



Centre Academy East Anglia Newsletter

Spring Term March 2025

Dear Parent/Carers,

Spring finally has arrived! Such a wonderful time in our beautiful setting, ducks are nesting, and flowers are opening.

This term, as always, has been very busy, with lots of visitors, trips and mock exams being taken.

I would like to thank all staff and students, who have been absolutely amazing so far this year. The work the students have produced and positive attitude of everyone at CAEA makes us a vibrant and happy school.

Have a wonderful Easter and I look forward to seeing all the students on Wednesday 23 April for the Summer Term.

Yours faithfully



Lisa Gilbert
Head of School



WORLD
**BOOK
DAY**

6 MARCH 2025

CAEA Celebrates World Book Day!

On Thursday 6th March students joined in with World Book Day by dressing up as their favourite characters. It did become obvious that the Harry Potter books were very popular. Students also had access to a book token, and we hope that this has been used, as reading for enjoyment is a positive contribution to improving all areas of academic learning.

SMT had the difficult job of choosing the best student and staff character costumes, with, after much deliberation Abi Robinson as Jane Austen's Emma, and Ms Thomas as Snow White, receiving their prizes.

Many thanks to all the parents who helped their child join in with their costumes for World Book Day.





Examination Timetable 2025

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Title	Exam Code	Duration (+25% extra)	Date	Time
English Literature (Shakespeare and post-1914 Literature)	1ET0/01	1hr 45m	Monday 12 th May	9AM
Computer Science	J277/01	1hr 30m	Monday 12 th May	1PM
Science: Paper 1 (Environmental Sciences)	8465/1F/H	1hr 45m	Tuesday 13 th May	1PM
Geography (Physical Geography)	8035/1	1hr 30m	Wednesday 14 th May	9AM
Maths (Calculator)	J560/01/04	1hr 30m	Thursday 15 th May	9AM
History (WWI & Germany)	8145/1B/A 8145/1A/B	2 hr	Friday 16 th May	9AM
English Literature: 19 th Century Novel & Poetry since 1789	1ET0/02	2hr 15m	Tuesday 20 th May	9AM
Computer Science	J277/02	1hr 30m	Tuesday 20 th May	1PM
Science: Paper 2 (Environmental Sciences)	8465/2F/H	1hr 45m	Thursday 22 nd May	9AM
English Language: (Fiction/Imaginative Writing)	1EN0/01	1hr 45m	Friday 23 rd May	9AM
Maths (Non-Calculator)	J560/02/05	1hr 30m	Wednesday 4 th June	9AM
History (Migration & Normans)	8145/2A/C 8145/2B/A	2hr	Thursday 5 th June	9AM
English Language (Non-Fiction/Transactional writing)	1EN0/02	2hr 5m	Friday 6 th June	9AM
Geography (Human Geography)	8035/2	1hr 30m	Friday 6 th June	1PM
Science: Paper 3 (Physical Sciences)	8465/3F/H	1hr 45m	Monday 9 th June	9AM
Maths (Calculator)	J560/03/06	1hr 30m	Wednesday 11 th June	9AM
Geography (Geographical Applications)	8035/3	1hr 15m	Thursday 12 th June	9AM
Science: Paper 4 (Physical Sciences)	8465/4F/H	1hr 45m	Friday 13 th June	9AM

You will need to be at the main exam room 10 minutes before the start time

5 TOP TIPS FOR EFFECTIVE EXAM REVISION

AS RECOMMENDED BY PREVIOUS UNIVERSITY STUDENTS!*

1. START EARLY

Don't leave it to last minute! Start revising a couple of weeks before your exams to give your brain time to absorb.

2. PLAN YOUR TIME

Failing to prepare is preparing to fail, so plan wisely. Make a schedule to document what you will revise and when!

3. AVOID YOUR PHONE

Revision is tough, but looking at social media every ten minutes won't help you learn! Put your phone away so you can focus.

4. PRACTISE!

Athletes don't win gold without rigorous training, and neither will you! Actively practising (e.g. doing mock exams) can help re-inforce knowledge.

5. TAKE BREAKS

Your body needs rest in order to get stronger, and so does your brain! Be sure to take regular breaks during revision - your mind will thank you.

Good luck!

SIMPLY
EDUCATION

*A focus group of 5 University graduates was used to collect information for this infographic



Swimming Gala

On Friday 14th March, a group of students travelled to Ipswich to represent the school in the regional swimming gala run by the Panathlon Group. We had a fantastic morning competing against eight other schools from the local area. Not only did our students conduct themselves incredibly well (they were a real credit to the school), but they also encouraged one another and there was a real sense of team spirit amongst the students. They each performed exceptionally well in their races and although we didn't finish in the medals spots this year we had a fantastic time. A massive well done to everyone that competed!



Clip 'n' Climb

On the 5th February the school was given the opportunity for 15 of our students to attend a session at Clip 'n' Climb in Ipswich, which was run by the Panathlon Challenge organisation.

The idea was for our students to interact with others from local schools, as well as have some fun and push themselves physically. We had great fun climbing, with some overcoming a fear of heights, others reaching the top of the climbing walls and some persevering with sections that they found challenging. Some students even stepped off into thin air! We had a fantastic morning, everyone enjoyed themselves, and all of the students that attended can be proud of their achievements. We are looking forward to taking some of our students back after Easter to hopefully gain a climbing qualification.

Mr Steward
Teacher

Therapy Groups Autumn and Spring

Creativity Club

Autumn Term

Students worked toward an exciting project during the autumn term, which saw the Occupational Therapy and Textiles intervention team up to make Christmas Decorations from upcycled materials.

We were given our very own tree by St Peters Church in Sudbury. The project was titled 'An ecofriendly Christmas', which aimed to teach the local community about the importance of recycling and encourage them to make their own ecofriendly decorations. We received lots of materials donated from our school and local community and worked to transform these into a variety of decorations. The group then took a trip to Sudbury to decorate their tree. The feedback from the community was wonderful and they were very impressed by our student's hard work and brilliant decorations!



Spring Term

Students have been working brilliantly to create a variety of wonderful crafts for an easter charity sale which they are going to organise and run for our school community.

It has been wonderful watch the children get creative whilst also developing their hand strength and fine motor skills, which has supported students with their handwriting and with carrying out activities of daily living such as tying shoelaces.

We look forward to seeing you at our craft sale during our Easter church service on the 28th of March at 2:15pm on the last day of term! This year, the students have decided that they would like to raise money for Dementia UK, and all profits from the sale will be donated toward the charity.



Cooking Club

Students have been working very well this term to raise money for their chosen charity UNICEF, baking lots of tasty treats for their school community. This has supported students to develop their sensory processing through tactile support to strengthen their ability to tolerate different textures.



Exciting plans for summer!!!

Last year, students started to plan and work toward the creation of a sensory garden in school to provide a safe space for students to regulate and calm. The area is going to be full of wonderful flowers, herbs, windchimes, and lots of tools to support with regulation, providing a calming space for students to use at break and lunch time.

The creation of the garden plans to support fine and gross motor development, as well as enhancing wellbeing through learning about self-regulation strategies. It will also support with motor planning and sequencing, as students will have to work together collaboratively to plan, and problem solve.

We also look forward to reintroducing our 'Walking for Wellbeing Group' where we will be engaging with a variety of mindfulness activities and sensory grounding exercises whilst engaging with nature and exploring our local community.

Kind regards,

Miss Banham 😊

Occupational Therapist

'Managing Conflict' PSHE Performance

In February, our school was treated to an engaging and thought-provoking performance about healthy relationships. The interactive show, presented by Reflex Theatre Company, captivated our students from start to finish.

The performance explored various aspects of relationships, from friendships to romantic partnerships, using relatable scenarios and characters. What set this show apart was its interactive nature, allowing our students to actively participate in the narrative and decision-making processes.

We were incredibly proud of the level of engagement demonstrated by our students. Their responses to the challenging situations presented in the performance showed a remarkable understanding of the nuances involved in maintaining healthy relationships.

The post-show discussion was equally impressive. Our students asked thoughtful questions and shared personal insights, demonstrating their ability to apply the performance's lessons to real-life situations.

The performance also touched on more serious topics, such as recognising signs of unhealthy relationships and knowing when to seek help. The maturity with which our students approached these subjects was commendable.

We're grateful to Reflex Theatre Company for their excellent programme and to our students for their enthusiastic participation. This event has undoubtedly contributed to our ongoing efforts to promote healthy relationships and emotional wellbeing within our school community.

RNLI Visit

Sam Weller, a volunteer from the Royal National Lifeboat Institution (RNLI) recently paid a visit to our school, delivering an enlightening presentation on their rich history, vital work, and crucial water safety tips.

Founded in 1824, the RNLI has been saving lives at sea for nearly two centuries. The charity's representatives spoke passionately about their organisation's journey from a small group of volunteers to a nationwide network of dedicated lifesavers.

The RNLI's primary mission is to save lives at sea, and their work extends far beyond this. They operate over 230 lifeboat stations around the UK and Ireland, responding to emergencies 24/7, 365 days a year. The charity also provides seasonal lifeguard services on many beaches.

One of the most compelling aspects of the talk was the emphasis on water safety. The RNLI team shared invaluable advice on how to stay safe around water, including:

1. Always swim at lifeguarded beaches
2. Float to live if you find yourself in trouble in the water
3. Call 999 or 112 and ask for the Coastguard in coastal emergencies

The visit served as a poignant reminder of the RNLI's crucial role in keeping our waters safe and the importance of water safety education for all ages.

Mrs Brown
Teacher

Photographs taken in School

Dear Parent/Carer,

As we continue to celebrate our students' achievements and capture special moments during school events, we kindly request your cooperation in ensuring the safety and privacy of all children.

Specifically, we ask that you refrain from sharing any photos or videos of school activities on social media platforms where other people's children can be identified.

Why is this important?

1. **Consent:** Sharing images without prior consent from children and their families can pose risks. Some families may not want their child's photo to be publicly available.
2. **Misuse:** Photos and videos shared online can be modified, misused, or taken out of context. This could inadvertently place children at risk.
3. **Child Protection:** Identifying children through images may expose them to potential grooming or abuse.

How can you help?

1. **Be Mindful:** Before posting any school-related content, consider whether it includes other children and whether their privacy might be compromised.
2. **Educate:** Talk to your child about the importance of privacy and respecting others' boundaries.
3. **Set an Example:** By being cautious with your own social media posts, you contribute to a safer online environment for all.

Student Attendance

We would like to take a moment to emphasize the critical role that **regular attendance** plays in your child's education. **Consistent attendance** is not just a matter of compliance; it significantly impacts your child's academic progress and overall success.

Here are some key points to consider:

1. **Academic Achievement:** Research consistently shows that students with **high attendance rates** tend to perform better academically. Missing even a single day of school can disrupt the learning process and hinder your child's understanding of crucial concepts.
2. **Life Chances:** Education opens doors and shapes future opportunities. By attending school consistently, your child is better positioned to achieve good grades, graduate successfully, and pursue higher education or career paths.
3. **School Policies:** Our school adheres to **Department for Education guidelines** regarding attendance. These guidelines stress that children should attend school regularly unless there are exceptional circumstances. We appreciate your cooperation in ensuring your child's consistent presence.
4. **Communication:** If your child is unable to attend school due to illness or other reasons, please notify us promptly. You can call the school office or email us at absent@centreacademy.uk. Early communication helps us track attendance and address any concerns.
5. **Action Plan:** Should attendance become a concern, we will work closely with you to develop an **action plan**. Our goal is to support your child's attendance and create a positive learning environment.

Remember, everyday matters. Each lesson contributes to your child's growth and development. Let's work together to ensure that our students receive the best education possible.

Thank you for your ongoing support, understanding and cooperation in these matters. If you have any questions or need further clarification, please don't hesitate to reach out.

INCES OF STOWMARKET

School Uniform

Our school uniform is available from 'Inces of Stowmarket'.
Please note, students may still wear their old uniform until a new uniform is required.

Logo School Uniform is provided by 'Inces of Stowmarket'. The uniform can be ordered online, or you can visit the shop in Stowmarket, please see below for shop details. As well as our logo school uniform, you may also be able to order plain items such as trousers, skirts, or alternatively you can buy from local stores. Other ordering information including sizes, delivery information and the returns procedure is also available online.

<https://www.inces.co.uk/c/schoolwear>

Inces, 25 Ipswich Street, Stowmarket, Suffolk, IP14 1AH

01449 612 664

gordonince@btconnect.com

Please see below for a complete school uniform list which is requested.

School Uniform

Grey Trousers/Skirts
Grey Shorts (Optional)

*Sky Blue Polo Shirt **(with school logo)**

*Navy V Neck Sweatshirt **(with school logo)**

Grey or Black Socks (for trousers)
Black or Nude tights (for skirts)
Navy/White Summer Dresses (non-compulsory, Juniors only)
Black Shoes and Wellington Boots
Coat (weather dependent)
Equipped Pencil Case

Sports Uniform

Navy PE Shorts
Navy Tracksuit Bottoms

*Navy Fleece **(with school logo)**

*Emerald Green Polo Shirt **(with school logo)**

Plain Navy Football/Rugby Socks

Trainers
Football Boots (plastic or moulded studs)
Mouthguard
Shin Pads

* - relates to all uniform with the school logo

Logo Uniform supplied by 'Inces'

Size	Cost
Up to age 13:	£10.00
Adult Sizes:	£12.50 (2XL £14.50)
Up to age 13:	£18.00
Adult Sizes:	£19.00 (2XL £22.50)
Up to age 13:	£20.00
Adult Sizes:	£24.00
Up to age 13:	£10.00
Adult Sizes:	£12.50 (2XL £14.50)
Size 1-3:	£4.25
Size 3-6:	£5.00
Size 6-12:	£5.00

CAEA Equipment Provision

At CAEA, we promote our students to be as independent and organised as possible, however, we appreciate that students may find this challenging for a variety of reasons. We therefore place measures to support with this, such as providing school bag checklists to pupils, so they can manage their routine with confidence. We also have posters displayed around the school and in all tutor rooms to encourage responsibility for equipment, much like the one shown below!

Students are welcome to bring in stationery from home and are encouraged to bring a pencil case which they can carry with them. If your child brings any stationery from home, please can you ensure that scissors are plastic and in line with those provided by the school. Please be assured that the school has scissors available for all students, as well as stationery resources for those who may need them. Specialist scissors are also available from the Occupational Therapist if students are struggling to use the ones available in class.

Example of scissors available in school



Example of specialist scissors available



Thank you very much for your cooperation!



Dates for your Diary

Mon 31 Mar 25 – Tue 22 Apr 25	Easter Holidays
Wed 23 Apr 25	Summer Term Commences
Tue 29 Apr 25	Student and Staff Individual Photos
Mon 5 May 25	Bank Holiday
Mon 12 May 25	Parent Forum – 4.30pm
Fri 23 May 25	School Finishes at 2.00pm
Mon 26 – Fri 30 May 25	Half Term Holiday
Mon 2 Jun 25	Summer Term Commences
Thu 5 June 25	GCSE/ELC Parent Evening - 4.00 – 5.00pm (Flores)
Thu 12 June 25	Parent Evening – 4.30 – 6.30pm (All subjects for Coral/Atlantic/Caribbean/Pacific/Balearic)
Thu 19 June 25	Student Transition Day
Fri 27 June 25	Staff Inset Day – School closed to Students
Sun 29 June 25	Prize Day/Graduation – 1.00pm – All welcome
Mon 30 June – Fri 4 July 25	Activities Week
Fri 4 July 25	Sports Day 1.00pm – All welcome School finishes at 3.00pm for Summer Holiday

Students can arrive at school from **8.30am** onwards

Timetable for the School Day

Monday to Thursday		Friday	
08.45am – 09.00am	Tutor Time	08.45am – 09.00am	Tutor Time
09.00am – 09.45am	Lesson 1	09.00am – 09.45am	Lesson 1
09.45am – 10.30am	Lesson 2	09.45am – 10.30am	Lesson 2
10.30am – 11.15am	Lesson 3	10.30am – 11.15am	Lesson 3
11.15am – 11.35am	Break Time	11.15am – 11.35am	Break Time
11.35am – 12.15pm	Lesson 4	11.35am – 12.15pm	Lesson 4
12.15pm – 13.00pm	Lesson 5	12.15pm – 13.00pm	Lesson 5
13.00pm – 14.00pm	Lunch Time	13.00pm – 14.00pm	Lunch Time
14.00pm – 14.45pm	Lesson 6	14.00pm – 15.00pm	Lesson 6
14.45pm – 15.30pm	Lesson 7		(14.30pm – 15.00pm) - Assembly



General Information

START OF THE SCHOOL DAY

Please remember that students are not to be dropped off at the school before 8.30 am. Prior to that staff are not in their places and we cannot therefore ensure the students security.

UNIFORM

Please remember that all uniform and casual clothes must have the student's name in.

OUTDOOR CLOTHING

During the cold months please could all students have winter clothing: wellies, coats, hats and gloves.

During the summer months, please could students have a hat and sun cream.

School Phone Number: 01449 736404

Out of hours emergency

school mobile number 07555 641 724

email: admin@centreacademy.uk

Student absence: absent@centreacademy.uk

Medical Information

- ✓ If your child requires any medication, please ensure that this is handed into the office or Miss Bonner. Medication will need to be in its original packet along with the relevant paperwork. The item must be clearly labelled with the student's name and the instructions of administration.
- ✓ Students must not be sent to school if they have a fever/sickness or are feeling ill. Students should be fever/sickness free for 48 hours before returning to school to protect other students from contact with potentially contagious illnesses. Parents will be contacted by the medical staff on duty if a child shows symptoms of illness while in school.
- ✓ If the illness is more than 5 school days, we may require a Doctor's Certificate.

Absence

Please could all medical appointments/absences be reported before 9.00 am to the school office.

Please contact the school each day your child is absent; contact by email is fine. Student absence: absent@centreacademy.uk

Policies and other Important Information

All our policies and other important information is available on the website.

If you require any other information that is not displayed, please do not hesitate to contact the Office Manager.

Photographs/Video's taken in school

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