional, Mental Health offer.

Miss Wright and Miss Beadle have also qualified as Herts for Learning reading fluency instructors – Congratulations to them also. This allows some of our students to read more fluently and improves comprehension. It is also a fantastic follow on for those working hard on Read, Write, Inc, Fresh Start Phonics with Mrs Breheny and Mrs Cowlshaw. The progress the students are making on both pathways has been fantastic and will make accessing the curriculum less of a challenge.

Our staff have also taken up all that is available from the ATT SEND Core Offer with Mrs Warren, Miss Beadle, Miss Holmes, Miss Wright and Mr Sandell completing training on maths literacy, Mr Sandell completing some training on Dyslexia Awareness, Mrs Breheny and Mrs Cowlshaw working on Language Link – a course that allows us to enhance our Speech and Language provision - and finally, Miss Turner, Mrs Warren, Mr Sandell and Miss Beadle have completed sensory profiling training which will enable us to assess the sensory needs of some of our students.

In addition to the above, we have been working hard to assess for SEND need for many students and try to put appropriate support in place.

Thank you to all of the team for their dedication to undertaking additional training and their continued hard work in supporting our students.

I also want to say a huge thank you to all our students who are involved in these types of interventions. Your engagement and energy has been fantastic and the progress you are making has been even better.

SEND Family Hub 28th April 2025, 10:00-12:00 – Community Building

We are excited to be able to offer our first ever SEND Family Hub. This is an opportunity for parents to drop in and seek advice or support from our SEND link advisors from Norfolk County Council.



Please feel free to drop in and speak to staff if you have any concerns about SEND needs of your child, whether this is emerging need, already diagnosed or on a pathway to be diagnosed... all are welcome.

Please sign in at reception and a member of staff will take you over to the Community Building.

SEND Review evening takes place on Thursday 22nd May – 16:00-17:30

Our final review evening of the year for those with SEND is taking place on the 22nd May and is an opportunity to be able to speak with staff about the progress of your child and targets. We look forward to seeing you all there.

Booking will be open via the online booking system when we return from the Easter break.

Have a restful break and Hapy Easter!

Miss Turner and the SEND Department

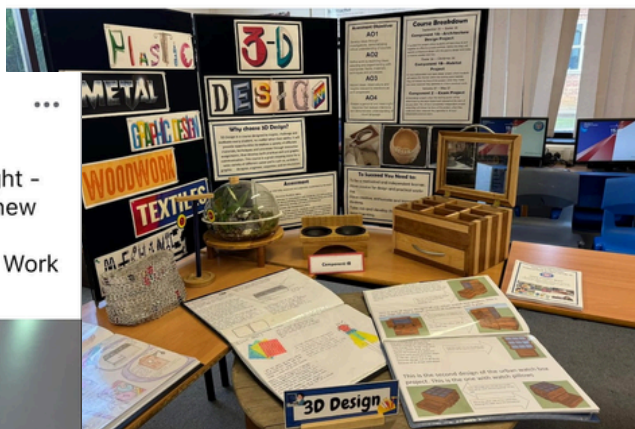
Highlights from social media



Iceni Secondary Academy

6 Mar • 🌐

It has been fantastic to see so many Year 9s and their parents and carers at tonight's Options Information Evening! Thank you to everyone who attended - we can't wait to support Year 9 through the next part of the process.



Iceni Secondary Academy

27 Feb • 🌐

Our Key Stage 3 'Iceni Way' reward evening was tonight - students really enjoyed the snacks and watching the new 'Wallace and Gromit' film as a well earned reward for embodying every day our academy values: 'Aim High, Work Hard, Be Kind.' Congratulations, everyone!



GCSE Preparation

With GCSEs now just around the corner, I wanted to share some top tips for revision, remind you as to where you can find further information, advice and guidance and - importantly! - some top tips for getting some down time over the break. As Miss Tooze has said elsewhere in this newsletter, we are so proud of our Year 11 students who have aimed high, worked hard, and been kind. One final big push towards the exams to go- we can do it, Team '25!

GOOD REVISERS <i>by @Inner_Drive</i> www.innerdrive.co.uk		POOR REVISERS
Eat breakfast		Skip breakfast
Sleep 8-10 hours a night		Get little sleep
Have regular bedtimes		Have inconsistent bedtimes
Get fresh air each day		Stay indoors all day
Exercise regularly		Do no exercise
Do past papers		Mostly revise highlighting 'key' passages
Spread out their revision		Cram their revision
Keep a diary to capture negative thoughts		Dwell on worst case scenarios
Revise in a quiet environment		Revise whilst listening to music or TV
Drink water regularly		Forget to stay hydrated
Put their phone away during revision		Revise with their mobile phone next to them



9 Ways to Beat Revision Stress

by @inner_drive | www.innerdrive.co.uk



Do the actual work – revise!



When really stressed, talk to someone about it



Get some fresh air each day



Stick to regular mealtimes



Do something to switch off an hour before bed



Don't dwell on worst case scenarios



A good sleep the night before is better than last minute cramming



Once you've done the exam, move on to the next one



Don't aim for perfection – it's a myth and doesn't exist



Department Updates

PE

Another busy term has flown by in the PE Department!

Pupils in Years 7-10 have been busy seeking out clues in many of our onsite orienteering courses as part of their OAA programme. They have also worked hard on developing their teamwork and communication skills as part of the unit. Year 11 have enjoyed basketball, badminton and Capture the Flag lessons. They continue to impress us with their commitment and focus in lessons, as they near their busy exam period. We are very much looking forward to working with them after Easter, and supporting both their physical and mental health, by providing a much-needed outlet for them to undertake some fun filled exercise, as their exams begin.

Our Year 10 Cambridge National pupils continue to work well in their lessons. They have composed several self-devised drills as part of their performance tasks and have most recently been learning how to lead a session. Mr Taylor and I are looking forward to observing their sessions after Easter, as part of their coursework tasks.

We are finishing the term off with our latest Community Competition. Pupils have donned their community colours and competed against one another, this time in dodgeball and table tennis. At the time of writing, the competition is nearing the end of its second and final week, with the winners yet to be crowned. Will it be an Attenborough, a Mandela, a Nightingale or a Pankhurst victory?!

We have some brilliant news! Our u16 girls football squad were recently crowned champions of The South Norfolk girls football league! A huge congratulations to the girls, who have shown flair and determination across several fixtures to achieve their champion status. A huge thanks to Mrs Isbell who has worked tirelessly to organise squads and fixtures with opposition schools. Well done girls!



The U16 girls football squad



Alongside the girl's football fixtures, the boys have been busy with their games across all year groups. There has been a mixed bag of results and some great performances. Year 7 have made some superb progress and were very unlucky to lose out to a last-minute goal against Attleborough in their recent fixture. Thank you to Mr Spurgeon, Mr Coath and Mr Taylor for overseeing the organisation and coaching of these games.

Our Year 7 and Year 8 netball squads both displayed some great performances at their respective tournaments at Wayland and Wymondham. Both teams showed so much determination during their games, and were an absolute pleasure to spend time with. I am very much looking forward to working with all the netball squads in September 2025. Well done to all involved!



The Year 7 netball squad

Our affiliation with fellow ATT academy, The Nicholas Hamond Academy (TNHA), Swaffham, continues to provide an excellent opportunity for our pupils to be involved in extra-curricular sport. We welcomed TNHA to our academy this half term, where pupils in Years 7, 8 and 9 competed in girls' football and boys' rugby fixtures. We also managed to squeeze in a bonus Year 10 fixture, where our netball and rugby squads competed well against their TNHA counterparts. We look forward to welcoming TNHA again after Easter, with fixtures in tennis, cricket and rounders.

The start of the summer term will see pupils in Years 7-10 undertake their athletics programme. Year 11 will begin their final, formal curriculum units before their exams begin, and will complete lessons in athletics, rounders, cricket and ultimate frisbee on their chosen pathways. In our latest drive to improve PE facilities, we are excited to announce that the jump pit will once again be in use! The pit will undergo a makeover, complete with new boarding and silica sand, during the Easter holidays and will provide an excellent facility for pupils to develop their long and triple jumping skills. A huge thank you to our site team, Mr Reid and Ms Rivers for overseeing this work: we are very grateful!

As the (hopefully!) warmer and drier weather makes an appearance, pupils may now wear white sports socks instead of their red and blue PE socks if they wish to. This is very much a choice, and pupils may continue to wear their normal PE socks if they choose to. A gentle reminder that all piercings, including retainers must be removed for PE lessons. Extra-curricular clubs will once again venture outside: please look out for more information after Easter.



I wish you all a peaceful Easter period. Enjoy the treats that this time of year brings, and I hope you find time to venture out to appreciate the beauty of spring that we are so lucky to have on our doorstep. Warmer and brighter days are coming.

See you after the holidays.

Rebecca Bradley, Specialist Leader of PE.

Food Technology

The food department has again been creating some wonderful dishes this term.

Year 7s have been looking at the importance of fruit and vegetables in our diets and made a yummy apple crumble alongside this.

Proteins and why we need them has been part of the year 8 curriculum. They used the pane method to make fish and chips during this time.

Year 9s are researching what factors influence food choice and what impact different cultures and religions have on this. They have made some very aromatic currys and some delightful Victoria sponges this term.

Year 10s have been looking at how medical conditions influence what people eat. They have made an array of dishes including, chocolate tart, swiss rolls, kebabs and chicken nuggets.

Year 11s have been very busy completing their non-exam assessments (NEAs) this term which also saw the practical exams as part of this. They all did extremely well and I look forward to marking their NEAs.

From the food department, I hope you all have a wonderful Easter and keep on baking.

Miss Tooze



Department Updates

Drama

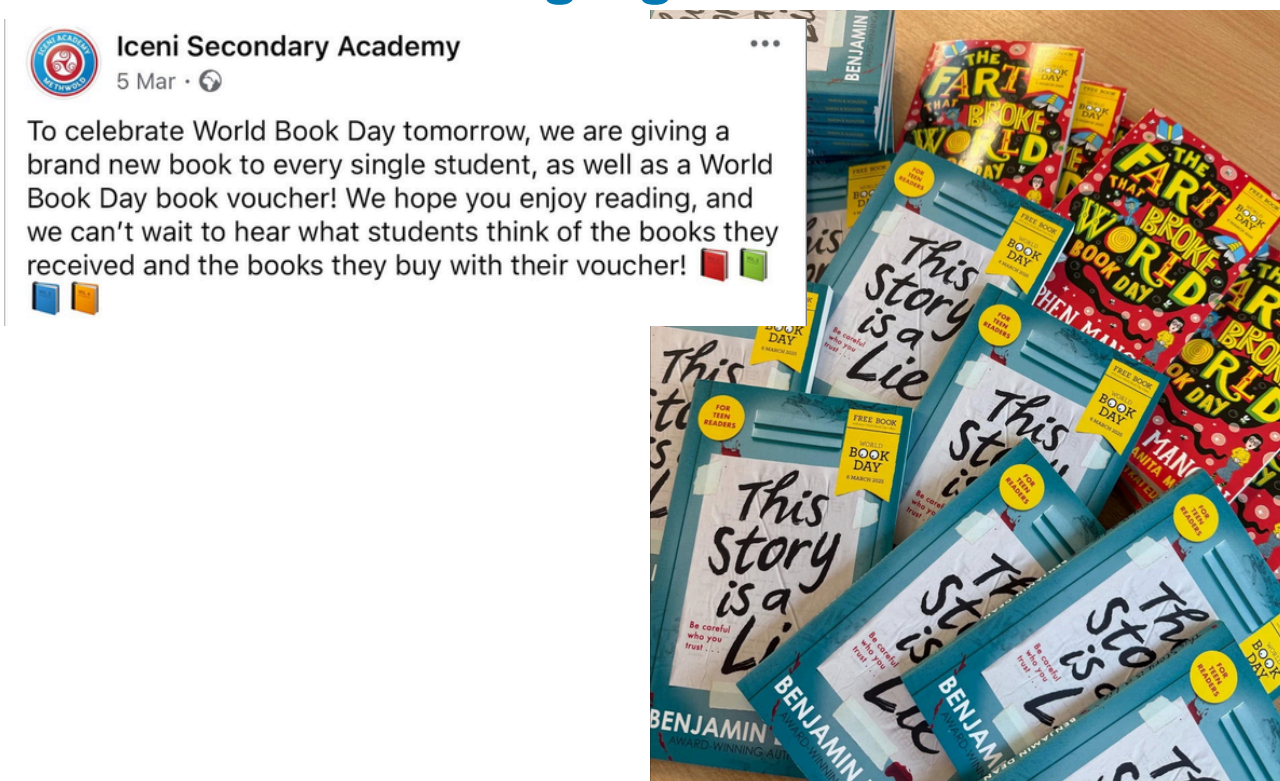
This has been quite a busy term for the Year 11 Drama GCSE group. We went to see 'A Tryal of Witches' by Tallulah Brown at the Theatre Royal in Bury St Edmunds. I am very grateful to Miss Turner for driving the class there to save money on the high cost of coach hire. Fortunately, Miss Turner enjoyed the play which explored the Suffolk witch trials under Matthew Hopkins - self appointed Witch Finder General - in the 1640s. There were moments where it was reminiscent of Arthur Miller's 'The Crucible' when a young girl, starved of attention, makes spurious accusations against villagers because of some perceived slight.

The Year 11s also performed their scripted shows for an examiner, parents and teachers on Wednesday 2nd April. They performed extracts from: *God of Carnage* by Yasmina Reza; *Shakers* by John Godber; *Teechers Leavers 22* by John Godber and *Bouncers* by John Godber. The students did an amazing job, making us laugh with some stand-out, brilliant performances. I am proud and privileged to have played a small part in their journey.

Finally, the Drama Club is still working on Rob John's *Living with Lady Macbeth*. The cast have been very patient as there have been events that have prevented rehearsals from taking place, but they are learning their lines and giving us some pretty compelling performances in rehearsal.

Miss Standley

Highlights from social media



Department Updates

Computing

Hack'her'thon at Norwich High School for Girls

This month, we had the exciting opportunity to take six of our students (three Year 9 and three Year 10) to the Hack'her'thon at Norwich High School for Girls. Set in the beautiful grounds of the school, this girls-only event allowed our students to network with peers from other schools (right up to 6th form) and with professional mentors, all while immersed in a day of coding and creativity.

The girls worked on coding projects in Python and Scratch, and had the opportunity to take part in an inspirational talk from Suzie Welby, a leading woman in tech. Throughout the day, they gained confidence and pushed themselves to new limits—especially when it came to coding. Many students found themselves coding beyond what we've done in class, truly expanding their skills.

We are particularly proud to share that some of our students were part of the winning team, which was awarded for creating the best game of the day. The game itself was a fantasy-themed adventure, where players had to escape from a tunnel filled with monsters—an exciting and creative challenge!

Networking was another major highlight of the event, with students swapping contact details with their peers and professional mentors, opening the door for future opportunities and connections. We're already looking forward to attending again next year, and we're excited to see how our students continue to develop their skills and confidence in the world of tech.

Best wishes
Mr Meneghello



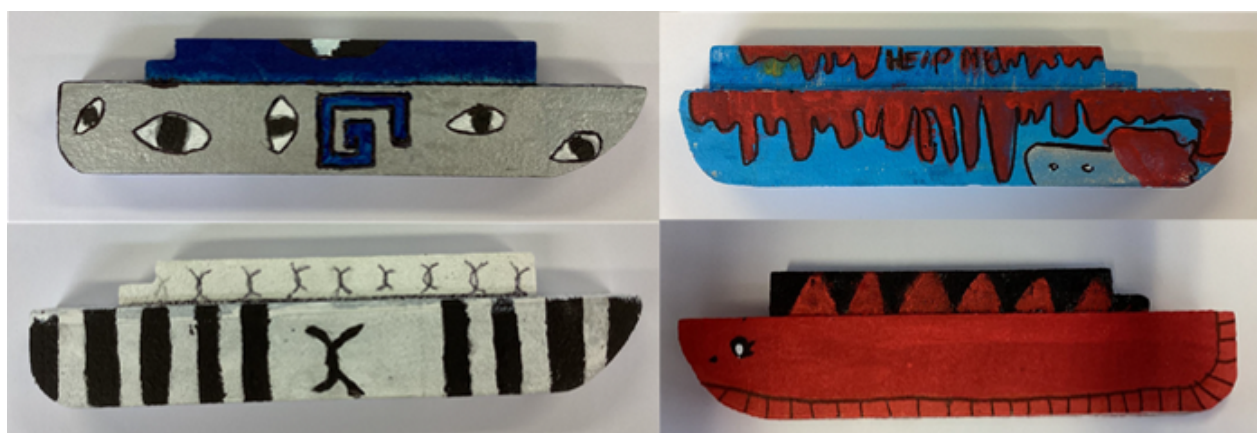
Department Updates

Design Technology



Year 7

This term, Year 7 have been working hard developing their design skills and starting to explore the practical workshop for the first time within the narrowboat project. Their design brief was to choose a designers work, and develop their narrowboat designs using elements of their work that they liked.



Year 8

This term Year 8 have been exploring a new material: metal. Their design brief was to design their own metalwork dog tags and complete a high quality final piece from reclaimed materials.



Year 9

This term, Year 9 have been designing their own mobile phone holders out of acrylic plastic and vinyl stickers. They have been allowed to develop their designs with more freedom, while justifying their choices made. This is an important skill students would need for GCSE 3D Design.



Year 10

Year 10 are currently finishing off their first of three GCSE design projects. Within this one, they had to design and make a birdbox inspired by famous architectural design. In order to do this, they have explored CAD drawing, research, design development and model making, which all led to the construction of their final design.



Department Updates

English

As we approach the end of the term, we're thrilled to share the exciting progress our students have made in their English studies! Here's a quick round-up of what each year group has been up to:

Year 7 have been enchanted by the magical world of *A Midsummer Night's Dream*. They've explored the themes of love, mischief, and the supernatural, with plenty of laughs along the way. The lively discussions and creative activities have really brought Shakespeare's comedy to life!

Year 8 have been immersed in the witty wordplay of *Much Ado About Nothing*. With a focus on character relationships, mistaken identities, and the clever humour of the play, students are gaining confidence in analysing Shakespeare's rich language and timeless themes.

Year 9 have been diving into the dramatic world of *Richard III*, exploring the complex nature of power, ambition, and the dark side of human nature. The students have enjoyed debating the moral questions raised by the play, sharpening their analytical skills as they uncover the intricacies of this historical tragedy, and preparing for more Shakespearean tragedy in year 10!

Year 10 are currently grappling with the tense and thought-provoking world of *An Inspector Calls*. They're studying J.B. Priestley's exploration of social responsibility and the consequences of our actions, while developing their skills in understanding character motivations and social context.

Year 11 are in the final stages of their revision journey, preparing for their upcoming exams. Their hard work and dedication are truly inspiring, and we're confident they will shine in their assessments. The focus is on refining their analytical techniques and ensuring they feel ready and confident for the challenges ahead. Students have produced some exceptional pieces of writing, and are reaping the rewards of years of hard work.

We're so proud of all the students' achievements this year, and we can't wait to see them continue to grow as readers, writers, and thinkers.

Best wishes for a wonderful Easter break
Mr Meneghello



Attendance

Miss Bartrum has been at Iceni Academy for two and a half years, and for two years was the Designated Safeguard Lead (DSL) of the academy. From February half term, Miss Bartrum's role within the academy changed, and she now leads on Attendance and Admissions. Mr Cooper is now the academy's Designated Safeguard Lead (DSL).

Good attendance starts with close and productive relationships with parents and pupils. Miss Bartrum is dedicated to promoting positive attendance and exploring the positive reasons why attending school is important for all students. Miss Bartrum is also committed to working with students and families to help improve attendance to allow all students to have the best opportunities to achieve success within the academy and best life chances when they leave Iceni Academy.

We understand there may be some barriers to why some students struggle to attend school regularly and Miss Bartrum, year teams and form tutors would like to work with the students and their families to support a clear plan to support these individuals.

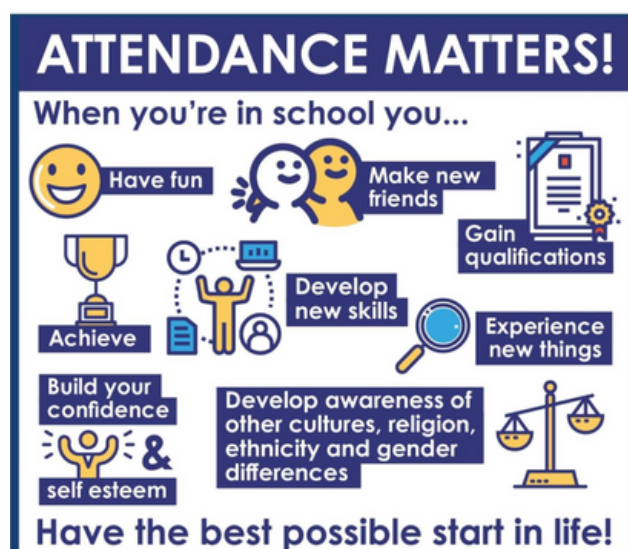
What does good attendance look like?

Being in school is of course important to help achieve and gain qualifications. However, it is much more than that. It allows students to build their confidence and self-esteem as well as developing social skills, an awareness of different cultures and the opportunity to experience new things.

When should my child be off school due to illness?

We understand at times throughout the year children become unwell and may need some time off school. We do encourage students to attend school as much as possible, even if feel unwell with a cold or sore throat for example. However there are some times where students need to stay at home.

The image over the page from the Public Health Agency shares information on whether children should or should not attend school due to different illnesses. It is useful to know that for some illnesses students can still attend school if they are well enough. The NHS website is also helpful with some further information if you require. <https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/>



Do I need to keep my child off school?

Chicken Pox Until all spots have crusted over	Conjunctivitis No need to stay off but school or nursery should be informed	Diarrhoea & Vomiting 48 hours from last episode	Glandular Fever No need to stay off but school or nursery should be informed	Hand, foot & mouth No need to stay off but school or nursery should be informed	Impetigo Until lesions are crusted & healed or 48 Hours after commencing antibiotics
Measles or German Measles 4 days from onset of rash	Mumps 5 days from onset of swelling	Scabies Until after first treatment	Scarlet Fever 24 hours after commencing antibiotics	Slapped Cheek No need to stay off but school or nursery should be informed	Whooping Cough 48 Hours after commencing antibiotics
	Flu Until recovered	Head Lice No need to stay off but school or nursery should be informed	Threadworms No need to stay off but school or nursery should be informed	Tonsillitis No need to stay off but school or nursery should be informed	

What should I do if my child cannot attend school?

Student Absence Line:

Please contact school by 8:30AM on EACH & EVERY DAY of absence.

Text: **07860054431**

or call: **01366 728333** and press 1

Medical Evidence and appointments should be emailed to: ics-attendance@attrust.org.uk

Please remember to notify school on the day of any appointments

Where possible please try to make appointments outside of school times, however we do appreciate this is not always possible.

If you have any questions regarding attendance and would like to speak to Miss Bartrum directly, please do not hesitate to contact her via email: kyra.bartrum@attrust.org.uk.



Pupil Premium Eligibility

As you may know, the Government makes additional funding available for schools through the Pupil Premium Grant. Your child would be eligible for additional educational funding if they meet one of the criteria below:

- Entitled to Free School Meals (or has been entitled anytime in the past 6 years)
- Children whose parents are in receipt of a child pension from the Ministry of Defence, or one of their parents is serving in the armed forces (or has been in the previous 6 years).
- Looked-after (in care of an English local authority)
- Children who have ceased to be looked after by a local authority (due to adoption, special guardianship orders or residence orders)

Most students in receipt of the pupil premium top-up funding qualify through their entitlement to free school meals (FSM). To register your child for free school meals, you must be in receipt of child benefit and one of the following:

- Universal Credit – additionally, your household income must be less than £7,400 a year (after tax and not including any benefits you get)
- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Support under Part VI of the Immigration and Asylum Act 1999
- The guaranteed element of Pension Credit

To check your eligibility or to apply, please visit:

<https://www.norfolk.gov.uk/freeschoolmeals>

The Pupil Premium increases the pupil funding per head quite significantly. It is spent by the academy to support the pastoral well-being and academic progress of students who are in receipt of it. You can find out more about our academy's Pupil Premium strategy by visiting our website: [Pupil Premium & Catch Up - Icen Academy - Secondary](#)

If you have any questions about pupil premium funding or entitlement, please do not hesitate to contact me at stuart.pryke@attrust.org.uk.



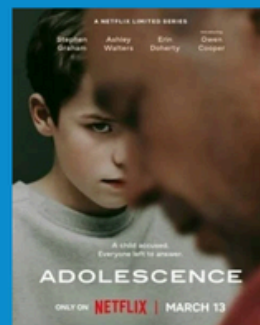
Online safety update



Parent and Carer Online Safety Update

Secondary April 2025

The recent TV series 'Adolescence' has sparked conversations about the real-life challenges young people face, both online and offline. While the digital world offers incredible opportunities for learning and socialising, it also presents risks that parents and carers need to be aware of. This newsletter highlights online dangers associated with how children and teens communicate online and provides practical ways to help keep your child safe.



What can we learn from the TV Show 'Adolescence'?

In *Adolescence*, Jamie struggles with feeling lonely and having low self-esteem. There are also signs that he has been influenced by harmful ideas online, especially about women. This is shown when Katie comments on his Instagram photos using certain symbols linked to online groups known as 'Incels'.

The programme pulled back the curtain on something every parent needs to know—the hidden language of emojis. Below are the examples used in the programme that even the police did not recognise;

- Red Pill – "I see the truth." Used in male spaces to mean waking up to supposed hidden 'truths' about women and society, which are often misogynistic.
- Blue Pill – Represents those who are "blind to the truth" or believe in mainstream views about relationships and gender such as fairness and equality.
- 💣 Dynamite Emoji – An "exploding red pill," meaning someone is an incel.
- 🥵 Kidney Bean – A symbol linked to incel culture, sometimes mocking women.
- 💩 100 Emoji – Tied to the "80/20 rule," the belief that 80% of women are only attracted to 20% of men.

💖 💙 💛 💜 🧡 Heart Colours – Not just about love!

💖 = Love

💜 = Lust

💛 = "Are you interested?"

💖 = Interested but not in sex

💛 = "You'll be okay"

What does 'incel' mean?

An incel (short for "involuntary celibate") is someone, usually male, who feels rejected in romantic or social relationships and may blame others—often women—for their struggles. Some online incel communities promote negative or extremist views, which can be harmful to any gender. Parents should be aware of this term as young people may come across it online, sometimes in discussions that encourage unhealthy attitudes towards relationships and gender.

What is 'Extremism'?

Extremism means strongly believing in an idea in a way that is dangerous or harmful to others. People with extreme views may reject different opinions and sometimes encourage hate or violence. Extremist ideas can easily spread online. 'Adolescence' shows how extreme ideas about male and female stereotypes have crept into different online platforms.

Some people with extreme views try to deliberately influence or 'radicalise' young or vulnerable people online. They may start this process on familiar apps like Facebook, X, Insta, TikTok, Snapchat and Youtube but will then invite people to other more secretive online spaces like Gab, Discord, V Kontakte (VK), Chan, Odysee, Telegram, Parler DLive, Steam, Twitch, Element, Chirpwire and Vidlii.



What can parents and carers do?

Some current slang words and symbols used by children and teenagers have started out as language used in online communities where people have extreme views. Just because your child uses these symbols, doesn't automatically mean they are accessing harmful online spaces. Your child may also not know where the words or symbols originally came from or how harmful they are, but they may be influencing their thinking.

However, the risks are very real and your support and guidance as a parent or carer are really important. Here are 7 key things you can do;

Be Curious, Not Confrontational – Ask open questions like, "I heard that emojis can have hidden meanings. Do you know about this?" Keep it light and friendly.

Create a Safe Space – If your child fears getting into trouble, they won't share. Let them know you're there to listen, not just to tell them off.

Learn Together – Ask them to explain their online world. What do symbols mean? Who do they follow? Instead of guessing, just ask.

Encourage Smart Thinking – Help them question what they see online. "Why do you think some people push this idea? Who gains from it?" Teach them to think and ask questions, not just follow.

Check In, Don't Spy – Honest chats work better than secret snooping. Make online check-ins a normal part of parenting, not just a reaction to problems.

Talk About Online Tricks – Explain how harmful groups try to make young people feel special, luring them in with what might seem like secret information.

Boost Their Confidence – When kids feel happy and valued in real life, they're less likely to look for approval in risky online spaces.

Do teenagers spend too long online?



Screens are undeniably part of modern life and screen time is on the rise, especially among teenagers. Several recent studies give average times from between 3 to 7 hours per day.

Reassuringly, Ofcom research tells us that most teenagers also recognise that they spend too long on screens. So it makes sense for the adults in their lives to help them manage screen time. Role modelling screen downtime and setting boundaries such as no screens during meal times or family time and at bedtime and having your phone switched off at school can be simple things you can do to help your child develop good habits.

Changing your own habits and those of your child can be easier said than done though. The Internet Matters website has some great ideas targetted to different age groups including under 5's, 5-7, 7-11, 11-14 and 14+ [Click here to find out more.](#)

Want to read more about children and smartphone 'addiction'? Psychologist Jonathan Haidt has written a bestseller called 'The Anxious Generation' linking smartphone use to mental health. For a 5 minute read covering some of his main ideas [click here.](#)

HAVING OPEN CONVERSATIONS WITH MY CHILD ABOUT ONLINE HARMS

Having open conversations with your child about their online activities is one of the best ways to help keep your child safe. Starting with positives like 'what do you enjoy doing online?' and asking questions like 'if someone was being mean and everyone was laughing, what would you do?' are great ways to start without making your child feel judged. There's a lot of advice for parents and carers online and here are a few examples you may find helpful:

Mumsnet: In collaboration with experts, Mumsnet offers conversation starters designed to make it easier for families to talk about online safety, encouraging open dialogues around the dinner table. [Mumsnet](#)

Parent Club: Highlights the importance of integrating online safety talks into everyday conversations, ensuring children understand the significance of staying safe online. [parentclub.scot](#)

EE PhoneSmart: Provides tips on opening dialogues about online safety, encouraging children to share their online experiences and discuss potential risks. [Parent - Homepage](#)

Barnardo's: Provides guidance on age-appropriate conversations, tailoring discussions to your child's developmental stage to effectively address online safety concerns. [Barnardo's](#)

The following websites all contain useful sources of information for parents and carers. Click the image to access.



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