

5th May
2023



Principal's weekly update for parents and carers

This is our weekly update to keep you informed of upcoming events and weekly successes.

Key Dates for your Diary

Monday 8th May	Bank Holiday Academy Closed
Tuesday 9th May	Students are expected in at 8:30am

News

Breakfast club update

We continue to offer free toast and cereal or any students attending breakfast club in the morning, served in the canteen from 8:15am.

Breakfast reading intervention

This is open to students in years 7 to 9 for one-to-one reading in the library from 8:10-8:30am with breakfast included. For those students attending, this will take place Monday, Tuesday and Friday next week.

Reading Success

We are delighted to announce that Taejah in Year 8 has increased her reading age by 2 years and 6 months after 4 weeks on the reading intervention programme! Well done Taejah and keep up the good work!

Trips and Visits

Science – Kew Gardens A Level Biology practical.

Year 8/9 Girls Football League at Market Road. The girls football team drew 0-0, 0-0 and lost 2-0 in the league, but will come back stronger next week.

Islington Schools Athletics Competition - Loads of medals for our talented Year 7 and Year 8 students. Great performances from Ijeoma, Awa and Max R!



Celebrating Success

The following individuals had a great week at COLAI:

Reece J (Year 10) - Has worked incredibly hard in his sport lessons, attending regular intervention sessions to help him improve his work to the highest standard!

Aden G (Year 8) - Has demonstrated outstanding leadership towards his peers in lessons, at extra-curricular fixtures and in the playground.

Adrian S (Year 7) - Someone who has demonstrated taking responsibility and acts as a great role model for his year group every day.

Marshall D (Year 7) - Has worked incredibly hard to ensure that he is polite and well-mannered in school.

Holger L (Year 8) - Has been an excellent ambassador for the school when he travels to compete in remote car racing and also demonstrates high levels of responsibility at school each day.

Deusa B (Year 11) - Has demonstrated excellent effort in all of her lessons! Well done Deusa!

Amanda M (Year 11) - Has worked incredibly hard to ensure that she is on track to achieve the top grades in many of her subjects! Keep it up Amanda!

Mariola O (Year 9) - Has been an outstanding ambassador for students in her year group, often earning lots of achievement points for helping out other students.

Congratulations to the following students who earned the most achievement points in their year group last week:

Year group	Name of student
7	Henon A Cian O Lorenzo N
8	Jeem R Destiny G Mardin S
9	Riley D Yuvraj S Rio K
10	Grace Brown Lillie-M Dora C
11	Fallon O Eleni V Marc-P



Supporting student well-being

Supporting students with well-being and exam related stress

As GCSE and A Level exams fully begin this week, Ofqual, who regulate GCSE, A level and some vocational exam qualifications in England, have published a guide for students and their parents and carers giving information on this year's exams. More information can be found here:

- <https://www.gov.uk/government/publications/ofqual-student-guide-2023>

We know that it's a high-pressure time for our Year 11 and Year 13 students as they start their GCSE, A level and BTEC exams. We also know that, for many students, this can also be a stressful time which can feel overwhelming. This can also be the case for students in other year groups sitting assessments in school. It's really important that students in all year groups look after their mental health. Below are some links of website that parents and carers can read with their child to help identify strategies they can use to manage exam stress:

- <https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/exam-time/>
- <https://www.mind.org.uk/for-young-people/feelings-and-experiences/exam-stress/>
- <https://www.annafreud.org/on-my-mind/self-care/revision/>
- <https://frimley-healthiertogether.nhs.uk/application/files/6916/>
- https://www.youtube.com/watch?v=oiE_N2AHSS8&t=1s

Promoting safe use of social media

Social media sites are a huge favourite with children, allowing them to stay in touch with friends over chat, meet new people with similar interests, and share photos and videos. Used appropriately, social networks are a great place for young people to demonstrate their creativity. As a parent/carer, there's plenty you can do to ensure your children's experience is both safe and fun. Here at COLAI, we see evidence of the positive and negative aspects of young people using social media. As parents and teachers, it is vital we enter into regular conversations with our young people about the online world.

Internetmatters.org have created a hub of advice to help you encourage your teen to build up the tools to make social media work for them and navigate the risks and rewards that it can bring.

- <https://www.internetmatters.org/resources/social-media-advice-hub2/>

Events for parents and carers

Please see details below of a free webinar on County Lines organised by the Met Police.

Would you like to understand more about county lines in Camden and Islington?

- [Free webinar for parents and carers](#)