

# BARCLAY ACADEMY

## NEWSLETTER

Friday 16th February 2024



Dear Parents / Carers

I cannot believe how long this half-term since Christmas has been! It has been a very busy half term with lots going on.



Barclay Academy maintained its sporting prowess this week with two more wins. On Monday, the Year 8 basketball team managed to beat King James Academy 20-19 in a very tight game. On Tuesday, the Year 9 football team were victorious over John Henry Newman with a 3-1 win. Well done to everyone involved.

Please could you all make sure that any items of uniform that need replacing are purchased next week. This includes school shoes. As always, we will be having a full uniform check on the first day back after the holiday. Please remember that students should only be wearing one stud in ear if they are wearing earrings.

There are lots of study support sessions for Year 11 going on next week. These are really important as we approach the final leg before the GCSE examinations in the summer.

School returns on Monday 26th February.

Have a lovely half-term break!

Best wishes,

**Dr Matthew Laban**  
Executive Principal

# SPORT

---



**The Year 8 basketball** team played their first fixture of the season against King James Academy. The team had an excellent start to the game, with co-captain Ethan playing excellent defence and Hulk managing to score points on fast break-away lay-ups. This led to Barclay taking a 10-0 lead at the end of the first quarter. However, it was never going to be an easy game, with this being a top division fixture and King James soon adapted their tactics, and began to use their skills and athleticism and bought back the deficit in the second quarter to 12-10 to Barclay.

The third and the fourth quarters were keenly and closely fought, with both teams displaying significant amounts of energy, emphasised by contributions from Brody, Reece and Jason. Heading into the last minute King James had the lead, but a crucial basket from Jason, with some great passing and leadership from co-captain Owen meant that Barclay got their league season off to a great start by emerging narrow victors, 20-19.

Player of the Match goes to Hulk, who played some really good defence, in addition to utilizing his speed on offence.

---

## **John Henry Newman 1- 3 Barclay Academy**

After the **Year 9 football** team's cup win, they found themselves playing the same opposition in the league. The team made a couple of changes, one being Harrison making his debut in goal and Taye returning in defense. As expected, it was a tightly contested game. JHN took the lead from a corner. It took the team some time to get into their groove, but as the game went on, they grew into the game and created more opportunities. After half-time, the team had reset and started to gain control of the game. Alfie was unlucky not to score from a freekick due to an outstanding save from the goalkeeper. Alfie's efforts had paid off as he was fouled in the penalty box and he converted his penalty. Despite the goalkeeper going the right way, they were unable to save his strike. It was perfectly placed into the corner. Alfie got his second goal after a through ball from Louie. He poked it past the goalkeeper from close range. The team then had to dig deep and see the game out. Harrison had shown some great handling and the back four made a series of great challenges to deny the opposition. Alfie then sealed the win after finding himself in space, after a run towards the box he slotted it in to complete his hat-trick. That was his 18<sup>th</sup> goal of the season!

Player of the match: This could have been awarded to a range of players. The team felt Taye was deserving of this due to his impressive performance in left back. He was the busier full back in the game and he had dealt with what came his way effectively.

# SPORT

---



Last week on Wednesday, **the Year 7,8 and 9 Football** girls took part in a Futsal Tournament. The event was hosted by Stevenage Sporting Futures. It was a great afternoon out with all the teams having success.

This was the Year 7s first taste of Futsal and they all played really well, scoring some great goals and some very good defensive performances. Overall, the Year 7s finished 3<sup>rd</sup>. All should be very proud of their performance.

The Year 8s came 2<sup>nd</sup> in this last year and wanted to do one better. They fought hard against all the other schools with some great teamwork and amazing goals. Unfortunately, they were beaten to 1<sup>st</sup> place by goal difference. They came away with 2<sup>nd</sup> place

again, all should be very proud. You will get it next year.

The Year 9s had a challenging set of games against schools that put out their Y10/11s. They all held their and put in 100% effort in every game. Well done to all.

Players of the tournament go to Abbie W (Y7), Brooke B (Y8) and Demmi B (Y9).

Extremely proud of everyone. Looking forward to the remaining football games of the season.

---

Noah got overall 7th today at the schools **Shooting Championships**. He was very proud to be representing Barclay Academy. He did really well making it through the heats to the knockout final going head to head to gain 7th place overall. Not bad for a National competition!!!





# SPORT

---



On Thursday a group of Year 7 boys and girls took part in an indoor athletics tournament hosted by Stevenage Sporting Futures. The event consisted of track and field events such as relay races, long jump, sprinting and shot put. It was very nice to see some new faces representing the school.

I am very pleased that both the Year 7 boys and the Year 7s came away with bronze medals, beating 3 other Stevenage Schools. Miss Brooker was very impressed with the effort and the teamwork both teams showed on the day. Well done to all involved.

---

On Tuesday, the **Year 9 netball team** took on Thomas Alleyne's winning 7-4. The team showed signs of great improvement from our last game with excellent attacking plays. The girls have been dedicated to netball training which really showed throughout the game. A special mention and player of the match goes to Anya C for some great shooting and leadership. Miss Brooker and Miss Ryan are incredibly proud of these girls for the hard work they have been putting in and are looking forward to watching the girls take on more teams at PGL.

## STUDENT OF THE WEEK

---



Congratulations to the following students for being invited to Feast Friday with Dr Laban. The students were chosen at random from the Feast Friday weekly raffle. All students who have received a Student of the Week award are entered into the raffle.

Olivier K 7AOP1, Vladislav L 7APO1, Jemima A 7ZEU2, Sayna E 8APO, Ediz H 8ATH2, Kudzai C 8ZEU1, Maggie M 9ZEU1, Zahra V 9Zeu2, Janine P 9HER2, Leo G 10APO1 and James H 10ZUE.

# GCSE FOOD AND NUTRITION

---

The year 10 GCSE Food and Nutrition students have been looking at different food commodities with a focused study on dairy products this term. Exploring the versatility and nutritional benefits of milk, cheese, and yogurt, the students have engaged in practical cooking tasks, where they have created dishes such as quiche, cheesecake, and macaroni cheese. Through these hands-on experiences, they are developing their technical skills in food preparation and presentation, while also gaining a deeper understanding of the ingredients they're working with. The outcomes of their efforts have been truly commendable, showcasing both creativity and proficiency in the kitchen. Keep up the good work!





# GARDENING CLUB

---

The Garden club has finally been able to get some planting underway, so Spring is well and truly on the horizon. They sowed a selection of seeds and planted up some Strawberry beds. All being well some of the seeds will be used for their annual plant sale.



## BARCLAY COMMUNITY AWARD

---

This week our community award focusses on our older students in 6<sup>th</sup> form. The students below are involved in multiple aspects of community engagement and volunteering ranging from giving up their time as hospital companions, charity shop volunteers, assisting advocacy groups, supporting younger students in groups such as Brownies and also political involvement.

They are setting a goal and expectation for our younger Barclavian's to strive for, and we look forward to celebrating more schoolwide community recognition after half term.

### **Year 13's**

Millie. C, Harry. C, Niggy. J, Sacchira. P,

### **Year 12's**

Isbella E, Tonye. A, Zeeshan. R, Jessica.D, Justin.N, Paige.C

## PRE – LOVED UNIFORM SHOP

---

Barclay Academy's Second Hand Uniform Shop opening time is Wednesday 1.30pm - 3pm

Please email [admin@barclay.futureacademies.org](mailto:admin@barclay.futureacademies.org) to check stock levels with the size, requirements and arrange an appointment, which will be on Wednesday between 1.30-3pm to collect. Anyone that would like to donate old reusable uniform please hand into Reception.

## DATES FOR YOUR DIARY

---

**Wednesday 28<sup>th</sup> February – Friday 1<sup>st</sup> March** – PGL Adventurous Activities Trip Year 7

**Monday 4<sup>th</sup> to Thursday 7<sup>th</sup> March** – Malaga Spain Trip Year 9 and Year 10

**Thursday 7<sup>th</sup> March** – Year 12 Parents' Evening

**Monday 11<sup>th</sup> to Friday 15<sup>th</sup> March** – Year 12 Work Experience Week

**Thursday 14<sup>th</sup> March** – Year 10 Parents' Evening

**Monday 18<sup>th</sup> to Friday 22<sup>nd</sup> March** - Year 10 Work Experience Week

**Tuesday 26<sup>th</sup> March** – Year 7 Parents' Evening

**Wednesday 28<sup>th</sup> February to Friday 1<sup>st</sup> March** - Y7 PGL Adventurous Activities Residential

**Monday 4<sup>th</sup> to Thursday 7<sup>th</sup> March** - Y9/Y10 Malaga, Spain Residential

**Wednesday 20<sup>th</sup> to Friday 22<sup>nd</sup> March** - Y11 Revision Retreat Residential

## ONLINE SAFETY COURSE FOR PARENTS

---

Here is the link to the courses for parents.

<https://nationalcollege.com/courses/os-for-parents-carers-of-children-aged-11-14>

<https://nationalcollege.com/courses/os-for-parents-carers-of-children-aged-14-18>

# Navigating exam season

## Supporting your child to beat exam stress

Exams can be a challenging time for young people, and many young people can feel worried and stressed in the lead up to exams. As parents and carers, it can be difficult to know what we can do to support them. We've shared some tips on supporting your child if they're feeling stressed about exams.



### Look for signs of stress

Stress can present differently in everyone. Signs of stress could include not sleeping or sleeping more than usual, losing interest in food or eating more than usual, being irritable, having headaches or stomach aches, being negative, feeling hopeless, or not enjoying activities they previously enjoyed.


If you notice your child is struggling, ask them what you can do to help them.



### Talk about stress and nerves

Remind your child that it's perfectly normal to feel worried or stressed about their exams. The key is to put these nerves to positive use.

Talk openly about how you cope with your own stressful situations, so your child has a positive role model for managing their emotions and time.

Practice relaxation techniques with your child, we love [these ideas from from NHS Scotland](#). 



### Support your child to create a routine

Routines and rituals can help your child keep healthy habits, and can help you ensure your child is getting enough sleep and eating well.

If they haven't already, encourage your child to create a revision plan or timetable, splitting their day up into chunks. Encourage them to take regular breaks - which they could use to have a meal, get some exercise or unwind - and try to discourage them from staying up late revising.



# Navigating exam season

## Supporting your child to beat exam stress



### Try not to add to the pressure

Many young people feel pressure to do well in their exams to make their teachers, or families proud. Try not to add to this pressure. Be reassuring, positive, and help put things into perspective. Remind them that there is more to life than their grades, and their results don't define who they are. Reassure them you will be proud of them 'no matter what'.



### Make yourself available to listen

Sometimes your child may not want to talk, and it's important we don't force them to have a conversation they don't want to have. Make yourself available but don't pressure them to talk.

You may find that your child opens up in situations where they feel less pressure – for example when you're in the car on the way home from school, or during a walk



### Help them unwind after exams

Find ways to help your child unwind after each exam, so they don't dwell on things they could have done better or differently. After each exam, you and your child could watch a film or enjoy your favourite meal together, before they start revising for the next test.



### Seek additional support

If you're concerned about your child's stress, or find they don't want to talk to you, encourage them to seek support elsewhere. This could be someone at their school, or an organisation such as Shout or Childline.

- Text CONNECT to 85258 for free to speak to Shout
- Call 0800 1111 to speak to Childline, or visit [childline.org.uk](https://childline.org.uk) for their free online chat
- Visit [place2be.org.uk/help](https://place2be.org.uk/help) for more advice



## PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING FEBRUARY HALF TERM 2024



[moneysavingcentral.co.uk/kids-eat-free](https://moneysavingcentral.co.uk/kids-eat-free)

### ASDA

Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.

### TESCO

Kids eat free with a purchase of 60p+ from  
From Mon 12th - Fri 23rd February 2024

### SAINSBURYS CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

### BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

### THE REAL GREEK

Kids under 12 eat FREE every Sunday for every £10 spent by an adult

### GREENE KING PUBS

Kids Eat Free all-day with the purchase of an adult's meal. Deal, Monday-Friday, between Mon 12th - Friday 23rd February 2024

### TRAVELODGE & PREMIER INN

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

### SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

### TGI FRIDAYS

Kids Eat Free When 'Stripes Rewards Members' purchase a full priced adult's main meal (App needed)

### IKEA

Kids get a meal from 95p daily from 11am

### MORRISONS

Spend £4.49 and get one free kids meal all day, every day.

### GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

### PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

### YO! SUSHI

From Mon 12th - Fri 23rd February 2024  
kids eat free with every £10 adult spend

### BELLA ITALIA

Children eat for £1 with any adult main.  
The offer is valid 4-6pm Mon to Thurs.

### WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

### DOBBIES GARDEN CENTRES

At Dobbies, for every adult breakfast or lunch purchase, kids eat for FREE. Every Day!

### TABLE TABLE

Two children under 16 can get a free breakfast every day with one paying adult!

### PAUSA CAFE @ DUNELM

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

### HUNGRY HORSE

Kids eat for £1 on Mondays

### FUTURE INNS

Under 5s eat for free with any adult meal.