

We now come to the end of the Autumn term, the longest and darkest term of the whole year. As of tomorrow, 21st December, the days will gradually get more daylight hours.

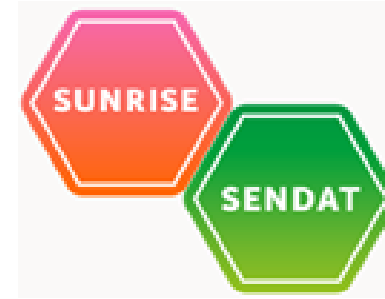
There have been lots of amazing things happen across the school. We had a visit from the magistrates explaining the pitfalls of crime, our Moving into Adulthood event which saw lots of Post 16 providers set up stands, sharing what opportunities our students can have when they leave Sunrise.

Looking forward to the New Year we have a new primary teacher joining us as the year 6 teacher. Our year 11 students will be getting prepared for their exams ready for May/June. Plus, we will be getting closer to the warmer months!

Sunrise will be open for students to return on Tuesday 7th January 2025. In the meantime, have restful Christmas break.

Best Wishes

Patrick Hamilton
Head of School



Sunrise Academy
Newsletter Autumn 2024



Messages from the Office



School Lunches

Ms Gowing and Ms Winsor, have been working with all our pupils to encourage them to try the lunches and different foods, which has seen an increase in lunches eaten.



Medical appointments Absences or late

Please report absences or lateness to the office via the absence line or email the office, where possible, before 9am. Please state clearly child's full name, class and reason for absence. If you child is unwell, please state what is wrong, i.e. cold, sickness bug etc.

Lisa and Sharon wish you all the best
over the break and lookforward to
talking to you
in the New Year.



School uniform

Please be reminded that school uniform is plain black tracksuit bottoms,
plain black top,
white or blue polo shirt black school shoes or trainers

We can only administer medication if the appropriate paperwork has been completed and returned to the office, this includes Calpol, paracetamol.



Lost Property

We have a few bits of clothes in the office to return but they have no names in, so if you have lost anything please contact the office.



HAPPY NEW YEAR

Term starts for pupils on 7th January

Half Term 17th February – 21st February

PD Day Monday 24th November 2025

Students return Tuesday 25th February 2025

Last day of term Friday 24th April 2025

ARBOR

We have had a good response to using ARBOR with over 55% engaging with us that way.

Thank you.

P.S. If you any assistance please contact the school office

Family Support Matters



Family support

Family Support Workers: are available to offer support and guidance to all Sunrise Academy families, This could be financial support, sign posting to another service, offering advice on supporting your child at home, the list is endless.

Feeding the family.

If you are struggling to feed the family, please look at accessing help from a local foodbank:

[Lowestoft Foodbank](#) | [Helping Local People in Crisis](#)

We also offer small food parcels from school, at a cost of £2 per bag through our FareShare packages. Please contact the office to order or for more information.

School Uniform

We do have some spare uniform for students should they require it when in school. We do ask if your child comes home in something from school, please wash and send back as soon as possible so we can continue to provide this.

Parent/carer coffee mornings!

Keep a look out these in the New Year
Come and join us for a relaxed opportunity to meet other parents and carers along with the pastoral team to chat about supporting our young people.

Thank you to those parents who attended the last coffee meeting, we hope you found it useful and informative.

If you have any safeguarding concerns about your children, please contact us on safeguarding@sendat.academy

Trauma informed approach:

At Sunrise, there are currently 4 members of staff who are trauma and mental health practitioners, having gained Level 5 Diplomas in Trauma informed schools, 3 of which are located within the pastoral team.

Trauma informed practices involve:

- Realising the widespread impact of trauma and understanding paths for recovery.
- Recognising signs and symptoms of trauma.
- Integrating knowledge about trauma into policies, procedures, and practices.
- Creating a safe and caring environment.
- Avoiding re-traumatisation.
- Focusing on safety, trustworthiness, choice, collaboration, and empowerment

If you would like more information on the types of work we do and support we can offer your child, please contact us to discuss.

Attendance Updates for Autumn Term

Following new DFE guidance 'Working together to improve school attendance', we will be monitoring attendance in a slightly different way in schools, this takes effect from 19th August 2024, our trust attendance policy will reflect these changes where appropriate.

We will be issuing letters inviting parent / carers to a meeting when we notice changes to attendance, this could be due to unauthorised absences or noticing that your young person is coming in late to school more often.

In the first instance these meetings will be held with Ms Emma O'Hara (Pastoral Lead) if we are not seeing an improvement then Mr Patrick Hamilton (Head of School) will chair the subsequent meetings. We aim to work with you in finding ways to break down the barriers in school attendance and discuss any referrals that may be needed to help support.

The work we do around attendance is alongside our designated Educational welfare officer (EWO) from the local authority and Mr Graham Alcock SENDAT Attendance Lead.



Student Council

This term student council have been working incredibly hard sharing their views, ideas from their collective discussions and coming up with events to take part in.

Students have met once a fortnight to meet and discuss any issues that may have arisen throughout their experiences.

Students decided to raise money for children in need this term and decided to organise a gunge the staff event. They enjoyed creating posters, sharing the ideas with others and the voting experience.

School council had the absolute joy of gunging Mr Hamilton! Collectively we raised £50 and thank you for your support in this.

We have more events and fun coming up for next half term.



Careers – Ms Vanstone

- This term's highlight has seen Speaker John Burton from Inside Connections come and speak to years 8,9,10 and 11 on the impact of a life of crime, including his personal experiences of being in a Category A prison for 23 years. On leaving prison John has devoted his life to steering young people, from schools and prisons, away from crime and into a trade instead.
- We have also had visitors from the Job Centre plus to work with years 8,9,10,11 specifically looking at the changing world of work, with workshops on future skills and interview techniques. With college interviews happening currently for our young people this was vital and well received by our pupils who engaged with the workshops in a really positive and mature way.
- Some Farming news, in that a local farmer will visit Primary pupils with his tractor for the pupils to look at and learn about farming careers in the new year, alongside a visit to a food and farming day where years 7-11 can learn about local food and farming career options and take part in interactive workshops, this will be in the spring term.
- One more exciting prospect is a collaboration of Sunrise and Creative Arts East where they are to come to school 2 hours a week for 10 weeks in order to work together with our years 7-11 students to learn the skills of a music promoter and put on a gig at the Marina Theatre. This is a massively positive project fully funded by Creative Arts East which will furnish pupils that take part with communication skills, skills in budgeting, problem solving and many more strengths to put on their CVs on leaving school.



Key Stage 2

English

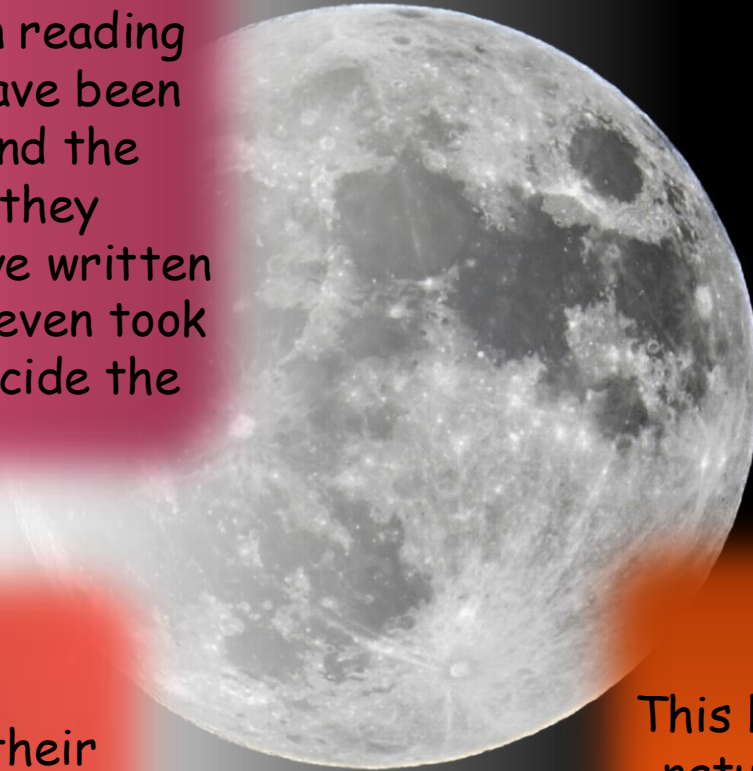
This half term students have been reading the text 'The Moon Man'. They have been considering different cultures and the experiences they may have as they experience the world. Students have written letters, taken part in role play and even took part in a pretend court case to decide the fate of the Moon Man.

Maths

Students have been developing their knowledge of area, perimeter and their times tables. They have been solving word problems and taking part in investigations putting all their knowledge to practise.

Topic

This half term students have learnt about natural disasters and extreme weather. Students have explored fault lines, tsunamis, volcanoes, flooding, droughts and the impact on the people and areas that they happen to.



Year 7

In English this term we have focused on our 'SPAG' learning. This has mostly been recapping our grammar and punctuation placement and creating some independent writing to show off these basic fundamentals of Literacy learnt this term. We have also supported each others learning and given each other feedback to improve on. Great peer work!

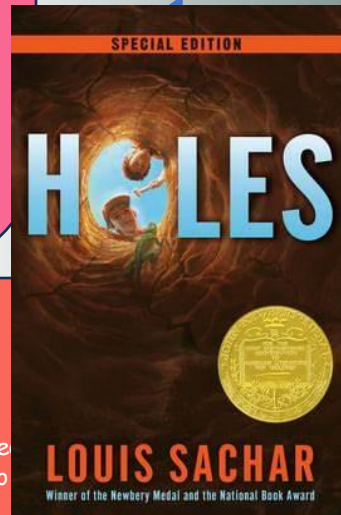
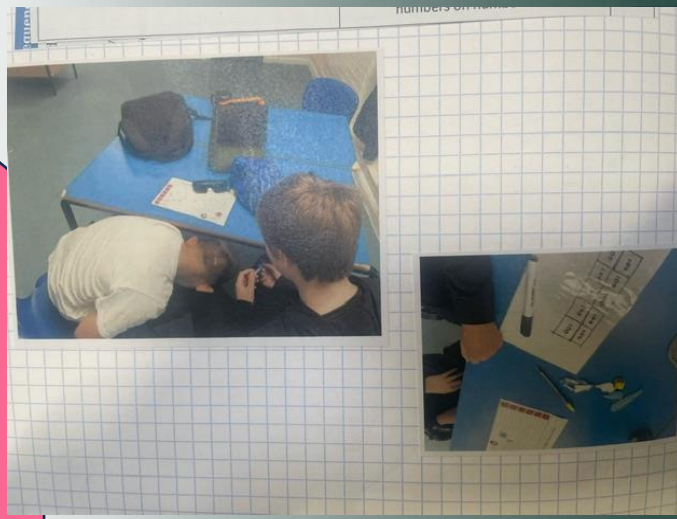
Autumn 2 we have studied the novel 'Holes'. Students enjoyed analyzing characters, looking at comparing and similarities to other texts and reading small parts to support our reading capabilities.

Mathematics

In Maths this term we have focused on Number place value and recapped previous years. We have looked and comparing and writing numbers to

We have used some practical resources such as a number square and Base 10 to support our knowledge during our learning.

Autumn term 2, we have looked at addition and subtraction. Exploring themes of problem solving real life equations to support our understanding better.



In PSHE students have been looking at who am I? Online safety and peer pressure. We have looked at the running themes of prejudice and bullying.

- Science – Getting introduced to science, learning about cells and human body.

In Art we have been looking at Colour theory. Learning about primary, secondary, complimentary and analogous colours. We have explored tints and shades. We have also been looking at Tim Burton characters.

PE – Students during PE have been focusing on specific techniques and skills within Football to improve on strengthening their gross motor skills alongside qualities such as sportsmanship. On Friday mornings, students have had the opportunity to walk to the local park where we have been working on road safety, and other real-life skills before completing PE theory on being able to identify the muscles in the body.

Year 8

In English this half term Year 8 have been focusing their efforts on improving their spelling, grammar and punctuation and then using this knowledge in descriptive writing.

In PSHE students have been looking at Who am I? First impressions and family factors.

Topic

Science – Learning about environment and evolution

Maths – Each year 8 student is working at a different level so the curriculum is dependent on how far they have progressed through the entry level and whether they are ready to start their GCSE work

In Art we have been looking at landscapes and Masks. We have looked at the artists Monet and Stephen Wiltshire.

PE –

During PE, students have been focusing on specific techniques and skills within Football to improve on strengthening their gross motor skills alongside qualities such as sportsmanship, honesty and teamwork. In their theory lessons, students have had a chance to self-reflect on their performances and they have been adding to their knowledge of muscles in the body.

Year 9

In English this half term Year 9 have been focusing their efforts on improving their spelling, grammar and punctuation and then using this knowledge in descriptive writing.

Maths – Each year 9 student is working at a different level so the curriculum is dependent on how far they have progressed through the entry level and whether they are ready to start their GCSE work

Topic

Science – Learning about environment and evolution

In PSHE students have been looking at Being me in a group, peer approval, risks and consent.

Art - we have been looking at character design by exploring superheros and Manga art. We then started to look at 3D modelling focusing on café design.

PE –
During PE, students have been focusing on specific techniques and skills within Football to improve on strengthening their gross motor skills alongside qualities such as sportsmanship, honesty and teamwork. In their theory lessons, students have had a chance to self-reflect on their performances and they have been adding to their knowledge of muscles in the body as well as the rules/laws of football and how to apply these.

Year 10

In English this half term Year 10 have been focusing their efforts on improving their spelling, grammar and punctuation and then using this knowledge to inform creative writing in line with the Functional skills and GCSE syllabus.

Science – Learning about environment and evolution

Art - students are exploring the theme identity. Students have been looking at exploring 3D modelling skills.

Maths – Each year 10 student is working at a different level so the curriculum is dependent on how far they have progressed through the entry level and whether they are ready to start their GCSE work

In PSHE students have been looking at online and offline safety, Social media and how images of ourselves online can affect ourselves and others.

In Home Cooking-
A few students have been working towards B TEC Home Cooking skills qualification.

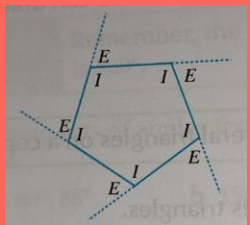
Core PE – Students have been looking at the skills and qualities of leaders, they have been able to identify their importance and match these with leaders in their life. Students have also had the chance to lead their peers in a football session of their choosing.

NCFE Sport – Students have made an incredible start to this course. They have been working on two units simultaneously, the Taking Part in Sport Unit where they have been focusing on football, and the rules, regulations, equipment and skills within that sport. They have also been working on The Effects of Exercise on the Human Body unit, which has enabled them to learn about the components of fitness and the factors that can affect these.

Year 11

In English this half term Year 11 have been focusing their efforts on improving their spelling, grammar and punctuation and then using this knowledge to inform creative writing in line with the Functional skills and GCSE syllabus.

Maths – we will continue to work through the GCSE workbook then we will focus on mock exams.



In PSHE students have been looking at becoming an adult, relationships and the law, the law and you and emergency situations.

Topic

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In PD this term

Art - students are exploring the theme Identity. Looking at artists and learning about a variety of art styles.

Science – Learning about environment and evolution

In Home Cooking- Couple of student s completed BTEC Home cooking level 1 and 2 qualification

Sports this half term

10th October – Inclusive Football Tournament in Beccles

U14's – 6 students from KS3 went and played against Community Ed, Sir John Leman, Ness Point and The Ashley School.

They won every match and won this round of the tournament. There are 2 more in the Summer Term. Each student got a gold medal to take home

U16's – 7 students from KS3 went and played against Benjamin Britten and The Ashley School. They played each team twice. They also won every game and won their round of this tournament. Each student got a gold medal to take home.



Sunrise sporting their brand new kits, kindly sponsored by B. Mayfield builders

15th October – SENDAT Football Tournament at Priory

U14's – 5 students from KS3 went and played against other schools within the SENDAT trust. Students won every group match and went on to win their semi-final and their final. Sunrise were champions again, students got a trophy to bring back and keep at school.

U16's – 6 students from KS4 went and played against other schools within the SENDAT trust. They won one and drew one in their group, which meant they earned a place in the semi-final. Unfortunately, they lost this 2-0. However, this team did end up being crowned the U16's winners.

13th November – Panathlon Xtend Event (Y7 Only)

This was a chance for students to participate in Boccia Blast, Curling, Grid Football, Flight Path, Ten Pin Topple, Field Athletics, Floor Tennis and Harlem Hoops.

Vocational

Students have started to develop their wood working skills by making various wood joints. They have used the face and edge marks in preparation, then marked out and cut a corner halving joint and through halving joint.

