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Our Children, Our Community, Believe it can be done!

Headteacher's 'Thought For The Week'



Broadway Sixth Formers and their Headteacher abseiled 150 feet and met HRH Prince Edward.

Yesterday, I was delighted to take part in the Duke of Edinburgh Diamond Challenge (which celebrates 60 years since the start of the Duke of Edinburgh Award Scheme) with our

Sixth Form students - we abseiled 150 feet off the top of Birmingham Metropolitan College. We then met HRH the Earl of Wessex, Prince Edward. This experience took me back many years to when I trained to become a Mountain Leader - the love of mountains and the outdoors has never left me! One of my heroes from boyhood was Sir Edmund Percival Hillary KG, ONZ, KBE who was a New Zealand mountaineer, explorer and philanthropist. On 29 May 1953, Hillary and Nepalese Sherpa mountaineer Tenzing Norgay became the first climbers to reach the summit of Mount Everest. One of his many quotes has stayed with me:

'People do not decide to become extraordinary. They decide to accomplish extraordinary things'.



Celebrating Shakespeare's Birth

On Friday 22nd April, some of our year 7 and 8 pupils celebrated the birth of the much-loved playwright and poet William Shakespeare during their English lessons. This was to coincide with the anniversary of his birth and death on the 23rd of April.

Celebrations included: eating cake, completing class quizzes, performing lines from some of his plays, reciting some of his sonnets and exploring his use of imagery.

7I2 were set the particularly challenging task of learning a speech from the Shakespeare play they have been studying (Much Ado about Nothing) off by heart to give a convincing performance of 'Don John' the villain.

The class really enjoyed practicing their speeches together and several were able to deliver a confident and convincing performance- some were even word perfect! They were encouraged to use props and costumes to bring the role to life which they really enjoyed. Well done to 7I2 for working hard and demonstrating a range of skills when asked to read and perform a speech from a very challenging text.



Fizzy Drinks including Energy Drinks

Dear Parents/Carers

A reminder that Broadway Academy is a "Fizzy Drink Free Zone". In terms of the students' health and the impact on their learning, it is detrimental.

A recent article in the Daily Telegraph [22 October 2015] highlighted 8 key dangers of Fizzy and Energy Drinks:-

1. They can raise our risk of heart disease

Scientists in America found a strong link between the proportion of daily calories from foods laden with added sugars (like fizzy drinks) and death rates from cardiovascular disease. They claimed that drinking three cans a day could triple our risk of heart disease.

2. They can lead to diabetes

Sugar-laden drinks have been proven to increase cases of Type 2 diabetes. A study conducted between 1990 and 2000 estimated that the increased consumption of sugar-sweetened drinks contributed to 130,000 new cases of diabetes.

3. They can cause liver damage

A study from 2009 found that sugary drinks can cause fatty liver disease and drinking just two cans per day could lead to liver damage.

4. They can make us violent

A study carried out on teenagers found a link between drinking fizzy drinks, violence and the likelihood of them carrying a weapon. The researchers found that even teenagers who drank just two cans a week were more aggressive towards their friends and those who drank five or more cans a week were also more likely to have drunk alcohol or smoked at least once in the previous month.

5. They can change your brain

As well as affecting the body, fizzy drinks have been found to alter the protein levels in the brain, which could lead to hyperactivity.

6. They can cause premature aging

Phosphates used in fizzy drinks, as well as many other processed foods, has been found to speed up the ageing process. This is not bad just in terms of wrinkles, but also health complications that come with age, such as , chronic kidney disease and cardiovascular calcification.

7. They can make us fat

This one may seem obvious. However, what you may not know is that diet soft drinks can still affect our waistline dramatically. A study found that those who drank diet fizzy drinks saw their waistlines expand nearly three times as much as non-drinkers and even more so than those drinking non-diet versions.

8. They can increase our risk of Alzheimer's

Scientists in America found that mice fed the equivalent of five cans of sugary drinks a day had worse memories and twice the amount of brain deposits associated with the disease than mice

Continued....

without added sugar in their diet. This suggests that fizzy drinks could be linked with Alzheimer's.

Therefore from **Monday 21 March 2016** the Academy will be reverting to a 'Fizzy and Energy Drink Free Zone'. **Any drinks of this type seen around the Academy or in lessons will be confiscated from students.**

Many thanks for your continued support
Mr D Chauhan - Deputy Headteacher.

Duke of Edinburgh

Silver Award 2014 - 2016

A group of Year 13 students completed their qualifying Silver expedition this weekend (Friday 22nd- Sunday 24th April). This is a very auspicious occasion for the school as they are the first group to complete this side of the award. Duke of Edinburgh has three other sections: Skill, Physical and Volunteering which these students are well on the way to completing. They agree that they have grown so much in confidence, independence and maturity. They have skills they thought they would never acquire such as navigating an unknown area. The whole group agreed that ' If you did not know yourself before you start, you sure do when you get to the end of the experience. Having had this first success the new group of 17 students in Year 12 are surely to be the next to succeed.



Hena A., Fathema B., Tamanna B., Kalam B., Nagina B.,
Aseeb H., Maariyah I.

The year 10 Geography students recently went on a fieldtrip to Carding Mill Valley in Shropshire. As part of their GCSE they visited the site to collect data and information relating to a question they need to answer for their upcoming controlled assessments.

They arrived on a slightly windy but beautifully sunny day and started their walk up the valley to their first point, which was as close to the source of the river as possible. The first point in the day was next to a stunning waterfall, and was where students started to collect data, which they had pre-prepared for.

Their controlled assessment will involve them using their data, collected from the fieldtrip together with classwork to investigate changes along the long profile of a river.

Data collection included measuring the width and depth of the river at each of the 3 locations, measuring the velocity of the river and also taking and measuring a selection of bed load rocks to assess their type. Team work was in abundance as students scaled rocks and the narrow river to collect their much needed data. They did successfully, from walking up the valley to working their way down and stopping to collect data at each key location. Apart from a few slips and wet feet, students had a productive and enjoyable day Carding Mill Valley.



A pre-dawn meal (suhur) is absolutely essential for a student as this will replace breakfast during the month of Ramadan. This pre-dawn meal should be wholesome and filling in order to sustain energy for many hours. It is important to include slowly digested foods. Complex carbohydrates are foods that will help release energy slowly during fasting and are found in grains and seeds like barley, wheat, oats, cereals, semolina, beans, lentils, wholemeal flour and basmati rice. Fibre-rich foods are also digested slowly; these include bran, whole-wheat, grains and seeds, potatoes with the skin left on, all types of bread and breakfast cereals, vegetables such as green beans and fruit such as apricots, prunes or figs.

The meal which breaks the day's fast (iftar).

Try to eat a healthy balanced diet, enjoying some protein from meat/fish or lentils and some vegetables. Try to eat as you would normally and remember to eat only a moderate amount, especially of fat and sugar.

There will be ample time between iftar and suhur to eat and drink. Take extra special care to drink plenty of water during this time. It is good to sip small amounts whilst praying, doing revision, reading and other activities. This will keep you strong for the long fasting hours and will help prevent dehydration and headaches.

Avoid beverages containing caffeine such as tea, coffee and cola. Reduce the quantity consumed before Ramadan to prevent headache, irritability and mood swings.

Abstain from doing too much physical activity such as sports, running for the bus, and generally rushing. Take the opportunity to rest when you can and avoid the dehydrating effects of sitting in hot sunshine.

Try to plan your day ahead. Check the examination timetable carefully on the night before an examination. Prepare your clothes, schoolbooks, pens and so on in advance to avoid rushing around in the morning. If your health is put at risk due to the fast, i.e. dehydration or injury, you can break your fast as your health is more important. Islam teaches that Allah has given permission in the Qur'an to break the fast in these circumstances. Islam does not require you to harm yourself in fulfilling the fast.

Advice for parents and carers

- Ensure that your child is eating healthily and balance the food from all the major food groups
- Ensure that your child is waking in time to have Suhur (the meal before fasting begins) every day
- Ensure that your child is well hydrated between iftar (evening) and suhur (morning)
- Encourage children to prepare school books, clothes and so on the night before so there is not rush in the morning
- Ensure that your child is taking any medication prescribed by their doctor. With the permission of the doctor, some medication, such as hayfever tablets might be taken during non-fasting hours. Consider reducing visits to and from family and relatives during Ramadan when that coincides with school study/exam times
- Try to encourage children to resume their studies if they become lethargic



Tiggywinkles Wildlife Hospital and Rescue Centre. 16th April 2016

Our Saturday Enrichments Visits are sometimes arranged to coincide with the seasons, for instance Westonbirt Arboretum in the autumn to catch the glory of the changing leaves and Slimbridge Wildfowl Centre in winter to see the migrant birds from the arctic who come here for the milder (!) weather.

Often it is the date which dictates the timing: Bosworth Battlefield a couple of weeks before King Richard III was re-interred in Leicester Cathedral or The National Memorial Arboretum on the 100th anniversary of Gallipoli in order to watch the ANZAC ceremonies marking the landings.

April was chosen for Tiggywinkles Wildlife Hospital and Rescue Centre because we hoped they would be busy with the babies born in the spring. We were not disappointed!

On arrival we had an introductory talk and were introduced to one of the resident hedgehogs who had her injuries treated at Tiggywinkles but could not survive in the wild and so has a lovely life at the Centre. 'Betty' charmed her visitors with her cuteness but she had seen it all before and so she wriggled, yawned and even got hiccups during the talk.

After such a start we didn't think the visit could get any better - and then we saw the tiny rabbits and baby birds being fed by the attentive staff. Visitors watch through glass panels in the walls as the veterinary nurses and volunteers gently offer milk or mashed up mealworms to the gaping mouths - and it was delightful! The nestlings have all been brought in by rescuers and are settled in to



dog feeding bowls lined with easily disposable kitchen roll to make hygienic nests, all enclosed in incubators to maintain a constant temperature. It was hard to pull ourselves away to see what else was waiting.....

Tiggywinkles is now the leading wildlife hospital in Europe and offers training courses for those who want to work with animals. The *raison d'être* of the Centre is to return animals to the wild, fit and able to continue living a natural life, but sometimes this is not possible, as with Betty, and the animals become permanent residents. We saw the foxes, red kites and ravens and heard a raucous flock of one-winged gulls long before we got to them.

Being nocturnal, there was no sign of the badgers, but there was plenty to see on the pond where a wild heron has nested

among the convalescent wildfowl and swans. Next to the pond is the education base where we had a slideshow of the work of the Hospital and a lively Q&A session as the group found out more about the casualties and the treatments.

We saw three-legged deer living happily among the more usual four-legged ones in the deer enclosure which was fascinating at feeding time. Among the residents at the feed troughs were the 'hangers-on': sparrows, pigeons and corvids of all types getting a free meal and providing entertainment as they dodged the muntjac, fallow and red deer.

We had a really enjoyable visit and learned a lot about British wildlife - and hopefully inspired some of the pupils to think about a career working with animals



What can parents and carers do about exam stress?

One of the best things parents or carers can do if their child is experiencing exam stress is to try to be as supportive and tolerant as possible.

We've put together a list of strategies that may help young people to manage exam stress. We've also included some tips on how to help your child deal with stress on and after the exam day.

Effective study and learning habits

Parents and carers can help reduce the exam stress of their child by helping them establish effective study and learning habits:

Help your child find a quiet place to study without distractions. Make sure their table is uncluttered so they can focus better.

- Encourage your child to find out exactly what the test involves - are there past test papers they can look at to help them understand what to expect?
- Encourage your child to ask for help or ask their teacher for clarity if they are unsure of something or if they feel confused.
- Help them to make 'mind maps' to collect ideas and summarise thoughts - use bright colours to help remember important links.
- Help them to plan their study schedule early on so they have sufficient time to study. It can be helpful to develop a clear, realistic plan of what they want to cover in each study session. Can they break it down into small chunks?
- Remind your child to take a short rest and move around in between each part of their study.
- Offer help sometimes. It can be useful having someone to listen or practise with.

Healthy sleeping and eating habits

- Encourage your child to stick to a routine of going to bed at a reasonable time. They need to avoid late night TV shows or movies.
- Motivate them to eat regularly and make time to have fun and exercise.
- Help them to cut back on coffee or any other stimulants which they may be using, as these can increase agitation. Encourage them to drink lots of water instead.
- Remind them to take time out when they eat, rather than carrying on with study.
- Encourage them to eat fresh fruit, vegetables, cereals, grains, nuts and protein - they are all good for the brain and blood sugar levels.
- Encourage them to eat when they get hungry. This keeps blood sugar and hydration levels steady.
- Avoid junk food if possible. It will bring a sudden sugar high which will fall away quickly, leaving a person feeling tired.

Relaxation ideas to help your child cope with exam stress

- Always encourage your child to relax before they go to bed after concentrating for long periods of time. Activities such as reading a short story may help them unwind and sleep better.
- Encourage them to go out for a walk, run or do some other exercise they enjoy.
- Teach them relaxation techniques such as listening to some gentle music, getting them to lie down, closing their eyes and taking a deep breath while visualising a calming scene such as a deserted beach.
- Help your child to develop a positive mindset by encouraging them to visualise success - this can really help with self-confidence.
- Avoid rushing on the day of the exam by organising and packing everything they need to take with them the night before.

Ideas for the exam day

Talk about these ideas before the exam day so as not to add to anxiety levels.

Suggest to your child that they:

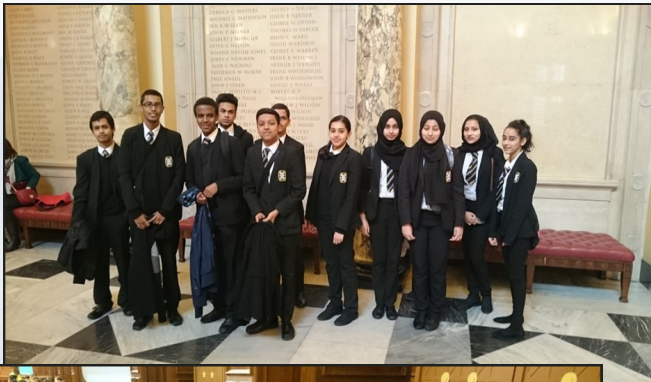
- Eat a good and light breakfast - something that will sustain them and help them concentrate.
- Try to arrive at school or the exam venue early.
- Go to the toilet before the exam starts.
- Keep away from people who may agitate them before the test or may say unhelpful, anxiety-provoking comments.
- Try writing about their thoughts and feelings at least 10 minutes before the exam to free up brainpower from focusing on emotions, so they can focus on the test material instead.
- Take time to slow their breathing and relax when they first sit down in the exam room.
- Skim over the exam paper, underlining key words and instructions.
- Work out how long they have for each question or section.
- Watch out for the wording of the questions - they need to understand and address what the question is really asking.
- Answer the questions they find easiest first, to build their confidence, then as they relax more move on to more difficult ones.
- Don't worry about how long others are taking but keep an eye on the clock to ensure they have enough time to answer the more difficult questions.
- Re-read answers if possible and make any changes that are necessary - correct spelling and check workings out



Maths quiz for the more able gifted and talented pupils

Broadway Academy organised a trip to Birmingham University for the year 10 more able, gifted and talented pupils to take part in a Maths quiz in order to help raise their profile. The pupils were introduced to the concepts of mathematical biology and how Maths plays a huge role in all different subjects; highlighting the importance of studying this subject.

The students were also taken through stem Maths that ensures the system that Maths helps in building materials that are used in the modern day Science and Technology. It was evident that robotics and electronics need a lot of mathematics emphasising its role in mechanical engineering, civil engineering and architecture. Pupils were then informed about the different routes into studying Maths at university. The pupils behaved in an outstanding manner making the academy, parents, the community and themselves proud.



Year 7 & 8 boys cricket

Year seven and eight have both contributed to a winning start for Broadway in this years cricket season. Year eight progressed through the first round of the Birmingham cup against a very good Fairfax side, whilst the year sevens have now won their two opening league fixtures against Holte and Saint John Wall. Haider Hussain picked up the Man of The Match award for year eight, bowling superbly to take two wickets, before then showing great control with the bat. For the year seven team, Ali Liaqat took the same award, after he took three wickets and then followed it up by hitting the most runs with the bat against Holte.

The stand out performance of the season so far though, was year sevens demolition of Saint John Wall. Husnain (43) and Abdullah Khan (33) helped Broadway to a massive total of 140 in twenty overs. The bowling unit then took the opposition apart and had them out for just 18 runs. Wickets came from Farhan Hassan (2) who very nearly took a hat trick, Mashuk Ahmed (1), Faheem Iqbal (2), Adam Arshad (1) and Zuhair Upadhey (1).



Values focus of the week

RESPECT 'THE RULE OF LAW'

Rules and laws create order and harmony in society. They protect and safeguard people.

Laws in the UK are created by Government and Parliament, and are enforced by both the Police and law courts.

People who break these laws are punished. Punishment aims to deter people from breaking the law, to protect society and to reform criminals.

All of our students will encounter rules and laws throughout their entire lives.

We want our students to understand that whether these laws govern the classroom, Broadway Academy, the neighbourhood or the country, they are set for good reasons and must be adhered to.

THE RULE OF LAW' AT BROADWAY ACADEMY

- We know the difference between right and wrong
- We make sure our rules and expectations are clear
- We know rules keep us safe
- We respect and follow the rules
- We understand there are consequences when rules are broken

This week's golden words

'We are all servants of the law in order that we may be free'

Cicero

Titan Initial Teacher Training

Are you interested in starting a rewarding teaching career which will make a difference to children in Birmingham?

Titan ITT are currently recruiting for Early Years, Primary and Secondary courses starting in September 2016, across a variety of subjects. To make an application visit the UCAS website. For more information about our courses and entry requirements, please visit our website

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ACCESS TO TECHNOLOGY

TRAINEES ARE GIVEN A LAPTOP TO USE THROUGHOUT THE YEAR, AS WELL AS A BANK OF IPADS TO USE IN THEIR CLASSROOMS & TRAINING

PERSONALISED TRAINING

SMALL NUMBERS ALLOW FOR A MORE FLEXIBLE, PERSONALISED APPROACH TO YOUR TEACHING





SCHOOL BASED TRAINING

TRAINEES ARE ENCOURAGED TO GET TEACHING FROM THE START OF THE PROGRAMME, MAKING OUR TRAINEES HIGHLY EMPLOYABLE.

85% EMPLOYED BY END OF COURSE (14/15)

FOR MORE INFORMATION & TO APPLY PLEASE VISIT WWW.TITANTEACHERTRAINING.CO.UK

The Careers and Apprenticeship Show

Saturday 14th May: 10.00am - 5.00pm

**Millennium Point, Curzon Street,
Birmingham B4 7XG**

It's your choice!

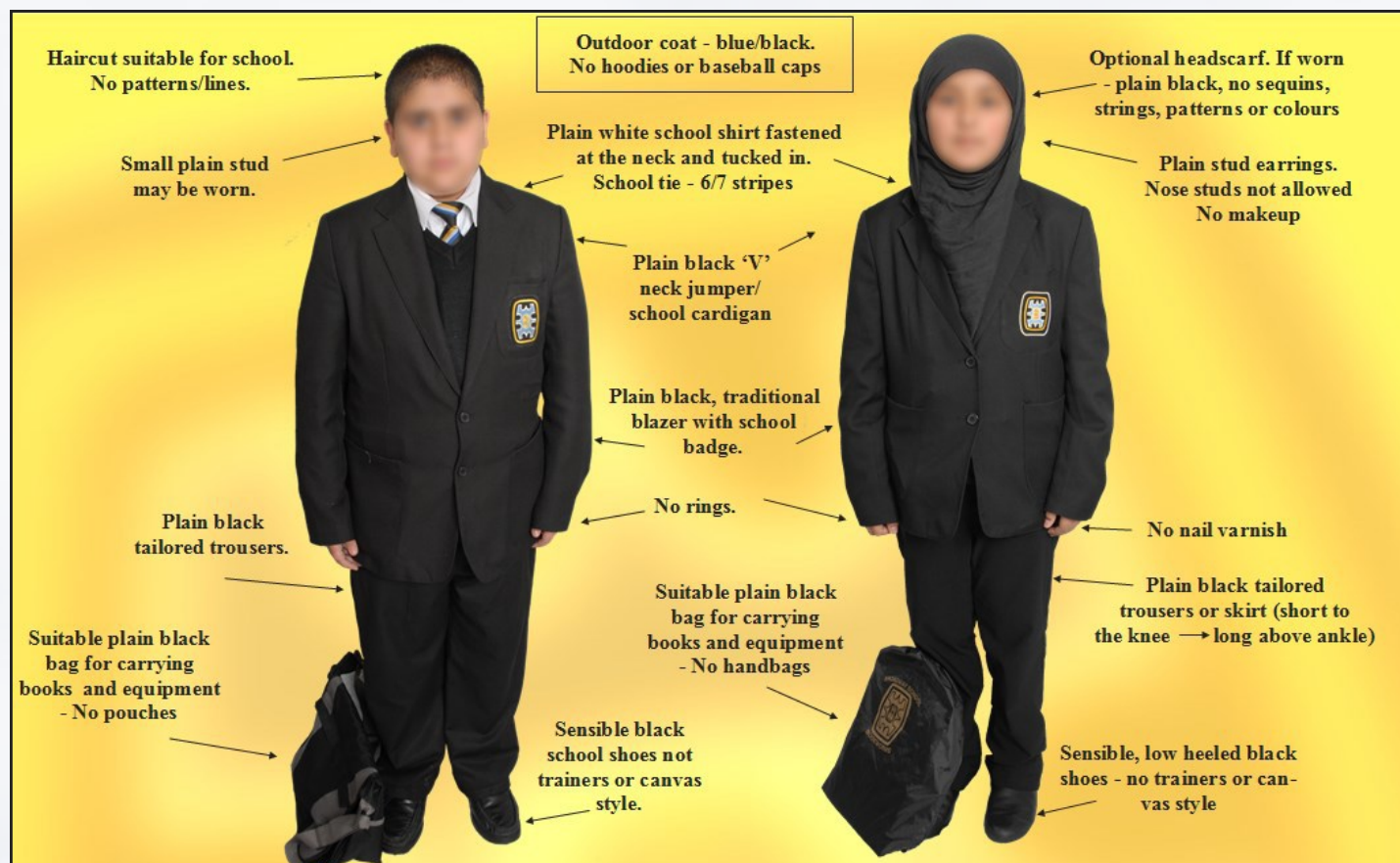
At 16 you can start an apprenticeship, study programme or traineeship, do A-levels or a vocational programme. This is a great opportunity to speak to training providers, colleges, universities, employers and apprentices to find out about what your options are. This show is also for anyone not currently in education, employment and training to find current job vacancy information.

#careersappshow



School Uniform

The Broadway Academy uniform shows that pupils are part of an organisation. Wearing it says "we're all in this together" and are part of Team Broadway. Also, if you wear your uniform with pride, it means you are half way there to being respectful; buying into what the organisation is all about. Uniforms also give students a sense of belonging and create an identity for the school in the community. On that note, please note that "Hooded Jumpers", Caps or Trainers are not part of the Broadway uniform policy.



Examples of Hooded Jumpers/Jackets NOT permitted:



Examples of outdoor coats permitted:



Examples of footwear NOT permitted:



Examples of footwear permitted:



Many thanks for your continued support.

Mr D Chauhan - Deputy Headteacher

	Lunchtime			After School		
Monday	Badminton	Sports Hall	Mis Taylor	Y8 Cricket	Astro	Mr Robbins
	Cricket	Gym	Mr French	Girls Fitness	Fitness Suite	Miss Bolton
				Girls Cricket/ Rounders	Gym	Mrs Webb
				Y9 Cricket	Sports Hall	Mr French
Tuesday	Y11 Football	Sports Hall	Coach - Sean	Y7 Cricket	Astro	Mr Khan
	Y7 Cricket	Gym	Mr Khan	Badminton	Sports Hall	Mr French
				Girls Fitness	Fitness Suite	Miss Bolton
				Karate	Gym	Coach
Wednesday	Girls Basketball	Gym	Miss Taylor	6th form Football	Astro	Khalid
	Y10 Football	Sports Hall	Coach - Sean	Boys Fitness	Fitness Suite	Mr Khan
Thursday	Y11 Football	Sports Hall	Coach - Sean	Yr9 Cricket	Astro	Mr French
	Y8 Cricket	Gym	Mr Robbins	Tennis	Sports Hall	Miss Taylor
				Girls Rounders	Astro	Miss Taylor
				Boys Fitness	Fitness Suite	Mr Khan
Friday	Girls Football	Gym	Miss Taylor	Girls Football	Astro	Miss Taylor
	Friday Prayers Sports Hall			Girls Fitness	Fitness Suite	Mr Khan
				Table- Tennis	Gym	Mr Robbins
				Judo	Drama 2	Coach
				Cricket	Sports Hall	Coach

Extra Curricular Activities - Whole School

	Lunchtime			After School		
Monday	Keyboard Club	Purple 1	12.20pm	School Play Rehearsal	Studio	Until 4.30pm
	Drama Club	Studio		Food Club	Red 4	3.05 - 4.05pm
	Maths Enrichment Club	Maths		Health and Social Care Intervention	Red 6	3.05 - 4.05pm
	DT Coursework Club KS4	Red 9	12.20pm			
	Health and Social Care Homework Club	Red 6	12.20pm			
	Computing Club	Red 1	Starting in November			
	Homework Club	Yellow 2				
Tuesday	Percussion Ensemble	Purple 1	12.20pm	School Play Rehearsal	Studio	Until 4.30pm
	KS4 Band Rehearsal	Purple 2 Practice Room	12.20pm			
	Chess Club	Maths	12.20pm			
	Art Club KS3	Red 7	12.20pm			
	DT Coursework Club KS4	Red 9	12.20pm			
	Textiles Club KS3	Red 3	12.20pm			
	Health and Social Care Homework Club	Red 6	12.20pm			
	Debating Society - 'controversial movies' Y8	Pink 5	12.40 - 1.05pm			
	Geography - Documentary club KS3	Pink 9	12.25 - 1.00pm			

Extra Curricular Activities - Whole School

	Lunchtime			After School		
Wednesday	Orchestra	Purple 1	12.20pm	Tech / Voc Homework Club	Pink 1	3.05 - 4.05pm
	Art Club KS4	Red 7	12.20pm	ICT Intervention	Red 2	3.05 - 4.05pm
	DT Coursework Club KS4	Red 9	12.20pm	Art Intervention	Red 8	3.05 - 4.05pm
	Health and Social Care Homework Club	Red 6	12.20pm			
	Science Club	Orange 9	12.20pm			
	Literacy Games Club	English				
	Y11 art Intervention	Red 8				
	Y7 and Y8 Maths Club	Blue 2	12.20pm			
Thursday	Origami Club	Maths		School Play Rehearsal	Studio	Until 4.30pm
	DT Coursework Club KS4	Red 9	12.20pm	KS4 Graphics Intervention	Red 10	3.05 - 4.05pm
	Health and Social Care Homework Club	Red 6	12.20pm	KS4 Textiles Intervention	Red 3	3.05 - 4.05pm
	SEN Art Club	Red 8				
Friday	Guitar Ensemble	Purple 1	12.20pm			
	DT Coursework Club KS4	Red 9	12.20pm			
	Health and Social Care Homework Club	Red 6	12.20pm			
	History Club	Pink 7				
	Chess Club	Orange 9				
	Catch Up Art Club - All years	Red 8				