

Students of the Week

These students have been chosen because they have made an outstanding contribution to academy life. This week's star students are:

Year 7 - Megan Nixon (7C2)

Year 8 - Freddie Turner (8P1)

Year 9 - Jessica Kirkham (9P2)

Year 10 - Thomas Myatt (10A1)

Year 11 - Faith Postles (11D1)

Year 13 - Brandon Joe (MRR)

Well done! We are very proud of you.



Athletics Competition

On 27th November, OHA competed against lots of other schools in the annual Sports Hall Athletics Competition. Ella was in joint 1st place with 40cm, so two students had one more jump which resulted in Ella winning gold for the Vertical Jump with a whopping 46cm!

Well done Ella!

Library Competition

To coincide with Anti-bullying Week, this month's competition was to compose an anti-bullying rap or poem.



Mia Wallace 9P2 received a £10 Intu Potteries voucher and a box of chocolates, for her amazing, thoughtful entry titled 'Respect'.

Well done Mia.; we are very proud of you!

Christmas Cash Raffle

Our annual Christmas Fayre and Market is being held on Tuesday 11th December from 5pm until 7pm. One of the main events at the Fayre is the fantastic raffle we hold and we need your help with selling and buying tickets.

We will be sending out raffle tickets. Please make sure that you fill in the ticket stubs fully so that we can contact you if you have won. If you need any more tickets, please ask at the office. All ticket stubs, money and any unsold tickets should be returned to the academy office by Monday 10th December at the latest. The winner of the raffle will receive 50% of the sale proceeds, therefore, the more tickets sold, the higher the cash prize will be!

We will be announcing the winner of the raffle towards the end of the Christmas Fayre. Please start contacting your friends and relatives now to get them buying their tickets and don't forget to let them know the date of the Christmas Fayre and Market so they can come along.



Attendance

Why is it important for children not to miss school? Having a good education is important to ensure that students have the best opportunities in their adult lives. They only get one chance at school, and a student's future may be affected by not attending school regularly. Students who have a poor school attendance record may have less chance of securing a job when they are adults. Being on time is also vital. Arriving late to school can be very disruptive for a student, their teacher and the other children in the class. Attending school every day = 100% attendance. Attending 4½ days a week = 90% attendance = 4 weeks missed per year. Attending 4 days a week = 80% attendance = more than half a term missed per year. Attending 3½ days each week = 70% attendance = more than a quarter of the school year missed. An average attendance of 80% or less across a child's school career adds up to missing a whole 2 years from school. Being late for school reduces learning time. If a student is 5 minutes late every day, they will miss three days of learning each year. If a student is 15 minutes late every day they will miss 2 weeks of learning each year.

Make every minute count!



'Only I can change my life, no one else can do it for me'
(Carol Burnett - American Actress)

The Head's Lines

I've just returned from the Drama Studio this evening (Thursday 29th November), as you can imagine, it was full of energy, enthusiasm and talent. Students are currently going through their final rehearsals for the Christmas Show. From what I have seen and heard this afternoon, it is going to be a wonderful performance. If you can, it would be fantastic if you could show your support on the evening.



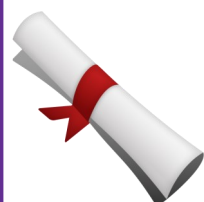
Well done to all the Year 9 and 10 Dance students who performed at Victoria Hall last week. The feedback from the students and staff was overwhelmingly positive and I was delighted to receive numerous emails from the local public congratulating us on a fantastic performance.



We are working hard on punctuality to lessons at the moment and have introduced a new bell system this week to ensure students know when exactly when they should be in their lesson. The students have responded really well to this and it is great to see the vast majority of our students walking with purpose to get to their next lesson on time.



Next week we welcome back last year's Year 11 and 13 students for their Certification Evening. Staff are really looking forward to seeing some familiar faces and finding out how college and university life is working out for them.

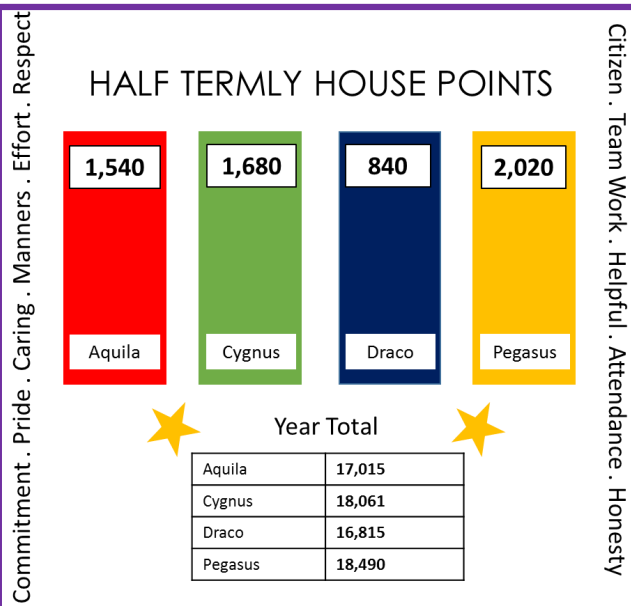


Mr A Fitzgibbon

Confidential Advice from your School Nurse
 Students can arrange a confidential meeting with the School Nurse via their designated Head of Year.

NSPCC Contact Numbers
 Help for adults concerned about a child
Call us on 0808 800 5000
 Help for children and young people
Call ChildLine on 0800 1111
Email: help@nspcc.org.uk

Safeguarding (Child Protection Information)
 Designated member of staff responsible for Safeguarding: **Mrs D Bolton**
 Deputy: **Mrs J Adams, Mr P Shufflebotham**
Tel: 01782 883333
 Governor: **Mrs J Barley**



Dates for your diary



We value your feedback. Please contact us with any ideas or suggestions you have to improve what we do at Ormiston Horizon Academy.

Web: www.ormistonhorizonacademy.co.uk

Email: info@ormistonhorizonacademy.co.uk

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Student Council

Do you want to join the Student Council? Have your say! Topics to discuss include:

Catering, uniform, school trips and more!

We are looking for students who are passionate and dedicated. Meetings will take place once every half-term (day and date yet to be confirmed).

If you are interested, please send an email to one of the following email addresses:

Lauren Brittain -

britl013@ormistonhorizonacademy.co.uk

George Nash -

nashg009@ormistonhorizonacademy.co.uk

Hilary Nti - ntih@ormistonhorizonacademy.co.uk

Mrs Sheldon—

scasey@ormistonhorizonacademy.co.uk

What to include:

Name

PT group

A short paragraph explaining why you want to be part of the student council

Deadline – Monday 3rd December 2018



Prefects

We are recruiting more prefects!

Do you think you have what it takes to be an OHA Prefect?

If you are interested, please send an email to one of the following email addresses:

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Deadline – Monday 3rd December 2018



Science Spot

Now the clocks have 'gone back' and we get less daylight, our body clocks can struggle and our sleep patterns can be affected. Here are some tips to help you improve your sleep habits:

1. Establish a routine; go to bed at the same time every night and get up at the same time each morning.
2. Improve your sleep surroundings. Ideally you should remove the television, mobile phones and any other distractions including computers and consoles.
3. Reduce caffeine intake (coffee, tea, cola etc.) especially later in the day as it can make you want to get up to go to the bathroom and disturb a good sleep.
4. Take daily exercise, but not in the few hours before retiring.
5. Avoid rich or heavy meals in the few hours before bed-time as your body will be busy inside trying to process the food while you really want to rest and doze off.
6. Some people benefit from a pre-bed-time bath, milky drink or soothing music.
7. Try to reduce the amount of 'blue light' you take in from electronic devices in the evening – check your phone and computer settings as most will do it for you. Blue Light, to our brains, triggers us to 'be active' whereas we want to be the opposite. Teenagers require between nine and nine and a half hours sleep each day compared to adults who need between seven and nine hours. Are you getting enough?

