

BROADWAY ACADEMY Newsletter

Issue 74
10/06/2016



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

Headteacher's 'Thought For The Week'

Choices

I have spoken to students about the importance of the choices that they make throughout their lives in relation to: friendships, family, employment, finances and so on... How do we make choices? What rationale do we use to make them?

Where is the evidence? What knowledge do you have? What are our values? There is a debate at the highest level about the future of the European Union! What do you think? How would you make such a choice?

I am a great believer in the value and power of healthy democratic debate, where views and beliefs can be discussed in a considered and sensitive way, in order to help us to make informed choices. Debate has been a key feature of British democracy for centuries - when I have the time, I enjoy watching Prime Ministers question time. Public debate moderates views and allows that most precious of British values to be expressed: 'Freedom of Speech'.

'One's philosophy is not best explained in words; it is expressed in the choices one makes...and the choices one makes are ultimately our responsibility'

Eleanor Roosevelt

From Monday 13 June to Friday 8 July 2016, the following arrangements will operate [with the exception of Fridays where there will be no form Period and school will start at 9.25am]:

Form Time [Except Friday]	09:05 - 09:25
Period 1	09:25 - 10:20
Period 2	10:20 - 11:15
Break	11:15 - 11:30
Period 3	11:30 - 12:25
Lunch	12:25 - 12:55
Period 4	12:55 - 13:50
Period 5	13:50 - 14:45

Thank you for your fantastic support; it is always greatly appreciated. May you and your family have a Ramadhan filled with peace and serenity and I hope the timings above allow you to spend more time with your family during your holy month.



Key Stage 3 Jazz electives programme

On Wednesday, the students below from Year 7 and 8 took part in their final school rehearsal before embarking on the mass rehearsal at the Symphony Hall at the beginning of next month with other schools in the Birmingham area. This will then lead to a final performance on the evening of the 14th July where they will showcase their skills to a live audience. We've been told that our students will perform the final piece of the show proving that they are truly saving the best until last!

The students spent 3 hours continuing to develop their singing, keyboard, guitar and drumming skills. The quality of the jazz music was outstanding! The four tutors who led the day commented on the effort and positive attitude of all the students involved. Yet again, an example of students believing it can be done!

Faahima P.	Esha R.	Nazmeen A.	Unaisha S.
Sumayyah B.	Zaheer P.	Jubair A.	Hanifa H.
Rayan R.	Haider A.	Zahira P.	Khaled A.
Iqra H.	Anisa U.	Maleehah I.	Faiza Y.



Good ideas?

Do you or your parents/carers have a good idea how to make our school *even better*?

Email your suggestions to :-

suggestions@broadway-academy.co.uk

Year 9 Cricket

The year 9s have started the cricket season in fantastic style, winning all 3 of their league games to date. Firstly against a strong Holte team in which Wali K. starred with bat and ball by scoring 29 runs and claiming 4 wickets. Second game against Nishkam High where the boys made a chase of 78 runs look easy, only taking 7 overs to reach the target with Kieran B. playing his part with 3 wickets whilst bowling. Thirdly against St John Wall, after demolishing their batting and bowling them out for just 23 runs, year 9 made easy work of this and making it 3 wins out of 3 with Asad taking 3 wickets in one over. A win in the next, the last league game against Handsworth Grammar, would top off the fantastic start by meaning the lads celebrate success by winning the league.



Wali K. in action

Schools Wheelbarrow Competition

A Meal in a Barrow!

Year 7 VE and WE pupils have been working hard to create a display for the BBC Gardeners' World Live "A Meal in a Barrow" competition. Each participating school has been given a wheelbarrow to plant up a display for the show. The theme for the wheelbarrows relates to Health for Life and school's have been directed to choose a recipe and use plants which constitute or represent the ingredients. Broadway Academy has chosen Ratatouille, a mixed vegetable based tomato dish. The event will be taking place at the NEC, Birmingham between 16th-19th June. The Broadway entry can be seen below and will be exhibited on the show ground during the event.



Values focus of the week

INCLUSIVITY

WHAT IS THE MEANING OF INCLUSIVITY?

It simply means that everyone is included and valued equally as an individual member of the Broadway community. Inclusivity is intended to teach all young people that they should respect all individuals regardless of their visible and invisible differences, including race, religion, gender, sexuality, learning/physical needs or personal values.

When we demonstrate inclusivity, we are closer to creating a healthy, happy school, a healthy, happy community and a healthy, happy society that recognises the differences, rights and freedoms of everyone.

At Broadway Academy, the core value of INCLUSIVITY actively promotes and develops the British Values of:

- DEMOCRACY
- THE RULE OF LAW
- INDIVIDUAL LIBERTY
- MUTUAL RESPECT
- TOLERANCE OF THOSE OF DIFFERENT FAITHS AND BELIEFS

THREE POWERFUL REASONS FOR INCLUSIVITY AT BROADWAY COMMUNITY:

- Most pupils learn better in inclusive settings — we provide the right level of support and guidance so all pupils achieve and contribute to their own success and that of others.
- The value of INCLUSIVITY supports the growth of self esteem. No pupil wants to be singled out as different—by including all, negative effects are eliminated.
- By helping pupils learn the meaning of equal worth and equal rights pupils learn to be aware, sensitive and tolerant of differences.

THIS WEEK'S GOLDEN WORDS

'Not every child has an equal talent or an equal ability or equal motivation, but children have the equal right to develop their talent, their ability and their motivation.'

J.F.Kennedy

What are 'fundamental British values'?

Schools are required to provide for the Spiritual, Moral, Social and Cultural (SMSC) development of their pupils. As part of this requirement, we are expected to actively promote fundamental British values.

The government defines these as:

- **Democracy**
- **The rule of law**
- **Individual liberty**
- **Mutual respect and tolerance of different faiths and beliefs**

What does this mean for my child?

Our efforts to promote fundamental British values are designed to prepare children for life in modern Britain. Ultimately, we aim to help pupils understand:

- **The importance of combatting discrimination**
- **How we can influence decision-making by taking part in democratic processes like voting and petitioning**
- **Our freedom under British law to choose different faiths and beliefs**
- **That the law is there to keep us safe**

What does this look like in school?

The values are reflected throughout our Academy, including in our ethos, policies and assemblies.

Children also engage with the values through the curriculum, in ways that are suitable for their age and context. For example, in some subjects there are opportunities to think about traditions from different cultures and religions.

Extra-curricular activities such as Games teach children about the importance of rules. Pupil votes, questionnaires and councils are other ways that children can have their voices heard and learn about democracy.

Our duty to actively promote fundamental British values means that we always present political views to children in a balanced way. We are also responsible for challenging prejudiced or extreme opinions and behaviour.

As part of this responsibility, we have put measures in place to protect children from exposure to extremist views.

Frequently Asked Questions

Will my child still be able to express his/her faith at school?

Absolutely! One of the fundamental values is respect and tolerance of people with different faiths, and we teach our children that British law protects their freedom to hold their own beliefs.

Any prejudice or discrimination towards pupils on the basis of their faith goes against the fundamental British values and will not be tolerated by the Academy.

How will this affect my child's lessons?

The curriculum provides lots of opportunities to look at fundamental British values. Your child will already have some experience of this in lessons such as religious education (RE) , Personal Development Programme [PDP] and V4C [Values for Children]

In each subject, our teachers will look out for these opportunities and encourage children to think about how the values link into the topics they are studying.

Will there be major changes to the school's ethos?

Our school's ethos already includes many aspects of the government's fundamental British values. For example, we expect our children to follow the school rules and show kindness to one another. Promoting fundamental British values will reinforce, not change, our current ethos.



Ramadan Fasting Advice for Students

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 no 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

Message for parents

Dear students, parent(s)/carer(s),

Not only does Broadway Academy offer an outstanding education and opportunities for our youngsters, it also provides them with a safe haven to learn and progress. Surveys and feedback from students and parents tells us that Broadway pupils feel extremely safe. It is important that we strive to continue this to ensure a purposeful learning environment. Please note that the Academy will not tolerate serious actual or threatened violence against another pupil or staff, weapons of any sort brought into school, taking or supplying drugs, persistent or defiant misbehaviour and bullying (including cyber/online).

Many thanks for your continued support.

Mr D Chauhan - Deputy Headteacher

Social Media: Our Stance



As stated in the Education Act 2011, any teacher at the Academy has the power to discipline a student for their behaviour outside of the school premises. As a community school we have a duty to ensure that our students conduct themselves in the same way as they would do so in school, as such, incidents reported or witnessed outside school will be dealt with in line with our behaviour policy.

Social networking has become a part of daily life for many of our students, however, we are dealing with an increasing number of incidents in school which have stemmed from comments that have been made on social media. It is becoming increasingly common to hear stories in the media about the impact of bullying through social networking sites and the devastating effect this can have on young people and their families. Our first priority at Broadway Academy is that all our students feel safe every day at school. We have a zero tolerance policy of any form of bullying, including via social networking sites. In the same way that we will apply sanctions in school for incidents that have taken place within the community, we will also sanction students for incidents that have taken place online via social networking sites.

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.

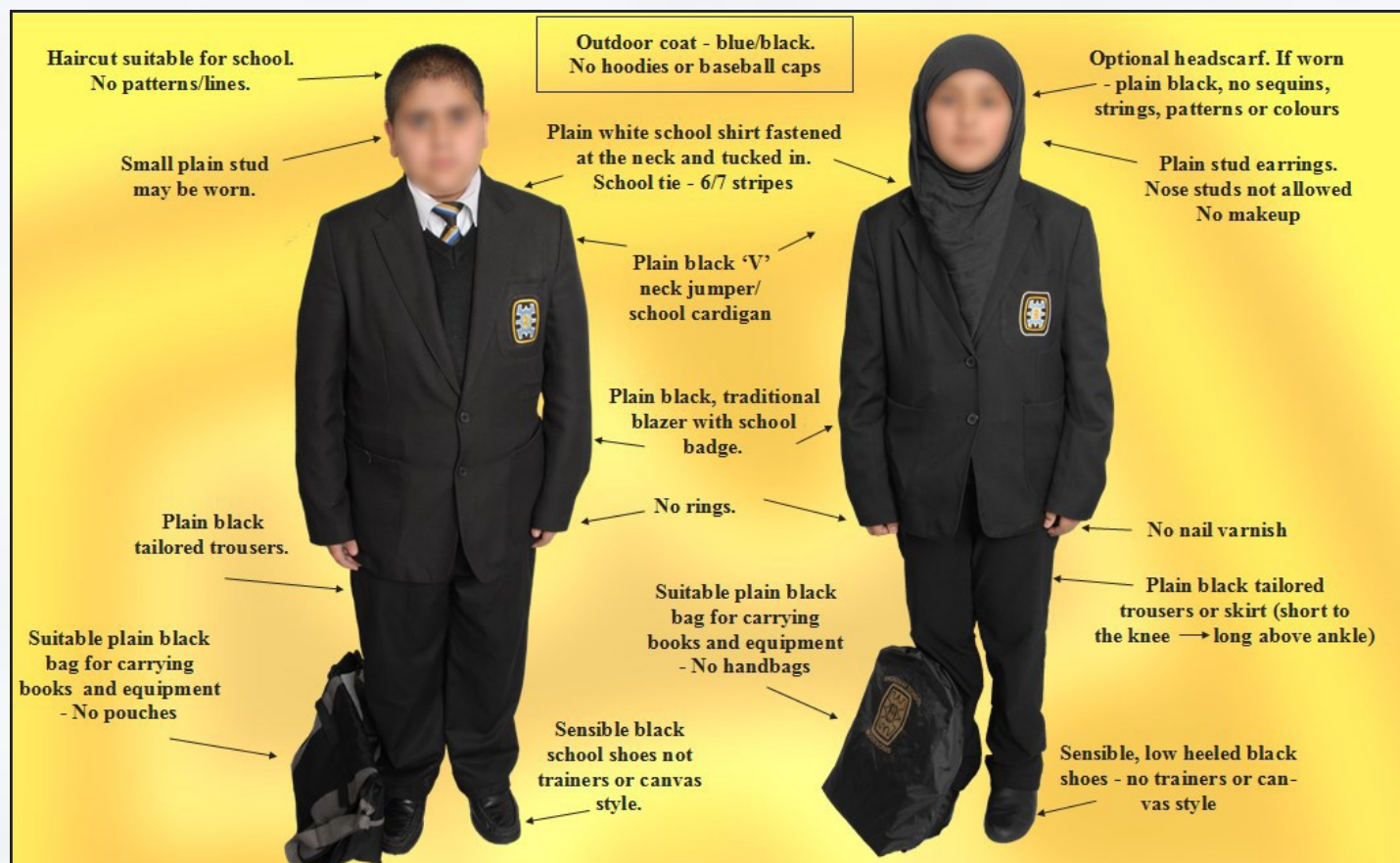
Suggest to your child that they:

- 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



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				